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Opposing views on wind energy's future heard at open house

by Alicia K. Gosselin
Press staff

FINCH – Although municipalities in Ontario do not have the final say when it comes to wind farms being established in their communities, representatives from EDP Renewables are trying get the public to see the light at the end of the wind tunnel.

In just two days, the renewable energy company hosted an informational-style open house for two municipalities with proposed wind farms in their area – the Municipality of South Dundas on Wed., Aug. 5 and the Township of North Stormont on Thurs., Aug. 6 – where residents expressed mixed feelings.

"It's environmentally friendly, cheaper than gas and hydro…[and] I would love to have one on my property," said Jo Saunders, a Finch-area resident who says she's committed to living sustainably. "I think the one problem with wind turbines is that they represent change. I think people are hesitant because they are misinformed, mostly… Close-minded, maybe not concerned about the future, and just not environmentally aware."

The first night presented information about the 75-megawatt South Branch II Wind Farm proposed for South Dundas, which would be located to the east of the existing 30-megawatt South Branch Wind Farm near Brinston. It would have between 20 and 30 turbines across almost 10,000 acres of privately-leased property.

The second night featured specifics on the 100-megawatt Nation Rise Wind Farm proposed for North Stormont, which has three potential locations in the western part of the township. It would have up to 50 turbines across about 12,000 acres of privately-leased property.

The opportunity for residents to get up close and personal with EDPR officials was all part of the company's community engagement plan – a requirement for their application to the province's Large Renewable Procurement (LRP) program, established through the Independent Electricity Systems Operator (IESO).

• see OPEN HOUSE on page 2

NDDHS graduate chosen as international science conference participant

by Matthew Uhrig
Press staff

WINCHESTER SPRINGS – Shelby Allison is preparing herself for what could be a once-in-a-lifetime experience.

The Winchester Springs native is set to travel to Israel later this week for the 2015 World Science Conference.

It will be the culmination of a process that began a year ago when Allison first submitted an application for the event, which boasts some of the greatest minds from a broad spectrum of fields.

"I remember submitting it and thinking 'as if they're going to pick me,'" she said.

It was no run-of-the-mill application, however. In it, Allison had to reflect on a Nobel Prize laureate she found inspiring. In the end, she selected American biochemist and pharmacologist Gertrude Elion.

• see CONFERENCE on page 2



Chug-a-lug

Sisters Sara (left) and Abigail Sloane took on all challengers during Sat. Aug. 8's "milk boat" races – part of this year's Dairyfest activities. The girls teamed with some friends to take on members of the North Dundas Fire Department's Winchester detachment in one of the event's early heats. For more coverage from the 2015 celebration, see pages 10 and 11.

Press Photo – Uhrig

South Mountain Fair bringing fun, excitement to town

SOUTH MOUNTAIN – It'll be all fun and games for anyone heading out to the 123rd South Mountain Fair this weekend, with events, entertainment, and activities planned for the fairgrounds from Thurs., Aug. 13 to Sun., Aug. 16.

"Planning took place immediately after last year's fair ended," said Paul Allan, president of the Mountain Township Agricultural Society (MTAS), which organized the event. "Never a break – I guess that's why it's so big and gets better every year."

With thousands of dollars in grants being put towards the South Mountain Fair – most recently a grant of $88,000 from the Ontario Trillium Foundation for the renewal of the MTAS Hall – several new features will be introduced this year with only a $20 fair admission. Thursday's admission will be half price at $10.

One of the newer events includes a Power Wheels Derby for kids aged five to seven, which will take place on Thursday at 6:30 pm in the derby pit. All participants must provide their own power-wheels vehicle.

The kids will also have tons to do in the Children's Entertainment Tent, including performances by Splash N' Boots, LUV2GROOVE, Dr. Funny Bones, and Glass Slippers. The corn maze will be open all weekend as well.

The annual truck pull returns on Thursday, but with a new clay track installed by the MTAS.

There's also a "surprise" planned for the ever-so-popular Demolition Derby, which starts at 7 pm on Friday.

A new pizza-eating contest has also been planned this year, with slices sponsored by King's Pizza for both men's and women's teams. The person who can eat an extra large (men's) or a large (women's) pizza in eight minutes wins a prize.

• see FAIR on page 2

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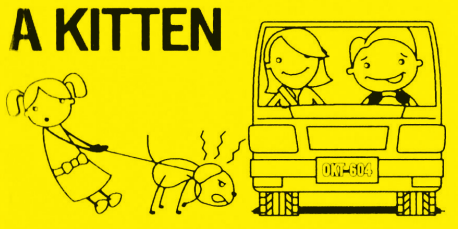
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Open house

• continued from the front

EDPR is among 21 qualified renewable energy companies in Ontario to put together competitive bids for wind farms, with the province awarding a total of 300 megawatts.

The submission deadline for all proposed wind projects is Tues., Sept. 1.

Until then, EDPR has been working at getting the community on board with the proposed wind farms by reaching out to private landowners, as well as looking for support from municipal councils in the form of an IESO resolution. A supporting document would give EDPR a competitive advantage during the LRP bidding process.

"Support would allow us to lock in the community and municipal benefits," said EDPR's deputy project director Tom LoTurco. "The open houses are planned because we want to de-mystify any misconceptions about wind energy…Once people see the benefits, see what we're proposing, see us personally, it dispels the myths and there's a lot less concern."

According to LoTurco, the proposed sites would generate long-term jobs, bring in increased annual taxes to the townships, and add several benefits and money pools for the community. These include the Community Benefit Fund, the Municipal Benefit Fund, compensation for road damages, and investments into local contracting.

Several charts and diagrams were put on display at each of the open houses to represent the project site locations, cost for the projects, provincial setbacks, effects on property values, and the need for wind energy in the province.

But not everyone was convinced.

"I live in Finch, and I'm completely against [wind mills]," said Ernie Coumont, who noted the proposed Nation Rise Wind Farm would see a turbine on each side of his property. "The value of our homes will be depleted. I have talked with real estate agents around the Brinston area, and people do not want to buy homes in that area because of the wind turbines. I've been working on my home for six years, I've brought the equity up, and I've just had it appraised last year. I don't think I'll get any where near as close this year because of the windmills."

North Stormont council members voted 3-1 not in favour of supporting EDPR's resolution at last month's meeting, while South Dundas council members had yet to vote by press time. However, when it comes to renewable energy projects, the province is the only approval authority.

"Many attendees expressed their dismay that the provincial government makes the final decision regardless of their input or that of council," said South Dundas Mayor Evonne Delegarde.

Both open houses showed varied opinions and crowds, with residents in South Dundas being more "open-minded and positive" toward wind turbines than those in North Stormont, according to LoTurco.

"For people who have concerns, come see us. Come see what we do, we'd be happy to take people on tour," said LoTurco. "The people who do their research and get up close and personal with what we're trying to do in the community are a lot more comfortable."

Conference

• continued from the front

The New York-born Elion is credited with having developed a multitude of drugs, using what were at the time innovative research methods that would ultimately lead to the development of the AIDS drug azidothymidine (or AZT). She won the Nobel Prize in medicine in 1988 after having fought for years to be respected in her field.

"It can be such a male-dominated profession, and you really have to fight or you'll never be successful," Allison said. "Elion did that, and that's what is so inspiring about her."

For Allison, who graduated from the University of Ottawa in June, her attendance at the conference is another step in a life of learning. "I never in my life thought I'd be going to Israel," she said.

Allison is one of 11 Canadian students attending, while 70 countries will have delegate representation.

There will be 28 different speakers throughout the six-day event, which is being held at the Hebrew University of Jerusalem.

"I've been looking some of these people up, and they are all absolutely fascinating," Allison said. "These people have discovered all of the studies I read in textbooks… It is going to be remarkable to hear from them."

Having graduated from North Dundas District High School, Allison said "learning has always been her thing," while working in the medical field is something she has aspired to for much of her young life.

While completing her undergrad, she was part of countless research initiatives, and has been published in various scientific papers.



Winchester Springs native Shelby Allison is preparing for her trip to Israel to take part in the 2015 World Science Conference. *Press Photo – Uhrig*

"Israel, for me, is another step along the way," Allison.

This fall, she'll return to the city university to begin working on her doctor of medicine.

Her future, she admits, is unknown right now, as she intends to "keep her options open."

"My undergrad was so general that I don't feel as though I have a good enough sense of it all yet," she said. "Right now, everything is open… I have time to choose."

Fair

• continued from the front page

Not only are there several new events this year, but it's also the first year that the fairgrounds will be open early for those with special needs (Thurs., August 13 from 11 am to 2 pm) in order to provide a more accessible entry. The earlier access time will give those who find it difficult to maneuver in larger crowds the option of more room on the grounds. According to MTAS secretary Kimberly Havekes, anyone wishing to take advantage of the opportunity must be accompanied by a chaperone.

The Big Rig Show n' Shine, set for 10:30 am on Saturday, will bring out the biggest motors to wow the crowd, including transport trucks, milk trucks, and tractor trailers.

For anyone wanting to win big this weekend, there will be a draw on Sunday for one choice of five grand prizes that are sponsored by Andy's Foodland, Sandy Row Restaurant and Golf Club, Winchester BMR, Byers Limousine, and Liz's Hair Design.

With preparations for the fair starting last year by members of MTAS, the event schedule is jampacked with numerous activities, displays, and entertainment.

"Our volunteers need a big thank you, [because] they work around the clock in their already hectic schedules," said Allan. "We got a great fair here. [And] you know why it's so great? It's our volunteers, sponsors of monetary donations, and our community that all pull together to have this large calibre fair in the small town of South Mountain."

For more on the entertainment lineup, as well as who will be headlining, see page 5, or the various promotional spots in this paper.

thank you!



On July 31, electrical damage at Dundas Manor resulted in a lot of smoke internally and prompted a complete evacuation of all residents and staff to the Winchester District Memorial Hospital. The evacuation was done superbly and, after several hours, all residents were safely returned to their beds at Dundas Manor.

Throughout this time, the entire effort was aided and supported by Dundas Manor and WDMH staff — plus many, many off-duty staff who arrived within minutes — plus neighbours, family members, North Dundas Fire Department detachments from Winchester, Chesterville, South Mountain and Morewood, municipal staff (including the Mayor and Chief Administrative Officer), additional police and emergency responders, Countryman Electric, Chubb Security, Hydro One and Guy Fuels.

Most important, Dundas Manor residents were safe and well-cared for throughout the event.

Thank you to our wonderful community!

Five candidates vying for federal seat in Carleton

WINCHESTER – There are five candidates on the ticket in the nearby Carleton electoral district.

Already the election campaigning is underway ahead of this fall's federal vote, with incumbent MP Pierre Poilievre looking to retain the region for the Conservatives.

It is the first time Poilievre will be running in the riding since its reformation in 2012.

The region was first represented in the House of Commons in 1867.

In 1966, it was redistributed into the electoral districts of Grenville-Carleton, Lanark and Renfrew, Ottawa Centre, Ottawa West, and Ottawa-Carleton.

When it was re-created, it was from parts of Nepean-Carleton, Carleton-Mississippi Mills, and a small part of Ottawa South.

Poilievre was first elected in the Nepean-Carleton riding in 2004, defeating then Liberal cabinet minister David Pratt by more than 3,500 votes. He was re-elected in both 2006 and 2008, upping his vote count each time.

In the 2011 election, Poilievre garnered 43,428 votes (54.42 per cent) to win his fourth campaign. Not long after the vote, he was named to Prime Minister Stephen Harper's cabinet, taking on the roles of minister of employment and social development and minister of state for democratic reform.

The Liberals are countering with Manotick resident Chris Rodgers.

A government analyst, he has spent nearly a decade working in various sectors, including natural resource policy, international affairs, and electoral processes.

Waving the orange NDP flag is KC Larocque, the only candidate to submit her application for approval by the late July deadline.

Larocque has worked for the Canadian Centre for Policy Alternatives as a research assistant, and has been active with the party in the Ottawa area, working with it during the 2011 federal election. She has also previously worked with Health Canada and the Canadian Revenue Agency.

One-time Liberal leadership candidate Deborah Coyne is the Green Party of Canada nominee.

A constitutional lawyer, she switched parties in February after a long-time commitment to the Liberals, having run in the riding of Toronto-Danforth in 2006 and for the party's top job in 2013. She ultimately lost to Justin Trudeau, a half-brother of Coyne's daughter.

David Ascroft is the Pirate Party of Canada's candidate in Carleton.

The federal election is set for Mon., Oct. 19.



Church in the park

Winchester Wesleyan Church's youth pastor, Amy Morris, caught the attention of her young audience Sun., Aug. 9 despite all the Dairyfest distractions. More than 100 youngsters and adults from the Wesleyan and Presbyterian congregations, other churches and interested people packed the Winchester Lions Pavilion during the summer celebration's annual outdoor service.

Police Blotter

Recovered trailer

WINCHESTER – In late July, Stormont, Dundas, and Glengarry (SD&G) OPP officers recovered a lawn mower dump trailer, black in colour, near a property on Liscumb Road.

Police are now seeking the public's assistance to locate the owner of the piece of equipment. If you have any information, contact police at 1-888-310-1122.

Break-in

MOUNTAIN – On Fri., Aug. 7, at approximately 3 pm, SD&G OPP officers responded to a reported break-in at a residence on French Settlement Road.

The investigation indicated that sometime between 2:30 pm and the time police arrived, culprits had entered the home and removed electronics. An investigation continues.

Under the influence

WINCHESTER – On Aug. 7, just after 7 pm, an SD&G OPP officer intercepted a motor vehicle on County Road 31.

The stop revealed the adult male driver was under the influence of alcohol.

Steve Saunders, 49, of North Dundas was arrested at the scene. He is charged with driving a motor vehicle while ability impaired, and care or control of a motor vehicle with more than 80 milligrams blood alcohol content.

He is to appear in Morrisburg court Tues., Sept. 1.

Impaired driver

WILLIAMSBURG – On Thurs., Aug. 6, at approximately 2:48 pm, SD&G OPP officers responded to a reported single vehicle collision on County Road 8. The investigation revealed the male driver, Donald Williams, 51, of South Glengarry, was under the influence of alcohol.

He was arrested and charged with care or control of a motor vehicle with more than 80 milligrams blood alcohol content, and driving a motor vehicle while impaired.

Williams is scheduled to appear in Cornwall court Sept. 1.

Domestic investigation

MORRISBURG – On Wed., Aug. 5, at approximately 8:55 pm, OPP officers responded to a reported domestic situation at a residence on Victoria Park Crescent. The investigation indicated that an altercation between a female and her ex-boyfriend resulted in the male stealing the female's cellphone.

A 26-year-old South Dundas resident was arrested and charged with theft under $5,000.

He is scheduled to appear Sat., Sept. 5 in Cornwall court.

Stolen vehicles

HALLVILLE – Police are investigation the recent theft of two vehicles in North Dundas. On Aug. 5, just before 7 am, OPP officers responded to a reported theft of a 2012 blue Ford F-150 Supercrew model from a Church Road property.

Shortly before 8 am that same day, officers were called to a Main Street North residence in Chesterville as a 2002 blue Saturn L100 had been taken from the property.

Both investigations continue.

•

Details published in the police blotter are provided by the OPP. The Winchester Press *typically publishes information about alleged crimes occurring in and around Dundas County, as well as other information of interest to our readership. All suspects are considered innocent in the eyes of the law unless proven otherwise in court.*

Time capsule of seniors' memories to be recorded

CHESTERVILLE – All too often, stories from the past are lost to future generations. That's why members of the Chesterville and District Historical Society (CDHS) are inviting families to take a walk down memory lane on Sun., Aug. 30 at the Royal Canadian Legion Chesterville Branch 434 from 1 to 4 pm.

The group will be hosting an afternoon tea to launch the seniors' community memory project called "Memories of Times Past," where seniors and their families can gather to recount stories from life experience to record for future generations.

"I'm looking forward to bringing out community members to talk about the history of the town and the surrounding area," said Jillian Metcalfe, CDHS president. "These oral histories, memorable moments, and everyday happenings of times past are ones we hear less and less of every day. This is a chance to capture those moments and have them preserved for the future, before they are lost forever."

Throughout the afternoon, representatives of CDAS will be on hand to outline how this project will be undertaken.

For information or to register for the program, visit the CDAS Facebook page at www.facebook.com/pages/Chesterville-and-District-Historical-Society, or phone Metcalfe at 613-878-2441, or by email at chestervillehistoricalsociety@gmail.com.



From the tractor seat

Al McRoberts climbed aboard this historic Farmall tractor Sat., Aug 8 during the Dairyfest display of machinery both new and old. The vintage pieces of equipment were available for viewing throughout the day in the Winchester Curling Club's parking lot. Afterward, drivers took the wheel during the annual Tractor Parade through the village streets. *Press Photo – Uhrig*

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Kim Gravelle, Winchester District Memorial Hospital's team lead in the maternal/child unit, is pictured with the Panda infant warmer. All members of the hospital's maternity team are in the midst of a push to improve patient experiences.

WDMH's maternal team working on improving patient experience

WINCHESTER – As the rate of births at Winchester District Memorial Hospital continues to rise, so to does the maternity team's commitment to safety and positive family experiences.

This year, the hospital enters the final stage of a three-year program promoting patient safety, quality improvement, and professional development.

Known as managing obstetrical risks efficiently, or MORE-OB, the strategy is meant to increase skills and knowledge daily.

Nurses, physicians, and midwives within the hospital have worked together on the benchmark-setting program, learning from each other.

In year one, best practices in high-risk obstetrics were reviewed.

Year three of MORE-OB

The second year focused on team dynamics, and the importance of communicating effectively.

With module three underway, the team is working to enhance a culture where patient safety is everyone's top priority. All involved have participated in audits, staff and patient surveys, and skills drills.

One of the innovative projects this year will allow the entire team to take the opportunity to review and talk about each birth experience, right at the moment.

"We want to know if everything went well, if everyone is happy, and if there is anything we could do better," Kim Gravelle, team lead in the maternal/child unit, said. "If there are things that can be improved, we have a plan to ensure that happens."

Second career, but first love for recently retired WDMH RN

WINCHESTER – Cathy Holmes recently retired from Winchester District Memorial Hospital (WDMH) after 20 years as a nurse.

Not bad, considering it was her second career.

"I always wanted to be a nurse and was accepted to nursing school right out of high school," she said. "At the last minute, I changed my mind and I've always regretted it."

So at 36, Holmes returned to school, graduating in 1995.

She grew up in Chesterville and now lives in Winchester, so knew where she would ultimately like to work.

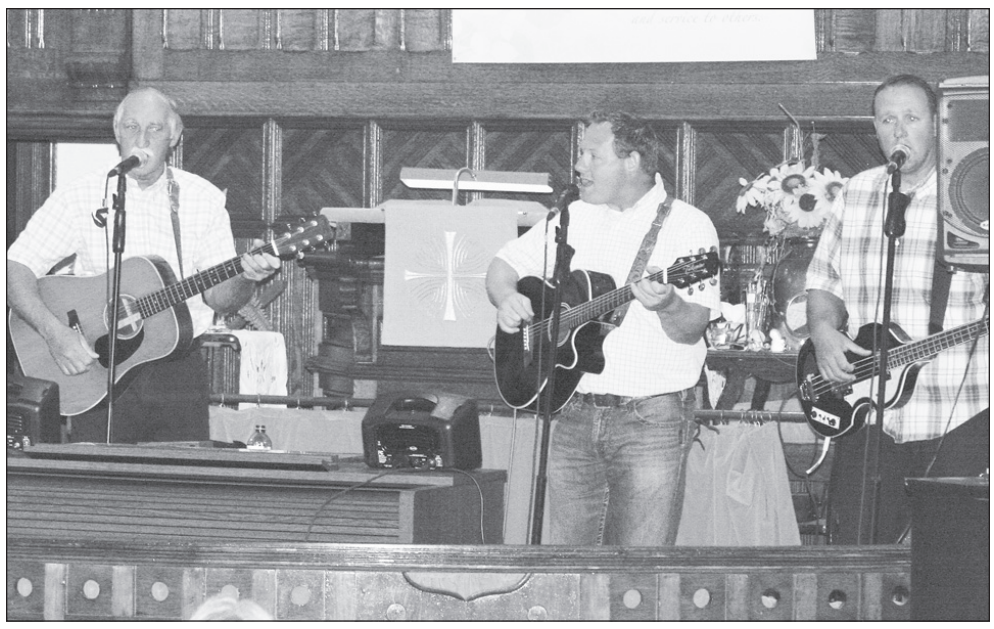
"I started working at The Ottawa Hospital, but when a job came up at WDMH, I took it… And I've never looked back," she added.

Holmes has worked in hemodialysis since the new unit opened in 2003.

"I love dialysis. You get to deal with the same patients and really get to know them. Some of our patients have been here for as long as our unit has been open. It's a different kind of nursing, but very rewarding," Holmes said.



Cathy Holmes, who launched her career as nurse at 36 in 1995, recently retired after 20 years at Winchester District Memorial Hospital.



Carrying a tune

St. Paul's Presbyterian Church in Winchester was filled to capacity Sat., Aug. 8 during a musical evening featuring The Bowes Brothers. The Carleton Place-based family band wowed the crowd during the 90-minute concert, which was held in conjunction with this year's Dairyfest celebration. Pictured are brothers Andy (centre) and Rod, and their father, Clarence. A third brother, John, not pictured, completed the musical ensemble.

Press Photo – Uhrig

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South Mountain Fair headliner

Bringing classics back to the country

by Alicia K. Gosselin
Press staff



Teea Goans, a household name for classic country music in Nashville, will be making an appearance at the South Mountain Fair on Sun., Aug. 16 – her first time ever in Canada – to bring classic western music back to the country.

SOUTH MOUNTAIN – Crosswind recording artist Teea Goans will be performing at the South Mountain Fair on Sun., Aug. 16 – and she's ready to bring the classics back to the country.

As a self-described old soul, Goans has been recording traditional western-style songs since the beginning of her musical career. But for her third album, *Memories to Burn*, she wanted to create a timeless tribute to classic old-school songs from various genres.

Among the album's 13 cuts are selections that Goans creatively rearranged to cater to her traditional country fans. In a novel pairing, the opening track links the Louis Armstrong standard, "What a Wonderful World," with "Old Fashioned Love," which go back nearly a century. She also included the classic, "Sentimental Journey," sung by Doris Day, and Patsy Cline's timeless "Walkin' After Midnight." Goans, who admits she's a sucker for a sad song despite her generally upbeat personality, also tapped into the emotional ballad, "I Won't Mention It Again," by Ray Price – her primary musical inspiration.

"It was really fun to go in and country-fy some songs that you wouldn't typically think of as a country song," said Goans of the album's inception. "When my producer [Terry Choates] and I were making this album, we chose timeless songs that go beyond a genre. They're just good music. There's always more of a reaction from fans when you play something they're familiar with – people cling to that music, and miss that music, so it's fun to do it in a new way."

Goans' first two albums, *The Way I Remember It* and *That's Just Me*, also included several cover songs, including *The Wizard of Oz* theme song, "Over the Rainbow," which she included after witnessing the reaction of an audience of Second World War veterans to her live performance of the song.

Goans grew up in rural Missouri near the Kansas border. Although she was singing in church by the time she was three, it wasn't until she turned eight that she got her big break and joined the Truman Lake Opry. She continued to perform there every week until she was 17, frequently opening for Grand Ole Opry stars Bill Anderson, Little Jimmy Dickens, and Grandpa Jones. In 2002, she crossed her fingers and moved to Nashville.

For Goans, it was listening to the AM classic country radio station growing up that shaped her ear for music.

"I love the traditional country music from the '60s, '70s, and even early '80s…It's what I grew up listening to because my grandma used to be a country singer," said Goans. "The old-school stuff has just always been in my heart, so when I went to Nashville that was the kind of country music I wanted to sing. I met my producer, and he didn't want to change me. There's an audience for that straight-forward, traditional country music, so it's great for that, but it's also an opportunity to introduce a new generation to this music as well."

In an era where country music has become "diluted," according to Goans, it's important for her to stay connected to her classic country roots and introduce it to others. What she appreciates most about classic country is that there's always a story to be told.

"A lot of traditional country music is based around a story, and you can really invest in that when you start listening to the words," she said. "I think lyrics are something that has been thrown to the wayside throughout the years, and great lyrics are what I appreciate most."

Although Goans has travelled all over the United States to showcase her bluegrass roots, and has become a notorious name in Nashville, her county fair appearance will be the first time she steps foot on Canadian soil.

"This is my first trip to Canada ever, and I've always wanted to come to Canada – I'm a big hockey fan, so it's always been on the list," she said. "I'm really looking forward to it because I know you guys are really big traditional country fans up there. It'll be fun to play for a Canadian audience and introduce myself to them, because I know I'm not a household name around there. I'm ready for it. I'm hoping this will be the first of many trips."

Entertainment lineup

Along with Teea Goans, this year's South Mountain Fair has several music artists lined up for the weekend. Kerosene Creek will be starting the fair entertainment up on Fri., Aug. 14 from 8 pm to 12 am. Saturday evening will see the Young Guns of Country play, with Cory Marquardt from 7:30 to 8:30 pm and Jordan McIntosh from 8:30 to 9:30 pm. Blackwell Band will finish Saturday night off from 10 pm to 12 am. The Sunday lineup will have Unwound playing at 1 pm, Goans at 2 pm, and Joe Diffie at 4 pm.

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 (use side entrance), with free parking available. Upcoming events include:

An Afternoon At The Theatre
Tues., Aug. 18 at 1pm
Grease (PG), the original 1978 film!
Admission $5, includes popcorn and drink

Winchester Open Mic Night
Thurs., Aug. 13 and Thurs., Aug. 20 at 7 pm
"Under the Stars" at month's end

Dundas County Players
Theatrical technical workshop
Sun., Aug. 23, 1 to 5 pm
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Though summer's ending soon, fun remains

The countdown to the end of summer, for some, is on. We're all standing on the edge of it, but not everyone is prepared to give in and accept the fact that winter's curse is just around the bend.

But, should anyone just roll over and accept that fate?

With the calendar having been set the way it is for 2015, the school year begins much later than normal this September.

The reason for offering this as an example? Well, that fact alone means there are nearly 30 days remaining before students and teachers slink their way back to the classroom. (Although, this statement is only accurate if one of three things occurs: a) you, dear reader, choose to go through this week's edition of the *Winchester Press* on Wed., Aug. 12; b) the big bad teachers' unions and smug, elitist politicians at Queen's Park decide to get along and put an end to the ongoing labour unrest; and c) one doesn't get a better offer.)

If nothing else, this means summer's tender grip remains firm, if only for a few more weeks.

The time does pass rather quickly though, doesn't it? Already another Dairyfest, the 27th annual, has come and gone. But, it was a party, no doubt, with plenty of excitement and activity for all.

Though, the good times won't end any time soon.

Up next is the long-running South Mountain Fair, this year celebrating its 123rd anniversary.

The slate for the four-day event is full, and it is all thanks to the many volunteers that make it possible year after year.

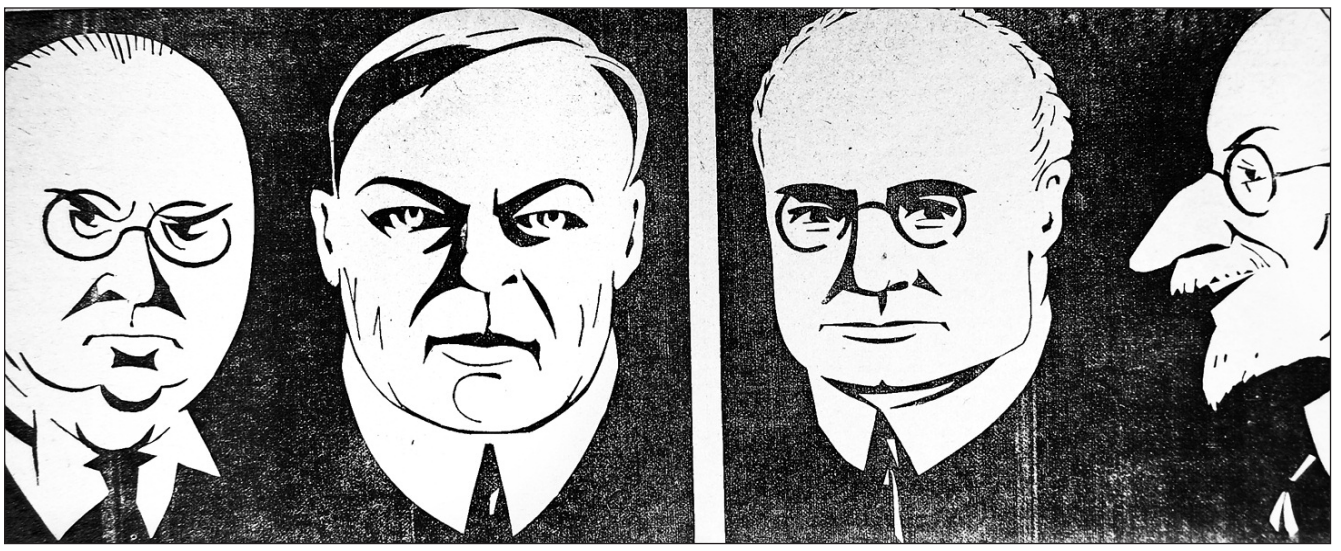
After that, the Chesterville Fair makes its August return just in time for its 84th birthday. Again, fair board members have put in countless hours to ensure all the T's are crossed the i's dotted before the fairgrounds is swarming with people.

As if these two celebrations weren't enough, countless other communities are getting set for fun.

Oh, and there's that little thing known as the International Plowing Match.

So, the summer schedule remains full. Everything else? It can wait.

Remember when…



"These men will occupy the spotlight in Canada for the next few months," the *Winchester Press* said this week in 1935. Pictured are: Conservative Prime Minister Richard Bedford Bennett (left), William Lyon Mackenzie King (Liberal), Henry Herbert Stevens (former Conservative, founder of new Reconstruction Party), and James S. Woodsworth (Co-operative Commonwealth Federation). The central issue at the time was the economy, which was still in the depths of the Great Recession.

1925

In this week's news, the *Winchester Press* reported: "The *Press* is informed on reliable authority that a recently purchased daily newspaper office in the interests of the Liberal party was favoured by the Dominion government in one week with a printing contract amounting to something like $10,000. The plank in the Progressive platform requiring newspapers to publish the names of their owners, or those who have money interests in them, might be a good thing."

1935

"Everybody makes mistakes," the *Press* reminded readers this week. "Doctors, lawyers, plumbers, tailors, teachers, sailors, soldiers, dentists, grocers, laborers. There is no such thing as the perfect human being… But the poor newspaperman just can't get away with it. His mistakes stand out like a sore thumb on the middle of the front page."

1945

Winchester's W.C. MacDonald, a dealer for Empire Brass Manufacturing, placed an advertisement in this week's edition for Duro Pump: "Let Duro Pump solve your farm labour problem. Running water is essential – in the home, the stables, poultry houses, and greenhouses – saves time, labour, and promotes better and healthier living conditions."

1955

In racing news: "W.L. Harvester, a six-year-old pacer, owned by W.C. 'Bill' Strader of Williamsburg, marked up its fifth consecutive victory at Connaught Park on Monday night by winning both heats of the Class C pace with a divided purse of $400. Driver Don Currie had little trouble in bringing the big colt home in 2.13 to win both heats in handy fashion."

1975

In this week's sports news: "Ran Wylie's drive from the tee landed in a sand trap approximately 17 yards from the flag. Preparing for the difficult 'lift' shot onto the green, Wylie noted that fellow golfer Lloyd Guy's drive had settled only 18 inches short of an ace, and in a direct line between his ball and the hole. And at this point, Wylie executed the shot that will have golfers talking around the '19th hole' for years to come… His chip shot struck the Guy ball dead centre, advancing it directly into the hole, but that wasn't all. The Wylie ball rolled the remaining distance and also dropped in the hole."

1985

"They came, they wrestled, and they were not impressive. It was a $7 ringside joke," the *Press* reported. "One can't deny that there are fans of what took place at the community centre last week, but the quick exit by the 400 in attendance, and the feeling of having your pocket picked and eyes tricked, betrays any sense of value… The Sheik, the Canadian Wildman, Snake Williams, Canadian champ Duncan MacTavish, some midgets, and a cancelled bout between lady wrestlers filled the card."

1995

Kate Nelligan and Lou Gossett Jr. were pictured on the front page of this week's *Press*, as the actors were working at Upper Canada Village near Morrisburg on the Hallmark Hall of Fame movie *The James Mink Story.*

2005

In sports news: "It's taken Jordan Eastman 11 years and thousands of hours of training to come this far, but it's been worth it. Eastman, 18, has recently returned with gold from the FCA Canadian National Archery Championships in Saint John, N.B…. The 2005 championships mark the first time Eastman, a Winchester resident, has won the junior division."

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Losing weight is one thing, but losing laziness?



From the Other Side

by Jeff Morris

One of the things that Ottawa fitness guru Tony Greco preaches emphatically when he speaks or when he is on his Saturday morning radio show on TSN1200 is that getting healthy and staying healthy is a lifestyle.

We live in a culture of instant. We want everything instantly. I remember when I was a kid and we got our first microwave oven. Suddenly, things could be heated instantly. Our first fax machine in 1988 allowed us to send documents to our other offices or to our clients in minutes rather than days in the mail. The Internet took our thirst for instant to the next level, and then, when dial-up modems just weren't up to our standards, we needed high-speed connections and then wireless connections.

The same expectations of instant gratification have tried to penetrate our expectations for health and wellness. I want big biceps, but I want them now. I want to lose 50 pounds, and I want to lose it by Monday.

It seems that if we can't have what we want immediately and have that instant gratification, we won't bother with it. This thinking has caused a level of laziness in us that is hard to overcome in our culture of convenience.

I have been struggling with yo-yo weight loss and weight gain for my entire adult life. Chances are you or someone you know is in the same boat. As a football player, I would usually train hard for a couple of months and get back in shape and drop weight. I was motivated and I was strict with myself, because it was a priority for me. After the season ended, the weight would come back on, one chicken wing and 10 pm slice of pizza at a time. Then there would be the holidays, then the hibernation state of January blahs, then a Super Bowl party, and before I knew it, I had put the 35 pounds I had lost back on and I was back at square one.

There were also other excuses to let myself go. These might sound familiar to you. There was stress from work or home, exhaustion from work or home, relationship stress, and even fatigue and boredom. Those things all point to laziness as either the cause or effect.

We can break it down and talk about voids and needs and make it all really complicated. It isn't complicated at all. In fact, the whole cycle comes down to two words: Why bother? Why bother eating properly and working out when we will just get fat again? Why bother spending all that time to buy and prepare nutritious food when we can pick up the phone and have a dozen egg rolls at our door in 45 minutes? Why bother going to the gym and working out when we just don't feel like getting off the couch? And why bother working out when there are no instant results?

In May, Dr. Neel Burton wrote an article for *Psychology Today* on the causes of laziness. He broke down our reasons for being lazy quite effectively.

"Some people fear success, or do not have enough self-esteem to feel comfortable with success, and laziness is a way of sabotaging themselves. Shakespeare conveyed this idea much more eloquently and succinctly in *Antony and Cleopatra*: 'Fortune knows we scorn her most when most she offers blows.' Conversely, other people fear failure, and laziness is preferable to failure because it is at one remove. 'It's not that I failed, it's that I never tried.'

"Yet other people are 'lazy' because they understand their situation as being so hopeless that they cannot even begin to think through it, let alone do something about it. As these people are unable to address their situation, it could be argued that they are not truly lazy, and, to some extent, the same could be said of all lazy people. In other words, the very concept of laziness presupposes the ability to choose not to be lazy – that is, presupposes the existence of free will."

Perhaps laziness is like an addiction. We have to stop making excuses and take charge of our lives, rather than let our laziness get us down.

When I walked into the door at Greco Lean and Fit, I will never forget the encouraging words that Greco owner Sean James had for me.

"The fact that you walked through the doors shows me you want to change," he said. "That's 90 per cent of the battle."

And once you break laziness, you realize something. It may be easy to slip back into lazy habits, but it's just as easy to stay out of laziness.

You won't lose 50 pounds by Monday, but every day I drive by a Greco billboard promoting a program that will help you lose 40 pounds in 10 weeks.

If you are having trouble putting down the remote and getting off the couch, that's less than a *Survivor* season and only slightly longer than the Stanley Cup playoffs.

It's all a matter of choice. We can let our stresses be excuses for us to be lazy, or we can simply make the choice not to be lazy. We can turn our excuses into reasons to take control of our lives.

And as much as we want to shed weight, shedding laziness feels even better.

Letters to the Editor

Agriculture, celebration of excellence

The Editor:
During the recent August long weekend all of us who eat (and that means all of us!) should have celebrated "Food Day Canada" on Sat., Aug. 1.

This is the special day designated to recognize and honour our food producers, the processors, the researchers, our chefs, and especially our at-home cooks.

While I ate my share, and tried to eat healthy, I saw nothing of any co-ordinated effort here in our area to highlight the day.

It seems like we take our food abundance, variety, quality, culinary heritage, and affordability for granted without giving it a second thought. No mention of it at all in our local media.

About two months ago, we witnessed "Local Food Week."

This is the period designated by the provincial government for us to celebrate Ontario's agriculture and food industry, and our bountiful supply of locally grown products.

Just think about it – products that range from the common crops like corn, wheat and soybeans to a wide variety of fruits and vegetables, to dairy products, maple products, specialized organic production, beef, eggs, wines, beer, and on and on – more than 200 in total.

Once again, I think we have room to enhance this celebration of excellence, including greater promotion and publicity in the media.

A bit earlier this spring, on a Saturday night in March, our area celebrated the Dundas Farm Community Gala at the Joel Steele Community Centre in Winchester.

Several groups, chaired by Jackie Pemberton, president of the Dundas Federation of Agriculture, along with Chesterville and District Agricultural Society, Dundas Dairy Producers, Dundas Cattlemen's Association, Dundas Junior Farmers, Dundas Soil and Crop Improvement Association and Dundas 4-H joined forces to organize an evening of fun and fundraising.

The net proceeds were destined to go to the Dundas County Food Bank and the Dundas County Hospice. Winchelsea Events did the catering, and because of the fundraising component, gave us a very special deal to help agriculture give back to the community. Individuals, organizations and businesses donated silent and live auction items. About 250 people enjoyed the food and the entertainment, and were active bidders.

After all the numbers were crunched, $5,000.00 was given to both the food bank and the hospice. In addition to the cash, the hospice has received an accessibility ramp for their recently purchased building in Williamsburg with material donated at the gala and all labour for construction provided free by beef producer Gary Whitford, owner of Whitford Construction of Morrisburg.

As has happened for other local events, Scotiabank in Chesterville also made a significant contribution in personnel and cash.

On behalf of the community, I want to acknowledge all the agricultural interests that made this event happen. Thank you for your commitment to agriculture – and to the community where we all live and eat.

Ron Wilson
Morrisburg

Situation handled well

The Editor:
Thank you to all personal support workers, registered nurses, dieticians, maintenance and activity staff, and front office employees, as well as some former employees, of Dundas Manor who helped during the emergency evacuation Fri., July 31.

I would also like to thank the OPP officers, firefighters, hospital staff, and some great ladies who live in the nearby Linton Apartments.

Everyone took great care of the residents, including my mother, Jean McIntosh.

The parking lot and inside the hospital was full of great people, including other folks who have family members living at the long-term care facility.

This event could have been a lot worse. You all did a great job.

Mom and I thank you.

Glenn McIntosh
Crysler

Andy, you'll be missed

The Editor:
It is mixed feelings that I, and I am sure the whole village, have with the moving of our good friend Andy Hamel, the owner of Andy's Foodland, to Vankleek Hill.

We are sad to see him go, but certainly wish him well in all his new endeavors.

We shall miss one of the village's greatest ambassadors, promoters, and a sponsor of so many things.

Andy has always been generous to all – a ready hand to help, a gracious man with a quick smile, and a favourite of all seniors.

I personally thank him and his staff for their efforts in all events they participated in.

Andy you will be missed, and you leave a large hole to be filled.

Bon voyage, but I'm sure you'll be back!

Heartfelt thanks for all you have done.

E.A. "Butch" Oldford
Winchester

Bring on the wind turbines

The Editor:
I am 110-per-cent in favour of wind turbines. Even though I am old-fashioned girl, I think their modern, sleek, minimalist lines are breath-takingly beautiful – like a piece of art.

I would love to have one on my property.

I think the one problem with wind turbines is that they represent change. People don't like change.

I ask you to consider the following scenario – 17th century Holland, a conversation between two Dutch friends viewing the "new" 1600s Dutch windmill:

"That Dutch windmill spoils the view of the sea."

"The windmill arms will kill birds."

"It's too noisy. It gives me a headache."

"They are ugly."

"They cost too much."

"Surely a coal powered engine would do a better job."

"Before the Dutch windmills came, I felt fine. Now I feel poorly."

Fast forward to the 21st century.

"Dutch windmills should be removed from the landscape."

But the descendants of those original naysayers protest.

"No. We want to keep our Dutch windmills. We like them. We need them."

My hope is that in a shorter length of time, our children will be saying the beautiful wind turbines are as traditional to Canada as the Dutch windmills are to the Netherlands.

A good change.

Jo Saunders
Finch



Merry milker

Is there anything more quintessential at Dairyfest than milking a cow? Though it was a simulated process, Kaitlyn Clements didn't mind getting her hands dirty in an effort to fill the bucket. The milking demonstration was part of the Dundas Dairy Producers' display at Sat., Aug. 8's vendor fair in downtown Winchester.

Press Photo – Uhrig



Onlookers were intrigued by this rustic-looking car.

Press Photos – Gosselin



Members of the Highway 43 Car Club organized the car show and barbecue, along with the help of one of their community sponsors, Winchester BMR. Pictured are Diane Raymond (left) Kevin Whittaker, Mike Lecuyer, Kelly Searson, Trish Boje, Ken Bjoe, Karen Conquer, Rod Rafter, Gina Rafter, Andy Conquer, Kathy Post, and Sheldon Post. Missing: Pam Young, Len and Lucy McIntyre, Sindy Mayer, and Frank Lacombe.

All geared up for classic car show

WINCHESTER – Vintage car and truck owners from throughout the region kicked it into high gear on Sun., Aug. 9 to showcase their rides at the Highway 43 Car Club's classic car show and barbecue hosted in the Winchester BMR parking lot.

Everyone was welcome to attend for free, with door prizes and a 50/50 draw. The proceeds from the barbecue – more than $1,100 – was raised to assist the Winchester Hospital Heelers in their fundraising efforts for local cancer care at Winchester District Memorial Hospital.

"That's what we're about – giving back," said club president Rod Rafter. "It's our hobby; it's our passion."

The club boasts more than 300 members from the Ottawa region, including Kemptville, Winchester, Chesterville, and Merrickville. Many of the cars displayed were by members themselves, as well as some classics from private owners and members of the Golden Gears Car Club.

"We all support each other," added Rafter.

Winchester BMR owners Ken and Trish Boje were out to show support for the event as one of the club's major sponsors.



Kel Searson, a 10-year member of the Highway 43 Car Club, has been manning the emcee and DJ work for club events for nearly eight of those years, including all of their cruise nights.



Brian Erratt washed the bugs off the bumper of his 1970 Plymouth, which has a slant-six engine – a "very unusual motor" according to Erratt. He bought the car almost 15 years ago, and drove it year-round for nearly eight years. Once he had the bodywork done, however, he said, "it hasn't seen snow since."



Karen Conquer (middle) inherited her blue 1968 Cadillac from her uncle five years ago in order to keep the classic in the family. Although her husband Andy has been a member of club for 10 years, Conquer now shows up regularly to show off her own "baby." She posed with onlookers Brandon (left) and Mitchell VanBruinessen.



Paul Stewart's 1970 Chevrolet truck was the first vintage car he ever purchased to rework, and just recently replaced his front tire after it popped during one of his cruises. The tire was the original, so Stewart guessed "it was about time."

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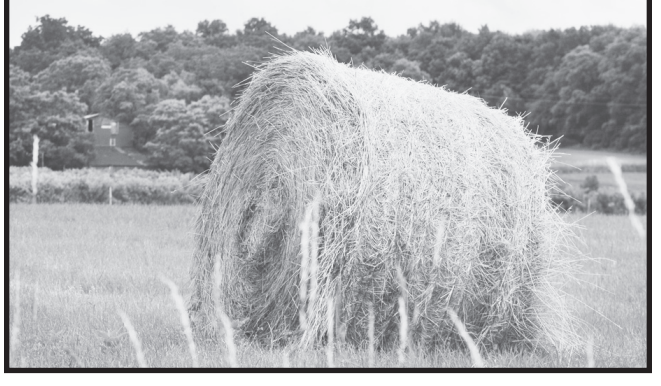

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4-H Update

Learning how to say thank you

by Bruce Porteous

PROVOST, ALTA. – The third meeting of the Dundas County 4-H "Best Foot Forward" Club took place in mid-July during members' stay in Provost, Alta.

The session started after participants said goodbye to their host families, and boarded the bus to Edmonton International Airport, which began a three-hour ride.

All members had an awesome time with fellow 4-H members and their families in Alberta.

The meeting began with the 4-H pledge, and was followed by discussion about the importance of saying thank you.

Youth leader Curtis MacLean spoke about what to say in a thank you card. When members arrived at the airport, each wrote their own personal thank you for their host family.

Then it was time to board the plane for the flight to Toronto, and then on to Ottawa.

Even better, I, Bruce Porteous, even managed to sneak home some Saskatoon berries for my family to sample!

Poultry club clucking along

by Brooklin Begg

MOREWOOD – The Dundas County 4-H "Cluck, Cluck" Club's fifth meeting was held in late July at group leader Rose Stewart's home.

The session opened with the 4-H pledge.

Discussion then turned to how to make a chicken environmentally happy, how heat leaves a hen's body, heat stress and symptoms, and ventilation systems.

Afterward, members went over a checklist that will help each of them keep their chickens healthy.

Toward the end of the meeting, participants judged brushes.

Game on for sports clubbers

by Fabienne Puenter

MAPLE RIDGE – In late July, the Dundas County 4-H Sports Club held its fourth meeting a North Dundas District High School.

Members first recited the 4-H pledge, and went over the minutes from the previous meeting.

Then, participants discussed the rules of the game to be played – basketball.

Teams were chosen, and warm-up drills ensued. Afterward, it was game time.

Before the night was over, the young athletes enjoyed some snacks.

Woodworkers finalize projects

by Logan Verspeek

WINCHESTER SPRINGS – The Dundas County 4-H Woodworking Club held its sixth and final meeting of the season late last month at the Vanderlaan family home.

The session began with the 4-H pledge, and some delicious snacks and drinks.

Members then worked hard to finish their projects, some members will need to finish up at home or meet at Vanderlaan's shop once again.

All projects will be displayed at the South Mountain Fair this weekend (Fri. Aug. 14 to Sun., Aug. 16).

Thanks to the leaders for another great year!

Chesterville Fair offering incentives

CHESTERVILLE – The Chesterville and District Agricultural Society (CDAS) is encouraging fair-goers to end the summer on a winning note, by participating in some of the competitions open to the public.

Prizes up for grabs this year include $500 cash, VIP fair passes, and a chance at $10,000.

"In recent years, we have seen a decline in participation at the Chesterville Fair. This has encouraged us to think outside the box to come up with creative ways to re-engage the community," said CDAS president Tina Asselin. "In partnership with other events and organizations in the area, we believe we have added some fun and interactive ways to participate in this year's fair, both in advance and at the fair."

The fair's free Instagram Scavenger Hunt is already underway and seeing participation across social networks. Each month is sponsored by a different organization – for example, last month was the International Plowing Match 2015 – and requires participants to post 20 different items to Instagram. A final list of 20 items will also be released for the fair, and the winner of the contest will win $500 cash.

While the scavenger hunt has been open since May, anybody interested in joining is encouraged to at any time. It may require some catching up, but winning is still a possibility for anyone.

Ag society employs modern methods to foster anticipation, participation

Another new addition to this year's lineup is the Battle of the Bands, which will take place Thurs., Aug. 27. This all-ages event welcomes bands of any genre to participate and will be judged on aspects such as musical ability and stage presence. Battle of the Bands winners will earn themselves a one-hour set on Sun., Aug. 30 at the fair, as well as a payment of $100 for their performance.

For those not on Instagram and who don't have a band, but still want to win big at this year's fair, the Hay Bale Decorating Contest may be the next best item. Hay bales can be reserved any time for only $5 and decorating will begin the week before the fair. Winners of this contest will receive four VIP passes to the fair, which includes free admission to everything, including unlimited rides all weekend.

The traditional ways to win at the Chesterville Fair are also returning, and new participants are welcome. The popular baby show will be in the Kidz Zone Tent on Sun., Aug. 30.

The Crops and Produce competition is also back for the farming community, and those seeking more action are invited to join the fair's ball tournament, truck pull, tug-of-war, tractor pull and demolition derby, which now awards the Minis Smash winner entrance to the 2015 Fall Brawl and a chance at $10,000.

"From now until the fair, stay tuned – we could have some more surprises up our sleeves," added Asselin.

Velemas add to SNC's growing forest cover

MOOSE CREEK – George Velema and his wife, Hennie, have added to South Nation Conservation's (SNC) inventory of protected forests with a gift of a 40-acre significant woodland near the village.

Officiated by conservation authority chairman Doug Thompson, receipt of the Velema land was officially recognized at the site late last month.

A ribbon and cake cutting were followed by tours of the property guided by Velema and Jim Hendry, SNC's team lead for Property. Site features include a wetland, a dug pond, and three distinct forest communities containing species such as white ash, sugar maple, balsam fir, and white spruce.

Land donations from the Velemas date back to 2003. The couple has now contributed a total of 140 treed acres to the public under the oversight of SNC.

A former executive with Domtar in Cornwall, Velema operates a Christmas tree farm and devotes much of his time to reforestation. He's a strong advocate of sustainable forest management.

Thompson noted that SNC is pleased to partner with the Township of North Stormont in protecting Velema Forest, which he described as "one of the highest points in Stormont County." The property is part of a ridge separating the South Nation and Raisin River watersheds.

"These areas are important to our communities," Thompson said. "Protecting sensitive lands helps protect people and property."

The land was donated under Environment Canada's Ecological Gifts Program in which SNC participates. Eligible for landowner tax benefits, donations under the program help protect ecologically sensitive land.

SNC is a member of the Ontario Land Trust Alliance, which helps address societal and environmental needs by encouraging residents to consider gifts of land and conservation easements.

The conservation authority used donated lands to improve forest cover, ensure healthy and safe waterways, and provide a variety of recreational opportunities. Last year alone, some 468 acres were acquired.

"Programs promoted by SNC allow owners to protect beloved forests from future development," Thompson said. "They can rest easy knowing their properties are in good hands, well managed and open for public enjoyment."



Taking part in the official recognition of Velema Forest near Moose Creek were Stormont, Dundas, and South Glengarry MP Guy Lauzon, Hennie and George Velema, South Nation Conservation chairman Doug Thompson, Township of North Stormont Councillor Francois Landry, and Jim Hendry, team lead for property at the Finch-based conservation authority.

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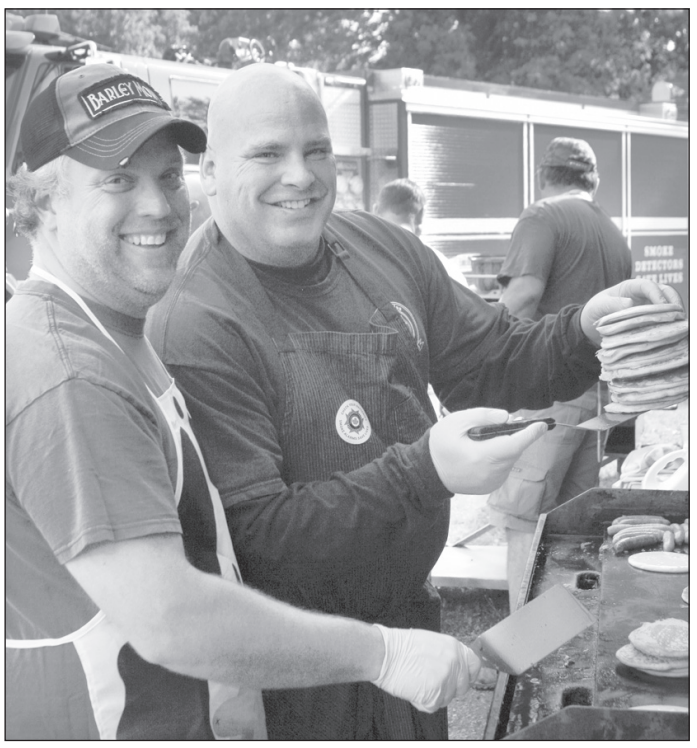
Mini-golfers Nolan Stewart (left) and Graydon Garlough tried their hand at a hole-in-one at the mini-putting station set up in front of the Joel Steele Community Centre.



North Dundas firefighters Kreg Raistrick (left) and Tim Wasylko piled the pancakes high during the detachment's annual breakfast.

Dairyfest delights, once again

Another year of Dairyfest has come and gone, but the 2015 celebration, held Thurs., Aug. 6 to Sun., Aug. 9, didn't disappoint. Weather conditions throughout the four-days were ideal, and there were plenty of activities for everyone.

Press Photos – Gosselin, Uhrig



When Bonnie James helped out with the Vintage Travel Trailer Show at last year's Dairyfest, she was inspired to purchase her very own camper for this summer's show.



Crowds snaked along Main and St. Lawrence Streets Sat., Aug. 8 in hopes of getting their hands on fresh Parmalat cheese.



It was the second day in a row that Mackenzie Johnson had her face painted by Chelsea Howell Givogue of Funtabulous Faces.

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10723 NELSON RD., MOUNTAIN - Bigger-than-it-looks home on a beautiful acre surrounded by forest. This 3,400 sq. ft., 4-bedroom, 3-bath home features a full second storey with loft, efficient 2009 geothermal HVAC, 2014 shingles, and big deck and pool! MLS 952049 **$359,000**



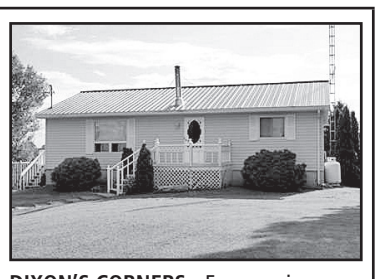
WINCHESTER SPRINGS - Country home on a good-sized lot with 3 bedrooms! Full of potential, this home just needs a bit of love to really make it shine. Features hardwood floors, huge master bedroom and spacious yard with plenty of peace and quiet and pool! MLS 963617 **$149,900**



CHESTERVILLE - Cozy up in the country in this 3-bedroom 1-bathroom with an open-concept main floor, updated flooring, paint, windows and shingles (all between 2010-2015). Enjoy a nice and warm pellet stove in the living room as well as a half acre lot. MLS 966472 **$155,000**



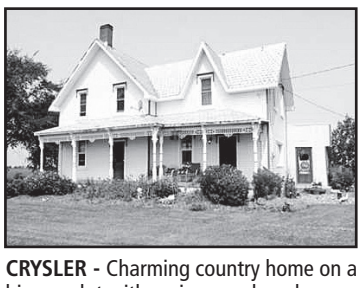
WINCHESTER SPRINGS - This 3-bed, 2-bath home has been lovingly updated with windows, kitchen, and bathrooms. Features hardwood floors, exposed beams and vaulted kitchen ceiling! There's even a two-level 20x25 shop and extra-large yard with mature trees. MLS 966177 **$174,900**



DIXON'S CORNERS - Energy-wise R2000 2-bedroom + guestroom, 2-full-bath home. Private location covers a big front and rear yard with a huge fenced area, 2007 metal roof, 2011 propane furnace, big storage sheds, and recently finished basement with woodstove. MLS 966606 **$187,900**



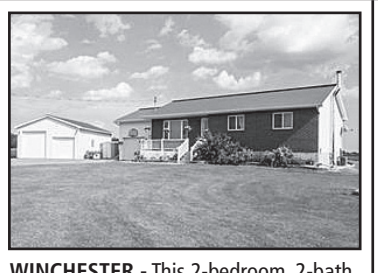
CHESTERVILLE - Family affordable 3+1-bedroom, 2-bathroom bungalow features a spacious rec room with a fireplace, a huge 120 ft. deep lot surrounded by mature maple trees, a storage shed AND a big deck! A great value in a great village - Come home! MLS 955843 **$209,900**



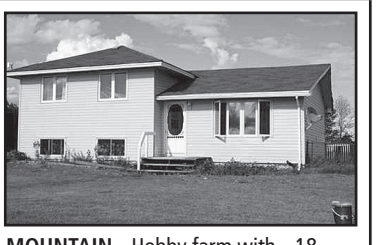
CRYSLER - Charming country home on a big acre lot with an inground pool on a large lot across the road from the Nation River. Big country kitchen, big living room with brick fireplace, and updates including siding/insulation 2013, bathroom 2013, and windows 05/07. MLS 963153 **$255,000**



FINCH - Country home sitting on 2+ acres with gorgeous family room with vaulted ceiling, built-in cabinets and gas fireplace, and updated kitchen and massive bathroom with soaker tub. Wrap-around porch, metal roofing, large deck, many fruit trees, and 20x22 garage, too! MLS 965206 **$244,000**



WINCHESTER - This 2-bedroom, 2-bath home with finished basement features an oak kitchen with an island, 3-season sunroom, and endless views out back. No neighbours here, just farmers' fields. Great updates, too: furnace, A/C and oil tank, all 2014! Metal roof 2012. MLS 966423 **$249,900**



MOUNTAIN - Hobby farm with ~18 acres, creek and outbuilding for garage/storage/animal pens/horse stalls! This 3-bedroom home has a finished basement, updated shingles, windows, A/C and propane furnace, and LOTS of kitchen. Enjoy fishing in your own creek while taking in the country life. MLS 967348 **$309,900**

Dairyfest mooovers and shakers



At left:
Derek Claxton and his son, Ethan, waited for an inflatable tiger shaped by Zany the Clown, also a balloon artist.



Above:
The firemen's annual water ball competition is always a favourite for young competitors.

At left:
Dundas Youth Centre employee Bailey Wells helped out at the Linking Hands booth.



Everyone was invited to paint a plaster decoration of choice amongst the activities in the Winchester Lions Pavilion.



Need a lift? Ralph Winterburn transported passengers in his fancy ride.





Members of the Kapital K-Dance crew performed for a large crowd Aug. 8.

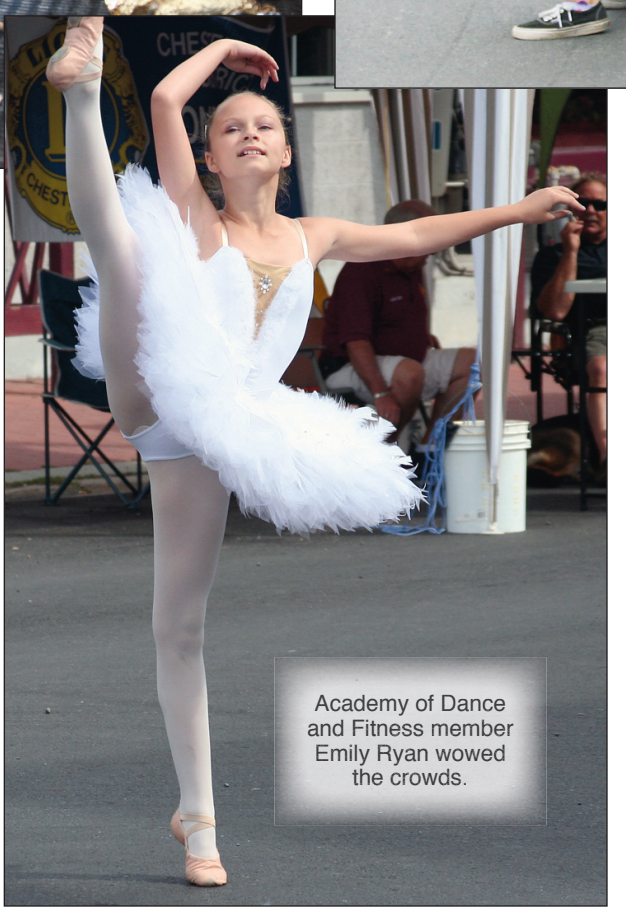
At right:
Taking heat – North Dundas Councillor Al Armstrong manned the grill during Fri., Aug. 7's council barbecue.

Press Photos – Gosselin, Uhrig





Jack Findlay made sure to be gentle while petting one of the bunnies from Vanderlaand The Barnyard Zoo.



Academy of Dance and Fitness member Emily Ryan wowed the crowds.



Local realtor Butch Oldford was busy handing out "donut seeds" throughout the daylong vendor fair in downtown Winchester.

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Wise customers read the fine print: †, ◊, Ω, », ‡, ≈, *, § The Trade In Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after August 1, 2015. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,695), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 60 months available on select new 2015 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Ram 1500 Quad Cab SXT 4x4 (25A+AGR+XFH)/2015 Ram 1500 Crew Cab SXT 4x4 (25A+AGR+XFH)/2015 Dodge Grand Caravan Canada Value Package (29E)/2015 Dodge Journey Canada Value Package (22F) with a Purchase Price of $28,385/$30,414/$19,995/$19,995 with a $0 down payment, financed at 0% for 48/48/60/48 months equals 104/104/130/104 bi-weekly payments of $273/$292/$154/$192 with a cost of borrowing of $0 and a total obligation of $28,385/$30,414/$19,995/$19,995. ◊$10,000 in Total Discounts is available on new 2015 Ram 1500 models (excluding Reg Cab) and consists of $8,500 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. ΩFinance Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase/lease of select 2015/2016 Chrysler, Dodge, Jeep, Ram or FIAT models until August 31, 2015. Bonus Cash will be deducted from the negotiated price after taxes. Excludes 2015 Dodge Challenger/Charger SRT Hellcat and 2015 Dodge Viper. Eligible customers include all original and current owners of a Chrysler, Dodge, Jeep, Ram or FIAT model with an eligible finance or lease contract maturing after January 1, 2015. Trade-in not required. See retailers for complete details. »$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015 Ram 1500 (excludes Regular Cab), 2014/2015 Ram 2500/3500, 2014/2015 Ram Cab & Chassis trucks, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before August 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ‡3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Dodge Grand Caravan Canada Value Package/2015 Chrysler 200 LX/2015 Dodge Journey Canada Value Package with a Purchase Price of $19,995/$19,995/$19,995, with a $0/$0/$0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $110/$110/$110 with a cost of borrowing of $2,950/$2,950/$2,950 and a total obligation of $22,944.90/$22,944.90/$22,944.90. ≈Non-prime financing available on approved credit. 4.99% financing available on 2015 Ram 1500 Quad Cab SXT 4x4/2015 Chrysler 200 LX. 6.99% financing available on select 2015 models. Financing examples: 2015 Chrysler 200 LX/2015 Dodge Grand Caravan Canada Value Package with a Purchase Price of $19,995/$19,995, with $0 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $130/$139 with a cost of borrowing of $3,736/$5,346 and a total obligation of $23,731.14/$25,341.15. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ±Based on 2014 *Ward's* Lower Middle Sedan segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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SPORTS
WEDNESDAY, AUGUST 12, 2015 PAGE 13

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Off and running

A field of more than 30 runners, walkers, and rollers took part in the annual Dairyfest Dairy Dash Saturday (Aug. 8) morning. The event featured a five or 10-kilometre walk/run and a two kilometre Holstein Scamper within the village limits. Leading the pack at the run's opening was Liam Drouin.

Press Photo – Uhrig

Hay leads offense

Three consecutive wins for United

OTTAWA – Powered by Kaitlyn Hay's offensive thrust, the North Dundas Women's Rec 4 (WR4) United has reeled off three consecutive victories and improved its fifth-place record in the Ottawa Carleton Soccer League standings to 5-4-0.

Hay and her North Dundas side launched its three-game run, whitewashing OISC Untamed 4-nil on July 23. Stephanie Lapalme posted her second shutout while Hay cashed two goals, including the game winner. Jenna Wouters and Karlyn Moore sniped the singles.

The following week (July 30) the United edged OSU Edge 4-3 thanks to a pair of markers by Rose Murton and singles by Taylor Shelp and Tyne Gove (GWG). Last week (Thurs., Aug. 6) in Ottawa, Lapalme registered her third shutout of the campaign and Hay cracked both goals, numbers six and seven, in a 2-nil win.

Tomorrow (Thurs., Aug. 13) North Dundas will host the number-three (11 teams) ranked Nepean Hotspurs (6-1-1) at the Chesterville Fairgrounds.

Sonics win

Gijs Cornelissen buried a pass sent to him by Matt Holmes and his second-half tally held up as the deciding shot in the North Dundas Men's Rec 3 (MR3) Sonics 3-2 win against the fourth-place Ottawa Internationals (4-2-3). The win moved North Dundas' eighth-place (10 teams) record to 2-3-3.

Sonics captain Julian Whittam noted it was Cornelissen's first goal in a couple of years.

"So nice to see Gijs score," said the captain. "He has been a good player for us all over the field and one of a few who has played every position (defense, mid and forward) this summer.'

Dylan Roberts, with his fourth of the season and Dave Mathers (third) counted the other Sonics' goals.

In their previous outing (July 29) North Dundas battled AC Florentina to a 4-4 draw. Roberts booted in a deuce while Whittam and Jason Catellier supplied the singles.

Tonight (Wed., Aug. 12) the Sonics are at home in Mountain to the Lynwood Lighting (4-3-2).

OT5 blanked

It was their third loss in 10 games and the first by shutout as the sixth-place North Dundas OT5 United (5-3-2) were waxed 5-nil by the number-eight rated Ottawa Royals (4-3-3) in their home turf in Chesterville last week (Fri., Aug. 7).

Their two previous matches saw North Dundas tie the Ottawa Internationals 1-1 and defeat the Almonte Lynx 1-nil. The United's leading scorer, striker Adam Weight, cracked both goals and keeper Steve VanBruinessen registered his fourth shutout.

Friday (Aug. 14) the United will welcome the Arnprior Blues (0-9-0) to their Chesterville pitch.

MR6 lose

North Dundas MR6 United (2-4-2) striker Patrick Gibson rang up his team-leading eighth goal of the campaign in a 4-1 loss to the third-place Lynwood Centennials (6-2-1) on July 29.

The next home match for North Dundas is slated for Chesterville on Wed., Aug. 19 when the Lynwood Mean Machine (1-7-1) will visit.





Kaitlyn Hay (left) and Rosalie Murton (right) lead the North Dundas Women's Rec 4 (WR4) United in scoring. Hay has cracked seven and Murton five goals in their teams nine Ottawa Carleton Soccer League matches. North Dundas has won three straight games and improved to 5-4-0, good enough for fifth place in their division standings. *Press Photos – Van Bridger*

Sox split decisions, two games remain in NCBL regular season

OTTAWA – With their playoff ticket already punched, the Winchester Sox are cruising through the National Capital Baseball League's regular season stretch run.

Over the past week, the number-one ranked Sox (15-7-0) dropped a 3-1 decision to the eighth-place Braves at the Nepean Sportsplex last Friday (Aug. 7), but bounced back with an 8-5 verdict against those same Braves (7-15-0) at the same location. Winchester tops the Tier 2 standings with 30 points and a pair of road games yet to be played. Friday (Aug. 14), they will visit the Metcalfe Mudd (11-11-2) at the Nepean Sportsplex before traveling to Cornwall to tangle with the River Rats (12-9-0) on Sunday (Aug. 16).

There are a several possible scenarios, but if the Sox can win their final two games, or one of two, they should finish as the 2015 Tier 2 pennant winners.

Braves 3 – Sox 1

Matt Ware reached base after being hit by a pitch in the fifth inning of Friday's contest and plated Winchester's only run.

The Sox stranded 13 runners, only managing five hits, all singles.

Matt Harbers, Richard Boal and Andrew Goddard all pitched for the Sox and were victims of shoddy defence, as three infield errors led to two Braves runs in the third inning. A walk and a first-inning double cashed the other runner.

Sox 8 – Braves 5

Winchester opened the rematch on Sunday (Aug. 9) cashing five first inning runs. Ware (BB), Dominic Plaschy (1B), Ryan Clarke (1B), Matt Uhrig (1B, RBI), Ethan Nodwell (FC) and James Shaw (BB) all touched home. Jordan Hardcourt's single also cashed two runs.

Plaschy (BB) made it home in the fourth on a Clarke RBI single. James Shaw singled and in the fifth and Clarke reached on an error and registered run number eight in the sixth. Nodwell picked up the RBI on that play.

Justin Morozuk, Clarke and Goddard all toed the rubber for the Sox.

The Braves scored twice in the bottom of the second and three times in the fourth.



This year's Chesterville Women's Ball Hockey League champion, Wright's Yellow, was crowned Thurs., Aug. 6. Members of the winning team included: Cashelle Baldwin (front). Middle row: Janice Casselman (left), Jackie Morris, Jenny Wright, Stephanie Dafoe, and Clara Droppo. Back row: Kaitlin Kerr (left), Geena Rose, Lesley Ann Tupper, Monique Rutley, Angie Van Gurp-Helmer, and Paulette Levesque. *Chesterville Record photo*

Chesterville Women's Ball Hockey League

Yellow tops Green to claim title

CHESTERVILLE – In the end, it came down to Wright's Yellow versus Shane's Green for 2015 Chesterville Women's Ball Hockey League supremacy.

Played Thurs., Aug. 6 at the village arena, the league's best teams faced off in the final. There were no playoffs this year, however, as five teams in the circuit made it difficult to arrange a proper working order.

Although, this didn't mean there was a lack of drama.

During the night's games, Francis' Blues dropped Erwin's Blacks 1-0, Yellow got by Winters' Reds 2-0, and Green tied Blue 1-1.

Those results left Yellow and Green tied at 28 points apiece to finish the season. To break the stalemate, league organizers went to the summer's head-to-head contests between the two teams, though that was also a tie. Next it was goals for and against, though those numbers were also identical.

One area Yellow placed better than Green was in the win column, having posted 13 on the season to their opponents 11.

That fact sealed a championship win for Wright's side.

The final standings saw Yellow top the five-team circuit with a 13-4-2 record. Green (11-2-6) was second and Blue (7-8-5) third. Fourth place went to Red (7-10-2), and coming in the fifth spot was Black (1-15-3).

Game results

In the Black versus Blue contest, Kara Bartholomew, assisted by Lindsay Chambers and Katie Currie, was the lone goal scorer in the Blues 1-0 victory.

Clara Droppo, assisted by Paulette Levesque, and Jackie Morris, from Droppo, found the back of the Reds net as they helped Yellow to a 2-0 win.

In the night's deadlock, Alex Roach (from Amy and Rachel Bekkers) scored for Green and Taylor Cummins (from Janis Hall) replied for Blue as the two sides played to a 1-1 tie.

Cousineau wins Men's Night 'A' class

BOUCKS HILL – It has been a neck-and-neck race all summer, and this time, Brandon Cousineau got the better of his counterpart.

The young golfer shot a low gross 36 to lead "A" class at Cedar Glen Golf Course's Thurs., Aug. 6 Men's Night event. Cousineau's score was one better than Kurtis Barkley, who registered the class' second low gross with a 37.

The low net went to Lonnie MacIntosh, who fired a 32.

In "B" class, Steve Plummer's 38 was the first low gross, while Dave Summers had the second low gross with a 40. The first low net went to Andrew Byvelds with a 30, and Mitch Hutt had a low net of 31.

Larry Barlow led "C" class with a first low gross 45, while John Phillips was second in low gross with a 46. Low net winners were Dale Whitteker (33) and Brian Williams (34).

Winston Muir was the lone "D" class registrant, firing a low gross 53.

Barry Casselman shot his ball closest to the pin on No. 6, and Byvelds did the same on No. 9.

Jason MacIntosh pounded out the longest drive on No. 5.

A/B skins went to David Casselman (two on No. 2) and Gary Lafave (three on No. 8). C/D skins winners were Dave McIntosh (two on No. 6) and Pete Brown (four on No. 7).

The 50/50 winner was Jeff Whitteker.

Boyd, Lamoureux lead Sandy Row men's event

SOUTH MOUNTAIN – Dean Boyd and John Lamoureux both shot low gross 39s to lead the way at the recent Sandy Row Golf Course Men's Night.

Played Wed., Aug. 5, Chris Guy and Michael Allen both had birdie holes, while Bill Robinson had an eagle.

Closest to the pin prizes went to: Roger Francis (No. 4), Jason Dunbar (No. 7), Richard Gilmer (No. 2), Phil Garby (No. 8), Greg Chamberlain (No. 5), and Guy (No. 3).

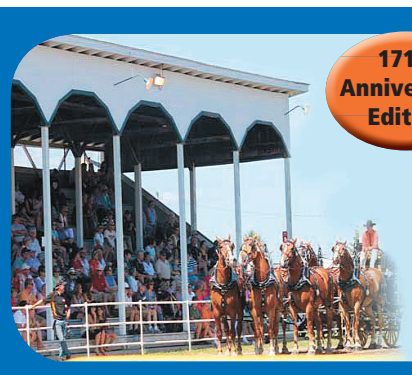
Tonight's sponsor (Wed., Aug. 12) is D.T. Mobile Wash (Dave Tremblay), while Guy Fuels sponsors Wed., Aug. 19.

Hills top Tuesday Night Scramble

BOUCKS HILL – Shaler and Cindy Hill combined for a low net 24.25 to lead the way at Cedar Glen Golf Course's Tues., Aug. 4 scramble event.

There was a tie for the low gross crown with both Bill Collins and Greg Van Dellen, and James Morrell and Andrew Downing shooting 34s.

Skins went to Morrell and Downing (three on No. 1 and three on No. 5), and Collins and Downing (two on No. 6).



171st Anniversary Edition

Vankleek Hill AGRICULTURAL SOCIETY FAIR

There's Magic At The Fair

Thursday, Friday, Saturday & Sunday

August 13, 14, 15 & 16, 2015

SCHEDULE

THURSDAY, AUGUST 13, 2015

9-11:30 am	Entries to Exhibit Hall
All Day	Cattle Arrive
12:45 pm	Judging of Hall Entries
4 pm	Midway Opens
6:30 pm	MacCulloch Dancers – Grandstand
7 pm	Parade Leaves Arena
7 pm	Mustang Show – Grandstand
7:30 pm	Arrival of Parade – Grandstand
7:45 pm	Fair Opening by Parade Marshall Tammy Oswick-Kearney
8 pm	Mustang Show – Grandstand
8:45 pm	Combine Derby
9:30 pm	KEROSENE CREEK – Show Barn

FRIDAY, AUGUST 14, 2015

9 am	Exhibit Hall and Artisan Displays Open
10 am	Heavy Horse Line Classes – Grandstand
10 am	Holstein Show – South Centre Ring
11 am	Home Cooked Dinner Served by La Binerie Plantagenet in the Dining Hall
11 am	Midway Opens
12 pm	PeeWee Showmanship classes – South Centre Ring
12/2/4 pm	Sheep Shearing – Ross Creighton
1 pm	Senior's Variety Program – Green Tent
1:30/4 pm	McGill University – MacDonald College Woodsmen Demo
2:30 pm	Mustang Show – Ring in front of Green Tent
1/3 pm	Ultimutts Stunt Dog Show – Green Tent
1:30/4 pm	McGill University – MacDonald College Woodsmen Demo
3-6 pm	RUDE MOOD BAND – Show Barn
4 pm	Mustang Show – Ring in front of Green Tent
4 pm	Home Cooked Dinner Served by La Binerie Plantagenet, in the Dining Hall
6:30 pm	Wild Horse Club's Western Games – Light Horse Ring
7 pm	Horse Pull Competition
7 pm	OUTLAWS – Show Barn
10 pm	LIPSTICK RODEO – Show Barn

SATURDAY, AUGUST 15, 2015

8 am	Open Western Light Horse Show/Lt Horse Ring
9 am	Exhibit Hall and Artisan Displays Open
10 am	Heavy Horse Hitch Classes – Centre Ring
10 am	Open 4-H Dairy Heifer Show – South East Ring
11 am	Home Cooked Dinner Served by La Binerie Plantagenet in the Dining Hall
11 am	Midway Opens
12-4 pm	Kids Fest – Green Tent Fun Filled Activities for Children of all Ages
12-4 pm	Frisotine/Sophie Davison- Face Painting – Green Tent
12-1 pm	Little Ray's Reptiles – Outside Green Tent
12/2:30 pm	Sing Along Tim and The Pacifiers – Green Tent
12:00/2:00/4:00 pm	Sheep Shearing – Ross Creighton
1:00 pm	Mustang Show – Ring in front of Green Tent
1:00 pm	North American Six Horse Hitch Classic
2-5 pm	NORM CAMPEAU – Show Barn
3 pm	FoxSpiral Hooping Demonstration – Green Tent
3:45 pm	Mustang Show – Ring in front of Green Tent
4 pm	Home Cooked Dinner Served by La Binerie Plantagenet in the Dining Hall
5:30-8:30 pm	FRIDGE FULL OF EMPTIES – Show Barn
7 pm	Demolition Derby
9-1 pm	AM/FM BAND – Show Barn

SUNDAY, AUGUST 16, 2015

8:30 am	English Light Horse Show – Lt Horse Ring
9 am	Exhibit Hall and Artisan Displays Open
10 am	Church Service with East Hawkesbury Gospel Sound – Green Tent
10-12:30 pm	Brunch served by Cassburn United Church in the Dining Hall
10 am	Antique Equipment Display – Centre Ring
11 am	Volleyball Tournament – Sand Court
11 am	Midway Opens
11 am	Antique Tractor Pull – Grandstand
12-4 pm	Kids' Fest – Green Tent Fun Filled Activities for Children of all Ages
12-4 pm	Frisotine/Sophie Davison - Face-painting – Green Tent
1 pm	Mini Excavator Competition
1-2 pm	Little Ray's Reptiles – Outside Green Tent
1 pm	Beef Show – South East Ring
1-3 pm	OUTLAWS – Show Barn
3 pm	FoxSpiral Hooping Demonstration – Green Tent
3:30-7 pm	SIDEWINDERS – Show Barn

DAILY ACTIVITIES:
- Midway 11 am-11 pm
- Artisan Exhibits in the Hall
- Monalea Petting Zoo and Pony Rides



ADMISSION PRICES

Thursday: $5.00
Friday: $10.00 or $5.00 for Seniors until 4 pm
Saturday: $10.00 • Sunday: $7.00
Weekend Pass: $25.00
Children under 12 years old: Free at all times

MIDWAY PRICES

Thursday: Toonie Night, open 4-10 pm
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Saturday: All You Can Ride Saturday!
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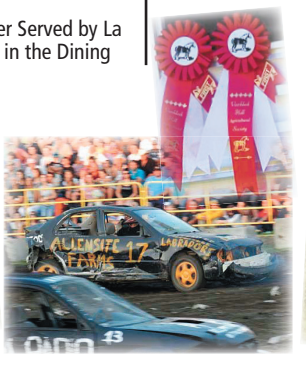



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Guy-Legendre, Carr lead Rockets to championship

WINCHESTER – It seems the Senators used all of their firepower the week previous.

The North Dundas Junior Co-ed Ball Hockey League doused the Rockets 5-3 seven days earlier, but on Wed., Aug. 5, when it mattered most, they were bested.

It was goals by Ethan Guy-Legendre and Mason Carr that helped propel the Rockets to a 2-1 victory and the Fraser Cup.

In the evening's early game, the Canadiens dropped the Hawks 4-1 en route to the "B" championship.

North Dundas Junior Ball Hockey League



Team captain Mason Carr accepted the Fraser Cup from Amy and Tony Fraser, former junior league conveners.
Press Photos – Uhrig



The Rockets cashed two goals in the second-half of Wed., Aug. 5's North Dundas Junior Co-ed Ball Hockey League "A" championship final en route to a 2-1 victory over the Senators. In the process, the team captured the Fraser Cup. Pictured are: Hunter VanBreugel (front, left), Kyle Robb, Ethan Guy-Legendre, and Aiden Hutt. Middle row: Adrianne VanBreugel (left), Clayton Scebenski, and Brett Esnard. Back row: Jamie VanBreugel (coach, left), Reise Marriner, Mason Carr, and coach Peter Marriner.

Rockets prevail

Despite holding 1-0 lead at the end of the first-half, it was not to be for the Senators in the Fraser Cup final.

Gavin Veinotte scored late in the opening portion of the final game of the junior ball hockey season. He did so unassisted.

But, the Rockets came roaring back in the second-half.

First, Guy-Legendre took a feed from Reise Marriner to knot the game at 1-1.

Up next, Carr, assisted by Aiden Hutt, found the back of the Senators cage to put his team ahead 2-1. From there, the Rockets never looked back.

Hunter VanBreugel closed the door on any other Senators attempts, including one final push in the dying seconds of the game.

Not only did the Rockets take home the Fraser Cup, named in honour of former league conveners Tony and Amy Fraser, but each member of the winning team received a complementary ticket to a North Dundas Junior Rockets game this season.

Habs top Hawks

Cole Eikelboom scored two goals to help the Canadiens get past the Hawks 4-1 in the "B" side final.

It was Maxwell Messervey who opened the team's scoring early in the first-half, followed by Daniel Harrison. Assists went to Gavin Eikelboom and Messervey.

For Cole's two goals, it was his brother Gavin providing the passes.

Justin Robinson, from Henry Link, scored the Hawks only goal.

Hawks withstand Rockets rally to win 'A' title

WINCHESTER – In the end, the Rockets made it close, but fell short as the Hawks soared to victory Wed., Aug. 5.

The North Dundas Senior Co-ed Ball Hockey League's Ralko Cup was up for grabs that night, and the Hawks made it known the championship was theirs for the taking.

Three Hawks shooters found the back of the Rockets net early in the game, staking their way to a 4-1 advantage, but only holding on to win 5-4.

The win also helped solidify the Hawks undefeated season.

In the "B" final earlier in the evening, the Leafs got past the Senators 6-4.

Hawks fly

Emily Eikelboom had three goals and an assist as she ensured the Hawks didn't go home empty handed Aug. 5.

She opened the game with an unassisted effort, and then took a feed from Spencer Kelly to put her squad up 2-0.

Bayden Carr's solo goal put the Rockets on the board in the first half, but Hawks' markers from Kyle Ross and Zachary Nelson would quickly overshadow his goal.

The Rockets split the contest in half early in the second portion of the contest when Carr fired in his second goal of the game, assisted by Blake Watters.

A fifth goal, however, for the Hawks knocked the Rockets back some as Eikleboom's third marker put her team ahead 5-2.

But, the Rockets didn't go quietly. Carr's third goal of the game was also his team's third, and Jarrett Williams banged home an unassisted late in the game.

That was as close as they would get, though. The Hawks captured the Ralko Cup, named in honour of onetime league convener John Ralko, and completed their undefeated season.

Each member of the winning team was also given a free ticket to an upcoming North Dundas Junior Rockets game.

Leafs beat Sens

Tom Fingler had four goals as the Leafs ran roughshod early in the "B" final against the Senators.

Kyle Findlay opened the scoring for the "blue shirts," taking a feed from Aaron Turcotte. Fingler then banged home his first goal of the content, assisted by Cameron Cotnam.

Two quick goals by the Senators, by Sebastien Hebert and Evan Durant, tied the game at 2-2.



This year's North Dundas Senior Co-ed Ball Hockey League champions are the Hawks, who went undefeated throughout the summer season and playoffs. The squad captured the Ralko Cup Wed., Aug. 5. Pictured are: Kyle Ross (front, left), Brayden Roe, Emily Eikelboom, and Spencer Kelly. Back row: Lesley Francis (coach, left), Cory Ross, Joey Benoit, Myah Bekkers, Patrick Norris, Zachery Nelson, and Christian Francis.
Press Photo – Uhrig

The Leafs, however, buried two more before the half was completed. James Mackie, assisted by Findlay, hit the scoreboard first, and then Fingler found the back of the Senators net for a second time.

Fingler then opened the second portion of the game with this third goal, an unassisted effort.

Tom Burnside's marker, assisted by Jordan Robinson, pulled the Senators to within two goals, but the flame was quickly diffused when Fingler fired home his fourth goal of the contest. Findlay picked up his second assist on the play.

The final Senators goal was scored by Henry Burnside (from Durant), but that's as close as the squad would get, falling 5-4.

Golfing to fight cancer

BOUCKS HILL – Cedar Glen's ladies hosted the annual "Golf Fore The Cure" event Wed., Aug. 5.

Christine Barkley led the way with a low gross 32. Other top golfers on the night included Courtney Barkley, Marie Shelp, and Lee Findlay.

$3,000 raised

The ball return winners were Donna Casselman, Jane Hess, Mary Whitteker, and Norma McMillan.

Shelp had the safest drive on No. 3, while Carol Richer was closest to the pin on No. 6 and Joanne Rutley did the same on No. 9.

Sheila Crowder was deemed to have brought in the most donations, while the night's 50/50 winner was Barb Barkley.

In total, participants raised roughly $3,000.

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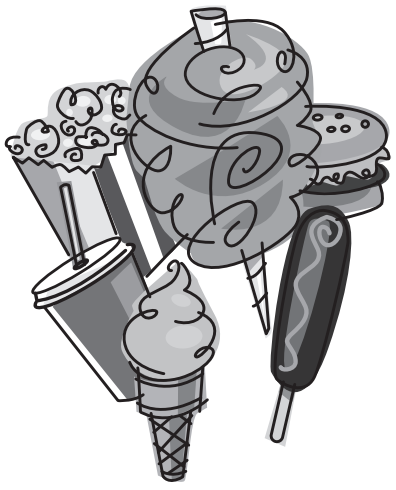

Special Needs Day Thursday 11 am-2 pm
Midway • Beer Garden • Truck Pull
Agriculture • Floriculture • Roots & Vegetables
Culinary Arts • Homecrafts • Jr. Homecrafts
4-H Achievement • Show 'n' Shine
South Mountain Fair Raffle & Grand Prize Draw
Demolition Derby Friday 7 pm
Children's Entertainment • Antique Tractor Pull
Western Lumberjack Show • Live Music
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RIDES, GAMES & good times galore

More fair events on the next two pages



FAIR EVENTS

Thursday, Aug. 13

11 am-2 pm	Special Needs Feature
2 pm-3:30 pm	Gates closed
3:30 pm	Official gates open
4 -10 pm	Midway opens
6-10 pm	Beer Garden open
6 pm	South Mountain Truck Pull Registration
6 pm	Opening Ceremonies (Agricultural Hall)
6 pm	South Mountain Truck Pull
7 pm	1st Annual SMF Raffle 2-$250.00; 3-$100.00

DEMOLITION DERBY STARTS FRIDAY AT 7 PM

Friday, Aug. 14
SCOTIABANK DAY

8 -11:30 am	Exhibits entered at Exhibit Hall
10 am	Poultry judging begins
3:30 pm	Gates open
4 pm-12 am	Midway open
5 pm-12 am	Beer garden open (close at 12 am)
5-9 pm	Exhibit Hall opening for viewing
4-6:30pm	Derby registration
6-6:45pm	Derby drivers' meeting
6:30 pm	1st Annual Power Wheels Derby (derby pit) ages 5-7
7-11 pm	Demolition Derby
8 pm-12 am	***Kerosene Creek*** (Age of Majority)

PAY ONE PRICE ADMISSION

Weekend Admission Pass: $50/person*
Day Pass: $20/person*

**Admission bracelet includes:* These get you admission to all concerts, midway, children's tent and grand prize draw.* All midway rides (height restrictions for young children shown at gates); musical entertainment (please note Age of Majority may be in effect for some entertainers); kids' entertainment, Kidz Mountain of Fun, exhibits, and agricultural shows

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FAIR EVENTS

Saturday, Aug. 15

JED EXPRESS DAY

6 am	Exhibitor only gate open
8 am	Gates open
9 am-9 pm	Exhibit Hall open
9 am	Children's Fun Pony & Horse Show
9 am	Children's Pet Show
9:30 am	Saddle & Harness and Mini Show
10 am-5 pm	Children's Entertainment Play Tent
10 am-5 pm	**NEW!** Children's Corn Maze (Children's Tent)
10 am-5 pm	Vanderlaand Petting Zoo
10 am-5 pm	Maple the Cow
10 am-5 pm	Chicken Hatchery & Face Painting
10 am	Poultry Show
10 am	Baby Contest, Agricultural Hall
10:30 am	South Mountain Show 'N Shine
11 am	Pre 4-H Dairy & Showmanship Class
11 am-3 pm	Glass Slippers Meet & Greet (Children's Tent)
11 am-3 pm	Streek-it/Wacky Hairspray (Children's Tent)
11 am-5 pm	Dr. Funny Bones (Children's Exhibit)
11 am, 1 pm, 3 pm	**NEW!** Western Lumberjack Show (derby pit)
11 am-4 pm	Papa Hershey Miniature Thomas The Tank Engine
11 am-4 pm	Kane Sibley Wood Carvings
11 am-4 pm	Robert Vaughan Blacksmith
12 pm	Dairy 4-H Achievement Day
12 pm-12 am	Midway open
1 pm & 3 pm	Splash 'N Boots Shows (Children's Tent)
1 pm-1 am	Beer Gardens open
1 pm	Dundas County Farmers Party (Tent)
1 pm	Greasy Pig Registration
2 pm	Greasy Pig Contest
4:30 pm-5 pm	Pizza Eating Contest (by Lila Fawcett Bldg.)
7:30-8:30 pm	***Cory Marquardt*** (All Ages Welcome)
8:30-9:30 pm	***Jordan McIntosh*** (All Ages Welcome)
10 pm-1 am	***Blackwell Band*** (Age of Majority)





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Let's Make Some MEMORIES AT THE FAIR

FAIR EVENTS

Sunday, Aug. 16

O'FARRELL FINANCIAL SERVICES DAY

6 am	Exhibitor only gate open
8 am	Gates open
9 am-4 pm	Exhibit Hall open for viewing
9:45-11 am	Ecumenical Church Service at the Agricultural Hall entrance
10 am-5 pm	Children's Entertainment Play Tent
10 am-5: pm	Vanderland Petting Zoo
10 am-5 pm	New Children's Corn Maze (Children's Tent)
10 am-5 pm	Maple the Cow
10 am-5 pm	Chicken Hatchery
10 am-5 pm	Face Painting
10 am	Poultry Barn open
10 am	Heavy Horse Show
10:30 am	Antique Tractor Pull Registration
11 am, 1pm, 3pm	**NEW!** Western Lumberjack Show (derby pit)
11:30am	Antique Tractor Pull Show
12-3 pm	Glass Slippers; Meet & Greet (Children's Tent)
12 -3 pm	Streek-it/Wacky Hairspray (Children's Tent)
12-4:00 pm	Dr. Funny Bones (Children's Exhibit)
12 -4 pm	Papa Hershey Miniature Thomas The Tank Engine
12-4 pm	Kane Sibley Wood Carvings
12-4 pm	Robert Vaughan Blacksmith
12 pm	Midway open
12-6 pm	Beer Gardens open
12 pm	4-H Beef Show
1 pm & 3 pm	Luv 2 Groove Show
1 pm	Simmental & Angus Cattle Show
1 pm	***Unwound*** (All Ages Welcome)
2 pm	***Teea Goans*** (All Ages Welcome)
2 pm	Junior Farmers Olympics
3:30 pm	Wood carving items for public auction
3:30 pm	1st Annual SMF Raffle - Final Draw $1,500
3:30 pm	Free Grand Prize Draw (Entertainment Tent)
4 pm	***Joe Diffie*** (All Ages Welcome)

More fair events on the preceding pages





Joe Diffie



Teea Goans



See you at the fairgrounds!

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34tfc

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20-23

Help Wanted

HELP WANTED – Part-time Bartender required for Chesterville Legion Branch 434 for the Members Room. Experience would be an asset. Job description available at the Legion. References required. Submit resume to either 167 Queen Street W. or to P.O. Box 38, Chesterville, ON, K0C 1H0, no later than Aug. 29, 2015.
22-24c

HELP WANTED – Castelo Custom Homes is looking for a full-time carpenter to join our team. Must have experience, knowledge in framing and trim, trustworthy and attention to detail. Please send resume to rbarbosa@castelocustomhomes.com or call 613-913-7021.
23-24

HELP WANTED – Immediate part-time prep cook needed for award-winning, wedding and special events venue, Stanley's Olde Maple Lane Farm. Must be mature, dependable and a team-player. Some kitchen experience and basic knife skills a must. Days, evenings and weekends required. Send resume and references to stanleyshiring@gmail.com
23c

HELP WANTED – Equipment operators wanted for fall harvest, manure applicating. Klein Agri Services 613-229-8654.
23-24c

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STL HOME IMPROVEMENT – All renovations, large or small, we do them all. 30 years experience. Free quotes. Steve 613-864-1953.
15-25c

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23-25

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19tfc

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11tfc

THE LINTON APARTMENTS – Under new management, 2-bedroom suites available, clean, quiet, secure, parking, appliances included. Ideal for seniors. Call Lynda 613-979-7773 for appointment to view.
12tfc

FOR RENT – 2-bedroom duplex, 28 Church St., Chesterville. Utilities extra. Call 613-448-2159.
18tfc

FOR RENT – Old farm house, Chesterville. 3-bedroom, $650 per month plus utilities, heat and hydro. First, last and references. Only employed tenants. Available Sept. 1. 613-448-2095.
22-23c

FOR RENT - Attractive 2-bedroom apartment in Winchester. Suitable for seniors. No pets, no smoking please. Available immediately. 613-774-2968.
22tfc

FOR RENT – Marionville, 2-bedroom apartment, bright and sunny, big yard, 5 appliances, satellite, parking. $975 monthly all inclusive. No pets. No smoking. Available Sept. 1. For info call Christine 613-445-8082.
23-25

APARTMENTS FOR RENT – Williamsburg, bachelor $560, 1-bedroom $650, 2-bedroom $750, all inclusive. First, last and references. One year lease, postdated cheques. Call 613-822-6635 or 613-535-2208.
23-25c

For Sale

FIREWOOD FOR SALE – Maple, ash, elm. Cut 1 year, split, delivered, $75 a cord for a 6 cord load. 613-535-2382, 9 pm.
23-34

FOR SALE – Tempo 632T treadmill, sturdy, wide track, fully programmable, monitors, auto incline, excellent shape. $600 firm. Jean 613-984-0594.
23-24

FOR SALE – Sweet corn, tomatoes, beans, cucumbers, potatoes, beets, kale, onions, jam and honey available fresh daily at Dentz Orchards and Berry Farm, 4766 County Road 16, Iroquois, 613-652-2397. Interac available. Open Mon.-Fri. 8 am-6 pm, Sat., 8 am-5:30 pm, closed Sun. www.dentzfarm.com.
23c

Farm

WANTED TO RENT – Land to grow organic soya, corn, buckwheat. Tiled or untiled. Any size fields or will clean up. 613-535-2382.
1-25

FOR SALE – Wheat straw, 2015 crop. 613-229-8662.
22-23c

FOR SALE – Small bulk tank and old sash windows. Best offer. Call 613-346-2431.
23-24

Farm

FOR SALE – Approximately 45 acres Class 1 farm land. 613-448-3576.
23

FOR SALE – 172 acres of farmland in Oxford Station, 30 minutes south of Ottawa. This property has well over 100 acres of tillable land with the balance as maple and cedar bush. It features a beautiful 1-1/2 storey Circa 1850s stone farmhouse, numerous storage buildings. It's ideal agricultural land for a hobby farm or cash crops. For viewing/interest contact 613-258-4060 or email at blarcand@gmail.com.
23

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22-30

FOR SALE – Just fresh first and second calf Holstein heifers ready to fill your quota. Call Velthuis Farms 613-794-0258.
23-26c

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FOR SALE – 2007 Starcraft tent trailer featuring fridge, stove, sink, furnace, water pumps and tanks. Lights work on electricity, battery and gas. Very good condition. 613-448-1150.
22-23

Coming Events

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4tfc

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22tfc

WINCHESTER SUNDAY MARKET
12 noon-4 pm every Sunday, 100 Club Park. www.winchestersunday.wix.com/market.
14tfc

SMOKIE RIDGE VINEYARD FOODFEST
A celebration of local food, Sat., Aug. 22, 10 am-5 pm at Smokie Ridge Vineyard in Mountain. www.smokies-grapes.com. Still looking for local food vendors, contact Cheryl at 613-774-2224 or Smokie at 613-989-4523.
21-24c

HUNTER EDUCATION COURSES
Sat., and Sun., Aug. 29 and 30 in Winchester and Sat., and Sun., Sept. 19 and 20 in Spencerville. Contact Kerry Coleman at 613-258-7515 or kerrycoleman@xplornet.com to register.
22-25

Coming Events

LADIES HIT IRELAND
Emerald Isle, escorted by Shelley Cumberland, Sept. 28-Oct. 9, 2016. $225 discount if booked (deposit) before Sept. 4, 2015. **INFO NIGHT** Tues., Aug. 25, McIntosh Inn, Morrisburg. Please RSVP to 613-543-2133 or shelley@thomtravel.com TICO 1258982
22-24c

RON DONNELLY AND THE MARLBOREENS
Sat., Sept. 19, 7-9 pm at Winchester United Church. All proceeds to the Restoration Fund. Price: $10, lunch to follow.
23

Yard Sales

YARD SALE
467 Queen St., Winchester, Fri., Aug. 14 and Sat., Aug. 15, 8 am-2 pm. 500+ plastic canvas pattern books, dishes, teapots, cow ornaments, craft items, kitchen items, etc. Rain date Aug. 28 and 29.
23

HUGE GARAGE SALE
Sat., Aug. 15, 9 am-2 pm, 463 Fred St., Winchester. Rain date Sun. Aug. 16. PLEASE NO EARLY BIRDS!
23c

Auction Sales

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PUBLIC NOTICE

Township of North Dundas
P.O. Box 489, 636 St. Lawrence St., Winchester, ON, K0C 2K0
613-774-2105 Fax 613-774-5699
www.northdundas.com info@northdundas.com

HAZARDOUS WASTE DAY

The Boyne Road Hazardous Waste Facility will be **OPEN Saturday, August 15 between the hours of 8 am to 12 noon** for the residents of Dundas County to safely remove their household hazardous waste.

Any questions, please contact:

Doug Froats
Waste Co-ordinator
613-774-5157





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Thank You

First, I want to thank all my library co-workers for the surprise party. Thanks to my family for the flowers and the support. My thanks also go out to all the patrons for their cards and gifts. It's a beautiful memory to have.

Gail Storring

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Happy 101st Birthday Pearl Summers



Family, friends and neighbours are invited to celebrate the 101st birthday of Pearl Summers. Please join us for cake
Sun., Aug. 16, 2-4 pm at
518 Fred Street, Winchester.
Best wishes only please.

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Congratulations Douglas Twins
93 years old on August 15, 2015
Velma Francis Thelma Bouck
Love and best wishes from
Elaine and the Francis Family

Thank You

I would like to recognize the staff of the MED/SURG Ward Team of the Winchester District Memorial Hospital for the care I received during my recent stay.

To Doctors McIntire, Peters and Yang for your knowledge and treatments.

To all the nurses, day and night shifts, for your care and for humanizing a tough job.

To the technicians for the excellence in testing and just not letting anyone sleep in late.

To the cooking and cleaning staff, your dedication to an unending job should be commended.

To Nurse Beth for just making it fun to be in bed for 12 hours at a time.

And to Sandy Shaver for popping in at any hour of her schedule and brightening my day.

To all of you guys, I say,
Thank You, Thank You, Thank You
Grant Ducolon, Room 216

Thank You

Thank you Laurie, Frank, Randy, Lisa, A.J., Dan and Crystal for the wonderful party to celebrate our 50th Anniversary. We appreciate it so very much! Thank you also Cassidy, Madison, Abbie, Dylan, Katie, Erica, Michael, Elliot, Jillian, Kurtis, Lauren and Charlotte for your help to make our celebration a success.

Thank you to all family, friends and neighbours who attended. Thank you for the beautiful, special flower arrangments, for all the lovely cards and gifts, messages, phone calls and best wishes. Thank you so much to those who drove far to be with us. And thank you Guy Lauzon and Eric Duncan for your kind words and for your presentations. Thank you Melissa Van Noppen for the delicious buffet, Peter for live music and Unique Decorations for helping with decorating.

We thank everyone very, very much.

Sincerely,
Ed and Gail Byers

Happy 90th Birthday *Audrey Gibson*



To celebrate this milestone, friends and family are invited to an
OPEN HOUSE
Sunday, Aug. 23
12 to 2 pm
At home:
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Winchester Curling Club
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Contact Judy Somerville at 613-699-0402 to enter your team.
Cut-off is September 9, 2015.



Mary G. Lynch

Oct. 5, 1921 - July 30, 2015



It is with heavy hearts that the family announces the passing of our beloved mother, grandmother, great-grandmother, aunt, and friend to many, Mary Lynch, on Thurs., July 30, 2015.

Mary was the devoted and loving wife of the late Francis Lynch (2000) for 52 years. She is survived by her children, Elaine Lynch (Robert Steen) of Ottawa, Barry (Louise) of Calgary, and Patrick (Cheryl) of Chesterville. She will be deeply missed by her grandchildren, Ryan (Brianne), Scott (Andrea), Amy (Chris), Jessica (Wassim), and Shauna (Blair). She was the great-grandma to Brayden and Morgan. Mary was predeceased by her parents, Edward and Bridgit Gannon (nee Chambers), and her brother, Ewen Gannon (Jessie).

Mary was a devoted Catholic and a long-time member of St. Mary's Parish in Chesterville. Her faith gave her strength to endure. She loved her farming life and Irish roots. She was always willing to lend a helping hand. She leaves behind many good and long-time friends in the Chesterville area and at the Hartford Retirement Residence.

Friends called at the Marsden and McLaughlin Funeral Home in Chesterville on Mon., Aug. 3 from 2 to 4 and 7 to 9 pm. A Mass of Christian Burial was celebrated at St. Mary of the Presentation Roman Catholic Church in Chesterville on Tues., Aug. 4 at 11 am with Father Cosmas and Father Chisholm officiating, followed by interment at St. Bernard's Cemetery in Finch. The pallbearers were Scott Lynch, Shauna Lynch, Brian Lynch, and Robert Steen.

In lieu of flowers, donations to the Dundas County Hospice or Carefor Hospice in Cornwall would be gratefully acknowledged by the family.

The family wishes to extend sincere thanks for the loving care provided by the staff at the Hartford Retirement Residence, Carefor Hospice in Cornwall, and Dr. Crabtree.

Online condolences may be made at www.marsdenmclaughlin.com

OBITUARIES which appeared in the *Winchester Press* from 2002-2015 are archived on our web site: www.winchesterpress.on.ca

Alicia Desjardins-Hutchinson

1957-2015



Alicia Louise Desjardins-Hutchinson passed away suddenly on Thurs., Aug. 6, 2015 at her home in Winchester, with her husband by her side. She was 57.

She was predeceased by her father, Clare. She is survived by her husband, John Hutchinson, her mother, Alicia, her brothers, David, John-Paul, Douglas, and Jeffrey, her sister, Michelle, and many aunts, uncles, nieces, nephews, and loving in-laws.

Alicia was an accomplished pianist, vocalist, and music teacher, and many of her students excelled because of her prolific musical knowledge and dedicated teaching prowess. She was also an avid dabbler in the world of antiques; she had an incredible breadth and depth of knowledge of collectibles.

John and Alicia moved to the area in 1990, opening The Village Music Academy in Chesterville. They also rented studios at Winchester United Church where Alicia taught piano, voice, musical theatre, guitar, and theory. She also taught piano privately at several area public schools. For many years, they were teaching 145 students per week. Alicia and John also spent about five years in England and Iceland. She will be sorely missed by her family, her friends, and the cats she adored so much.

A Celebration of Alicia's Life will take place at Winchester United Church, 519 St. Lawrence St., on Sat., Aug. 29 at 2 pm.

In memoriam donations to the Ottawa Humane Society will be gratefully appreciated.

Card of Thanks

We, the family of Velma Hummell, would like to thank Dr. Sarah Dello Sbarba and the caring and compassionate staff of Dundas Manor, where our Mother has resided for the past five and a half years. You guys have made this journey easier for us with all the extra hugs and kind words of support.

A special thank you to David Lapier of Marsden & McLaughlin Funeral Homes for all your help above and beyond the call of duty.

Thank you to Rev. Joyce Trask for a wonderful graveside service.

Many thanks for donations to the Dundas Manor Activity Fund, food brought to the house and all the words of sympathy.

Thank you to the ladies who served a wonderful lunch at the Chesterville Legion after the service.

Your thoughtfulness will always be remembered.

Rest In Peace Maw ♥♥ ***Love You*** ♥♥
As Maw's final words were ♥♥ ***Love You More*** ♥♥

Steven Sheldrick & Shirley Kerr,
Debbie & Oswald Linton & Families

In Appreciation

The family of Brenda Atkinson would like to thank everyone for the love and support shown to us during the loss of our beloved one. We appreciate all those who sent flowers, cards, visited, provided meals and called to express their concern. A special thanks goes to Cindy for the meals, visits and love shown to Brenda and our family. As well, we appreciate Roger Patterson for all his kind visits. Also, a big thank you goes to all the home care workers who made it possible for Brenda to remain at home, as she wished. We also appreciate the care provided by Dr. Sarah Dello Sbarba. Thank you to Pastor North and Pastor Comber for spiritual guidance and help provided. Finally, thank you to David Lapier for his professionalism and kindness in this diffult time.

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Conquers grueling 226-kilometre course

Christophersen claims Ironman status

by Matthew Uhrig
Press staff

WINCHESTER – Imagine yourself travelling 226 kilometres.

Now imagine doing it without the use of an automobile, a convenient way to travel in these modern times.

It's a safe bet there aren't many who would consider such a feat. For Allen Christophersen, though, it is a badge of honour he wears with pride.

The 50-year-old Winchester resident recently returned from Lake Placid, N.Y., where he competed in the 2015 Ironman competition.

"I set a goal for myself that when I turned 50, I wanted to do a full Ironman," he told the *Winchester Press*. "I knew Lake Placid was a very big and famous one, and a very challenging one, too. So, I wanted to do it."

His increased aspirations came after years of what he called "starting small."

First there were five and 10-kilometre runs, working his way to triathlons, and then participating in the Ottawa Marathon for five years. Three years ago he took part in the half-Ironman in Muskoka.

"It was just a matter of getting into bigger and longer races," he said.

For the Ironman, though, it was going to take all of Christophersen's will and determination to be prepared for the three-stage event.

The lengthy course included a 3.86 kilometre swim, 180.25 kilometres on a bike, and a final 42.2 kilometre run.

"When I signed up, I had a base already, but that's when I started training for this distance," Christophersen said. "I trained for a year for this."

The regimen involved each discipline expected of him in Lake Placid. In the summer, with his kids at camp in the Picton area, he swam in Lake Ontario, a different experience than using his home pool or the larger aquatic facility at Carleton University.

On his bike, he took to County Road 43, heading east or west on a given day – "Just putting in the kilometres," he said. He also biked the hills of Gatineau Park to prepare himself for the upward terrain of the Lake Placid region through the Adirondacks.

"Because they say the [Ironman] bike course there is one of the most challenging ones there is, with an 11 mile [17 kilometre] climb at the end of the course," he said. "They call it a baby bear, a mama bear, and a papa bear… So the training in Gatineau definitely, definitely helped me."

In fact, it was through the mountains that, Christophersen said, competitors could be easily distinguished.

"People come from all over the world to do this, and there are people there from flat countries. When I was going down the hills, I'd be passing these people and I knew some of these people weren't from a mountainous state or province," he said. "I looked at my speedometer at one time and I had hit 77 kilometres-per-hour on my bike."

To prepare for the run, Christophersen said he kept to his usual routine, going out three times a week or more.

"Leading up to it, I just kept putting a lot of kilometres in," he said.

The fourth component was cross training, ensuring his muscles wouldn't fail him when he needed them most. He split his time between Greco Lean and Fit in Manotick, and Winchester's Summers Physiotherapy.

"You definitely need to train like this for this sort of race, otherwise you're setting yourself up for failure," Christophersen said. "It's a grind."

The race began at 7 am Sun., July 26 and competitors had until midnight to complete all stages. It took Christophersen until 11:27 pm to finish the events, as he was slowed by fatigue, nausea due to dehydration, and, at times, a general feeling that he wouldn't see the finish line.

But, he persevered. It's that fact he clings to most.

"This was a goal to do it… This wasn't a race to win or finish in first place, this was a race to, simply, finish," he said. "As a first time Ironman, it wasn't about having the best time or breaking the ribbon, it was, for me, about finishing."



Winchester's Allen Christophersen recently returned from taking part in the Lake Placid, N.Y. Ironman event, a grueling 226-kilometre journey split between swimming, biking, and running.

Press Photo – Uhrig



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Waves capture Manotick meet championship

MANOTICK – All Winchester Waves swimmers competing in the 2015 Manotick Marlins Invitational Swim Meet claimed ribbons in every event they entered and the end result was the first team trophy of the season.

Five Waves also earned individual honours on Sun., Aug. 9, including Brooke Holmes (girls 7-8), Warren Halpenny (boys 9-10), Delaney Halpenny (girls 13-14), Tristan Paquette (boys 13-14) and Payton Halpenny (girls 15 over).

Making waves

Lucy Brebaum (girls 6 under): third – back; third – breast; fifth – free.

Hunter Holmes (boys 6 under): second – back; second – breast; second – free.

Brooke Holmes (girls 7-8): first – breast, first – free; second – back.

Eric Brebaum (boys 7-8): first – breast, first – IM, third – back.

Warren Halpenny (boys 9-10): first – fly; second – breast; third – free. Alex Sylvestre: second – back, fourth – fly; fourth – free.

Delaney Halpenny (girls 13-14): first – fly; first – back; first – free.

Tristan Paquette (boys 13-14): first – back; first – IM; first – free. Seth Christophersen (competitive division): first – fly; first – IM; first – free. Sam Sylvestre: third – back; third; breast; fourth – free.

Payton Halpenny (girls 15 over): first – fly; first IM; first – free. Hannah Paquette: second – free; third – fly; third – back.

Relays

Boys 9-10: The Furious Four – Alex Sylvestre, Warren Halpenny, Hunter Holmes, Brooke Holmes – first – free and second – medley.

Boys 13-14): The Big Burn – Tristan Paquette, Sam Sylvestre and Seth Christophersen – first free and first medley.

Girls 15 and over: PHD – Hannah Paquette, Payton Halpenny and Delaney Halpenny – first free and first medley.



Meet champions

Coach Linsey VanKoppen (left) posed with the Winchester Waves following their team championship victory at the 2015 Manotick Invitational Swim Meet on Sun., Aug. 9. The Waves finished first in the five team field with Brooke Holmes, Warren Halpenny, Delaney Halpenny, Tristan Paquette and Payton Halpenny all earning individual medals.

Courtesy photo



Drawing a line in the sand, Hawaii-style

Tug-of-war was just one of the many activities that nearly 100 kids participated in at Iroquois Beach on Fri., Aug. 7 during "Hawaiian Day," which was sponsored by South Dundas Recreation, the Stormont, Dundas, and Glengarry County Library, and the Ontario Early Years Centre. The sand was filled with people building sand volcanoes, hula-hooping, getting low for limbo, playing water balloon baseball, painting surfboards, and relay racing with pineapple tops. It's the second of two beach days planned by the partnered groups for the 2015 summer months, and the first time the Dundas Youth Centre joined in the fun. It also comes at a time when the revitalization of the beach has become important to the community, with the Iroquois Waterfront Redevelopment project in the works. Residents will have an opportunity to get up close and personal with the revitalization concept plans for the Iroquois Commons Park and local waterfront Fri., Aug. 14 and Sat., Aug. 15 between 3 and 5 pm at the beach. *Courtesy photo*

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