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Opening day run

The North Dundas District High School Devils opened the 2013 SD&G girls high school rugby season playing host to the St. Joe's Panthers last week (Fri., April 26). North Dundas wing, Amber Cotton, was about to be tackled during this second-half action in the match which was won 20-0 by North Dundas. Devils fly half, Jenna Warren, who contributed 10 points to the win, followed up on the play. The Holy Trinity Falcons will visit the Devils this Friday (May 3). *Press Photo – VaBridger*

North Dundas trying to prolong landfill's lifespan

by Matthew Uhrig
Press staff

WINCHESTER – The Township of North Dundas is facing mounting trash troubles at the Boyne Road municipal landfill.

Currently, the dump is slated for closure in 2023, but waste director Doug Froats is hopeful the end date can be pushed further if a new operations and development agreement is approved by the provincial Ministry of Natural Resources (MNR).

Proposal would see trash piled higher

The plan, Froats said, is complete, but the ministry has yet to provide its written permission. If the government department grants the request, closure of the landfill could be pushed to 2032, with an estimated shutdown cost of $1 million.

However, according to Froats, the site could likely be closed for less than the approximated value, as clay can be drawn from land across the road, meaning the municipality wouldn't be on the hook for material purchases.

"When closure is in effect, [the dump] will be closed by sections instead of closing the entire landfill at once," he said.

Meanwhile, the township has already made the necessary steps toward limiting landfill intake, cutting the weekly roadside pickup to two bags in February. As well, if the MNR approves the submitted plan, the Boyne Road site could soon become more space-efficient.

According to Froats, the idea is to allow trash to be piled higher vertically, instead of capping out at 10 metres above ground level. The junk could then be piled higher – perhaps 20 metres – further extending the landfill's lifecycle.

Other landfill news

Household hazardous waste collection is a struggle for North Dundas, Froats acknowledged.

Dealing with the province's eco fees structure has been a challenge, he said, while reimbursement rates to the township have yet to be finalized.

Extended producer responsibility (EPR) is also a system that could soon find its way into Ontario's many recycling facilities.

At the moment, Froats said, consumers make the decision about whether an item is landfilled or recycled, with the cost absorbed by the municipality.

• see LANDFILL on next page

Mayor milks agriculture at breakfast

by Matthew Uhrig
Press staff

SOUTH MOUNTAIN – With more than 350 farms spread throughout the municipality, agriculture is easily the Township of North Dundas' bread and butter, and milk and cheese, and so on.

During the second annual mayor's breakfast, held Wed., April 24 at the Mountain Township Agricultural Hall in South Mountain, a crowd of roughly 190 listened as the benefits of North Dundas were touted.

Duncan wants to strenghten 'backbone of community'

"Agriculture is the backbone of our community, and we're working to strengthen that backbone," Mayor Eric Duncan said.

During her keynote address, Jackie Pemberton, Dundas Federation of Agriculture president, said $70 million annually is generated in farm gross receipts in North Dundas, while there has been a 37 per cent increase in land hectares since 2001, today pushing past 68,000.

"Agriculture plays a large role in North Dundas' economy and its continued prosperity," she said.

As well, while dairy and beef herds are seeing a decline, due mostly to aging farmers and turbulent domestic and international markets, the local cash crop industry continues to grow. However, with easy access to major transportation routes and with Parmalat – operating in Winchester – processing roughly 280 million litres of milk each year, the dairy industry remains strong.

"North Dundas is the hub of agriculture in Stormont, Dundas, and Glengarry," Pemberton said. "When it comes to agriculture, we're in a league of our own."

Mayoral address

According to Duncan, the municipality is on pace to, for the first time ever, have more paved roads than gravel by the fall.

• see BREAKFAST on next page

Lions Club to mark 45 years of service

WINCHESTER – It is a big milestone for one of the village's oldest community service organizations. On Sat., May 4, the Winchester Lions Club will be marking its 45th anniversary during a dinner evening at the Lions Hall.

Started in January 1968, the group first formed when some Winchester area residents, led by Lions from South Ottawa and Metcalfe, decided to organize a club in the village. On May 11, 1968, the group's official charter was received at a presentation ceremony held at the Metcalfe Community Centre, although Winchester members had been meeting twice monthly at the Country Kitchen since March of that year.

• see LIONS CLUB on next page

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Landfill

• continued from previous page

However, with the EPR, the producer of an item is held responsible for what is manufactured. When produced, a fee will be attached to each item, with the money deposited into a separate fund.

The municipality would then be able to recover their operating costs from the acquired purse, as private industry would be subsidizing the program.

However, if the EPR is implemented in Ontario, North Dundas' current recycling structure is likely to change, going from a processing facility to a transfer site. Froats said the township's recyclables would then be transferred to a location in the City of Ottawa or Northumberland County.

As well, curbside pickup of recyclables may change under the EPR guidelines, with waste and recycling collected at the same time. One week, curbside pickup will consist of garbage and recycling containers (glass, plastic, and tin) in separate compartments on the truck, while the following week would see fibres (cardboard and paper) gathered with the garbage.

"This would definitely have an impact on how we pick up recyclables in North Dundas," Froats said.

To date, only British Columbia and Saskatchewan have EPR programs in place.



The second annual Township of North Dundas Mayor's Breakfast was held on Wed., April 24 at the Mountain Township Agricultural Hall in South Mountain. Jackie Pemberton, Dundas Federation of Agriculture president, and Joel Haslam of CTV Ottawa's *Regional Contact* served as the event's guest speakers. They are pictured here with municipal Mayor Eric Duncan. *Press Photo – Uhrig*

Breakfast

• continued from previous page

"We did 27 kilometres in 2012, all without borrowing a penny or long-term lending, and without drawing from reserves," he said.

For this year, 14 kilometres, including some that need badly to be repaired, will see restorative efforts. A further 200 homes will see tar and chip roads added, bringing the township total to 177 kilometres, compared to 120 kilometres of gravel.

"It is all part of our balancing approach, while also making sure existing asphalt [streets] don't fall by the wayside," Duncan said.

But, the mayor added, North Dundas is working toward more than just road repairs.

"We're issuing building permits quicker then ever before," he said. "And we're addressing issues early, before those interested spend money."

As well, the township's economic development arm is working toward complete implementation of all facets of the community strategic plan, while opening up the County Road 31 corridor to emerging business opportunities.

"We can't force business to come here, but we can create the environment that makes them want to come here," Duncan said.

Meanwhile, the township's recreation attractions, including both the Chesterville and Winchester arenas and the Winchester Centennial Pool, are due for expansive overhauls.

Already this year, the pool is to be retrofitted as part of a $293,000 project, while the Chesterville Arena will see a new slab poured and boards added. It is also possible that the arena complex will be expanded to allow for the addition of larger dressing rooms.

"This is only the tip of the iceberg that I have discussed here today," Duncan said. "Leadership is not a position or title, it is an action. And I hope that residents can see that action."

Joel Haslam of CTV Ottawa's *Regional Contact* also served as a guest speaker during the April 24 event.

Police Blotter

Impaired charge

WILLIAMSBURG – On Sun., April 28, at approximately 8 pm, Stormont, Dundas, and Glengarry (SD&G) OPP officers responded to a report of a possible impaired driver on County Road 18. The investigation revealed that a 46-year-old male (David Lennox) was operating a vehicle under the influence of alcohol.

Lennox was arrested and faces charges of impaired operation of a motor vehicle, exceeding 80 milligrams blood alcohol content, and possession of marijuana. He is scheduled to appear Tues., May 7 in Morrisburg court.

Mischief

IROQUOIS – On Sun., April 28, at approximately 2:30 am, SD&G OPP officers responded to a report of mischief on Dundas Street.

The investigation revealed that two males had damaged numerous vehicles in a parking lot, as well as breaking various spotlights at a local business. They were later identified and arrested, while they each face three charges of mischief.

The 21-year-old males (Riley Nicolaassen and Kyle Kenneth Gallinger) are scheduled to appear Tues., June 11 in Morrisburg court.

Breached conditions

CRYSLER – On Sun., April 28, at approximately 7:30 pm, SD&G OPP officers responded to a report of a male breaching his release conditions. The investigation revealed that a 19-year-old male had attended a residence where a female lived that he was not to have any contact with.

The male was arrested and faces charges of failure to comply with an undertaking before an officer in charge.

He was held in custody pending an appearance in Cornwall court.

Impaired charge

CHESTERVILLE – On Fri., April 26, at approximately 7:15 pm, SD&G OPP officers responded to a report of a possible impaired driver on County Road 7.

The investigation revealed that a 41-year-old male (Jody Watson of Vernon) was operating a vehicle under the influence of alcohol. He was arrested and faces charges of impaired operation of a motor vehicle, and exceeding 80 milligrams blood alcohol content.

Watson is scheduled to appear Tues., May 7 in Morrisburg court.

Stolen vehicle

IROQUOIS – On Wed., April 24, at approximately 5 pm, officers responded to a report of a theft on Charles Street.

The investigation revealed that sometime between Sun., April 21 and April 24, unknown suspect(s) attended a residence and removed a 2006 Polaris all-terrain vehicle.

The investigation is ongoing.

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Lions Club

• continued from previous page

In the early days, the club boasted 15 members, but today participation has blossomed to 33 active Lions.

Throughout the four-and-a-half decades of the club's existence, members have helped to fundraise for a variety of initiatives.

The club helped to build the village's first baseball diamond, which is today known as Morgan Field, and was a key benefactor during construction of the Winchester Arena. In the years since the arena project, the Lions have provided funds for the purchase of ice cleaning equipment, namely the Olympia that is painted in the Lions signature colour of yellow.

As well, and with the support of the village council of the time, the Lions Club purchased the former Lannin Lumber Store building on Albert Street in 1976. This gave way to the creation of the Lions Hall for Senior Citizens, which featured an annex for Winchester's county library branch and services for the village's elderly.

The building also provided a meeting place, recreation area, and workshop and kitchen facilities for seniors, as well as giving the Lions office and storage space, and an area for its bi-monthly dinner meetings and numerous committee meetings.

To mark the club's 45th anniversary, current members have voted to revamp the hall, as no major changes have been carried out since the hall was first opened.

The Lions intend to review current and future uses, including that of the former library space, and come up with plans, which are to be carried out in phases throughout the coming years. (Further announcements are to be made when plans and funds are forthcoming.)

"We intend to provide a modern facility that will continue to be a hub of activity for seniors and the community," Phil Carkner, current Lions president, said.

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Added electrical capacity

The North Dundas Fire Department's Winchester detachment has added some new equipment to its bevy of supplies. Two Honda generators, with a 5,000-watt capacity each, were purchased following the detachment's annual pie auction event last month. Proceeds from the dessert sale, which totaled $3,918, helped to buy the portable generators for roughly $3,400. Each has been mounted with a 500-watt halogen lamp. "[The generators] will provide unrestricted portability to light remote areas and to operate electrical equipment to aid in rescues and recoveries," Tony Fraser, the detachment's deputy chief, said. Pictured with the generators is fire chief Dan Kelly. *Press Photo – Uhrig*

Canadian storyteller to perform locally

CHESTERVILLE – As part of TD Canadian Children's Book Week, the Stormont, Dundas, and Glengarry (SD&G) County Library has partnered with a Canadian poet and storyteller.

Cassy Wellburn will be hosting two public performances on Tues., May 7 at the Ingleside and Chesterville library branches.

"A storyteller visit is like going backstage at a play – a chance for young people to catch a glimpse of the creative process," Erika Heesen, communications and marketing librarian, said. "By using language enhanced by voice, movement, and music, Wellburn can take listeners on a unique journey. It is a magical experience for kids, and inspires them to try writing their own books or performing their own stories."

Wellburn, based in Calgary, has been telling stories across Canada, the U.K. and Australia for more than 25 years, specializing in literary tales, such as William Shakespeare's *A Midsummer Night's Dream*.

On May 7, Wellburn will be in Ingleside from 9 to 10 am, while her Chesterville performance has been scheduled for 6 to 7 pm.

TD Canadian Children's Book Week is a national event held each May, with close to 35,000 children, teens, and adults participating in various activities taking place in every province and territory across the country.

For more information, visit www.bookweek.ca.



Cassy Wellburn

Council notes from
North Dundas

Pool project moving ahead

WINCHESTER – Restoration efforts at Winchester's Centennial Pool are underway.

At the Township of North Dundas' Tues., April 23 council meeting, facilities manager Les Johnston updated council about the work taking place.

According to Johnston, the pool deck surrounding the shell has been removed, while the project contractor, Superior Pool, Spa, and Leisure, is to be onsite for the next several weeks. (Company employees, meanwhile, will be staying at the pool site, Monday to Friday, living in a trailer. This way, Johnston said, they can monitor any and all activity taking place, and, perhaps, get the work done sooner without having to travel to the work site daily.)

The total estimated cost of the project is $293,000.

RA handover complete

North Dundas now has official control of the Morewood Recreation Association Centre.

At April 23's meeting, Claude Cousineau, who for some time has operated the centre's bar, while his wife, Marie, was tasked with other duties, relinquished control of the site.

"It is the cleanest hall in North Dundas, in my opinion, and I'm proud of it," Cousineau said.

In the 30 years the couple has been associated with the centre, thousands of dollars have been donated to various causes, including refurbishment of the Morewood cenotaph, while all appliances are property of the hall. (Much of the funds are derived from operation of the centre's bar.)

"We've been around for [many] years, and have done all the renovations since then," Cousineau said. "We just seemed to keep going… We didn't come begging for a lot of stuff, we just went ahead with things."

Contracts awarded

North Dundas has approved two contractors for its summer roadwork scheduled. Smith's Construction, with a bid price of $334,428, has been retained for surface treatment work, while A.L. Blair Construction ($511,867) is to complete maintenance and construction work.

With the work contracts awarded, the municipality will be completing several village street and rural road repairs in the coming months.

Zoning change requests

The township will be hosting two zoning bylaw amendment meetings on Tues., May 14.

In the first, Horst Systems, which recently acquired a portion of Williamsburg's Triple B Structures' business portfolio, will be seeking permission to rezone an eight-acre property on County Road 31, south of Dawley Drive, to permit operation of a grain handling systems business.

Meanwhile, the owners of Ideal Drainage Tile are seeking to rezone the southern portion of the business' St. Lawrence Street property.

Live at the
Old Town Hall



WINCHESTER – The Old Town Hall (also known as the Winchester Cultural Centre) is located at 478 Main St., and is wheelchair accessible (please use side entrance), with free parking available. Upcoming events for May include:

Dundas County Players – *Pump Boys and Dinettes*
Fri., May 3, Sat., May 4 at 7:30 pm, and Sun., May 5 at 2 pm
Tickets $15, and $10 for youth, Reservations 613-774-5858
Visit www.dcplayers.ca for more information

Dundas County Players
Auditions for youth summer musical, *Alice in Wonderland*
Mon., May 6, Tues., May 7, and Wed., May 8 at 7 pm
For more information, contact Lauren Casselman,
at 613-448-2476 or email casselmanfamily@xplornet.com

Dundas County Food Bank Benefit Show
Winchester Open Mic Night, Thurs., May 9,
Doors open at 6:45 pm, everyone welcome
Donations and non-perishables accepted, dollar canteen

North Dundas Movie Committee
Sat., May 11 and Sat., May 25, 4 pm, 7 pm, and 10 pm
Doors open 45 minutes before show time
Admission $5 with a dollar canteen available
For details, visit www.moovies.ca

Winchester Open Mic Night
Thurs., May 23, doors open at 6:45 pm
Dollar canteen, all ages welcome
(Youth under 14 require adult accompaniment)

Dundas County Hospice hosting hike this Sunday

IROQUOIS – The Hike for Hospice Palliative Care is coming to Dundas County.

On Sun., May 5, the public is invited to join the Dundas County Hospice for a day of fun, fresh air, and fundraising at Iroquois Point.

Registration begins at 12 pm and the hike begins at 1 pm. With one, three, and five-kilometre routes available, participants can hike at their leisure. A barbecue and cake will follow at 3 pm.

Dundas County Hospice will join thousands of people across Canada as they come together to raise funds for hospice palliative care programs and services. While the Canadian Hospice Palliative Care Association event is in its 11th year, the local hospice group is participating for the first time.

Although the hike is coordinated nationally, financial support from The GlaxoSmithKline Foundation and Bayshore Home Health means that 100 per cent of the funds raised in Dundas County will remain here. Funds raised in this year's hike will be used to maintain the local hospice's equipment loan program.

Hospice palliative care programs are still at least 50 per cent funded by charitable donations, and families must bear part of the cost of dying at home, in longer-term care – or almost anywhere outside a hospital. The money raised through the hike provides physical, emotional, and social assistance to patients and their families and loved ones.

Sponsor sheets are available at the facility's Williamsburg address (4324 Villa Dr.) or at Annable's Jewellery in Winchester.

For more information or to participate in the hike, contact Dundas County Hospice at 613-535-2215, email info@dundascountyhospice.ca, or visit www.dundascounty hospice.ca.

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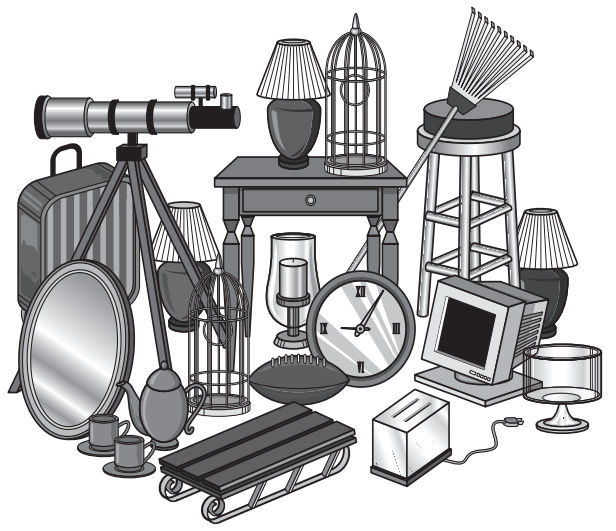

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Local musicans gets boost with $20,000 heritage grant

MORRISBURG – Stormont, Dundas, and South Glengarry MP Guy Lauzon made a recent appearance at the St. Lawrence Acoustic Stage.

On Sat., April 27, Lauzon joined Bill Carriere, Derek Hunter, Tony McCadden, and Sandra Whitworth, the not-for-profit organization's four-person board of directors, to announce that the Canada Arts Presentation Fund, as part of the federal heritage ministry, had granted an additional two years of funding worth $20,000.



On Sat., April 27, Guy Lauzon (right), MP for Stormont, Dundas, and Glengarry, announced that the St. Lawrence Acoustic Stage would receive a two-year Heritage Canada grant worth $20,000. Also pictured are Derek Hunter and Sandra Whitworth.
Press Photo – Casselman

Nearing the end of its seventh season, the local musical entity relies on government funding and donations to continue showcasing new and local talent, as well as long-time professional musicians.

Thanks to the funding, Whitworth said the board has the freedom to plan for the next two years, using the money for operational costs associated with bringing artists into the community.

"The stage is a great opportunity for local residents and guests to experience how fortunate we are to have such a vibrant art and culture sector in our community," Lauzon said. "It also provides a chance for new and emerging artists to hone their skills and gain important professional development opportunities."

On April 27, local artist Brandon Roderick was welcomed back to the St. Lawrence Acoustic Stage to, once again, showcase his musical talent. This time, he opened for Grammy award-winner, Laurence Juber.

McIntosh apple to lose spot atop South Dundas signs

by Sandy Casselman
Press staff

WILLIAMSBURG – It appears as though Township of South Dundas council is now supporting the controversial elimination of the McIntosh apple from its prominent spot atop current hamlet signs.

On Tues., April 23, local politicians met with economic development officer Nicole Sullivan to discuss marker options.

Searching for one unifying graphic

Signage in the municipality became a seemingly controversial issue following Sullivan's sign design proposal last month. The initial design, developed by TD Graham and Associates, presented a dark blue background with white reflective lettering placing the focus on name. Other than a bar with the Upper Canada Region logo underneath the village name, there were no graphics. Following a strained discussion, local politicians voted 3-2 against the simple design.

At the April 23 meeting, council agreed that the controversial elimination of the McIntosh apple is not the issue.

Every member acknowledged liking the basis of the proposed design. However, Councillors Evonne Delegarde, Jim Graham, and Archie Mellan said an image is needed.

"I don't think we need to reinvent this thing," Mellan said. "I don't have a problem with the sign really. I would just like to have a graphic on there."

Graham suggested having a different graphic on each hamlet sign, one that would represent that area best. Mellan disagreed, vouching instead for uniformity.

"It has to be uniform. I don't think we want to be jumping from a ship to an apple to a field," Mellan said.

Mayor Steven Byvelds agreed.

"I think we have to choose signs that unify us," he said. "We're South Dundas. The more we promote that, the more it will get across in this community."

All agreed that finding one graphic to represent South Dundas was difficult.

Deputy-Mayor Jim Locke suggested, as he had done in earlier meetings, that they use the township logo as the graphic. He also suggested the possibility of adding blades to hamlet signs to identify that area's uniqueness.

While Byvelds said he liked Locke's idea, he also cautioned against putting too much on one sign. "It's not a billboard," he said. "We have to determine what the sign does and who is the target audience."

Sullivan pointed out that the sign is just a small piece of a much larger marketing program. The purpose of the sign, she said, is to get visitors to recognize the South Dundas name. Then, when they search for it on the Internet, they will find the bigger picture with lots of graphics and information to represent the entire township.

Keeping with the township logo idea, Byvelds came prepared with hand-drawn example, but with alternate colouring. Instead of the logo being solely copper-coloured, he suggested the upper portion, representing the river, be coloured blue, while the lower portion, representing the land, be coloured green. The change in colour scheme for the logo was well received by the remainder of council.

Sullivan was charged with providing sign examples incorporating the municipality's logo, as well as options and prices for manufacturing materials for South Dundas' Tues., May 7 council meeting.

Senior-friendly subdivision in the works

by Sandy Casselman
Press staff

WILLIAMSBURG – Iroquois' Swank Construction has plans for a senior-friendly subdivision in the Township of South Dundas.

During a special Tues., April 23 meeting, municipal council pre-approved a contract between the township and the building company for a 17-lot subdivision in Iroquois. (Claiming a personal conflict, Councillor Evonne Delegarde excused herself from the discussion and subsequent vote.)

Ron Swank, a partner in the family-owned business, attended the meeting where the discussion focused on two remaining points of contention: winter maintenance responsibilities, and the elimination of a proposed recreation area.

In the West End Terrace contract, Swank requested that the township take responsibility for snowplowing immediately following the first layer of asphalt.

The request was made in response to a related issue in the Doran Creek subdivision contract. A clause, added by the municipality, relieved the township from winter maintenance responsibility until the roads were complete. However, Henry Swank, claimed ignorance of the clause and pointed to the two homes with tax-paying residents as justification that South Dundas should take over the snowplowing duties immediately. While council stuck to the contract as written, and the company remained responsible for snowplowing duties throughout the 2011-2012-winter season, they did relent for the 2012-2013 season, agreeing to provide winter maintenance at Doran Creek.

To avoid a similar issue with West End Terrace, Swank requested a change to the contract upfront. Council agreed, but with required provisions. While township staff will take over snowplowing following the first layer of asphalt, the municipality will not be liable for road damage. Furthermore, if there is any impairment done to township equipment while servicing the unfinished streets, Swank Construction will accept financial responsibility.

It was Ron's elimination of a proposed recreation area that elicited the most discussion at the April 23 meeting. His decision came in response to the addition of a clause by municipal staff, which would cost the construction company another $25,000.

Ron had originally proposed a recreation area complete with a shuffleboard court, a pavilion, and a shed. He had agreed to provide the amenities (roughly $22,000) at no cost to the township. However, when finished, the park would become the property and responsibility of South Dundas.

Municipal staff added the $25,000 clause as a deposit against future maintenance requirements. In response, Swank chose to withdraw the offer to provide amenities and, instead, chose to pay the five per cent in lieu, which in this case equated to roughly $3,500. (A municipal subdivision requirement states that the contractor must either provide a parkland area or cash in lieu at five per cent of the value of the land.)

After several turns around the table, the four remaining council members decided to withdraw the $25,000 clause if Swank would again agree to provide the aforementioned amenities. He did.

The West End Terrace subdivision is to be located north of the Bridlewood subdivision and west of Thompson Tim-BR Mart.

Construction is expected to begin this month.

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North Dundas renewed

It would appear that spring has finally sprung in the Township of North Dundas.

With it comes the sartorial signs of the season, with fresh mowed lawns, summer furniture coming out of hibernation, and throughout the municipality, infrastructure projects have gotten underway.

It was noted during the annual mayor's breakfast on Wed., April 24 that North Dundas, as a whole, has much going for it. From an impressive agricultural industry, a proud small to medium business sector, and important services, it would appear the message is true.

While it is well and fine to boast about the township's various achievements, it is vital that North Dundas' elected officials and township staff continue at full throttle.

Many big goals were set during the 2010 election, most by Mayor Eric Duncan, but, to date, the achievement rate has been high. Roads are being resurfaced, infrastructure is being maintained, and the business community is being engaged, and expanded.

For the success of North Dundas, and its villages, it is important to keep an eye to the future, and not get lost in the reflection cast by the rear-view mirror.

The municipality still has much to gain, yes, but with the current course, appears paved with possibility.

Remember when...

1963

This week, construction began on Winchester's Royal Bank branch. The new financial institution was to be completed by late summer. Before construction could begin, the old Baptist Church needed to be dismantled and moved. The Sullivan Brothers of Chesterville were the contractors hired to perform the move, ultimately relocating the 55 by 33 foot building across Mill Street.

1973

Montreal Canadiens defenceman Larry Robinson was on the cover of this week's *Press*. Having previously played for the Metcalfe Jets, Robinson had long been familiar to area residents. However, it was a goal against the Philadelphia Flyers during overtime in a Stanley Cup playoff game that made Robinson a celebrity.

1983

Parents of children taking early French immersion at Chesterville Public School (CPS) were up in arms this week as the Stormont, Dundas, and Glengarry Board of Education threatened to cancel the program. The board intended to discontinue the program if a late French immersion program at Maple Ridge Public School (MRPS) became available.

1993

Farmers' Market Ontario director Bob Chorney addressed an audience of 55 at the Metcalfe Curling Club this week. "I guarantee you that a farmers' market will be a reality in Metcalfe," Chorney said. "The large number of people here this evening, including the very solid support of your municipal government, indicates to me that the reality of your proposed venture is guaranteed."

2003

News this week focused on the discontent brewing amongst members of the Township of North Dundas council. Councillor Estella Rose was outspoken in her objection to the spreading of sludge on local farmers' fields, at a cost of roughly $24,000. Rose insisted that spreading human waste (sludge) was a health risk and insisted that it be transported to the Lafleche landfill at a cost of roughly $55,000. Mayor Claude Cousineau accused Rose of contacting the Ontario Clean Water Agency (OCWA) in Chesterville. "I take great exception to members of council trying to influence staff," said Cousineau. It was revealed in later weeks, through a *Press* editorial, that while Rose did contact the OCWA, she did not attempt to influence its staff in any way.

by Brian "Bud" Raistrick

Memories and friends are one of life's greatest gifts. I shall try to reveal many from my first school days starting in September 1943 to graduation in June 1957.

Myself, like many six year olds, dreaded the first day. Mom walked me to that big brick building on St. Lawrence Street, assuring me with every step I would see several kids I knew, and would have a great time.

When the principal, Hugh Graham, rang the hand-bell, everyone lined up at the front to the right. Then, just like little soldiers, we marched to our rooms in an orderly fashion – Miss Maude Edgerton, Grade 1; Miss Olive Hughes, Grade 2; Mrs. Winnie McKercher, Grade 3 and 4; Mr. Blair, Grade 5 and 6; and Mr. Graham, Grade 7 and 8. Once a week, we had Miss Evelyn MacDonald teach us music and area ministers lead in devotions.

While in Grade 1, we learned the "three r's," but probably, most importantly, was respect. From the first day, friendships grew. Names like Gordon and David Douglas, Earl and Garnet Bilow, Charles Gross, John Ault, Charlotte Lindsay, Anne Cross, Helen Helmer, David and Ian Graham, and Pauline and Ruth Bell, are but a few. However, one person I must single out was everybody's friend, Maynard Helmer. Two other people that need mentioning were Mr. and Mrs. Bernie Steinberg, our school caretakers.



As the Second World War ended, and local men and women were returning home, they would arrive by CPR passenger train. Driven from the station atop the fire truck with sirens blaring, residents and students lined the street to cheer and wave flags. Johnny Henderson would ring the United Church bell; loud and hard and long.

In 1946, one of my closest friends announced he would be leaving. Ian Graham's father had accepted a position teaching in Orillia. Bill Servage acted as interim principal until Harry Potter started in September. To this day, Ian and I exchange emails and annual Christmas notes. In June 2012, Ian marked his 50th year of becoming a medical doctor. He established his practice in Mission, B.C.

Following a car-student incident on St. Lawrence Street, principal Potter and police chief Gib Raistrick thought it would be a good idea to have a school safety patrol. Twelve students from Grades 7 and 8 were selected. On a rotating schedule, two students would be on duty at the corner of St. Lawrence and Clarence Streets at 8:30 and 11:45 am, and two different students at 12:30 and 3:45 pm. Today, we are fortunate to have adults aiding students to cross in front of the public school, and on Main Street, near Christie Lane. Our white belts, caps, and stop signs were kept at Harold "Tally" Levere's Texaco Gas Station. I recall Lannin and Marylin Serviss being in our group.

Graduating from public to high school was the next big hurdle, but only across the street to the south. Initiation appeared as the scariest part; crawling through the "hot oven" on your hands and knees, while the Grade 13's patted your behind; and girls dressing like boys and boys like girls. We all survived, only to laugh and plan for the day we could pass along the tradition.

Unfortunately, we did not have a modern indoor auditorium. Playing basketball or volleyball required a "nice" day on the north side of the building. The playing surface was packed stone dust, so you kept your balance or suffered skinned hands and knees.

During the first two years, we had course choices – agricultural science, woodworking, or home economics. Mr. Oscar Bradley taught the boys, while Mrs. Slingerland showed the girls how to cook and sew. Half way through the year, we switched. The boys made puddings and potholders; the girls planted seeds and cut lumber. Some of these projects were never shown or discussed outside of class.

Each year, several students under the direction of Mrs. Slingerland and Mr. Euclid Forgues would perform at the Winter Carnival. This was a skating drill in the old tin dome rink behind Ault Foods. Across the driveway from the front entrance was the Winchester Curling Club. The former was demolished when our new Community Centre was constructed at the 100 Club Park, and the Curling Club building was moved to York Street. These changes allowed the creamery to expand, eventually becoming the massive Parmalat industry it is today.

The high school was a representative of the Stormont, Dundas, and Glengarry Highlanders. With this affiliation, our Cadet Corps #181 had annual inspections and competed with the other area schools for ranking; normally ranking near the top. Principal Howard Willard instigated the idea that with a band, our marching would improve and everybody would be in step; I was fortunate enough to be chosen to play the bass drum. The band also played for the Christmas, Remembrance Day, and other parades during the year. Mentioning some of the members: Tommy MacLean, Nancy and Gary Willard, Helen Allen, Carolyn Alford, Tommy Allison, and Jim Reynolds.

Leroy, Max, and Ed Boyd owned a school bus that travelled north to Vernon and Metcalfe, to transport those students to Winchester; this prior to the high school being built in Metcalfe. The bus was commonly known as the "old cheese box," because it was constructed of plywood on a Dodge truck chassis. Students aboard the bus included Margaret Lee, Dave Thomas, Joan Duncan, Carolyn Morrow, Kay Rawlings, and brothers Lawrence and James. Ross McConnell had a delivery size van with benches on each side and one down the middle. It covered the Melvin Settlement route. Others went to Winchester Springs-Toys Hill, and Inkerman area. Gordon "Buck" Coons and Fred Billings were the drivers.

During my Grade 10 and 11 years, I composed the high school news notes for the *Winchester Press*, but had to have them approved by my English teacher Miss Eileen Runions before submission. One of the items involved Mac Steinberg who returned to finish his studies before entering university to become a minister. That year, Mac took on all comers, especially in track and field, cleaning up the awards list.

While still attending school, on April 4, 1957, I started my first duties at the *Press*. Vacationing in Florida with his wife, Eva, W.F. "Fern" Workman suffered a coronary attack, and passed away. His sons, Reg and Ron (my neighbours), asked if I would help distribute the newspaper. From then on, it was an after school and Saturday job. Following graduation, the request came to join the newspaper/printing business full-time. After much parental discussion, it was agreed I would spend the summer there on a trial basis. During my years with the *Press*, I worked with longtime friends like Ray Larsen, Al Van Bridger, Janet LaPierre, and Connie Hart. In September 1981, the Workman's sold the newspaper to the Morris Group, and the commercial printing to Bud Raistrick and Maxine Baldwin, which would become Winchester Print and Stationery. On April 4, 2013, I began my 57th year in printing.

During my last year of school, about March 1957, I joined the volunteer fire department (my dad, Gib, being the chief), but never had to answer a call during school hours. Five years later, in February 1962, I answered the bitterest fire call. The high school was on fire. As a result, the students were scattered about the village for classes in church Sunday school rooms, Henderson Hall, Winchester Hotel, and the Old Town Hall. Later, the school walls and foundation were demolished by Sullivan Brothers of Chesterville, and the new North Dundas District High School was erected at Maple Ridge on County Road 43, half way between Winchester and Chesterville.

In a short story to reveal memories from 1943 to 1957, events and names had to be rationed. Here's hoping readers will understand and simply talk to their friends and old classmates about those items and chums I have not included.

And in ending, remember our high school cheer: Purple and gold, purple and gold, what we have, we always hold!

WINCHESTER PRESS

Published by 2woMor Publications Inc.
545 St. Lawrence Street, Box 399,
Winchester, Ontario, K0C 2K0
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www.winchesterpress.on.ca
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The *Winchester Press* was established in 1888 and is published Wednesdays at Winchester, Ontario.

Subscription rates: $36.75 per year within 40-mile radius except door-to-door delivery; $47.25 per year outside 40-mile radius plus door-to-door deliveries; $168 per year outside Canada. GST included.
We acknowledge the financial support of the Government of Canada, through the Canada Periodical Fund (CPF), for our publishing activities.
The *Winchester Press* is printed in Canada and mailed under publications agreement # PM40034447.

All layouts and composition of advertisements produced by employees of the publishers of the *Winchester Press* are protected by copyright vested in the publishers of the *Winchester Press*.

Canada

The world through the eyes of a seven-year-old



From the Other Side
by Jeff Morris

You never know where conversations with a seven-year-old can take you.

And when you find yourself in those conversations, all you can do is call "shotgun" and go along for the ride.

Adam and his friends in Grade 2 had their First Holy Communion over the weekend. We have talked a lot about Christianity and religion lately, as he has been preparing for the big day.

While the Diva was nestled 20 minutes deep into an episode of *Four Weddings* and I was surfing baseball stats on my laptop, Adam walked through the room and made one of those unpredictable proclamations that will last forever in the memory vault.

"When I have my wedding," he said, sparking our interest and drawing our attention. "I'm going to have a Jesus-themed wedding."

The Diva and I looked at each other, both wondering if this was going to move in the direction of cute or inappropriate. Or both. We asked him to elaborate.

"I think it will be good, because my first son is going to be named Jesus."

We suppressed our laughter, but then he, at seven, reminded us that a lot of kids in Mexico are named Jesus. We also thought about the fact that Muhammad has been among the top baby names in the world – both in the eastern and western worlds – for the past decade or two.

So, why couldn't he call his son Jesus?

And if he is going to have a wife that will let him call his son Jesus, it made total sense that she would go along with a Jesus-themed wedding.

"There will be crosses all over the room," he said. "Different kinds. Some will be plain and some will have bumps on them. Where the bride and groom get married and where the guy says 'you may kiss the bride,' there will be really big crosses there and statues of angels blowing horns."

The meal at the Jesus-themed wedding would be a no-brainer. Adam explained that if Jesus fed 5,000 people with a few fish and loaves of bread, then that would be one of the courses.

"It won't be everything, though, because I don't like fish," he said. "I'm not going to eat it, but everyone else can have it. I'm going to have chicken nuggets or Kraft Dinner or something like that."

He thought for a moment and asked another profound question that none of us has ever wondered about.

"Was the bread at the Last Supper like the body of Christ kind? Or was it like normal bread?"

I had no idea how to answer that one. I was thinking about asking the bakery department at Your Independent Grocer if they had "body of Christ" bread.

Before I could think of an answer to make up, his imagination moved on.

"I'm going to have Communion wine at all of the tables," he said.

Obviously.

I asked him if the theme was going to be more grown-up Jesus, or baby Jesus. The answer was a bit of a hybrid.

"There will be some manger stuff," he said. "We'll have all the animals there – maybe set up a petting zoo outside for everyone to look at the animals. There will be a sheep and a llama and a donkey. I'm not sure what other animals they had."

I couldn't think of any more, either. I wonder if they had a reindeer in the manger. Probably not.

The music for the wedding was going to be Christmas music. I'm not sure what he has in mind. Maybe it will be a church choir, Gregorian monks, or maybe Trans-Siberian Orchestra, or maybe Schroeder with his little piano. I wonder if Linus will be available to read from the Book of Luke.

"And the head table will have 12 people, kind of like the Last Supper," he said.

As for the best man?

"There won't be one," he said. "We will have the three wise men. My two brothers can be wise men, and whoever I marry has to have a brother and he can be the other one."

If there is no brother? "Then you'll have to be the other one," he said.

Glad I have a task in this.

Adam paused a minute, and cracked up laughing.

"They are all going to have to grow beards," he said in hysterics. "Won't that be funny?"

After the wedding, the couple will have to get ready for their honeymoon.

"I think we should go to Egypt," he said. "That way we can visit all the Bible stuff and we can go and see the manger where Jesus was born. I'm pretty sure that's in Egypt."

He might be off by a country or two on the map, but he's headed in the general direction.

I thought of another question for him.

"So what if you have more than one son?"

Without hesitation, he knew the answer.

"Well, Jesus had a brother named James," he said of the disciple. (The Diva gets upset with me when I inappropriately refer to him as Jimmy Christ around the boys.) "So I will call my second son James."

At that point, the deep discussion was cutting into playtime, as a basket of action figures was waiting patiently.

As he walked away, likely wondering if there were Jesus action figures, I thought about life. It would all be so much simpler if we could all see the world, and plan our lives, through the eyes of a seven year old.

Township brushing turbine concerns aside

Editor's note: Aside from the Winchester Press*, this letter was also forwarded to other local media outlets, Township of South Dundas council members, and Stormont, Dundas, and South Glengarry MPP Jim McDonell. – M.U.*

The Editor:
What a pity, as our collective vision and our stated values seem to be disconnected from our actions, and that can't be healthy.

Township of South Dundas council recently approved a strategic plan, and adopted a code of conduct, while Mayor Steven Byvelds encouraged councillors to engage residents in dialogue on issues that have importance to them.

For more than a year, despite letters that have been "received and filed" by my elected representatives, as well as access to information requests that brought me "sketchy" minutes of "decisions only" from council meetings, I have yet to receive a knock on my door or a phone call from any local elected representative.

One attempt to engage CAO Stephen McDonald in a meeting resulted in a curt, dissatisfying response, essentially dismissing my interest in expressing my concerns.

Letters to the Editor

In December 2011, I delivered letters to the mayor, council, and municipal staff asking for their leadership in dealing with citizens and the divisiveness already created by the activity around the wind turbine project discussions. I cited the concerns regarding health and property values, and asked specifically for a record of decisions and discussions, as well as health and safety research they had undertaken that would assure us that they were fulfilling their responsibilities under the *Municipal Act*.

Strategic and economic development plans, that invited input from residents, reflect no expression of interest in having industrial wind turbines, or the community discord they have already caused, as part of our lives.

Council has given time to the industrial wind turbine successor to ProWind, EDP Renewables, and thanked their representatives for keeping them in the loop and indicated that they looked forward to a constructive working relationship.

As I prepare to sell my home, within 1.5 kilometres of one of the planned turbines, I am now, more than ever, directly impacted by their possible arrival.

As indicated in my submission to the Environmental Review Tribunal, I believe that the abandonment of responsibility by local [elected] representatives, makes the whole framework, for meaningful decision making, a travesty.

Robbie Giles
Brinston

Mayor's breakfast right on the mark

The Editor:
After attending the Township of North Dundas Mayor's Breakfast, held Wed., April 24 at the Mountain Township Agricultural Hall in South Mountain, I just wanted to say how blessed I feel to live in Dundas County.

We are so fortunate to have the mayor, the council, and the township staff we have. Every single person who spoke during the event exemplified the very attributes of which guest speaker Joel Haslam of CTV Ottawa's *Regional Contact* spoke. It was so positive and energizing.

Breakfast was delicious and connecting with others was fun. Both guest speakers, Haslam and Dundas Federation of Agriculture president Jackie Pemberton, were excellent, informative, and uplifting.

To those leading North Dundas, keep up the good work, because we think you're doing a great job and we thank you.

Jan Clapp
Winchester

Seaway Valley Singers celebrating 20 years

The Editor:
This year marks the 20th anniversary of the founding of the Seaway Valley Singers. At the moment, we are attempting to locate former members and invite them to attend our special anniversary concert on Fri., May 3 at Williamsburg's Christian Reformed Church.

Our members come from throughout the Seaway Valley – Chesterville, Finch, Iroquois, Morrisburg, Mountain, South Mountain and Winchester. Our purpose is to improve our singing skills, and entertain the general public at our spring and Christmas concerts.

Robert Jones, who resides in Chesterville and is our fourth and current director, has been with us since 2004. His musical career began at the age of 15 and he has degrees in music from the University of Windsor and the University of Western Ontario. His studies in England and Canada include both organ and choral music. He also serves as the organist and choir leader at St. Luke's Anglican Church in Ottawa, and plays at the Saturday night Mass at St. Basil's Catholic Church. As well as teaching his music students, Jones directs a choral group in Ottawa known as the Bytown Singers.

We are also extremely fortunate to have Margaret Whisselle, our original accompanist from 1993 to 2000, back with us again. She began playing piano at the age of seven, and has a music degree from Queen's University. Her music career includes church organist and choir director, teaching piano, vocals and theory privately, and performing in musical theatre. How does she find the time for us?

Jones and Whisselle are a dynamic duo, and, although they work us hard, we still have a lot of fun.

Our concert on May 3 will include an eclectic selection of favourite tunes from throughout the years. Dr. Gerry Rosenquist, one of our original sponsors, will act as the event's emcee and will recount some of our stories from the past 20 years. For more information, visit www.seawayvalleysingers.ca.

Sydney Smith
Chesterville

Join WDMH car rally

The Editor:
Although the local minor hockey seasons have come to an end, some of us in the NHL are continuing into the playoffs.

However, when the season does come to end, local hockey fans will still be able to get their fix.

On Sat., July 6, I am hosting the third annual Carkinator Car and Moto Rally with some of my fellow NHLers. Those who participate will spend a day celebrating the hockey greats raised right here in your communities, get to meet some of my friends, participate in my hockey-themed car rally (with pit stop hockey and trivia challenges), earn great prizes, and enjoy a barbecue after-party, featuring hockey historian Liam Maguire, all while raising funds to support Winchester District Memorial Hospital (WDMH).

I may play for the New York Islanders now, but my home is still in Eastern Ontario. That is why it is important to me to continue to support my hometown hospital.

Register your team online now at www.carkinator.ca, and get your friends and families to pledge you.

Cheers to hockey and WDMH, and I'll see you all on July 6.

Matt Carkner
Winchester

Support mounting in effort to save library

The Editor:
Throughout the past several months many articles, interviews and letters have been published in local newspapers and online in support of saving the Williamsburg branch of the Stormont, Dundas, and Glengarry (SD&G) County Library.

To my knowledge, no letters have been sent in opposition to saving the branch. The Save the Williamsburg Library Branch Committee has been working tirelessly to save their local library from closure. All of this information, updates, and more can be found on the committee's Facebook page.

The SD&G County Library Strategic Plan (released in January 2012), states, "Research indicates a positive correlation between educational attainment, higher income, and library utilization." Future jobs will require a strong mind, rather than a strong back, and one of the roles of libraries is to help children, youth, and adults reach their full potential, to be ready for the future.

• see LIBRARY on next page

Your opinion counts

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

Give us a call at 613-774-2524
or e-mail news@winchesterpress.on.ca.

Opposition parties, Ontarians losing faith in Liberals



From Queen's Park
by MPP Jim McDonell

TORONTO – Things are revving up at Queen's Park as the committee investigations into the billion dollar power plant relocations and the ORNGE air ambulance scandals continue.

At the Justice Committee, Liberal ministers and staffers continue to have selective amnesia during their sworn testimony, requiring letters and emails to prompt their memories.

One Liberal staff member couldn't remember a $721 million offer made to TransCanada that they subsequently turned down for the Oakville relocation until an email with his name on it was produced. Similarly, Premier Kathleen Wynne could not recall a cancellation meeting she attended until the attendance record was produced highlighting that she had signed in as the chairperson.

Expert witnesses have pegged the relocation cost of this power plant at more than $800 million, even though the Liberals are still sticking to their original estimate of $40 million.

The provincial auditor general, Jim McCarter, is expected to report back to the legislature in September on the cancellation costs of the Oakville power plant.

Earlier this month, he identified that taxpayers are on the hook for $275 million to move the Mississauga plant, 50 per cent higher than the Wynne government had acknowledged.

Since being elected in October 2011, I have witnessed the continuous obstruction by the McGuinty-Wynne government to hide the truth from the people of Ontario. Instead of focusing on the more than half a million people in this province who don't have a job, they have turned all their attention to saving their own.

The gas plant scandal is the latest and most blatant example of the wasteful spending by this government. Investigations into the ORGNE air ambulance and eHealth Ontario scandals are being treated with the same callous disregard for the people's basic right to open and transparent government.

At a time when we are seeing cuts to health care and to programs designed to help our most vulnerable, they are wasting billions of dollars. It is for this reason that the Ontario PC caucus has introduced a non-confidence motion against this government.

Unfortunately, for the debate to occur, all three parties must agree to accept the motion. We believe that this government and its unelected premier have lost the confidence of the people to lead Ontario back to prosperity.

For far too long, Wynne, former Premier Dalton McGuinty, and the Liberals have put their party ahead of the people of Ontario. Their legislation, designed to secure large donations and the large Toronto vote at the expense of the taxpayer, is bankrupting our province.

Their policies have resulted in the highest energy rates in North America, the highest Workplace Safety and Insurance Board rates, and property taxes in Canada, and unnecessary red tape that has resulted in our manufacturing companies either cancelling expansion projects here and closing their plants or moving them to another province or neighbouring state.

Enough is enough. It is time to put the people of Ontario first.

•

Jim McDonell is the MPP for Stormont, Dundas, and South Glengarry and writes monthly columns for this newspaper.

Feds continuing efforts to combat terrorism



From Parliament Hill
by MP Guy Lauzon

OTTAWA – As recent events in Boston and terrorist arrests in Canada have demonstrated, international terrorism will continue to be a threat for the foreseeable future.

My caucus colleagues and I believe the government needs to provide law enforcement and national security agencies with the means to anticipate and respond effectively to terrorism. This is why our government spent last week in Parliament debating and passing *The Combating Terrorism Act.*

This act will help the police prevent terrorists from carrying out attacks. The legislation reinstates the investigative hearings and recognizance with conditions provision's that expired in 2007. These investigative hearings facilitate the gathering of information that may be relevant to the investigation of past or future terrorism offences. The recognizance with conditions provision also provides more tools for combating terrorism by requiring a person to abide by certain conditions, ensuring they cannot carry out any terrorist activity. Even though these measures have been intact for five years they have never been used or abused by law enforcement agencies. They are simply required to provide law enforcement with the tools they need to combat terrorism.

This act also creates new offences of leaving or attempting to leave Canada to commit certain terrorism offences. For example, leaving or attempting to leave Canada to participate in any activity of a terrorist group, such as a terrorist training camp, will become a specific criminal offence with a maximum penalty of 10 years in prison. Further, this act imposes a maximum of 14 years imprisonment if a person leaves or attempts to leave Canada to facilitate an act of terrorism.

I believe that the law enforcement agencies in Canada require these measures in order to successfully combat terrorism within Canada. I am pleased that this important bill was swiftly passed. Canadian streets and families are safer from terrorism because of it.

•

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

Library

• continued from previous page

The strategic plan includes library goals focused on service delivery (individual library branches). Staff is expected to review the current services (18 branches), identify those to be retained or improved, and those to be "divested to make room for improvements and new offerings" (branches identified for closure). As the current South Dundas municipal office in Williamsburg will be vacated later this year, and leased or sold, it is providing the opportunity for the library board to close the Williamsburg branch and consolidate revenues and services in Morrisburg.

The Williamsburg library is like the community's front porch – everyone is welcome. Patrons come to browse, to learn, to play, to research, to read, to enjoy the space, and, best of all, to visit with friends and neighbours who pop in while they are there. It is a very successful branch. It is well used, and has very high circulation (including books, periodicals, e-books, movies, etc.) statistics, given that it is only open for 15 hours per week. A small branch with circulation statistics more than 8,000 annually is considered very successful. Williamsburg's circulation statistics total for 2012 was 9,527.

In the foreseeable future it is unlikely that libraries will remove all of their book collections, nor will library facilities become obsolete. Children, youth, and adults will continue to need access to physical books, whether today or in the distant future.

We need to make the SD&G library board members realize that it is vital to reconsider their decision to close the Williamsburg branch. It is not just Williamsburg we are supporting, it is all of South Dundas. This is our community, and it is our tax dollars that pay for SD&G county library services in South Dundas.

Meanwhile, a public meeting has been scheduled for Thurs., May 9 at 7 pm in order to discuss the library's closure. A location has yet to be determined.

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EDUCATION SERIES #2

Static Versus Dynamic Stretching

Stretching is extremely important for anyone who exercises regularly or participates in sports but it also plays a central role in physiotherapy treatment of musculoskeletal injuries.

But are all stretches created equal? Are the stretches that help prevent injuries the same ones that can help treat them? There are two basic types of stretches, static and dynamic.

Static stretching involves reaching as far as you can in one direction and then holding the stretch for 30 seconds. This type of stretching is used to increase the length and flexibility of the muscle. Example: touching your toes and holding it.

Dynamic stretching involves a series of movements that work more than one muscle at a time. These stretches utilize controlled body movements like arm and leg swings to gently take you to the limits of your range of motion. They do not involve any bouncing or any jerky movements. Example: moving your arm and shoulder in big circles.

For years static stretching was a mainstay in athletic warm-ups because it was thought to prevent injuries and enhance performance. However, new research has shown that dynamic stretching is much better suited for this task since it increases your core body and muscle temperature, elongates your muscles and stimulates your nervous system to prepare for the responsiveness that your sport demands. Studies comparing static versus dynamic stretching in warm-ups have shown that dynamic stretching helps prevent injuries and boosts performance better than static stretching. In fact, doing static stretches before a big game or key practice session may actually decrease athletic performance because static stretching inhibits muscle power and strength for up to one hour. Static stretching should still be an important part of your training routine, just not before you workout or play a sport. Instead, static stretches should be part of a cool-down routine following your game or training since they help relax muscles, realign muscle fibers, cool your body temperature and increase flexibility.

Treating Injuries: When muscles are injured, static stretching has been shown to be an important part of rehab. It is important to remember, though, that aggressively stretching an injured muscle will only make things worse, so it is important to wait at least 72 hours before starting gentle stretching exercises. Even if you haven't reached the point of injury yet, adults with tight muscles also get good results from static stretching.

For more information and advice about developing a stretching program that fits your needs and exercise routine, contact one of the licensed, trained physiotherapists at Winchester Physiotherapy and Acupuncture Centre. Also check out our website for stretches specific to your sport at **www.winchesterphysio.ca**



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NDDHS recognizes 2011-2012 junior achievers

MAPLE RIDGE – Although much later than usual, North Dundas District High School (NDDHS) honoured its top junior-level students during a special presentation on Fri., April 26.

Typically held in November of each school year, the labour unrest that pitted the Ontario Secondary School Teachers' Federation against the provincial education ministry prior to the implementation of Bill 115 forced the event's cancellation.

However, on April 26, those students registered in Grade 9, 10, or 11 during the previous academic year (2011-2012) were recognized for their marks and/or participation in out-of-class activities.



Medal winners at North Dundas District High School, as well as Outstanding Achievement Award winners, gathered for a group shot following a presentation ceremony for junior-level students on Fri., April 26. Front row: Cadence Harris (left), Hannah Robinson, Emma Paterson, and Laura Carruthers. Middle row: Ryan Allan, Dayton Kelly, Nikita Vezina, and Annamaria MacIntyre. Back row: Seth Luimes (left), Derek Lillico, Jessica Shirreffs, Geordie Jeakins, Sarah Churchill, Rebecca Annable, and Erin Elliott. *Press Photo – Uhrig*

Outstanding achievement

The Outstanding Achievement Award was bestowed upon students in each grade who demonstrated high academic achievement, co-curricular participation, leadership ability, and community involvement. Grade 9: Emma Paterson. Grade 10: Amber Cotton, Dayton Kelly, and Garrett Trumper. Grade 11: Sarah Churchill.

Medals

The 2011-2012 NDDHS medals were presented to students who attained the highest academic standing in their respective programs.

Grade 9 academic: Cadence Harris (gold) and Emma Paterson (silver). Grade 9 applied: Hannah Robinson (gold) and Laura Carruthers (silver). Grade 10 academic: Annamaria MacIntyre (gold) and Dayton Kelly (silver). Grade 10 applied: Nikita Vezina (gold) and Ryan Allan (silver). Grade 11 university: Sarah Churchill (gold) and Erin Elliott and Geordie Jeakins (silver). Grade 11 college: Rebecca Annable (gold) and Jessica Shirreffs (silver). Grade 11 workplace: Derek Lillico (gold) and Seth Luimes (silver).

Math

Last year, in co-operation with the University of Waterloo, eight NDDHS students competed in various mathematics competitions, while two were recognized for their accomplishments. Evan Snider received a certificate of distinction for scoring in the top 25 per cent of all competitors throughout Canada, as well as a gold medal in the Pascal Competition. Kathryn Johnson, meanwhile, received a gold medal in the Fermat Competition.

In addition, math awards were presented to students who demonstrated dedication, academic excellence, and the effort required to achieve success in their math programs. Grade 9: Cadence Harris (academic) and Mackenzie Barkley (applied). Grade 10: Annamaria MacIntyre (academic), Stephanie Findlay (applied), and Drew Sargent (essentials). Grade 11: Sarah Churchill (university), Jessica Shirreffs (college), and Derek Lillico (workplace).

Science

Top students were recognized for demonstrating the greatest interest, achievement, and commitment to their science programs. Grade 9: Marshall Steele (academic) and Hannah Robinson (applied). Grade 10: Annamaria MacIntyre (academic) and Jesse Ferland (applied). Grade 11: Sarah Churchill (chemistry), Connor Ormsby (biology – university), Rebecca Annable (biology – college), Sarah Churchill (physics), and Riley Cronin (environmental science).

Business, computers, and technology

The Information Technology Award was presented to the most outstanding student in Grade 9 business: Katherine Fleury.

The Computer Studies Merit Award was presented to a Grade 11 student who realized his/her potential in the area of computer studies: Derek Lillico.

The Grade 9 Integrated Automotive Technology Award was presented to the student who demonstrated great skills, a positive attitude, and excellent works habits and initiative: Patrick Jaquemet.

The Grade 10 Transportation Technology Award is presented to the student who has demonstrated a keen interest in small engines, shop practice, and theoretical knowledge: Garrett Trumper.

The Grade 11 Transportation Technology Award was presented to the student who has excelled in troubleshooting, diagnosis, and repair of automotive systems: Alexander Maheux.

The Grade 9 Integrated Construction Technology Award was presented to the student who has demonstrated great skills, a positive attitude, excellent work habits, and initiative: Heather Demers.

The Grade 10 Construction Technology Award was presented to the student who has shown great enthusiasm toward woodworking and outstanding achievement in this course: Garrett Trumper.

The Grade 11 Construction Technology Award was presented to the student who showed great employability skills and outstanding achievement in this course: Andrew Findlay.

The Grade 9 Integrated Welding Technology Award was presented to the student who has demonstrated great skills, a positive attitude, excellent work habits, and initiative: Thomas Puenter.

The Grade 10 Manufacturing Technology Award was presented to the student who has demonstrated skill and aptitude in this subject, along with a positive attitude and a high degree of self-motivation: Dylan Tinkler.

The Grade 11 Manufacturing Technology Award was presented to the student who exhibited a safe work attitude and demonstrated great career potential: Wes Schmidtke.

The Technology Excellence Award of $50 was presented to a student who demonstrated a strong commitment to, and involvement in, all three major technology areas (construction, manufacturing, and transportation): Ryan Allan.

French

Awards were presented to students who demonstrated outstanding academic achievement and interest in French. Grade 9: Patrick Jaquemet (extended), Cadence Harris (core – academic), and Quinn Angel (core – applied). Grade 10: Annamaria MacIntyre (extended) and Rebecca Doucette (core – academic). Grade 11: Alexandra Keyzer-Cournoyer (extended) and Hannah Morgan (core).

English

The English Department presented awards to students who demonstrated outstanding achievement in their respective programs. Grade 9: Katherine Fleury (academic) and Hannah Robinson (applied). Grade 10: Tabitha Digiacomo (academic) and Brittany Cooper and Drew Sargent (applied). Grade 11: Sarah Churchill (university), Chelsea Clark (college), and Will Cinnamon and Taryn Kendrick (workplace).

The Empey Trust Award of $100 was presented to the student with the highest average in Grades 9, 10, and 11 English: Sarah Churchill.

Arts

The Drama Department presented three awards to the students who demonstrated outstanding achievement in drama class and productions. Grade 9: Marshall Steele. Grade 10: Jonathon Turner-Schwab. Grade 11: Geordie Jeakins and Myranda Ruel.

The Art Department presented awards to students who demonstrated an outstanding commitment to art and a commitment to excellence. Grade 9: Cassandra Thompson. Grade 10: Sabrina Mellon. Grade 11: Kelsey Ellis.

The Music Department presented three awards to pupils who distinguished themselves as dedicated musicians who were always working to improve. Grade 9: Evan Snider. Grade 10: Matthew Adams. Grade 11: Kathryn Johnson.

The NDDHS Junior Music Award of $25 recognized the most promising non-graduating student in music/band who, with continued hard work and dedication, will have a bright future in music. This year's winner was Matthew Adams.

Canadian and World Studies

The Humanities Awards are presented to the highest achiever in each program. Grade 9 geography: Cadence Harris and Emma Paterson (academic), Marshall Steele (academic – French), and Hannah Robinson (applied). Grade 10 history: Annamaria MacIntyre (academic) and Andre Lemieux and Drew Sargent (applied). Grade 10 Aboriginal peoples in Canada: Cheyanne Vanderlind. Grade 10 civics: Amber Cotton. Grade 10 food and nutrition: Morgan Barkley. Grade 11 Aboriginal beliefs and values: Sabina MacIntyre. Grade 11 world history: Geordie Jeakins. Grade 11 anthropology, psychology, and sociology: Geordie Jeakins. Grade 11 Canadian law: Erin Elliott.

Physical education

The Physical Education Department presented awards to male and female students in Grades 9, 10, and 11 who demonstrated outstanding achievement in the active living, healthy living, and active participation components of the physical education program. Grade 9: Emma Paterson, Quinn Angel, and Patrick Jaquemet. Grade 10: Cassandra Davidson and Dayton Kelly. Grade 11: Sarah Ives and Adam Quinlan.

Other awards

The Career Studies Award was presented to the student who demonstrated a high level of achievement in meeting the expectations of the portfolio and the final research project: Devon Byers.

The GPP Leadership and Peer Support Award recognized a pupil's outstanding achievement in the practical application of leadership and peer support skills: Rebecca Annable.

The Leo's Award of $100 was presented to an outstanding student who combined leadership with volunteerism: Hannah Morgan.

The Alyse Cronin Memorial Award was presented to a student, who through his or her effort at school and in the community, has demonstrated care and compassion for others, and has used these traits in his or her efforts at school and in the community, has demonstrated care and compassion for others, and has used these traits in his or her efforts to improve the lives of others. The plaque and $150 bursary was awarded to Sarah Ball.

The NDDHS School Council sponsored three awards (and Chapter's gift certificates), presented to the students who demonstrated improvement in their academic endeavours through perseverance, dedication, and commitment. Grade 9: Thomas Puenter. Grade 10: Jesse Ferland. Grade 11: Mike Ladouceur.

The Co-Operative Education Award is presented to the student in Grade 11 co-op who demonstrated exceptional results in the program: Alexander Maheux.





What the future holds

North Dundas District High School (NDDHS) and North Dundas District Intermediate School (NDIS) students were given a taste of what may be in store for them down the road during a Career Day event on Tues., April 23. Roughly 30 members of the local business and emergency service community were on hand to discuss the possibilities available in their respective fields. Equestrian show jumper Amanda Hay (inset, above) served as the event's keynote speaker. Hay spoke to students about her nearly three-year recovery from a severe injury she suffered while riding. For an extent, Hay was unable to walk or dress herself, and spent hours in rehabilitation treatment to learn those skills again. Stormont, Dundas, and Glengarry OPP officer Jeremy Geurts (above) shared stories about his role with the region's police force.



NDDHS Notes

by Sara Ives

Spring calendar fills up at NDDHS

MAPLE RIDGE – North Dundas District High School (NDDHS) has been buzzing with activity following the end of the day bell.

Students are enjoying the free after school program offered at NDDHS every Tuesday and Thursday until Thurs., June 13. The program is open to all students from Grade 7 to Grade 12, and runs from 2:30 until 4 pm.

There has also been a lot of good news for students these past couple of weeks. Congratulations go out to Hannah Morgan who received the district Leo's Member of the Year Award on Sat., April 13.

More congratulations are given to the midget and junior badminton players who competed at the Stormont, Dundas, and Glengarry Badminton Tournament on Tues., April 23.

Meanwhile, a final congratulation goes to the NDDHS rugby team who won their first game of their season against St. Joseph's Catholic Secondary School on Fri., April 26.

Finally, many students are looking forward to this Fri., May 3 when NDDHS' student council will be hosting its annual Spring Fling Fashion Show. The event is to take place during block "C," while afterward the second game of the girl's rugby team's season will take place.



Steve Mattice was on hand to discuss firefighting as a career choice during a Career Day event on Tues., April 23.

Best junior public speakers named at county-wide contest

SOUTH MOUNTAIN – Nationview Public School played host to the 2013 Dundas County Junior Public Speaking Contest on Tues., April 23.

Two students from each public school in the county represented their educational facility in the competition.

Overall, Nationview student Maddy Hubbard was selected as the first-place winner, after delivering a speech about having her appendix removed. Last year's county champion, Winchester Public School student Michael St. Louis-McIntosh, was runner-up. St. Louis-McIntosh's speech focused on his school.

Third place went to Nationview's Kiara Vandemheen, while Erika Jordan of Morrisburg Public received an honourable mention.

Other students taking part were Jamie Wilson (Iroquois Public School), Grace Cave (Chesterville Public School), Darci Dodge (Iroquois Public School), Kaelyn Barkley (Chesterville Public School), Carter Whyte (Morrisburg Public School), and Seth Christophersen (Winchester Public School).



Winchester Public School (WPS) students Seth Christophersen (left) and Michael St. Louis-McIntosh recently competed in the Dundas County Junior Public Speaking Contest held at Nationview Public School on Tues., April 23. In the end, St. Louis-McIntosh was the second-place finisher, while Christophersen didn't make it into the top four. Also pictured is Delaney Johnston, who finished third during WPS' contest.

During Winchester Public School's in-house competition, Christophersen finished first, while St-Louis McIntosh was second. Delaney Johnston received the bronze medal in the competition.

TCS looking to raise $50,000

WILLIAMSBURG – Timothy Christian School (TCS) has launched its Spring Drive campaign to raise $50,000.

This is the first time the school has ever mounted a fundraising campaign of this size, and the amount represents $1,000 for every year the school has been in operation. Already, the campaign has established two lead gifts.

A donor has agreed to match, with $10,000, the first 10 supporters who will donate $1,000 each. In addition, another TCS supporter has agreed to match another $5,000 donation.

Funds are earmarked for the school's operation, and extras will be used for capital improvements. In addition, TCS teaches through exploring other cultures by taking children on school trips to the National Arts Centre, the Montreal Biodome, and Quebec City in an effort to teach this next generation of leaders a better global understanding of how people live and work in the world around them.

"This drive will support the various educational programs and enhance the facility," Brian Vandenberg, school treasurer, said. "Our graduates have gone on to influence and contribute to society in huge ways."

For more information on TCS, or to contribute, visit www.tcswilliamsburg.ca.

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Topline celebrates 20th anniversary



Topline employee Spencer Leroux manned the barbecue for the Sat., April 27 celebration. *Press Photos – Casselman*

Community treated to barbecue lunch and equipment demonstrations

WINCHESTER – It has been 20 years since Topline Trailer and Equipment Sales first opened its doors in 1993.

On Sat., April 27, the Winchester-based company celebrated the milestone anniversary with an open house event complete with free demonstrations, test-drives, door prizes, discounts, and a barbecue lunch.

A division of Weagant Farm Supplies, Topline boasts Eastern Ontario's largest inventory of new and used horse trailers, as well as a large line of Kubota products, including both residential and commercial lawn tractors, mowers, and farm tractors.

The 1226 County Road 31 shop also offers Bush Hog products, Tanaka Power Equipment, Columbia products, snow equipment, Legend Manufacturing, DR Power Equipment products, and more.



Nathan Staples (left) and Dennis Morin, Topline technicians, demonstrated the ease and efficiency of this wood splitter.

4-H Update

Dairy Club welcomes guests

by Mallory Hutchinson

WINCHESTER – The Dundas 4-H Dairy Club held its second meeting on Thurs., April 25 at Kevin and Dianne Scheepers' farm.

The meeting started off in a very original way – a fun and active game that allowed the members to become more comfortable with each other. The club's president called the meeting to order, and attendance was taken. Members also took a small amount of time to hand in club sheets and money, and discussed upcoming dairy events in the community.

Before the main attraction of the meeting, participants judged a class of hiking shoes and then each member shared their reasons as a group.

Afterward, it was on to the meeting's main attraction. Members divided into two groups depending on age, and then separated to opposite ends of the barn. At one end of the barn, a guest speaker spoke about taking care of cattle in order to show off their best attributes, and how to properly feed them. At the other end, another guest speaker spoke about calf nutrition.

The club's next meeting is scheduled for Thurs., May 16.

Vernon club hosts first meeting

by Brianna Sullivan

METCALFE – On Mon., April 22, the Vernon 4-H Dairy Club met for a registration night in Metcalfe with the Carleton Sheep Club.

The meeting began with introductions and a mixer game so everyone could meet each other. Life skills clubs that will be held were mentioned, including Milk Makes It Better and Square Dancing. The clubs then split up to go over their objectives for the year.

There were 37 dairy club members in attendance, as well as seven leaders. The leaders discussed what to look for when picking a calf or a field crop, while ideas for a possible field trip were discussed and the election of officers was completed.

This year's president will be Logan Merrett, while Brendan Velthuis will serve as vice-president. Allison Sullivan was named secretary, and Brianna Sullivan will fill the role of press reporter.

The club's next meet is to take place later this month at Tilecroft Farms in Osgoode.



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WDMH salutes dedicated volunteers

WINCHESTER – Winchester District Memorial Hospital (WDMH) recognized its many volunteers with a celebratory luncheon last week.

Many of the local hospital's volunteers gathered on Thurs., April 25 at the Joel Steele Community Centre for a luncheon where they were recognized for their hard work and dedication.

In 2012, 227 people volunteered their time at WDMH. Of the 227, six were spiritual volunteers and 58 were members of the clergy. Together, in their separate capacities, these volunteers provided close to 14,000 hours of recorded service.

A variety of awards and other acknowledgements were handed out during the April 25 event.

Hospital volunteers were recognized for their years of service in five-year-increments.

Dorothy Houze, 45 years; Doris Cross and Virley Edwards, both 35 years; Betty Holmes, 25 years; Margaret Countryman, 20 years; 15 years each for Dawn Attwood-Oulette, Cheryl Lynch, Lisa Streng, and Marie Quinn; 10 years each for Harry Brownell, Denzil Crowder, Diane Crummy, Jim McVey, Erva McVey, Joan Morrell, Dolores Morris, Judy Rombough, Dave Millward, Shirley Nichol, and Catherine Scott; and five years each for Leslie Bouchard, Charlotte Cougler, Marg Merkley, Grace Robinson, Donna Jeacle, and Pat Elliott.



In recognition of 45 years of service to the hospital, Dorothy Houze received a plaque from CEO Cholly Boland during Winchester District Memorial Hospital's volunteer appreciation event on Thurs., April 25. *Press Photo – Casselman*

Auxiliary awards

Local lifetime membership awards: Cheryl Lynch, Lisa Streng, Janny VanDerbaaren, Tara Fawcett, and Isabelle Conley.

Volunteer pins: Judy Little, Diane Crummy, Karen Graham, Betty Skuce, Lois Smith, Mireille Strevey, Joanne Viling, Linda Foster, Janice Hyndman, and Lois Girouard.

Hospital acknowledges excellence in efforts

WINCHESTER – Winchester District Memorial Hospital (WDMH) recently handed out its third set of Value Excellence awards to four deserving members of the medical facility's staff.

Dr. Henry Prins, Carmen Sanger, Brenda Winter, and Rhonda Cinnamon were honoured.

Prins was recognized for his work with nursing students, and his compassion in the operating room.

Sanger, who has been volunteering at WDMH since July 2011, received the award for her ongoing commitments to the hospital, as well as for the many paintings she has donated to the medical facility.

Meanwhile, both Winter and Cinnamon, business unit clerks in ambulatory care, were honoured for their efforts in making the hospital unit one where compassion and care is evident.



Recent Winchester District Memorial Hospital Value Excellence Award recipients included Carmen Sanger (left), Dr. Henry Prins, Brenda Winter, and Rhonda Cinnamon.

The awards handed out are consistent with WDMH's four organizational values: quality, working teamwork, compassion, and respect.

"A lot of people at WDMH demonstrate these values every day and some go above and beyond," CEO Cholly Boland said. "We want to celebrate these leaders in our organization who make our values so integral to their work."



Dr. Wael Shabana is one of many radiologists making use of Winchester District Memorial Hospital's recently installed voice recognition technology.

Voice recognition goes live at WDMH

WINCHESTER – Winchester District Memorial Hospital (WDMH) has taken another step toward further improving patient safety, and quality of care.

After a three-month build, Powerscribe 360 Voice Recognition is live. Radiologists at WDMH now dictate their reports through a handheld microphone, and their words are automatically converted into reports they can see, edit, and finalize immediately.

"Radiologists will now be able to dictate, edit, and sign off their reports — all at one time," Dr. Chuck Adamson, chief of staff, said. "The result is decreased turnaround times, more timely access to clinical information, reduced errors, and decreased costs."

Feedback from the emergency physicians has thus far been positive, as the imaging final report is now available as soon as the radiologist completes reading the image. On average, finalized reports will be available up to three days faster than with the old technology.

"The drop in wait times for reports means better, more efficient care for our patients," CEO Cholly Boland said. "Physicians can develop each patient's care plan much faster with this important information at their fingertips."





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Devils open rugby season blanking Panthers 20-0

MAPLE RIDGE – A shut-out victory over the St. Joe's Panthers closed the North Dundas District High School Devils' 2012 SD&G girls high school rugby season in June, now, 11 months later, a similar decision has marked the opening of the team's 2013 campaign.

North Dundas blanked the Panthers 19-0 in the final game last season to become the tri-county champions. Last week (Fri., April 26), the Devils dealt St. Joe's a similar result shutting them out 20-0 in the inaugural game of the regular season.

North Dundas launched their home opener taking a 3-0 lead on Jenna Warren's three-point penalty kick. Minutes later, Warren threw a forearm block on a St. Joe's defender before she was brought down just over the goal line for a five-point try. She then attempted, but missed the two-point conversion.

Devils' No. 8, Sarah Churchill, followed by adding another five-point try putting her squad up 13-0.

Hanna Mollema touched down a third five-pointer, which was converted by Warren in the dying minutes of the first half.

North Dundas held the Panthers scoreless through the second half, but was unable to add any more offence and settled for a 20-0 victory.

North Dundas coach Scott Reaney said he thought the team dominated early, before slowing down in the second half and explained they will practice on not letting that happen in the future.



Not so fast

Devils centre Hanna Mollema filled her hands with Panthers jersey material on this play during last week's (Fri., April 26) SD&G girls high school rugby match at North Dundas District High School. Mollema also scored a try helping the host Devils wax St. Joe's 20-0 in their home opener. North Dundas back row No. 8 Sarah Churchill (left) and scrum half Erin Elliott supported the play.

Press Photo – Van Bridger

"We ran the pick and go well, and when we got wide we were effective getting the ball up the field," he said.

"Our best work was perhaps our goal-line stand late in the first half, when St. Joe's attempted to maul the ball in," explained the coach. "The girls who held up those tries to keep the sheet clean did as much for the win as the point scorers did."

"Often the only thing that stopped us was illegal play," he added.

Reaney felt there were a lot of hands in rucks, which saw the Devils lose the ball, and a lot of obstruction and pre-binding which they should not have had to cope with, but did.

"These things stopped us from legally carrying on and scoring more points in the second half," added the coach.

"More tight support and better attack-option-selection will help us more in the future, but that was a good start to the regular season, he said.

Game two

The Devils' second game of the season will be played at NDDHS on Friday (May 3) at 1 pm when the Holy Trinity Falcons will provide the opposition.

The roster

The 2013 North Dundas Devils are: front row players (props and hookers) - Sara Ives (also a lock), Kathryn Johnston, Geena Rose (also a lock), Riley Cronin (veteran), Kaytland Burke (veteran), and Brianna Kazen-Laury.

Second row players (locks) – Teresa Baldson, Cassandra Davidson (also a flanker and centre - veteran) and Ashley Johnson.

Back row players – Carman Stubbings (veteran, flanker), Lisa Scheuner (flanker) and Sarah Churchill (veteran, No. 8).

Scrum half – Erin Elliott (veteran).

Half fly – Jenna Warren (veteran).

Centers – Hanna Mollema (veteran), Amber Saddlemire (veteran), Brianna Geertsma (also wing).

Wings – Amber Cotton and Taylor Wlotski.

Full back – Kelsey Neil (veteran).

Coaches – Scott Reaney, Teresa Lauzon and Gilles Lepage.

2013 SD&G badminton championships

Johnston, Benoit team up for a gold-medal result

MAPLE RIDGE – Three members of the North Dundas District High School badminton team ascended the podium at the 2013 SD&G badminton championships.

Mackenzie Johnston and Joey Benoit, both graduates of Winchester Public and Maple Ridge Senior Public schools, played solid badminton in five matches on their way to becoming this year's midget mixed doubles team gold-medal winners. The Grade 9 students went undefeated in the competition held last week (Mon., April 22) and St. Lawrence Secondary School in Cornwall.

Senior Liam Morrow collected his bronze medal on Wed., April 17 facing a talented field at Holy Trinity.

North Dundas coach Cindy St. Pierre Steele said she felt that it was quite an accomplishment for Morrow to earn a medal noting this year's SD&G senior men's singles champion receives professional coaching, plays at least five times a week and won this year's EOSSAA gold medal in straight sets.

"Liam did very well against a strong field, considering the little time he actually plays," said the coach.

"Mackenzie and Joey won all of their matches and got stronger the more they played," she said. "With players like them our team's future looks bright."

Net notes

The coach also reported that many other members of both the Devils midget and junior teams advanced out of other round robin matches and moved on to the semi-finals, including Calla Brugmans and Cory Ross – midget mixed doubles; Mitchell Melenhorst and Mason Durant – junior men's doubles; and Steve Cyr and Jared Schoenfeld – midget men's doubles.

Advancing to the quarter finals were: Brayden Cochrane and Spencer Kelly – midget men's doubles; Matt Laflamme and Laura van Kessel – junior mixed doubles and Noah Jaquemet – midget men's singles.

Rounding out the team were: Kaylie Fife and Frankie Moss – midget ladies doubles; Katherine Fleury and Will Zandbelt – junior mixed doubles; and Nik Carruthers and Bradley Stitt – junior men's doubles.

The coach congratulated all of the team members and thanked them for their hard work and perseverance on the court.

St. Lawrence hosted the midget men's/ladies doubles, while La Citadelle was the site of the midget singles/mixed doubles events. The junior men's/ladies doubles were played at CCVS. The junior singles and mixed doubles teams competed on the courts at St. Joe's.



Making a racquet

Badminton players representing North Dundas District High School at the 2013 SD&G championship tournaments made some noise earning medals in their respective divisions. Senior Liam Morrow was this year's men's singles bronze medal winner while Mackenzie Johnston and Joey Benoit struck gold in the midget mixed doubles competition. Watching the birdie are coach Cindy St. Pierre Steele (left), Liam Morrow, Mackenzie Johnston and Joey Benoit.

Press Photo – Van Bridger



Raiders roughed up

The North Dundas District High School Devils rolled to a 37-0 victory over the CCVS Raiders in the opening game of a pre-season teaching (rugby) tournament they hosted last week (Tues., April 23). North Dundas wing Amber Cotton (photo, right) and center Hanna Mollema move the ball against CCVS. Devils No. 8 Sarah Churchill (below) is stacked up by the Raiders defence.

Press Photo – Van Bridger

Devils win two of three tune-up games

MAPLE RIDGE – Wins over the CCVS Raiders and Vankleek Hill Colligate Institute highlighted the performance of the North Dundas District High School Devils in a recent pre-season (rugby) teaching tournament.

The Devils hosted the exhibition event last week (Tues., April 23) that featured a total of eight schools. North Dundas, CCVS, Vankleek Hill (VCI) and the South Grenville Giants formed one pool, while Smiths Falls, the Tagwi Warriors, the St. Joe's Panthers and Holy Trinity Falcons made up the other division. Because it was a tune-up competition, no official results were recorded.

North Dundas romped to a 37-0 win over the CCVS Raiders in their first test at 9:30 am, nipped VCI 3-0 on a Jenna Warren penalty kick at 11 am, before running into a talented team of South Grenville Giants from Prescott in their final match at 2:20 pm. North Dundas trailed 10-0 at the half and closed the gap to 10-3 on a Warren penalty kick early in the second session before buckling under the steady offensive surge of the Giants who ran up a 32-3 victory.



North Dundas coach Scott Reaney thought a 2-1 record was a fair result for pre-season play pointing to the fact this year's team is made up of 50 per cent new players.

"The 37-0 win over CCVS was good for team confidence, but they [CCVS] are green and they will get better," he explained. "The 3-0 win over VCI was really close, back and forth, but we did have the run of the play, territorially and with possession. They didn't really threaten our goal, and we were down at theirs a few times, including being inches away from the goal line at the final whistle."

In spite of the 32-3 score, Reaney considered the loss to South Grenville his team's best game of the day.

"We played well, but they played much better," noted the coach. "We played our best game until we got worn down near the end and made some mental errors. We improved all day long."

Because South Grenville is considered to be one of the best teams in the region, the North Dundas coaching staff (Reaney, Teresa Lauzon and Gilles Lepage) wanted to test their young squad early in the season and show the girls what to aspire to.

Reaney explained that the Devils gave up more points than they would have liked and the girls were disappointed, but told them it wasn't the setback it may have initially struck them as, but a learning experience.

Taylor Cummins opens ball hockey season with four-point game

WINCHESTER – Taylor Cummins' three-goal, four-point game highlighted the launch of the 35th Chesterville Women's Ball Hockey League season.

Cummins' performance paced Neal's Heating and Cooling Blues to a 6-3 victory over Bridals Yellow in last week's (Thurs., April 25) opening twin bill. Brittany Beckstead potted a pair of goals in the other game as the Annable's Jewellery Greens doubled Andy's Foodland Reds 4-2.

Taylor Cummins' second goal, set up by Kelly MacGregor with 5:30 left in the third period, proved to be the GWG in Neal's Blues 6-3 win over Bridals Yellow. She turned a play created by Leigh Ann Dearing and Amber Cotton into a 1-1 tie with 3:32 left in the first period and finished her hat trick with an opportunity engineered by MacGregor and Cotton 3:50 before the final buzzer.

The Blues led Yellow 2-1 after a period, but found themselves in a 3-3 deadlock after two sessions. Cashelle Baldwin held the opposition scoreless in the final frame and her teammates cruised to their win on the two Taylor Cummins tallies and a single by Steph Byvelds.

Brooke Cummins and Dearing supplied singles, while Cotton (2), MacGregor (2) Angie Van Gurp-Helmer, Kelly Francis and Janice Casselman earned assists.

Jessica Winters counted two of the Bridal goals and Cinnamon Boulanger added the other marker. Laura Melenhorst (2), Rhonda Boulanger, and Alyson Erwin provided the passes. Jaclyn Crump worked the nets.

Green 4 - Reds 2

Andy's Reds trailed Annable's Greens 3-0 after a period of play, rallied with two second period goals but were blanked in the third period by goalie Roxanne Crump and dropped a 4-2 decision.

Shaelyn McCadden turned a pass from Jill VanDerVeen and Lindsay Feeley into a 1-0 lead for the Greens at the 17-minute mark of period one. Feeley then opened up a 2-0 lead scoring from VanDerVeen and McCadden at 10:16. Brittany Beckstead turned a play started by Jessica Whitteker and Feeley into the GWG 7:32 before the end of the period.

Brittany Beckstead extended her team's lead to 4-0 burying a pass provided by Kaila Beckstead at the 12:15 mark of period two.

The Reds finally ended their scoring drought when Kim Elliott and Emma Grady scored in the final 5:09 of the second stanza. Jackie Morris engineered both scoring plays.

2013 rosters

Andy's Foodland Reds are: Sandra Morley – goalie, Monique Rutley, Jackie Morris, Laura MacKinnon, Patti Hall, Janis Hall, Theresa Schoones, Marissa Imrie, Jenny Wright, Paulette Levesque, Erin Grady, Kim Elliott and Megan Chamberlain.

Annable's Jewellery Greens are: Roxanne Crump – goalie, Jill VanDerVeen, Kelly Ann Cameron, Brittany Beckstead, Kaila Beckstead, Lindsay Feeley, Stephanie Servage, Jessica Whitteker, Missy Currie, Shaelyn McCadden and Katie Currie.

Neal's Heating and Cooling Blues are: Cashelle Baldwin – goalie, Lindsay Waddell, Steph Byvelds, Geena Rose, Leigh Ann Dearing, Hayley Moher, Kelly MacGregor, Taylor Cummins, Brooke Cummins, Kelly Francis, Janice Casselman, Angie Van Gurp-Helmer and Amber Cotton.

Bridals Yellows are: Jaclyn Crump – goalie, Rachel Bekkers, Jenna Warren, Laura Melenhorst, Marylyn Plummer, Marlee Grady, Carly Crump, Jessica Winters, Heather Cook-Erwin, Cinnamon Boulanger, Rhonda Boulanger, Alyson Erwin and Roxanne Backes.



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The 2013 North Dundas Junior Co-ed Minor Ball Hockey League season opens tonight (Wed., May 1) at the Joel Steele Community Centre. The Winchester Jr. Hawks and North Dundas Jr. Rockets will launch the campaign in a 6 pm game. This year's champions will be crowned on Wed., July 31. The junior players showcased their moves during evaluation scrimmages on Wed., April 24.

Press Photo – Van Bridger

Rosters released

Junior co-ed ball hockey opens new season tonight

WINCHESTER – Six team rosters have been selected and the first game of the 2013 North Dundas Junior Co-ed Minor Ball Hockey League (NDJCMBHL) campaign will feature the Winchester Jr. Hawks and the North Dundas Jr. Rockets.

The opening face off is set for 6 pm tonight (Wed., May 1) at the Joel Steele Community Centre.

Both the Winchester Jr. "B" Hawks and North Dundas Junior "C" Rockets made donations to the NDJCMBHL to be used to purchase jerseys for two teams in both the junior and senior leagues.

Game two tonight at 7 pm features the Oilers and Canadiens (Habs), while the Maple Leafs and Senators will meet at 8 pm.

The round robin playoffs begin on Wed., July 10 and conclude on Wed., July 24. The A, B and C championship games will be played on Wed., July 31.

2013 team rosters

The Winchester Hawks are: Ben Fingler, Joey Hannaford, Justus Van Noppen, Jason Larmour, Bradley Larmour, Isaac Verbruggen, James Morley, Noah Keeler, Jonah O'Donohue, Paige Hannaford, Jaryd MacIntosh, Emily Ryan, Adam Barkley (goalie), Derek Fingler – coach.

The North Dundas Rockets are: Cole Doornwaard, Cameron Cotnam, Josh Foley, Nolan Foley, Rylan Baker, Brennan McCabe, Candence Logtens, Ethan Logtens, Mackenzie St. Louis McIntosh, Tyrel Luchies, Josiah Luchies (goalie), Adam Chouinard, Curtis Bowman, Lee Bowers and Jamie Foley – coaches.

The Senators are: Ethan Guy, Brett Esnard, Liam Berry-Lavallee, Justin Dagenais, Dawson Given, Chayce Hyndman, Chase Holmes, Michael St. Louis McIntosh, Tristan Desrochers, Cameron Lynch, Amy Nelson, Adrianna Van Breugel, Hunter Van Breugel (goalie), Tina and Jamie Van Breugel – coaches.

The Oilers are: Caden Holmes, Travis Ouellette, Jacob Zandbelt, Zacharie Gutkneckt, Eliakim Gutkneckt, Erica Coburn, Kara Turcotte, Ruben Jaquemet, Vivian Jaquemet, Taylor McLaughlin, Noah Tessier, Nolan Brown (goalie) and Warren Holmes – coach.

The Canadiens are: Lucas Menard (goalie), Toby Byrne, Caylen LaBerge, Sara Sloane, Carter Zersch, Darrien Watson, Brianna Saucier, Clayton Scebenski, Delaney Johnston, Blake Watters, Owen Latimer, Branden Lovely, Cam Sherrer, Dom Menard and Ken Byrne – coaches.

The Maple Leafs are: Reise Marriner, Benjamin Brasseur, James Verspeek, Logan Verspeek, Jacob Verspeek (goalie), Jared Wicks, Jack Link, Jeremy Baron, Nicholas Brugmans, Bradley McLean, Sean DeVries, Maxwell Messervey, Elyssa McLeod and Peter Marriner – coach.

Sherrer named coach of the year

WINCHESTER – Aron Sherrer has been named the North Dundas Minor Hockey Association's (NDMHA) 2012-2013 Coach of the Year Award winner.

Rhonda Kelly, the association's registrar, received praise from the organization's executive for taking the additional duties of ice-scheduler and referee-assigner during the season. For her commitment to both the sport and minor hockey players in North Dundas, Kelly was named Volunteer of the Year.

Both presentations were made Saturday (April 27) evening as the association gathered at Winchelsea Events for its annual Volunteer Appreciation Night.

This year's Coach of the Year, Aron Sherrer, led the North Dundas Atom "B" Demons to a first-pace finish in the Upper Canada Minor Hockey League's West Division standings. The Demons lost just two decisions in 24 games and finished with a mark of 15-2-7. The second-ranked Kemptville Panthers eventually defeated North Dundas five points to three in the four-point western final. The Demons drew a first-round bye, eliminated the South Grenville Rangers in two games, while Kemptville swept the North Leeds Stars and ousted the Perth Wings in three games to meet North Dundas in the showdown for the division title.

Joining Sherrer on the Demons coaching staff were manager Barbi Menard, assistant coaches Kent Young, Ken Byrne, Scott Barkley, Kevin Bell, trainer C. Eikelboom and ass't trainer and goalie coach M. Michaud.



The North Dundas Minor Hockey Association held its annual Volunteer Appreciation Night at Winchelsea Events on Saturday (April 27). Association coach mentor Tom Mellean (left), Aaron Sherrer, 2012-2013 Coach of the Year, Rhonda Kelly, Volunteer of the Year and minor hockey president Mike Lebrun took part in the awards presentations.

Chesterville Record photo

The North Dundas association earned one Upper Canada Minor Hockey League (UCMHL) East/West title this season. That went to the Novice House "C1" Demons who finished first in the regular season with a 20-2-2 record, capturing the West Division championship after knocking off both the North Leeds Stars and Brockville Junior Braves before defeating the Kemptville "C2" Panthers in four games to earn the East/West banner.

Warren Holmes, who was assisted by Clinton Holmes, Kent Young, Peter Forrester, Greg Stewart, along with managers Kim Holmes and Kristine Foley, coached the UCMHL champions.

The NDMHA holds its Volunteer Appreciation Night at the conclusion of each season to recognize the long hours of service, dedication and commitment made by its coaches, managers, and trainers to minor hockey.

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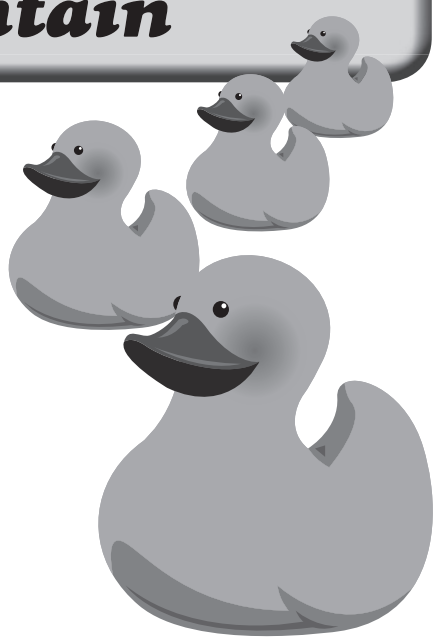

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Carmela Trombetta, vice president of Hamilton Financial Services for RBC, presented Graham McKelvie with the Les Prince Award during the 89th annual McMaster University Athletic Awards ceremonies. McKelvie, a graduate of North Dundas District High School, received the honour as the McMaster student-athlete that demonstrates leadership and outstanding community service through participation in an outreach program.

Graham McKelvie receives McMaster University award

HAMILTON – Township of North Dundas native Graham McKelvie is the 2013 recipient of the Les Prince Award, presented annual to the McMaster University student-athlete that demonstrates leadership and outstanding community service through participation in an outreach program.

McKelvie accepted the trophy from Carmela Trombetta, vice-president of Hamilton Financial Service for RBC, on Tues., April 2. RBC serves as the presenting partner for McMaster Athletes Care (MAC), which is the community outreach program for the McMaster Department of Athletics and Recreation. The presentation was made during the 89th annual McMaster University Athletic Awards ceremonies. The award is named for the previous athletic director Les Prince who, over his career, emphasized the combination of athletic endeavour with community involvement to cultivate outstanding graduates and citizens.

A member of the McMaster varsity rowing crew, McKelvie, a graduating student with a double major in history and political science, took on a major leadership role this year as a member of the MAC initiative.

The North Dundas District High School graduate spent the first term as the director of the Living Rock Ministries, serving in a liaison role with McMaster Athletics, as well as volunteering his time. In his second term, he changed positions with another member of the executive and became director for the Eva Rothwell Resource Centre, while continuing to volunteer with Living Rock. His time commitment saw McKelvie spend up to three visits a week working with community youth-at risk, as a volunteer between the two centers, as well as assisting with other MAC initiatives.

North Dundas Devils on pitch, SD&G soccer season underway

MAPLE RIDGE – The North Dundas District High School Senior Devils faced some stiff opposition as they debuted in the 2013 SD&G "A" high school soccer season in Williamstown.

Both the boy's squad, coached by Ian Wilson and the girl's team, under the guidance of Kathi Wilson, were at Char-Lan District High School yesterday (Tues., April 30) where they challenged the host Char-Lan Crusaders, always a top-ranked contender for tri-county honours, and the Seaway Spartans from Iroquois.

The senior boys side has been bolstered by the addition of several players who were members of last year's first-place Junior Devils.

Devin Boje, Patrick Bueley, Bryden van Kessel, the Marshall brothers (Dylan and Travis), Dylan Kelly, Cory Vandemheen, Patrick Gibson, Marc Thurler, Curtis Holmes, Dayton Kelly, Evan Corbett-White, Daniel Trumper, Roy Schmid, Lane Kirkwood, Ryan Romans, Travis Barkley Liam Morrow (keeper) and Aaron Burns (keeper) make up this years senior team.



Spring training for the North Dundas District High School Devils soccer teams has ended and SD&G league play is underway. The school's senior boys and girls' team were in Williamstown yesterday (Tues., April 30) to play games against the Char-Lan Crusaders and Seaway Spartans. Today (Wed., May 1), the Junior (boys and girls) Devils are in Iroquois to challenge the L' Heritage Dragons and Seaway Spartans. Senior striker Ryan Romans barged his way between two junior defenders during a recent scrimmage. *Press Photo – Van Bridger*

"If the boys play as a team we will be strong," said the coach.

Today (Wed., May 1), both Junior Devils' squads are in Iroquois to tangle with the host Seaway Spartans, St. Lawrence Saints and L' Heritage Dragons.

Mike Deighton's junior boys will face the Saints at 12:45 pm, while Kevin Bell will guide the girls through a pair of matches. North Dundas will square off against L'Heritage at 2 pm before meeting the Spartans at 3:15 pm.

Men ready to tee off at Sandy Row Course

SOUTH MOUNTAIN – It is time for local golfers to start loosening up and taking some practice swings.

The Sandy Row Restaurant and Golf Course has scheduled a Men's Night League Meet and Greet for Wed., May 8 and organizers are inviting everyone, including last year's members and new players, to dust off their clubs and work the bugs out of their swings that evening.

J.E.D. Express and Ed Duncan, who will be donating the prizes for the event that will be played on Wed., May 15, will sponsor the first official Men's Night of 2013.

The league's executive committee is planning numerous events, including the annual bus trip in early August, that will make the season both fun and challenging.

There is a newsletter, calendar of events and additional information available at the clubhouse.

Junior program

The club's 2013 juniors learn-to-golf program, for children five to 14 years of age, has been sold out. The program will start on Mon., May 27 and conclude on Mon., July 22 and will be held rain or shine.

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The Lions Club of Winchester is open to both male and female members, so if you are interested in community activities and would like to become a Lion, please let a Lions Member know.

Together we can fulfill our motto: "WE SERVE."

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HELP WANTED – Roofing labourers and shinglers wanted. Own transportation a must. Phone 613-913-0841.
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HELP WANTED – Night milkers for modern dairy farm milking 450 cows, double 12 parlour. Shift 6 days on and 3 days off. Top wages for right candidate. Phone Nick at 613-229-9932.
8-9

HELP WANTED – AZ Driver required to operate tri-axle dump truck and pony. Call Ray's Haulage at 613-724-8770.
8c

HELP WANTED – Seasonal position on crop farm, into summer for the right candidate. Non-smoking, clean driving record. Students may apply. Will train suitable candidate. Start immediately. 613-543-2312.
8

Work Wanted

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

WORK WANTED – STL Home Improvement, Renovations, repairs, additions, painting, flooring, ceramics, decks, basements plus more! Free estimates, Quality workmanship. Call Steven T. Lavigne 613-864-1953.
3tfc

WORK WANTED – Experienced carpenter. Additions, renovations, decks, siding, windows, doors and more. Call Andrew Lamoureux, Winchester, 613-853-5294.
44tfc

WORK WANTED – Masonry, repointing brick and stone houses. Chimney/foundation work, pargeting, carpentry work, roofing, siding, painting, decking, and windows. Gary Kirkwood 613-523-5056.
7-12

TUTORING - Retired Special Education teacher is missing the fun of helping children do their best in Language or Mathematics. Please call 613-774-2189.
7-8c

For Rent

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

FOR RENT – Commercial space, south side of the Winchester Lions Club, available January 1, 2013. $700 per month plus HST. Call 613-774-0724.
38tfc

FOR RENT – Commercial space. Great location on Main Street, Winchester. Call 613-297-5455.
8-16c

Accommodation

FOR RENT – 1-bedroom apartment in Winchester, $650 per month, heat and hydro included. Available immediately. Phone 613-774-2920.
37tfc

FOR RENT – In Russell, bachelor plus 2 additional rooms. $625 plus hydro, parking included. Available May 1. Phone 613-445-1325.
5tfc

FOR RENT – In Russell, 2-bedroom apartment, fridge, stove and parking included. $675 plus hydro. Available June 1. Phone 613-445-1325.
5tfc

FOR RENT – Williamsburg, 2-bedroom apartment available, $720 per month, heat and hydro included. First and last with cheques. References required, non-smoking. Phone 613-822-6635.
5tfc

FOR RENT – 1-bedroom apartment in Winchester includes stove, fridge, washer, dryer, parking. Ground floor, $850 per month, utilities included. Call 613-323-1366.
6-8

ROOM FOR RENT – Gladstone Street, Winchester. Parking available, non-smoker, available immediately. 613-774-4372. 8-9

FOR RENT
CHESTERVILLE COMMERCIAL SPACE
1,000 sq. ft. excellent for office, etc. at
11 Industrial Drive
Available March 1, 2013.
Call 613-448-2852.

Accommodation

FOR RENT – 2-bedroom apartment, Main Street, Winchester. Freshly painted and new floors. Bright, second floor apartment. Laundry on site. Parking on site. Fridge, stove and water included. $800 plus hydro. One year lease. Call 613-297-5455.
8-16c

FOR RENT – 1-bedroom apartment, stove and fridge included, private parking, laundry facilities in the building. Available immediately. $750 utilities included. Call 613-448-2436.
8

FOR RENT – 2-bedroom apartment in downtown Chesterville. No smoking. No pets. $650 per month plus utilities. Call 613-448-1615.
8

FOR RENT – Ground floor, 1-bedroom plus den apartment in Morewood. First and last month's rent upon signing lease. References required. Coin laundry on site. 613-535-1149.
8

For Sale

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

FRUIT TREES – Apple, local and heirloom varieties, pear, plum, cherry, peach and flowering crab trees, $20. Strawberry and asparagus plants, maple syrup at Barkley's, email billb.otr@gmail.com or call 613-543-0491.
4-9c

FOR SALE – Wooden play structure with swings and slide, needs some repair, $200. Phone Debbie or Dwayne, 613-448-3227.
8stf

Automotive

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

FOR SALE – Must sell, 1996 Chev regular cab 1/2 ton truck with ladder racks and tool boxes. Great shape. One owner. Regular maintenance. Asking $2,500, as is or best offer. Call 613-203-7645 after 1 pm .
8

Farm

FOR SALE – Wrapped round mixed hay; 2012 corn silage; 12 big bales of wheat straw, $65 each. Call 613-989-5769.
6-8

FOR SALE – Straw, 4x5 rounds, small and large squares, $45 each. Call 613-448-3454.
7-8c

FOR SALE – 353 New Holland grinder mixer, like new. Call 613-774-3505.
8-9

FOR SALE – Case IH 5100 grain drill, 18-run. Call evenings 613-448-3831 or 613-448-3595.
8stf

Custom Assembled New & Gently Used
GOLF CLUBS
Putters, Irons and Woods
Ranging from $20 & up
Call 613-223-3050
preferably after 5 pm

Farm

FOR SALE – 45' Little Giant elevator motor and PTO for hay, wood or feed trough. Excellent condition. $600. 613-448-3470.
8

FOR SALE – 4x4 round bales of timothy hay. Call 613-448-2949 or 613-543-4599.
8

Household

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

FOR SALE – White Whirlpool fridge and ceramic cooktop stove, as well as a Maytag dishwasher. All in good condition. Call 613-984-0743.
8stf

FOR SALE – Kitchen cupboards, solid maple doors, with countertop and sink. Good condition. Call 613-984-0743.
8stf

Pets/Livestock

FOR SALE – Your chance to eliminate problem cows. Replace them with trouble-free, just fresh, 2-year old Holsteins. Steady supply available. Individuals or truck loads. Velthuis Farms Ltd., 613-794-0258.
48tfc

FOR SALE – Holmesdale Jordans Gunroy B & W RDC Can F #11145335, born April 15, 2011. Holmesdale Gunroy Spot Can F #11145336, born April 27, 2011. 613-774-2879 or 613-774-2169.
52stf

FOR SALE – 4 Herefords: 3 bred, 1 open, 2 with papers. Call 613-346-2431.
7-8

FOR SALE – Two 1-year old Charolais bulls. Phone cell 613-577-5411 or home 613-543-3220.
8-9

Recreational

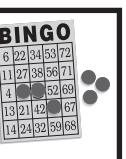
FOR SALE – 15.5' flat-back aluminum canoe, $400. Phone Connie after 6 pm 613-448-3227 or days 613-774-2524.
7stf

FOR SALE – 21' 2013 Microlite trailer by Flagstaff. Electric pushout for couch, electric awning, bathroom, full size bed, air, LCD flat screen TV with antenna, DVD player, stereo, outdoor speakers, full size fridge, outdoor BBQ, outdoor shower. Driven twice. Paid $24,000, asking $22,500 or best offer. Must sell. 613-448-3072 ask for Ron.
7-9

FOR SALE – Girl's Huffy Sea Star 2-wheel bike, with basket, very good condition. $55. Phone Dawn at 613-774-5204.
8stf

For your convenience classified listings are posted weekly online at www.winchesterpress.on.ca

MINI MONSTER BINGO



$5,500 Prize Board
SAT., MAY 4
Nativity Hall/Salle Nativité
301 McConnell, Cornwall
Doors open at 4 pm
Bingo starts at 7 pm
• $21.00 Pkg. of 12 Cards includes Specials
• Bonanza Extra
VERIFIER WORKING

Card of Thanks

CARD OF THANKS – So many good, kind, compassionate people "came through" for the Froats Family at the April 6th fundraiser, and although it doesn't change their circumstances, hopefully it eased a small part of their burden for a short while. A huge "thank you" goes out to each and everyone who contributed in any way. Many hands make light work! We're all part of the Pulling Together Team.

8

In Memoriam

BANNING – In loving memory of Muriel, wife, mother, grandmother and great-grandmother, who passed away May 3, 2009.
In our home she is fondly remembered.
Sweet memories cling to her name.
Those who loved her in life sincerely
Still love her in death just the same.
– Sadly missed by all the family

8

GUY – In memory of Mitchell John, January 22, 2003 – April 30, 2005
Mitchell ...
Deep in our hearts you will always stay,
Loved and missed every day.
– Mommy, Daddy, Mikyla and Kaden

8

FAWCETT – In loving memory of Ralph, who passed away on May 2, 2012.
Those whom we love go out of sight,
But never out of mind;
They are cherished in the hearts
Of those they leave behind.
Loving and kind in all his ways,
Upright and just in all his days;
SIncere and true in heart and mind,
Beautiful memories he left behind.
– Always loved and remembered,
– Mary and family

8

Coming Events

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

48tfc

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

8tfc

SEAWAY VALLEY SINGERS CONCERT
Fri., May 3, 7:30 pm, Christian Reformed Church, Williamsburg. Conductor, Robert Jones, Accompanist, Margaret Whisselle. Come and join us in celebrating our 20 years as a community choir. Musical selections represent highlights from our first 20 years including Broadway HIts and a variety of favourites. Tickets available in advance, $10, at Seaway Valley Pharmacy, Morrisburg and by calling Bob Rudduck at 613-543-3863. TIckets at door $12 and $5 students. For info www.seawayvalleysingers.ca

6-8c

ANNUAL MEETING OF ORMOND PROTESTANT CEMETERY
Will be held Mon., May 6, 7:30 pm at Linda Skuce's home, 4384 9th Line Road, Winchester.

8

Coming Events

A VISITATION BANQUET CENTRE
5338 Bank Street, Gloucester. Rent for wedding receptions, anniversaries, conferences, training seminars, business meetings. Free WI-FI. Phone 613-822-1777. Email: sales@avisitationbanquetcentre.com Web page: www.avisitationbanquetcentre.com

52-12c

TRI-COUNTY COUNTRY MUSIC DANCE
Sat., May 4 in Morewood Rec Hall from 7:30-11:30 pm. $5 at the door.

8

LOLA'S
The warm weather is back and so is Lola's Chip Wagon.

8c

MOVIE NIGHT
www.moovies.ca
Catch the big screen! **Sat., May 11** in Winchester's Old Town Hall. Listings on website and "North Dundas Theatre" Facebook page. Admission $5. "Loonie" Snack Bar. Sponsored by the North Dundas Movie Committee. **Big screen, small prices.**

8tfc

RAIN BARREL SALE
Morrisburg, Lakeshore Drive United Church, Sat., May 18, 8 am-1 pm. Barrels are from repurposed good-grade barrels (available in grey, blue and white). Equipped with filter, spigot and overflow hose. $55 each. For information and advanced orders by May 14, visit rainbarrel.ca/LDUC or call 613-543-3551.

8c

DUNDAS COUNTY HOSPICE
Hike/Walk for Hospice, Sun., May 5. 1km/3km/5km routes. Location: Iroquois Locks/Point. Registration opens at 12 noon, $25. Sponsor sheets available at DCH office, 4324 Villa Drive, Williamsburg and Annable's Jewellery, Winchester. Hike/Walk starts at 1 pm. BBQ and Cake, 3 pm. **All funds raised remain in our community.** Come out for a fun afternoon and watch the ships go by!

8c

WILLIAMSBURG ODDFELLOWS
Coming Events for May
Sat., May 11 – WRD; **Sat., May 25** – Chinese supper and dance, This Old Heart and the Country Comrades.

8c

MIXED PARTY
In honour of Brad Casselman and Mahsa Aryan, Sat., May 11 at Morrisburg Legion, 8 pm-1 am. Net proceeds towards Sens Foundation and Plan Canada Towards the Gift of Hope.

8-9c

FREUD'S LAST SESSION
By Mark St. Germain will be performed at The Gathering House, 2 Water Street, Chesterville on Sat., May 11 at 7:30 pm. Tickets $10 at door. Come and enjoy another 9th Hour Production.

8

Yard Sale

BOOK/GARAGE SALE
Fri., May 3, 4:30-7:30 pm and Sat., May 4, 8 am-4 pm, 13255 Droppo Road (between Chesterville and Dunbar). Proceeds to Winchester Heel 'N Wheel Cancer Care. Single bed with mattress, 21-speed ladies bike, 5 hp vac, and much more.

8

Auction Sales

ESTATE AUCTION SALE
TRACTORS, VEHICLES, MOTORCYCLE, LAWN AND GARDEN, TOOLS, SOME HOUSEHOLD EFFECTS AND MISCELLANEOUS ARTICLES
4831 Eighth Line Road, Carlsbad Springs. From 417 East exit Anderson Road, travel south to Rene's Corners Gas Station and turn left on Eighth Line Road – OR – from Carlsbad Springs at Boundary Road turn west (at the railroad tracks) on Eighth Line Road. Watch for Auction Signs.
SATURDAY, MAY 11
commencing at 10 am
To settle the Estates of the late William Backes and the late Ronald Backes, the following will be sold: IH Farmall A, restored, sharp; IH Farmall H with loader and chains, very nice condition; MF 65 gas tractor with loader, 3-pt. hitch; 1980 GMC Sierra 15 pick-up, 305, V8, nice condition, sells as is; 1995 Ford Ranger, sells as is; 1984 Pontiac Phoenix, 4-door sedan, sells as is; 1997 Yamaha 350 motorcycle, black, nice condition, sells as is; Classic go-cart with engine; JD STX riding lawn tractor with 38" mower; JD 110 lawn tractor and snowblower; Murray 12 hp riding lawn tractor with 38" cut; several lawn tractors for parts; new MTD rear-tine rototiller; new 9 hp gas engine, still in box; Coleman 5000 generator and cord; wood splitter with Honda engine; 5 utility trailers; Ariens ST 1032 snowblower; several walk behind snowblowers in various conditions; push mower; weed-eaters; older generator.
Tools: Upright air compressor, 5 hp, like new; new tool cabinet; large selection of wrenches and power tools; chain saws; skil saws; floor jacks; drill press; Canox welder; oxyacetylene torches; come-along, pullers, drill bits, sockets and ratchets; paint guns; grease guns; logging chains; electric heaters; assorted new tools; aluminum ladders; steel wheeled cultivator; trailer plow; assorted scrap iron; older travel trailer; bicycles; many small engine parts; selection of household effects; audio equipment; household furniture and miscellaneous articles.
Owners and Auctioneers not responsible for accidents.
Refreshments Available
TERMS OF SALE
Cash or Cheque with Proper ID
PROPRIETORS
Executors of the Estates
AUCTIONEERS
James and Hill Auction Service Ltd.
Stewart James
613-445-3269
Carson Hill
613-821-2946

8-9c

For your convenience classified listings are posted weekly online at www.winchesterpress.on.ca

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SALES & SERVICE
on all Rovibec, Wic and Patz Products
• Silo Unloaders • Stable Cleaners
• Alley Scrapers • Pumps • Conveyors
• TMRs • Robotic Feeders • Mills
• Hay Processors • Augers • Feed Carts
Clarence Holmes
20 Years Experience in the Ag Industry
613-448-3447 Cell. 613-447-3447
Email: c.holmes@rovibec.com

Auction Sales

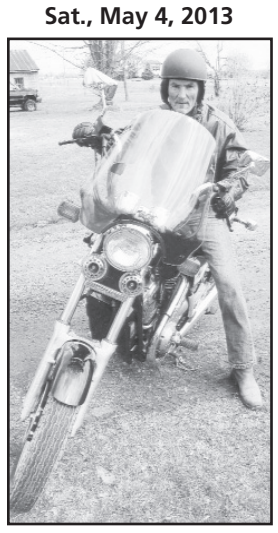
TWILIGHT AUCTION SALE
TRACTOR, INDUSTRIAL LAWN MOWER, MARKET GARDEN ITEMS, RESTAURANT EQUIPMENT AND MORE
To be held on site at Civic #1004 Pattee Road, Hawkesbury. From Highway 17 Hawkesbury, travel south on Highway 34 1 km to Pattee Road (property located between Highway 34 and Pattee Road). From Highway 417 travel north on Highway 34 approximately 14 km to Pattee Road. Watch for Signs!
THURSDAY, MAY 9
commencing at 5:30 pm
Reason for Auction: Property sold, owners are relocating.
Owner and Auctioneer not responsible for loss or accident.
TERMS
Cash or Good Cheque with Proper ID
PROPRIETORS
Ross Higginson
and Nancy Wiseman
AUCTION CONDUCTED BY
Peter Ross Auction Services Ltd.
Ingleside, Ontario
613-537-8862
www.theauctionfever.com

8c

SEE NEXT PAGE FOR MORE AUCTION SALES

"like" us on Facebook
WINCHESTER PRESS

Happy 50th Birthday
Pete DeJong
(AKA Dad)
Sat., May 4, 2013



Remember, age is just a number, continue living your life to the fullest.

Our love always and forever,
Amy, Chad, Erin, Kristin, Carly, Codie, Dustin, Courtney and Tara and Troy
XO

P.S. Also on May 4, 2013, a Happy 29th Birthday to Chad
from the gang XO

RENTALS
Lawn Roller
Sweeper
Dethatcher
Aerator



PROPANE REFILLS
NOW OPEN SUNDAY
10 AM-3 PM
Cotnam TRU Hardware
33 KING STREET, CHESTERVILLE 613-448-3838

BELLEFLOWER GIFTS
Home Fashion & Decor
Unique selection of giftware, home decor, jewellery & more
Hours: Tues.-Sat. 10-5; Sun. 11-4
1453 County Rd. 31 (North of Winchester), Winchester
613-774-0647 • www.belleflowergifts.com

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Designing Your Corner of the World

~ IN MEMORIAM ~

GARRY HANNA

Twin brother, brother-in-law, uncle and great-uncle, passed away one year ago, May 6, 2012.

Sadly Missed, Loved Always

Gail & Ed
Laurie, Frank, Cassidy, Madison & Abbie
Randy, Lisa, Dylan, Katie, Erica & Michael
A.J., Sarah, Elliot & Jillian
Dan, Crystal, Kurtis & Lauren

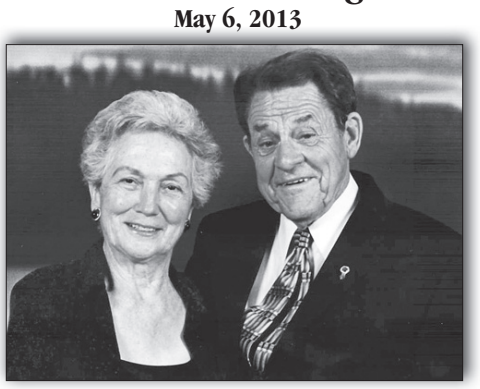
Trevor and Jackie Peplinski of Ottawa
are pleased to announce the safe arrival of their beautiful baby girl,

Emma Claire



born on Dec. 25, 2012, weighing 8 lb., 1 oz., 20 in. long. Proud grandparents are Stanley and Rita Peplinski of Barry's Bay and Terry and Marj. Nolan of Osgoode. Emma is the fourth grandchild for Stanley and Rita and the first for Terry and Marj.

60th Wedding Anniversary
Iris & Glen Cunningham
May 6, 2013



Congratulations and love from your family

In Memory of My Father

GORDON L. McINTOSH

October 11, 1926-May 5, 1988

Dad:

Twenty-five years have now come and gone. Can you believe it! I remember that day like it was yesterday. It made no sense, and was something I was not ready for. That day broke my heart.

Sometimes, when I sit quietly, the memories come flooding back. Some of my favourites are of you taking all us kids to the Ottawa Ex for the day. You sure had more patience than I ever would have. The yearly family picnics. Never a dull moment there. All the many times we spent checking our 649 tickets together, over a cup of coffee. Then there were the family euchre games. Most of the old gang have now since joined you, so along with your sense of humour and jokes, I know the laughter and games continue.

My three children, your only grandchildren, are now grown with families of their own. It's so sad you missed out on so many special moments in their lives. You also now have six beautiful great-grandchildren. I wish they would have had the chance to know you.

Once again Dad, this has been just my way of spending a little time with you.

Thanks for the memories.

Forever in my heart,
Love Kathy

Auction Sales

ANNUAL SPRING MACHINERY AND TOOL CONSIGNMENT AUCTION SALE
TRACTORS, FARM MACHINERY, LAWN AND GARDEN EQUIPMENT TOOLS, SMALL FARM RELATED ITEMS AND MUCH MORE

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

SATURDAY, MAY 4
commencing at 9 am

Note: Items arriving daily. Accepting consignments until Friday, May 3 at 1 pm. We will be posting pictures daily as new consignments arrive. Keep visiting website below.

Owner and Auctioneer not responsible for loss or accident.

Canteen and Washroom
TERMS
Cash or Good Cheque with ID
AUCTION CONDUCTED BY
Peter Ross Auction Services Ltd.
Ingleside, Ontario
613-537-8862
For Photos and Full Listing
www.theauctionfever.com

8c

Auction Sales

AUCTION SALE
For the Estate of Gilbert Jones
Travel north of Brinston on County Road 16 to Hulbert Road, then west – OR – travel south of South Mountain on County Road 1 to Hulbert Road, then east.

SATURDAY, MAY 11
commencing at 10 am

1988 Ford F250 diesel truck with Hillsboro aluminum stake deck; tandem trailer with ramps, 14'; Ford 1210 diesel lawn tractor with Ford 916A 48" mower deck; Ford 18 hp gas lawn tractor with 48" mower deck; John Deere 5500 generator with trailer; lawn tractor attachments including snowblower, blade, rototiller, roller and flail mower; air compressor; welder; drill press; large quantity of mechanic's tools and related items including impact wrenches, floor jacks, Ford manuals, truck parts, tool boxes, wrench sets and more; canteen trailer; antiques and household effects.

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

8-9c

Notice of Property Sale

Prime Tile-Drained Farm Land for Sale being Part of LOT 21 Concession 4, Township of North Dundas, Estate of Charles D. Smith, Chesterville, Containing 222 acres more or less *(subject to confirmation)*, and being all of PIN 66148-0128 (LT).

Bidders must submit their written offers at the address below no later than **1 pm on Friday May 3rd, 2013**.

Pending closing, the accepted offer will be able to farm the land.

Closing to take place no later than 60 days after an offer is accepted.

Vendor take back mortgage will not be considered.

Offers are required to allocate the purchase price among: House and one acre; cropped land (tile-drained acres) and bush land. All acreage subject to confirmation.

A deposit, in the form of bank draft or certified cheque, is required with each offer, payable to Gorrell, Grenkie & Remillard in trust, and shall be equal to 10% of the total purchase price (before tax) offered.

Offers not accepted will have their deposit returned immediately.

Title to be treated as free and clear, subject to any registered easements for utilities.

Any offers and queries are to be directed to Gorrell Grenkie & Remillard, Attn: Peter Remillard, 67 Main Street, PO Box 820, Morrisburg, Ontario, KOC 1X0; (Tel: 613-543-2922; Fax: 613-543-4228; Email: peter@yourlawfirm.ca).

POSITION AVAILABLE

PART-TIME ULTRASOUND TECHNOLOGIST
(Relief Maternity Leave)

Qualifications: CSMDS Certification
CARDUP Registration

Requirements: Available as needed for all shifts, relief for vacation, etc.
Ability to work unsupervised
Bilingual (English/French) preferred
Comply with all hospital policies
Pleasant personality

Hours of Work: Up to 24 hours/week

Salary: As per Union contract

Submit applications by Friday, May 3rd, 2013 to:

Kathryn Brunton
Manager, Diagnostic Imaging
Glengarry Memorial Hospital
20260 County Road 43
Alexandria, Ontario K0C 1A0
or email to:
kbrunton@hgmh.on.ca

TOWNSHIP OF North Dundas
P.O. Box 489, 636 St. Lawrence Street
Winchester, Ontario, K0C 2K0
Tel. 613-774-2105 Fax 613-774-5699
www.northdundas.com info@northdundas.com

Summer Hours

Boyne Road Landfill Site will be open Monday to Friday, 8 am-4 pm.
Starting Saturday, May 4 the landfill site will be open from 8 am to 11:30 am.

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

Employment Opportunity

LICENSED MECHANIC WANTED

Excellent working conditions, must be a self-starter, able to work with minimum supervision, mainly safety and service work.

Hours: 8:30 am-5:00 pm Monday to Friday

Call for more details:
1-877-820-5598
or 613-448-2488

HORST SYSTEMS LTD.

New Branch in Eastern Ontario!
Now in Williamsburg - - Relocating to Winchester

Earl Horst Systems Ltd. is a recognized leader in the grain handling industry. We offer turn-key systems from excavating to electrical, and we are looking for motivated people to join our team!

Employment Opportunities:

- **General Labourers**
  Excellent work ethic with construction/farm background
- **Lead Electrician / Experienced Journeyman**
  Competent tradesman w project management experience
- **Branch Manager Trainee**
  Motivated and gifted young leader to work in all aspects of the business, preparing for future role as Branch Manager

2013 Grass Cutting Contracts

South Nation is seeking pricing for grass cutting services at the following locations for the 2013 and 2014 seasons:

Cass Bridge C.A.
County Road 31, south of Winchester

Jessup's Falls C.A.
Hwy. 17, west of Plantagenet

Memorial Site
Old Village of Lemieux

SNC Administration Office
Village of Finch

W.E. Burton and J. Henry Tweed C.A.s
Village of Russell

McIntosh Park
Village of Berwick

Mandatory site visit to take place on May 6, 2013.

Quotes must be submitted by May 10, 2013.

For more information contact:

David Fitch
Works Superintendent
1-877-984-2948 Ext. 239

SOUTH NATION CONSERVATION DE LA NATION SUD

Weekday BUS to OTTAWA



HELP WANTED
CLIENT/FOOD CO-ORDINATOR

The Dundas County FoodBank, a Christian-based outreach, is seeking a self-motivated, discreet, and well-organized person to perform the duties of Client/Food Co-ordinator for its Second Street, Morrisburg location.

Operating hours are Monday 10 am to 12 pm, Wednesday 7 pm to 9 pm, and Thursday 1 pm to 3 pm. Related responsibilities will be required for a total of approximately 60 hours per month. This is a paid position.

The successful applicant must have access to a vehicle, a valid driver's permit, and be in good physical condition, get along well with others, and hold a high school diploma. Knowledge of computer use and math skills are important. Preference will be given to a Dundas County resident.

Six applicants will be chosen for an interview and only those selected will receive a reply.

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WDMH's Community Care Building opens doors



WINCHESTER – The new Community Care Building, part of Winchester District Memorial Hospital (WDMH)'s Centre of Excellence for Rural Health and Education, is operational.

Located to the west of the hospital, the new facility houses the Eastern Ontario Health Unit (EOHU), the Ontario Early Years Centre (OEYC), the Champlain Community Care Access Centre (CCAC), and Job Zone d'emploi.

Pat Lewis, WDMH's chief of human resources, said the project came in on budget, if not slightly below. The 15,000-square-foot building cost roughly $3.5 million.

With separate – but related – organizations all under one roof, the Community Care Building offers clients easy access to needed services in just one stop.

Families who visit the OEYC, for example, can also access the health unit's services on-site. On Mondays, the two organizations hold a joint immunization clinic in the childcare centre. In addition, the two intend to partner on related causes focusing on educating parents, and getting children school-ready.

On Thurs., April 25, representatives from each of the groups housed in the building were able to connect with one another during an informal roundtable meeting organized by WDMH staff.

CEO Cholly Boland welcomed everyone and offered insight as to why each of the four groups belonged in the new building.

The state of a person's health is dependent on many things, he said, including social well-being. Being out of work, for example, can impact a person's health.

Job Zone d'emploi is not just about finding people jobs, but also about helping each individual figure out what is next for them personally, whether it be additional training, education, or direct field placement, Vicki Muir, one of two on-site counsellors, said.

"We work with as many community partners and employers as we can," she added.

Job Zone d'emploi counsellors also assist clients in navigating through government-funded programs.

Meanwhile, the early years centre offers parents and caregivers an opportunity to socialize their children in a safe and welcoming environment, learn new parenting skills, and even borrow toys, Carrie Van Allen, family resource co-ordinator, said.

The centre, part of the Glengarry Inter-Agency Group, currently has space set up for young children, but is also working toward opening a youth hub in the same location in the coming months, Van Allen added.

Meanwhile, with three examination rooms, as well as a boardroom, the local EOHU office provides services both on and off-site.

There are a multitude of disciplines represented at the Winchester office, including dieticians, inspectors, speech therapists, nurses, and more, Shawn Pilon, office manager, said.

The CCAC also provides on-site services at the Winchester location, but much of the work done by this agency is off-site.

The centre focuses on providing community care services to individuals from birth to death, Kim Peterson, vice-president of clinical care, said.

Currently, CCAC has begun hiring for a new program, which provides mental health assistance in schools for students. Also, nurse practitioners are currently being hired for palliative care support.

Winchester Golden Years host first spring meeting

WINCHESTER – Winchester Golden Years president Marlene Faulkner welcomed 54 members and four guests to Thurs., April 18's Easter-themed meeting at the Lions Hall.

This month's guests included Julie Roy, Bruno Gregoere, Shirley Nicol Hellam, and her husband, Harold.

Doris Cross played the piano for the singing of "O Canada." The "Lord's Prayer" was said, and a minute of silence was observed in honour of member Alan McMahon, who recently passed.

Marjorie Lougheed announced April birthdays and anniversaries, which were then acknowledged by the members.

The minutes of the last meeting were read, the treasurer's report was given, and each of the committees were heard from, as old and new business was dealt with.

On Sat., June 1, the seniors are holding a Chinese Ticket Auction. The event is open to the public. Donations of auction items are currently being accepted.

On Wed., June 12, the seniors will be celebrating their 40th anniversary with cake, tea, and coffee.

Upcoming euchre events will be held Thurs., May 9, Thurs., May 23, and Thurs., May 30. For more information or to play, contact Ray Robinson at 613-774-2134.

Nicol Hellam said "Grace" before a pot luck lunch.

Nancy Rodger introduced Nicol Hellam and Harold, who entertained the members.

Seniors' host April meeting

by Huguette Shaver

MOUNTAIN – Jack McCargar, Mountain Seniors' president, opened the group's Wed., April 24 meeting with the singing of "O Canada," followed by the "Lord's Prayer."

A moment of silence was then observed in memory of Wilhelmina Jansen.

Secretary Mavis Graham read the minutes of the March meeting, and they were approved as read.

Irene Crowder presented the kitchen report.

Muriel Milne delivered the United Senior Citizens of Ontario (U.S.C.O.) report. She said hospital parking fees are often too costly for seniors, and therefore should be subsidized. Also, seniors should receive more help if they remain in their own homes.

The treasurer's report was not given as Dave Scharf was away.

Huguette Shaver sent a sympathy card to Herman Jansen for the loss of his wife. She will also send a get-well card to Dorothy Scott who is presently not feeling well.

Shaver reported an upcoming trip to the Hartford Retirement Centre in Morrisburg where the Mountain Seniors' were invited to join centre residents for lunch on Tues., May 28 from 12 to 2 pm. For more information, contact Shaver at 613-989-3111.

This summer, there will be a picnic for the group. More information will come at a later date.

"Grace" was said by June MacMillan, and was followed by a pot-luck luncheon.

The next regular meeting will be held on Wed., May 29 at 11:30 am at the Mountain Community Hall. This meeting will include a walk-a-thon to raise funds for the upcoming U.S.C.O. convention.

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