The Chesterville Record

FOUNDED IN 1894

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Newsbriefs

A search for royalty

CHESTERVILLE — The village's carnival committee is putting a new twist on the traditional carnival king and queen contest, but it's having trouble attracting contestants. This year contestants must be over 60, but so far no one has entered. So carnival committee members are challenging service groups and other organizations in the village to sponsor a man or woman to enter the contest. Potential royals must enter by Jan. 27, and interviews will take place on Jan. 28. Contestants will be asked general questions about the village, and the winners will be asked to attend different carnival events and have a sense of humor. For information, call Sharon Casselman at 448-2619 or Gail Pelletier at 448-2851. The carnival runs from Feb. 4 to Feb. 7.

Snowmobile stolen

CHESTERVILLE — A red 1990 Yamaha model EX570 snowmobile was stolen from a Winchester Township residence in the early hours of Jan. 14, Winchester OPP Sgt. Jim Irvine said. He said the machine, bearing registration number 645214, was apparently dragged from the owner's yard and loaded onto another vehicle. There are no suspects in the theft.

Two injured in car accident

WINCHESTER — Provincial police are still investigating a car accident Sunday afternoon on Hwy. 43 west of Maple Ridge Road that resulted in injuries to two people. Winchester OPP Sgt. Jim Irivne said Diana Burd, 46, of Winchester, was eastbound in a 1991 Ford Ranger truck when a westbound car, driven by Scott Martin, 34, of RR 1 Chesterville, apparently lost control and slid into the eastbound lane, colliding with Burd's vehicle. Martin received minor injuries, and a passenger, Donna Martin, 33, recived major injuries. Burd's vehicle received major damage and Martin's vehicle was demolished. Irvine said a car driven by Geoffrey Major, 17, was following Burd but was able to swerve and avoid the accident.

Check your pressure

CHESTERVILLE — The Victorian Order of Nurses is holding a blood pressure clinic at Chesterville's Seaway Valley Pharmacy Tuesday, Jan. 26 as part of VON Week, which is being marked next week. The clinic runs from 2 to 3 p.m., and there is no charge. Light refreshments will be served.

Close call for snowmobiler

CHESTERVILLE — A snowmobiler had a close call on the South Nation River east of Chesterville Friday evening. Winchester OP Sgt. Jim Irvine said Jeffrey Barkley, 22, of Chesterville, was operating his Arctic Cat snowmobile when it became stuck in slush and broke through the ice. Irvine said Barkley was able to stay in the ice and did not go down with the machine. Irvine warns snowmobilers to check ice levels before using the river. He said warm weather earlier this month opened the river and it is still in the process of refreezing.

Copper wire stolen

WINCHESTER — Industrious thieves cut their way into the compound at the Ontario Hydro building in Winchester between Jan. 11 and 12 and left with 600 metres of copper wire valued at $5,100, Winchester OPP Sgt. Jim Irvine said. Const. Howard Smith is investigating.

This Week

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Public board, secondary teachers reach two-year deal

Concerns over destreaming, not money, stalled contract talks

Elizabeth Moreau
Record Staff

CORNWALL — After ten months of negotiations, the Stormont, Dundas and Glengarry Public School Board and its secondary teachers ratified a two-year contract last week carrying a modest pay hike, and provisions to study the effects of destreaming.

Under the agreement, teachers' salaries were frozen from September, 1992 until April of this year. The teachers will receive gradual increases from April until April, 1994 totalling $1,500. That will bring the average teacher's salary to $58,890 from the current $57,390.

The board's highest-paid teachers, with a minimum of 11 years teaching experience, will earn $64,840 by 1994.

Eighty-one per cent of the board's 370 secondary teachers, who had been without a contract since Aug. 31, 1992, voted to accept the deal.

Negotiators for the board and its teachers' union, the Ontario Secondary School Teachers' Federation (O.S.S.T.F.), said at a press conference last week that concerns over the effects of destreaming, not money, stalled the contract talks.

"Negotiations were long, but it doesn't mean they weren't amicable. The big stumbling block was destreaming," said David Moss, chief negotiator for the O.S.S.T.F.

"The big problem was the lack of direction from the Ministry of Education with respect to what exactly that meant for September, 1993."

Destreaming, a provincial government policy which will be implemented in the coming school year, will mean many changes for high-school teachers.

Students in Grade 9 are currently "streamed" into basic, general, or advanced classes. But under the new policy, students of varying abilities will be grouped together and no credits will be given for Grade 9 courses. Until late last year, school board officials were unclear as to exactly what changes destreaming would require.

"We had to wait for the ministry to put something in writing so we knew exactly what we were negotiating," Moss said.

Please see TEACHERS on page 2

Bell proposal could bring 9-1-1 system to SD&G by 1998

Greg Hewitt
Record Staff

A 9-1-1 emergency phone system for Stormont, Dundas and Glengarry is a step closer with a Bell Ontario proposal to the Canadian Radio and Telecommunications Commission (CRTC).

At the request of several Ontario municipalities including Brant and Essex counties, Bell has applied to the CRTC for a province-wide, state-of-the-art 9-1-1 system by 1998.

A proposed subscriber fee of one cent per-day added to phone bills would cover the cost of the project. The fee would come into effect only when the service is implemented.

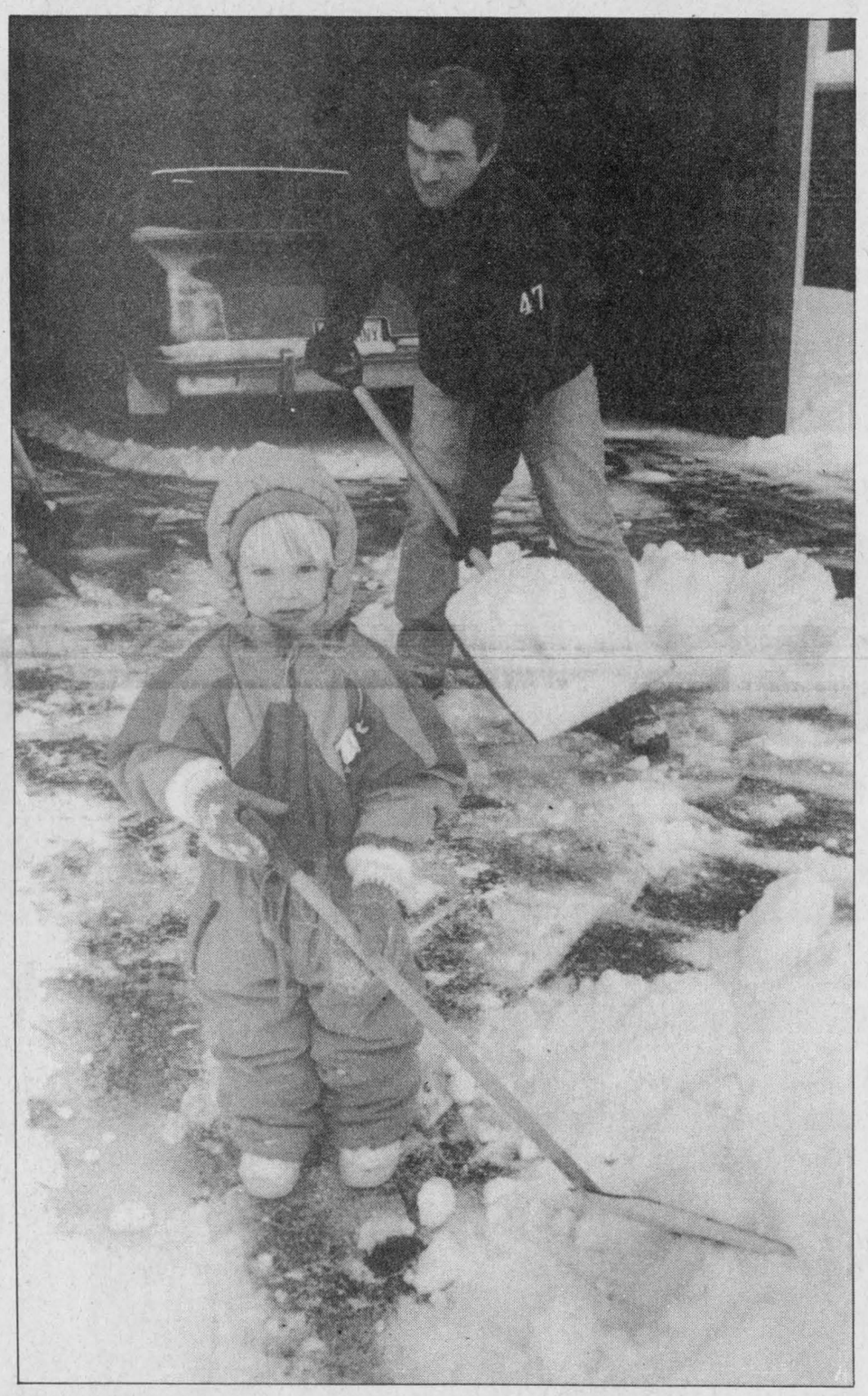
Bell's application was received by the CRTC Jan. 4. Bell has asked for a response by May.

Bell spokesperson Lissa Ellsmere noted that areas with 9-1-1 service pay for it through municipal taxes. The subscriber fee would eliminate the need for municipalities to bill taxpayers for the service.

She also said it is a misconception that the entire province already has 9-1-1 service. While most major cities have it, rural areas do not have the tax base to implement the service. The city of North York for example, does not have 9-1-1.

Ellsmere said the technology that would be used for Ontario's 9-1-1 system would be the most technologically-advanced in North America.

Please see 9-1-1 on page 2



Digging out

Three-year old Kaitlin Beckstead bundled up Thursday and shovelled her Streeterpete driveway in Chesterville, with a little help from her father, Greg Beckstead. A storm Wednesday dumped about 25 centimetres of snow on the area.

Welfare levels off in SD&G but lost jobs gone for good

Elizabeth Moreau
Record Staff

CORNWALL — After nearly doubling in 1991, the number of households in Stormont, Dundas and Glengarry relying on social assistance remained relatively stable last year, but the administrator of United Counties Social Services is not optimistic the caseload will return to the lower levels of previous years.

In December, 1,178 households, or 2,761 adults and children in the counties, depended on general welfare. That's up 16 per cent from the year before. During 1991, the number of cases soared 88 per cent, from 541 to 1,015.

"All the jobs that were lost are not there for clients to go back to," said administrator Susan Lefebvre. "I don't think we'll ever go back to the 500-figure caseload. That's the sad part of it."

People who traditionally held middle-income jobs and find themselves on welfare can become discouraged as they continue to search for work, Lefebvre said.

"They're very frustrated and they're emotionally depressed," she said. "They go through a stage where they feel they can get something right away ... but when they look at the workforce they realize there's nothing there."

But many people have decided to upgrade their skills through training and other programs. More than 100 people receiving welfare in the counties are enrolled in some kind of education program.

Others, Lefebvre said, are working at low-paying jobs that don't provide enough income to meet their basic needs, and are supplemented by social services.

"I feel really good about those people who are taking the opportunity to improve their job skills," she said.

Training and working at a low-paying job just to "get a foot in the door somewhere," Lefebvre said, will help people prepare themselves for when the local economy begins to recover.

Social service's eight caseworkers, including an additional staff member hired this month, each handle an average of 147 cases. Standards set by the provincial Ministry of Community and Social Services say for workers to handle cases effectively and efficiently, they should have no more than 100 clients.

But Lefebvre said the workers haven't been affected by burn-out that often plagues over- worked social service workers.

"It does happen where certain areas are hit harder. Other caseworkers will double up to help carry the load," she said. "We have an excellent working team."

Community spirit makes rink a reality

Greg Hewitt
Record Staff

You might call it a rink of dreams. For members of the fledgling Recreation Association of Newington (RAN) and area residents who have already enjoyed the spanking new facility, that's exactly what it is.

When the RAN was formed in August as an unofficial subcommittee of the Osnabruck Township recreation committee, an empty cash box was carried to the first three meetings, says president Leland McPhail.

But six months and hours of volunteer work, donations and elbow grease later, Newington is home to a 110-by-50-foot rink complete with boards.

The rink, in the centre of Newington, will open officially Jan. 30 after a 4 p.m. ceremony.

And what makes the rink — which has been used by as many as 60 people on some nights — special, McPhail says, is that it didn't cost taxpayers a nickel.

All materials and work were donated by local businesses in exchange for painted advertisements on the boards.

"I was kind of nervous because I promised everybody I was going to build a skating rink," McPhail says. "And when I secured the donation of the second half of the boards it was like a two-ton weight lifted off my shoulders."

The boards were donated by two local building suppliers, lights by a local electrical supplier, equipment used for construction by a local rental company and so forth.

"We have an estimated $18,000 to $20,000 invested in this rink at no cost to taxpayers. It was all donated. The $4,650 allocated by the township (for recreation in Newington) is still in the bank," McPhail says.

"There's no one person that's a hero — it was community involvement. Everybody did it," McPhail says, adding the ice surface has been watered about 40 times, and only once by himself.

Indeed, during the interview, neighbor H. Daniels shows up with a shovel to clear about three centimetres of light snow that fell that morning. Daniels had never met McPhail, but wanted to help out with the rink.

"It will be a good thing, especially for the children. It will make a big difference — it's something they needed," Daniels said as he and McPhail cleared the ice.

McPhail says he was overwhelmed by the number of people and businesses who were more than willing to donate their time and services to make the project work.

"A few companies explained that their expense budget for the year had been used. But the ones that did donate, it was with open arms. It was unbelievable."

In exchange for their donations, the logo and phone numbers of the participating businesses are guaranteed to appear on the boards for two years.

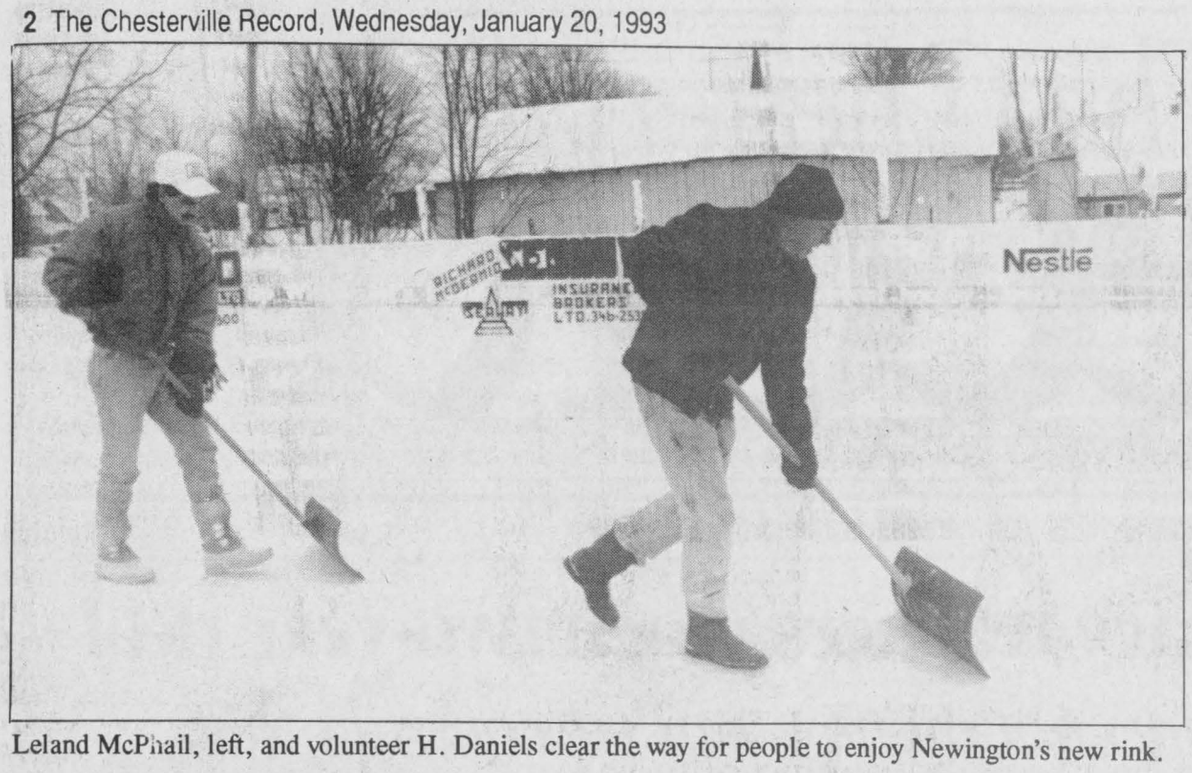
As a result of the advertisements, the rink has an almost NHL look to it. McPhail says he has never before seen a small local rink with board advertisements. The colorful ads were painted by McPhail's brother Marvin.

Nineteen of the white boards carry advertisements of businesses that have donated to the project. There are 24 that are vacant.

Hockey equipment was donated for free use to any who wish to use it, and a small selection of men's and women's skates is kept in the changeroom building beside the sheet, also free to any who need to borrow them.

McPhail says the four-member RAN has a good working relationship with the township, which owns the land on which the rink sits.

Please see RINK on page 2



Leland McPhail, left, and volunteer H. Daniels clear the way for people to enjoy Newington's new rink.

Rink built at no cost to local taxpayers

Continued from page 1

They supported the RAN 100-percent, he says.

As a tribute to the businesses and volunteers, the RAN plans to erect a permanent four-by-eight-foot billboard outside the rink listing their names.

The RAN has not decided how to divide the use of the rink between public skating and hockey, but will likely allow hockey after 8 p.m. A smaller ice surface adjacent to the main rink has been cleared for those who wish to skate when hockey players take to the ice.

"The way I interpret public support is by them using the rink. I came out here at 7 a.m. to shovel one morning and there was a woman skating. She said she hadn't skated for years and wanted to do it when it was quiet. If the public didn't support it they wouldn't be here."

The rink is open to anyone from anywhere to use free.

And when the spring sunshine melts the ice surface, the facility will not go unused.

The boards will be left up year-round and an eight-foot tall chain-link fence will be put up around the boards to accommodate a tennis court. A basketball hoop will also be built. A children's play structure taken down to accommodate the rink will be rebuilt in the spring.

The RAN has also introduced evening programs at Newington Public School, including volleyball for adults and children's activities.

9-1-1 system could be in place by '98

Continued from page 1

The so-called enhanced system would automatically display the caller's address on a screen, helpful in instances of panic or choking or language barriers.

A backup system for rerouting calls would also be in place.

The location of response centres would be decided by municipalities, who would be responsible for their administration.

Ellsmere said she cannot predict how the CRTC will deal with the application, but public and municipal support of the proposal is a good sign.

"We're answering a lot of the needs of municipalities that approached us and hopefully this summer we'll get an answer and be able to proceed."

Ellsmere said that of 587 Ontario and Quebec residents polled, more than 90 per cent said they would support the fee proposal.

An Essex County resolution urging the CRTC to consider the application was circulated for support to all municipal governments in Ontario.

It was supported by Chesterville and Winchester Township councils.

In supporting the resolution, Chesterville Reeve Jim Cook said the fee is "probably the most economical way of getting 9-1-1 service."

"I think it's a user-pay service. We're not asking for a handout from government or taxpayers," Councillor Roger Cole added.

The resolution was also unanimously approved by United Counties council.

Counties clerk-treasurer Ray Lapointe said the issue had been raised before, but council was waiting for a proposal such as the Essex resolution.

"I think most municipalities within SD&G would favor implementation of 9-1-1 providing the costs are not prohibitive," Lapointe said.

Teachers agree to two-year contract

Continued from page 1

Under the new collective agreement, the board will provide $10,000 in each of two years for teacher training and curriculum development to implement destreaming. And a committee will be set up to study and monitor the changes, and make recommendations to the board and the teachers' union with regard to maximum sizes for destreamed classes.

"It's an agreement that both sides are content with," said superintendent Marc Shaeffer. "In two years when we get a proper handle on destreaming we can incorporate those changes into the collective agreement."

The teachers' deal also guarantees that no department head will lose their position as a result of the new policy.

The relatively small salary increases under the new deal reflects the serious economic hardships facing the region, said Moss.

"As community leaders, we had to send a message," he said. "The fact that all the teachers have accepted no increase from September to December, 1992, and very minimal increases from April to the end of this first contract is significant. That's not characteristic of what happens during negotiations."

Trustee Joe Gunn, head of the board's personnel committee last year, agreed. "Money was never really an issue."

Area high schools prepare for destreaming

Liz Edwards
Special to The Record

WINCHESTER — Grade 9 students entering North Dundas High School next year won't likely notice the effects of a provincial destreaming program — as far as their courses are concerned.

The curriculum will remain virtually the same for the time being, according to principal Don McGahan.

As part of the destreaming program designed to better orient Grade 9 students into high school, the Ministry of Education wants schools to integrate subjects more in Grades 7, 8 and 9.

Instead of having one subject taught by itself, it could be integrated into others. Subjects such as math, science and technology could be taught together instead of in separate units.

"It is not a watering down. It's connecting subjects to each other," says Judith Martin, superintendent of education for the SD&G Catholic School Board.

"This is not to say they won't have a math class. They will still probably have a math class but you may have the same teacher teaching math, science and technology or three teachers may plan lessons together."

Currently subjects such as math and science are taught as separate units at NDDHS. Any changes to the school's curriculum will be phased in slowly over the next three years of the program's integration into the school system, according to McGahan.

Although some schools have already taken a more integrated approach to teaching in some areas, others are waiting for more direction from the ministry in this area.

The ministry will release a draft of the expected learning outcomes for students at the end of this month.

"We don't know exactly how we will approach this at the moment," says Martin. "At the moment we're taking this one step at a time."

The Catholic board is planning to hold an in-service session on the program later this month.

Peter Stark, principal of Osgoode Township High School in Metcalfe, also says his school is waiting for more direction before making any changes to its programs.

"You'll find a lot of things quite vague right now because we're waiting for these learning outcomes. They'll really tell you what the student has to know and so we can't really make any big changes in that time," he says.

"I don't think they'll make such drastic changes but there will be a change in the way the programs are run."

Next year the biggest difference for NDDHS's Grade 9 students will be choice. Right now they can choose three of their courses as well as the level of difficulty they will take — basic, general or advanced.

When destreaming is implemented, these choices will be delayed until Grade 10 so students don't limit their opportunities when they first enter high school by choosing an inappropriate level.

"Making a selection for a level of difficulty is an important decision which has implications for where a student can go after high school," says NDDHS vice-principal Don Fairweather.

"The feeling is that sometimes kids are being asked to make that decision at the same time they're making a lot of changes, coming to a different and bigger school."

But most students at NDDHS initially do strive for the more difficult courses. About 60 per cent of Grade 9 students currently enrol in the advanced level courses — about a third of these students drop down to lower levels before graduating.

Next year however, they will still have two optional courses in family studies, french literature, keyboarding, music, technology or visual arts.

While the mainstream may not be appropriate for students with special needs such as the learning disabled or gifted, schools are hoping to help these students by using resource teachers.

"That's the question at the core of whether this will be successful," says Fairweather.

"We will be spending some time as a staff to better prepare our strategies of teaching so the teacher is able to deal with kids who are learning at a different pace."

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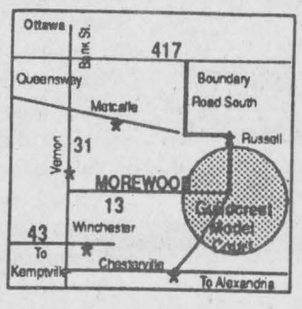

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EDITORIAL & OPINION

Editorial

Breaking the habit before it starts

The province's proposed legislation targeting young smokers announced this week may make it tougher for kids to buy cigarettes, but it won't stop them from wanting to try.

The Health Ministry wants to establish a minimum package size for cigarettes, to ban the sale of so-called kiddie packs with five of 15 cigarettes. It also wants to raise the age for the legal purchase of tobacco to 19 from 18, and make retailers responsible for posting health warnings and legal age limits on their premises.

A recent study by Ontario's chief medical officer showed that an overwhelming number, 90 per cent, of smokers start their habit during childhood or adolescence. Twenty-two per cent of Ontarians between the ages of 12 and 19 are regular smokers. On average, a smoker takes the first puff between the ages of 12 and 14, down from 16 in 1970.

In other words, although the price of cigarettes has risen steadily, regulations limiting Canadian tobacco advertising have been tightened (no cigarette ads permitted on television, radio or in print), and the health risks associated with smoking more thoroughly documented and publicized, kids continue to light up, and at an increasingly younger age.

It follows, then, that despite legislation and documentation, there is still an allure associated with cigarettes that makes kids want to experiment with smoking. Peer pressure, regardless of what the kids say, is still a strong influencing factor.

The Eastern Ontario Health Unit would like to see generic packages, since the cigarette packages themselves are a form of advertising. And this would certainly rob cigarettes of at least some of their image.

Children and teenagers have the information — tobacco-use prevention is now a required feature of the school curriculum starting in elementary school. But for some, at least, it is not enough.

Despite legislation and regulations, the one variable the provincial and federal governments cannot control when it comes to kids who smoke is peer pressure. But they can reduce the exposure kids have to their smoking peers.

Part of the proposed legislation would ban smoking in public places such as secondary schools, where it should never have been allowed. The SD&G Public School Board, for instance, still allows its schools to designate smoking areas for use by students and staff. The less kids see each other smoking, the less likely they are to be vulnerable to peer pressure.

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Off the Record

In layperson's terms

by Robin Morris
Etymology Editor

I have to admit it. I thought I was up against it, having solved the problems of the Balkans and Somalia and otherwise completely bereft of ideas, save for my solution to the problem of Central America (Blow it up real good). There I was: bereft of ideas, a vessel empty of vituperation, a cantankerous-free container. In short, stumped.

And then along came the Ontario government. Or more specifically, the Ontario Women's Directorate, charging to my rescue on their parti-colored geldings. I would have said white chargers, but that would have been not only racist (white) but gender exclusive (chargers) given the Women's Directorate's latest mission, which is to neuter the English language.

Well, not exactly neutering in the sense of using two bricks or a sharp knife. More in the sense of, well, let Carol Zelniker, the directorate's director of public education and program services tell you in her own words: "We are pleased to send you a copy of a new publication entitled: *Words That Count Women In*. This is a popular guide to eliminating gender bias in writing and speech...We hope that you will find this publication effective and helpful in incorporating bias-free language in the course of your work."

Now it's not as if I'm not already getting enough free advice on how to do my job. Advertisers regularly threaten to pull their messages unless I toe their mark; those who get their names in the police report regularly threaten to punch my lights out if I print the fact that they got drunk and kicked in a King St. store window.

And now the provincial government — you know, the one that can't afford to finish Highway 416 or maintain standards of health care — has now hired an entire directorate to advise me in the used of bias-free language. We can just never spend too much on social engineering, now can we Bob?

And it's a snappy little volume these linguistic Birkenstockers are sending out.

And it's just chock-a-block with useful tips on using "inclusive" language; substitute words; proscribed words, and little directives couched in the terms your grade four teacher used to tell you to stop wiping your nose on your sleeve.

"We're just so full of goodness and sincerity and we're going to change the world," is the message that leaps from between the lines of *Words That Count Women In*. But the more sinister message that comes from between these lines is the fact that once robbed of the words, certain ideas can never be expressed. And when expression is limited, thought is limited. And when thought is limited, freedom is limited. And when freedom is limited those who, like the Ontario Women's Directorate, set themselves up as our social and intellectual betters, couldn't be happier.

Which in some cases is a good thing. Robbed of racial epithets, bigots would be dumbfounded and their messages of hate would go unspoken. If we excised Triple-E from the language, Reform Party members would be speechless. And a better world it would be. But who wants to think like me (or more correctly, "as I")?

So let's cut to the chase and take a look at some of the words the Ontario Women's Directorate has fixed in its sights, and those it has suggested we use in their place:

Cowboy. **COWBOY!** Do you honestly mean to tell me that I have to tell my son that he must now aspire to be a "cowhand or ranch hand"? Well, Ms. Zelniker, you be the one to go tell Jack Palance that he is now Hollywood's most famous cowhand. And don't you be goin' to no rodeos in the meantime.

Dressmaker. Suggested alternatives are tailor or alterationist. But the problem is that tailors don't make dresses and dressmakers don't make suits with extra pairs of trousers, so try again Carol.

Aviatrix. This went out of the language about the time Amelia Earhart went into the great beyond. What was this Carol, filler?

Repairman. Suggested alternative, repairer. I still think repairman is gooder.

Lineman. Alternative: lineworker or line installer. So what do I call Reggie White? Defensive lineperson?

Frogman. Alternative: underwater technician. Say what? How about skindiver or scuba diver? Or just plain diver?

Yachtsman. Alternative: yachter. On the wachter, one supposes.

Layman. Suggested alternatives: Layperson, uninitiated, nonprofessional. (As in the persons who wrote *Words That Count Women In* are *nonprofessionals* in the use of the English language.)

Frenchmen. The French. But what about the Germans? Are they to be the Gers?

Boys in blue. Alternative: armed forces. Come on Carol, get a playbook and get in the game. The boys in blue are cops fer cryin' out loud.

Maid of honor. Bridal attendant. What about the bridesmaids? And the flower girl? And the best man? Just how many weddings do you persons in the Women's Directorate go to, anyway?

Yeoman's service. Alternative: heroic service. What dictionary have you been using? The yeomanry are the common people, not heroes. Yeoman's service means honest, steady work or performance. If you're going to change the language, at least understand the words that you want to eviscerate.

Masterpiece. Alternatives: work of genius, chef d'oeuvre, magnum opus, tour de force. "So what did you do Sunday night?" "Watched *Chef d'Oeuvre Theatre* on PBS." "Oh, is that the one with the English Cook?"

I could go on and on and on, but you get the picture.

Some of the suggestions Carol and her pals make do have merit and these have already passed into the language. Words like worker for workman. Server for waitress. Sales clerk for salesman or saleslady. Paper carrier for paper boy. Police officer for policeman or policewoman.

But the others are an exercise in gratuitous affectation; prolix masquerading as social change, and like medieval Latin, the language of those initiated into the mysteries of power.

English is a living organism. It changes and mutates and will continue to evolve as it meets the challenges posed to its speakers. But let's have honest change, not the genetic engineering of McGill Club members. And Carol, get a real job.



THE FARMER'S WIFE'S

By Wyn Thompson

Despite all the gloom and doom we read about and hear about everyday, I am very heartened by the little kindnesses that still happen and never get media attention.

Each one can recall the incidences they have experienced personally or have heard about through friends. All may not be right with the world, but as Shelley, even in a troubled mood, wrote, "If Winter comes, can Spring be far behind?

In a new year as in Spring a sign is enough, another chance, a fresh start, and the budding of a renewed hope for peace in this lovely and very fragile world.

Ah January, I look at my sagging poinsettia and consider scolding it for not being livelier. Instead, I tell it that it should retain its joie de vivre at least through January.

After all, it is a descendant of that famous Mexican weed which a poor child took to a cathedral on Christmas to present to the Blessed Mother.

He had no gift but a weed, but so great was his faith, so bright his devotion, that the weed turned into a brilliant and beautiful poinsettia as he prayed.

Now it lives, for the present anyhow, on a table before a west window in my living room. I throw caution to the wind and tell this Christmas flower to buck up and try harder.

I did something as the old year ended that I never did before. I took to my bed for the major part of two days and it felt good. They all thought I was going to die. I felt like it, but it was only the common cold.

They only thought my days were numbered because I took to my bed. Now, I am quite insufferable in my praise of bed rest for a common cold.

You know, doctors have been singing this song for so many years now: Drink plenty of fluids; aspirin for fever; and rest. I think it works. The first day I was so miserable, I just wanted to burrow down in my nest and feel sorry for myself.

The second day I was bored; I couldn't read; water ran from my eyes like the St. Lawrence river in search of the sea; I staggered forth at regular intervals for a walkabout in the interior of the house and a little sustenance; I have never been able to ascribe to the theory of eating light to cure a cold. I eat most of the time, anything at hand, for I can't taste it anyway.

At any rate, after a few days of rest, I was cured enough to tell myself to buck up and try harder for the New Year approached.

We lit no bonfires, engaged in no wassailing as January edged in. It appeared that we had a measly, Puritan heritage in the house. The sole record of the Puritans' observance of New Year's was: "We went to work betimes."

So I went to work betimes and cooked a goodly-sized roast of beef and had the family in for dinner on New Year's Day and cards afterwards. It was good fun and proved to be the final step in curing the common cold. Now, it's onward into what remains of '93...the year that before we know it will be "the year that was."

In Winter I like to read about Winter in Canada but when I tire of reading about snow and ice I can turn January to June in my easy chair, simply by picking up a volume on Africa or India or what have you.

My diversion at the moment is set in "Mexico" and it is wonderfully written by Mitchener, whose research and writing are of the highest order and much to my liking.

So, any idle moments I have are filled with thoughts and pictures of the landscapes as well as my own. Like everyone else, we await Spring. Meanwhile, we and the wild things are content to wait, for really January, the Hungry Month, has much with which to entertain us, and its passing is quicker than one realizes.

Tonight, as I read I am listening to the soughing of the wind in the spruce trees close to the house and feel my heart responding to the music of the world around me.

Tonight, also, there is a bit of the sound of Spring in the voice of the wind. It is a friendly sound calling to the "peepers" for a confirmation that Spring is just a few days down the road —and assuring the Winter sleepers that crocus are pushing upward through the snow —there is a softness to the night —a promise of things to come —

Of course, I remember only a few short weeks ago when this same wind rattled the panes on this house with frenzied fury and hurled windfuls of sleet against the windows, and I was appreciative that I was snug amid the blustering of a Winter storm.

But, in my heart Spring begins tonight with the soughing of the wind in the spruce and I tell myself that in a few short weeks I shall retrieve my potted bulbs from the depths of the cold room to burst forth in wonderful bloom on my living room window sill.

It is time to stop reading and dreaming and time to get to bed. But, there is one thing that must be attended to each night. As the Farmer is already in bed and asleep, I will attend to it tonight. Like Moloch, the fiery devourer, a minor god presides in Hill House, demanding burnt sacrifice.

No, it is not an Old Testament bad guy, but a construction of iron we use for additional heat in the family room. Even though keeping it fed and tended to takes a lot of work, it does warm the spirit as well as the body.

I do my duty by it, turn out the lights, and so to bed.

To Ponder: "Sleeping is no mean art: for its sake one must stay awake all day."

- Friedrich Nietzsche.

Study urges community health centre for Russell County

Elizabeth Moreau
Record Staff

CORNWALL — A group of volunteers trying to establish a community health centre in Russell County is hoping a recent study will convince the province to fund the project.

The centre would offer bilingual health and social services to the largely French-speaking communities in the county and surrounding villages, including Crysler. Based on the results of a feasibility study, the group proposes to open a health centre in the south end of the county, and a satellite office in the north end.

The District Health Council of Eastern Ontario, which is co-ordinating the project, will review the study and make recommendations to the Ministry of Health. The DHC review should be completed by March, said assistant executive director Ghisline Bourque.

In addition to offering emergency and other medical services, the centre would focus on health promotion and disease prevention, said Montcalm Houle, chairman of the volunteer committee formed in 1990 to spearhead the project.

"It would not duplicate existing services," he said. "It would complement services already in place."

The centre would be staffed by a medical doctor and other professionals such as dieticians and psychologists.

There are already upwards of 40 community health centres across the province, and six more are scheduled to open early this year. Funded by the Ministry of Health, they are non-profit, run by a board of local directors and tailored to meet the needs of the communities they serve.

To determine the needs of the communities in the Russell area, the committee secured a $30,000 provincial grant to hire a consulting firm to conduct a feasibility study. Through questionnaires, public meetings and interviews with residents and service providers, the study details what services people need and want, and which are currently available.

The study found that while the majority of Crysler residents are English-speaking, francophones in the hamlet, like those in the southern part of Russell County, tend to look to Ottawa rather than Cornwall for health-care services.

But the lack of public transportation poses problems for residents, especially seniors, who seek basic medical care in Ottawa.

Through programs that would travel throughout the area, the report says, "the centre would be particularly beneficial to isolated places, like the village of Crysler and Curran for example, by providing them with more accessible health services and social services."

The study also identified gaps in services for children and adolescents in the area, including psychological and psychiatric services, nutrition counselling, and centres for abused children.

"In small villages, like St. Albert and Crysler for example, young people do not benefit from any organized recreational service," the report says.

The population of the area the health centre would serve is growing rapidly. According to 1991 census data, there were 43,779 people in the county and surrounding villages. Russell County saw a growth of 27 per cent, and the trend is expected to continue.

More than 9,000 people in the area were living on welfare in December, 1991, the study found, and the average family income is about 10 to 15 per cent lower than the Ontario average, except in Russell Township.

"It is reasonable to think that this large number of economically disadvantaged residents also need help in terms of health care and related services," the report says. "More often than not, these people are unfamiliar with the means of preventing illness and preserving a certain minimum quality of life."

Exactly how much a community health centre would cost to operate is still to be determined, Houle said. And whether the project is ever realized will be up to the Ministry of Health.

"The province has the first and the last word," he said.

Letters

Land records document deal of a lifetime

To the Editor:

If you think the records in the Land Registry Offices are dull, and concerned only with buying and selling of land, think again. Take the case of David and his wife on a farm north of Crysler in 1874. Although they were still only in their fifties, they decided to turn their farm over to son Joseph. To cement the deal, they drew up an agreement in which Joseph posts a bond of $1000 and agrees to furnish his parents in every year (unless otherwise specified) for the rest of their lives with the following:

600 pounds of flour; 18 bushels of potatoes; 350 pounds of pork; 10 pounds of butter; 1 cow constantly for use; 15 pounds of sugar; 10 pounds of tea; 6 gallons of good syrup; 1 dozen fowls; 5 pounds of raisins; 5 pounds of dried apples; 10 pounds of rice; 1 bushel of salt; 1 calico dress; 1 winsey (linsey?) dress every two years; 1 hat every two years; 1 pair of fine pants for father every two years; 1 shirt; 1 pair of coarse pants; 1 winsey (linsey?) shirt; 1 pair of shoes for mother; 1 pair of shoes for father such as he likes best; 10 yards of cotton; all the thread required for necessary purposes; 10 dollars cash; 1 coat every two years; 1 vest every two years; a house or comfortable dwelling; all the wood required; a good stove for general use, cooking or otherwise; one hat and one cap every two years; a good quilt every three years; a good new blankette every four years; 2 pairs of socks; 2 pairs of stockings for mother; 1 pair of mitts for father; 1 pair of gloves for mother every two years; 12 pounds of tobacco; 2 gallons of lamp oil and a lamp; a hired girl whenever required; 1 fine dress (black) every three years; 1 nice shawl for all time; liquor that may be necessarily required; 6 dozen herrings; a piece of land for garden; 12 dozen eggs; a sufficient supply of water ready and on hand; cost of a doctor in case of sickness; cost of visits of a priest in sickness; cost of funeral services.

Can't you imagine the folks sitting in the kitchen by lamplight, night after night, discussing what they would need? They wouldn't be making a written list since none of the three principals could read or write. The final list was certified by George M. Crysler.

How did it turn out? We'll never know for sure, but many years later in the 1891 census, we find David, now 76, and his wife living in a four-room house, and next door Joseph, now 41, with his wife and eight children, also in a four-room house. By the way, one of David's grandsons is living on the same property today.

Pause a moment and think: if today you had to make a list of your needs for the rest of your life, what would it include?

Clarence Cross
RR3, Chesterville

Rescue vehicle a '$50,000 gift' to Winchester Township residents

Record Staff

MAPLE RIDGE — In christening a new five-ton emergency-rescue vehicle, reeve and fire chief Claude Cousineau described the truck as a "$50,000 gift to the ratepayers of Winchester Township."

The truck was paid for solely through the fundraising efforts of the Winchester Township fire association.

Cousineau thanked the association and other organizations involved in the project, like the community centre board, which donated space for the fire association's fundraising bingos, for their dedication.

"Thanks to all the people in those organizations, our project has come to fruition," Cousineau said. "The costs associated with this purchase were all borne by the firefighters association. In other words, no tax dollars were spent."

Cousineau said all the township will have to do is maintain the truck. "When you consider that the last truck travelled about 8,000 miles in 16 years, the costs will be quite minimal," he told council and fire department members at a brief ceremony Monday.

The truck will be based in Morewood. The rig was bought and a 20-foot aluminum box was built on the back.

Inside are firefighter's suits and seating. Equipment is stored in compartments on the outside of the dark red truck with gold-leaf lettering.

Cousineau noted that the township's fire department was established in 1972 when volunteers built the fire hall in Morewood. A van was purchased by the volunteers in 1973 to carry equipment. The vehicle was upgraded every couple of years, until 1976 when a step-van was purchased, Cousineau said.

But he said the fire department in 1988 saw a need for extraction services and a larger truck. That's when fundraising for the vehicle began.

"The product you see before you is the culmination of some 500 hours of volunteer work and approximately $48,000 provided by the many fundraising activities of our fire association," Cousineau said.

"Special thanks go out to our volunteers, their wives, and the Winchester and district Lions Club."

Illegal hook-ups put a drain on sewer system

Chris Thatcher
Record Staff

WILLIAMSBURG — Several residents and businesses in the village of Williamsburg are illegally draining storm, surface and ground water into the sanitary sewers, according to roads superintendent Hugh Garlough.

At a meeting Tuesday, Garlough told township council that 27 homes and businesses have illegal hook-ups to the sewer system.

Garlough began inspections in December after council approved a bylaw prohibiting residents from draining storm water, surface water, well water, ground water, roof runoff and cooling water into the sanitary sewers.

The excess water has created an increased workload on the township's pumping stations and lagoon, particularly in the spring.

Council voted to allow the 27 residents and businesses until July 31, to make the necessary changes to their drains and sump pumps.

"They have six months to change," said Reeve Johnny Whitteker. "After that, the roads superintendent will inspect them again."

"Some people told me what they were going to do to fix it," said Garlough. "Some told me what I could do."

After the deadline, residents who have not complied with the bylaw could be subject to prosecution. Fines range from $10,000 to $20,000, said clerk Michael Waddell.

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CHICKEN LEGS
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Mock Chicken Loaf
$5.49 kg. - $2.50 lb.
Black Forest Ham
$8.89 kg. - $4.04 lb.
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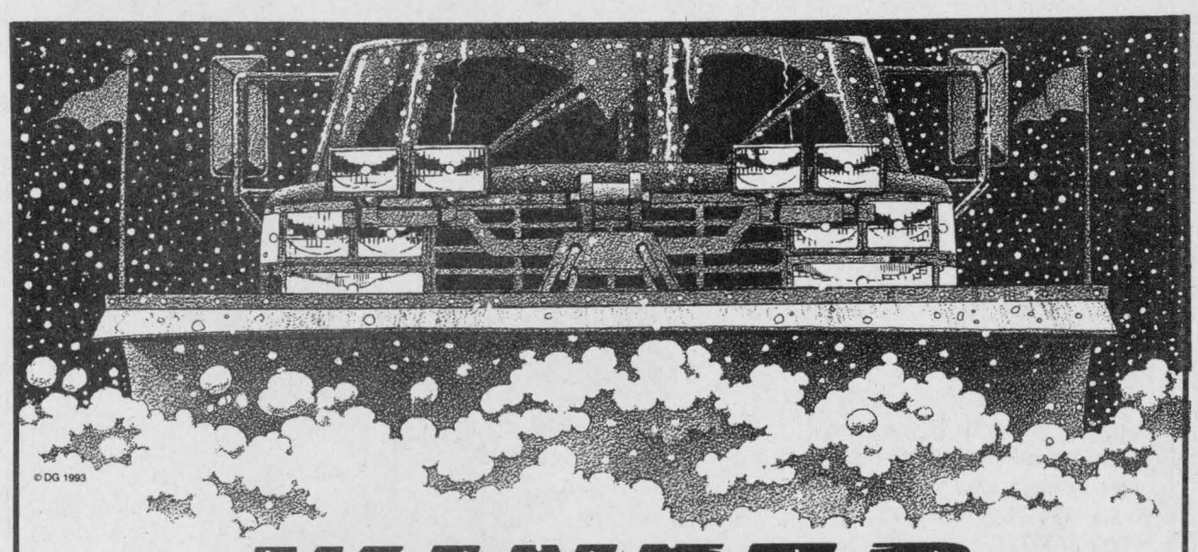
$9.09 kg. - $4.13 lb.



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Work van, V8, auto, o.d., 6500 GVW, ps, pb
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$8995.00


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4 cyl, std, ps, pb, very clean, Priced to Sell
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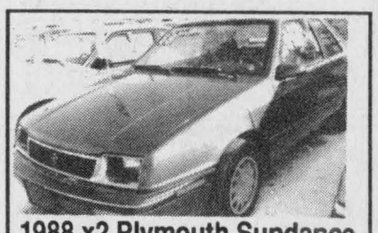
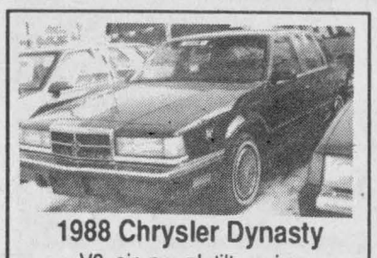
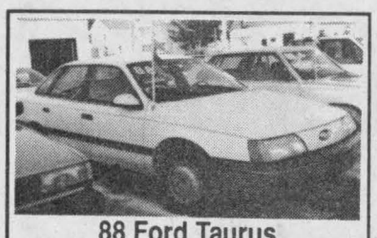
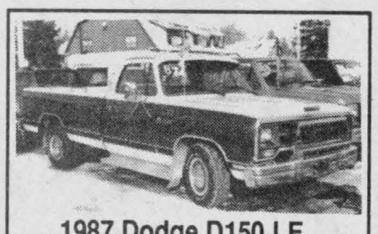

1988 x2 Plymouth Sundance
2 door, 1-auto/1-std, Both Clean - Your Choice
$4995.00


1988 Chrysler Dynasty
V6, air, pw, pl, tilt, cruise stereo, wires, Immaculate
$6459.00

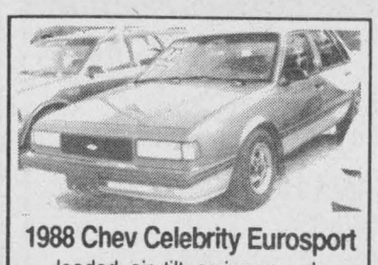

1988 Nissan Sentra Classic
Great family car, 4 door, Gas Misser
$4995.00


1987 Ford Aerostar
7 Pass, V6, auto, o.d., 46,000 miles only. Like New
$6995.00


88 Ford Taurus
V6, loaded with air, tilt, cruise, pw, pl, stereo, very clean
$5995.00


1987 Dodge D150 LE
V8, auto, ps, pb, air, pw, pl, stereo, headers, running boards, visor, new tires
$6550.00


1986 Dodge Aries SE
auto, air, ps, pb, stereo low mileage
$2995.00


1988 Chev Celebrity Eurosport
loaded, air, tilt, cruise, pw, pl, stereo, etc., Nice Car
$5500.00


1985 Olds Cutlass Cruiser Wagon
V6, air, ps, pb, stereo
$3995.00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Energy Board turns down Centra's restructuring proposal

Greg Hewitt
Record Staff

CHESTERVILLE — Centra Gas will go back to the drawing board after its proposed purchasing restructure plan was rejected by the provincial Energy Board.

The agreement Centra reached between Centra and its supplier, Western Gas Marketing Ltd., would have saved residential customers about $40 a year.

North York-based Centra, which supplies natural gas to 195,000 customers in northern and eastern Ontario including about 240 in Chesterville, negotiated an agreement with Western Gas Marketing last October.

But the provincial Energy Board, which has jurisdiction over natural gas matters such as rates, turned the proposal down because it would "seriously prejudice competition in the market," an Energy Board spokesman said.

The spokesman said the board did not specifically turn down the price agreement, but the restructuring plan based on the difference in buying long-term reserve gas and short-term gas from Western Gas Marketing, which contained the rate decrease.

The board turned down similar proposals by Consumers and Union gas companies.

Centra spokesman Wayne Bingham said Centra hopes to pursue an agreement that would still call for a rate decrease. He said it is not likely that natural gas rates for its Ontario subscribers would increase.

"With hydro going up seven or eight per cent we were hoping to give a five-per-cent rate reduction to make natural gas more attractive," Bingham said.

The Energy Board directed Centra to return to negotiations with Western Gas in order to design a new proposal.



New fair board

The Chesterville fair board elected its new directors and executive at its annual meeting Saturday. Already planning the 1993 edition of the Chesterville fair are: (back, from left): Tony Wouters (first vice-president), Harvey MacDonald, Martin Sunderland, Mike Bradley, David Van Gilst, Keith Durant, George Ennis (2nd v.-p.), Martin Schoones (president), Ian Sim, (middle) Tommy Parker (treasurer), Willyan De Jong, Leonard Wheeler, Tony Glen, Graham Duke, Dave Richards, (seated) Mary Schoones (secretary), Caroline Antille, Lorna Driscoll, Judy Buske, Ronie Sim, (front) Lynn Durant and Marilyn Johnson (secretary, homecrafts).

Red truck sighted at theft scene

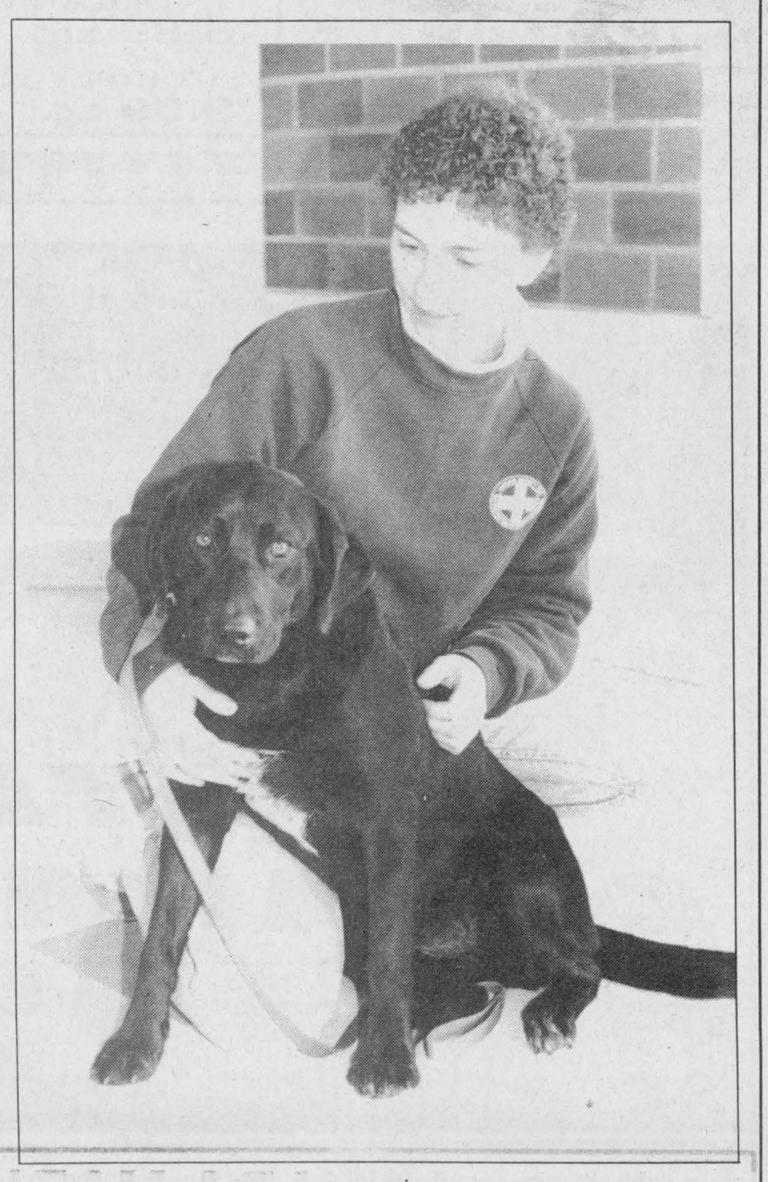
Crime Stoppers this week is asking for the public's assistance in solving the theft of fence wire from C&L Feeds in Dixons Corners. Four rolls of 40-rod page wire were stolen from the store at about 1:10 a.m. on June 20. Police are looking for a 1977 or 1978 red Ford pickup truck with wooden racks in connection with the theft. If you have any information on this or any other crime, call Crime Stoppers at 534-TIPS (534-8477) or 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000. You do not have to reveal your identity to help solve a crime.

Callers help solve 11 cases

Since its inception last October, the Seaway Valley Crime Stoppers progam has helped solve 11 cases, according to coordinator Sgt. Dave McDonald.

He said 44 calls were received, twelve people were arrested, and $3,000 worth of stolen property and $30,000 worth of illegal drugs has been recovered.

Of the 44 calls Crime Stoppers has received, nine callers reported harassing phone calls, seven reported drugs, six reported smugglers, three reported break-and-enters and six others reported thefts. There was also a report of a case of arson and several calls with general information.



Between homes

Tobo is a playful but quiet 8-month-old female lab mix with a good disposition. She has been at the SD&G OSPCA animal shelter for about two weeks. Shelter staff member Anne Quenneville says Tobo is good with children and would be an excellent pet for anybody. If you would like to adopt Tobo or another dog or cat, visit the shelter at 550 Boundary Road, Cornwall, or call 936-0072.

Chesterville's Past

January 20, 1916

On Monday morning about five o'clock fire destroyed the residence of Mr. Arthur Swerdfeger of Morewood from which the family had barely time to escape to the street in their night clothes. When they were awakened the rooms were filled with a suffocating smoke and as the first concern of the parents was for their children they rushed to their rooms, where the flames were already coming through the floor of the room occupied by the girls who were quickly rushed out of the buildings into the severity of zero weather, in their bare feet and night attire. In the scramble out of the front door, through which they made their escape, the door became jambed before Mrs. Swerdfeger got out and she was rescued by Mr. Swerdfeger breaking the glass panel in the door and dragging her to safety.

January 23, 1969

The fact that the CPR station in Chesterville is slated for closing as well as the one in Finch did little to excite the village population. At a peak of the crowd this newspaper counted 14 souls present aside from council members.

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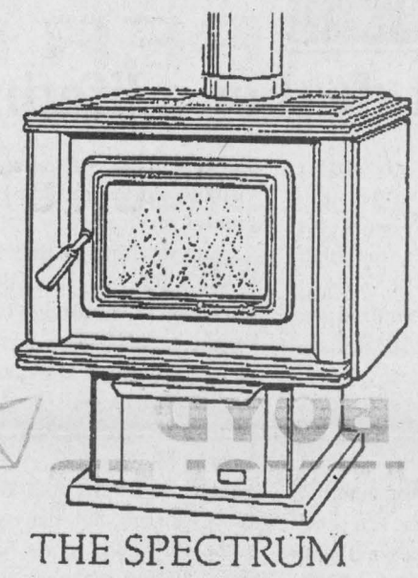
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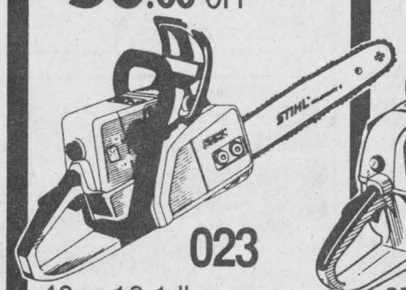
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40cc 10.1 lbs.
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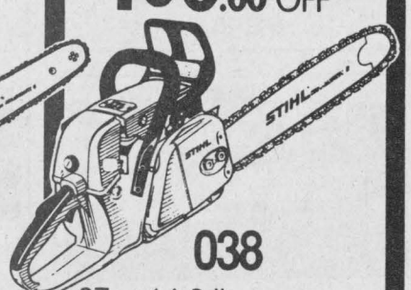
$180.00 OFF

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67cc 14.8 lbs.
Suggested Retail $719.95
NOW ONLY 539.95*
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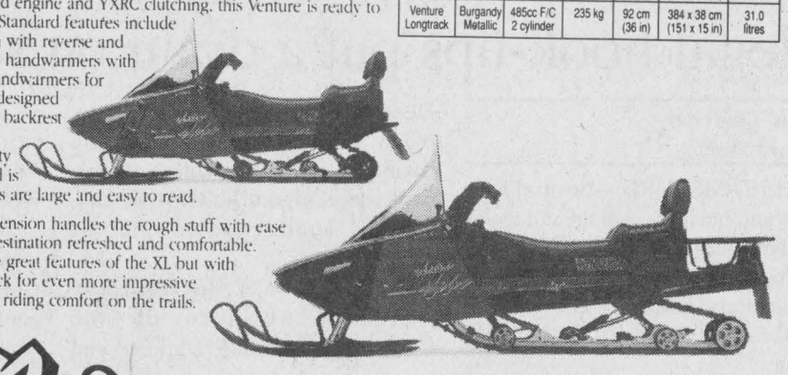
For That Long Distance Feeling.
If you're one of the thousands of snowmobilers who are inspired to reach for the horizons, the Venture XL has the features to satisfy. Built on a lightweight chassis with a spirited 485cc reed valve inducted engine and YXRC clutching, this Venture is ready to provide snowmobiling adventure. Standard features include Yamaha Smooth Shift Transmission with reverse and warning buzzer, electric start, hi/lo handwarmers with thumbwarmer and even electric handwarmers for the passenger. The ergonomically designed two-up seat featrues a comfortable backrest with handholds and the stepped design guarantees excellent visibility for your passenger. The windshield is high and warm and the instruments are large and easy to read.
Venture's Modified Pro-Action suspension handles the rough stuff with ease and ensures you'll arrive at your destination refreshed and comfortable. Venture Longtrack gives you all the great features of the XL but with an extra long 151 inch (384cm) track for even more impressive two-up flotation in deep snow and riding comfort on the trails.

Model	Colour	Engine	Weight	Ski Stance	Track Length	Fuel Capacity
Venture XL	Burgandy Metallic	485cc F/C 2 cylinder	214 kg	92 cm (36 in)	307 x 38 cm (121 x 15 in)	31.0 litres
Venture Longtrack	Burgandy Metallic	485cc F/C 2 cylinder	235 kg	92 cm (36 in)	384 x 38 cm (151 x 15 in)	31.0 litres


Ken's SERVICE SHOP
Sales & Service
Hwy 138
Moose Creek - 538-2887

Obituaries

Harry McElroy

Harry George McElroy, formerly of Chesterville, died Dec. 30, 1992 at his home in Winter Haven, Fla. He was 85.

Mr. McElroy was born Oct. 23, 1907, the son of Wilburt and Agnes McElroy. He moved to Winter Haven from Dearborne Heights, Mich., in 1987.

Mr. McElroy is survived by his wife Evelyn Lois McElroy, sons Robert of Spain, Dale of Palm Beach Gardens and Richard of Barnesville, Ga., daughter Billie Jean Underwood of Palm City, step-sons William D. Ellis of St. Petersburg and Jerry L. Ellis of Dearborne Heights, step-daughter Carolyn J. Campbell of Seattle, Wash., 15 grandchildren and 17 great-grandchildren.

He was a sales manager for Flynn Aluminum Products in Inkster, Nich., and a member of the Kiwanis Club in Dearborne Heights.

A funeral was held at Ott-Laughlin Funeral Home in Winter Haven.

Clara Faulkner (nee Feeley)

Clara Belle Faulkner of Kemptville died Jan. 16, 1993 at her home, Bayfield Manor. She was 95.

Mrs. Faulkner, formerly of Morewood, born March 10, 1897, the daughter of the late Warren Feeley and the late Loretta Hunter. She was predeceased by her husband Harold Reynolds Faulkner, who died in 1974.

She was the dear mother of Marjorie (Mrs. Arden Trickey) of Park Drive Villa, Williamsburg, grandmother of Ann (Mrs. Russell Garlough) of RR 1 Williamsburg, great-grandmother of Rob and David Garlough, and the dear aunt of Natalie Robinson of Chesterville.

Mrs. Faulkner was predeceased by sisters Sadie Feeley, Gladys (Mrs. William Fetterley), Lillian Feeley and brother Dwight Feeley.

Mrs. Faulkner was a member of Morewood United Church.

A funeral was held Jan. 18 at J.R. Vice Funeral Home in Chesterville, officiated by Rev. Roy Harwood.

Interment at Morewood United Cemetery. Pallbearers were Douglas Hunter and Glen MacGregor.

Retirement planning focus of seminar

MAXVILLE — Retirement planning for those in family-owned businesses will be the topic of a three-day seminar at the Maxville Sports Complex next month. The seminar, geared toward farm families, will look at what to do before retirement, tax and legal decisions and transferring assets to family members. Applications for registration are available at area Ontario Ministry of Agriculture and Food offices.

New Location
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Rene & Deborah Bedard
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Apply in person to
Ron Annable, Service Manager
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case IH

Bed Race
Are you interested in entering a bed, in the
Bed Race
which will be held in conjunction with the
Chesterville Winter Carnival
Interested parties are to call the
Chesterville Recreation Department
by Wednesday, February 3
448-3285

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Your Choice - Saxony or Tracless! $11.99 sq. yd.
Great Colours
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IT'S FAST - IT'S EASY! ONE CALL, ONE BILL DOES IT ALL.

NOTICES

SRI CHINMOY'S NEW YEAR'S MESSAGE, 1993: God is dreaming, newness singing, oneness blossoming, fulness dancing. Hope no more gropes. Life without slopes. Splendid depths and heights transform bondage nights.

FLEA MARKETS

CALABOGIE MALL FLEA MARKET open Sunday 10-5, Calabogie Ontario. Vendors welcome. New Buckhorn Roadhouse open daily. Minutes from snowmobile trails. For information, call 613-752-2468.

CAREER TRAINING

LEARN AUCTIONEERING at the Southwestern School of Auctioneering. Next Class: March 13 - 19. Information, contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario, N4S 7V9 (519) 537-2115.

BUSINESS OPPORTUNITIES

FINANCIAL FREEDOM IN '93. Imagine your customers purchasing 20 CURRENT CD's, cassettes, AM/FM Receiver, Video Rewinder, +Prepaid Airfare for ONLY $19.98 investment $995.00 1-800-263-1900 FMVC.

EXTRA INCOME! Grow baitworms in your basement or garage. Odorless operation. Low investment. Market guaranteed! Free information. Early Bird Ecology, R.R.#1, Smithville, Ontario, L0R 2A0. (416) 643-4252.

BUSINESS SERVICES

GOVERNMENT GRANTS, LOANS & assistance programs (Federal & Provincial) for your new or existing business. Information: (514) 937-2422 ext. 98.

REAL ESTATE

GOT A CAMPGROUND membership or timeshare? We'll take it! America's largest resale clearinghouse. Call Resort Sales International. 1-800-423-5967 (24 hours).

MORTGAGES

XMAS BILLS ARE COMING! We have mortgage money for homeowners to pay off bills, credit cards. Example: Borrow $10,000, repay $99.00 monthly. Intransicon toll-free 1-800-268-1429.

STEEL BUILDINGS

BUILDINGS - ROCK-BOTTOM PRICES. Ontario Manufacturer Direct. Straight-sided and utility models. Example - 14x20 $1,689.00, 40x60 $6,363.00.Order for spring and save. Pioneer Steel 1-800-668-5422.

BUILDINGS FOR SALE from a trusted name FUTURE STEEL BUILDINGS. To serve you better, we have moved to a larger factory. "Sellebrate with us." Factory-direct prices on Quonsets & S. Models. Call 1-800-668-8653.

SPAN-TECH STEEL BUILDINGS - Beat the spring rush and save. Keep the largest manufacturer of steel buildings busy through the winter. (Steelway) Call today, 24 hours 1-800-561-2200.

VACATION/TRAVEL

MYRTLE BEACH RESORT vacation rentals. Fully furnished condos. Indoor/outdoor pools, whirlpools, tennis courts and more! Golf packages and winter rentals also available. FREE BROCHURE: 1-800-448-5653.

CRUISE CANADA'S CALM RIVERS in exquisite comfort aboard elegant replica steamboat. Outstanding scenery, world-class attractions. From $839. Free brochure 1-800-267-7868.

CANAL CRUISES. Five days aboard KAWARTHA VOYAGEUR, scenic Trent-Severn Waterway or Rideau Canal, private staterooms, meals, free brochure. Write Captain Marc, Box 6, Orillia, L3V 6H9, (705) 327-5767.

FINANCE

EARN EXTRA MONEY. Income tax or Bookeeping courses by correspondence. Free Brochures. No obligation. U & R Tax Services Ltd. 1345 Pembina Highway, Winnipeg, Manitoba R3T 2B6, 1-800-665-5144.

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ESTABLISHED CANADIAN COMPANY needs people to market sheer non-run hosiery, high-fashion jewellery, tights. Full-, part-time, excellent profit, training, advancement. Serious inquiries. Collect (705) 524-3674.

Your ad could appear in community newspapers in Ontario, or right across Canada, or any individual province. Space is Limited, so Call This Newspaper Today!

record classifieds

VISA

Classified Advertising Deadline 1pm Tuesday. Phone orders by Visa only. Call 448-2321. $4.00 + GST Minimum for 20 words. Extra Words 20¢ each.

FOR SALE

FOR SALE - Oat straw, good clean sq. bales, $1.50/bale. 774-2879 or 774-2169.

19stf

FOR SALE - 1985 Oldsmobile Cutlass, 4 dr., V6, air, cruise, $3,000. 774-2169.

19stf

DOUBLE SPECIAL
Heart Shaped
Black Forest.... $20.00
White Cake..... 12.00
Chocolate
Truffles..... 24/5.75
Plus
You could win compliments of Heather Parent a FREE Hairstyling at Karen Parkers Hair Studio
Tickets $1.00 Food Voucher to go to Winchester Food Bank & value to be redeemed at Mike Dean's
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For more information call:
Heather Parent 448-2598
Freshness, Quality & Service

FOR SALE - Gurney wood stove, white enamel finish, 4 plates, warming spot, stainless steel hot water tank, large oven, pot & pan drawer, 2 warming compartments, on top timer & mirrors, still in use, good condition, $600. Phone 987-5217.

23-3

FOR SALE - Shelled corn, whole or rolled. Call 448-3316.

21tfc

FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new & used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.

2tfc

LOT FOR SALE - Casselman, lot 85'x200', beautiful view, $24,900. Phone 987-2198, 764-5577 or 764-3635.

33tf

FOR SALE - Men's Bauer Pro skates, size 7-1/2. Only used once. $50. Call 448-2881.

22stf

HOUSE FOR SALE - Crysler, luxurious 4 bedroom, 2-1/2 baths, lot 150'x150', double garage, family, living and dining rooms, finished basement, many extras. $159,900. Phone 987-2198, 764-5577 or 764-3535.

33tf

FOR SALE - Ground feed, shelled corn, barley, oats, wheat, mixed. $7/100 lbs. Bring bags. 9am-5pm. Closed Sundays. George Crites 527-5393.

25

FOR SALE - Round bales, high moisture hay. 100 - 65% alfalfa, 35% grass; 100 - 100% clover. 537-2441.

23

FOR SALE - Whole barley. Apply Ian MacMillan, Finch. 984-2218.

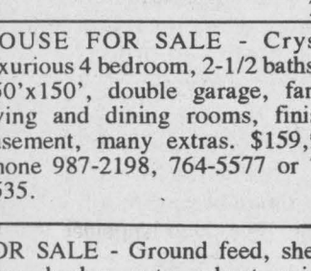
25

FOR SALE - Used tail gate from GMC truck. Phone 448-2812.

23

The Brookslyn January Sale

ALL WATCHES In Stock
30 to 50% Off



ALL COSTUME JEWELLERY
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Selected 10K JEWELLERY
30 to 40% Off
No lay-a-ways
Sale Ends January 30h
Chesterville - 448-2804

FIREWOOD FOR SALE - Call after 4pm. 984-2827.

23stfc

FOR SALE - Acadian scooter, grey, good for parts, B.O. Call after 6pm. 448-2568.

23

FOR SALE - Reconditioned washer & dryer, $350 for pair. Phone 774-6349.

23-1

FOR SALE - Fisher wood burning stove, fire brick included, $300; 26" color TV, Electrohome, $50. Phone 448-3032.

23

DON'T MISS
AL-MOR
LADIES WEAR



(all winter stock)
Chesterville - 448-3370

CHECK OUR NEW AREA RUGS - (Golfer on carpet, etc.). No GST on area rugs. Ends Feb. 28. Curran Carpet Centre, 502 St. Lawrence St., Winchester, 774-5659 or 18 Industrial Dr., Chesterville, 448-2068.

23-1

ALL PROVINCIAL WALLPAPER BOOKS - 30% off. Ends Feb. 12. Curran Carpet Centre. 502 St. Lawrence St., Winchester, 774-5659 or 18 Industrial Dr., Chesterville, 448-2068.

23-1

FOR SALE - One only Norge frost free 15 cu. ft. refrigerator in almond, brand new, on sale for just $599. Matching 30" range with timer, black door and full width storage drawer. One only $569. John Witteveen T.V.-Appliances Sales and Service. 448-2766, RR2 Chesterville (Dunbar).

23-1

FOR SALE - Round bales of hay and sq. bales of straw. Call 346-2382.

23

FOR SALE - Super single water bed with drawers, padded rails & bookcase headboard, $150; 1978 340 Everest, excellent condition, $700 or B.O. 448-2526.

23

HOUSE FOR SALE OR RENT - In Winchester, 3 bedrooms, 1-1/2 baths. 774-3718.

23

DECORATION PRODUCTS LIQUIDATION - No deposit, no interest before March 18 (on credit approval). Vinyl flooring: 2.49 sq. yd.; Paint: 9.99 4L; Pine 1x4: 3.99 pack; Oak 2-1/4": .59; Pre-varnished products, oak: 1.89; Select birch 2": 2.49; Rustic maple 2": 2.25; Parquet flooring: 1.29; Ceramic tiles 6x6: .49 ft.; 12x12: 1.29; Suspended ceiling tile: 1.89; Paneling: 4.47; Masonite door: 10.57; Steel: 47.95, with frame: 77.90; Lateral panels & frames: 58.95; Garage door: 99.00; Insulated: 195.00. Masson 819-986-5720.

24

BUY NOW BUILD IN SPRING & PAY ON MAR. 18 - (On credit approval). Treated lumber 4x4x8: 3.99; 12: 5.49; 6x6x8: 9.25; grey, black, almond melamine: 14.50; 5x6: 4.97; 1x8: 1.95; Styrofoam 4x8 7/8: 3.69; 2": 8.69; Blue 2x8 1": 4.79; 1-1/2: 7.19; 2": 9.54; Asphalt shingles Manoir 20 yrs.: 4.49; Felt 15 lbs.: 7.99; Plywood 7/16 4x4 G1S: 6.49; Spruce 1x3x8: .39; 2x3x7: .65; 2x4x12: 2.11; 2x6x12: 3.03; 2x8x14: 4.68; 2x10x14: 7.59; Clapboard: 39.00 sq.; Paving stone: 1.09. Lay away plan free. Masson 819-986-5720.

24

FOR SALE - 8' logs for firewood, mostly hard maple, beech and red oak. Available in loads of 7, 8 or 15 cords. Delivered $80/cord. Phone 821-1930.

23

FOR SALE - 60 gal. hot water tank, $100. Selling because changed to gas. Call after 5pm 448-1711.

23

FOR SALE

FOR SALE - Government Inspected. Sides of Beef $1.69; Fronts $1.49; Hind Quarters $2.09; Sides of Pork $1.10. Custom Slaughter. Neil's Butcher Block, 652-2274.

24-3

HAY FOR SALE - Never rained on, 800 sq. bales, $1.50/bale. Call 537-2671 or 537-2312.

23

HAY FOR SALE - 4x4 round bales, $12 & $15. Phone 346-5790.

24

FOR SALE - 1985 Ski Doo Formula MX, new clutch, new plastic skis, good condition, 7,000 km. Call 774-5211.

23

FOR SALE - Automatic roller mill, model 600, double roll with upright auger and motor. G. & J. Yelle (613)987-5336.

23-3

NOTICES

NEED A CARPET SHAMPOOED? - One room $10. All proceeds donated to Big Brothers & Big Sisters. Debbie Soucy (Electrolux Sales & Service). 984-0170 or 932-2327. Free pick up and delivery.

23

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APPLES
Cider and Apple Products
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3 miles west of Williamsburg
Open 7 days a week 8-5

GIFT BASKETS - Available at The Brookslyn, Chesterville and at any price to suit your budget. Some samples on display. Call 448- 2804.

1tf

GETTING MARRIED? - Have your personal wedding story captured by an experienced photographer. We also take family, anniversary and personal photographs. Book early by calling Wayne LaPrade, Chesterville. 448-2852.

20tf

Karen's Hair Studio



The hottest looks on T.V. are yours to copy... If you have the right kind of hair and a few styling tricks up your sleeve.
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ELECTROLUX SALES & REPAIRS
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We repair any vacuum system
Display at McHaffie Flea Market
Mitch Cassell
48 Kyle Dr., Morrisburg, Ont.
543-2140

18tfc

BRENDA'S HAIR STUDIO - 9 Bergin St., Finch is open Tues. to Sat. Thursday evening by appointment only. Phone 984-2932.

23, 25, 27

FRANK'S JUKEBOX - For your next coming event 489-3405. Whether a wedding, anniversary, mixed stag, tournament or "let's get together and have a party" the Jukebox can supply your music.

23, 25, 27

ROGER'S BARBERSHOP - In Williamsburg will be closed for holidays Fri., Jan. 22. Re- opening Tues., Feb. 9.

23-2

NOTICE TO CREDITORS

All persons having claims against the Estate of Violet Ringrow, late of 200 Queen Street, Chesterville, Ontario, Retired Postmaster, who died on or about the 22nd day of November, 1992, are hereby notified to send particulars of the same to the undersigned on or before February 13, 1993 after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice and the undersigned will not be liable to any person whose claims he shall not then have notice. DATED this 11th day of January, 1993.

Cass, Grenkie
P.O. Box 700,
Chesterville, Ontario
K0C 1H0
Solicitors for the Executrices

24-3

NOTICES

HOW WOULD YOU LIKE TO CHANGE YOUR CAR EVERY YEAR? - And only pay for license insurance. Lease from Car-O-Line Autos we will show you how. Telephone 448-2488.

23-1

MONUMENTS
Eastern Ontario Cemetery Memorials
RR2, Mountain, 258-2927
Monuments and markers in granite or bronze. Cemetery lettering and monument restoration.
Bruce Campbell
463 York St., Box 275
Winchester, 774-2493

14tfc

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Boarding & Grooming of all Dogs & Cats
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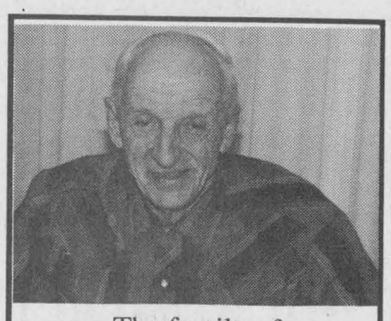

The family of
Lloyd Merkley
wish to invite his relatives and friends to celebrate his
80th Birthday
on Sunday,
Jan. 31, 1993 2-5 p.m.
at his residence
446 Fred St., Winchester
Best Wishes only please

FOR RENT

FOR RENT - Office or store space, 1000 sq. ft., lots of parking. 38 King St., Chesterville (formerly LaBelle's Beauty Salon). Available immediately. Phone 448-2611 or 1-931-1786.

8tfc

FOR RENT - 2 bedroom GROUND FLOOR apartment in NEW ADULT BUILDING in Chesterville. Wall-to-wall carpet, patio, washer & dryer hook-up in apartment, security system entrance. Call 448- 2643 or 448-3621.

15tfc

FOR RENT - 2 bedroom apartment in Chesterville. Available Feb. 1. Call 448-2832.

20tfc

FOR RENT - Commercial space available immediately, approx. 600 sq. ft. Heat and hydro included, parking available, downtown Chesterville. Phone days 448-3300.

22tfc

FOR RENT - 1 bedroom apartment, includes appliances and utilities. Extra storage plus garage. Main St., Chesterville. Available immediately. Call 448-3498 after 6pm.

22tfc

FOR RENT - 700 sq. ft. commercial space. Available immediately in Crysler village. Heat and hydro included. Contact 987-2802. After 6pm 987-5316.

23-2

FOR RENT - 1 bedroom apartment in Crysler village, fridge & stove included. $400 plus utilities. Laundry facilities on premises. Contact 987-2802. After 6pm 987-5316.

23-2

APARTMENTS FOR RENT - $325 and up, secure building, plug-in parking, laundry room, locker room, fridge & stove included. 535-2208 or 535-2881.

INMEMORIAM

IN MEMORIAM

BELCHER - In loving memory of August (Gus), who passed away January 21, 1972.

The one we loved went out of sight
But never out of mind.

Lovingly remembered by
wife Germaine,
Sandra, Bill
and Families

23

CARD OF THANKS

CARD OF THANKS

Olive and Fred Cass sincerely appreciate the thoughtfulness and generosity of family, neighbors and friends during the Holiday Season and while Olive is incapacitated. The food, cards, flowers and especially the visits are most welcome.

Sincere Thanks

23

CARD OF THANKS

Sincere thanks for visits, inquiries, gifts, flowers and cards received at hospital and at home. Special thanks to Dr. G. Slowey, Dr. D. Justus and the Surgical Staff at W.D.M. Hospital.

Orlean Shaver

23

CARD OF THANKS

The family of the late Hubert Merkley would like to express our thanks to our relatives, friends, coworkers and neighbors for their kindness during Hubert's illness and our time of loss. Thanks to everyone for the beautiful flowers, food, cards and memorial donations. A special thank you to Dorothy Loker, (VON), Jerry Philips, (VON), and Sally Murdock for their tender-loving care to Hubert and myself during a very difficult time. Also thanks to the Edwardsburgh Lions and Lioness Clubs for the beautiful meal they prepared for all of us and the Lion's memorial service. A sincere thank you to Jim Dolan for the eulogy, Amanda for the special song to Grandpa, pallbearers, Rev. Reynolds, Miriam Woodland, (organist), United Church choir, Grant Brown and his staff. Your acts of love and kindness will forever be remembered.

Muriel Merkley and Family

23

COMING EVENTS

UPPER CANADA PLAYHOUSE - Presents "Summer in January". Benefit celebrating 10 years of professional theatre, Sat., Jan. 30 at 8pm. Featuring past, present and future stars of UCP. Tickets are $25 ($12.50 tax receipt) per person, including food and wine. Call 543-3713.

24-2

COLORADO BUS TOUR - July 19-30 for Casselman Family Reunion. If interested call 774- 6621 or 543-2045 by Feb. 1.

24

"LOVE IS A DECISION" FILM SERIES - With Gary Smalley is coming to Williamsburg Christian Reformed Church. It contains refreshing advice for building better, more fulfilling relationships from one of the country's leading authorities on Christian relationships. The six part film series will be shown Jan. 29, Feb. 5 and Feb. 12 at 7:30pm.

24

EUCHRE TOURNAMENT
Finch Legion
Jan. 31
$5.00
Entry Fee
Cash Prizes
Depending on Number of Players
Registration Time 1:00 p.m
Start Play 2:00 p.m.

Birthday Celebration

Friends, relatives and neighbours are invited to come and celebrate the

85th Birthday
of
Ada Johnstone

Saturday, January 23
at the Berwick Community Centre
2 p.m. - 4:30 p.m.
Best Wishes Only

COMING EVENTS

Winchester Theatre
FRI. JAN. 22, SAT. JAN. 23
Starting at 7:30 P.M.
"HOME ALONE #2"
RATED: P.G. Starring Macauley Culkin. This time Culkin is in New York and everybody pays. Next week Jan. 29-30 the feature is "Dracula"

BABY SHOWER - In honor of Susan Landry, Jan. 24 at 1:30pm. Crysler Community Centre. Everyone Welcome.

23

DUNDAS COUNTY JR. FARMERS ANNUAL BANQUET & DANCE - Fri., Jan. 22, 1993. Winchester Community Centre. 9:30pm-1am. Music by Frank's Jukebox. Age of Majority. Absolutely positively NO JEANS. $4. For tickets contact: Laurie McDiarmid 774-5000 or Andreas Vampen 989-3176.

23-1

ATTENTION ALL 1993-1994 BRIDES & GROOMS - Winchester Bridal Showcase Tues., Feb. 2, 1993. Winchester Community Centre Hall, 7-9pm. For all your wedding needs. By invitation only, yourself & 2 guests. Door prize. For your free invitation call 774-2102; 774-2205 or 774-2201.

24-4

DANCE - I.O.O.F. Hall, Williamsburg, Sat., Jan. 30, 1993. 9pm-1am. Music by Art and the Drifters. Admission $5/person. Lunch Served. Proceeds going to CHEO. Tickets 448-3471 or 535- 2265.

24-4

FRUIT TREES - CANNAMORE ORCHARD - Learn proper planting and maintenance techniques for your apple, pear, cherry and plum trees. Wednesdays from 7-9pm Jan. 27-Mar. 3 at Embrun OMAF office. Plus one Saturday morning hands on experience. Fee $50. For information or registration call 448-3633.

23-2

OPEN DART TOURNAMENT - Chesterville Legion Sat., Jan. 30, 1993, $40/team. First 18 teams accepted. Registration 11am and 12 o'clock start. Contact Bill Harper 448-2853.

23-2

BINGOS - Every second and fourth Saturday, October to March 1993 inclusive at the Winchester Twp. Community Centre. Beginning at 1pm sharp. Sponsored by the Morewood Volunteer Fire Fighters Association.

33tf

BINGO - Sponsored by Dunbar Recreation held in the Dunbar Recreation Centre every Sunday night starting Sept. 13, 1992. Doors open at 5:30pm. Bingo starts at 7pm. Jackpot given every week. No one under 16 years of age permitted.

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PART-TIME COUNSELLORS - Dundas County Community Living requires part-time counsellors for weekend work in residential environments to a maximum of 24 hrs./wk. D.S.W., E.C.E. or equivalent and experience in the field preferred. Submit applications to Program Co-ordinator, Box 678, Morrisburg, Ont. K0C 1X0.

23-1

WANTED - Will haul away older farm tractor for a playground. Must have tires. Phone 448-3633.

23

WANTED - A person who is interested or has experience with AUTOBODY repairs. A licensed mechanic preferably with GM knowledge. Also persons who are personable and would enjoy the challenging career in Car Sales. Please send your resume to: Dundas Human Resource Centre, 17B Industrial Dr., Chesterville, Ont. K0C 1H0. Deadline is Jan. 29, 1993.

24-2

WORK WANTED - Health Care Aide, experienced, certified, will care for elderly person in your home. 448-2134.

23

WORK WANTED - Mother will babysit in my home, children of all ages. References available. Call 448-1889.

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23-2

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BIRTH

BIRTH ANNOUNCEMENT

GIESBRECHT - Pete and Lorraine (Smith) are pleased to announce the birth of their son, Nicholas LOGAN, on Fri., Jan. 8, 1993 at the Riverside Hospital. Baby brother for Meghan.

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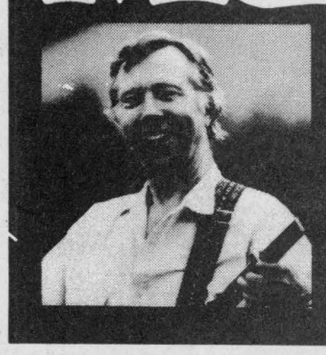

Sunday, Jan. 31, 8 pm
AULTSVILLE HALL THEATRE
St. Lawrence College, Cornwall
Tickets at Ran-Gal Photo,
Brookdale Mall, 938-7779

Tuesday, Feb. 2, 8 pm
CENTREPOINTE THEATRE, Nepean
Tickets at Box Office.
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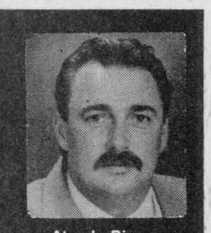

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MOREWOOD – Affordable brick bungalow on treed lot, fireplace plus wood furnace, appliances included, recent survey, don't wait. Alan LaPierre 448-3306 R1857.

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FINCH AND DISTRICT LIONS CLUB

The following is a list of donations given to various organizations by the Finch & District Lions Club

- gave $200.00 towards the Maxville Manor Fund
- $100.00 towards fire victims
- gave to 4-H calf clubs in Avonmore and Newington
- brought Xmas baskets for the needy
- gave Xmas cakes to the homes in - Finch, Avonmore & 2 in Crysler
- bought candy for Santa Claus parades in Avonmore, Crysler, Berwick & Finch
- gave Fran Laflamme of Ingleside $50.00 towards the Historical Society
- gave $500.00 towards - C.N.I.B.
  - Canadian Diabetics Association (Zone Project)
- gave $2000.00 towards the painting of the Finch Fire Van
- gave $125.00 for Halloween Party for kids
- at New Years Dance a draw was made for a trip to Las Vegas and the winner was Wynn Hill of Finch

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Displays to be dropped off on or before **January 27th, 1993** to

Sharon Casselman - 448-2619
or
Gail Pelletier - 448-2851

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Snowflake Winter Carnival
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Requirements

1. Must be 60 years of age or older
2. Must have a good sense of humour
3. Would be willing to attend Carnival events Feb. 4 - Feb. 7

For more information or to enter, please contact

Mrs. Sharon Casselman - 448-2619 or
Mrs. Gail Pelletier - 448-2851
on or before Jan. 27th, 1993.

NOTICE
ANNUAL MEETING

of the

LOCAL AGRICULTURAL EMPLOYMENT BOARD

will be held on

Thursday, January 28, 1993

in the
Anglican Church Hall
Queen St. W., Chesterville
8 p.m.

Agenda Includes:

1. Reports
2. Election of One (1) Board Member for each of Stormont and Dundas Counties. Term - 4 years

Guest Speaker *Everyone Welcome*

CHURCH DIRECTORY

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Rev. Harold J. Morden
448-2084
SUNDAY, Jan. 24, 1993
10 A.M.- Sunday School
11A.M. - Worship Service-
Welcome to new minister Rev. Harold J. Morden
7:30 P.M. Evening Praise and Bible Study
Affiliated with the Pentecostal Assemblies of Canada
May 1993

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY, Jan. 24, 1993
10:30 A.M. - Morning Celebration
10:30 A.M. - Sunday School
7:30 P.M. - Evening Fellowship
Wed. 7:30 P.M. - Study in James
Dec. 1992

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, Jan. 24, 1993
Morewood
11:00 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 3:30 P.M. Bible Fun Club in M.P.S. Gr. 4&5
Fri. 7:00 P.M. Morewood Christian Youth in Presbyterian Hall
Chesterville
9:25 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 9:30 A.M. - Coffee Break
Nursery & Story Hour
6:30 P.M. - Junior Bible Clubs: Gr. K-Gr.4
7:30 P.M. - Life in the Spirit Praise & Bible Study
Thurs. 6:30 P.M. - Senior Bible Clubs: Gr. 5&6
Fri. 7:00 P.M. Chesterville Christian Youth
COME EXPECTING LEAVE REJOICING
May 1993

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, Jan. 24, 1993
HOLY MASS
7:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1993

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
9:30 A.M. - Sunday Service
Everyone Welcome!
May 1993

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, Jan. 24, 1993
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, Jan. 24, 1993
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, Jan. 24, 1993
7:30 P.M. - With Choir from Trinity Church, Cornwall
June 1993



The Record Sports

Minor Hockey Week

Peewee "C" Demons silence critics, not Lions

Chris Thatcher
Record Staff

It's not often a hockey team can render one broadcaster, let alone two, speechless.

So give the North Dundas Peewee "C" Demons credit where credit is due.

By the fluke of a lottery, the Demons were selected to represent the North Dundas Minor Hockey Association in its annual Minor Hockey Week Kickoff game in Winchester Sunday.

Now, the Peewee "C" Demons are a piecemeal team, a combination of novices, over-eager Atom aged players and "B" team cuts.

Winning isn't a word that has sunk into their collective vocabulary —yet.

Success is measured by how tired the other team looks after scoring all those goals. (If they thought they could get away with it, goaltenders Shannon Zwarts and Scott Miller would probably flip the net over and take refuge under it.)

Each goal at the other end of the rink is celebrate with a fervor usually reserved for Stanley Cup championships. (When the goals are few and far between, you make the most of them.)

But they love to play, regardless of the score. Hockey is pure fun, a fact coach Michael Hunt and assistant Bill Brannen don't have to harp on.

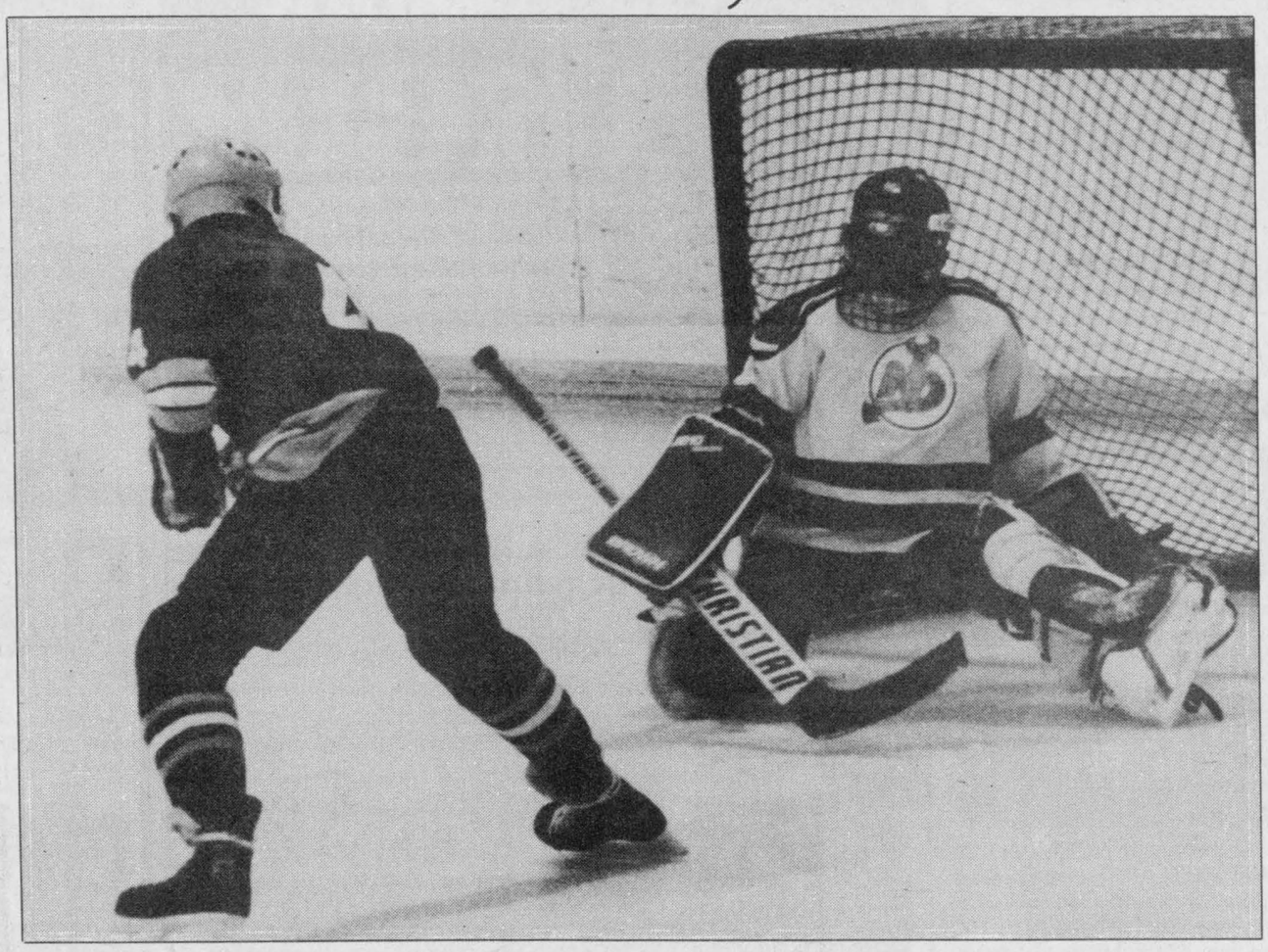
So it was fitting that the team least concerned with the final score kicked off Minor Hockey Week, a time when minor hockey organizations across Canada recognize the contribution of their many volunteers and remind themselves why they became involved in the first place: For the fun of it.

However, the 10-1 loss to the visiting Morrisburg Lions did not make for good TV or broadcasting, the two additional features of the game.

By the end of the second period, with the score 8-1, Bob Carkner, play-by-play analyst, and Les Robinson, color commentator, (fathers of NHL players Terry Carkner and Larry Robinson) had exhausted their repertoire of North Dundas praises.

"The (Demons) are a team that is struggling right now," admitted NDMHA vice-president Bev Beck. "When the team was put together, they were gypped by the numbers. They had to pull up a number of players from the Atom team.

"Some people felt we should've gone with a more competitive team, but I'm not so sure."



Morrisburg's David Trudel flips backhand shot at Demons' netminder Shannon Zwarts. Trudel netted three.

Several hundred spectators and participants packed the Winchester Arena for the four-hour event, which included numerous games and competitions before and after the feature match.

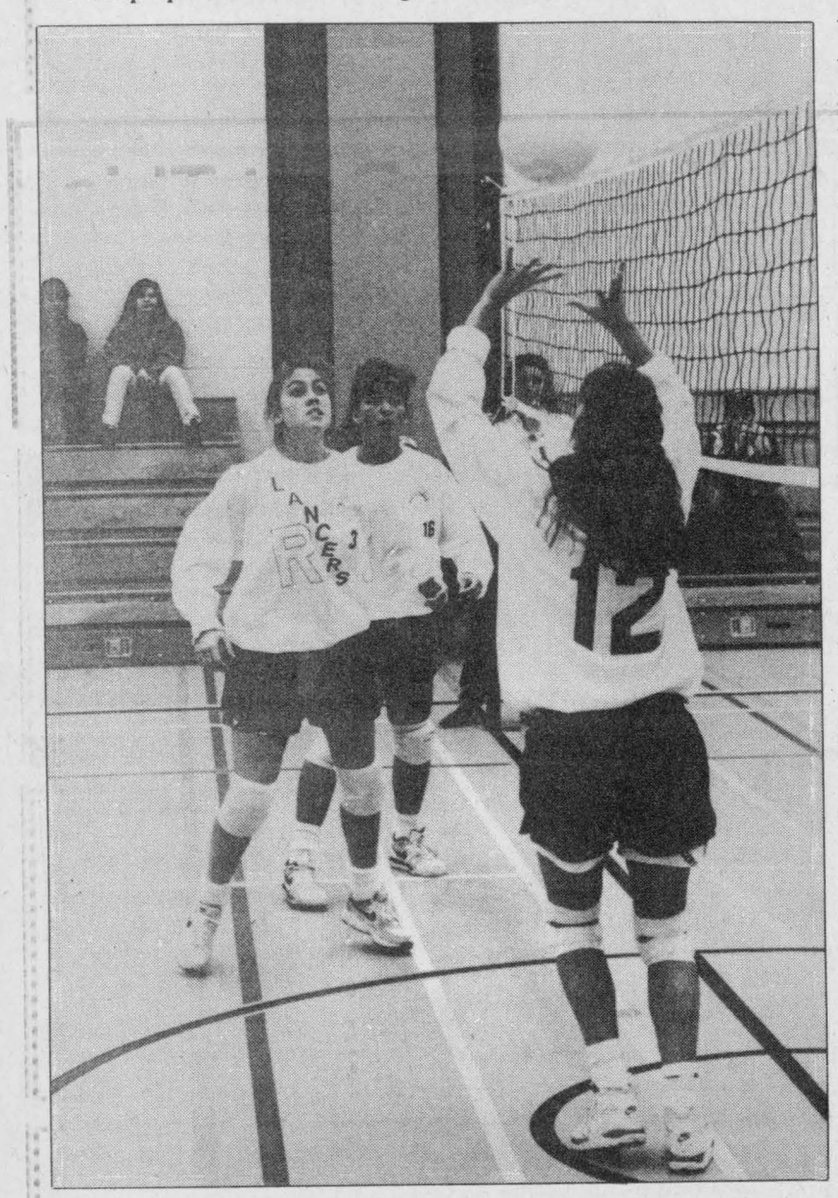
Events, ranging from a coloring contest to a computer hockey tournament to an air hockey tourney, were big attractions for the minor hockey players. A new event this year, a remote control car race on the ice surface, drew over 25 competitors.

The Demons-Lions game was preceded by a ceremonial faceoff which included a procession of flags representing all of the Canadian provinces.

"People were quite impressed with that," Beck said. "One of the Morrisburg coaches said to me, 'This is what minor hockey should be.'"

The NDMHA concluded the Kickoff with a presentation to Bob and Marion Carkner. The "Appreciation" plaque was in recognition of their longstanding contribution to minor hockey.

"They've done a lot for us," said Beck. "They're always there. We felt a little something was appropriate."



R-O's Christine Bancroft (12) sets ball for Stacey Paquette (21) and Joanne Zumack (16).

Lady Lancers show coach "potential" in final set victory over GV Vikings

Chris Thatcher
Record Staff

It is still a set away from notching its first win of the season, but the Rothwell-Osnabruck senior girls' volleyball team is starting to show more than just potential.

After a 3-0 loss to Tagwi Secondary Tuesday, the Lancers dropped 2-1 decision to General Vanier on home court Thursday.

The results leave R-O with a 0-5 record in SD&G league play, 2-15 in sets. Points are tabulated based on sets won and lost.

But a 15-8 win in the third match against General Vanier, in which the Lancers dominated the net and battered the Vikings with a barage of well placed serves, finally gave coach Richard Roffey something to smile about.

"That's the kind of game we're capable of playing," he said. "I've coached these girls for three years and I really believed this was going to be our year. But we haven't put it together consistently —yet. We've got all the talent but we're not winning. It's frustrating."

General Vanier won the first two 15-7 and 15-4.

The Vikes ran up a 7-0 lead in the opening set before R-O got its first point. The Lancers didn't fare any better in the second, falling behind 11- 1. With Stacey Paquette serving, R-O got two points back, both from Marcia Morin with a spike and a block.

If the first two games were error-riddled contests, the third was a virtual volleyball clinic.

R-O turned the tables on the Vikings, taking away the net game, despite the Vikes obvious height advantage. The Lancers' serving, which had been nothing short of disastrous, left GV's backcourt scrambling for cover.

By the break, the Lancers held a commanding 8-2 edge and, although the Vikes mounted a brief counter-attack, had little trouble posting the win.

Tuesday's sweep by the Tagwi Warriors was particularly frustrating for Roffey. Both teams will be vying for division "A" playoff berths in three weeks and the Lancers cannot afford to concede the points. The Warriors, now 3-2 in league play, posted scores of 15-4, 15-9 and 15-7. It was their first win since the Christmas break.

"I think we could have won there," said Roffey. "But (Tagwi) is always very competitive. They're a well coached team."

JUNIOR

Rothwell-Osnabruck continued its control of the junior division with wins over Tagwi and General Vanier, both 2-1 scores.

At home to the Vikings Friday, the Lancers recorded scores of 15-8, 9-15 and 15-6 for their third straight win. R-O is now 4-1 in league play.

Angie Thompson was the difference in the opening set, serving five straight points to cut an early 7-2 Vikings' lead. General Vanier maintained a slim lead over R-O throughtout the second set to even the contest at 1-1. However, it took six service changes to settle the first point.

The Lancers won the deciding game handily, taking an 8-0 lead by the break and an 11-0 edge before General Vanier struck for its first point. After a brief Vikes' rally, Heidi Van der Glind clinched the victory, serving an ace for the last point.

Earlier in the week, R-O downed "A" division rivals Tagwi in a close contest, 9-15, 16-14 and 15-3.

MIDGET

The Rothwell-Osnabruck midget girls' volleyball team split its card last week.

The Lancers won their first game of the SD&G season with 2-1 over General Vanier Friday but lost a 2-1 decision to Tagwi Tuesday.

Against the Vikings, the Lancers posted scores of 15-12 and 15-0 before droppping the final set 15-3.

R-O won its first match against Tagwi 15-12 but conceded the final two 15-5 and 15-10.

Gibson "kills" devil

Chris Thatcher
Record staff

The North Dundas senior boys basketball team sufferd its second loss of the SD&G season Wednesday, a 73-61 decision to the St. Lawrence Saints.

The loss leaves the Devils with a 3-2 record while the Saints remain undefeated at 5-0.

St. Lawrence jumped out to an early 11-0 lead and, although North Dundas cut it to 13-9 by the end of the first quarter, it was never able to make up the difference.

"I think, if we play four strong quarters, we can stay with St. Lawrence," said Devils coach Diane Corbett-White. "We weren't ready to play and when we woke up we were down 11-0."

Rodney Merkley, who has led the Devils in scoring most of the season, had his hands full with Saints' centre Ryan Gibson. The two waged a fierce battle on the backboard and under the basket throughout the contest.

"It was definitely a post game," said Corbett- White. "They went at it the whole game. But as soon as Rodney came out for a rest, even for 30 seconds, Gibson killed us."

Gibson finished with 36 points while Merkley answered with 19. Devils' point guard Mike Singh hit for 15.

The loss follows a strong week of exhibition and tournament games for North Dundas.

Late last week, the Devils hosted Ottawa's Ashbury Collegiate. Despite a 65-48 loss, it was one of the Devils' best performances of the

See MCMAHON , page 11

Devils' Kennedy keys Saint-ly sweep

Rebecca Kennedy made a key defensive play and then went to the line and served up the winning point as the North Dundas senior girls' volleyball team pulled off a 15-13 victory over the visiting St. Lawrence Saints Wednesday.

The win topped a perfect afternoon on the hardwood as the Devils completed a 3-0 sweep of the Cornwall school. The victory left the senior squad with a 9-6 mark.

North Dundas led the Saints 12-6 but turned the ball over five times before Kennedy killed a St. Lawrence rally with a brilliant return at the net. The Saints had rallied and closed the gap to 14-13 with six consecutive points before Kennedy shut them down.

The only flaw in the Devils' performance was their serving in the third set, said coach Patti Hall.

"Usually our service is very reliable and has been one of our strong points. But the girls recovered nicely," she said.

After a 4-5 start to the season, the Devils have yet to lose. Hall said she has been able to gauge the team by their practice sessions, slated for the day prior to each match.

"The girls had a good practice on Tuesday and they played well again today," she said. "The defence didn't let any balls touch the floor and really made an effort to go after the ones they did miss. It was a good team effort."

She cited the two-way play of Marg Link, Amy Vermilyea and Kennedy as reasons for the team's success.

Laura Zrymiak served up the final two points in the opening 15-7 win while Vermilyea and Carrie Swerdfeger made several key kills.

Marg, Vermilyea, Kennedy and Brenda Keokkoek served the Devils into an 11-1 lead in game two. Vermilyea served up the final three points for the 15-9 win.

JUNIOR

The North Dundas junior girls team posted scores of 15-11 and 15-6 to take a 2-1 win from the visiting

Please see JUNIOR on page 11

The problem of steroid abuse among athletes starts in high school sports

Out of left field
Chris Thatcher

Bang.

Another Olympic myth explodes in the smoke of a starter's pistol.

We are winning the war against steroid abuse, International Olympic Committee president Juan Antonio Samaranch said after the 1988 Summer Games in Seoul, South Korea.

We are definitely winning the war against steroid use, he said after the 1992 Summer Games in Barcelona, Spain.

His proof?

Statistics.

Fewer positive tests equates to fewer athletes using steroids. Logical.

It was, I believe, Mark Twain who once wrote that there are three kinds of lies: Lies, damn lies, and statistics. Within the confines of the IOC, they are all one and the same.

Last week, that shrowd of purism in amateur athletics blew off with world-wide impact.

IOC drug chief Prince Alexandre de Merode stated that 10 per cent of Olympic athletes are regular substance abusers.

"Based on the steroid profiles, 10 per cent would be users," he said.

In Barcelona, five of 9,366 Olympic athletes were caught. In Seoul, the IOC turfed 10, including Canada's Ben Johnson.

These numbers look good on paper and are the evidence that Samaranch points to as his reason for claiming success.

But if de Merode is even in the ballpark, over 900 athletes were regular abusers of steroids during the 1992 Barcelona Games.

For anyone who has followed international track and field, this is hardly an astounding revelation, merely a confirmation of the long suspected. As the joke goes, if all the steroid abusers in track and field were caught, there would be nobody left to compete at the elite level.

And if nothing else, the infamous Dubin inquiry did reveal just how deep-rooted and widespread the problem is in Canada.

The ramifications of this reach beyond the oval track of professional "Amateur" athletics.

Unlike Samaranch, most school boards in Ontario will tell you that there are certainly drug problems within their schools. Drugs have permeated all aspects of society and schools are just one. But steroid abuse is not on the top of their list.

Anyone who has had the opportunity to observe track and field at its grass roots level, the high school, can't help but acknowledge that there is a real problem.

Much as Ben Johnson progressed from an "average" sprinter (if that is what you can call one of the world's best) at the 1984 Summer Games in Los Angeles to a self-described "superman" in 1988, each year students arrive at regional and provincial championship meets bigger, stronger and faster than a normal weight program and teenage growth spurts can adequately explain.

Walk around the track, sit in the stands, and you'll hear the rumors. Is he using? Is she injecting? I wonder if?

Each year, a select group of Canada's top high school athletes are offered scholarships to U.S. universities. It is big business. And each year, those coming up —Grade 10 and 11 students —contemplate whether steroids might improve their chances.

Putting the blame on high school track and field coaches is mis-directed. But there are those who are either conveniently naive or just complacent.

If steroid abuse is allowed to fester at the high school level, is it any wonder it succeeds at the elite level of the sport?

Tagwi's Norman cans 26 in win over Lancers

The Tagwi senior boys' basketball team hiked its record to 2-3 with a 63-46 decision over Rothwell- Osnabruck Tuesday.

After starting the SD&G season with three consecutive losses, the Warriors have won their last two starts. The Lancers are now 1-4, after opening the season with a win over Seaway. They also lost on Thursday to the General Vanier Vikings.

"Our game is really coming together," said Tagwi coach Sean Lee. "We had the lead the whole way. It wasn't in doubt."

Jamie Norman matched a personal best this season with 26 points. Mike Tyrell hit for 16, all from inside the paint, and Rod McKillican added 12.

"We're starting to get a more balanced offence," Lee said. "Other teams are keying on (McKillican) and if he can't penetrate, I've got others who can."

Although the Warriors are on a winning track at the moment, Lee doesn't believe they are assured a berth in the "A" final.

"I think, if we continue to improve, we've got a good chance," he said. "But we're looking at a pretty close single "A" league. All the teams are pretty good."

JUNIOR

Jeremy Nixon drained 18 points and Todd Stelmach and John Poapst added 15 as the Tagwi junior boys' basketball team downed Rothwell-Osnabruck 87-50 Tuesday.

Six players hit double figures for the Warriors. Brian Johns (14), Peter Jack (13) and Darryl Sobering (12) helped Tagwi run its record to 4-1. The loss evened the Lancers' record at 2-2.

"They couldn't key on anybody," said Tagwi coach Joe Stelmach.

The Warriors have won their last four games and, with three weeks remaining in regular season, appear to be in good shape for the playoffs.

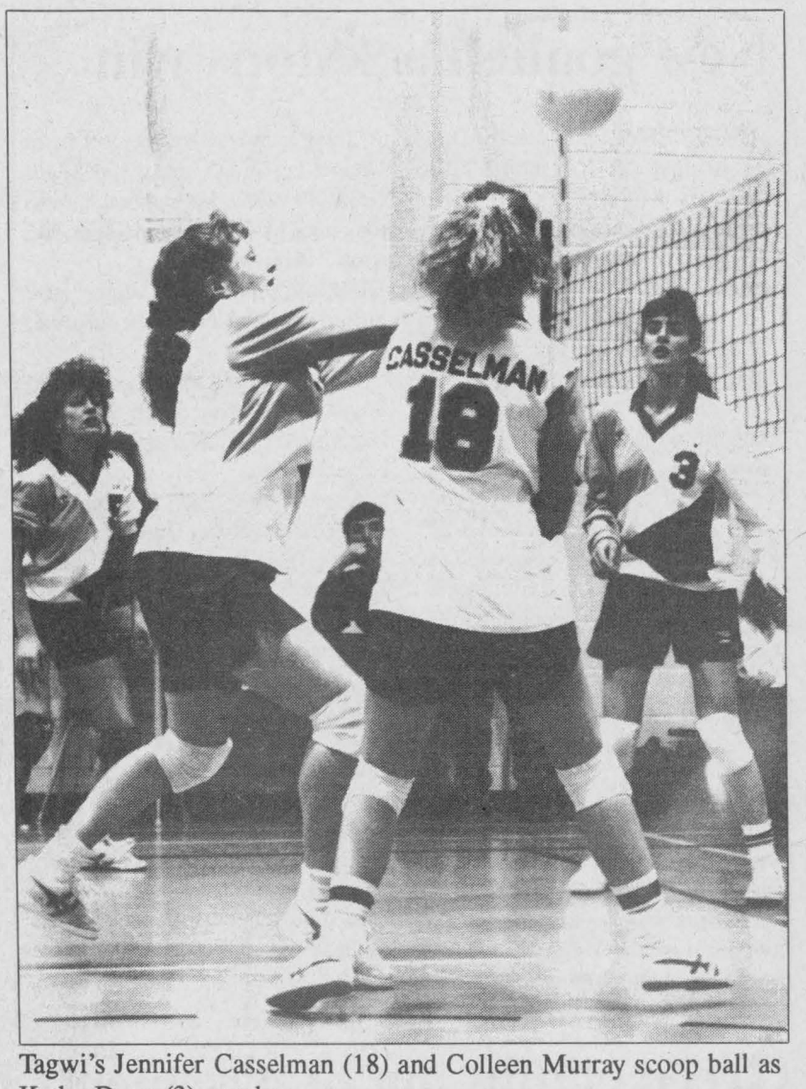
"The boys are starting to show they are in charge," Stelmach said. "We should do well unless something happens. After exams, we could get cooled off."

MIDGET

Stephen Iwachniuk was held to just 13 points but still helped the Rothwell-Osnabruck midget team to a 36-27 win over Tagwi.

The win keeps the Lancers' undefeated streak alive at four games. They also upended General Vanier 42- 34. The loss was the first of the SD&G season for the Warriors.

Ryan McElroy paced Tagwi with eight and Tim Nuttal added six. Matt Poapst was held to five.



Tagwi's Jennifer Casselman (18) and Colleen Murray scoop ball as Kathy Doan (3) watches.

McMahon gets rare start

Continued from page 10

season, according to Corbett-White.

"We could have had eight more points at the end of the game on missed layups," she said. "We played very well against them, the best we've done all season."

The Devils kept Asbury's 6'7" centre Chris Currie down to 18 points but missed too many chances late in the game.

Singh led the Devils with 21, six on field goals. Merkley and Jamie Kennedy both added 10.

Last weekend, North Dundas bowed out in the "B" championship of the Arnprior Invitational Tournament.

The host team handed the Devils a 72-54 loss and their exit papers.

Singh fouled out of the game in the first half, forcing backup Marty VanLannan into a tough situation.

"He did a good job. He played really well," said Corbett-White. "We were taken right out of the game by the refereeing."

Merkley and Jason Steven led the Devils with 10 while VanLannan hit for eight.

North Dundas lost its opening match of the tourney to Renfrew, 61-48, but rebounded with a 52-39 victory over Cornwall Collegiate to qualify for the "B" final.

JUNIOR

Chad McMahon got a rare assignment Wednesday afternoon.

With starting guard Steve St. Pierre away, McMahon, a Grade 9 student, came off the bench to direct the North Dundas junior boys' team offense.

The Devils lost their fifth straight start, 60-38, to the St. Lawrence Saints.

"The kids played well in the first half," said Devils' coach Mark Lewis. "Chad did really well. But we had a few mental lapses in the second half."

North Dundas participated in the Nepean Junior Tournament on the weekend, but bowed out after three consecutive losses.

"The guys that are doing well are the ones who are doing the things we work on in practice and I think the others are starting to see that," said Lewis.

Junior Devils down Saints 2-1

Continued from page 10

Lawrence Saints.

The Devils faltered in the third set, allowing the Saints a 15-6 decision.

The win gave North Dundas a 11-4 mark heading into the exam break.

"We did alright today winning the first two. The girls played well but just got too far behind in that third game and couldn't come back," said coach Kelly Durant.

North Dundas trailed game one 4-1, 7-3, 9-4 and 10-5 before rallying for an 11-15 victory in the first set.

Mary Linton closed the gap to 11-9 and Lisa Prentiss put her squad up 11-12. Jen Robinson made a nice return for service and finished it off with the final point.

St. Lawrence jumped into a 3-0 lead in game two but Lauren Clobridge turned things around, serving North Dundas into a 12-3 lead.

Demons' Kelly nets trio in loss

EMBRUN—Devin Kelly scored three times while Tory Baldwin and Craig Moran supported North Dundas' cause with single goals but their efforts weren't quite enough.

The Russell Warriors broke a 5-5 tie with North Dundas in a shootout and went on to claim the Embrun Second Year Novice Hockey Tournament championship.

North Dundas posted a 6-0 win over Casselman in their opening game and bombed Embrun 10-1 in the semi-final round to reach the championship game.

Devin Kelly scored three goals and Travis Leach potted a pair of goals in the 6-0 win over Casselman. Dale Dellaire added the other goal. Kelly also earned an assist.

Fitness Forum

Suiting your body type



Jennifer Gregoire, Reg. N. N.D., B. Sc. Nu.

Exercise can do wonders to get rid of unwanted pounds and inches and tone up flabby muscles. But it can't turn a short, stocky person into a tall, willowy reed, or a slightly built person into a brawny bruiser. However, your body type may make you better suited to some activities than to others.

Most people fall into one of three categories: endomorphs, mesomorphs, or ectomorphs, based on their overall build, distribution of body fat, muscle tone, and height. (Most people show characteristics of more than one type).

ENDOMORPHS may be described as: Chubby, round or soft looking. Broader at the hips than at the shoulders. Small-boned. Not very muscular. Carrying a higher-than-average amount of body fat.

Endomorphs are poor candidates for jogging or activities than require a lot of high impact with the ground. They're better candidates for lower- impact or no-impact activities which minimize strain on the body frame.

MESOMORPHS are usually described as: Big-boned, with a strong, muscular physique. Broad- shouldered, with a narrow waist. Rugged looking.

Mesomorphs are good candidates for walking, and short-distance running, but not necessarily for marathons. They usually love martial arts, or sports requiring balance, strength, power, and agility (like power lifting, tennis, or boardsailing).

ECTOMORPHS are usually described as: Tall, with a long, slender neck. Having narrow shoulders, chests and hips. Relatively long limbed. Having small wrists and ankles. Having little body fat. Having difficulty developing powerful muscles.

Ectomorphs are often poor candidates for swimming (because of the lack of body fat) and sprinting. They're usually great at jogging, skipping rope, basketball, tennis and other raquet sports, and cross-country skiing.

Since few people fit into a very strict category; body type, naturally isn't the main trait that determines which activities are best for you. You obviously know which activities are better for you, based on whether you prefer group- participation or solo activities, competitive or non-competitive pursuits, or outdoor or indoor pastimes. Finding a fitness activity that suits your personality is a big factor in how much you'll enjoy exercise and stick with it long enough to reap the benefits. But no matter what you think you may or may not enjoy, why not try EVERYTHING! Stick with your chosen activity for at least two weeks before you try another one. That way, you'll have the fun of trying new things, as well as being sure of the one you end up with. But don't restrict yourself, the more flexible your body becomes, the safer and stronger you'll be in your everyday life.

My Silent Achievers this week are all of you who are looking forward to Chesterville's SEVENTH Annual Dance for Heart! This year, apart from raising money for the Heart and Stroke Foundation, we will be helping out our local Ambulance Drivers, as well as calling this year "A Special Public Awareness Demonstration...the more, the healthier! Mark your calendar...Thursday, Feb. 11! MORE ON THIS LATER...

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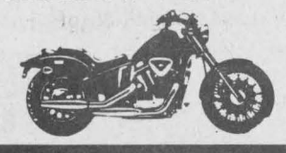
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New goalie backstops win

CHESTERVILLE—North Dundas Midget "A" captain Phillip Brisebois netted a pair of first-period goals sparking a 5-1 victory over the South Stormont Flyers Sunday.

It was the first win in three UCMHL contests for the 8-4-4 Demons.

Coach Mike Arnkvarn has had to contend with a rash of injuries, suspensions and illness.

"We had just 11 guys for our game in Prescott and got beat 5-2," he said. "Three were suspended for that game. Then our only goalie, Denis Desormeaux, gets hurt (off-ice injury) and we had to put Brent Barkley (defenceman) in the nets. We lost that game 8-0 to NGS who hadn't won a game all year.

"So we had a meeting before Sunday's game and it seemed to have worked, because the boys played much better."

North Dundas picked up Mike Langer from the Midget "B" squad to shore up the netminding.

"Langer moved to Prescott from Ottawa but didn't make the South Grenville team. He had nowhere to play until he got on the Midget "B" team," Arnkvarn said.

For an unknown, Langer sure turned out to be a pleasant surprise, he said.

The lone goal Langer gave up in Sunday's win over South Stormont was scored by C. Thompson at 6:38 of period two.

After a scoreless first period, Brisebois put North Dundas up 1-0, scoring from Brett Hillis and Jason Desormeaux at 6:53. South Stormont tied it up at 6:38 but Jason Desormeaux scored the winner at 3:11 on a Craig Halpenny play.

Brisebois connected on a Desormeaux feed and made it 3-1 with four seconds remaining in the period.

Steven Cross opened up a 4-1 gap in the third and Craig Halpenny pumped in the fifth and final goal with 0:42 left on the clock. Chris McFarlane and Barry Bell set up the play.

Green climbs out of basement

Jeff Williamson and Kevin Byers netted hat tricks to give Team Green its fifth consecutive win, an 8-2 victory over Team Red.

The win lifted Green out of the Chesterville Town Hockey League basement and into third place with an 6-8 record. Team Red slipped to 5-8-1.

In the other matchup Wednesday night, Team Blue edged Team Black 5-3. With the win, Blue moved into second place with a 6-8-1 mark. Black sits atop the standings at 10-4.

Don Imrie also scored a pair of goals to round out Team Green's scoring. Ray Sherrer and Jeff Holmes collected a trio of assists each while Ken Byers and Greg Sullivan nabbed two apiece. Gary Geertsma, Derek Hyndman and Dean Williams drew solo helpers.

John Guy and Dolton Henry answered for Team Red. Gary Klein-Swormink assisted on both with help from Tony Fraser and Jerrold Boulanger.

BLUE 5, BLACK 3

Darrell Shelp tipped in a pair of markers to pace Team Blue to its first win in its last three starts.

Rob Broderick, Rodney Casselman and Rick Nelson supplied the others. Kevin Moore and Darren Kelly drew two assists each with singles from Casselman and Curtis McMillan.

Aaron Sherrer, Pat Kelly and John Mackler tallied for Team Black, 1-2 in its last three games.

Mark Smith set up two goals while Chris Guy, Kelly and Mackler nabbed single helpers.

Bowling

Busy Matrons - High Single, Sharon Shaver 216; High Triple, Debbie Linton 581. **Team Standings** - Debbie 66; Sharon 65; Betty 64; Elsie 62; Jean 61; Mary 60.

Berwick Thursday Night - Men's High Single, Garry Nugent 307; Men's High Triple, Tony Sanders 725. Ladies' High Single, Monique Rutley 269; Ladies' High Triple, Patsy Casselman 595. **Team Standings** - Marcel 67; Dean 65; Brad 65; Nick 56; Tony 52; Mike 52.

Wednesday Afternoon Ladies - High Single, Virley Edwards 291; High Triple, Virley Edwards 691. **Team Standings** - Debbie Hess 79; Norma Cass 75; Elizabeth Brooks 50; Liz Spiller 48.

Pee Wee Division - Mother & son, Devon & Colleen Brown; Father & son, Frazer & Dan Gagne; Father & daughter, Shannon & Mike Fawcett; Mother and daughter, Victoria & Char-

Bantam Demons sweep American series

OGDENSBURG—North Dundas completed a two game sweep of the Ogdensburg Americans here Sunday, skating to a 9-6 UCMHL Bantam "B" victory.

Last Tuesday in Chesterville the Demons rode captain Robbie Raistrick's five-point effort to a 7-4 win over the 'Burg.

Dave Doyle gave the home town Americans a 1-0 lead when he beat Demons' starter Troy Elliott at 13:04 of period one of Sunday's match, but by the time the period was over North Dundas had rumbled into a 5-2 lead.

Andrew Roach tied the game up at 1-1 scoring unassisted at 11:41. Jason McDonald then potted a pair of goals scoring from Ryan Holmes at 9:58 and from Raistrick and Jamie Hyndman at 7:05.

Henderson upped the lead to 4-1, scoring from Raistrick at 4:05 and Kris Young scored unassisted with 2:40 left in period one.

The count went to 7-4 after two frames as Ryan Holmes clicked on a feed from McDonald at 10:20 and Kris Young scored unassisted at 9:06.

A pair of later third-period markers put the wraps on a 9-6 victory. Stephen Henderson poked in an Andrew Roach rebound with 2:33 left and Jason Heuff finished it off scoring unassisted 29 seconds later.

North Dundas scored three powerplay goals en route to their 7-4 win last Tuesday.

Darryl Beck was the goalie of decision and had a 2-1 first-period lead and a 5-3 second-period cushion to work with. Ogdensburg beat him on two powerplay chances.

Demon captain Robbie Raistrick scored a goal a period and assisted on Jamie Hyndman's pair of goals.

Currie stops Rideau

WESTPORT—Scott Baldwin and Dean Byvelds keyed a nine-goal attack here Saturday as the North Dundas Demons routed the home town North Leeds Rideaus 9-0 in UCMHL Senior "A" Novice action.

It was the second win in as many games for coach Gerry McBain and his high-flying Demons after they had posted a 3-1 win on home ice in Chesterville the night before.

North Dundas goalies Chris Currie and Alexander Last shared the work in the Demon cage and combined for just one goal against in two games.

Scott Baldwin netted his two goals in the first period here Saturday, scoring from Eric Toonders and Dean Byvelds at 7:30 and again at 4:59 on a feed from Toonders and Shawn Smail.

Byvelds notched his first at 7:01 of the first frame, with help from Baldwin and scored again on an unassisted play at 1:20 of period two.

Billy McRoberts, Jeff Lafrance, Eric Toonders, Aaron Kelly and Stefan Gravelle fired in the other goals. Byvelds (2), Toonders (2), Baldwin, Kelly, Gravelle, Shawn Smail and Bryce McBain all drew assists.

Ault wings Flyers

LONG SAULT—Seven different shooters found the target here last Friday as the North Dundas Ault Food Pee Wee "A" Demons scored a 7-1 UCMHL victory over the South Stormont Flyers.

Darryl Burns and Jeff Esposito combined on the victory and held the Flyers at bay until Nick Bonamasa ruined the shutout 2:06 before the end of the game.

Jeff West got the Demons production started when he connected on a feed from Sean Williams and Mike Casselman 0:01 before the end of the first period.

Casselman then scored what would prove to be the winner at 8:08 of period two. Wes Ross engineered the 2-0 lead.

North Dundas struck again 1:05 later as Sam Ault blinked the red light. Craig Holmes and Sean Williams assisted on the Ault goal.

Captain Craig Holmes made it 4-0, capping a solo rush with a perfect shot at 8:02 of period two.

Craig Holmes assisted Mike Flowers as he connected for a 5-0 lead at 7:51. Andrew Bradley finished off a passing play involving Flowers and Chris Mann for a 6-0 cushion at 5:34 and Wes Ross made it a 7-1 final hitting on a relay provided by Jeff West and Sean Williams with 1:06 left on the clock.

Demons tame Lions

MORRISBURG— Mark VanDelst's first goal of the game, assisted by Clint Berry, stood up as the winner as the North Dundas Bantam "C" Demons defeated the Morrisburg Lions 5-2 in an UCMHL encounter here on Sunday.

Matthew Foley gave the Demons a 1-0 lead when he scored on Mark VanDelst's pass with 4:37 left in the opening stanza.

Sandra Brunner scored her first goal of the season at 3:52 of the second frame as North Dundas pumped in three goals to take a 4-1 lead. Matt Foley assisted on the Brunner goal. VanDelst then scored from Clint Berry and the period ended when Derik Gates fired in a Curtis Sears relay.

Mark VanDelst's unassisted powerplay goal came with 1:15 left on the clock and made it a 5-2 final.

Goalie Daryl Holmes turned in a stellar effort allowing just two goals, one in the second period, a goal by Curry Hitsman and a third period marker by Kristian Bycroft.

SPORTS CALENDAR

Eastern Ontario Jr."C" Hockey League
Fri., Jan. 22
8:15 PM
North Stormont vs. Embrun
Embrun Arena

Eastern Ontario Jr."B" Hockey League All-Star Game
Sat., Jan. 23
Morrisburg Arena

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Pork Day	**Fri. Jan. 22**
Ecological Day	**Sat. Jan. 23**
Vegetable Day	**Sat. Jan. 23**
Beef Evening	**Mon. Jan. 25**
Dairy Day	**Tues. Jan. 26**
Accent on Living	**Wed. Jan. 27**
Crops Day	**Thurs. Jan. 28**
Money Matters	**Fri. Jan. 29**

FRIDAY, JAN. 22, 1993
Pork Day
Purvis Hall

9:30 **Coffee & Registration**

10:00 **Competitiveness in the Ontario Swine Industry**
Ken McEwan/James Ressor, OMAF, Ridgetown

10:45 **Feeding for Lean**
Richard Smelski, Senior Swine Specialist Ralston Purina

11:30 **Questions and Discussion**

12:00 **Pork Lunch**

1:00 **Other Countries' Methods.** all speakers

1:30 **Building Design for Survival**
Low Cost Housing Alternatives
Labour Efficiency in Existing Operations
Frank Kains, OMAF Engineer, Waterloo

2:15 **Biosecurity**
Tim Blackwell/John Martin Health Management Section, OMAF, Fergus

3:00 Questions and Discussions

3:30 Adjourn

Cost: **$15.00/person or $25.00/couple or second farm member. This includes registration, lunch and a copy of the proceedings.**

NOTE: **This is part of a series of six programs being conducted across Ontario**

SATURDAY, JAN. 23, 1993
Ecological Farming Day
W.B. George Centre

9:30 **Registration**
View Exhibits

10:00 **Welcome Note**
Hubert Earl
Mixed Farmer

10:10 **Peace Valley Ranch Beef Production**
Carl Cosack
Beef Producer

10:45 **Growing Cash Crops Organically-**
Murray Manley
Organic Grain Farmer

11:00 & 11:45 **Workshop Session #1 & #2**
Registrants may choose to attend one workshop per session.
A. Rotationl Grazing - Carl Cosack
B. Growing Cash Crops Organically - Murray Manley

12:30 Lunch

1:15 **Marketing Organic Produce**
Robert Henderson
Vegetables, Syrup & Fruit Jam

1:45 **Herd Health**
Daniel Lapointe, Que.
Cheese & Livestock Specialist

2:00 & 2:45 **Workshop Session #3 & #4**
Registrants may choose to attend one workshop per session
A. Growing & Preparing for Market - Robert Henderson
B. Herd Health - Daniel Lapointe

3:30 **Final Comments** - Hubert Earl

Registration Fee $10.00, Meal $6.50

SATURDAY, JAN. 23, 1993
Vegetable Day
Parish Building

9:30 **Registration**

9:45 **Growth and Development of Pumpkins** - Jody Bodnar

10:15 **Hints on Growing Giant Pumpkins** - Harry Willemse - Grower

10:45 **How About a Pumpkin Festival** - Waterford & Port Elgin Highlights

11:15 **Pumpkin Varieties, Weed Control** - Jody Bodnar

11:45 **Lunch**

AFTERNOON SESSION: Sweet Corn

1:00 **Dealing With Emergence Problems on Supersweet Varieties** - Ron Brammel

1:30 **Managing Pests of Sweet Corn** - Paul Hagerman

2:00 **What's New in Sweet Corn Varieites** - Bill Hossie

2:30 **Safety and Sign Regulations for Roadside Marketers** - W.J. Griffith

The Registration fee of $15.00 includes admission, a copy of the proceedings and the noon meal.

MONDAY, JAN. 25, 1993
Beef Evening
W.B. George Centre

MARKETING OUR PRODUCT– FOR TODAY AND TOMORROW

7:00 **Registration - View Exhibits**

7:30 **Marketing Beef Both Personally and Provincially**
- Bob Kerr, 1st Vice President OCA
Large Feedlot operator

Bob will discuss his views on marketing and the marketing systems he uses in buying and selling cattle. Bob is also involved in the TLC program (Tender, lean, consistent beef) and can bring us up to date on that marketing thrust.

8:30 **Coffee - Exhibits**

8:45 **Perception is Reality**
- Jim Magee, Vice Chairman OFAC
Beef Producer

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10:00 **COFFEE - EXHIBITS - SAFE HOME**

Registration Fee of $2.00 at the Door

TUESDAY, JAN. 26, 1993
Dairy Day
W.B. George Centre

9:30 **Registration**

10:15 **Current Concepts in Free Stall Housing**
Jack Rodenburg
Dairy Cattle Specialist

11:00 **What is the Future in Milk Marketing?**
Kempton Matte
President & CEO
National Dairy Council

Bruce Whale
Director,Ontario Milk Marketing Board

12:15 **Lunch**

1:15 **Do TMR Mixers Pay? Our Experience**
Karen & John Velthuis
Riverdown Holsteins

2:15 **Herd Management for Optimum Milk Components**
Dr. Alan Rathwell
Navan Veterinary Clinic

3:15 **Adjourn**

Admission: $15.00 at the door, includes the meeting and hot lunch

WEDNESDAY, JAN. 27, 1993
Accent on Living
W.B. George Centre

9:00 **Registration - View Exhibits - Artisans**

9:55 **Welcome**

10:00 **Managing Change in the Rural Community**
John Shewchuck
Communication Specialist
- **Family Values**
- **Education** - Linda Sawyer Leeds & Grenville Board Education
- **Local Economy** - Heather Lawless - Grenville Community Futures

The panel members will discuss the changes facing these 3 sectors of society.

11:30 **Break**

11:45 **Within-A-Day Getaway**
Rideau Travel Agency

12:15 **Lunch and View Exhibits**

1:45 **Concurrent Sessions: (Choose three or four)**
1. "Your Money - Your Future" - Royal Bank
2. "A Quilter's Garden" - Gail Brookes
3. "The Fast Gourmet" - Susan Dillon
4. "Active Living" tips from Jennifer Baker

3:00 **Wrap Up, Final Door Prizes, Evaluation**

Cost: **$12.00 includes lunch and program registration package**

THURSDAY, JAN. 28, 1993
Crops Day
W.B. George Centre

9:30 **Registration**

10:00 **Spring Milling Wheat - The How.To's**
Production Practices and Variety Selection - Rick Upfold

10:40 **Reduced Cost Weed Control For The 90's** - What Research Has Found - Clarence Swanton

Panel Discussion
Band Spraying & Inter-row Cultivation - Jack & Greg Millard, Vernon Valley Farms
No-till Experiences-John Miller Tayside Farms
The Custom Operator - Ian Carley, Harvex
Questions

12:20 **Lunch** - Cafeteria

1:20 **Corn Rootworm - The Root of The Problem** - Early Signs and Control - Tom Hartman. Pest Management Advisor

2:00 **Liquid Fertilizer - Put It Where It Belongs** - Liquid Fertilizers in the Complete Fertility Program - Keith Reid, Soil & Crop Advisor

2:40 **The Molds of '92 & the Challenges of '93 for Soys & White Beans** - Tom Hartman. Pest Management Advisor

3:00 **The Federal Green Plan and You** - Gary Neilson. Agr. Development Officer

Registration - $12.00 includes admission, proceedings and lunch

FRIDAY, JAN. 29, 1993
Money Matters '93
W.B. George Centre

9:00 **Registration and View Exhibits**

10:00 **Income Tax Update** - Before You File for '92 - Eric McAuley, BDO-Ward Mallette

11:00 **Agricultural Computing Update** - What's New Since '92 - Luc Brunet

11:30 **More Mileage from Farm Records** - Bruce Moore, Farm Management Specialist

12:15 **Lunch** - Cafeteria

1:15 **Crop Commodity Loan Program** - Brian Hughes, General Manager

2:00 **Agricultural Investment Initiatives** - Panel of Discussion on OMAF's AG. Investment Strategy
Speakers to be announced

Registration - $15.00 per person includes admission, proceedings and lunch

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JUMBO SIZE
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7" PAN
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DEMPSTERS 675G
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DEMPSTERS 675G
6 VARIETIES
CANADIANA BREADS 1.29

BAMBY PKG 12
HOT DOG OR HAMBURGER
BUNS 1.19

DEMPSTERS 675G
100% WHOLE OR CRACKED WHEAT
BREAD 89¢

DEMPSTERS 450G
WHITE OR WHOLE WHEAT
LIGHT BREAD 1.19

DEMPSTERS PKG 9 BONUS
ENGLISH MUFFINS 89¢

DEMPSTERS 675G ORIGINAL
WHITE SLICED
FRESH BREAD 69¢

DEMPSTERS PKG OF 6
LEMON, CHOCOLATE, GLAZED, JELLY
DONUTS 1.69

SNACK BUYS OF THE WEEK

MAPLE LEAF 400G BAG
ASSORTED FLAVOURS
POTATO CHIPS 1.99

24X355ML TINS
ASSORTED FLAVOURS
SOFT DRINKS 6.99

DAIRY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

BEATRICE 250 ML
WHIPPING CREAM 1.39

BEATRICE 500G
ASSORTED
COTTAGE CHEESE 1.69

BEATRICE 500G
ASSORTED
SOUR CREAM 1.69

BEATRICE 2 LITRE
ASSORTED
CHIP DIPS 99¢

BEATRICE 175 TUB
ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT 59¢

BEATRICE 500G TUB
ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT 1.49

BEATRICE 2 LITRE CTN.
CHOCOLATE MILK 2.89

BEATRICE 2 LITRE JUG
ASSORTED
COUNTRY JUICES 2.49

BEATRICE 2 LITRE CTN.
ORANGE JUICE 1.99

BEATRICE 125-175G
ASSORTED FLAVOUR
DIET, LACREME, LIGHT
YOGURT 59¢

BEATRICE 250G PKG
CREAM CHEESE 1.49

BEATRICE 4 LITRE BAG
2% FRESH MILK 2.89

FRESH MEAT CUT WITH CARE EVERY DAY OF EVERY WEEK

FRESH PORK
PICNIC SHOULDER ROAST 89¢ LB 1.96 KG

BONELESS SHOULDER OR
PORK BUTT ROAST 1.49 LB 3.29 KG

SHOULDER OR BUTT
PORK CHOPS 1.69 LB 3.73 KG

PORK SIDE FRESH MEATY
SPARE RIBS 1.69 LB 3.73 KG

FRESH MEATY
PORK RIBLETS 99¢ LB 2.18 KG

MAPLE LODGE 450G PKG
CHICKEN WIENERS 99¢

FREEZER BUY OF THE WEEK

MAPLE LODGE 3 LB BOX
CHICKEN NUGGETS 6.99

CATCH OF THE WEEK

FRESH PACIFIC
COD FILLETS 3.99 LB 8.80 KG

THE BUTCHER'S FRESH SLICED DELI EVERY DAY OF EVERY WEEK

BURN'S SLICED
COOKED HAM 1.99 LB 4.39 KG

SHOPSY'S SLICED
MONTREAL STYLE
SMOKED MEAT 4.49 LB 9.90 KG

GAINERS SLICED
B.B.Q. CHICKEN BREAST 5.99 LB 13.21 KG

SIMON DE GROOT SLICED
TURKEY ROLL 5.49 LB 12.10 KG

MAPLE LEAF SLICED
HAM & BACON LOAF 4.49 LB 9.90 KG

BURN'S SLICED
BLACK FOREST HAM 4.99 LB 11.00 KG

OUR OWN HOMEMADE IN STORE
CHICKEN SALAD 3.99 LB 8.80 KG

"NEW" POPPA JIMMI'S
CABBAGE ROLLS EACH 99¢

PIZZA OF THE WEEK

12"WITH OLIVES
FULLY LOADED 4.99

CHEESE OF THE WEEK

WITH CHIVES
JACKIE DANISH 4.99 LB 11.00 KG

FROZEN FOODS OF EASY PREPARATION EVERY DAY OF EVERY WEEK

GOOD HUMOUR 2 LITRE
ASSORTED FLAVOURS
ICE CREAM 1.99

BEATRICE 2 LITRE
ASSORTED FLAVOURS
OLD FASHION RECIPE
ICE CREAM 4.49

BEATRICE 2 LITRE
ASSORTED FLAVOURS
REGULAR OR LIGHT
CLASSIC ICE CREAM 3.99

FUDGESICLE
CREAMSICLE
FROSTICLE 2.99

GOOD HUMOUR PKG 6
GREAT CANADIAN
CONES 3.69

GOOD HUMOUR PKG 6
ICE CREAM SANDWICHES 2.99

McCAIN 1 KG BAG
13 VARIETIES
VEGETABLES 1.99

McCAIN 1 KG
ASSORTED CUTS
FRENCH FRIES 1.29

MINUTE MAID 355ML
ASSORTED
ORANGE JUICE 89¢

McCAIN 18 OZ PKG
ASSORTED FLAVOURS
DEEP & DELICIOUS
CAKES 2.49

McCAIN 660-700G PKG
RASPBERRY OR STRAWBERRY
SHORTCAKE 3.39

FIVE ALIVE 355ML
ASSORTED FLAVOURS
CITRUS JUICES 99¢

CAVENDISH 750G PKG
HASH BROWNS 69¢

VALLEY FARMS 1KG
FRENCH FRIES 79¢

MINUTE MAID 355 ML
ASSORTED FLAVOURS
FRUIT PUNCHES 49¢

DIRECT WAREHOUSE PRICES + PLUS + EXTRA WEEKLY SPECIALS

MITCHELL'S 48 OZ TIN
PURE APPLE JUICE 89¢

MEXICASA 200G
NACHO OR TORTILLA
CHIPS 1.89

CAMPBELL'S 1 LITRE
V-8, CEASAR, TOMATO
JUICE 99¢

MEXICASA 750ML
MILD, MEDIUM, HOT
SALSA SAUCE 3.89

HABITANT 28 OZ TIN
ASSORTED R.T.S.
SOUPS 99¢

NABISCO 500G BOX
SHREDDIES CEREAL 1.49

CAMPBELL'S 10 OZ TIN
CHICKEN NOODLE OR VEGETABLE
SOUP 59¢

RED ROSE PKG 80
ORANGE PEKOE
TEA BAGS 1.99

CAMPBELL'S 10 OZ TIN
TOMATO SOUP 39¢

SHIRRIFF 425 PKG
LEMON
PIE FILLING 1.89

ROBIN HOOD 10KG BAG
WHITE ENRICHED
FLOUR 6.99

LIPTON PKG 2
CHICKEN NOODLE
SOUP MIX 89¢

HUNT'S 51/2 OZ TIN
REGULAR, GARLIC, HERB
TOMATO PASTE 2/1.00

PRIMO 900G BAG
MACARONI SPAGHETTI SPAGHETTINI 99¢

HUNT'S 725ML TIN
REGULAR OR ITALIAN
TOMATO SAUCE 1.19

GOLD SEAL 184G TIN
IN WATER OR BROTH
CHUNK LIGHT TUNA 1.19

ORVILLE REDENBACHER
8 VARIETIES
MICROWAVE POPCORN 2.49

PREGO 750ML JAR
5 ASSORTED FLAVOURS
SPAGHETTI SAUCE 1.69

McCAIN 3X250ML TETRA
ASSORTED FLAVOURS
DRINKS AND JUICES 99¢

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12 ROLL CLUB PACK
PAPER TOWELS 3.99

WHITE SWAN
24 ROLL CLUB PACK
BATHROOM TISSUE 7.99

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