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## Hockey Day in Hallville

*Day one of the sixth annual Hallville Outdoor Hockey Tournament fell on the same day as the 10th annual edition of Hockey Day In Canada — Sat., Jan. 30 — which aired on CBC. Seven teams (15 years and over) played in Saturday's competition and five under-15 squads battled for the Hallville Cup on Sunday (Jan. 31). The two-day event raised $350 for the village's rink fund. Goaltender Robyn Sadler, defender Elliott Keller and forward Brandon Buma (right) eyed the flying biscuit during Saturday's match between Team Tyler Jones and Chris Embury's squad. Team Jones posted an 11-7 win.*

Press Photo — Van Bridger

# Haiti earthquake relief full steam ahead

**by Amanda Smith-Millar and Matthew Uhrig**
*Press staff*

WINCHESTER — Local efforts to help survivors of last month's earthquake in Haiti are well underway, with everyone from businesses to schools to service clubs hastily organizing bake sales, dinners, and penny drives.

The Winchester Lions Club got things moving last week, when the club issued a challenge to beat their $1,500 cash donation.

Since then, several initiatives have materialized. Most recently, Kevin Bowie — team president of the Winchester Jr. "B" Hawks — announced that for each North Dundas District High School (NDDHS) student attending the Hawks' final home game of the regular season against the Casselman Vikings on Fri., Feb. 12, the hockey club will donate $2 to the NDDHS Haiti Helpers, which are co-ordinating fundraising efforts at the school. The Country Kitchen Restaurant will donate $1 for each NDDHS student paying their way into the game.

"That's $3 for each student and I invite other area businesses to get involved," Bowie said.

Anyone interested in taking part in the fundraiser can call Bowie at 613-989-2267.

The NDDHS Haiti Helpers already hope to fill a blue water jug (courtesy of Andy's Foodland) located outside the school office. The team expects to launch more initiatives now that semester-one exams have wrapped up. Meanwhile, at Seaway District High School in Iroquois, fundraisers kicked off when one class started creating and selling t-shirts.

Elementary and middle schools are pitching in, too. For example, as of press time, Maple Ridge Senior Public School has raised about $650. Not only have students been bringing in cash from home, they also bought muffins for 50 cents each. There were no cafeteria services earlier this week, so students could buy pizza, as well as milk donated through the local Dundas County dairy educator. Winchester Public School is also accepting cash on behalf of the Canadian Red Cross, and all children who come to school with donations will see their names posted on the "caring bulletin board" in the main hallway.

Many local businesses are accepting donations from customers at the cash register.

On Sat., Feb. 13, the Osgoode Lions Club will host a four-course gourmet dinner and dance to support the Lions Hope For Haiti Fund and the Winchester District Memorial Hospital (WDMH). Glen Driedger, the club's vice-president, said the event "will be a night to remember — for all that attend, for the thousands who benefit in Haiti, and for those who use the expanded facilities of the WDMH."

The dinner, to be held upstairs at the Osgoode Community Centre, kicks off with the pay-as-you-go bar at 6 pm and features Acoustic Flight, a live 10-piece big band, which is scheduled to play until 1 am.

"The dinner will be a fabulous feast — designed by Steph, the Grilling Chef, who has donated his services," said Driedger. Members of the public can contact Cyril Cook at 613-826-0508 or Steph Legari at 613-858-6057 for tickets or to make a donation if you're unable to attend.

The magnitude seven earthquake rocked Haiti on Tues., Jan. 12. Many of the survivors of the devastation lost their homes, have been left without food, water, clothing, and sufficient access to medical care and shelter. According to the Haitian government, approximately 170,000 people are confirmed dead, with many more thousands dead in the rubble that has been transported outside of Port-au-Prince. Approximately 250,000 people sustained injuries, while as many as one-million Haitians are now homeless.

To notify the *Winchester Press* about your Haiti-related fundraisers and events, call 613-774-2524 or e-mail news@winchesterpress.on.ca.

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# Earthquake victim 'didn't suffer': aid worker

**by Jeffrey Morris**

GREELY — John Green does not refer to Katie Hadley by her name.

"It's out of respect," he said. "I never refer to the victims of a tragedy that we recover by name."

Green pauses and coughs for a moment. His lungs are still filled with dirt and dust from his 10-day rescue mission in Haiti. He is exhausted, and his body is healing from, literally, tens of thousands of bug bites.

"I can tell you this, though," he said, as his thoughts swayed back to Hadley. "For about three hours, we were closer to her than anyone in the world ever has been, with the exception of her family. We treated her with dignity. We treated her with respect."

Green, who lives near Greely and is an active member at the Trinity Bible Church in Osgoode, operates International Rescue. He operates his agency as a private, non-profit entity. He is a volunteer who has worked on rescue missions from 11 earthquakes and a number of other disasters, including Hurricane Katrina in New Orleans and the Sept. 11, 2001 terrorist attacks in New York City. In order to get to Haiti with the equipment and supplies he would need for himself and his team of volunteers, he mortgaged his house and borrowed $100,000.

Green and his team not only recovered the body of Prescott native Hadley at the Hotel Montana, they also recovered the body of former Liberal MP Serge Marcil, who worked for a Montreal-based engineering firm.

Because Green's organization works independently, it was able to work with the United Nations (UN) and hit the ground running. When they arrived, there were 12 teams held up at the international command post.

"We are not bound by restrictions and red tape that government agencies are," said Green. "There is so much frustration because everybody is waiting and waiting. We landed and we were working in the field instantly. We landed at 6:40 am and went to work on our first rescue."

The devastation and conditions were so bad that Green could not describe them. The piles of rubble looked post-apocalyptic. The smell, Green said, was perhaps the worst thing. They scrubbed for days and washed their clothes, but the smell of mass death is one that stays. The insects were indescribable. The team slept for perhaps two to three hours a night, he said.

"Trapped people were communicating by cell phones and text messages, but sometimes it would take a day or two for the messages to get through one of the 11 networks in the country," Green said.

Once on the ground, Green's team had a mandate of finding the areas with the highest possibilities of rescuing live victims. They were sent to the Hotel Montana, as it was determined that the hotel had a lot of survivable spaces.

"Once we arrived at the Montana, we split into Alpha, Bravo, and Charlie teams," he said. "We worked on the Alpha sector and co-ordinated the search for the Charlie sector."



The body of earthquake victim Katie Hadley was recovered in Haiti by a rescue team including John Green, a Greely-area resident.

Green said that he had been informed that there were seven Canadians in the building. They knew that one was a former MP, three scientists who were PhDs, and an engineer, who was Hadley.

"We laid out a plan and tried to determine from talking to the survivors... who was in what area last. Based on where they likely were when the earthquake happened, we focused the search on the elevator shaft, and on rooms on the fourth and fifth floors."

Green said that as floors collapsed, they "pancaked." They went 60 metres into the rubble, risking their own lives while searching for survivors. Green said they discovered Hadley at the centre of the building.

"All we knew when we recovered her was that she was a woman," said Green. "We did not know that she was the missing Canadian engineer. We did not find out who she was until we arrived back in Canada. What I can tell you is that she died quickly and with no suffering. We can tell that from examining the body. I think it's important that her family and people in the community who knew her know that she didn't suffer. Hopefully it will give them some closure."

The final body that they recovered at the hotel was Marcil's. His family was there, and Green had to live through their emotions as he told them the news.

"I showed them a business card that came out of the bag," he said. "Sometimes you will get asked about the bodies or what they look like, but what do you say? It's more important for the family to know that there was no suffering. The families can be angry and in denial. It's not uncommon to get punched and slapped, and then two minutes later, to get hugged by the same people. It's a difficult process for everyone."

While the work he does could break any man or woman, Green trains his team to show compassion, but not to cry.

"That's one of my rules," he said. "If you have to cry, go find a hole and hide and cry. When you are working on a rescue, you can't let the people see you cry. They need your hope, and they need your strength. In private, we cry every night. We cry like babies."

While Green focuses on rescuing people, sometimes he and his volunteers risk having to be rescued.

"When we went into the Montana, at one point we were 160 metres in," he said. "When we were in, there were tremors. We could have easily been trapped or killed. But that's part of what we do. We do this out of compassion and we take these risks."

Green said the tragedy in Haiti is more than an earthquake.

"It is worsened by the fact that most of the functional government is absent," he said. "Government officials are either mourning the loss of family members, or they have died themselves. We arrived and we found the airport down, no water and electricity, and the potential for a riot in 60 seconds.... But the Haitians are good people. Sure, they have been angry and frustrated, but you can't blame them after what has happened there and how things have been. They have been appreciative of everything."

Green took a total of $3,800 in U.S. cash with him.

"People need money to survive – 10 or 20 dollars might not mean much to you or me, but to them, it's a week's salary," he said. "It can make a big difference for them. When people ask what they can do, I tell them that the people there need money. It's that simple."

## POLICE BLOTTER

### Double drunk driving charges in Morrisburg: OPP

MORRISBURG — Stormont, Dundas, and Glengarry (SD&G) OPP officers have charged two men separately with impaired driving, both in Morrisburg.

On Fri., Jan 29 around 5:30 pm, SD&G OPP officers responded to a report of a suspicious vehicle on Ottawa Street.

A black Toyota pickup truck was stopped, and the 46-year-old driver (Darren Fleury of South Dundas) was arrested and charged with impaired operation of a motor vehicle and driving with a blood alcohol concentration exceeding 0.08.

Only a few hours later, around 1:30 am, officers responded to a report of a vehicle in the ditch on Laurier Drive. Police reported that the 53-year-old driver, Lawrence Chretien of Hamilton, was attempting to turn onto Fifth Street when he drove his vehicle off the road. He faces the same charges as Fleury.

Both men are scheduled to appear in Morrisburg court on Tues., March 2.

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### Hospital helpers

The Winchester District Memorial Hospital (WDMH) Foundation's Christmas Fund, in association with the Close to Home campaign, was on the receiving end of a $5,000 donation from Scotiabank on Fri., Jan. 29. Through its Team Community Scotia initiative, the money was pooled between bank branches in Morrisburg, South Mountain, and Chesterville. On hand for the cheque presentation were Kim Butler (left) of the Morrisburg branch; Terry Triskle, WDMH Foundation member; Sharon Ruth of the South Mountain branch; and Vicki Lefebvre of the Chesterville branch.

*Press Photo — Uhrig*

# Prepare your taste buds for soup

## Restaurants square off for TLC

WINCHESTER — The tastiest fundraiser of the year is only a month away.

The TLC Soupfest 2010 challenge event is scheduled to take place at the Winchester Community Centre on Sat., March 6 from 11 am until 2 pm. Twenty-four restaurants will compete for the title of Best Soup by starting "from scratch." The first place winners in the three categories — best soup, best creative soup, and best presentation — will be awarded coveted soup spoon plaques. Second and third place winners will receive a framed certificate. The soups will be judged by celebrity judges and the public's vote will count for the People's Choice Award.

Among the celebrity judges, TLC (formally known as True Love in Christ Ministries) has recruited Pam Collacott, teacher and director of Trillium Cooking School and a regular on CTV Ottawa, and Michael Dunn, former chef at Buckingham Palace.

The competing restaurants range from Merrickville to Russell, from Morrisburg to Metcalfe, Prescott to Kemptville, and points in between.

TLC 2010 Soupfest helps to promote restaurant businessmen and women who contribute significantly to their communities. This challenge provides them with the opportunity for fun and advertising. It also allows the public to meet and greet restaurant representatives.

The funds that are raised by Soupfest will assist TLC Ministries with its community work — this time in Mexico. Many of TLC Ministries' community activities are held in Winchester, which serves as a hub for its ministry to individuals and its community programs whenever possible. For example, TLC provided the flooring and installation to improve wheelchair access in a home. TLC recently concluded the successful Home with a Heart life skills program for single mothers in Winchester and surrounding areas. At Christmas, TLC purchased gifts for the House of Lazarus in Mountain to give to disadvantaged children.

The cost for Soupfest is $10 per adult, $8 per senior, and $5 per child. Each ticket allows its holder to taste all 24 soups from the following restaurants: Baldachin Inn & Restaurant, Basket Case Cafe, Brewed Awakenings, Bridgeview Restaurant, Brigadoon Restaurant, Broadway Bar & Grill, Caicco's Bistro & Deli, Charliewoods Bar & Grill, Hot Cup Cafe, Lock 17, Mainstreet Family Restaurant, Mary's Restaurant, Mike's Restaurant, Monte Cristo, Orchard Restaurant, Papa Gus Family Drive-In, Red Dot Cafe, Rideau Restaurant, River Bend Restaurant, Salamanders, Sandy Row Restaurant & Golf Club, Sutton's Restaurant, The Village Antiques & Tea Room Bed & Breakfast, and Yellow Canoe Cafe.

For more information, contact Lynn Ford at 613-989-3042.

# Nationview a-buzz over spelling bee



Rachel Gibson

SOUTH MOUNTAIN — Rachel Gibson outlasted nine other students to win the fourth annual Nationview Spelling Bee on Tues., Jan. 26. Now the Grade 7 student will attempt to qualify for the CanWest CanSpell regional competition in Ottawa.

Gibson was the only competitor to spell a word correctly in the seventh round of the oral competition. Her final word was "psychoanalysis." Grade 7 student Bradley Stitt finished second this year. He battled Gibson head-to-head for several rounds before missing his word in the seventh round of the competition.

Grade 5 student Kaitlyn Stewart finished first in the junior competition (Grades 4 to 6). She topped 17 other spellers in the competition. Kelsey McShane, a Grade 6 student, was second. Stewart and McShane moved on to compete in the open competition and outlasted several intermediate students. The junior bee lasted so long it had to be halted after 13 rounds. Stewart won based on her showing in the open competition.

April Constapel, a Grade 2 student, won the primary bee for students in Grades 1 to 3. Carley Milne-Servage and Zachary Jacques tied for second out of 18 spellers. Constapel spelled "coffee" to win in the 11th round.

# DCCL awarded grant to upgrade facilities

MORRISBURG — Dundas County Community Living is among six not-for-profit social service organizations in Stormont, Dundas, and South Glengarry (SD&SG) receiving provincial funding to improve their facilities.

Community Living received $63,000 to install ceilings and windows, replace the emergency exit, and repair the foundation at the Morrisburg location. The money will also be used to install a wheelchair-accessible walkway at the Williamsburg location.

This is part of a $50 million investment over two years to support nearly 1,000 capital projects across the province. These projects will include expansions and renovations that will improve security, accessibility, and energy efficiency at eligible social service facilities.

With these investments, Ontario is helping create about 450 jobs across the province by supporting infrastructure projects at local not-for-profit social service organizations.

"These organizations provide valuable facilities and support to our communities, and I am proud we are helping them provide their services," said Jim Brownell, MPP for SD&SG. "This investment will help provide vulnerable residents with the resources they need to succeed and prosper."

Investments in infrastructure projects at eligible social service facilities are part of the government's action plan to stimulate and restore economic growth. Work on these projects will start in early 2010 and will be completed by March 2011.

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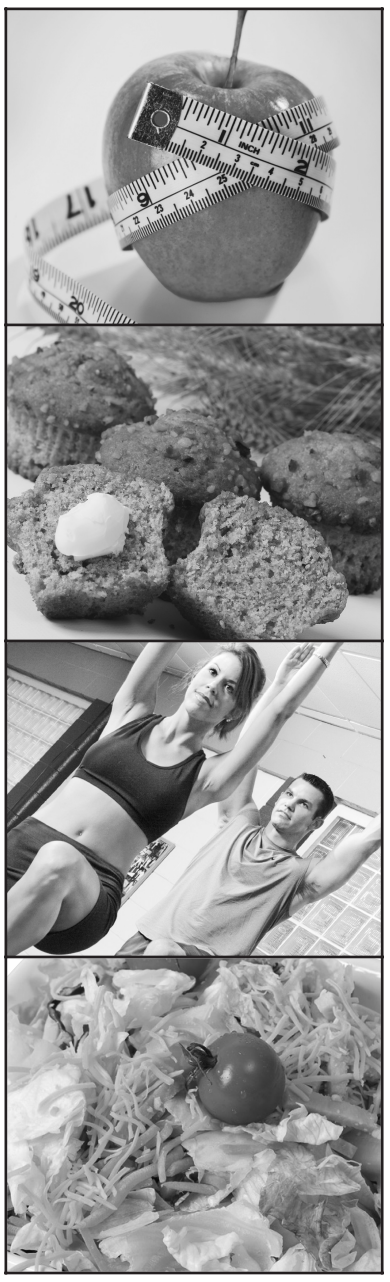

**FEBRUARY IS NATIONAL Heart Month**



## Basic principles of a healthy weight

Maintaining a healthy weight is one of the best things you can do for your heart health. A healthy eating plan means eating when you're hungry and stopping when you've had enough. It includes creating healthy meals from the four food groups as outlined in Canada's Food Guide: vegetables and fruit; grain products; milk and alternatives; meat and alternatives. Portion control is also important.

If you're having difficulty maintaining a healthy weight, you may need to speak to your healthcare provider. He or she may be able to steer you in the right direction toward healthy weight loss. Losing as little as 10 pounds (4.5 Kg) can drop systolic blood pressure (the first number) by 7.2 mm/Hg, and diastolic (the second number) by 5.9 mm/Hg. Slow weight loss is best; one to two pounds (1 Kg) a week are sufficient.

The Heart and Stroke Foundation does not endorse or recommend any fad diets. They tend to be unhealthy because you may eventually become heavier than when you started. Here are some of the reasons why:

• Severe calorie-reduced diets turn on the body's starvation mechanism. When in starvation mode, the body uses whatever fuel it can to make up for the shortfall of calories and doesn't discriminate between muscle and fat. When you lose muscle, you also lose your calorie-burning potential, also known as your metabolism. So when you lose muscle, it is extremely difficult to maintain a healthy weight after the diet is over.

• Drastic reducing diets may leave you feeling deprived. You may lose weight, but you may not be able to sustain that kind of starvation diet for long. Once you go off the diet, you may treat yourself to all the foods you missed. This may lead, once again, to weight gain.

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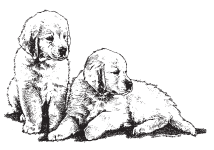

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A Guitar Hero competition was held at Papa Gus' Family Drive-In during the afternoon on Jan. 30. Nick Wilson (above) was one of the many entrants taking part.



## Frosty fun

*The 2010 Icebreaker Winter Carnival took place in Chesterville over the weekend of Fri., Jan. 29 to Sun., Jan. 31. Throughout the three days, the cold village was a hotbed of winter-related activities.*

***At left:*** *The finalists of the 2010 Icebreaker Carnival Queen competition included (from front): Mikayla Mcleod, queen; Rebecca Johnson, miss congeniality; and Shannon Ball and Cheyanne Vanderlind, princesses.*





***Above:*** *Erling Carlsson (left) took his granddaughter, Lilly Laveque, for a spin around the ice. They were accompanied by Mark Mcrae.*

***At left:*** *Tran Whitney (left) took his son, Kaeden, for a tour of the Chesterville Fire Department, with firefighter Matt Giles as their guide.*

*Press Photos — Smith-Millar and Uhrig*

*A weekend-long three-on-three hockey tournament took place at the Chesterville Arena. During an atom division contest on Sat., Jan. 30, Mason McLeod, goalie for Bayden's Brawlers, defended his crease against Kyle Findlay, a Carnival Crushers forward.*



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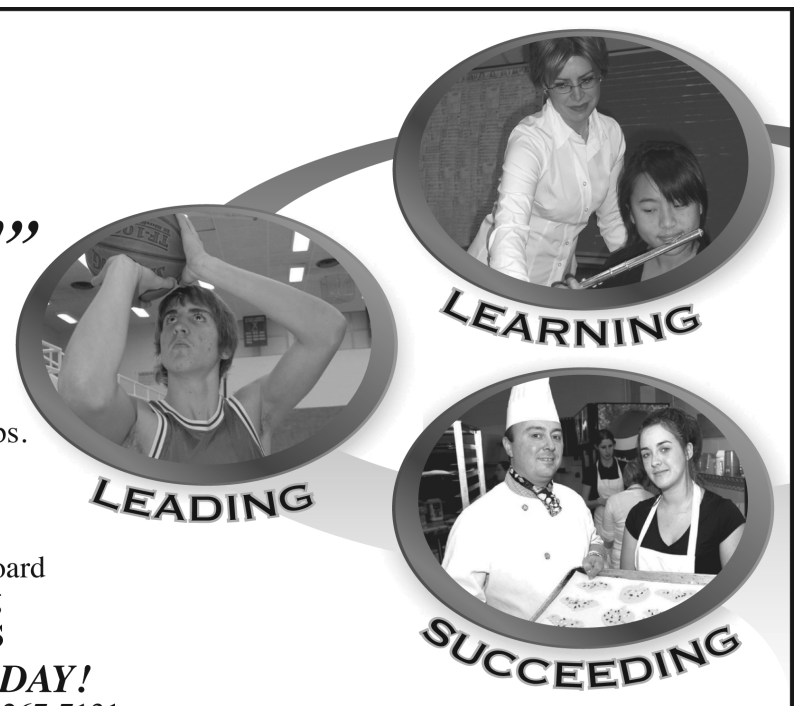




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WINCHESTER PRESS
# EDITORIAL
WEDNESDAY, FEBRUARY 3, 2010 PAGE 6

## When it's time to drop math

A new semester has begun at North Dundas District High School (NDDHS), and the pressure is on for Grade 12s. Universities and colleges are going to review grades soon and send out offers of admission.

For better or for worse, Grade 12 is a numbers game. It's all about getting the highest overall average possible. One percentage point can be the difference between an acceptance letter or rejection slip from a competitive program. Nothing closes doors on your future like low marks.

That's why it's so important to be practical — even pragmatic — when choosing Grade 12 courses.

At the university level, some of the brightest students make the biggest mistake of all. Often encouraged by well-meaning parents, these teenagers try to "keep their options open." They have no career path, and therefore wade through the über-challenging optional maths and sciences to ensure they can qualify for everything from engineering to sociology.

Unfortunately, math is not for everyone. Too many teens watch their averages plummet as they struggle with derivatives and trigonometry.

For most NDDHS students applying to university science or math programs, their Grade 12 schedule looks like this: English (which is mandatory for everyone), physics, biology, chemistry, plus two or three math classes. What a horrible year for someone who stinks at math. There's no point in valiantly attempting the "hard stuff" but winding up with a 62-per-cent average.

***Unfortunately, math is not for everyone. Too many teens watch their averages plummet as they struggle with derivatives and trigonometry.***

For teens going into most university "arts-stream" programs (like humanities or languages), there's no math or science requirement. Besides English, Grade 12s could take world issues, sociology, history, drama, and music. Let's be clear: You will still get garbage grades in all these courses if you slack off. But students who apply themselves can make the honour roll. Isn't a 92-per-cent average better than a 62?

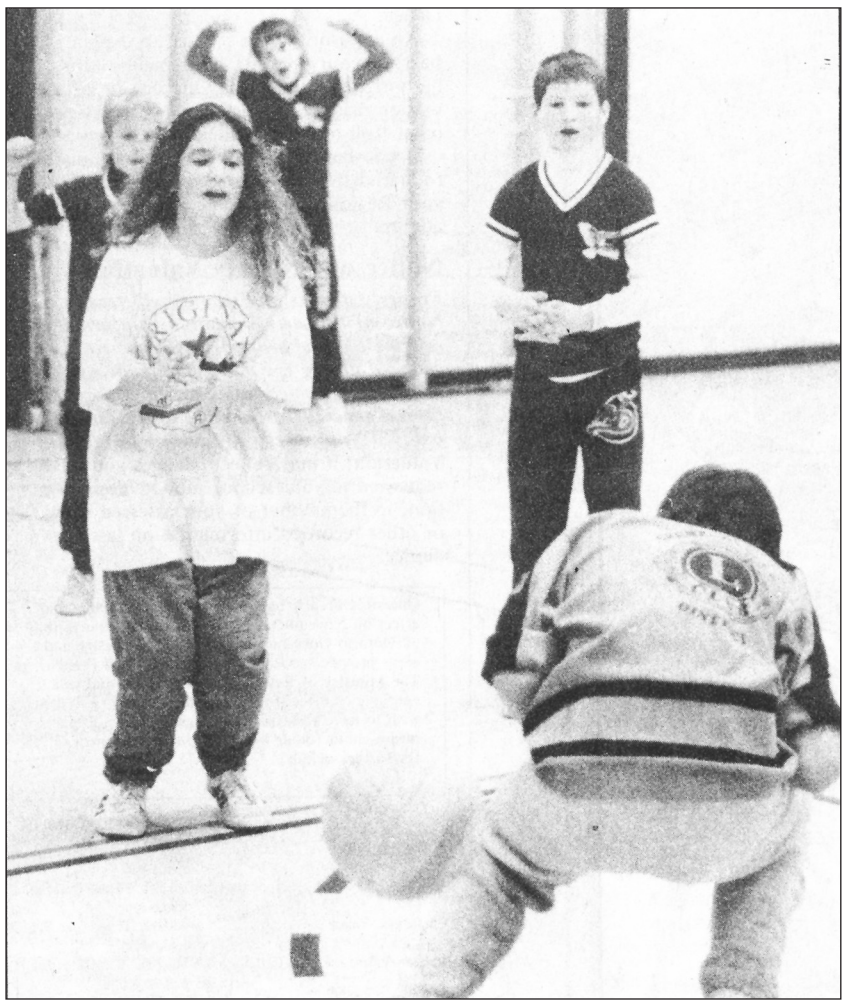
Worse, arts program-bound teens who waste their time with parabolas and algebra may not develop some of the crucial skills necessary for post-secondary education. Essays are not easy at first. Neither is research. But with time and practice, students can learn how to select a topic, develop an argument, and articulate their thoughts within the number of pages specified. By fourth-year university, papers are a breeze. NDDHS is blessed to have wonderful teachers who walk their pupils through the writing process. Their graduates leave much better prepared than many students from other schools.

Scholarships are another issue. There's significant funding available for top students. A pair of local institutions have two of the most generous programs in the province. Both Carleton University and the University of Ottawa will fork out $1,000 a year, renewable for four years, to students with 80 to 84.9-per-cent averages. There are four "tiers" of scholarship levels, the top one offering $4,000 a year to students with at least 95-per-cent averages.

With that kind of cash on the line, why risk finishing with even a slightly lower average?

It's good to keep options open in Grades 9 and 10. By Grade 11, university-bound students should know if science and math are realistic options for them. Yes, some students are equally unfazed by polynomial functions and research papers. But those talented kids are rare — and the Grade 9, 10, and 11 marks will reveal who they are.

Realistically, if math and science are not your strong suit, you probably shouldn't pursue a career in which they're necessary for your everyday job.



*Tracey Freeland (left) and Ryan Schwerdtfeger and the rest of their Winchester Public School teammates celebrated a point during play against Chesterville Public School in the 1990 Dundas County Junior Co-ed Volleyball Championship tournament.*

## Remember when...

### 1930

Slightly more than a decade after the conclusion of the First World War, a book was published which argued that war guilt belonged to all of Europe. It said that Germany's exclusive guilt or innocence were fairytales for children on both sides of the Rhine. The new book said that guilt should be shouldered by Europe's industrialists and politicians.

### 1940

There was little wonder this week, according to the *Winchester Press*, that France regarded Germany as a potential enemy and kept a close watch on the country during peace time, as well as during a time of war. At the time, Germany had made a total of 45 attempts to invade France, 33 of them throughout the previous 1,500 years. Germans were making trouble on the left bank of the Rhine 60 years before Christ was born and the problem continued at average intervals of 50 years through until the invasion in 1914. Whenever they were successful, the Germans celebrated with unspeakable atrocities. When they were beaten, they said they would never do it again.

### 1950

The Canadian Pacific Railway was introducing a new model of day coaches equipped with modern luxuries, according to the *Press*. Features of the new passenger cars included reclining chairs, picture windows, and an all-glass door separating the smoking compartment from the rest of the car.

### 1960

The *Press* reported this week that "snow removal in Winchester is not only efficient, it's costly." To date, the cost of clearing the white stuff within the village was $2,140.

### 1970

A question on many people's minds this week was, "who will be Winchester's 1970 Carnival Queen?" The competition was open to all females in the district between the ages of 15 and 21. The list of prizes, described as being better than ever, included a tiara, groceries, and luggage.

### 1980

A recent survey showed that the Ayatollah Khomeini had replaced Adolph Hitler and Idi Amin as the most hated man in the world. The *Press'* editorial, describing these results, argued that a survey taken in Iran would likely show that Khomeini is the country's most respected leader in three centuries. The western view, the editorial said, was probably due more to differences in culture than political policy.

### 1990

It was guaranteed this week that the controversial French Language Services Act would not apply to the OMAFRA field officer in Winchester, according to the *Press*. Francophone farmers in Winchester Township would be served out of the field office in Embrun. The issue came to a head after a newspaper ad for a new agricultural representative in Glengarry gave some people the impression that OMAFRA wanted someone whose "mother tongue was French" — not just a worker who was bilingual.

### 2000

The number of people making use of the Dundas County Food Bank (DCFB) had increased substantially throughout the past year, according to the *Press*. In 1999 alone, 212 families went through the food bank doors, but only 2.8 per cent of those families used the food bank more than once.

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Canada

## SHEPHERD TALK

*by Tim Edwards*

# Making a confession

WINCHESTER — It's never easy to admit that you have been wrong or that you need to change, but I must confess that God is calling me to do just that. I grew up in a Christian tradition that was quite narrow, in that, as a child, I was given a very strong impression that my family's brand of the Christian faith was the most faithful expression of Biblical truth. I knew that there were many other expressions of the faith, but I grew up to believe that they were inferior and suspect. In one way or another they had been compromised by "the world."

As I grew up and began to venture out from the safe confines of this limited paradigm, I was confronted with genuine expressions of faith that challenged me to reconsider my preconceived notions. I went to a Christian liberal arts university and ran into believers there who not only had a more inclusive view of the body of Christ, but who actually seemed to practice their faith more practically than I did. Interestingly and surprisingly for me, this discovery of a more inclusive view of God's work in humanity was wonderfully freeing.

I fully embraced this new fellowship of believers and ended up attending different denominational churches with each move that my wife and I made. You could say that this journey sort of climaxed when I was hired as the leader of an interdenominational Christian camp and outdoor education centre.

Recently, however, I have been challenged by God to recognize that my journey was not entirely over — that my journey needed to now take on a new direction, one that would take me outside the box of church culture to include the recognition of what God is doing in those outside the faith. Now this is a profound challenge for someone who has always seen "the world" outside the church as bereft of anything Godly. Within my early tradition a very strong sense of separation between "the church" and "the world" was inculcated, to the extent that an "us" versus "them" mentality prevailed and was regularly reinforced. So for me to be challenged to see God at work outside the church was truly significant. But this is exactly what God is doing in my life right now and once again, surprisingly for me, I am finding it wonderfully freeing.

I am learning that despite the incredibly corrosive effects of sin in our world, as the old hymn goes, "this is my father's world" and he is still evident in his creation, both in nature, which speaks of his glory, and in humanity, which bears his image — just consider the benevolent response to the crisis in Haiti.

The net affect of this journey has been the deconstruction of the walls that have separated me from "the world" and the recognition that God can be found outside the church if I will only take off my blinders. I am much less pretentious and, dare I say, pompous about my relationship with God and much more aware of seeing the effects of God's work in others. I get excited about partnering with those outside the faith to accomplish things that make God smile and I am more than ever anxious to share with them the wonderful hope that characterizes my faith — a hope that I hope we can share.

*This column is provided courtesy of the Dundas Ministerial Association*

## Your Opinion Counts

The *Press* welcomes letters on subjects of interest to the community. Letters must be signed and include the writer's telephone number. Letters may be edited for length, grammar and libellous statements.



### *Years of service honoured*

On Tues., Jan. 26, North Dundas Mayor Alvin Runnalls bestowed milestone years-of-service pins on local firefighters with the township's four departments. Pictured at front, from left: Paul Simms (30 years, Mountain), Clayton Armstrong, (20 years, Winchester), Tom MacGregor (20 years, Morewood), Graham Cook (15 years, Chesterville). Back, left: Kevin Downes (10 years, Winchester), Runnalls, and the new chief of the Chesterville Fire Department, Mike Gruich (10 years). Absent: Jeffrey Hyndman (five years, Mountain), Mike Lovely and Harvey Terhorst (both 10 years, Winchester), Todd Elliott and Gord Lutz (both 15 years, Chesterville), and Terry Foley (40 years, Mountain). According to Township of North Dundas staff, a separate ceremony for Foley is being planned for the future. *Photo courtesy Chesterville Record*



### *Lifelong love of the library*

At the Tues., Jan. 26 Township of North Dundas council meeting, Verla Levere received recognition for her 33 years of service at the Chesterville branch of the SD&G County Library. Levere, who retired late last year from her long-time position at the circulation desk, was honoured with a plaque handed over by North Dundas Mayor Alvin Runnalls. *Photo courtesy Chesterville Record.*

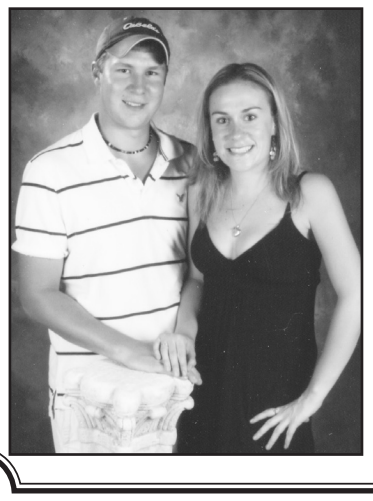
## LETTER TO THE EDITOR

**The Editor:**
With all the negative news we hear, sometimes we forget that there are good people who go out of their way to help others. I lost my cell phone in Winchester. When I got home, figuring it was gone for good, I called Rogers to notify them about the problem and make sure nobody could use the balance on my pay-as-you-go account. Someone found my phone at the car wash and went through the trouble to go to a Rogers store to find out who it belonged to.

Two days later, I had my cell phone back, along with a better case and belt clip so that it won't fall off so easily again. Thank you!

**Herman Devries**
Winchester

### *Engagement Announcement*



Brent and Patti Baird are pleased to announce the engagement of their daughter, Angela Baird, to Jason Munro, son of Linda Munro and Garry Munro.
*Congratulations!! Love you!!*

## Remarks

*by Mark Guy, director of recreation*



# Sign up now for township programs

WINCHESTER — Be sure to register for the jewellery creations class that is scheduled to take place on Mon., Feb. 8 from 6:30 to 8:30 pm at the Winchester Community Centre. Two pairs of earrings will be made during this class.

Glass leaves will be used to design contemporary and fresh earrings style. Beautiful clusters are made with fire polish crystals in a step-by-step lesson on how to make flowing and dangling earrings. Earrings do not have to dangle much if you prefer a shorter style. Maximum 15 registrants. To register, call the Township of North Dundas office at 613-774-2105 or stop by 636 St. Lawrence Street. The fee is $35.

The second class in the jewellery creations series, entitled Illusion Necklace and Woven Illusion, is scheduled to take place on Mon., Feb. 22, from 6:30 to 8:30 pm, again at the Winchester Community Centre. Learn the technique of floating beads on wire, and using crimps and glass beads to create a single strand necklace. Additionally, with three strands of flexible beading wire and glass pearls, weave a multi-strand necklace.

Get your apron, get your measuring cup and spoon, and bring your appetite! Join us for the Adventures In The Kitchen cooking class series. This program includes a whole lot of cooking and baking. Now you can have fun making and creating healthy, yummy, kid-friendly recipes that you can teach to friends and family in your own kitchen. This five-week program begins on Sat., Feb. 6 from 11 am to 1 pm at the Chesterville Community Hall, and is intended for youth aged six to 12. Registration for the series is just $60.

Please note that pre-registration and payment are required for all of the programs listed above. No drop-ins. Have a great week!

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# God the architect at WMS meeting

Morrisburg group hosts Presbyterial meeting

**by Donna Wilson**

BROCKVILLE — The Brockville Presbyterial Women's Missionary Society met on Thurs., Jan. 28 at Knox Presbyterian Church in Morrisburg. The nine groups represented were welcomed by president Margaret Reynolds. Devotions were lead by the Morrisburg group, which focused on the theme "God the architect."

Psalm 46 and 143 were two of the references chosen from God's word to remind us of His love and provision for all his creations. A front porch was likened to the place we go for quiet prayer and meditation to seek God's will for our lives each day.

Margaret Reynolds reported highlights from council. A National Presbyterian Women's conference is being held at the Sheraton Parkway Hotel and Conference Centre in Richmond Hill in May 2011. Mary Moorhead is the local delegate to council at Creiff Hills in May.

Delegates for the Synodical of Quebec and Eastern Ontario Women's Missionary Society annual meeting at St. Paul's in Kemptville on Fri., April 23 and Sat., April 24 are Myrna Van Bielen, Mary Moorhead, Judy Messenger, and Donna Wilson. A Canadian, Rev. Arlene Onuoha, who has been a missionary in Nigeria since 1978, will be the guest speaker for the event.

Catherine Blatch gave a digital slide show presentation on her trip to South Korea to visit her daughter, Shona, who is teaching English there. Blatch was immediately impressed by the cleanliness of the environment, even the subway. There was both old and new architecture, surrounded by extraordinary landscaping in the warm weather. One may visit the guarded border with North Korea, which is a communist state, as opposed to South Korea, which is democratic.

Rosemary Rutley expressed her thanks on behalf of everyone for the presentation, and noted the group members had felt like they'd taken the actual trip themselves.

After lunch, Janell Moore and Leslie Clayton delighted the group with two duets. A video called *Curing Affluenza* was discussed in the light of the following scripture: Matthew 19:16 to 30 and Acts 2:41 to 47.

A memorial to members deceased in 2009 was conducted by Donna McIlveen. Christine Ball installed the executive with Blatch as president.



## *Suite deal*

Roy Estabrooks of Kingston was the winner of a suite rental and a $300 food voucher for the Sat., Jan. 30 hockey game between the Ottawa Senators and the Montreal Canadians. The Mountain and District Lions Club held the raffle to raise funds for local charities. To Roy's left is Jana Fawcett of the Mountain and District Lions Club.

# Mountain Seniors kick off new year

**by Huguette Shaver**

MOUNTAIN — President Huguette Shaver opened the first Mountain Seniors meeting of 2010 on Wed., Jan. 27, and entertained the group with a few funny anecdotes about their generation. Iris Smith accompanied the members as they sang "O Canada," and that was followed by the Lord's Prayer. A total of 18 members were in attendance.

The president thanked the group for making an effort to attend the Christmas dinner on Wed., Dec. 9, when the community had its first big snowstorm. Muriel Milne was also thanked for her musical renditions of Christmas carols and songs. The entertainment group was not able to attend due to bad road conditions. The seniors also wished to thank Mavis Graham for inviting Santa Claus and his elf, who visited at that time.

The minutes of the November meeting were read by Evelyn Francis and approved as read by Shaver, followed by Dave Scharf's treasury report. Irene Crowder submitted her kitchen report and requested funds, as she was in the red. Milne mentioned that in regards to the hall report, the group is now responsible for setting up tables and chairs for meetings and euchre events.

The seniors still need a first vice-president. Donations are being forwarded to the Alzheimer Society and the Nor-Dun Seniors' Support Centre for their wonderful and informative newsletters.

Birthdays were acknowledged to Milne and Anita Leslie, who celebrated in December. There were no anniversaries in December or January.

The next euchre events will be held Mon., Feb. 1, Mon., Feb. 15, and Mon., March 1 at 1 pm at the Mountain Community Hall. The next regular meeting will be Wed., Feb. 24 at 11:30 am at the same location, with Shaver and Scharf in charge of entertainment.

Evelyn Francis said Grace, and this was followed by a delicious luncheon. After the meal, Evelyn and Mavis Graham entertained with some nice stories and games. The pair was thanked for a great effort.

## *Euchre Results*

### Williamsburg seniors play

WILLIAMSBURG — The white-card winners of the Williamsburg Senior Citizens Group Euchre, held on Wed., Jan. 27 at the J.W. MacIntosh Seniors' Support Centre, were Sheila Crowder, Betty Wheeler, and Audrey McLaren.

The yellow-card winners were Evelyn Schwerdtfeger, Ruth Casselman, and Betty Barkley.

Ray Casselman and Irene Carr won the door prizes, while Harold Gallinger, Muriel Miller, Gladys Kyle, and Barkley won the draws.

The next euchre event is scheduled for Wed., Feb. 10.

### Winchester lists winners

WINCHESTER — White-card winners of the latest Winchester Seniors' euchre event, held on Thurs., Jan. 28, were Marvin Reid, Joyce McIntosh, and Arlene Reid.

The pink-card winners were Mal Byers, Muriel Merkley, and Nellie Roosen.

Earl Hanes, Marjorie Shadbolt, and Marvin Reid were the door prize winners, while Betty Barkley and Ruth Szini scooped up the draws.

The next euchre event is scheduled for Thurs., Feb. 11.

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# Local farmers destined for hall of fame

**by Matthew Uhrig**
*Press staff*

OSGOODE — Two long-standing members of the local farming community, who live only a few kilometres from one another, have been named as two of this year's inductees into the Ontario Agricultural Hall of Fame.

They are Vera Mitchell, co-owner of Donevelyn Farms on Yorks Corners Road, and Dwayne Acres, former owner of Maple Meadow Farms on Belmeade Road.

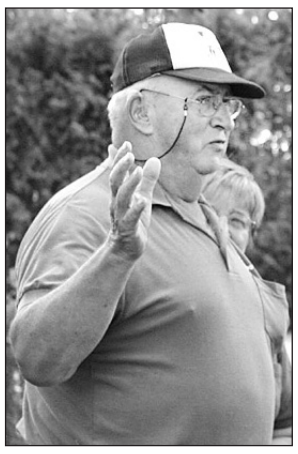
"I'm kind of overwhelmed," said Acres when speaking with the *Winchester Press*. "It's a tremendous tribute."

From 1964 until 2007, Acres was a partner, along with his wife, Laura, in Maple Meadow Farms — a 500-acre dairy, sheep, beef, and cash crop enterprise.

But it was the sheep industry that held the most success for Acres, having watched as his flock consistently came out on top in results for rate of gain and feed efficiency, while his ability to breed top-performing sheep is recognized throughout the province.

According to the Ontario Agricultural Hall of Fame Association, Acres has "demonstrated insightful leadership throughout the sheep industry, including genetics, performance testing, wool sales, judging, advocacy, marketing, and computerized record keeping."

"I'm indebted to my family and the people I have worked with," said Acres, when speaking of the honour. "I've had my rewards along the road."



Dwayne Acres, former owner of Maple Meadow Farms on Belmeade Road.



Vera Mitchell, co-owner of Donevelyn Farms on Yorks Corners Road.

In the early '70s, Acres served on the board of the Ontario Sheep Breeders, and worked to change the membership standards so that it included commercial producers, as well as purebred breeders.

That small change helped to grow the Ontario Sheep Association, which at the time was an organization operating without funding. Acres became the association's chairman in 1975 and helped to the lead a course toward establishing the first check-off for wool. This meant that money would be collected from wool producers in order to finance Ontario Sheep Marketing Agency initiatives and advance the interests of the Ontario sheep industry.

"You can do nothing [in farming] without money," said Acres.

Throughout his career, Acres has also been chair of the Ontario Ram Test Station Committee, where he helped establish and operate ram test stations across the province to enhance the performance testing system. Nationally, Acres served as chair of the Canadian Sheep Marketing Council in the late '70s, and in the early '80s as president of the Canadian Sheep Breeders Association.

During his stint as president, Acres helped institute a national venue for the sale of purebred sheep, now known as the All Canada Sheep Classic sale. He also served as chair of the Canadian Livestock Records Corporation.

Today, Acres serves as a director of the Canadian Co-operative Wool Growers and chair of the Sheep Flock Improvement Program Advisory Committee. Acres has also established himself as a competitive judge for sheep shows, having travelled to the Royal Winter Fair in Toronto, to the Australian Melbourne Royal, and the World Sheep Congress.

For Mitchell, she has spent the last 50 years as co-owner of Donevelyn Farms, which has grown to 1,000 acres and includes four separate enterprises — dairy, a grain elevator, cash crops, and custom cropping services.

In this capacity, Mitchell has been responsible for the dairy, accounting, grain trading, contracts, trucking, drying, and storage aspects of the business.

According to the Ontario Agricultural Hall of Fame Association, Mitchell became a well-known spokesperson for agriculture across Ontario.

She has also served as a founding director of the Ontario Farm Debt Review Board, and in 2002, Mitchell was awarded the Queen Elizabeth II Jubilee Medal for outstanding citizenship, business, leadership, and contributions to agriculture.

Mitchell was not available for comment by press time.

Acres and Mitchell will be honoured at the induction ceremony inside the Hall of Fame gallery at the Country Heritage Park in Milton on Sun., June 13.

# Sheep are sheep? Not exactly

## District 10 Sheep Day set for Sat., Feb. 20 in Spencerville

SPENCERVILLE — Andrew Harrison, a local sheep producer, is looking forward to attending the Ontario Sheep Marketing Agency District 10 Sheep Day to be held at Spencerville on Sat., Feb. 20.

Although, like most attendees at Sheep Day, he raises sheep, Harrison is somewhat unique in that he will be the only farmer present who was born and raised in Gewnt, South East Wales. In addition, his family and farm (Brynog) were recently featured on the Food Network in a popular program called *Pitchin In*, with host executive chef Lynn Crawford.

Although "sheep are sheep," and Harrison comes from a long line of shepherds, there are differences between raising sheep in eastern Ontario and in Wales. The local weather tends to be colder in the winter and warmer in the summer, with a shorter but faster growing season. The farming in the area where Harrison grew up was, and still is, mainly focused on raising sheep (36 million in the UK), although there are some dairy farms lower down and some cash crops on flatter fields.

The size of the farms vary in acres, as is the case in eastern Ontario. However, the big difference for the UK is that the stocking rate for acres owned is much higher. If you farm on a mountain, you acquire grazing rights for that mountain, and keep the sheep there all summer and just bring them back for deworming, shearing, etcetera. There are smaller groups of ewe lambs kept at the farm on a rotational grazing system.

In recent years, foot and mouth disease, as well as bovine spongiform encephalopathy has hit sheep farms in the UK and has made it very difficult to make a decent living.

Harrison and his wife, Jenn, thought the opportunities to farm and raise a family were much better in Canada, so they made the move to Canada seven years ago. They purchased their first sheep in 2005. Brynog Farm currently houses 400 high health status ewes on a once-a-year lambing system. Their F1 (Rideau x Dorsett) ewes generate roughly 800 Texel sired market lambs. Plans are underway to expand their flock, depending on availability of reasonably priced land.

As a member of the District 10 Sheep Committee, Harrison helped organize this year's Sheep Day. He will also be part of a panel of producers examining the benefits of purchasing replacement ewes as opposed to raising their own.

Harrison said he thinks it is important for sheep producers to talk and exchange points of view, to examine each others' systems and management practices.

"If we don't get together, how do I know the problem I'm having today did not happen to another producer a year ago, and he has a solution which could save me big time?" Harrison remarked. "We are not in competition… we all want the same result at the end of the day… we want to produce a top-quality product and make money at it and [the] way to achieve that is to work together."



Sheep farmer Andrew Harrison with his wife, Jenn.

Harrison and other sheep producers in the area are eager to hear speakers make presentations about a wide variety of topics, including reducing lamb mortalities, proper nutrition, marketing lambs, and keeping farm records. The theme for the day is "marketing more lambs by weaning more lambs."

For more information about Sheep Day and the events scheduled, contact Gary Lapier at 613-989-2792.



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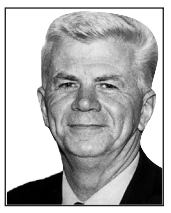
# Thompson may dye his hair green



In and around Osgoode Ward
*by Councillor Doug Thompson*

OTTAWA — Osgoode Ward Councillor Doug Thompson has promised to dye his hair green as part of a fundraiser for the Make-A-Wish Foundation. Thompson said he will do the dye job if he can collect $1,000 in donations by Sat., Feb. 6. He was inspired by a young resident of his ward, Michael Bates, who appeared before City of Ottawa council on Mon., Jan. 25 with his mother, Kim Sheldrick. On Feb. 6 from 9 to 11 am at the Metcalfe Lions Den, heads will be shaved to raise funds for the local Make-A-Wish Foundation fundraiser. Donors wishing to see Thompson sport a unique, green coiffe may call his office at 613-580-2490 or e-mail doug.thompson@ottawa.ca to make a donation.

**Finalized city budget**

The City of Ottawa council has approved a 3.77-per-cent property tax increase for 2010. The draft budget that was presented to council in December was the subject of intense review and public consultation. Following two days of hearing from residents, city council reviewed the entire budget on Thurs., Jan. 28. While I would have preferred a smaller tax hike, 3.77 per cent is this year's increased cost for managing the city. The average tax increase since amalgamation was 1.99 per cent per year, while the annual average rate of inflation rate during the same period was 2.18 per cent per year.

**Update on the coyote problem**

Finally, we are getting some movement in dealing with coyote overpopulation in our community. Following my meeting in Aurora with the Ministry of Natural Resources Human Wildlife Conflict Advisory Committee, a special meeting will be held in Aurora in March to make recommendations on controlling the coyote population. Tomorrow morning (Thurs., Feb. 4) at 9:30 am at Ottawa City Hall, the city's Community and Protective Services Committee will hear from residents and organizations with regard to the coyote problem. Contact marc.desjardins@ottawa.ca to register to speak to the committee. As well, our MPP, Lisa MacLeod, is hosting a community meeting regarding the coyote issue on Thurs., Feb. 18 at 7 pm at the Osgoode Community Centre.

**Winter carnivals**

The 2010 Osgoode Winter Carnival is scheduled to kick off this coming weekend (Thurs., Feb. 4 to Sun., Feb. 7). It will continue with events each weekend until Sun., Feb. 21. Meanwhile, both the Kenmore and Vernon Winter Carnivals run Sat., Feb. 21 and Sun., Feb. 22.

**Chili cook-off**

The Osgoode Youth Association (OYA)'s first annual chili cook-off will take place on Sun., Feb. 7 during Osgoode's Winter Carnival from 1 to 4 pm. There will be prizes in two categories: village vote and celebrity judge pick.

**Way to go Hornets**

Congratulations to the Metcalfe Hornets Junior "B1" team who took the gold at the Beaconsfield Ringette Tournament on Fri., Jan. 15 to Sun., Jan. 17. They won all three games, and the final game was a shutout. Coaches Leanne Johnston and Doug Adamson and players Brittany Bekkers, Lauren Hill, Chelsey Taylor, Erika Stolk, Elizabeth Harrison, Veronique Guilbeault, Kate Adamson, Kayleigh Green, Kayleigh Benoit-Hinz, Jenna van Koppen, Ashley Urban, and Victoria Fogarty proudly brought home the banner.

**Spaghetti dinner**

A spaghetti dinner, sponsored by St. Paul's Anglican Church in Osgoode, will be held on Sat., Feb. 6 from 4:30 to 7 pm at the Royal Canadian Legion Osgoode Branch 589. You can count on delicious homemade meat or vegetarian sauce, homemade pies, and other desserts. Adults $10 and children five and over, $5. Tickets may also be purchased at the door. For more information, contact Barbara at 613-489-2881.

# Legion distributes $9,500

GREELY — The Royal Canadian Legion Greely & District Branch 627 recently distributed $9,500 to organizations in the community that "support the vets."

The Perley and Rideau Veterans' Health Centre, the Osgoode Care Centre, the Township of Osgoode Home Support Program, the Army Cadet League of Canada - 2951 Gloucester, and Winchester District Memorial Hospital are the recipients of the funds.

"It is our proud duty to support these organizations who are so important to our vets," said service officer Bruce Sherritt.

For more than 80 years, the Royal Canadian Legion and its active members have been supporting veterans and their family members through the sale each November of the famous poppy, as immortalized in John McRae's poem, "In Flanders Fields."

Linda Wyman, president of the Greely Legion and poppy chairperson, distributed the funds to these five organizations, which serve veterans in one way or another.

"These poppy funds ensure that our dedicated veterans and their families will be thanked, cared for, and remembered," said Lyman.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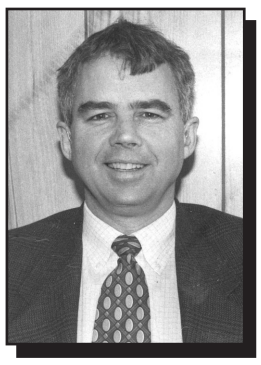

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# Scharfe to challenge Thompson for council seat

**by Bev McRae**

METCALFE — Two years ago, when he retired from a 28-year career with the Ottawa Police Service, Mark Scharfe might not have seen himself as a candidate for city councillor — but a year ago he decided to run in the 2010 municipal election.

It was at that time, he said, he realized the sitting Osgoode Ward councillor, Doug Thompson, was not going to fight Orgaworld — the company responsible for dealing with waste from the new Green Bin Program.

Scharfe filed his nomination papers at the Metcalfe Client Service Centre on Mon., Jan. 4.

As chair of the Ramsayville Community Association, Scharfe has protested the city's new organic waste composting facility on the eastern border of Osgoode Ward from the start, saying he's concerned about air and ground water pollution.

"We appealed to the Ministry of the Environment, but they said we filed our complaint too late," said Scharfe. "So we appealed to a provincial tribunal, but they said they were not responsible for zoning issues."

The zoning issue, according to Scharfe, is that there wouldn't be an Orgaworld — and he wouldn't be running in the Mon., Oct. 25 municipal election — if the newly amalgamated City of Ottawa had adopted an environmental bylaw from the former City of Gloucester that restricted industrial zoning, requiring the use of municipal water or sewer resources.

"Orgaworld has huge holding tanks for sludge," Scharfe pointed out. "Sludge that requires municipal waste treatment."

The sludge, he said, comes from pressing the moisture out of the organic waste the city collects in the new Green Bin Program, waste that is 70 per cent water.

When the city signed on with Orgaworld to process household organic waste, Scharfe was even more concerned.



*Mark Scharfe*

"I couldn't believe the city signed a 20-year contract before the site even had the necessary environmental and building permits," he said. "And, I couldn't believe they signed a 20-year contract with high tipping fees that will increase with the cost of living every year."

He also couldn't believe the contract's "put or pay" provision.

"The city has to collect 1,500 tonnes of organic waste a week or 80,000 tonnes a year," he said. "If they don't, taxpayers have to pay for it anyway."

As a candidate for councillor, Scharfe has other issues.

"I don't support electric rail," he said. "It's too costly. I prefer [former regional chair] Andy Haydon's bus transit plan."

He also doesn't like "biosolids, garbage police, the tree-cutting by-law, or tree-cutting police," and lists drainage, roads, truck traffic, and crime as other issues in Osgoode Ward.

Since retiring, Scharfe, 50, has taken up beef farming on the farm his family has owned since 1911. He said he knows the area and its people very well.

"I worked as the community police officer in Osgoode for five years," he said. "Plus, I've been involved with Neighbourhood Watch and the Ramsayville Community Association."

While he knocks on doors campaigning, lines up funding, and organizes his team, Scharfe said he plans to appear at another provincial hearing involving Orgaworld in May.

"I'm a farmer," he said. "But, I can tell you that I wouldn't use any of Orgaworld's compost on my fields."

# It's a F-A-L L-A-C-Y kids can't spell

**by Donovan Downes and Trevor Jackson**
**Grade 8 students, Metcalfe Public School**

METCALFE — "Fallacy, F-A-L L-A-C-Y, Fallacy." This marked the end of the 2010 Metcalfe Public School Spelling Bee on Tues., Jan. 19. After a dozen gruelling and intense rounds, two of the three English finalists — Sophia Sedeghi and Kiana Burke — misspelt their words, and Donovan Downes ended the competition with the seven letters above.

The Spelling Bee began with 22 English and eight French participants. Words ranged from laundry to aggrandizement and psychoanalysis, as well as *comprendre* and *tableau*. The French bee was won by Grade 4 student Emma Lee after 10 rounds of "accents aigus et circonflexes." The participants thanked the teaching staff for their work done behind the scenes during the bee.



Jennifer Nutt, Metcalfe Public School principal, with Donovan Downes, winner of the school's English spelling bee.

The next bee for Downes is the district bee, which will be held in downtown Ottawa in the months to come. Downes will "spell off" against other spellers representing other schools in the Ottawa-Carleton District School Board. The road there is not an easy one. It is likely spellers will train once or more per day, attempting to make it to the regionals, and then the nationals. The grand prize for the nationals is $15,000 and a trip to Washington D.C. to represent Canada at the Scripps National Spelling Bee.

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The Greely Idol singing competition took place on Sat., Jan. 30 and Jan. 31. Renee Emby (above) belted out her version of Leonard Cohen's "Hallelujah." Taylor Lee (below) sang an a cappella version of Taylor Swift's hit, "Love Story." Lee was the eventual winner of the junior division, while Jessica Thibault was the top senior.



# Carnival time in Greely



*The 2010 Greely Winter Carnival took place over the weekend of Fri., Jan. 29 to Sun., Jan. 31 with many events taking place at the Greely Community Centre.*

*Pictured, clockwise, from above: Doug Scharf of Hollybrook Farms brought his two horses out into the winter weather to pull the sleigh through the field; Maddison Brayman (left) and her sister, Allison, made use of the outdoor skating rink during the carnival; Sharon Elliott (left) of It's An Art Thing school and studio in Greely had a face painting table set up and Rebecca Shore was one of the first in line.*





***Press Photos — Uhrig***


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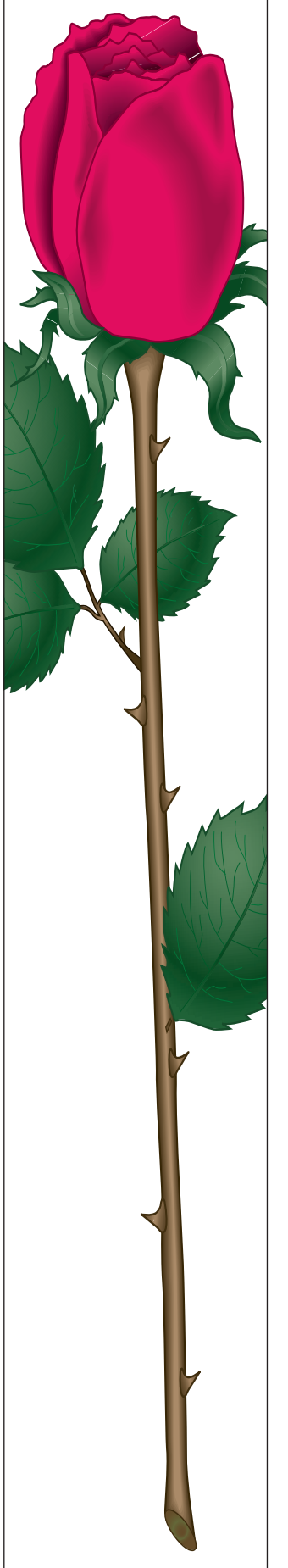

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## *Hawks edge Glens 5-4*

# Bouwman bags game winner

WINCHESTER — It might have been a play-off preview when the home town Winchester Jr. "B" Hawks squared off against the Alexandria Glens at the Winchester Arena.

Friday night's (Jan. 29) St. Lawrence Division tilt was the sixth and final instalment of the Hawks-Glens regular-season series which finished tied at 3-3-0. Should the standings remain the same at season's end, the Hawks and Glens would clash in a best-of-seven semi-final set.

Friday's encounter was as intense as any post-season scrum. The score was tied 1-1 after 20 minutes and deadlocked 2-2 after two periods. The Hawks grabbed a 4-3 lead when J.F. LeFort scored 4:51 into the final frame only to have the Glens knot the count at 4-4 when Hugo Pouliotte scored his 31st of the season at the 6:31 mark. That set the stage for Winchester defenceman Josh Bouwman to rip a shot from just inside the Alexandria blueline through a crowd and into Dominic Quann's cage at the 13:28 mark.

Veteran netminder Michael Hitesman and his defensive crew were able to hold the Glens at bay for the final 6:32 of the game. The result was a huge 5-4 win for the Hawks.

The Hawks finished their weekend skating to a 9-2 victory over the Akwesasne Wolves on Cornwall Island the following night (Sat., Jan. 30). That decision gave Winchester a 5-0-1 sweep over the fifth-place Wolves (4-28-2-2).

It was the first time the Hawks have posted back-to-back victories since they defeated the Char-Lan Rebels 5-1 on Dec. 19 and knocked off the Glens in Alexandria 6-3 on Jan. 2.

"Boy it sure feels good to win two in a row," remarked Hawks coach Paul Sheard.

**Big finish**

Winchester has three games left on their schedule and need points in all three to secure a place in the post-season party. This week they play one game when they host the Char-Lan Rebels on Friday (Feb. 5) at 8:15 pm. On the final weekend of their slate they will take on the St. Lawrence Division leading Casselman Vikings (26-7-1-2) on Fri., Feb. 12 (8:15 pm) and close out the campaign with a game against the Char-Lan Rebels in Williamstown on Sat., Feb. 13.

The Hawks (18-17-2-0) hold down third place with 38 points and have three games left. The Char-Lan Rebels (16-17-2-2) are fourth with 36 points and have three games to play. The fifth-place Morrisburg Lions (16-18-2-0) have 34 points, four games remaining, and are just two points out of a berth in the playoffs.

Morrisburg plays Casselman twice, Akwesasne once, and Alexandria once in their stretch drive.



Winchester Jr. "B" Hawks forward Ronnie Brohman (No. 25) charged through an attempted check by Alexandria's Erik Just (No. 17) during last week's (Fri., Jan. 29) St. Lawrence Division game in Winchester. The Hawks beat the Glens 5-4 on Josh Bouwman's third-period marker. Brohman collected three goals and two assists in two weekend games and has six points (3-3-6) in his first eight games with the Hawks. *Press Photo — Van Bridger*

**Hawks 5 - Glens 4**

Hawks captain James Kirkwood returned to duty Friday for the game against his former team, the Alexandria Glens, and made a big impression on his coach.

"Kirkwood called a team meeting for 6 pm to get everybody on the same page," said the coach. "And then with a bum shoulder he still went out and scored a goal. He showed a lot of leadership."

Sheard also said the Hawks played a 1-2-2 system against the second-place Glens (20-12-4-0) and it seemed to work.

"Also the guys showed some desire. Ronnie Brohman and Mikey (Hitesman) also had good games," said the coach. "But everyone chipped in. It was a team win."

Kirkwood (11), Alex Krumins (3), Brohman (1), J. F. LeFort (5 - tying goal), and Bouwman (5 - GWG) were the Winchester marksmen. Graham Loyst (3), Shane Ramsay (2), LeFort, Ben Brayman, Brohman, Krumins, and Bouwman collected assists.

Hitesman stopped 29 of 33 Alexandria shots. Josh Lapierre, Shane Kitchen, Eric Morter, and Hugo Pouliotte counted the Glens goals.

The Hawks fired 43 pucks at Dominc Quann. He blocked 38.

• continued on page 14

# Hawks help Haiti

WINCHESTER — The Winchester Jr. "B" Hawks are inviting high school students to help them raise funds to support the Haitian relief effort.

Team president Kevin Bowie has announced that for each North Dundas District High School (NDDHS) student attending the Hawks final home game of the regular season against the Casselman Vikings on Fri., Feb. 12, the hockey club will donate $2 to the NDDHS Haiti Helpers.

Bowie said that the Country Kitchen Restaurant will donate $1 for each NDDHS student paying their way into the game.

"That's $3 for each student and I invite other area businesses to get involved," he said. "It is great cause and will help the kids (NDDHS Haiti Helpers) match the $1,500 pledge made by the Winchester Lions Club.

Anyone interested in taking part in the fundraiser can call Bowie at 613-989-2267.



The North Dundas District High School curling team fashioned a perfect record of three wins and no losses capturing the 2009-2010 Gore Mutual School Boy Regional title in Carleton Place on the weekend (Sat., Jan. 30 and Sun., Jan. 31). Coach Ian Wilson (left), skip Kurtis Byrd, third Jonathan Thompson, second Zac Baker, and lead Brad Holmes have qualified to compete for the Gore Provincial championship. *Press Photo — Van Bridger*

# Byrd skips NDDHS to Gore provincials

CARLETON PLACE — Kurtis Byrd and his North Dundas District High School curling team are on their way to the 2010 Gore Mutual School Boy provincial championships.

Byrd, third Jonathan Thompson, second Zac Baker, and lead Brad Holmes are all in their final year of high school eligibility, and are about to make their last run at claiming Gore provincial gold. The North Dundas District High School (NDDHS) foursome will battle for the 2010 Ontario Gore School Boy title in St. Thomas later this month (Feb. 18 to Feb 21).

NDDHS emerged as this year's Zone "1A" winners following an 8-6 victory over Perth Collegiate in Winchester in early December.

The Byrd rink opened the Gore Regionals, held at Carleton Place on Saturday (Jan. 30) posting a 16-2 six-end decision over Renfrew's Trevor Reid of St. Joseph's. North Dundas then knocked off Reilly Calwell of Moira (Belleville) 7-2 later that day. That win set up Sunday's (Jan. 31) "A" side final meeting with Brett Lyon-Hatcher of Ottawa's All-Saints.

Lyon-Hatcher defeated Byrd in last year's title match, so this year's 5-3 victory was sweet revenge of North Dundas.

"We played extremely well shooting an 80 per cent team average in our 5-3 win over All Saints," reported coach Ian Wilson.

Kingston's Dave Staples claimed the boys "B" side title. Emily Au skipped All-Saints (Ottawa) to the girls "A" side championship. Campbellford's Katherine Nicholas was the girls "B" side winners.

"They are a great team who practice hard and want to improve in every facet of their game," he said. "We are getting better as the season progresses and hopefully we will peak at the provincials in a few weeks"

**SD&G**

Wilson also noted that NDDHS will take part in the 2010 SD&G curling championships next week (Feb. 11) in Morrisburg. EOSSAA will take place in Cornwall in on Tues., March 9 and Wed., March 10.



## Senior champs

Captain Tom Kirkwood and the Flying Elbows successfully defended their Hallville Cup championship on Hockey Day in Hallville — Sat., Jan. 31. Kirkwood and his squad trimmed Brett Coburn's team 9-1 in the 15 and over final during the sixth annual Hallville Outdoor Hockey Tournament. The two-day competition concluded on Sunday with an U15 event. The tournaments raised $350 for the Hallville rink fund. The two-time Hallville Cup champions are: front (left) James Kirkwood, Michael Hitesman, Robert Thurler; back (left) - Julia Lubun (organizer), Adam Schofield, Lucas Richardson, Josh Bouwman, Brooke Barkley (organizer).



## Junior champs

Ryan's Wolf Pack chewed off a 7-3 win over Team Aaron Burns and captured the 2010 Hallville U15 Hockey Tournament title and the coveted Hallville Cup on Sunday (Jan. 31). Five teams took part in the 6th annual outdoor competition and helped raise $350 for the rink fund. Members of the Wolf Pack are: Samantha Rose Nickerson (organizer), Evan Durant, Ryan Romans - captain, Josh Freake, Warren Steele, Shannon Milling (organizer); back (left) - Ryan Byers, Brandon Cousineau, Stewart McKelvie, Garrett Milne and Nevin Guy.

*Photos — Coburn*

## Hawks

• continued from page 13

**Hawks 9 - Wolves 2**

Coach Sheard reported the team fashioned another solid effort against the Wolves the following evening on Cornwall Island.

The Hawks were without veterans Adam Schofield, Shane Ramsay, and Cory Hybregts but still had 14 players collect points in their 18th win of the season.

Winchester led 4-0 after a period and 7-2 heading into the final frame. Hitesman played the first 40 minutes and picked up the win stopping 29 of 31 shots. Cory Athaide stopped all eight shots he faced. The Hawks outshot the Wolves 41-31.

Brohman (2 and 3), Brayman (12 and 13), Brandon Kelley (3), Devin Desnoyers (2), Chris Embury (2), Brandon Buma (6), and LeFort (6) sniped the Winchester goals. Embury (2), Loyst (2), Krumins (2), Ryan Leckie (2), Bouwman (2), Justin Comeau, Parker Davies, Jon Koopman, Buma, Kelley, and Brohman provided the passes.

# Eight Metcalfe Jets named to Metro Division all-star teams

METCALFE — Eight members of the Metcalfe Jr. "B" Jets, four prospects and four veterans, have been named to their respective Metro Division all-star teams.

The annual Metro-Valley Conference all star games and awards banquet is being hosted by the Ottawa Junior Canadians and will be held at the Jim Durrell Recreation Complex on Sat., Feb. 13.

The Valley Division will take on the Metro Division in the prospects game at 11:30 am. The Valley and Metro veterans will face off at 2 pm. The $10 admission fee is good for both games. The Metro-Valley banquet, featuring guest speaker Dean Roberts of Team 1200, is being held later that day at the same location.

The Jets overage goaltender Karl Labelle, who lists Kemptville as his home town, heads up Metcalfe's contingent of veterans. The Jets captain Andrew Klassen and Eric Laplante both hail from Metcalfe and will anchor the Metro defensive crew. Orleans native and alternate captain Zachary Coakeley is an all-star forward.

The Metro Vets are being coached by Ottawa West Golden Knight mentor Blake Sinclair and his bench staff.

**Metro Prospects**

Three of the four Jets rookies selected for star status list Metcalfe as their home town. They are: 17-year-old defenceman Dustin Wichers and forwards Scott Fleming, 17, and Michael McMurty, 18.

Defenceman Tyler Akeson, 17, is the exception. He is from Cumberland.

The squad is being coached by Ottawa Junior Canadians' Bob Paquette and his bench crew.

# Blues nip Pinks by one, McCadden perfect in net

WINCHESTER — Carrie McCadden registered her sixth shutout of the 2009-2010 Winchester District Ladies Hockey League season and helped the third-place Annable's Jewellery Blues knock off the number-one ranked Cooper Physio Pinks 1-0.

McCadden got the only goal she needed when Dawn Montgomery used a pass from Sonia Clement to ruin Pinks' Kristie Wade's shutout bid with 2:14 left in the second period of Sunday morning's (Jan. 31) 10 am game. The win improved the Blues record to 7-5-4 and dropped the Pinks mark to 8-4-4.

The triple bill opened at 8 am with the second-place WS Trucking Company (6-3-7) battling the Double Beauty Stylists (5-9-2) to a 2-2 draw.

Amanda Rylaarsdam's unassisted goal came with 8:20 left in the first half and put the Truckers up 1-0. Stylist Karen Benoit (unassisted) tied it up 1-1 stopping the clock at 18:13 of the second half. Double Beauty grabbed a 2-1 lead less than a minute later when Amber Theiner drilled a relay from Christina Luykx and Kelly Zeran into the back of Roxanne Backes' net. Edith Dagenais fired in the tying goal when she beat Double Beauty stopper Lorie Casselman after taking a feed from Isabelle Dagenais and Jacqueline Beausoleil with 14:28 left in the game.

**Reds 2 - Girls 0**

Dominque Cavill hung up her fourth zero of the season following Andy's Foodland Reds' 2-0 decision over the Country Girls (4-9-3) in the 9 am match.

Courtney Barkley cracked in the winning goal at 16:15 of the first half. Jada McNaughton and Amy Darling set up the play for the fourth-place Reds (6-6-4). Darling buried a shot engineered by Andrea Francis and Margaret Berry 2:40 before the final buzzer and made it a 2-0 final.

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# Midget 'B' Demons play three games in three days, win two

WINCHESTER — Trevor Havekes cracked in three goals, picked up an assist and led the North Dundas Midget "B" Demons to their 19th win of the 2009-2010 Upper Canada Minor Hockey League season.

Havekes put his four-point game together Monday night (Feb. 1) at the Winchester Arena as the first-place Demons bombed the Smiths Falls Bears 8-1 and improved their West Division record to 19-1-2. The Kemptville Panthers (12-5-6) stand second with 30 points, 10 behind the Demons.

North Dundas 'tender Thomas Giles lost his opportunity to post a perfect result when the Bears' Aaron Hollister beat him at 12:30 of the second stanza.

North Dundas led 2-0 after the first frame on goals by Brandon Oosterhof and Will Fawcett. Havekes, Pete Klein-Swormink, and Josh Stubbings put biscuits in the Bears cage in period two. Havekes potted a pair and captain Alex Hendsbee a single in period three.

Brandon DeJong (2), Derek Simms (2), Jonathan Corkery, Adrian Lee, Ryan Switzer, Dustin Tinkler, Hendsbee, Havekes, Oosterhof, Stubbings, and Klein-Swormink all picked up helper points.

**First loss**

The Demons were in Alexandria the day before (Sun., Jan. 31) and suffered their first loss, a 3-2 decision to the Glens.

Adrian Lee (from Brent Simms and Matt Jarvis at 6:38) scored in the first period to give the Demons their only lead. Hendsbee (from Klein-Swormink) cut the final deficit scoring with six seconds on the clock.

**Demons 4 - Colts 2**

The hometown Cornwall Colts took a 1-0 lead in the first period in Saturday's (Jan. 30) game at the Civic Complex.

North Dundas pulled ahead on second-period markers by Stubbings, Oosterhof, and Hendsbee. Klein-Swormink slapped in the Demons' fourth goal with 5:23 left on the clock. Brent Simms, Lee, Oosterhof, and Stubbings provided the passes.





Laurie Van Hoof (above photo, centre) made the delivery and sweepers Christian Mark (left) and Ann Cook picked it up during the opening draw of Sat., Jan. 30's 44th annual Dairy Bonspiel. Skip Keith Wagner (photo at right) delivered a rock during the opening draw. Opposing skip Donald Van Hoof, who posted the win, looked on. Van Hoof finished the event as the one-game high winner. A field of 10 teams took part in the competition played at the Winchester Curling Club. *Press Photos – Uhrig*




## *Dairy 'spiels best*

*Skip Al LaPierre (left), third Michel St-Marseille, second Stacey Weagant, and lead Kristi Sloane registered a pair of wins and collected a winning total of 26.5 points to capture the top prize in the Winchester Curling Club's 44th annual Dairy Bonspiel on Sat., Jan. 30. The winners received a basketful of dairy products courtesy of Parmalat. Gary Price finished second with 22 points. A field of 10 teams took part in the event. Press Photo – Van Bridger*

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# Lions shut out Angels, Coyotes

MORRISBURG — Vicki Van Allen received plenty of offensive support as she backed the South Dundas Bantam "C" Lions to back-to-back wins over the Brockville Angels and Russell Coyotes.

Van Allen and the Lions blanked the Angels 5-0 in Morrisburg on Sun., Jan. 24, following up on a 3-0 decision over the Coyotes in Chesterville the day before (Fri., Jan. 23).

The victories improved the Lions' Ottawa District Women's Hockey Association record to 13-4-1. South Dundas stands second with 27 points, five back of first-place Clarence Rockland (16-0-0), who has 32. Gloucester Cumberland (9-5-3) is third with 21 points. Kemptville (9-6-10 with 19, Russell (3-8-4) 10, Perth (2-14-0) four, and Brockville (0-15-1) one point round out the rankings.

**Back-to-back shutouts for Vicki Van Allen**

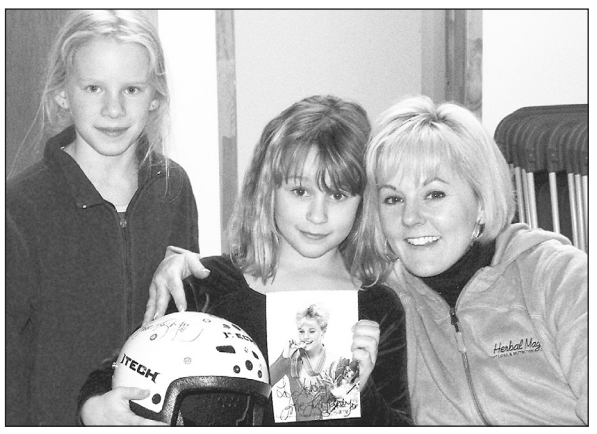
Terran Hall completed a play started by Shannon Van Moorsel with 6:11 to play in period one of the Brockville game. Her goal stood up as the winner. Taylor Cummins made it 2-0, getting help from Vicki Van Hoof and Van Moorsel at the three-minute mark.

Period two was scoreless, but the Lions regained their scoring touch in the final frame and rang up three markers. Van Moorsel connected from Van Hoof with 6:13 left in period three. Hall netted her second on a solo effort at 4:07 and Christyn Veinotte iced the decision scoring unassisted 5-3 seconds before the final buzzer.

**Lions 3 - Coyotes 0**

The night before in Chesterville, Van Allen turned in a flawless, effort blanking Russell 3-0.

Veinotte used a pass from Van Moorsel and Kiley Johnston to registered the winning goal with 4:40 left in period one. Hall upped the lead to 2-0 scoring from Veinotte and Van Moorsel at 9:05 of period two. Van Hoof drove the final count to 3-0 when she fired home a feed from Van Moorsel with 5:08 left in the game.



***Advice and autographs***

Winchester Skating Club members Amy Proulx (left) and Ashley Williams got skating tips and autographs from Olympic champion Elizabeth Manley during a skating clinic hosted by the Lanark Figure Skating Club. The "On Ice with Elizabeth Manley" event, held on Thurs., Jan. 21, was aimed at skaters at the CanSkate and Introductory level. Manley is best known for delivering the performance of her lifetime at the 1988 Winter Olympics in Calgary to come from behind and claim the silver medal.

# WSC test day results

EMBRUN — Winchester Skating Club members participated in a High Test Day hosted by the Embrun Skating Club on Tues., Jan. 19.

The following skaters completed their tests successfully:

Samantha Shelp – Paso, Kilian, Starlight dances and Introductory Interpretive.

Leah Ann Smith – Silver Interpretive.

Blythe Armstrong – American and Harris Tango dances.

Marina Crober – American and Harris Tango dances.

Jannah Vanderlaan – Keats and Rocker dances

Alyssa Cooper – Rocker dance.

# Novice House 'B' Demons defeat Bears and Rangers

CHESTERVILLE — A three-goal effort by Cameron Cotnam sparked the North Dundas Novice House "B" Demons to a 6-4 victory over the South Grenville Rangers.

Last week's (Mon., Jan. 25) win in Chesterville improved the Demons Upper Canada Minor Hockey League fifth-place record to 6-7-6 (as of Jan. 28). North Dundas was tied with 18 points with Smiths Falls (8-8-2). The undefeated Brockville Braves (18-0-0) led the seven-team circuit with 36 points.

Cotnam handed the Demons a 1-0 lead when he cashed in a pass from Cam Sherrer and Spencer Horton at 5:55. South Grenville tied it 1-1 before the end of the session.

Cotnam potted a pair and Kobey Young scored once as North Dundas took a 4-3 lead in period two. Young netted his second, and what would prove to be the game-winning goal, after taking a pass from Samuel Sylvestre and Bradley McLean at the 7:34 mark of period three. Ethan Guy made it a 6-4 final when his shot entered the Rangers cage 6:27 before the final buzzer.

Nolan Brown (3), Sherrer (2), Seth Christophersen, Joey Hannaford, Liam Antille, Horton, McLean, Sylvestre, and Cotnam earned assists. Bradley Larmour was the winning 'tender.

**Demons 3 - Bears 1**

A pair of third-period goals were the difference in the Demons 3-1 win over the Bears in Smiths Falls on Sun., Jan. 24.

Cotnam's unassisted goal opened the scoring with 8:14 left in period two. Sylvestre polished off a play created by Hannaford and Horton at the 6:53 mark of period three. His tally would prove to be the deciding goal. The Bears wrecked Larmour's bid for a perfect game, scoring 37 seconds after Sylvestre. Hannaford and Sherrer teamed up and assisted Young who made it a 3-1 final when he scored 3:30 before the final buzzer.

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Twice a month payments can be made by making two (2) payments of 50% of the monthly payment by the monthly payment due date. ††Receive [$4,000] / [$1,500] / [$2,000] / [$2,500] / [$5,000] / [$3,500] / [$4,500] / [$5,000] / [$6,000] / [$7,000] / [$8,000] in price adjustments when you cash purchase, purchase fi nance or lease a new 2010 Ford [Explorer 4 door/F-450-550 Chassis Cabs 6AS] / [Fusion Hybrid/Escape Hybrid/Transit Connect/F-350 Chassis Cabs 6AS/F-450-550 Chassis Cabs Diesel] / [Focus S] / [Ranger Regular Cab FEL] / [Fusion S/Taurus SE/Edge SE/Flex SE/Escape (excluding Hybrid)] / [Mustang Value Leader] [Ranger Super Cab XL] / [Explorer Sport Trac 4x4/Expedition/F-150 Regular Cab] / [Ranger Super Cab (excluding XL)] / [F-150 Super Cab 4x2/F-150 Super Crew 4x2] / [F250-450 (excluding Chassis Cabs)] models. ■ Cash purchase a new 2010 Ford Escape XLT 4 Manual / F-150 SuperCab XLT 4x4 for $22,999/$29,999 [after delivery allowance of $3,000/$7,000 and Price adjustment of $30/$1,930 deducted] All purchase offers include freight ($1,400), air tax, and Stewardship Ontario Environmental Fee but excludes administration fees which vary by dealer, Fuel Fill Charge and all applicable taxes. 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# Maulers, Flyers continue to lead WTHL pack

WINCHESTER — The gap between the top two clubs and the rest of the Winchester Town Hockey League pack continues to widen.

Last week's Tuesday night (Jan. 26) twin bill produced wins for the top-ranked Morozuk Maulers (15-2-1) and the second-place McLean Flyers (9-7-2). The program opened with the Flyers ripping up the third-place Heuff Howlers (11-3) and closed with the Maulers edging the fourth-place Sherrer Rockets (3-12-3) 6-4.

Flyer Nik Paas scored the natural hat trick pushing his squad to a 5-0 lead in the first half of their encounter with the Howlers. Paas cracked in the first three goals while Travis "Toast" Armstrong and Josh "Champ" McLean followed up with singles.

Paas popped in his fourth and 28th of the season in the second half. Dean Moore (2), Jon Nadobny, McLean, and Armstrong also fired in shots as the Flyers soared to an 11-3 win. James Gilmer set up four goals while Paas (3), Trevor Gilmer (2), Dana Schofield (2), Nadobny (2), Moore, and McLean also collected helper points. Bruce Graham was the winning 'tender.

Robyn Sadler, Ryan Thompson, and Chris "Ed" Hart snapped in goals for the Howlers in the second half. Travis Rowe (2), Terry Barkley, Al Christophersen, Hart, and Sadler provided the passes.

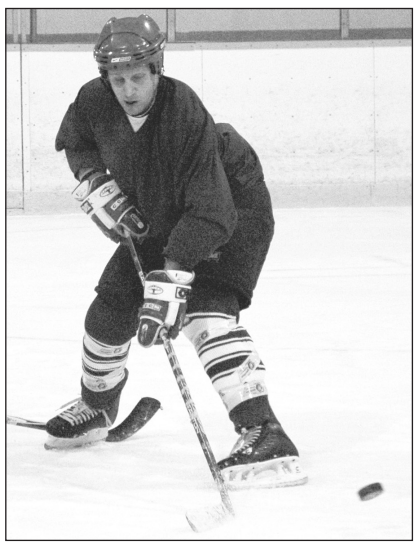
**Maulers 6 - Rockets 4**

Mitch Scott tallied the game-winning goal for the Maulers as they knocked off the Rockets 6-4.

Dean Byvelds, the league's top scorer, cracked in his 40th goal and picked up assists numbers 26 and 27. He leads the scoring race with 67 points 11 more than Howlers Robyn Sadler (30-26-56) who has 56.

Chad Valcour potted a pair while Scott Reaney and Trevor Morozuk sniped singles. Assists went to Reaney (2), Byvelds (2), Troy McNaughton, Morozuk, and Valcour.

Darrel Moore counted two goals and an assist for the Rockets. Kyle Dearing added a goal and an assist. Travis Froats bagged a single. Justin Morozuk (2) and Will McLean picked up helper points.

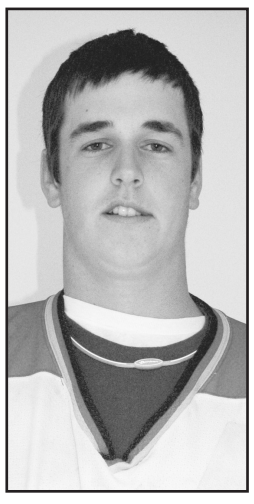


***40 goals***

*Mauler forward Dean Byvelds recorded his 40th goal of the 2009-2010 Winchester Town Hockey league season in a 6-4 win over the Sherrer Rockets last week (Tues., Jan. 26). Byvelds leads the league with 40 goals, 27 assists and 67 points.*
*Press Photo — Van Bridger*

## Meet the HAWKS

### Ryan Leckie
***No. 51***
***Defence***



Ryan Leckie is in his first year with the Winchester Jr. "B" Hawks. The 19-year-old defenceman is from North Bay and is attending Carleton University where he is studying philosophy. Leckie is one of the team's iron men having appeared in all 37 games this season. The 6' 5" blueliner has recorded four goals, 10 assists and 14 points.

# Second-place Pee Wee 'B' Demons register 15th win, beat Glens 4-1

ALEXANDRIA — North Dundas goaltender Will Zandbelt gave up the first goal of the game but was flawless the rest of the way as the Pee Wee "B" Demons knocked off the Alexandria Glens 4-1.

The hometown Glens took a 1-0 lead on Gabriel Lanthier's goal, but the Demons evened the count in Sunday's (Jan. 31) match when Thomas Fingler scored from captain Mason Durant and Braden Findlay with 8:23 left in the opening session.

Joey Benoit connected on a pass from Mitchell Melenhorst at 13:06 and gave his team a 2-1 lead. Jakob Downey's unassisted shot made it 3-1 at 9:44 of the same frame. Matthew Laflamme fired in a feed from Melenhorst 1:32 before the final buzzer to make it a 4-1 final.

The victory improved the Demons' Upper Canada Minor Hockey League record to 15-6-1. North Dundas stands second in the East Division behind the Char-Lan Rebels.

Saturday (Jan. 30) the Demons were in Finch where an empty net marker put the finishing touches on a 4-2 loss to the host NGS Braves (no game sheet available).

**Demons 6 - Rangers 2**

North Dundas got goals from six different shooters in their 6-2 win over the South Grenville Rangers in Cardinal last week (Thurs., Jan. 28).

Findlay (1-3-4), Melenhorst (1-1-2), Fingler (1-2-3), Durant (1-1-2, SHG), Logan Holmes (1-0-1), and Tristan MacGregor (1-0-1) provided the offence. Zandbelt worked the nets for the win.

**Demon 4 - Panthers 0**

Nikolas Carruthers made the most of his turn in the goaltending rotation and posted a 4-0 shutout victory over the Kemptville Panthers.

Carruthers and the North Dundas Pee Wee "B" Demons blanked the Panthers in an Upper Canada Minor Hockey League encounter in Winchester on Mon., Jan. 25.

Thomas Fingler used a pass provided by Braden Findlay to register the winning goal at 9:22 of period one. Findlay then finished a play started by Melenhorst and Fingler to make it 2-0 with 5:07 left in the second session.

The same combination struck for a 3-0 lead with 2:30 left on the clock as Fingler scored from Findlay and Melenhorst. Fingler collected his fourth point of the game when he set up Dillon Clement who made it a 4-0 final by scoring 3:11 before the final buzzer.

# Atoms bounce Braves 4-1

WINCHESTER — Aaron Turcotte gave up a single goal and backed the North Dundas Atom "B" Demons in a 4-1 victory over the visiting NGS Braves.

North Dundas led the Friday night (Jan. 29) tilt at the Winchester Arena 2-0 after a period and 3-1 after two periods. Tristan Jackson ruined Turcotte's opportunity for a perfect game when he scored late in period two.

Brett Lannin used a pass from Jack van Kessel and Jarrett Williams to open up a 1-0 lead at 7:10 of period one. Drew Cotnam finished a play started by Jacob Robinson and Jack Messervey and handed his mates a 2-0 lead with 2:19 left in the session.

Robinson made it a 3-1 difference netting a relay sent to him by Cotnam and Messervey with 1:22 to go in the second stanza.

Cotnam cashed in a pass from Robinson and Messervey and solidified a 4-1 result.

North Dundas improved its Upper Canada Minor Hockey League record to 18-3-1 with the decision.

# McRae, Fleury lead Demons to 15-1 win

WINCHESTER — It was a points bonanza for the North Dundas Bantam "B" Demons. Ten different skaters padded their individual scoring stats when the Demons rolled to a 15-1 victory over the Brockville Braves.

The one-sided decision was registered in Winchester last week (Wed., Jan. 27) and solidified North Dundas' Upper Canada Minor Hockey League (West Division) record at 18-2-0. Tom Kirkwood's squad holds down first place with 36 points, 10 more than the number two-ranked Kemptville Panthers (11-7-4) who have 26. The South Stormont Selects (14-5-2) stand number one in the East Division with 30 points.

North Dundas captain and number-one shooter Mark McRae led the Demons attack, ringing up three first-period goals and a total of six. He also added an assist and inflated his numbers to 46-25-71.

The Demons led Brockville 3-1 after a period and 7-1 after two.

Nick Fleury also compiled a seven-point game scoring once and adding six helpers.

Mitchell Kirkwood surpassed the 20-goal plateau when he scored four times and added an assist. He has 23 goals, 23 assists and 46 points in 18 games.

Josh Hodgson collected five points (1-4-5). Brett Bartholomew and Bryden van Kessel each picked up a goal and two assists.

Defenceman Ben Horton registered his first goal of the season.

Donnie Gamble earned five assists. Mason Steele had two and Aaron Burns one helper.

Aaron Burns left the game with a lower body injury and Kirk Henike didn't play.

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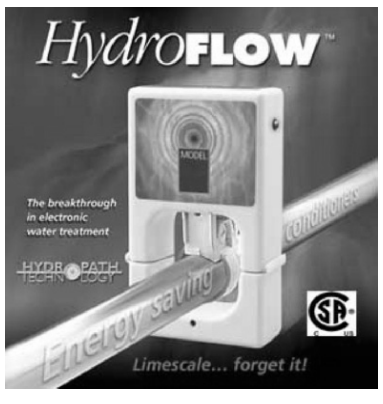
HAWKS
WINCHESTER JR. 'B' HAWKS
DREAM VACATION DRAW
WINNERS

*The draw took place Friday, Jan. 29 at the Winchester Arena.*
*Winners are as follows:*

#1 **Wayne Warren, Chesterville**
Las Vegas - **$1,250**
#2 **Roy Fawcett, Winchester**
Cancun, Mexico - **$1,400**
#3 **Michael Hitesman, Ottawa**
Caribbean Cruise - **$2,850**
#4 **Darlene Sherrer, Inkerman**
New York City - **$1,000**
#5 **Amy & Tony Fraser, Winchester**
Barbados - **$3,500**

**Dec. 18, 2009 - Early Bird Bonus**
**Rodger Hitesman $350**

Say Goodbye to Hard Water

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**Saturday, February 6**

**11 am at Riverside Heights Rec Hall**

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*or Elaine 613-652-2467*

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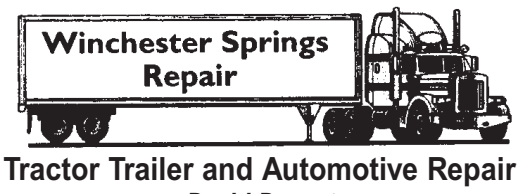


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# Anglers must register ice huts with ministry

KEMPTVILLE — To protect the environment and ensure safety, anglers must register new or previously unregistered ice fishing huts on area lakes, according to the Ministry of Natural Resources (MNR).

Registration is free and helps prevent anglers from abandoning their huts. Abandoned huts can end up in waterways when the ice thaws.

Huts must be registered in Fishery Management Zones 12, 18 and 20 in Kemptville District. To register your ice hut in these areas, call the local ministry office at 613-258-8204. Generally, this may be done over the telephone. Once registered, an ice fishing hut can be used anywhere in Ontario.

### Abandoned huts pose danger when ice thaws

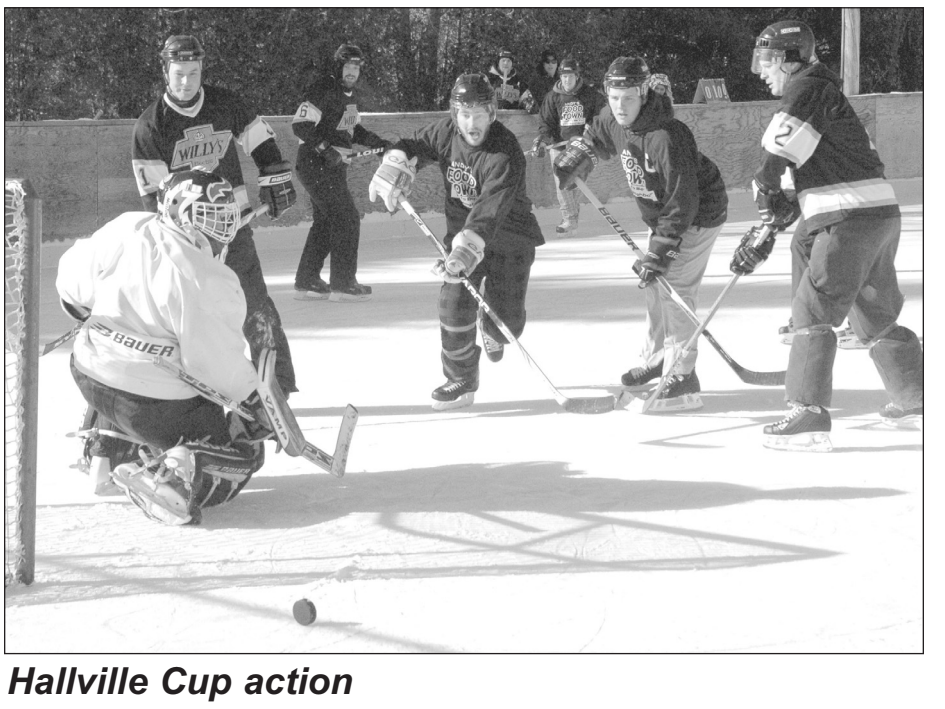
Anglers must remove ice huts from the waters of Zone 20 (the St. Lawrence River) by Mon., March 1. Huts in Zone 18 and in Zone 12 (Ottawa River below Lake Timiskaming Dam) must be removed by Mon., March 15.

The MNR is warning that it's a good idea to place huts on 15 centimetre (six-inch) high wooden blocks to make it easier to remove them at the end of the season. Ice hut owners must keep the area around their huts clear of garbage.

Registration numbers on ice huts must be at least 6.3 centimetres (2.5 inches) in height and clearly displayed on the outside of the hut. Tent-style ice huts made of cloth or synthetic fabric that have a base area of seven square metres (75.4 square feet) or less when erected do not need to be registered.

It is an offence under the Public Lands Act to leave an ice hut out after ice break up regardless of whether registration and removal dates apply.

For ice hut registration in other districts, refer to the 2010 Recreational Fishing Regulations Summary available from licence issuers, Service Ontario/ Government Information Centres, or on the ministry's website at ontario.ca/fishing.



## *Hallville Cup action*

The sixth annual Hallville Outdoor Hockey Tournament attracted seven senior (15 and over) and five junior (under 15) teams over the past weekend (Sat., Jan. 30 and Sun., Jan. 31). The two-day event raised $350 for the village's rink fund. Adam Schofield (second from left) and James Kirkwood of the senior champion Flying Elbows chased down the puck in a game against the Kings on Saturday afternoon. *Press Photo — Van Bridger*



*Winchester Press*
# SPORTS SCOREBOARD

### Eastern Ontario Junior "B" Hockey League

***RIDEAU - ST. LAWRENCE CONFERENCE***

**Recent Results**
Jan. 27: Brockville 6 - Athens 4
Jan. 28: Casselman 10 - Char-Lan 2
Jan. 29: Winchester 5 - Alexandria 4
Morrisburg 11 - Akwesasne 6
Westport 7 - Brockville 6 OT
Jan. 30: Winchester 9 - Akwesasne 2
Westport 5 - South Grenville 3
Char-Lan 3 - Morrisburg 2
Alexandria 5 - Casselman 3
Athens 4 - Gananoque 3
Jan. 31: Westport 9 - Char-Lan 1
Gananoque 5 - South Grenville 3

**STANDINGS**

| Rideau | W | L | T | GF | GA | PTS |
|---|---|---|---|---|---|---|
| Westport | 26 | 9 | 5 | 216 | 155 | 57 |
| Athens | 25 | 10 | 4 | 214 | 148 | 55 |
| Brockville | 21 | 15 | 2 | 182 | 160 | 46 |
| Gananoque | 14 | 19 | 2 | 154 | 178 | 34 |
| S. Grenville | 8 | 28 | 4 | 140 | 215 | 20 |
| **St. Lawrence** | **W** | **L** | **T** | **GF** | **GA** | **PTS** |
| Casselman | 26 | 7 | 1 | 225 | 95 | 55 |
| Alexandria | 20 | 12 | 4 | 188 | 138 | 44 |
| Winchester | 18 | 17 | 2 | 144 | 169 | 38 |
| Char-Lan | 16 | 17 | 2 | 145 | 176 | 36 |
| Morrisburg | 16 | 18 | 2 | 178 | 218 | 34 |
| Akwesasne | 4 | 28 | 2 | 128 | 255 | 12 |

**Teams losing in OT receive one point*

| TOP SCORERS | G | A | PTS |
|---|---|---|---|
| **Rideau Division** | | | |
| Daniel Lacroix, Athens | 34 | 50 | 84 |
| Kyle Couvieau, West. | 36 | 42 | 78 |
| Pat Cameron, Athens | 16 | 59 | 75 |
| Manson Mangan, Gan. | 19 | 36 | 55 |
| Steve Parker, Athens | 34 | 20 | 54 |
| Shane Melcher, Broc. | 30 | 23 | 53 |
| Scott Johnstone, West. | 23 | 28 | 51 |
| Nick Douvris, Athens | 16 | 32 | 48 |
| Dustin Sinclair, West. | 9 | 39 | 48 |
| **St. Lawrence Division** | **G** | **A** | **PTS** |
| Marcel Groulx, Cass. | 36 | 35 | 71 |
| Curtis Chennette, Cass. | 23 | 46 | 69 |
| Hugo Pouliotte, Alex. | 33 | 34 | 67 |
| Adam Wensink, Cass. | 31 | 33 | 64 |
| Joel Adam, Cass. | 28 | 32 | 60 |
| S. Brocu, Cass. | 18 | 40 | 58 |
| Chris Rutley, Morris. | 23 | 32 | 55 |
| Shane Kitchen, Alex. | 25 | 27 | 52 |
| Chris Leger, Morris. | 31 | 21 | 52 |
| Julian Machabee, Alex. | 13 | 37 | 50 |

### Eastern Ontario Junior "B" Hockey League

***METRO - VALLEY CONFERENCE***

**Recent Results**
Jan. 29: Metcalfe Jets 7 - Shawville 3
Jan. 31: Metcalfe Jets 5 - Perth 4

**Next Metcalfe Jets home games**
Fri., Feb. 5 vs Clarence - 8:15 pm
Fri., Feb. 12 vs Ottawa West - 8:15 pm

**STANDINGS**

| Metro | W | L | T | GF | GA | PTS |
|---|---|---|---|---|---|---|
| Ottawa West | 30 | 8 | 2 | 190 | 102 | 62 |
| Ottawa Jrs. | 27 | 14 | 0 | 186 | 157 | 54 |
| Gatineau | 25 | 13 | 1 | 198 | 133 | 52 |
| Clarence | 23 | 12 | 2 | 206 | 162 | 50 |
| Metcalfe Jets | 12 | 22 | 2 | 136 | 194 | 29 |
| **Valley** | **W** | **L** | **T** | **GF** | **GA** | **PTS** |
| Perth | 19 | 12 | 6 | 155 | 126 | 47 |
| Arnprior | 19 | 16 | 4 | 162 | 158 | 44 |
| Renfrew | 17 | 19 | 2 | 149 | 153 | 38 |
| Almonte | 15 | 26 | 2 | 125 | 212 | 32 |
| Stittsville | 11 | 27 | 3 | 116 | 154 | 25 |
| Shawville | 10 | 25 | 2 | 121 | 193 | 23 |

**Teams losing in OT receive one point*

### Winchester Town Hockey League

**Recent Results**
Jan. 26:
McLean Flyers 11 - Heuff Howlers 3
Morozuk Maulers 6 - Sherrer Rockets 4

| STANDINGS | W | L | T | GF | GA | PTS |
|---|---|---|---|---|---|---|
| Maulers | 15 | 2 | 1 | 130 | 93 | 31 |
| Flyers | 9 | 7 | 2 | 107 | 96 | 20 |
| Howlers | 5 | 11 | 2 | 86 | 112 | 12 |
| Rockets | 3 | 12 | 3 | 89 | 118 | 9 |

| SCORERS | G | A | PTS |
|---|---|---|---|
| Dean Byvelds, Maulers | 40 | 27 | 67 |
| Robyn Sadler, Howlers | 30 | 26 | 56 |
| Nik Paas, Flyers | 28 | 27 | 55 |
| Chad Valcour, Maulers | 18 | 28 | 46 |
| Travis Armstrong, Flyers | 16 | 21 | 37 |
| Trevor Gilmer, Flyers | 19 | 15 | 34 |
| Justin Morozuk, Rockets | 16 | 18 | 34 |
| Dean Moore, Flyers | 17 | 15 | 32 |
| Rob Thurler, Rockets | 15 | 17 | 32 |
| Phil Duncan, Maulers | 15 | 17 | 32 |
| Scott Baldwin, Maulers | 14 | 15 | 29 |
| Scott Reaney, Maulers | 13 | 16 | 29 |
| Josh McLean, Flyers | 15 | 13 | 28 |
| Terry Barkley, Howlers | 14 | 13 | 27 |

### Winchester & District Ladies Hockey League

**Recent Results**
Jan. 31: Double Beauty 2 - WS Trucking 2
Andy's Foodland 2 - Country Girls 0
Annable's Blues 1 - Cooper Physio 0

| STANDINGS | W | L | T | GF | GA | PTS |
|---|---|---|---|---|---|---|
| Cooper Physio | 8 | 4 | 4 | 25 | 13 | 20 |
| WS Trucking | 6 | 3 | 7 | 33 | 27 | 19 |
| Annable's Jewellery | 7 | 5 | 4 | 28 | 22 | 18 |
| Andy's Reds | 6 | 6 | 4 | 23 | 25 | 16 |
| Double Beauty | 5 | 9 | 2 | 30 | 32 | 12 |
| Country Girls | 4 | 9 | 3 | 21 | 46 | 11 |

| TOP SCORERS: | G | A | PTS |
|---|---|---|---|
| Edith Dagenais, WST | 12 | 5 | 17 |
| Sandra Cloutier, CG | 14 | 2 | 16 |
| Christina Luykx, DB | 10 | 5 | 15 |
| Sonia Clement, AJ | 9 | 6 | 15 |
| A. Rylaarsdam, WST | 10 | 4 | 14 |
| Isabelle Dagenais, WST | 8 | 6 | 14 |
| Amy Fraser, CP | 8 | 5 | 13 |
| Kelly Zeran, DB | 5 | 7 | 12 |
| Jennifer Wilson, DB | 4 | 8 | 12 |
| Marg Berry, AF | 4 | 7 | 11 |
| Jada McNaughton, AF | 3 | 6 | 9 |
| Amy Darling, AF | 2 | 7 | 9 |
| Veronique Daviault, CP | 3 | 5 | 8 |
| Jen Manley, AB | 3 | 5 | 8 |

**2009-10 EOJHL**
**St. Lawrence Division**

**Winchester Jr. "B" Hawks**

***NEXT HOME GAME***
Fri., Feb 5, 8:15 pm
vs Char-Lan Rebels

***FINAL REGULAR SEASON HOME GAME***
Fri., Feb. 12, 8:15 pm
vs Casselman Vikings

*****

**Hawks 50/50 Draw winner**
**Fri., Jan. 29**
**Graeme Carbert - $540**

# How much ice is enough?

WINCHESTER — The Stormont, Dundas, and Glengarry (SD&G) OPP and the police force's Snowmobile, All Terrain Vehicle and Vessel Enforcement (SAVE) Team would like to remind everyone that even though there is ice on area lakes and rivers and it may look good, everyone should be careful.

Ice on rivers and lakes may become extremely dangerous, especially during thaws, warm weather, and rain conditions.

All ice imposes some risk. Ice fishing, walking, and cross-country skiing all require at least four inches of new, clear, hard ice for one person. For one snowmobile or all-terrain vehicle, both require at least five inches (12.7 centimetres) for one person. One car or small pickup require at least eight to 12 inches (20.32 to 30.48 centimetres); a medium truck requires at least 12 to 15 inches 30.48 to 38.1 centimetres).

The OPP are warning everyone to check the ice in several places before travelling onto it. Members of the public treading out onto ice should wear a floatation suit and carry ice picks.

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# Keeping Health In Mind

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

## Managing the Winter Blues

With the shorter daylight hours and winter here, some people develop a mild case of the Winter Blues. You can't make winter go away but you can make it more bearable.

Activity is important to maintain mental health. This is often easy when the weather is nice, when neighbors are out to visit and relatives are more likely to have vacation time. As days turn shorter, darker and colder, keeping active is a bigger challenge. How can you combat this problem?

***Physical activity***
***Social activity***
***Mental activity***

***Physical:*** Find a community exercise program such as aerobics, seniors yoga, outdoor seniors club, line dancing, and join the clogger's goup or aquatics. Go to the local mall or complex with your comfortable shoes and get some exercise. If you're at the mall do some window shopping. Take a brisk 10-15 minute walk outdoors on a nice sunny day but be sure to maintain your safety. Keeping active on a regular basis will keep your body fit and weight under control, keeping your body more healthy. Eating a balanced diet will help one's mood.

***Social:*** Keep up your relationships with family and friends. Reach out to a neighbor. Pick up the phone and talk to a friend or relative. Spend more time with people who have a positive attitude. Schedule a coffee break with friends. Go out for lunch; invite someone to visit you at home. Engage in community programs and activities. Join a social club. Volunteer your time and services, perhaps at the local food bank or community agencies? Take a trip with a travel company or do some virtual travel online. Engage in church activities. Make new friends. Socializing will keep loneliness at bay.

***Mental:*** Start a hobby. Enroll in a community college course. Go to the library and stock up on books you've been waiting to read. Check out audio books or videos. Join the library chess club. Play bingo at a hall or TV bingo. Visit a museum or art gallery. Go online and plan your spring garden. Write or email family and friends. Try new recipes. Activities like reading books, crossword puzzles, sudoku, clubs, music, theater, concerts, movies, will help keep your mind active.

These activities are just a few of the things you can enjoy while you wait for winter to pass. Motivating yourself to engage in these activities may be a challenge. Scheduling them in your calendar or teaming up with someone to help motivate you sometimes helps. Challenge yourself to try new things and you will be surprised with the results. Better physical and mental health and a greater enjoyment of our dark cold winter is a likely result.

If the feeling of sadness is much more serious that the normal feelings of winter blues, consult with your physician or other mental health professionals.

***By Monique McElheran, Community Mental Health Nurse, Psychogeriatric Service, Tri-County Mental Health Services***

*For more information or to receive the French version of this article, or to seek professional advice, please call 613-932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria.*

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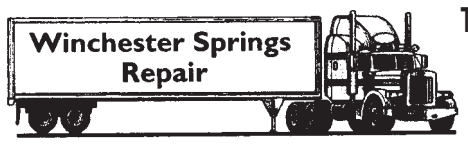

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## Notice

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

**HOLIDAY MONDAY DEADLINE**
Copy for all Classified Ads for Wednesday, February 17, 2010 issue must be in by **4 pm**, **Friday, February 12, 2010.** The Press Office will be closed on Monday, February 15, 2010 for the Family Day Holiday.
47-48

## Services

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

**VICTOR BROOKS & SON INC.**
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45tfc

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Winchester. Contact Heather for information 613-774-0548.
46-47

## Help Wanted

HELP WANTED – AZ/DZ drivers/ operators. Fax resume to 613-821-0991.
46-49

HELP WANTED – Stanley's Olde Maple Lane Farm is looking for a full-time cook. Includes Pancake Season, corporate and wedding catering. Weekend hours a requirement. Send resume to Earl at stanleysfarm.com
46-47c

HELP WANTED – DZ Fuel Driver needed for part-time, weekends. Experience preferred. Please fax resume to 613-822-6305 or email estinson@wostinson.com
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## Work Wanted

**G & K MOVING**
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WORK WANTED – Karl's Moving. Commercial and house moving, local and long hauls in Ontario. Prices starting at $70 per hour. No surcharge. Call 613-652-2526.
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47tfc

FOR RENT – Large 3-bedroom apartment, Winchester, $650 per month plus utilities, available Feb 1. Phone 613-448-2794. 47-48

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FOR RENT – Mobile home, Morrisburg Park. 1-bedroom, washer, dryer, fridge, stove, air conditioned. Very clean. No pets please. Vacant. $600 plus utilities. Call 613-220-1936.
43tfc

FOR RENT – 3-bedroom upstairs apartment in Dunbar. Fridge and stove. No pets please. Large yard. $650 including heat. Call 613-774-3408 or 613-220-1936.
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FOR RENT – In Winchester, 2-bedroom apartment in clean, quiet building. Call 613-229-1653.
45tfc

FOR RENT – 2-bedroom apartment, Chesterville. $585 per month plus utilities, stove and private parking. Available April 1. Call 613-448-2436.
47

FOR RENT – 2-bedroom apartment in South Mountain, no pets, gas fireplace, $650 per month heat included. Laundry facilities in building. Phone 613-989-2103 or 613-445-3257.
47tfc

## For Sale

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

FOR SALE – Cedar saw logs, posts, rails and lumber. All wood is Forest Council Certified. Call John at 613-448-1294.
46-47

FOR SALE – Yamaha digital home theater system: surround sound receiver, 5 speakers plus sub. Brand new, paid $500, asking $375. Call 613-774-5092.
47

## Automotive

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

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44-47c

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47-48

FOR SALE– Large bales clean wheat straw (3x4x7-1/2). Stored inside, no rain. $40 each. Call 613-989-2847.
47

FOR SALE – Hay, 60 square bales, wrapped, second cut, 20% protein, $30 per bale. Phone 613-774-1799.
47

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## Pets/Livestock

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## Recreational

FOR SALE – Good camper trailer, 18' long, fully loaded (toilet, fridge, stove), sleeps 4-6. Please contact 613-296-1777.
47

## Card of Thanks

Thank you dear Jesus, Mother Mary, Angels, Saints, Souls in Pergutory. St. Pio of Pietrelcinals Novena
R.B.B. & P.M.B.

Five Day Novena
Holy St. Germaine through the agonies you suffered at the hands of your stepmother. You suffered by all. But little children, carried in the arms of Jesus by a Throng of Angels, I turn to you in my need. Obtain from God the favors I now ask of you with the greatest of confidence. In return I promise to make your name known and loved. 3 Our Fathers, 3 Hail Marys, 3 Glorias – Thank you R.B.B. & P.M.B.
Sacred Heart of Jesus, may your name be praised, adored, glorified throughout the whole world forever and ever. Say 6 times a day for 9 days. Prayer will be answered. Thank you for favors received.
– R.B.B. and P.M.B.
47

## In Memoriam

SCOTT – In memory of my dear husband, Alex, who passed away February 8, 2000.
He suffered much in silence
His spirit did not bend.
He faced his pain with courage
Until the very end.
He fought so hard to stay with me
But his fighting was in vain.
God took him to His loving home
And freed him from all pain.
Always remembered and loved
Please remember me
– You loving wife, Joan
47

BERGERON – In loving memory of a dear husband, Michel, who passed away February 6, 2008.
Time cannot dim the face I love
The voice I heard each day,
The many things you did for me
In your own and loving way.
A million times I've needed you
A million times I've cried.
If our love could have saved you
You never would have died.
– You're loved and never forgotten,
– Gloria
47

SCHARF – Edward, a father, grandfather, and great-grandfather. On February 5, 2008 in Metcalfe, a heart of gold stopped beating.
God put His hand at your slumbering back. We heard no footsteps or goodbye. Our lives shattered, hearts broken. Memories we cherish hold you always near in our daily tasks, guiding me o'er I stray.
God has so blessed us giving Darlene a new lease on life. God's gift of birth of Hannah has helped us bear our cross as the stars and moon light your lonely tomb. Our family chain has been broken.
– Sadly missed, Peggy, Sandra (Bob), Ken, George (Anastasia), Darlene, Stacey, Wendy, Leslie (Andrew), Hannah and Paula.
47

## Coming Events

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

**6th Annual Girls on Snow**
**DEBBIE 'DUCK' STRADER MEMORIAL RUN**
Sat., Feb. 6, 11 am, Riverside Heights Rec. Centre. Call Heather 613-989-6145 or Elaine 613-652-2467.
44-47

## Coming Events

**INVITATION FOR ALL MOMS, DADS, GRANDPARENTS, AND CAREGIVERS**
Come to Williamsburg United Church every Monday morning from 10 am-12 noon for some adult conversation. Bring your 'tots' to play with other children. It will be a nice break from your routine. ALL ARE WELCOME!
31stf

**LMR COUNTRY FITNESS INC.**
Start off the New Year by getting active!! Join in one of the Group Personal Training or Fusion Fitness classes offered during the week or, just come in and work on the equipment. For more information please contact Leanne 613-989-3626 or visit wwwlmrcountryfitness.ca
44-47c

**"KIDS HAVE STRESS TOO!"**
Free workshop for all parents, caregivers and guardians offered by Naomi's Family Resource Centre and sponsored by the Rural Women's Business Network on Feb.24, March 3 and 10 from 6-9 pm at Nor-Dun Seniors' Support Centre. To register call Naomi's Family Resource Centre at 613-774-2838 or 1-800-267-0395. You must attend all three sessions. Where there is a need, we can assist with transportation and childcare costs.
45-47c

**YE OLDE BARGAIN SHOPPE**
A great place to shop! Open Wednesdays from 1-3 pm and Thursdays from 1-3 pm and 6-8 pm. Holy Trinity Anglican Church Hall basement, Queen Street, Chesterville. Come in and browse!
47c

**BOOK YOUR PARTY NOW!**
Winchester Curling Club. LLBO licenced for 130 people. Kitchen and 3 sheets of ice also available. Tom Sloane 613-774-0321.
47c

**VALENTINE'S DANCE**
Tri-County Country Music Association **Sat., Feb. 6,** 8 pm, Morewood Rec. Centre $5 at the door.
47c

**GYS EUCHRE**
Will be held Thurs., Feb. 11, 7:30 pm, Lions Hall, Winchester. Lunch and Prizes. All welcome. For information 613-774-2134.
47

**ANNUAL GENERAL MEETING**
Chesterville Fair is YOUR Fair....help support your community. The Annual General Meeting for the Chesterville and District Agricultural Society will be held on Sat., Feb. 13, at 1 pm in the lower level of the Nelson LaPrade Centre, Chesterville. Please attend and consider becoming a Director on the Board. As well, volunteers are always needed, so come to find where you could lend a helping hand. See you at the meeting!
47-48c

**INTERACTIVE TALKS WITH INTERESTING PEOPLE**
Fri., Feb. 5, 7:30 pm at Old Town Hall, Winchester. Topic: Living Off the Grid, Using Alternative Energy, Solar and Wind Power. Refreshments. $5 for charity. 613-448-2580.
47

**WILLIAMSBURG ODDFELLOWS**
**Coming Events for February**
**Sun. Feb. 14:** This Old Heart and the Country Comrades, 2-6 pm, supper to follow, admission $13. **Sat., Feb. 27:** Mary Perry and Country Classic 8 pm-12 midnight. Light lunch. Admission $7.
47-48

**HARMONY'S HOPE FOR HAITI**
Sun., Feb. 7 at 7 pm. A night of expressions of art, music and prayer. All offerings received will go to Haiti Relief. Location: Harmony Church. For more information contact 613-774-5170 or E-mail harmonychurch@bellnet.ca
47c

## Auction Sales

**AUCTION SALE**
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**In the Vernon Recreational Centre, Vernon. Turn east on Lawrence St., 1/2 mile just off Bank St. (formerly Hwy. 31), approximately 20 miles south of Ottawa. Watch for Auction Signs.**

**SATURDAY, FEBRUARY 13**
**commencing at 10 am**
viewing from 8:30 am

**We are honoured to be selling one of the most extensive antique collections in the area which has taken a lifetime to accumulate. This remarkable offering of quality antiques will be featured at this sale AND the next 2 Vernon sales. Don't miss this wonderful opportunity! Come and be part of it all, an excellent array of antiques, collectibles, glassware, contemporary furniture. Qualified and professional staff and homemade refreshments, the total auction experience!**

**Antiques:** Oak 2-door curved glass corner china cabinet with lions claw feet; unique mahogany 1/2 round china cabinet with glass shelves; round oak table; 4 oak chairs; sideboard; large dresser with fancy carvings (extra special); dresser with mirror; matching washstand; butternut washstand; very old English grandfather clock; mahogany cedar chest; early Komback reading chair with drawer, circa 1800; mahogany Georgian style chairs with needlepoint seats, 2 carvers and 6 side chairs; ornate parlour table; early Quebec rocker; original painted pine blanket box; painted organ stool; chaise lounge; oak chair with lift seat; oak sewing stand; church pew; sofa table; round oak coffee table; fancy coffee table; child's oak rocker; vanity; kidney shaped desk; occasional tables; child's sleigh; assorted antique furniture in the rough; nice assortment of contemporary furniture; solid walnut dining room set with 6 chairs and china cabinet.

**Glassware:** 7 Royal Doulton figurines: The Bride HN2166, Katrina HN2327, The Child from Williamsburg HN2154; Fleur HN2368; Julia HN2705, Autumn Breezes HN1934, Lorna HN2311; Hummels and character jugs; Beswick wall plaque Yule 1972; Beswick dog and horse; Cranberry glass bell and other pieces; 6-place setting tea set of Royal Albert Petit Point "Chintz"; Royal Doulton Acadia tea set; Spode Cow Slip tea set; cups and saucers; carnival and depression glass; nice selection of cut glass; Redware bowl; Blue agate ware; winter scene painting by Stewart Taggart, June 1898, Ottawa, Canada (34"x24").

**Quilts:** Log Cabin quilt; queen size quilt, cross stitching design; other quilts.

**Collectibles:** Late 1800s bird cage with oval stand, one of a kind; ornate gingerbread clock; crocks; oil lamps; banquet lamp, electrified; gramophone with exterior horn; gramophone stand; several antique fishing lures and rod; copper boiler; cast iron seat; railroad lantern; dairy cans; wash set pieces; old radio; early irons; old tins; wicker basket; wicker sewing table; hump back trunk; crosscut saw; hand corn planter.

**Books:** History book of Stormont, Dundas and Glengarry by Harkness; Ralph Conn books; Maida-Parlow french book; antique reference books; history book of Chesterville; postage stamp album; Royal memorabilia; postcards.

**Miscellaneous:** Scroll saw; chain saw; drill press; Craftsman 8 hp walk behind snowblower with electric start; deluxe Ion treadmill; FreeSpirit exercycle; many, many other items too numerous to list.

**Auctioneers not responsible for accidents.**

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47-48c

## Auction Sales

**ATTENTION AUCTIONEERS**
**HOLIDAY MONDAY**
**DEADLINE**

Monday, February 15, 2010 is the Family Day Holiday! The Press Office will be closed. **Deadline** for Wednesday, February 17, 2010 issue will be **4 pm, Friday, February 12, 2010.**

47-48

**ESTATE AUCTION SALE**
**ANTIQUE AND MODERN FURNISHINGS,**
**LARGE QUANTITY OF QUALITY SMALL COLLECTIBLES,**
**GLASS AND CHINA, COINS AND MUCH MORE**

**To be held at our facility 15093 County Road 18, 1/2 km east of Osnabruck Centre. From Highway 401 take Ingleside Exit #770, turn north, travel approximately 1-1/2 km to Osnabruck Centre, turn east onto County Road 18 and travel 1/2 km. Watch for signs!**

**SATURDAY, FEBRUARY 13**
**commencing at 9:30 am Sharp!**
**Note:** Sale starts with coins
(approximately 20 minutes)

**Antique Furnishings:** Early glazed-top cupboard; 5-drawer mirrored back highboy; Empire-style bird's eye maple chest of drawers (beautiful); set of 6 matching pressback chairs; round oak kitchen table; 2 early rocking chairs; outstanding Waterbury arts and crafts style grandfather clock; oak library table; piano desk; treadle sewing machine; parlour tables; small bookcase; cast iron box stove with beavers (magnificent) Hoosier cupboard top; hump back steamer trunks; 2 early pine carpenter boxes; teak Danish tea wagon.

**Collectibles:** Nice assortment of pictures, prints and paintings including 7 framed Ross Butler prints of cows (1949); 3 signed pastels by well known listed Canadian artist H. Tygesen, 2 signed Bernice Drummond's and several others; good assortment of advertising including rare 7-UP sign, large Coca Cola button, Canada Dry cooler, Chore Boy sign, DeLaval sign, Co-Op clock, en-ar-co tin, Snap Shot black powder tin; large quantity of cast iron farm related articles including buck eye, Toronto #3, Maxwell and other cast iron implement seats; several cast tool box covers; quantity of old implement wrenches; wooden oxen yolk; large coffee grinder; cherry pitter; 2 hay cars; DeLaval #6 cream separator and many more old farm related items; ornate set of store scales; 5 beautiful old stained glass windows; snowshoes; 3 duck decoys; approximately 10 old tin toy tractors; tin toy grader; collection of dolls (some in original boxes); Stieff dog; doll furniture; oil lamps including hanging Aladin and others; McGill Chair Co. serving tray; large quantity of buttons; child's dress form; blow churn; 2 pocket watches; 8' x 11' Oriental type rug (beautiful); Feather Light sewing machine; quilts; 2 oak barrels; 2 boxes of fishing tackle; Waterbury wall clock; excellent assortment of glass including pink and green depression, McCoy, 4 good pieces of dark carnival glass, cranberry pickle cruet, redware, Chalet glass, many pieces of Jadite Fireking, Beswick, Royal Doulton dog, 3 Shelly cups and saucers and much more glass; coin collection; approximately 10,000 hockey cards.

**Modern and Miscellaneous:** Kenmore fridge and stove, white; living room furniture; glider rocker; Hoover vacuum; Electrolux vacuum (new style); cookbooks; sewing and quilting material; pots, pans and small kitchen appliances; hand and power tools; many other articles too numerous to mention.

**Owner and Auctioneers not responsible for loss or accidents.**

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**We will be hosting 5 more indoor auctions before the outdoor auction season starts, so call now to consign. We are now booking outdoor Spring Auctions. Call for available dates.**

47c

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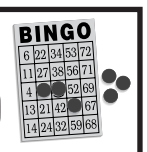


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**301 McConnell, Cornwall**
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• Extra packages available
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**Bingo starts 7 pm**
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### *Card of Thanks*

The family of the late Gerald "Mickey" McMillan wishes to extend our warmest thanks and sincere appreciation to relatives, friends and neighbours for their many acts of kindness, phone calls, cards, donations of food and support during this difficult time.

The floral tributes and donations to the Canadian Cancer Society and Trinity United Church have been overwhelming and very supportive.

We would like to thank the Hartford Retirement Centre staff in Morrisburg for their passionate care of our father. Their kindness will never be forgotten. Special thanks to Dr. Bhagirath for his wonderful care.

Appreciation goes to the grandchildren – Dan, Mark, Joanne, Troy, Shawn and Stephen – for being pallbearers, and Laurie Whitteker, Megan McMillan and Judy Felton for doing readings, and Rhonda McMillan Simpson for her eulogy.

The guidance and compassion of Rev. Wendy Wright-MacKenzie and Natasha Buter and her staff at the Chesterville Funeral Home were also greatly appreciated.

A special thanks to the United Church Women for their lovely lunch.

***Sincerely, Ron & Ann McMillan and family***
***Myrle & Janice McMillan and family***

### In Memory of
### LORNA JEAN BARKLEY

*February 6, 2000-February 6, 2010*

**FOOTPRINTS**

*One night I had a dream –*
*I dreamed I was walking along the beach with the Lord*
*and across the sky flashed scenes from my life.*
*For each scene I noticed two sets of footprints,*
*one belonged to me and the other to the Lord.*
*When the last scene of my life flashed before me,*
*I looked back at the footprints in the sand.*
*I noticed that many times along the path of my life,*
*there was only one set of footprints.*
*I also noticed that it happened at the very lowest and saddest times in my life.*
*This really bothered me and I questioned the Lord about it.*
*"Lord, you said that once I decided to follow you,*
*you would walk with me all the way,*
*but I have noticed that during the most troublesome times in my life there is only one set of footprints.*
*I don't understand why in times when I needed you most, you should leave me."*
*The Lord replied, "My precious, precious child,*
*I love you and I would never, never leave you during your times of trial and suffering.*
*When you saw only one set of footprints,*
*it was then that I carried you."*
*–Mary Stevenson*

We miss you.
***Kim, Stewart, Alison & Erin***
***Steven & Fay***


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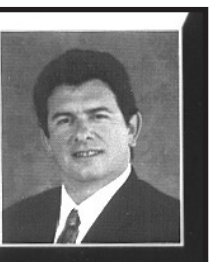

***Lucien Ranger***
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**50th Annual Pancake Supper**
**South Mountain United Church**
**Tuesday, Feb. 16**
**4:30-7:00 pm**



*Pancakes, maple syrup, sausage, cheese, Grahame's Bakery doughnuts*
**Adults $6, Children under 12 $2.50**

## Annual Spring Machinery & Consignment Auction

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Our ideal candidate will have the knowledge and skills, as well as the desire and ability, to grow and assist the Company in the development of its product diversification.

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Please submit your resume, university transcript and cover letter to **tricounty@bellnet.ca**

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**Family Day Holiday**

***Deadlines for our Feb. 17, 2010 issue:***
Display ads:
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Classified ads:
**Fri., Feb. 12, 4 pm**



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## Terri's Esthetic Studio

• WAXING • FACIALS • MANICURES • PEDICURES

**Terri Van Haren, *Esthetician***

10637 Gilmour Rd., Brinston

*NEW PHONE NUMBER!*
**613-652-4003**

**Toll Free**
**1-866-435-1489**

## Rob's Automotive Services Inc.

***In appreciation to our valued customers...***

When you have your vehicle serviced in the month of February, enter your name in our draw. One lucky customer will win a pair of tickets to see
**CARRIE UNDERWOOD IN CONCERT.**
*The draw will take place on March 1, 2010.*

**8624 Bank St., Vernon 613-821-5050**

## Kemptville Home building centre

2540 Hwy 43 W., Kemptville (613) 258-6000 1-800-810-4269



KBC www.kbchome.ca

**Window and Door Specialist**

JELD-WEN WINDOWS & DOORS · Dalmen · Ostaco WINDOWS & DOORS

Murray Schroeder
windows@kbchome.ca

## Township of South Dundas

***Quotations being accepted for 2010-2011 seasons for the following:***

**Equipment Rentals**
**Asphalt Repairs**
**Sidewalk Repairs**
**Crushed Rock FOB Your Quarry**

Quotation forms available at the Township Office.
Due Date: Tuesday, February 16, 2010 by 12:00 noon.

*For more information contact:*
Hugh Garlough, Manager of Public Works
Township of South Dundas
4296 County Road 31
Williamsburg, ON, K0C 2H0
613-535-2673

## Bayshore Home Health

***Bayshore Home Health is a Canadian owned company that is a leader in home and community health services. We foster a participative culture in which each employee's contribution is valued.***

### RN and RPN needed for Dundas County

**20 hours per week -**
**Late afternoon/weekend hours**

***We offer:***

- Diverse assignments
- 24-hour clinical and supervisory support
- Paid and extensive orientation
- Staff web site
- Kilometre reimbursement
- Competitive remuneration and benefits package
- Continuing education

*If you are interested in this opportunity, please send your cover letter and resume to:*

**Cindy Bennis, RN**
**Manager of Clinical Practice**
**112 Second Street West, Cornwall, ON, K6J 1G5**
**Tel: (613) 938-1691 Fax: (613) 936-1798**
**Email: cbennis@bayshore.ca**
**www.bayshore.ca**

Check out the winchester press online edition at www.winchesterpress.on.ca

## DUNDAS MINI STORAGE

**1-800-566-4165**

**38 Units Available**

- 24/7 Monitored Access
- Security Cameras
- Security Lighting
- Enclosed Perimeter
- Lighted Interiors
- Interac and Major Credit Cards Accepted

**Located 1km East of Chesterville at 13564 Hwy 43**

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*'OVER 25 YEARS SERVING THE AREA'*

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**BRUCE R. KERR Insurance & Investments**

A MEMBER OF REGISTERED DEPOSIT BROKERS ASSOCIATION

456 Main St. E. Winchester
**613-774-2456**
**1-866-697-2456**
www.brucekerrinsinv.com

• LIFE • DISABILITY • GROUP • INSURANCE • GICs

| 1.20% | 1.35% | 2.56% | 3.50% |
|---|---|---|---|
| SAVINGS ACCOUNT | 1 YR. | 3 YRS. | 5 YRS. |

Hours: Mon.-Fri. 8:30 am-5 pm; evenings and Saturdays by appointment

*Some minimums apply. Rates subject to change.

## Isn't this what you want?

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SAME PROVEN RESULTS

## NEW LOWER COMMISSION RATES

***You get all this plus more:***

- Full MLS service, print & internet advertising
- Experienced Hall of Fame agent handling all aspects of your transaction
- Free confidential in-home consultation

RE/MAX Above the Crowd!

**Alan LaPierre**
**Sales Representative**
**613-448-3306**
**RE/MAX METRO-CITY REALTY LTD.**
**24-hour pager: 613-737-7200**

**UNITED COUNTIES OF STORMONT, DUNDAS AND GLENGARRY**

## Notice of Proposed Sale of Surplus Land

Take notice that the Council of the Corporation of the United Counties of Stormont, Dundas & Glengarry proposes to dispose of the following parcel(s) of land in accordance with County Policy No. 1-14.

**Former Township of Winchester, Township of North Dundas**

Specifically described as a triangular parcel in the north east corner of Lot 18, Concession 8, on the east side of County Road 7, in the former Township of Winchester, now in the Township of North Dundas.

All interested parties will have 30 days from the publication date of this notice, to submit in writing, their interest in the above described parcel of land.

Additional information can be obtained at the office of the Stormont, Dundas & Glengarry County Engineer:
26 Pitt Street, Suite 223
Cornwall, ON, K6J 3P2
(613) 932-1515 ext. 207



WINCHESTER PRESS

# REAL ESTATE LISTINGS

## HOT MARKET!



'BUTCH' OLDFORD
*Broker*
*DIRECT LINE*
613-229-7795

ROYAL LEPAGE
GALE REAL ESTATE
BROKERAGE
*INDEPENDENTLY OWNED AND OPERATED*
613-774-4253
www.oldford.ca



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*Sales Representative*
*DIRECT LINE*
613-880-1880

## WE'VE SOLD ALMOST ALL OF OUR LISTINGS!

**We need homes – village and rural.**
**The market is strong! Call us now!**

**THIS WEEK'S FEATURED PROPERTIES**



**RURAL SOUTH MOUNTAIN:** Very well-maintained mobile on 1.6 acres owned land with trees and backs onto small creek . Upgrades include windows ('02), bathroom/ kitchen ('99), water softener ('03), hot water tank ('03) and a beautiful, large 3-bay garage. A pretty, quiet spot to call home just out of town on a paved country road.
MLS 747045 **$129,900**



**WINCHESTER:** Charming and well-kept, this large 3-bedroom, 2-bathroom, 2-storey home nestled in the heart of town is perfect for a growing family. Features hardwood floors up and down, den/play room with gas fireplace, big eat-in kitchen, living and dining/family room, screened-in porch and garage/shop. MLS 747044 **$174,900**



**CRYSLER:** Country charm and appeal! Welcoming 3-bedroom home with den, eat-in kitchen, formal dining room and full basement under half provides flexibility for the family. Gorgeous wood fenced backyard with garden, 14x20 ft. back deck and front porch to enjoy the sunshine. Don't miss the big workshop and garden shed, upgraded windows, furnace and more! **$194,900**



**RURAL WINCHESTER:** Come home to this 2+1 bedroom, 2 bathroom sidesplit on a country lot just minutes from east side of Winchester. Roomy and bright with 9' ceilings, this home features a big kitchen with dining area, newly renovated basement '09, shingles '09, high speed equip. and a garage. This clean and tidy home is ready for you. MLS 740728 **$189,900**

**FARM LAND**
**COULTHART ROAD**
185 acres: 100 tillable, 85 bush
***Great opportunity! Call Butch for details.***

**'FREE MARKET EVALUATION' with NO OBLIGATION**



# DIRECTORY OF COMMUNITY SERVICES

# Where To Go When You Need Help

The health and wellness of you and your family are precious, and services are in place in our community to provide assistance with a wide variety of special needs. The following services and businesses are ready and willing to provide practical help and advice when needed.

NAOMI'S FAMILY RESOURCE CENTRE

## NEED HELP! CALL...

Crisis services for abused women and their children

**CRISIS NUMBER: 1-800-267-0395**

P.O. Box 849
Winchester

**613-774-2838**

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## Dundas Manor Ltd.

P.O. Box 970
Winchester, Ont.
613-774-2293
613-774-2294

*Dundas Manor is a 98-bed long-term care facility located in Winchester*

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DUNDAS COUNTY HOSPICE

***not a place... just a special way of caring***

WE OFFER ONGOING COURSES

Our carefully trained volunteers offer spiritual, physical, social and emotional care and bereavement support to clients.

**613-535-2215**

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Dundas County FoodBank

***Located at***
**497 May St., Winchester**

**613-774-0188**

***Hours:*** *Mon. 10 am-12 noon; Wed. 7-9 pm; Thurs. 1-3 pm; Holidays excepted*

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Ontario

## Ontario Early Years Centre

Ontario Early Years Centres — A Place For Parents And Their Children.

**Winchester Site • 520 St. Lawrence Street**
**613-774-5487 Fax 613-774-5488**
*Contact: Lisa Arsenault, Family Resource Co-ordinator*
lisa@earlyyear.ca

***Ensuring children have the best start in life!***

**We are here for all children up to six years of age and their parents and caregivers. Join us Monday, Tuesday and Thursday from 9 am-12 noon for playgroup, toy lending, parenting resources, information and referrals and various workshops.**

***For more information please contact the centre or visit our website at*** **www.earlyyear.ca**

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## Community Living Dundas County

**"Citizenship is the uniqueness of each person being accepted, supported and acknowledged within an inclusive community"**

**P.O. Box 678, 55 Allison Avenue,**
**Morrisburg, Ontario, K0C 1X0**
**Tel. 613-543-3737 Fax 613-543-4432**
**E-mail: cldc@cldc.ca**

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## Looking for Work?

We can provide you with:

- ✔ Resume and cover letter preparation
- ✔ Job search ideas, books, videos and resources
- ✔ Computer, Job Bank, faxing and photocopying

**Job Zone d'emploi provides a FRIENDLY service.**

**19B Industrial Drive**
**Chesterville, Ontario**
**(613) 448-1875**

**614 St. Lawrence**
**Winchester, Ontario**
**(613) 774-1845**

JobZONE d'emploi

This Employment Ontario program is funded by the Ontario Government

EMPLOYMENT ONTARIO
Ontario's employment & training network

**www.jobzonedemploi.ca**

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*Hartford Retirement Centre*

OUR SERVICES INCLUDE
## COMFORT

***From the cheery hello to support and assistance when you need it.***

Call **613-543-3984**
**3 Fifth St. West, Township of South Dundas**
**Morrisburg, ON**

CHARTWELL SENIORS HOUSING REIT — ORCA

**www.chartwellreit.ca**

***Call today for a personal tour and receive a complimentary lunch and a free gift.***

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## The House of Lazarus

Community Outreach Mission

*We envision God's Kingdom of Justice and Transformation where no one ever need be hungry or thirsty again.*

**2245 Simms St., Mountain, Ontario, K0E 1S0**
**613-989-3830**
**lazarus@magma.ca • www.houseoflazarus.org**

Services:
• Food Bank • Thrift Shop
• Household Goods Shop

***Serving Stormont, Dundas & Grenville***

*Hours of Operation:*
*Mon.-Sat. 9 am-12 noon, Tues. 5:30-7:30 pm*

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## Community Support Services Offered in Dundas County

Health & Wellness Clinics

| | |
|---|---|
| Transportation | Meals-on-Wheels |
| Congregate Dining | Friendly Visiting |
| Caregiver Support | Client Intervention |
| Adult Day Service | Security Checks |
| Home Maintenance | Home Help |
| Supportive Housing | Respite Service |
| Social Activities | Footcare Clinic |

Accessible Transportation

*Assisting Seniors and Physically Disabled Adults to maintain full independent lives while living in their own home or apartment*

***Living in North Dundas - Call***
**Nor-Dun Seniors' Support Centre**
**at 613-774-6109**
*A Carefor Agency*

***Living in South Dundas - Call***
**J.W. MacIntosh Seniors' Support Centre**
**at 613-535-2924**