The Chesterville Record

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Newsbriefs

Council backs call for 0-per-cent hike

CHESTERVILLE—Village council has backed a resolution by Osnabruck Township requesting SD&G school board and United Counties government to adopt a zero-per-cent increase in 1993 tax levies to local municipalities. But Reeve Jim Cook, who will serve as warden of the counties next year, says that may be difficult. "I know that the counties will be making every effort," he said. "But we have some commitments." Starting next year, the counties will be making annual payments of $200,000 to Maxville Manor, which is undergoing a major facelift.

OFA elects officers

TORONTO—Incumbent president Roger George and vice-president Jack Wilkinson were both re-elected to the Ontario Federation of Agriculture's executive committee last week at the OFA's annual convention held in Toronto. Eight delegates from Dundas County and and four from Stormont were at the convention, where "the business of farming" was discussed.

Parade plans set

CHESTERVILLE—Organizers of the annual Santa Claus parade, to be held Dec. 12, are asking everyone who will be entering a float to line up on Faubert Street at 10 a.m. on the day of the parade. Judging will be done at 10:30, and the parade will begin at 11. It will travel along South Street to Main and then to King Street. The parade will move out of the downtown core, along a few side streets, and end at the Community Hall. Anyone who knows of a shut-in who would appreciate a visit from Santa on the day of the parade should call John at 448-2413 or Scott at 448-3507.

An odd request

CHESTERVILLE—It may sound like an odd request, but council members want village residents to put out more garbage on Mondays. Garbage is picked up in Chesterville each Monday and Thursday, and two trips are made to the landfill site each day at a cost of $240 in tipping fees for each load. The village's contractor says much less garbage is being picked up on Mondays than on Thursdays. And council members say one Thursday trip to the landfill site could be eliminated if better use was made of the pick up service on Mondays.

Xmas bulbs broken, stolen

CHESTERVILLE—Provincial Police have received numerous complaints that Christmas tree bulbs are being broken and stolen in Chesterville. Winchester OPP Sgt. Jim Irvine said anyone caught breaking or stealing bulbs will be charged with mischief or theft.

Gas siphoned

CHESTERVILLE—About $20 worth of gasoline was siphoned from a vehicle parked on Joseph Street in Chesterville last Wednesday or Thursday, Winchester OPP Sgt. Jim Irvine said. There are no suspects in the theft.

School boards want $3-million grant to ease recession's effects on kids

Elizabeth Moreau
Record Staff

CORNWALL — An ad hoc group including the mayor of Cornwall and officials from the United Counties and the Stormont, Dundas and Glengarry school boards will ask the province for $3 million in emergency funding to help students and parents cope with recession-related stress.



Jim Dilamarter

The money, $1 million over each of the next three years, would be used by the school boards to provide in-school couselling services for children and parents, parenting courses, adolescent support resources for troubled teenagers, and nutrition and clothing programs.

At a press conference Friday, education directors Jim Dilamarter of the public school board and Roger Davidson of the Catholic board said the effects of the recession on families and children are more than boards can handle.

"Our resources are being used at a 150-per-cent level. We've done all we can," said Dilamarter.

"The range of difficulties has totally overwhelmed our ability to deal with them," echoed Davidson. "The complexity and the number of cases are so great that we are overwhelmed."

Unemployment in the region, while lower in rural areas, is about 20 per cent in the Cornwall area, where more than 2,600 people have been laid off since 1990 and 37 per cent are receiving some kind of social assistance.

"While the rest of the province is suffering from a recession, this area is in a depression," said Dilamarter. "We see that every day with the little children and older children in the schools."

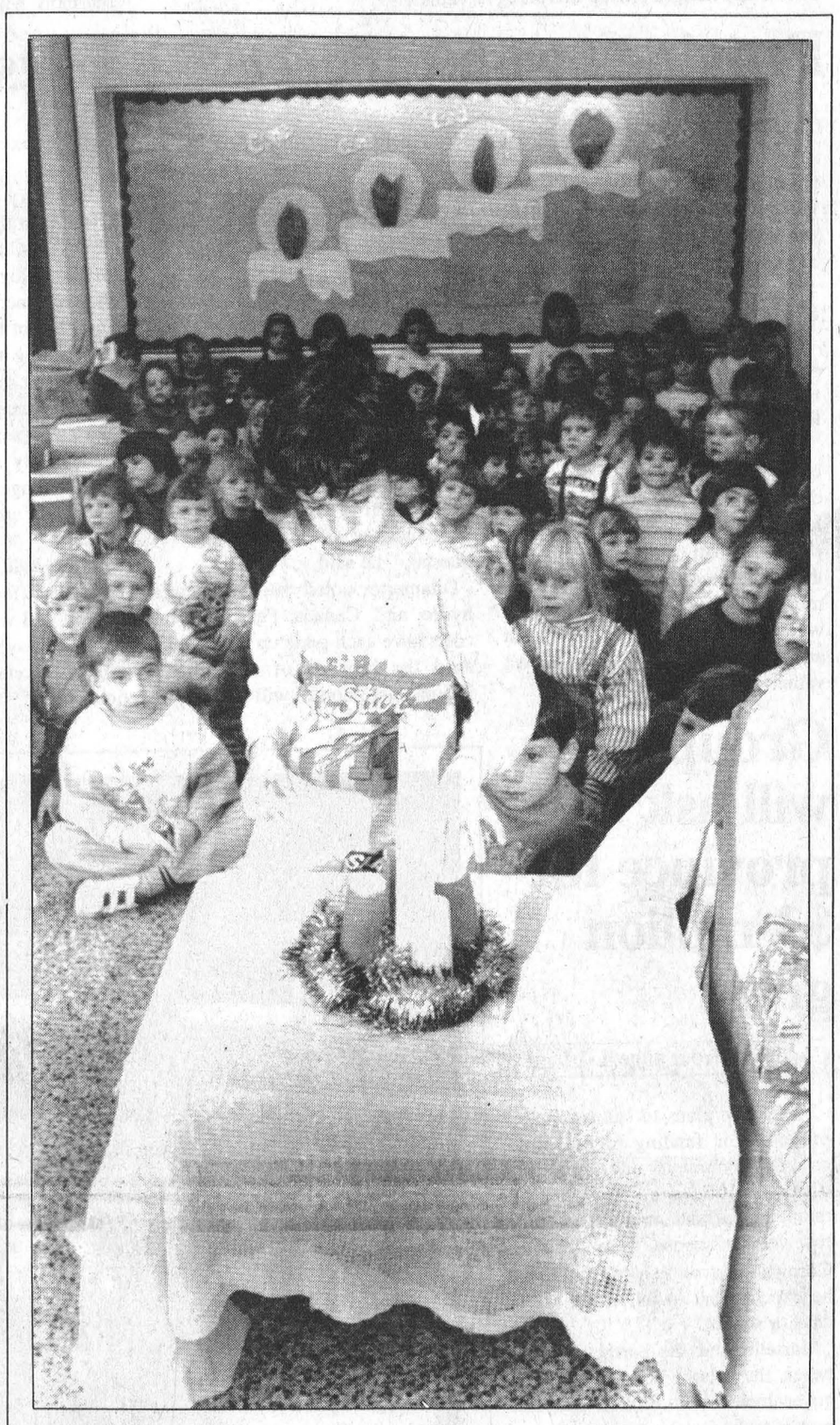
The Catholic school board this week released a report on the visible effects of the recession on children. Three elementary schools reported a "noticable increase" in the number of children who are inadequately fed and clothed. And the board office receives more phone calls about violence in the schoolyard and on school buses.

Public board chairman Cindy Martin-Hrycak said more children are seeing separation, divorce and other emotional problems within their families, and are unable to concentrate in the classroom.

"The child isn't ready to learn until all this emotional baggage is dealt with," said Martin-Hrycak. "You're sucking the life out of your teachers by asking them to do this."

With extra funding from the province, the boards hope to take some of the burden off teachers by hiring people to work as a liasons between schools and other community agencies.

Please see GROUP on page 2



Students prepare
St. Mary's Catholic School senior kindergarten student Kyle Gaines lit the school's first Advent candle Monday morning. Advent, a period of preparation for the coming of Christ, began Sunday.

Record Photo - Hewitt

Province will hold back on grant increases in '94

Greg Hewitt
Record Staff

The provincial treasury announced last week that in the face of a serious revenue shortfall, it will renege on its promise of 2 per cent increases on grants to hospitals, school boards and municipalities in 1994.

Most will get a two per cent increase this year, but none will receive grant increases in 1994, treasurer Floyd Laughren said.

Chesterville Reeve Jim Cook said he considers the announcement "a warning," and that a change in the economy could restore the grant increases.

"As far as I'm concerned I'm not going to react to a warning. It's unfortunate, but the whole ball game could change in a year," he said.

Cook, who will serve as SD&G warden in 1993, said a zero-per-cent grant increase in 1994 will not hurt municipalities and the Counties much because they don't plan that far ahead, and therefore have not committed those funds.

"We'll have to see what the final figures are once the village and Counties get official notification of what grants we receive."

Winchester District Memorial Hospital executive director Donald Smith said the advanced notice of the situation will give the hospital enough time to prepare alternatives.

"In the past these announcements have always been sort of after the fact. At least now we can plan for it," he said.

Please see PROVINCE on page 2

Advent a time of hope, a time of preparation

Greg Hewitt
Record Staff

CHESTERVILLE—It is a time of hope, joy, love and peace. And it's a time of preparation.

A candle was lit in each of four local churches Sunday to mark the beginning of Advent, the time of preparation for the coming of Christ.

At St. Mary's Roman Catholic Church, the first three candles, one of which will be lit every Sunday before Christmas, is purple. The fourth is pink to signify that "we're getting close and our joy is getting ready to bubble over," says Father Jim Esper. The fifth candle, the Christ candle, is white. It is lit on Christmas Eve as a sign that Christ is dwelling among us.

Esper says the meaning of advent is to "be a source of readiness, to do the best we can for refining our lives and be as prepared as possible to receive the Lord."

During Advent, Esper reads to the congregation passages from Old Testament books such as Isaiah, that are related to the coming of Christ.

A special Advent tradition at St. Mary's is the angel tree in the sanctuary. Toys and clothing are collected under the tree, wrapped, and distributed to needy families before Christmas.

At Trinity United Church in Chesterville, Rev. Roy Harwood's sermons focus on Christ's past and His future coming during Advent.

Children light the Advent candles, and each week a different aspect of Christ — like peace, love or light — is celebrated.

"It reminds them to prepare for His second coming and to emphasize history," Harwood says.

Rev. Bert de Bruijn says Advent is a chance to meditate and realize the significance of the coming of Christ.

"It's getting ready for the Christ event and traditionally has always been a time of preparation."

At St. Andrew's Presbyterian Church in Chesterville and the Presbyterian church in Morewood, four themes are observed during Advent — hope, peace, joy and faith, de Bruijn says.

And members of the congregation read scriptures that relate to the theme. The sermon is also tied in with the theme.

In Presbyterian Churches, as in the others, children light the five candles.

Advent is a time of introspection and looking at the past year as well as preparing for the coming of Christ at Holy Trinity Anglican Church in Chesterville, says Rev. George Bruce.

The Advent candles used by the Anglican Church are blue, with the exception of the Christ candle, which is white.

"In many ways, it's a coming from darkness into light," Bruce says. "The kids know that blue is the color that means we're getting ready."

Each of the four Advent weeks has a theme - hope, peace, joy or love. Bruce ties the theme to his sermon during the Advent period.

The candles are lit by children, and Bruce gives the children a story based on the theme for the week to read in Sunday school.

"I believe that children should be involved in the liturgy," Bruce says.

He noted that Anglicans do not sing Christmas songs nor decorate the church until after the fourth Sunday in Advent. Before the fourth Sunday, special Advent hymns are sung.

Scouting members don't foresee local co-ed groups

Elizabeth Moreau
Record Staff

CHESTERVILLE — Scouting groups in the Chesterville area don't expect a legion of girls joining their ranks just because the national council has decided to officially go co-ed.

They say while girls are welcome, it's unlikely many will want to join the formerly boys-only groups because of well-established local Guiding programs.

Last month Scouts Canada voted to allow girls to join Beavers, Cubs and Scouts groups in response to requests from members in areas like Manitoba and Saskatchewan where there are often not enough children to support same-sex groups. Previously, a group needed permission from its own committee members to become co-ed.

Tom Forward, a leader with the 1st Chesterville Scouts, said he has "mixed feelings" about the decision.

"As long as there's a working Guiding movement I don't think it is necessary" to have co-ed groups, he said. But as long as female volunteers were available to work with the Scouts, Forward said he would have "no strong feelings" against including girls.

Elva Rutters, a single parent with three sons and a daughter all involved in Scouting and Guiding groups, says there are benefits to same-sex groups.

"I personally like to see the boys receive the extra male bonding and male leadership," she said.

Rutters, chairman of a Scouting group committee, said parents would have to become more involved in co-ed groups. She said because of Chesterville's strong Guide groups, the Scouting groups have never been approached by a girl who wanted to join.

Tina Gasser, a leader with the 1st Chesterville Cubs, worked with a co-ed Cubs group in Bedford, Quebec. She said it "worked out perfectly" because there were always enough parent volunteers. But she doesn't expect Scouts Canada's decision to have any local effect because of existing Guiding groups.

SCOUTS CANADA

Moonlight Madness

On Friday, Dec. 4, many Chesterville merchants will be open until 11 p.m. to help you prepare for the holiday season. Look for details throughout this week's *Record.*

This Week

Task force will study violence in schools ..... **Page 3**

MOE holds up Ingleside sewer project ..... **Page 4**

Sheltered workshop in danger of closing..... **Page 5**

Computer and communication skills will be valuable in 'information age,' students told..... **Page 7**

Two men in hospital after collision

Greg Hewitt
Record Staff

WINCHESTER — Two local men are in hospital with serious injuries following a head-on collision on County Road 38 three kilometres west of Hwy. 31 Friday evening around 4:30.

Winchester OPP Const. Howard Smith said an eastbound 1988 Ford F150 truck driven by David Kennedy, 21, of RR 3 Winchester, crossed the centre line and struck the 1983 Ford Ranger pickup driven by Barry Elliott, 34, of RR 2 Chesterville.

Both men were taken by ambulance to Winchester District Memorial Hospital.

Elliott, a maintenance supervisor at the Chesterville arena, is being treated for undetermined chest injuries and facial injuries, while Kennedy suffered a broken nose and cheek, Smith said.

Both vehicles were demolished by the impact of the collision. Smith said Kennedy has been charged with careless operation of a motor vehicle.

"It was a major collision with major injuries, that's for sure," said Smith, who investigated the accident.

The roads at the time of the accident were dry and visibility was good. Smith said both men told him they were travelling at about 80 kilometres per hour at the time of the accident.

Elliott's father Ren said his son has a cast around his neck and is very sore. He said two X- rays over the weekend did not reveal any damage, but more will be taken.

RIDE program underway

WINCHESTER—The 1992 RIDE (Reduce Impaired Driving Everywhere) program began Dec. 1 and will continue until Jan. 2.

According to police statistics, OPP have checked 864,642 vehicles, handed out 2,803 12-hour licence suspensions and charged 1,483 people with impaired driving since the program began in 1987.

Despite the program, OPP say the number of deaths on the highways caused by drunk drivers have not sufficiently decreased.

In the last three Christmas seasons, there have been 216 deaths. The penalty for a first offence is a $300 fine and a one-year licence suspension.

Tools, tires taken from KCAT garage

SEAWAY VALLEY CRIME STOPPERS ECHEC AU CRIME
534-TIPS (534-8477)
1-800-265-TIPS

Crime Stoppers this week is asking for the public's assistance in solving a break, enter and theft that occurred at a Kemptville College Building, Baker Road, Lot 2 Concession 3 Winchester Township between Oct. 20 and 22.

Stolen from the building were two 14-by-28-inch tires and rims for a Ford 3000 tractor, a Makita right angle hand grinder, Makita three-quarter-inch variable speed drill and socket wrench set.

If you have any information on this or any crime, call Crime Stoppers at 534-TIPS (534-8477) or 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000.

Province won't increase grants in '94

Continued from page 1

Smith said WDMH administrators can get together with nurses, medical staff and unions, as well as examine spending to make up for the shortfall, which would amount to $260,000.

And he said the hospital will be able to deal with the lack of a grant increase in 1994 without sacrificing the quality of service it provides.

"We're in the business of patient care and I would never consider compromising that. But we have to look at every dollar.

"If your belt is already tightened, then you have to tighten it a little more," he said. "We will look at where every single dollar is spent and whether we're getting the best value."

But school boards will feel the pinch if grant increases are not given by the province. They might not get grant increases for 1993.

They have been asked by the province to submit justification that they need the two per cent increase.

SD&G Public School Board director of education Jim Dilamarter said the province's decision is confusing and unclear.

"They should just add two per cent to our transfer payment and get it out instead of going through the bureaucracy of submitting (requests)," he said.

Dilamarter noted that the board's hydro and Canada Pension Plan costs have each gone up 8 per cent. And the closure of Courtaulds Fibres last month will mean the board's tax revenue will drop by $160,000.

"It's very frustrating. We can't afford it in this area," he said.

SD&G Catholic School Board director Roger Davidson said the announcement is not a matter of time, but of balancing finances and maintaining services.

Davidson said he is uncertain how the announcement will affect this year's and next year's grants.

"Basically it's the continuing fiscal challenge to balance both the expectancy and the expenditures," he said.

But he said the responsibility to raise the difference between what is needed and what the province falls on the taxpayers, which is hard-hitting in the current economic situation.

Group will ask province for $3-million grant

Continued from page 1

The group plans to submit a joint proposal for funding to the ministries of community and social services, education, health and municipal affairs as soon as they receive a response from Toronto. Cornwall Mayor Ron Martelle said he expects that to be within a few days or weeks.

Martelle said the partnership between the school boards and local governments was formed late last month to find a short-term solution to the problems caused by the recession.

"We do have problems, we do need help, and we need it immediately," he said, adding that he won't give up until the provincial government provides some financial aid.

"If the government (is) not willing to help out the local municipalities, counties and school boards then hell will be here on earth as far as I'm concerned because we are desperate," Martelle said.

There are 10,515 elementary and secondary students in SD&G Catholic schools and 12,559 in public schools.

• Public school board task force will develop policy to deal with violence in schools, see page 3.



Between homes

This week's featured animal is Blackie, a male young adult collie pictured with Ontario Humane Society worker Jennifer Brown. Not much is known about Blackie's history, since he was abandoned. But he is both affectionate and energetic, and loves the outdoors. He has been at the Cornwall shelter for about two weeks. If you can provide a good home for Blackie or any other dog or cat, visit the shelter at 550 Boundary Road in Cornwall or call 936-0072.

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December 5, 6, 12 and 13
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Task force will examine issue of violence in SD&G schools

Elizabeth Moreau
Record Staff

CORNWALL — Stories of guns, knives, and violence in urban schools have prompted the Stormont, Dundas and Glengarry School Board to strike a task force that will develop a policy on violence within its schools.

The policy will detail procedure and protocol for situations involving abuse and violence within schools.

Director of education Jim Dilamarter said although violence is not yet a problem in SD&G public schools, teachers and principals should be prepared for any situation.

"I would say there are very, very few incidents of any serious nature," he said in an interview last week. "But that's not to say that there won't be tomorrow."

Dilamarter, who outlined the idea to trustees at a board meeting last week, said the task force will include members of the local police forces (Cornwall, OPP and Akwesasne) and education representatives.

Trustees, prinicipals and police are currently reviewing a draft proposal which Dilamarter said is based on existing policies at other Ontario school boards.

The task force will work both with the draft proposal and community resources. They will consult with the Crown Attorney's office and probation services as they prepare their recommendations, Dilamarter said.

"I see it as a community working together to keep its schools safe," he said.

The final policy statement will reflect a policy of zero-tolerence for weapons and violence in schools. It will make clear what steps should be taken in specific situations and when police should be called.

Possible scenarios, Dilamarter said, include if a student: brings a weapon to school, makes a threat with a weapon, uses a weapon, utters an ethnic slur, or displays innappropriate sexual behavior.

Dilamarter said just developing a policy to deal with violent and aggressive behavior could have a deterrent effect. Students will be informed of the policy when it comes into effect.

The task force will begin its work in early January and its recommendations will be presented to the school board.

Winchester-area trustee Tom Kirkwood said he hasn't received any complaints from parents about violence at North Dundas District High School.

"I don't think we have a problem right now and if we do I wish someone would bring it to the trustees' (attention)," he said.

Kirkwood, a youth counsellor at Gloucester High School, is enthusiastic about the task force's work, which he agreed could serve to prevent violence in schools.

"If we can educate parents, the public and even teachers in general about when to notice things, notice changes and particular behaviors, then we can prevent a lot," he said.

School psychologists help parents, children

While the area's faltering economy and its related stresses may be one reason for aggressive or violent behavior in school-aged children, it may not necessarily be the only cause, says the SD&G Public School Board's chief psychologist.

"I don't think you can always blame the economy because it obviously doesn't always enter into it," says Dr. David Kaufman.

Kaufman says no study has been done on aggressive behavior of children on SD&G's public schools. But the board's psychologists have noticed a difference between the last academic year and this one.

In September 1991, Kaufman says children in junior kindergarten and kindergarten were "in some cases, coming off school buses kicking and swearing even before they got into the school...Last year it seemed as though it never let up. It was an ongoing concern."

Kaufman says he and the four other psychologists in the department provided much more consultation with parents and children and behavior management workshops. And while he can't provide a definitive reason for the increase in aggressive behaviors last year, he says the situation has improved.

Kaufman says television can also have a significant effect on the way children respond to stressful situations. And children may also be imitating behavior they see at home.

"When you're seeing it everywhere around you...that the model for dealing with frustration is aggression, I can't help but think you're going to respond along the same lines," he says.

The board provides workshops for parents on request, usually one-night seminars organized through a school committee. Kaufman says a few simple techniques can help parents learn to help improve their child's behavior. But in the process parents may have to change the way they react to their children and situations in the home.

"When (parents) realize they may be a part of the overall discomfort, they very quickly adjust," says Kaufman.

Community association planned for Williamsburg

Elizabeth Moreau
Record Staff

WILLIAMSBURG — The organizers of Williamsburg's spring yard sale and fall harvest festival are hoping to continue the success of those events by forming a community association.

Nearly 30 businessmen and residents attended an informal meeting in November to discuss forming a business improvement association or chamber of commerce in the village. But Williamsburg resident Arlene Darrach said people want an organization that will include church groups, service groups and private citizens as well as businesses.

Darrach said when a handful of people set out to organize the yard sale and harvest festival, there were many questions as to how to promote the events and get them off the ground. A community association, she said, could do more than a few interested residents.

The possibilities for such a group already seem to be endless, she added. Ideas have ranged from decorating the village for Christmas to organizing a neighborhood watch program.

Williamsburg's community yard sale and fall harvest festival in October, both organized by volunteers with no budget, attracted hundreds of people to the village.

A meeting is planned for Wednesday, Dec. 16 at 7 p.m. at the Williamsburg seniors' hall in the municipal offices, during which officers will be elected and proposed bylaws will be considered, and a name for the group will be chosen.

Anyone in the Williamsburg area who wants to be part of a community association is invited to attend.

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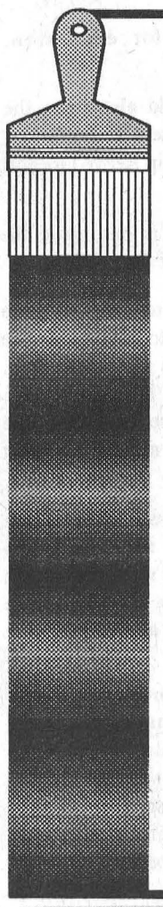
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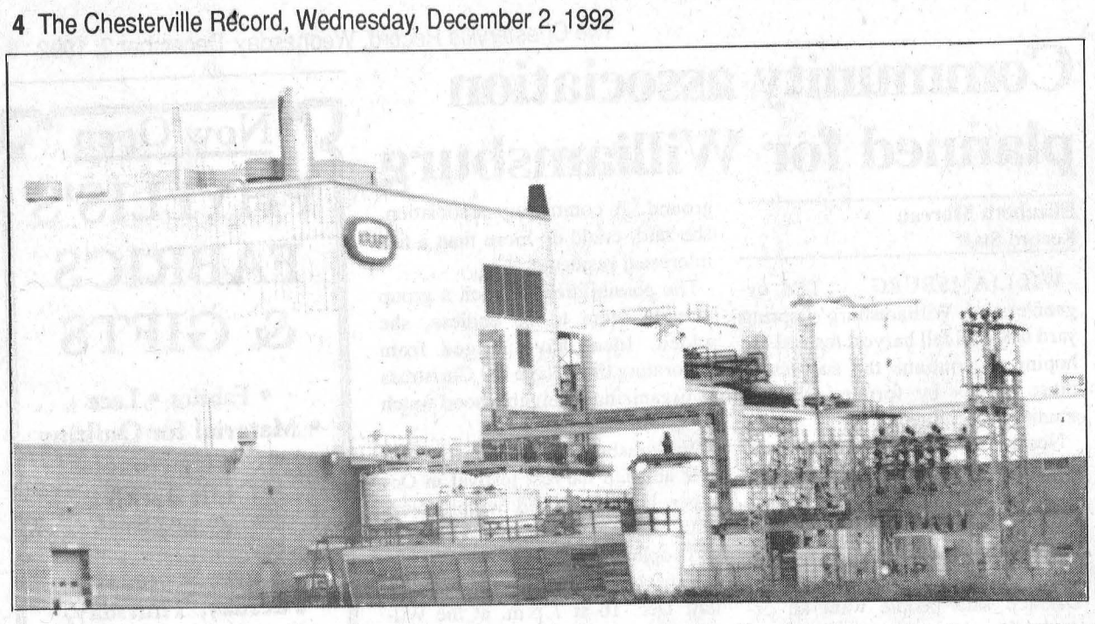

Kraft Foods' Ingleside plant will be able to meet emission standards when they come into place in 1994, as well as expand its opereations when joint sewer project is built.

Kraft Foods, Osnabruck await funding of joint sewer project

Greg Hewitt
Record Staff

INGLESIDE—Partners in Ingleside's $10.8-million joint sewer project will try to convince the Ministry of the Environment (MOE) that the project should be funded.

The sewer system, when in place, will enable Kraft to meet provincial emission standards which come into place in 1994. It will also pave the way for development in Ingleside.

But while Kraft and Osnabruck Township have secured their portion of the cost of the project, the MOE is saying there is no money available for new projects this year or next year.

The project would be funded by $5.3 million from the MOE, $4.2 million from Kraft and $1.3 million from Osnabruck Township.

MOE regional director Brian Ward said he would like to see the sewer project go ahead, but the money just isn't there.

Ward said he will meet with the ministry's senior management and "make sure they understand the special aspects of this project."

"We certainly want to see this project go through, but there's no money in the fund. That's the dilemma we're in."

Ward said he met with Kraft and Osnabruck Township representatives Nov. 16 and felt that they understand the position the MOE is in.

Kraft Ingleside plant manager Jim Franklin said when built, the sewer project will satisfy emission standards which will come into place in 1994.

And he is optimistic a solution can be reached.

"The MOE has not officially said they won't fund it. It's not over yet," he said. "They're saying they just don't have the money and they don't know when they'll have it."

He said the parties involved are trying to arrange a meeting with Environment Minister Ruth Grier to resolve the problem.

Franklin said he has secured Kraft's $4-million share of the cost of the project from the company's head office.

When the sewer system is in place, Kraft's Ingleside facility will be a viable location for expansion, Franklin said.

The project would also open the door for development in Ingleside, Osnabruck Township Reeve Gordon Ross said.

And he said he is optimistic the project will get off the ground.

"As far as the project goes there are steps we have to take and we're taking those steps one at a time. We're getting our house in order, Kraft has its house in order. The only thing is the ministry doesn't have the money."

Ross said the township will be able to come up with its share when needed, and said it's important that the township shows the MOE it is ready to go ahead as soon as they are.

And he said the project is important to the township because development is needed to widen the tax base.

"If we don't have some new buildings to pick up that slack, it gets heavier for the people already there."

Treat Yourself

Friday, Dec. 4th - from 5 pm - 9:30 pm

Shortbread Cookies..... 4.29 lb (reg. 4.79 lb)
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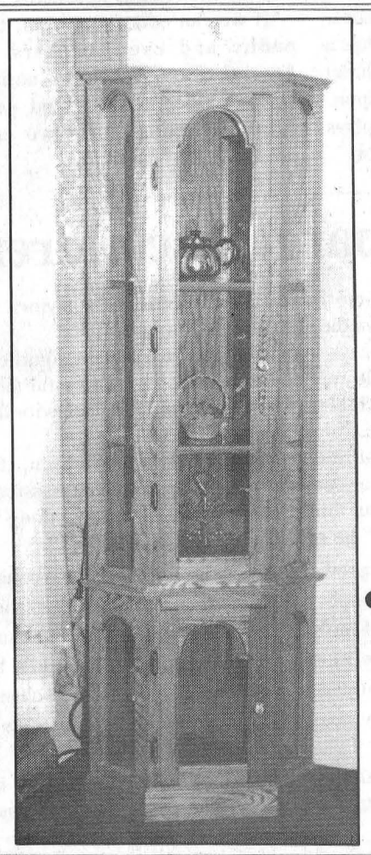

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11 AM - NOON		**NOON - 1 PM**		**1 PM - 2 PM**	
ROMAINE LETTUCE	49¢	McCAIN 1 LITRE TETRA LEMONADE	49¢	WHOLE B.B.Q. CHICKEN	3.99
HOMEMADE FRESH SALAD	69¢	LOCAL GROWN 3 LB BAG McINTOSH APPLES	99¢	JELLY 85G ASSORTED JELLY POWDERS	4/1.00
2 PM - 3 PM		**3 PM - 4 PM**		**4 PM - 5 PM**	
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8 PM - 9 PM		**9 PM - 10 PM**		**10 PM - 11 PM**	
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Human resources, not money, will fuel Vision 2000 committee

Michelle Valiquet
Special to The Record

CORNWALL — A public school board committee examining the future of education in the United Counties got help from a new source recently.

Vision 2000, the group looking for ways to prepare the board's schools for the 21st century, made a presentation to representatives from various SD&G Public School Board committees last Thursday, asking them to help spread the work about Vision 2000's work.

In opening the meeting, SD&G board chairman Cindy Martin-Hrycak admitted the board faced a difficult task preparing for the demands of the future with the prospect of little or no additional funding from the provincial government.

"With the resources we have — trustees, staff, principals, teachers and students — I think we are up to the challenge," said Martin-Hrycak. "We have some of the best people here."

The Vision 2000 committee counts among its 20 members students, parents, teachers, principals, trustees and board employees who have been spending the past year wrestling with what skills, programs or changes might be necessary in schools by the year 2000.

Education director Jim Dilamarter is chairman of the committee. He said the guiding principle of Vision 2000 is "How can we improve what we do to better serve our students."

"The turnover of technology occuring every 18 months, in coming to grips with what our schools should or will be like, we have to be innovative or risk being left behind," he said.

The committee is expected to actively seek input from the school system and the community at large through meetings, discussions, workshops and written submissions. Then a steering committee made up of seven committee members will prioritize the gathered recommendations into an interim report planned for Feb. 5, 1993, with the final report slated for June 22.

Dilamarter said the process could take longer than planned and the committee might ask the board for an extension on the June deadline.

As for the report once it is finished, Colin Vickers, superintendent of education, said the board is committed to adopting its recommendations.

"Some recommendations can be implemented immediately, some will necessitate changes in ministry positions and some will require dialogue with our federations, unions, administration and ministry officials," he added. "All input will be acknowledged."

Vickers told the audience it was up to them to spread the word about Vision 2000 and foster contributions from their own respective committees.

Policy change threatens future of workshop for developmentally disabled

MORRISBURG — A change in Ontario's social service policy could spell hard times for a Dundas County sheltered workshop for the developmentally disabled.

Michael Hughes, executive director of Dundas County Community Living (DCCL) says the policy shift that would see the reduction of funding for the association's workshop, which does contract work for companies in Morrisburg and the surrounding area, may eventually shut it down completely.

The funding cutbacks are part of a government plan to get individuals with developmental handicaps out of sheltered workshops and into the real workforce. The aim is admirable, says Hughes, but the government is not prepared to give the association the funding necessary to facilitate these individuals' smooth transition into the real workforce or to provide them with alternate programs.

The policy, which will employ gradual funding cuts over a number of years as DCCL's clients are integrated into the community's workforce, would see it lose $10,200 next year from the workshop budget and $20,400 the year after, Hughes says.

The cutbacks would spell disaster for the training program. The majority of DCCL's $2.28-million annual budget pays for salaries of counsellors who support the developmentally disabled clients.

The association has already been forced to trim one counsellor staff position from the workshop temporarily to accommodate the budget shortfall. And Hughes expects the new funding cuts will likely mean "more drastic measures" in the future.

Compounding matters is the Ontario government's announced transfer payment funding for social service agencies is to remain at one-half per cent and rumors of further 10-per-cent budget squeezes in the future.

And there are problems with the government's goal of full integration for clients, says Hughes.

With only a small number of staff members to supervise and support the former workshop clients once they are integrated in the community, the association faces a logistical nightmare.

And the likelihood of finding meaningful work for the clients within the government's tight timeframe will be difficult, he adds.

And not all clients will be capable of integrating into the workforce or will want to take that step.

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Christmas Events In Chesterville

Toy Drive

New or good used toys, for children up to age 13, can be dropped off at either the Toronto Dominion Bank or Bank of Nova Scotia until December 11th. For more information call Marilyn Johnson at 448-2636.

Senior Citizens' Christmas Party

A senior citizens party will be held at the Chesterville Legion Hall on December 6 from 1:30 to 3:30 p.m. Sponsored by "Guiding & Scouting in Chesterville"
"All seniors welcome"

Breakfast With Santa & Mrs. Claus

Come join the Chesterville Rotary Club Saturday, December 12th at the Community Hall from 7:00 a.m. to 10 a.m. as they help Santa & Mrs. Claus serve ham & eggs for breakfast.

Chesterville Santa Claus Parade

Santa & Mrs. Claus will arrive in Chesterville, Saturday, December 12 at 10:30 a.m.
For more information contact any Chesterville District Lions Club member.

Visit with Santa & Mrs. Claus

at the Town Hall (upstairs) after the Parade.
- Nestles will be serving Coffee & Hot Chocolate
- Prizes for Float Winners will be presented

Christmas Baskets

The Rotary Club will again be delivering "Christmas Baskets" on Sat., Dec 19th.
Contact W. Robinson 448-2903 or Jim Bancroft 448-2364.

Angel Tree

Sponsored by the Chesterville & District Lions Club
The Tree will be located in the Bank of Nova Scotia. Pick an age & sex of a child, purchase a suitable gift & leave the gift at the Bank.

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Few Cornwall employers expect to hire soon: survey

Elizabeth Moreau
Record Staff

CORNWALL — Most employers in the Cornwall area don't expect to hire additional staff in the new year, according to the results of a Manpower survey released yesterday.

Only seven per cent of businesses questioned expect to increase their workforce during the first three months of 1993, while 17 per cent project staff cutbacks. Another 69 per cent foresee no change in current staff levels and seven per cent are unsure of their plans.

Diane Wallace of Manpower Temporary Services, which conducts quarterly surveys of area businesses about their hiring plans, said the Cornwall-area job outlook was much brighter a year ago. In the last months of 1991, 20 per cent of employers expected to hire, while only 13 per cent anticipated staff reductions.

The latest Manpower survey predicts that job opportunities will be best in service industries and worst in wholesale and retail trade.

Manpower's national employment outlook survey indicates that only eight per cent of employers across Canada intend to hire during the January-to-March period and 20 per cent expect job cuts. Only three of 37 cities surveyed reported positive outlooks.

Hospice volunteers ready to serve Dundas

Eleven trained to help the dying and their families

Michelle Valiquet
Special to The Record

WILLIAMSBURG — The Dundas County Hospice turned out its first crop of proud graduates last Thursday evening at Park Lane Villa.

Eleven volunteers successfully completed a 20-hour course that gave them a broad look at dealing with the problems and concerns of the dying and their families, covering such aspects as bereavement, family dynamics and the physical aspects of dying.

In a ceremony that included the handing out of training certificates to students, hospice chairman Mary Beattie congratulated the participants.

"The role of volunteer is vital to the hospice," said Beattie. "Without your contributions we simply wouldn't exist."

Volunteers will go to patients' homes to offer emotional, spiritual and some physical assistance to patients and families or caregivers. They will work with clergy and medical professionals.

Beattie said hospice organizers expect to be servicing families by the beginning of January.

In addition, Bobby Rose, a nurse with the Victorian Order of Nurses and one of the original hospice organizers, will assume the job of part- time co-ordinator of the program, which will operate out of Park Lane Villa.

During the training program volunteers were instructed on a number of aspects concerning the hospice, including the philosophy behind its operation, spiritual guidance, practical issues that arise during care and communication skills.

"Listening can be one of the most important jobs a hospice worker can perform," said Laura Mullin, who heads up the hospice's education and public relations committee and taught one of the training sessions.

"Many people have to learn how to listen well."

Mullin said the initial group of graduates contained a wide range of occupations and ages.

"The common thread was (the volunteers) have a calling and spiritual commitment to their fellow men and women," said Mullin. "And they must also have suffered a loss in their own lives."

The hospice will be holding a second training program for volunteers in the spring.

Anyone wishing to make a donation to Dundas County Hospice can call Laura Mullin at 989-2833. The hospice is also inviting residents to "Light Up A Tree" on Fri., Dec. 11-12 in both Winchester and Morrisburg. Those who make a donation can light up a tree in honor or in memory of loved ones.

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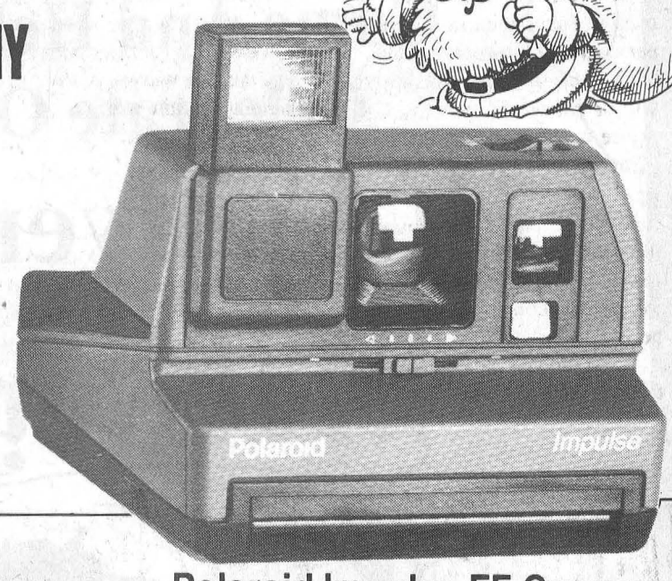
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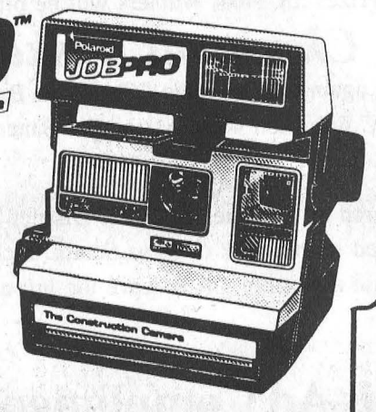
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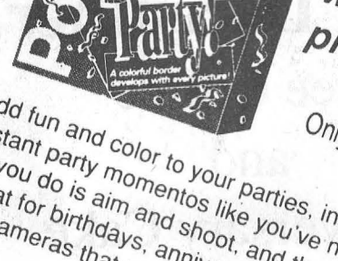
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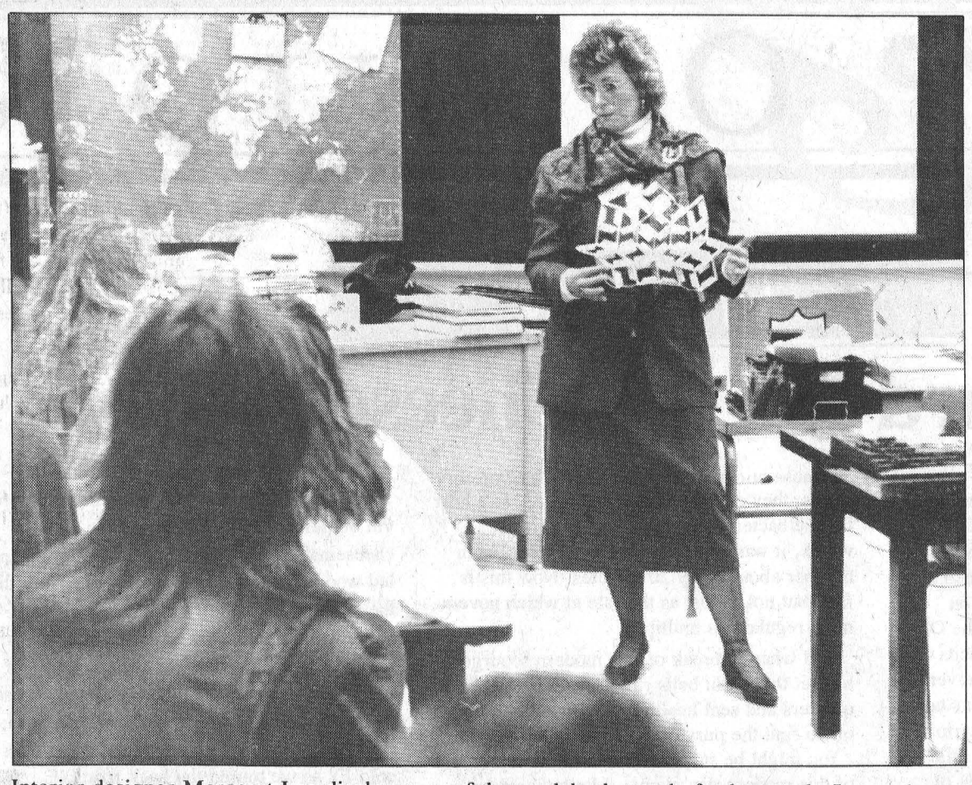

Interior designer Margaret Lee displays one of the models she made for her work. Lee and more than 30 other professionals described their jobs to NDDHS students last week as part of career day. Seaway principal Doug Murray told students that their best bet for employment in the year 2000 will be in the high-tech field.

Career day gives students a look at the future of work

Greg Hewitt
Record Staff

MAPLE RIDGE—Instead of butcher, baker and candlestick maker, students should set their sights on the new breed of high-tech jobs that will be in demand in the 21st century.

Seaway High School principal Doug Murray told this to North Dundas District High School students last week as part of career day at the school.

Murray, a former business education teacher and member of the SD&G Public School Board's Vision 2000 committee, spoke to the students to "get you to think about the 21st century and about the kinds of skills and attitudes you will need."

According to statistics Murray showed the kids, jobs in agriculture by the year 2000 will drop from five to three per cent of the market, manufacturing from 18 per cent to 10 per cent of the market and service industry jobs will drop from 62 per cent to 43 per cent.

But the so-called "information age" jobs — skilled positions in fields like robotics, communications and computers — will represent a 44 per cent share of the job market, compared with 15 per cent now.

"The jobs that will be out there in the high-tech field will be high-paying jobs, but you've got to have the training," he said.

"You are going to have to go to the community colleges, you are going to have to go to the universities. You are going to have to become life-long learners because the workforce is changing all the time."

Murray said reading and writing skills will be vital, as communications will play a key role in a high-tech world.

"The English department is really the heart of any high school. It's no accident there are five compulsory English credits," he said.

Being able to access, process and manipulate data are crucial skills for those who want to work in the high-tech field.

Other important skills, Murray said, will be keyboarding, resource management, problem solving and human relations.

And the successful information age worker will work well in a team or on his own, he said.

Murray strongly encouraged his female listeners to pursue physics and science.

But career day at North Dundas did not end with Murray's words of advice. More than 30 professionals from various fields were at the school to give students an idea of what they do.

From a list of professionals like helicopter pilot Fred Burow, social workers Judith Running and Cathy Viau, actor Marshall Button and physician Dr. Raymond Dawes, students chose and attended three of the presentations.

Winchester OPP Const. Kevin Kennedy told a group of students that if they want to pursue a career as a police officer, they must be a Canadian citizen, have a valid drivers licence, be physically fit, have good vision and no criminal record.

He told the students that a Grade 12 diploma is needed to become an OPP officer, but their chances of being hired are significantly higher if they have a university degree.

Kennedy also described some of the personality traits a police officer should have, such as maturity, an even temperament and being a good listener.

Local interior designers Susan Hamilton and Margaret Lee told students to prepare for a lot of hard work, both in the classroom and in the field if they choose that profession.

Other professionals on hand included recreation director Robin Langille, research chemist Melissa VanPatter, lawyer Brad Comeau and Ottawa Citizen journalist Bert Hill.

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EDITORIAL & OPINION

Editorial

A short-term solution to a long-term problem

When you listen to the grim reality, at first glance it seems like a request that could hardly be turned down. The SD&G school boards, city of Cornwall and United Counties are asking the province for $3 million to help children and parents deal with the symptoms of the recession. And this time, they say, they won't take no for an answer.

One million over each of the next three years for more than 23,000 children hardly seems like a great amount compared to the province's ballooning $9.9-billion deficit. Yet there is no guarantee that Ontario will see fit to help one of the hardest hit areas of the province.

It may be more than a coincidence that the ad hoc committee asking for the $3 million announced their plans one day after Ontario Treasurer Floyd Laughren told schools, municipalities, hospitals and universities that they won't be getting the two-per-cent increase in grants promised to them for 1994.

Even though the message from Toronto is that every penny must be scrimped and saved, the message from SD&G is that we cannot afford to save money at the expense of our children.

All involved have acknowledged that a $3-million grant would be a mere Band-Aid solution to the serious economic problems facing the Cornwall area. But it is a short-term measure that must be implemented.

When children are going to school hungry, when they don't have proper clothing to keep them warm in the winter, when they can't concentrate in the classroom because they're worried about their parents being out of work, someone must step in and help.

People in this area have known for a long time that this economic recession wasn't going to go away, and now that our most vulnerable members of society — children — are feeling the effects, it's a sure sign that help is desperately needed.

One can only hope that if the province says no to the request, those involved with the proposal will not give up. Cornwall Mayor Ron Martelle said he would do everything possible to secure the funding. But he will need help and political strength from everyone in SD&G who cares about these children.

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Off the Record

Be on guard for the Cheese Poleese

by Robin Morris
Wellness Editor

If ever you harbored any doubt that we in Ontario live in the most over-governed and over-regulated political jurisdiction on God's green earth, then consider this: the Ontario Ministy of Health, faced with deficits that are closing hospitals and threatening the very foundation of our health care system, has taken it upon itself to start fining Eastern Ontario cheese makers who - are you ready for this? Are you seated? Would you like a couple of good stiff drinks before reading on? - sell unrefrigerated cheese curds!

I admit that there are few occasions when I am rendered speechless, and equally few incidences of man's folly that leave me dumbfounded. This is one of them.

The towering incompetence of the Ontario government's "we-know-what's-best-for-you" attitude hasn't stopped with the institutionalized lunacy of the LCBO, and its equally misbegotten sibling, the LLBO. Nosirreebob.

We've got the Liquor Gestapo, the Safety Suretata and now the Health Ministry and its enforcement agencies - the province's various health units - have created the Cheese Poleese, whose mandate, as far as I can understand, is to create an unrefrigerated-cheese-curd-free zone from Glengarry in the east to Lake of the Woods in the northwest.

And don't you be thinking that it's just an idle threat. These Cheese Whizzes have already hauled the St. Albert Co-op's management into court for selling what a health unit official has termed as a "hazardous food".

And just what is the hazard posed to us by the sale of unrefrigerated cheese curds? A horrible disease known as listeriosis, which can render you nauseous and leave you feeling, well, generally icky all over. It tends to attack the very young and the very old, as well as those too familiar with John Barleycorn.

Because curds are so fresh and free of preservatives, they can act, if unrefrigerated, as a host for the bacteria that can cause listeriosis, which, it was explained to me, can double in number about every 20 minutes. Now this is fast, but not as fast as the rate at which government regulations multiply.

And what outbreak of this modern scourge has set the alarm bells ringing at ministry headquarters and sent health unit officials scuttling off to find the purveyors of this latter-day pox?

You might be surprised to learn the full extent of this modern-day plague. I know it set me down to thinking about my mortality and my incipient journey into the Great Beyond.

A very helpful chap at the Eastern Ontario Health Unit had the ministry run a check last week on its database of diseases that have afflicted the population of this great province and the search of computer records indicated that in 1991, there were two - Count 'Em, TWO - reported cases of listeriosis among Ontario's 9.7-million souls. (That's a percentge so statistically insignificant that my calculator doesn't have enough decimal places to display it.) To the end of April, 1992 - which is as far as the ministry has records for this year - there wasn't a single one. Count 'Em. None.

Quick! Run up the yellow plague flag! Issue bells to the lepers. Build cholera sheds and get ready to bring out your dead.

Ontario is in the throes of an epidemic! No measures can be too extreme! Give the Cheese Poleese extraordinary powers so that we may be pulled back from the brink of this pestilence!

A bag of warm cheese curds is one of life's simpler pleasures.

It means drives to the cheese factory on Sunday afternoons, salt shaker in hand, to add an extra jolt to an already-sodium-enhanced treat.

It's cheese so fresh it squeaks when you chew it and fingers so greasy that no end of wiping can keep the steering wheel dry.

It's going with your uncle Willard as he hauled his milk to the cheese plant in the Melvin Settlement and watching as the cheesemaker pushed and pulled his long-handled wooden rake through the vat to ensure that the curds didn't solidify into cheddar.

In a less compllicated time, it was a few of the lads loaded into the car with a couple of two-fours and a jaunt to the Hyndman cheese factory for some bags of fresh WARM curd, right out of the vat, to be washed down with ice cold Ex as we toured the back roads.

Well, the drinking and driving bit is long gone and that's no great loss.

But don't take away an Eastern Ontario tradition.

Refrigerated curds are not curds. They are cheese-flavored Gummy Bears.

They don't squeak.

For curds to be true curds, as we all know, but which the disinfected dunderheads in the ministry have yet to discover, they must squeak. Like rubbing glass. Or sliding on snow at -20 F.

Which is why aficionados of the stuff pass up the refrigerated cheese-like pencil erasers in the supermarket dairy case and go directly to the factory for an undiluted hit of warm, salty, greasy and squeaky curds.

Little do they know that as a result, at least as far as the Ontario Ministry of Health is concerned, they are engaged in a mambo with Dr. Death.

As the nice young lad at the health unit explained to me, it makes no never mind to them that virtually nobody has ever gotten sick from eating warm curds. The possibility exists that they could. And the Cheese Poleese are in the prevention business.

Yeah. And they're from the government. And they're here to help us.



THE FARMER'S WIFE'S

By Wyn Thompson

There is an excitement about the first snowfall which usually comes the first week of December, a prelude to winter. I've often wondered why this is. Perhaps it is because we finally face up to winter, after a lot of trying to put it off.

Here it is, the challenge, as it has always been. Rather comforting that there are still some things we can depend on. And December, regardless of the recession, or whatever, is still packed with many treats.

In fact, this month is so jam-packed with so many enjoyable things that it is hard to keep up to them. The music of the season, reading, baking, decorating fill our days as the year winds down.

Filling the house with greens is surely one of the season's special delights. Sensibly inexpensive, too! Especially in these uneasy, unpredictable times. Homemade wreaths or swags have become a tradition at our home. A big cedar wreath hung on the front door of a house will do a good job of saying "Merry Christmas" to all who come by.

Did you ever think there is something almost magic about plants that stay lush and green through the cold dark winter. So today, we decorate our homes with cedar, pine, sprigs of holly, ivy and mistletoe.

Mistletoe was considered sacred by the people of ancient Europe. The Druid priests used it in their sacrifices to the gods. The Celtic people believed it had miraculous healing powers. In fact, in Celtic languages the name for mistletoe is "all- heal." Mistletoe could cure diseases, render poisons harmless, make humans and animals fertile, protect the house from ghosts, and bring good luck.

In eighteenth century England, mistletoe was credited not with healing powers but with a different kind of magic. It was the magic element in the Kissing Ball, a decoration used at Christmas parties. A kiss under the mistletoe could mean deep romance or lasting friendship and goodwill.

Holly was also believed to have magical powers and the ability to drive demons away. Germans considered holly to be a good luck charm against the hostile forces of nature.

In medieval times, when people were really afraid of ghosts and demons, supernatural creatures were believed to be especially active at Christmas time. As the voices of these creatures were supposedly heard screaming out in winter winds and storms, the magical powers of mistletoe were much sought after.

Ivy was the ancient symbol of Bacchus, the god of wine and revelry. Because of its association with pagan festivals, for a long time ivy was banned from the inside of Christian homes and used only to decorate the outside. Not so any more.

For the first time, in the dying days of sombre November, I made myself an Advent wreath. It is a very special wreath of Northern Europe. Made of evergreen branches, it holds four candles, one for each Sunday in Advent. Many Swedish families have traditional brass Advent candle holders, which they place in the wreath every year.

The true origin of the Advent wreath is not known, but some believe it was inspired by the Swedish Crown of Lights, a candle-bearing crown worn by young Swedish girls on St. Lucia's Day. Traditionally, the St. Lucia crown is covered in evergreen boughs and holds four candles, just like the Advent wreath.

So, each of us in our own way get ready to celebrate this month which has different meanings to many people. Because early Christians did not celebrate the Christmas holiday, facts about the first Christmas are lost in the mists of history.

It wasn't until the 4th century that church historians began to research the earliest beginnings of Jesus. The prevailing theory has it that while the birth most likely occurred in the spring, a date in December was chosen because two different groups of potential converts had major holidays at that general time and it appeared easier to Christianize the Romans' Saturnalia and the Druid's Winter Solstice than to create a new date.

Little bits of pagan rituals remain in our holiday - mistletoe, for one, was very important to the Druids in their Winter Solstice celebrations.

The many legends about Saint Nicholas, whose name day is December 6th, and his kindness to children and young people led to his involvement with Christmas. His day has become a time for giving little gifts to children.

The treats were usually tucked into a stocking or shoe for a child to find while dressing in the morning. Gradually this gift-giving tradition shifted over to Christmastide.

Christmas, as we celebrate it today, really is the creation of the Victorians. Prince Albert brought the decorated fir tree tradition with him from Germany to England when he married Queen Victoria. Americans, who were much taken with the young Queen, soon copied this idea in their new homes.

When in 1822, a professor of Greek and Hebrew at the General Theological Seminary in New York wrote a little poem for his children, he further defined the holiday as we celebrate it today.

The poem was called 'A Visit from St. Nicholas'; the poet Clement Clarke Moore. For the first time Santa had the features that we associated with him today, along with his sleigh and eight tiny reindeer.

In 1863, a political cartoonist, Thomas Nast, gave Santa the face and jolly round form that we have grown to love.

Creches, cribs, glass ornaments also date back to Victorian times which often have been lovingly collected over many years and handed down from generation to generation. Whatever your pleasure, Christmas provides the perfect excuse for the collection of very special memories.

Thought for the Week: "Now is the season of the holly and the mistletoe; the days are come in which we hang our rooms with the sombre greens of December and feel it summer in our hearts."

- Saturday Evening Post, December 29, 1866.

South Nation water level approached spring average

Greg Hewitt
Record Staff

BERWICK—Due to the rainy summer and fall, water levels in the South Nation River last week were almost as high as average spring conditions.

South Nation River Conservation Authority (SNRCA) water resources engineer Cameron McGowan said water levels in the river peaked last Friday at 3 p.m., according to a water gauge in Casselman.

McGowan said the gauge showed that at the peak, water flowed at 74.8 cubic metres per second, compared with an 89.7 reading during the average spring.

The average November and December reading, he said, is 25 cubic metres per second.

"These things happen when you get a few days of rain, and we've had quite a few," he said.

But he said water levels have been decreasing gradually since Friday, and said he is not worried about flooding.

The SNRCA has not received reports of flooding in the watershed, McGowan said. "It's when the water gets to their door that they give us a call."

"Despite the fact that we had so much rain this summer, water tables were high, but not all at once," McGowan said, adding that every spring and every fall is different.

Rural program needs sponsors

WINCHESTER — Organizers of a rural leadership program aren't letting a lack of government funding put a stop to their work.

In October six community leaders met to develop a proposal for a "10 Steps to Community Action" program in the Carleton-Dundas area. The program is a 10-session program designed to increase leadership skills and awareness of local issues in a rural community.

The six-member advisory committee submitted the proposal to the Ontario Ministry of Agriculture and Food for funding, but have not yet received any positive response.

So committee members are trying to raise at least some of the $11,000 the project needs on their own.

"We want to consider all sponsorship ideas," said John Dalrymple. "If an organization wants to sponsor an individual or a participant, that's great. If an organization wants to sponsor a speaker or a field trip, that's fine too. We want to involve sponsors in a way that benefits them as much as our program."

Advisory committee member Dawn Runnalls said seven people are already prepared to participate in the program.

Anyone who wants more information, or is interested in sponsoring the Carleton-Dundas "10 steps" program can contact Jean Sullivan at 774-2313 or Sandra Apedaile at 828-9167.



Police college grad

Sherry Jordan of Chesterville graduated recently from The Ontario Police College in Aylmer, Ontario. Sherry is the daughter of Wayne and Sharron Jordan and granddaughter of Lorne and Dorothy Jordan. She has accepted a constable position with the Nepean Police Services. Congratulations Sherry.

From Chesterville's Past

November 25, 1909

At East Dickinson, across the river from Brockville, Wm. LaFlesh met death in a very peculiar manner by choking on a chew of plug tobacco when it lodged in his throat. It stuck fast in his windpipe. He gasped a few times, sank to the floor and died almost immediately.

At a well-attended meeting held at Gormley House on Tuesday evening of last week, the Finch Hockey Club was organized for the winter. After a lengthy discussion regarding the problem of lights for the rink, it was decided to interview the citizens of the town for a subscription and install a gasoline plant. The following officers were elected — President, Geo. Atkin; vice-president, W. Dey; sec.-treas. M. Bennett.

November 27, 1952

The usual small crowd was on hand in the auditorium of the Community Hall Friday for annual nominations for reeve and councillors. By eight o'clock three names had been entered for reeve, and eight for the four councillors' seats. Withdrawal on the part of Carl McMillan and Marshall Page left the field clear for Chas. McMillan to receive the reeveship by acclamation.

More than 100 employees of Nestle Canada Ltd. with union affiliation will each receive a chicken for Christmas. The decision to make the presentation of fowl for Yuletide was taken at the November meeting of Local 488, United Dairy and Creamery Workers' Union, presided over by President H. Sharkey. The cost of the gift is borne by the union.

In Magistrate's Court at Morrisburg last Friday, a man appeared for sentence on a charge of theft, to which he had pleaded guilty two weeks before. The accused had been charged with the theft of two eight-gallon milk cans and a quantity of gasoline from the farm of Allison Graham, Chesterville, the night of Oct. 29. He admitted theft of one can and 15 gallons of gasoline found in his possession when arrested by Cornwall Township police the same day. He was sentenced to a week in the county jail, also that he pay costs of $5.50 and reimburse Mr. Graham for goods taken by Nov. 30, in default of which he would have to serve an additional five days in jail.

November 30, 1988

The Ontario Milk Marketing Board will no longer be using milk from cows treated with the controverisal synthetic protein B.S.T. in its general milk pool.

19 SHOPPING DAYS TIL Christmas

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For the man in your life rent a *Tuxedo* to ring in the New Year. (Dresses and Tuxedo Rentals at discount prices)
Chesterville
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1983 New Yorker Loaded, leather $1,395

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1988 Caravan Auto, V-6, A/C $6,795

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1987 Tempo 4-door, auto. $2,495

1985 F150 Auto., V-8 $3,495

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1986 Tempo 4-door, A/C, auto. $2,195

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1985 Ranger 4x4 V-6 $4,495

Offer expires Sat., Dec. 5
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We'll give you the shirt off our back!
Petric Ford

Obituaries

Kenneth Timmins

Kenneth Andrew Timmins of Inkerman died Nov. 26, 1992 in Ottawa after a short illness. He was 62.

Mr. Timmins was born Oct. 7, 1930 in Inkerman, the son of the late Dalton Parker Timmins and the late Dora Ann MacDonald.

He was the brother of William (Sheila) Timmins of Kirkland Lake, Frances (Mrs. Gordon Helmer) of Ottawa and Pauline Timmins of Inkerman. He is also survived by aunts Olive Patterson of Belleville and Jean MacDonald of Kitchener, cousins Florence Cairncross of Inkerman, Kathleen Cairncross of Barrie, Doris Irving of Kingston, George Guy and Margaret Scott, both of Oxford Mills, and Marilyn Kerr of Mountain.

Mr. Timmins was the uncle of Paula (Mrs. Jeff Christie) of Ottawa, Alan Helmer of Metcalfe, Ian Helmer of Alberta, Truda Helmer of Ottawa, Kathryn (Mrs. Stephen Cowell) of Kirkland Lake, Peter Timmins of London, Susan Timmins of Toronto, Kenneth Timmins of Richmond Hill, Steven Timmins of Kirkland Lake, John MacDonald of Cambridge, Joan Stevenson of Kitchener and ten grand-nieces and grand-nephews.

Mr. Timmins was a member of Inkerman United Church. A funeral was held at J.R. Vice Funeral Home in Winchester, officiated by Rev. Fred Milnes.

Interment at Knights Cemetery. Pallbearers were Brian MacIntosh, Scot MacIntosh, Campbell MacIntosh, David MacIntosh and Les and Stephen Crowder.

Gordon Walls

Gordon Martin Walls of Chesterville died Nov. 27, 1992. He was 60.

Mr. Walls, a retired public works employee (fire prevention) and veteran of the Korean War, is survived by his wife Kathleen Theresa McGee.

He was the dear father of Betty Ann (Mrs. Mike Hameluck) of Manitoba, Brenda Lee Miller and Beverly Kathleen Parks, both of Ottawa. He was the loving grandfather of Shandra, Michael, Jacob, Kristy and Jodie, and the dear brother of Webster Walls of Manitoba, Tessie Thrun of Shawville and Beryl McGee of Ottawa.

A service in memory of Mr. Walls was held Nov. 30 in the chapel of the Kelly Funeral Home in Ottawa. In memoriam donations to CHEO or the Heart and Stroke Foundation would be appreciated.

Annie Declaire (nee Hutchcroft)

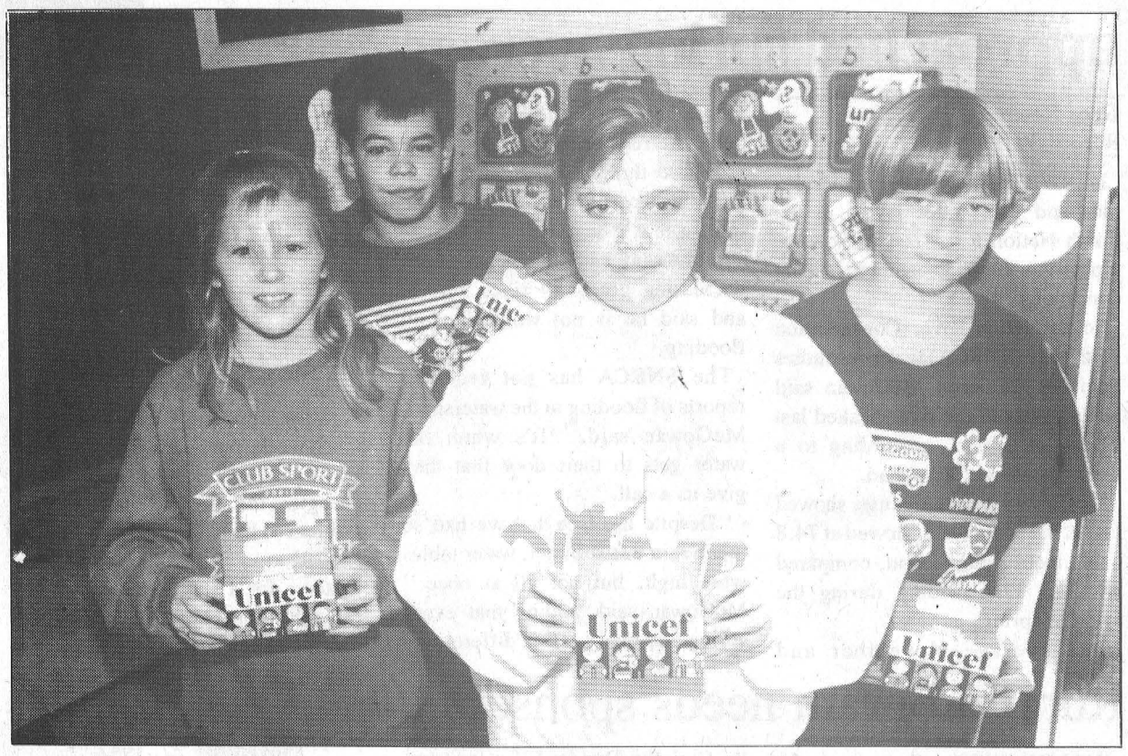
Anna Jean Declaire died Nov. 27, 1992 in Winchester after a short illness. She was 71.

Mrs. Declaire was predeceased by her husband William Declaire, who died in 1950. They were married in Winnipeg in 1945. Mrs. Declaire was born Jan. 28, 1921 in Edwardsburg Township, the daughter of the late Merrick Hutchcroft and the late May Strader.

She was the mother of Larry (Laura) of Chesterville, Carol (Mrs. Dave Douglas) of Faro, Yukon, Sheila (Mrs. Terry Roberts) and Gloria, both of Carleton Place, and is also survived by seven grandchildren and two great-grandchildren.

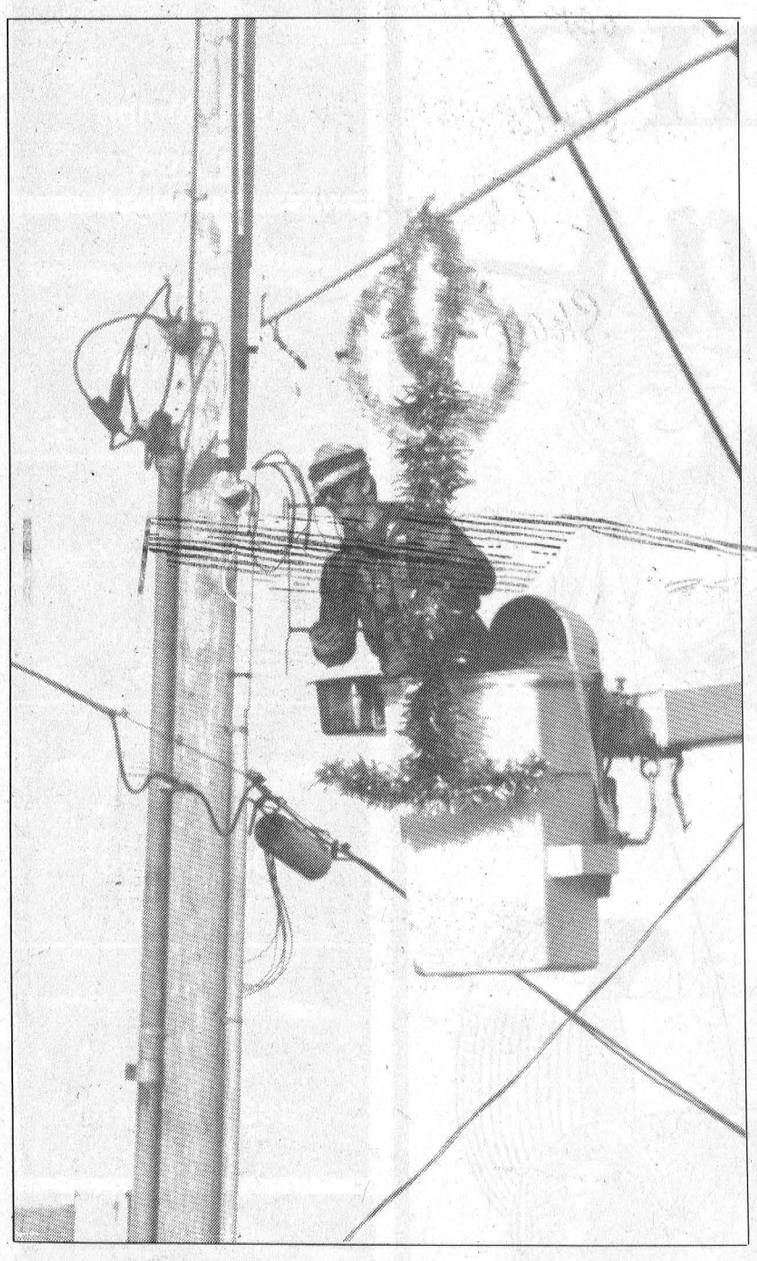
Mrs. Declaire was the sister of Leona (Mrs. Ross Haley) and Mildred (Mrs. Keith Beaupre), both of Iroquois, Jean Savor of Cardinal, Leigh (Mrs. Richard Gill) of Brockville, Connie (Mrs. Bob Maughlin) of Whitby, Eddie Hutchcroft of Prescott and Jerry Hutchcroft of Cardinal. She was predeceased by brother Less Hutchcroft.

A funeral was held Nov. 30 at J.R. Vice Funeral Home in Winchester, officiated by Rev. Heather Jones. Interment at South Gower Cemetery. Pallbearers were Gerald Stewart, Dale Stewart, Paul Stewart and Gerald Liscumb.



Penny pinchers

Junior kindergarten through Grade 8 students at Rothwell-Osnabruck, including (from left) Angela Moak, Tyler Armstrong, Pam McIntyre and Christopher Marin raised $580 for UNICEF through their penny drive and Halloween box campaign.



'Tis the season

Dundas Power Lines employee Pete Heerkens helped the village of Chesterville get into the festive mood recently as lighted candle and tree decorations were put up on hydro poles in the village.

Just can't take it anymore
and need a boost
Call *JULIE* at the
CHESTERVILLE
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and get that last minute
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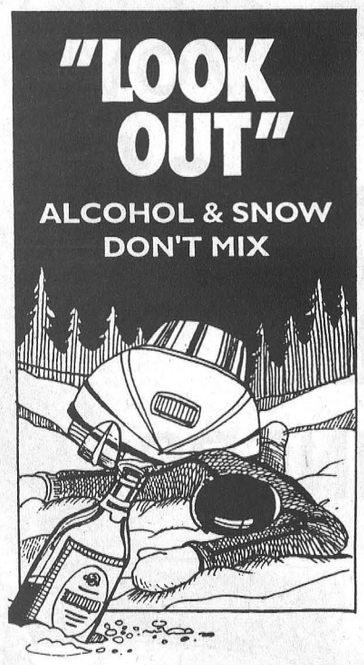

HOUSEHOLD HAZARDOUS WASTE ?

The truth is, we all produce and store hazardous wastes right in our own homes. Unfortunately, many of these items find their way into our landfill sites and contribute to contaminated groundwater and the premature, expensive closure of landfills. Perhaps worse, many of these items find their way into our environment through our sewer systems and from there into our waterways.

Each of us has a responsibility to work towards resolving these important issues. DBC Environmental Services, in conjunction with local communities, is working towards building a safe, interim storage facility which will accept household hazardous wastes.

You will then have an opportunity to participate in a cleaner and safer solution to these issues which all of us face.

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Will your vehicle winter the weather?

- Change oil/filter/lube
- Check plugs and report
- Check coolant and report
- Test charging system
- Clean battery terminals
- Test battery
- Check starter draw
- Check rear defrost
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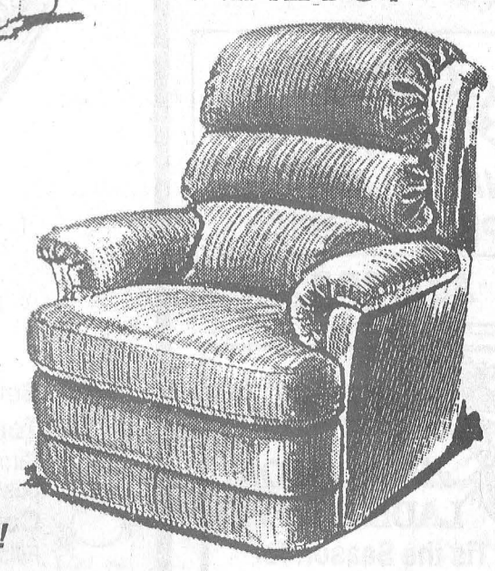

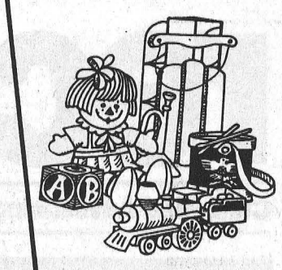

Santa Suggests:

...that with so many fabulous stores in the Dundas area, you won't want to travel any further for all your Christmas shopping this year. You're sure to find the perfect gift for everyone on your list, from your hairstylist to that special someone. In Dundas you'll find friendly merchants who know how to help you stretch your shopping dollar. And if that perfect gift turns out to be not-so-perfect, your local merchants are right there for a hassle-free return or exchange.

For convenience, competitive prices and friendly service, there really is only one answer to all your Christmas shopping.

This season,
Shop in Dundas.



— This Christmas, Shop Dundas County —

Here are some reasons why we shop locally:

I believe strongly in supporting our own businesses. We receive good service and quality..

Dan Roy

We shop locally because of competitive prices, convenience and trustworthy quality.

Tony and Kim Kelly

We shop locally because of the friendly service and excellent value for your dollar. We like to support our local community, repair service is readily available and it is a great place to see neighbours and friends.

Stan and
Betty Vanden Bosch

By supporting local businesses we strengthen our community.

Keith and Lynn Durant

Excellent service, great quality for the same value and supporting our own community are the reasons I shop locally.

Mary Slowey

Shop Canada First

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16-1

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FOR SALE - Siamese kittens, 8 weeks old, $75. 258-1698 after 5pm.
12stf

FOR SALE - Craftsman 10hp snowblower, 32" cut, in good condition. Phone 984- 2780 after 5pm.
17

FOR SALE - Spin washer; stove (good for cottage). 984-2035 after 6pm.
15tfc

FOR SALE - Rolled corn $6.50/88 lb. bag; shelled corn $6/88 lb. bag; dryer fines $3/bran bag. Phone Tom at 448-3350.
16-2

FOR SALE - Reconditioned washers and dryers. 774-6349.
16

TOTAL LIQUIDATION - Aspenite 7/16: 6.99; 5/8: 8.95. Asphalt shingles Manoir 20 yrs. 4.99. Spruce 2x4x8: 1.09; 2x6x8: 1.59; 2x10x12: 5.50. Blue styrofoam 2x8 1": 4.79; 1-1/2": 7.19. Melamine 5x6: 4.97. Ceramic floor 8x8: .49; 12x12: 1.19. Vinyl flooring 2.49 sq. yard. Interior door: 10.57; 34" insulated steel: 49.95; garage doors: 195.00. Paint 4 L: 9.95. Pre-varnished parquet flooring 1.29 ft.; 2-1/4": .69; select 1.09; pre- varnished birch 1.99. We deliver everywhere. Cash only. Masson 819-986-5720.
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FOR SALE - Ground feed, shelled corn, barley, oats, wheat mixed. $7/100 lbs. Your bags. 9am-5pm. Closed Sundays. George Crites 527-5393.
21

FOR SALE - 2 purebred yearling bulls sired by Conquest off maternal sisters with 2 gen. V.G. 1 - Starbuck G.P. 192-208-202. 2 - Marlin Ex. 190-210-202. Cherry Vale 984-2496.
16

FOR SALE - 4 Delaval milk meters, $75 each. 984-2496.
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BLACK FOREST CAKES - $20/$40; 2 layer banana, lemon or spice cake $7; Chelsea buns 12/$6; pizza or pie dough, double crust $2. Heather Parent 448-2598.
13tfc

FOR SALE - Ladies skates, Lange Freestyle, moulded, velcro closing, size 6, $15. 448-3582.
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FOR SALE - German short-haired Pointer, C.K.C. registered, purebred, championship breeding, 20 months old, very easy temperament, loves people and kids, excellent pointer and retriever. Hunted all last year and some of this year. $500. Serious inquiries only. Call 989-3246 any time.
18stf

FOR SALE - Round bales 4x4, mixed alphalfa and red clover, no rain. Phone 537-2517. If no answer leave message.
16

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CHRISTMAS TREES FOR SALE - Scotch Pine and Spruce. Corner of College and Mary Streets. Phone 448-3307.
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FOR SALE - Oat straw, sq. bales, clean; also oats and barley. Phone 346-2040.
17-2

FOR SALE - George White 7' snowblower with single auger, hyd. spout; round bales of hay $9/bale; round bales of straw $10/bale; mixed oats $5/100 lbs. Call 537-2341.
16

FOR SALE - Carpet, teal green, 12'x19', new, never used. Very good quality. Reasonable price. Phone 987-5657.
17

CAR FOR SALE - 1988 Suzuki Samarai, white, good condition, 83,000 km, as is, $4500 or B.O. 987-5633.
16

CAR FOR SALE - 1987 Toyota Supra, beautiful looking car in mint condition. Always kept inside. $8995. 987-5665.
16

MINI VAN FOR SALE - 1990 Ford Aerostar, grey, 110,000 km, clean and in good condition, $9995 as is. 987-5665.
16

FOR SALE - Williams piano, ebony, $1000. 774-2700 days. 987-5532 evenings. Ask for Dave.
16

FOR SALE - Golden Arrow radio controlled car, 2 sets of tires, 2 battery packs, 1 yr. old, $80 or B.O. Phone 774-5853 after 5pm.
17

FOR SALE - For Christmas giving, we have in stock microwave ovens, Crosley/Philips VCR's with 5 yr. warranty on parts, portable and heavy duty vacuum cleaners, Philips lady's and men's shavers! John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
16-1

FOR SALE - Panasonic batteries, heavy duty style only 50 cents each for double AA type, just $1 each for triple AAA camera style. C and D flashlight batteries, also $1 each. Stock up now in time for Christmas! John Witteveen. T.V.- Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
16-1

FOR SALE - Heavy duty 6 pushbutton Norge built-in dishwasher with 3 level washing on sale now for only $469. Color it white/black or almond. One only 5 cu. ft. bar fridge in almond for just $275. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
16-1

WANTED TO BUY - 50 close or fresh Holstein cows and heifers, grade or purebred for export. Ralph J. Fawcett 774-5710.
16

CHRISTMAS TREES - Enjoy the experience, walk in the winter air, choose and cut the fresh tree that you want. Acres of pine & spruce to choose from. One price $16. Finlayson Tree Farm, north of 401 on 2nd concession at Iroquois exit. 652-4494. Open daily.
18

FOR SALE - Complete bedroom suite, new mattress and box spring; also 4 pce. queen size bed, new mattress and box spring; freezer and washer. 984-2729.
17

HOUSE FOR SALE - Crysler, luxurious 4 bedroom, 2-1/2 baths, lot 150'x150', double garage, family, living and dining rooms, finished basement, many extras. $159,900. Phone 987-2198, 764-5577 or 764-3635.
33tf

FOR SALE - Shelled corn, whole or rolled. Call 448-3316.
21tfc

FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new & used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.
2tfc

NOTICES

ELECTROLUX SALES & SERVICE
New vacuums for '92
Central vac systems
5 year warranty
We repair all makes
Display at McHaffie's
Flea Market
Mitch Cassell
543-2140 Morrisburg
34tfc

MONUMENTS
Eastern Ontario Cemetery Memorials
RR2, Mountain, 258-2927
Monuments and markers in granite or bronze. Cemetery lettering and monument restoration.
Bruce Campbell
463 York St., Box 275
Winchester, 774-2493
14tfc

Where does Mrs. Claus go to get her hair done?
North of Town to:
Karen's Hair Studio
Prop. Karen Parker
50 Hummel St.
448-2152

STRANDS HAIR STYLING - 39 Howard St., Chesterville. Open Tues. thru Fri. 9am-6pm. Thurs. 9am-9pm. Sat. 8am until done. Call Nancy 448-1411.
43tf

GIFT BASKETS - Available at The Brookslyn, Chesterville and at any price to suit your budget. Some samples on display. Call 448- 2804.
1tf

GETTING MARRIED? - Have your personal wedding story captured by an experienced photographer. We also take family, anniversary and personal photographs. Book early by calling Wayne LaPrade, Chesterville. 448-2852.
20tf

KELLY'S
K-9 Grooming
Grooming all breeds of Cats & Dogs
Nail clipping & much more
For the month of Dec.
15% off plus a Free toy for all groomings over $20.00 or more
Grooming done at your convenience
Business location or at your home
Phone for your appointment
Laura Kelly - 448-1788

HOUSEHOLD MOVERS - Licensed and insured. Call 543-2523 or 543-2226, Morrisburg.
12tfc

NOTICE - Pension, limited income, bankrupt, require a car? Why not lease? Call your area leasing headquarters Car-O-Line Autos, Chesterville 448-2488 for details.

ROTARY CHRISTMAS BASKETS
Please contact
Jim Bancroft - 448-2364
All requests must be approved by Social Services, S.D. & G., Cornwall
Please notify by Dec. 14/92
Basket Delivery Dec. 19/92

NOTICES

NOTICE - The Chesterville Municipal and Hydro Office will be closed Mon., Dec. 14, 1992. The staff will be attending the Warden's Inauguration.
17-2

FOR RENT

FOR RENT - 2 bedroom duplex apartment in adult building. Streeterpete Rd., Chesterville. $495 plus utilities. Jan. 1 or Feb. 1. 448-2350.
16

FOR RENT - Office or store space, 1000 sq. ft., lots of parking. 38 King St., Chesterville (formerly LaBelle's Beauty Salon). Available Nov. 1. Phone 448-2611 or 1-931-1786.
8tfc

FOR RENT - 2 bedroom apartment in Chesterville. Available immediately. Phone 984- 2366.
16

FOR RENT - 2 bedroom apartment in Chesterville. Available Jan. 1, 1993. References required. Call 448-2838.
14tfc

WANTED

WANTED - Every Tuesday, healthy Holstein bull calves from 90-140 lbs. Calf station will be open from 10am-2pm. Location: Delft Blue Veal Farm, Lightning St., Williamsburg. For information call Walt at 543-2796 after 8pm.
45tfc

HELP WANTED - Reliable caring person to take care of 7 yr. old boy (before and after school) and 3 yr. old girl in our home 1 km north of Chesterville. Beginning January 4. Hours: 7:30am-4:30pm with all school holidays off. Phone 448-3866.
17-2

WANTED - 89 overweight people. Loose 10-29 lbs. per month. 100% natural. Doctor recommended. We pay you. Serious callers only. 1- 604-533-5576.
20

WANTED TO BUY - Airtight woodstove with glass doors. Phone 346-2251.
16

WANTED - Caregiver for young infant, preferably my home. 448-1906.
16

WANTED - Will board heifers or dry cows for winter months. John Maloney, Martintown. 528-4725.
16

MUSICIAN WANTED - Those interested in forming a country band, leave name, phone number and instrument played. Male and female vocals required. 448-2940 after 12 noon.

CARD OF THANKS

CARD OF THANKS
A sincere thanks to family, friends and neighbors for flowers, cards and gifts I received while in hospital. Special thanks to Dr. Burke and nurses at Winchester District Memorial Hospital for their wonderful care.
Angie VanderVeen

CARD OF THANKS
We would like to thank everyone for the cards, gifts, flowers and calls received while in hospital and at home.
Diane and Saxon Ireland
16

CARD OF THANKS
A BIG thank you to my family and friends for the wonderful surprise Birthday Party. The memories of this special night will never be forgotten, having so many friends together to share the occasion with me.
Thank you,
Carolyn Cross

COMING EVENTS

MOREWOOD R.A. CLUB MONTHLY MEETING - Wed., Dec. 5, 1992 at 8pm, Winchester Twp. Community Centre, Morewood. Everyone Welcome.
16-1

WINCHESTER LITTLE LEAGUE AUCTION SALE - Sun., Dec. 6 at 1pm. Old Hydro Building, St. Lawrence St. See Auction Sale listing in this week's paper.
16-2

CHESTERVILLE LEGION DANCE - Sat., Dec. 5, 1992 at 9pm. Featuring Country Road. Everyone Welcome.
16-1

COMING EVENTS

CUSTOM SHIRTS - By one of America's leading custom shirt companies. Many choices: collars, cuffs, sleeves, bottoms, monogramming, 300 fabrics. Clara's 493 Main St., Winchester. 774-3252.
16-1

BINGOS - At Chesterville Legion Hall, Sat., Dec. 5 and Sat., Dec. 19, 1992 at 1pm. Sponsored by Chesterville Legion Auxiliary Branch 434.
18-3

NEW YEARS' EVE BALL - Dec. 31, 1992, Morrisburg Legion. Don Morrell Orchestra. Dancing 9pm-1am. Tickets - Morrisburg Legion or Don Morrell at $28/couple. Midnight buffet. Tickets are limited.
17-2

NORTH DUNDAS DIST. HIGH SCHOOL BAND - Presents The Nutcracker and other music in concert on Wed., Dec. 16, 1992 at 7:30pm in the school gymnasium. Tickets $3/person.
17-2

DANCE PARTY - Fri., Dec. 18, 1992, Winchester Community Hall. Sponsored by Winchester Old Hawks. Disco. Age of Majority.
17-2

WILLIAMSBURG SNOWMOBILE CLUB MEETING - Thurs., Dec. 3, 1992, 8pm at the Clubhouse. Trail passes available. Everyone Welcome.
16

WINCHESTER CURLING CLUB
CHRISTMAS SPECIAL
Curl January-April 1993, only $100. (Includes all privileges). Associate membership (social, bonspiels) $20. Call Dave 774-5491; Brian 774-3468 or Pat 774-3848 before Dec. 22.
18-3

NEW YEARS' EVE PARTY - Thurs., Dec. 31, Berwick Community Hall. 9pm-1am. Music by Power Station. Hot and cold buffet. Door prizes. Tickets $12.50 per person.
19-4

BERWICK SANTA CLAUS PARADE - Sun., Dec. 13 at 2pm. Leaving the Township Garage to the Community Hall where you can meet Santa!!
17-2

New Years Eve
DANCE
Sponsored by the Finch & District Lions Club
Finch Community Centre
Thurs., Dec. 31/92
9:30 p.m. - 1:30 a.m.
Disc Jockey
Buffet Lunch
Door Prizes
Advance tickets - $12.50
$15.00 per person at the door

SANTA CLAUS BREAKFAST
Sat., Dec. 12/92
7:00 a.m. - 11:00 a.m.
Finch Community Centre
Sponsored by the Finch & District Lions Club

UPPER CANADA VILLAGE
The Village Store
SHOPPING R.S.V.P.
Special Christmas needs?
Call the Village Store at 543-3704.
We'll be more than happy to open the store especially for you.
By appointment only.
Parks of the St. Lawrence

COMING EVENTS

Winchester Theatre
FRI. DEC. 4, SAT. DEC. 5
Starting at 7:30 P.M.
"THE MIGHTY DUCKS"
RATED: Family By Disney. Stars Emilio Estevez. "Pee Wee hockey with a winning coach"

1st ANNUAL TEA, BAKE & CRAFT SALE - Sat., Dec. 5, 1992. 10am-3pm at the Williamsburg Christian Reformed Church Fellowship Hall. Free admission.
16

16th ANNUAL SENIOR CITIZEN'S CHRISTMAS PARTY - Sun., Dec. 6, 1992 from 1:30-3:30pm in the Chesterville Legion Hall. All senior citizens and any grandparents of uniformed children are invited to attend. Sponsored by Sparks, Beavers, Brownies, Cubs, Guides, Scouts and Pathfinders of Chesterville.
16-2

CRAFT SALE SHOW & TEA - Avonmore Community Centre, Dec. 5 from 1-5pm. Sponsored by Senior Citizens. Admission $2 including tea. Everyone Welcome.
16

BINGO - Sponsored by Dunbar Recreation held in the Dunbar Recreation Centre every Sunday night starting Sept. 13, 1992. Doors open at 5:30pm. Bingo starts at 7pm. Jackpot given every week. No one under 16 years of age permitted.
3tfc

BINGOS - Every second and fourth Saturday, October to March 1993 inclusive at the Winchester Twp. Community Centre. Beginning at 1pm sharp. Sponsored by the Morewood Volunteer Fire Fighters Association.
33tf

ST. MARY'S CATHOLIC WOMEN'S LEAGUE BAZAAR - Sat., Dec. 5 from 1-3pm in the Parish Hall. Free admission.
16

ATTENTION
CHRISTMAS SHOPPERS
Come & See our
Variety of Crafts & Under Cover Wear
(Lingerie - discontinued line)
at Discount Prices
Sat., Dec. 5/92
10 am - 2 pm
at Verla Levere's
30 King St., Chesterville
448-3313

EUCHRE
SUNDAY, DEC. 13TH
FINCH LEGION
Registration: 12 p.m. to 1 p.m.
Play Starts at 1:00 p.m.
1st 20 tables
$5.00/ Person
Cash Prizes based on number of tables
Sandwiches & Beverages



Moonlight Madness
Friday, December 4th
Come & check out our specials
MT ADVERTISING & SPORTS LTD.
Industrial Dr.,
Chesterville
(613) 448-3054

Christmas Special

Taxes paid on all over-the-counter parts

(December 2-24)

Retail only!

Save 15%

Call Kevin or Mark for details

GM PARTS

The expert choice.

Drewery

PONTIAC BUICK LTD. WINCHESTER 774-2360
KEVIN GOWDY, PARTS MANAGER

Bruce R. Kerr
Insurance & Investments



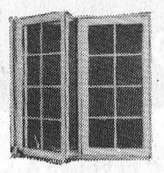
GICs

1 year	3 years
7% (Over $25,000)	7.25%
4 years	**5 years**
8%	8.25% (Over $25,000)

Some minimums may apply. Rates subject to change.

456 Main St. E., Winchester
Telephone 774-2456

TRI COUNTY WINDOWS
Est. 1987



PETER J. FILION
613-774-3777

Highway 43 East, RR4, WINCHESTER, ONT., K0C 2K0

Registered Ontario Hydro Enermark Contractor

WINCHESTER STEEL

New Winter Hours

Monday to Friday, 9am-4pm
Saturday, 9am-12 noon
from Dec. 1 to March 1

Highway 31, Winchester, Ont.
Telephone 613-774-2127

CASS, GRENKIE

Barristers, Solicitors, Notaries

J. DOUGLAS GRENKIE, Q.C.
PETER J. REMILLARD, B.C.L., LL.B.
(Also of the Quebec Bar)

RICK T. LEROY, L.L.B.
BRAD F. COMEAU, B.Sc.,B.Ed., L.L.B.

OFFICES AT:

13 Ralph Street , P.O. Box 700
CHESTERVILLE - 448-2735

P.O. Box 820
WINCHESTER - 774-2004

(All files and documents of the former legal firms known as Cass & Cass and Cass & Workman are now located with the Cass, Grenkie law firm.)

Dundas County Hospice

—not a place, just a special way of caring—



LIGHT UP A TREE

Make a donation and light up a tree in honor or in memory of loved ones.

Place: Winchester, Centennial Park
Morrisburg, by the Bell Tower
Date: Friday, December 11, 10am-5pm
Saturday, December 12, 10am-5pm

Chesterville Community
CAROL SERVICE



Sunday, Dec. 6, 7:30 p.m.

at

Trinity United Church

The Ecumenical Choir and St. Mary's Youth Choir will be under the direction of Dawn Exner with Sharon Adams at the organ.

Canned goods for the Christmas baskets may be brought in at this time.

FEATURE PROPERTIES

Century 21
McIntosh and Proulx
REAL ESTATE LIMITED
MEMBER BROKER
504 Main St. Winchester 774-3990



Alan LaPierre
448-3306



$49,000

CHESTERVILLE – Knock Out Price, Knock Out Lot, Why pay rent when you can own your own home, Put your rent money to work for you. Alan LaPierre 448-3306 R1798.



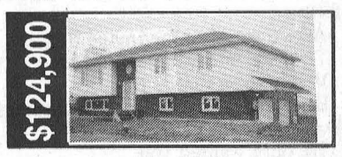
$84,900

WILLIAMSBURG – The right stuff, hardwood floors, formal dining, country size kitchen, 4 bedrooms, porch, verandah, garage, workshop. Alan LaPierre 448-3306 R1831.



$99,000

CHESTERVILLE – A RARE find, original woodwork and flooring, 3 bedrooms, 2 baths, formal dining, family room, woodstove, verandahs. Alan LaPierre 448-3306 R1511.



$124,900

WINCHESTER – It's all here in a new home, oak kitchen, dining, 3 bedrooms, 2 baths, rec. room, double insulated/heated-garage. Alan LaPierre 448-3306 R1844.

BUY OR SELL WITH CONFIDENCE • ASK FOR ALAN

RIDEAU AUCTIONS INC.

Winchester, Ontario

Household, Estate, Farm, Industrial, Real Estate Auctions

Hunter McCaig, Auctioneer

Days: 774-2735; Evenings: 258-5095

ALBERT GALE REAL ESTATE LTD.
Everywhere You Look...

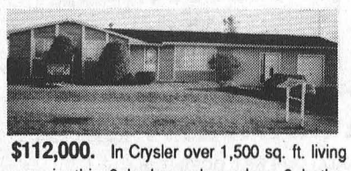
530 Main Street
Winchester
774-2881



Delburn Baker
Sales Representative
987-2805

Land Anyone - 200 acres west of Berwick in one block, 175 acres of this parcel is tiled, also northeast of Chesterville 100 acres, this parcel has 95 acres tiled.

$120,000. for 300 acres of recreational land in Finch township. This is mostly covered with mixed hardwood, some cedar and about 200 acres has been planted in spruce, red pine and jack pine.



$112,000. In Crysler over 1,500 sq. ft. living area in this 3 bedroom bungalow, 2 baths, finished basement, kitchen, dining and livingroom on main floor plus a 14x22 room you could use as an office, hair salon or nursery.

ALAIN G. MARLEAU
Trucking & Livestock



• Greely Sales Arena
Monday & Thursday
Reasonable Rates



R.R. Lunenburg - 346-0113

ST. ALBERT CONSTRUCTION

(407931 ONTARIO LTD.)



• General Contractors
• Barn • Commercial • Residential

QUALITY HOMES • ADDITIONS • GARAGES
HOME IMPROVEMENTS • BUILDING SUPPLIES
KITCHEN CABINETS

Free Estimates

JACQUES & RICHARD DESNOYERS, PROP.
ST. ALBERT • 987-2876

MACEWEN PETROLEUM INC.

MacEwen Petroleum Inc. is seeking a dynamic individual to operate our Full Serve Gasoline Station & Convenience Store in the Chesterville area. Successful candidates will possess:

- a strong desire to be a leader in customer service
- strong managerial skills
- a solid financial position

If you believe you have the competitive spirit & wish to pursue this unique opportunity, please forward your resume to:

MacEwen Petroleum Inc.
P.O. Box 100
Maxville, Ont.
K0C 1T0
Attn: Ian McLean



TURN YOUR DREAMS INTO REALITY

- **DENTAL CHAIRSIDE ASSISTANT**
- **MEDICAL OFFICE LAB ASSISTANT**
- **HEALTH OFFICE ADMINISTRATION**
- **ELECTROCARDIOGRAPHY TECHNICIAN**
- **HEALTH CARE AIDE**
- **ORTHOPAEDIC TECHNOLOGIST**
- **CHIROPRACTIC HEALTH ASSISTANT**

DAY/NIGHT OR SATURDAY CLASSES

SPECIALISTS IN HEALTH RELATED DIPLOMA PROGRAMMES

CAREER CANADA COLLEGE

TORONTO 523-8355 OTTAWA HAMILTON

IOF FORESTERS

A CAREER OPPORTUNITY WITH A DIFFERENCE IN YOUR NEIGHBOURHOOD

- Do you care about what and whom you represent?
- Do you desire the opportunity for a good income?
- Do you want a career with professional status?
- Do you put service and customer satisfaction first?
- Do you value advancement opportunities?
- Are you self-motivated and willing to work?

IF THE ANSWERS ARE "YES" WE WANT TO TALK WITH YOU!!

We are the Independent Order of Foresters, a Fraternal Benefit Society established in 1874 with well over One Million members internationally. We provide a commission contract with a starting income once you meet our requirements.

THE OPPORTUNITY IS HERE

If you are ready for a challenging and rewarding future, then Call:

EASTERN DISTRICT OFFICE
SMITHS FALLS 284-8080



Wedding Anniversary

A 70th Wedding Anniversary in honour of Arthur & Eurith Ball to be held at theWinchester Hospital, Sunday, December 13/92 1:30 p.m. - 3:30 p.m. Best Wishes Only

---

CHURCH DIRECTORY

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Interim
448-2084
SUNDAY, Dec. 6, 1992
10 A.M.- Sunday School
11A.M. - Morning Worship
7:30 P.M. - Evening Praises
9:30 A.M.- Tuesday - Ladies Prayer
Affiliated with the Pentecostal Assemblies of Canada
May 1993

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY, Dec. 6, 1992
10:30 A.M. - Morning Celebration
10:30 A.M. - Sunday School
7:30 P.M. - Christmas Family Dinner tickets in advance (call church)
Wed. 7:30 P.M. - Spiritual Gifts Seminar
Dec. 1992

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, Dec. 6, 1992
Morewood
11:00 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 3:30 P.M. - Bible Fun Club in M.P.S. Gr. 4 & 5
Fri. 7:00 P.M -. Morewood Christian Youth in Presbyterian Hall
Chesterville
9:25 A.M. - Sunday Worship
Nursery & Sunday School
CELEBRATION OF THE LORD'S SUPPER
Tues. 9:30 A.M. - Coffee Break
Nursery & Story Hour
6:30 P.M -. Junior Bible Clubs: Gr. K-Gr.4
7:30 P.M. - Life in the Spirit Praise & Bible Study
Thurs. 6:30 P.M. - Senior Bible Clubs: Gr. 5&6
Fri. 7:00 P.M.- Chesterville Christian Youth
COME EXPECTING LEAVE REJOICING
May 1993

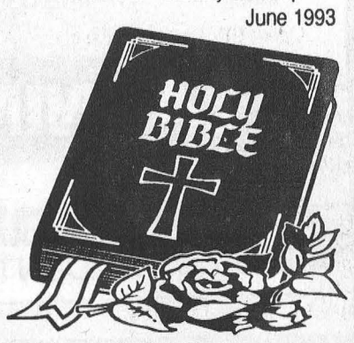
ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, Dec. 6, 1992
HOLY MASS
7:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1993

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
9:30 A.M. - Sunday Service
A Warm Welcome Awaits All"
May 1993

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, Dec. 6, 1992
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, Dec. 6, 1992
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
7:30 P.M. Community Carol Service
EVERYONE WELCOME
June 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, Dec. 6, 1992
11:15 A.M. - Sunday Worship
June 1993



INMEMORIAMS

IN MEMORIAM

McDERMID - In loving memory of a dear sister and aunt, Inez, who died Dec. 1, 1990.

To some you may be forgotten,
To others are part of the past,
But to us who loved and cared for you
Your memory will always last.

Sadly missed by,
sister Leila and Family

16

IN MEMORIAM

PRESLEY - In loving memory of our dear father and grandfather, Willard, who passed away Dec. 4, 1980.

Though his smile is gone forever
And his hand we cannot touch
We have so many beautiful memories
Of the one we love so much.

Ab, Joyce and Rory

16

IN MEMORIAM

PRESLEY - In loving memory of a dear father, Willard, who passed away Dec. 4, 1980.

He wished no one a last farewell,
Nor even said goodbye,
He was gone before we knew it,
And only God knows why,
For those who have a father,
Treasure him with care,
For you'll never know how much you miss him,
Until you see his vacant chair.

Always remembered,
Wayne

16

IN MEMORIAM

PRESLEY - In loving memory of a dear father, Willard, who passed away Dec. 4, 1980.

We have only a memory, dear Dad,
To keep our whole life through,
But the sweetness will linger forever,
As we treasure the image of you.
They say memories are golden,
Well maybe that is true,
But we never wanted memories Dad,
We only wanted you.

Always remembered,
Junior and Sheila

IN MEMORIAM

BROWN - In loving memory of a dear son and brother, John Thomas, who passed away suddenly Nov. 30, 1991.

Little did we know that morning
The sorrow that day would bring.
The call was sudden, the shock severe
To part with one we loved so dear.
If tears could build a stairway
And memories built a lane
We'd walk all the way to Heaven
And bring you back again.
So many times we've needed you,
So many times we've cried,
If love could have saved you
You never would have died.
Friends may think we have forgotten
When at times they see us smile
But they little know the heartache
Our smiles hide all the while.
They say time heals all sorrow
And helps us to forget
But time so far has only proved
How much we miss you yet.

Sadly missed,
Mom, Bob,
Dede and Nicholas

BIRTH

BIRTH ANNOUNCEMENT

SMITH-IRELAND - Chris and Diane are pleased to announce the early, fast and safe arrival of Saxon Kane Ireland, 5 lbs. 2 ozs., Nov. 18, 1992 at the Riverside Hospital, Ottawa. Second granddaughter for Ross and Vivian Smith, Berwick. Twelfth great-grandchild for Mrs. Golda Ouderkirk, Finch. A special thank you to Dr. Peter Bala, Dr. A. O'Neill, 3rd floor staff and 4th floor for the T.L.C. while Diane and Saxon were in hospital.

16

AUCTION SALE

AUCTION SALE
Sponsored By
WINCHESTER LITTLE LEAGUE BALL
SUN., DEC. 6
Commencing at 1 PM
Old Hydro Building,
St. Lawrence St., Winchester,

Ottawa Senators hockey tickets; 13' satellite dish w/all receivers; MIG welder, complete; acetylene torches w/gauges; 1hp grinder; 10 ton bench vice; full size hockey nets (pair); florescent arena lights; wooden benches; various pipes; roto tiller; 1 furrow plow; garden trailer; chesterfield w/2 chairs; Lazy Boy Recliner; captain's bed w/mattress; folding wooden chairs; exhaust fan; sink; water trough; various pieces of wood (plywood, panelling, particle); glass candle holders w/candles; various wooden doors; steel door; infant car seat; infant bike seat; various lamps; Terry Carkner hockey stick; wooden kitchen light; patio lights; pieces of carpet; 1-1/2"x1- 1/2" angle iron; wooden table; numerous wooden pallets; 2 chrome kitchen chairs; 5hp air compressor; TV stand; autographed photo of Jean Yves Theriault; various books; numerous other items.

AUCTIONEER
Harold Ball
Please attend to help support
Little League Baseball

16-1

AUCTION SALE

ESTATE AUCTION
HOUSEHOLD EFFECTS & ANTIQUES
SAT., DEC. 12, 1992
10 AM
South Mountain Agricultural Hall

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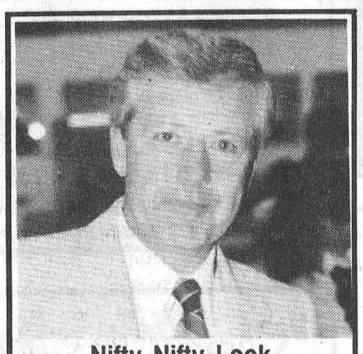

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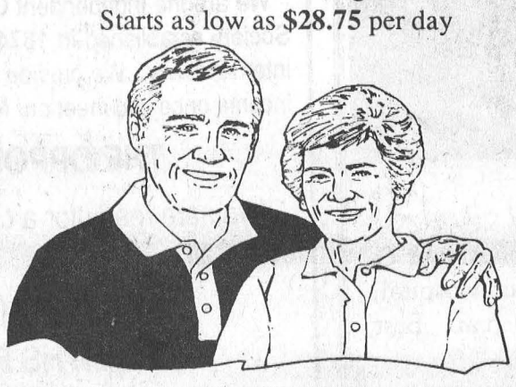

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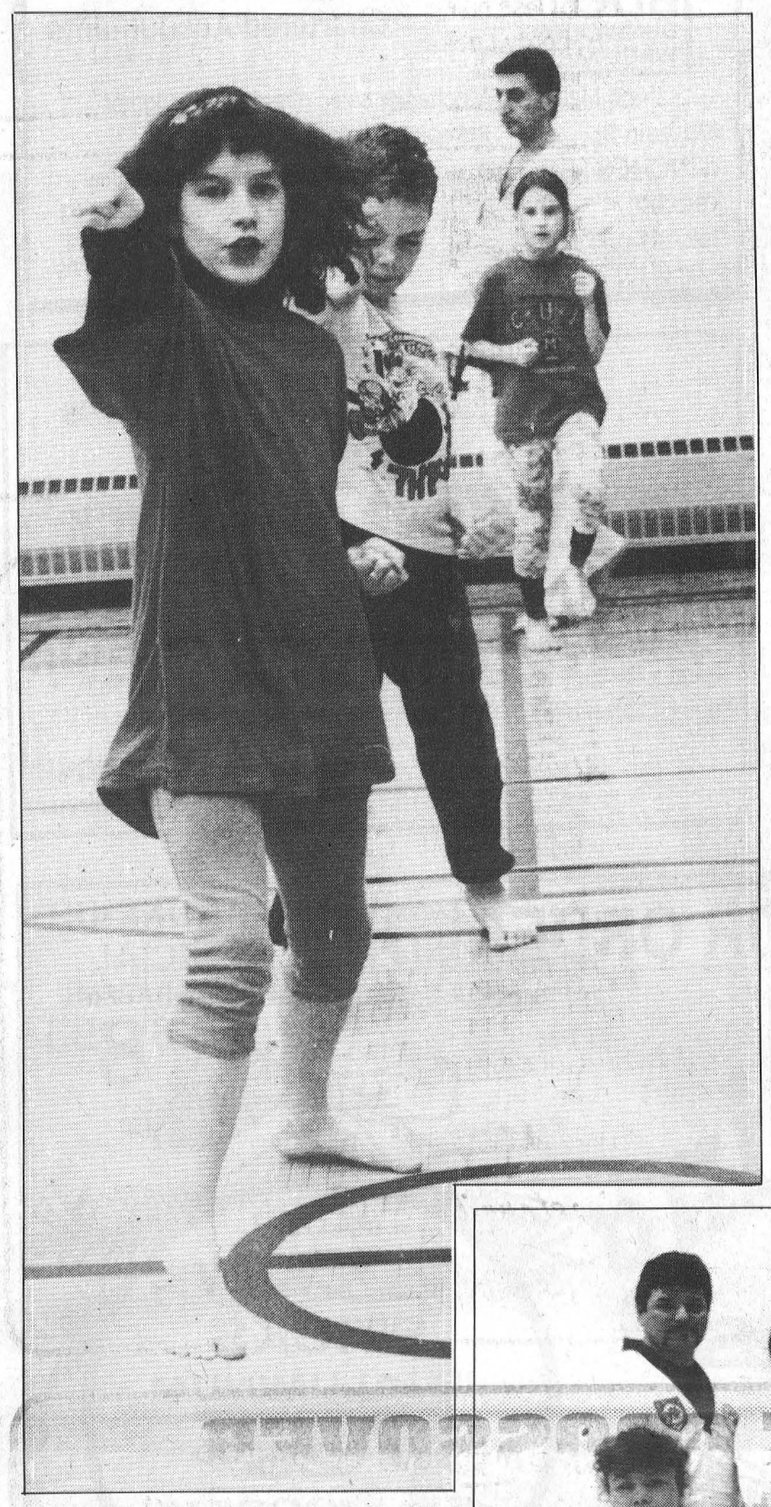
The Record Sports

Dundas getting kicks out of Korean martial art





A girl demonstrates punching technique in Morewood (above) while Maple Ridge class pose with newly earned belts (right). Front row (left to right): Kathy Lundgaard (green), Robin Smith (green), Chris Mellan (orange), Jeff Campeay (green), Ryan Keyes (red stripe) and Lindsay Mellan (orange). Back row: Instructor Mike Lecuyer, Nancy Mellan (orange), Meghan Gilmer (red stripe), Wayne Smith (green), Mathew Brown (green), Ryan Moore (green) and Alan Prodnick (red).

Chris Thatcher
Record Staff

You could probably make a good case that Steven Seagal and Jean-Claude Van Damme are doing for the martial arts what Bruce Lee did for karate in the early 1970s — extolling the virtues of violence.

The two would-be actors have tapped into a genre that always sells movies. Neither places much emphasis on the philisophical aspect of the martial arts or its basis in Buddists theology, to the detriment of the sport, but they are certainly helping to attract interested participants.

Taekwon-do, the Korean art best known for its board-splitting kicks and hand chops, is in high demand in Dundas county.

Three schools —Maple Ridge, Morewood and Morrisburg —operate within a 70 kilometre range of each other and all are drawing remarkably well.

Maple Ridge has been in existence for 14 years, but in the last six months its membership has doubled from 35 to 70. Morewood started its class in October and already has a membership of about 20.

While it is easy to credit martial-arts oriented films with drawing children and young adults to the sport, it may also be a sign of the times. With crime statistics so readily trumpeted by the media, self preservation is a primary concern. Women and men are registering for classes to learn forms of self-defence.

"Parents are reaching an age where they see how it is out there for themselves and they are trying to get their kids into something that will benefit them," says Mike Lecuyer, who has run the Maple Ridge school for the past eight years.

But knowledge of the sport does not give you a licence to maim; it is not a weapon to be used whenever problems arise, he says. Taekwon-do, literally foot-hand-head, teaches courtesy as its first tenet and stresses self-control.

"When you get into a situation, the first thing is to control yourself," says Leonard Maler, who introduced the art in Morewood. "Don't be scared, but don't use taekwon-do immediately. If we hear that it is used in the school yard, the students are out of the class."

Maler began learning the art 16 years ago and has never had to use it. "But it's given me a real sense of physical confidence," he says.

"In taekwon-do, we train you to use your head first before you use your hands and feet," says Lecuyer. The growing interest in martial arts may also be attributed to dissatisfaction with other sports. Children and parents are getting tired of the constant pressures associated with games that place winning above all else.

It's a theory Lecuyer, a former hockey coach, firmly believes.

"With hockey, it is get out there and win at any cost," he says. "Here there isn't any pressure. Everything is done at your own pace. We're after them to work hard, but in a fun way." "The first thing I want is for them to have fun and exercise and develop their co-ordination," says Morewood instructor Moe Sardar. "If their desire to be here is not from the heart, they won't want to come.

"With the young ones, I try to keep it fun or they get bored. Once they are older, the emphasis is much more on exercise."

Body size, weight, or height has little bearing on whether you can compete. Morewood has two girls age 5.

"It really doesn't matter what age you are," says Lecuyer.

"With the right co-ordination, a small woman can have an incredibly powerful kick," adds Maler.

Please see MARTIAL on page 16

Third period mistakes haunting Finch Express

Chris Thatcher
Record Staff

Third periods have become a mystery for the North Stormont Express.

For the better part of two stanzas, the Express resemble a hockey team, but their performance in the final 20 minutes has left two successive coaches baffled.

The Finch EOJCHL team slipped to 0-13 after losses to Embrun and St. Isidore last week. In both games, the Express fell apart in the final frame.

"I don't know what it is," said Kirk Anderson, who assumed the coaching duties from Steve McRae recently. "These guys work hard for the first and second periods and then crater in the third. It's discouraging. It may be a mental thing. They think they are going to loose so they pack it in."

The fourth-place Embrun 72's scored four times in the third period enroute to a 7-3 win at the Finch Arena Thursday.

The first-place Eagles struck for six goals in the last stanza in a 12-3 blowout in St. Isidore Friday night.

Anderson placed some of blame with a shakey defensive corps and is looking to make changes. In 13 outings, the Express have allowed 109 goals, an average of over eight per game.

"Some guys are making mental mistakes and I don't think they are going to improve by the end of the season," he said. "If they can be replaced, we'll do it."

However, the coach is running out of time and potential recruits. Each club had to trim its roster to 25 players by Dec. 1. But North Stormont is only carrying 20 players, giving Anderson five blank cards.

Defenceman Scott St. Louis, a recent cut by the Morrisburg Lions of the EOJBHL, was signed prior to Thursday's game.

"Our record doesn't make us very attractive for Junior B players," Anderson said. "But if we can line up a couple of heady defencemen, it will help. I still believe our forwards are as good as any in the league. We're missing a lot of good chances now, but the scoring will come. I'm not worried about that."

One of the problems behind the third-period falters is penalties. North Stormont, which led the league in penalty minutes last season, has managed to play most of the last period shorthanded.

Against Embrun, the Express collected 16 minutes in minor infractions.

"That's got to change," Anderson said. "A penalty is a penalty, but we're taking at least three stupid ones and it's hurting us."

VILLENEUVE NETS PAIR

Kevin Villeneuve struck for a pair of goals and an assist and captain Chris Leroux added another in the loss to Embrun.

Marc Patenaude and Steven Daoust buried two each for the 72's while Marc Racine, Pat Daniels and Marc Giroux collected singles.

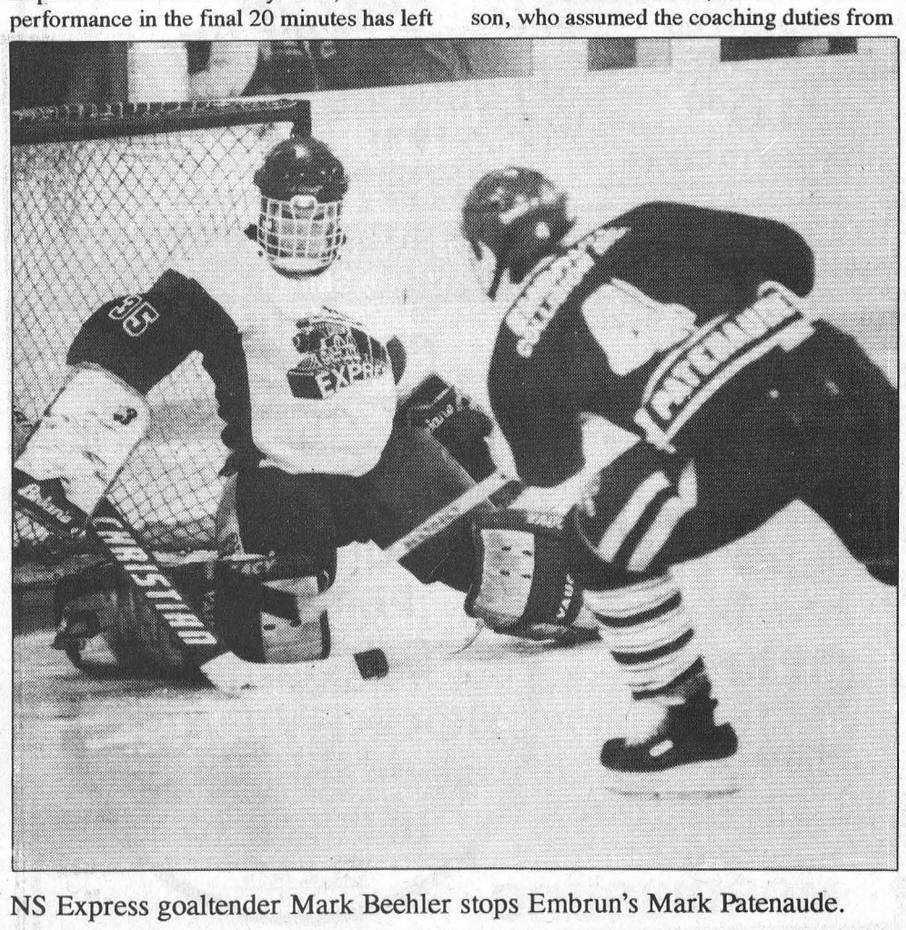
Netminder Mark Beehler stopped two breakaways in the first period but gave up one goal during a scramble with 15 seconds left in an Embrun powerplay and misjudged a slap shot from the blueline in the final seconds of the frame. The 72's were shorthanded at the time.

Roch Benoit and Mike Stewart set up Villeneuve at 5:43 of the second and the Express trailed 3-1 after two periods.

But Embrun buried three more before North Stormont got back on the board. Villeneuve fed Leroux at 2:27 and Benoit and Leroux returned the favor 29 seconds later.

Mark Vanasse scored three times, twice in the second frame, in the loss to the first-place Eagles Friday.

Carl Bercier netted a hat trick and Sylvio Ranger and Trevor Clark tallied two apiece. Christian Charlebois, Eric Leroux, Eric Sanchez, Patrick Rozon and Charles Gareau counted singles.



NS Express goaltender Mark Beehler stops Embrun's Mark Patenaude.

The gamble

Out of left field
Chris Thatcher

To expand or not to expand, that is the gamble.

Commissioner Larry Smith has all but signed the papers for Canadian Football League franchises in the United States next season. Or so it would seem. And given the financial condition of all but a couple of teams, there is little question the league could use an influx of new money.

But if Smith follows through with his game plan, I urge the CFL governors to secure two conditions: A salary cap and a guarantee on the number of Canadian players per team, preferably the current rule of about 50 per cent.

The first, because most Canadian teams will be bid out of the market if salaries are allowed to escalate as in other professional sports. The second, and probably more important, because we could see the eventual demise of university and high school football.

It is alarming how many players go through the United States education system only to discover they have nothing to show for it.

High school teachers and coaches excuse or cover up the performance of athletes in the classroom in order to promote the athlete and the school.

Universities spend a fortune persuading potential players and parents that there is an education at the end of the football rainbow. And the system frequently produces Dexter Manleys and Kevin Rosses with Grade 4 reading abilities.

Recruiting and academic violations are so flagrant that most schools flaunt their probationary status. At times, it seems like there are more NCAA investigators than faculty at most universities.

Two-thirds of NFL players do not have university or college diplomas, despite the fact that most spent between two and four years there.

One in 1,500 college athletes make the pros; a large percentage of the rest wake up with the sudden realization that their four years of eligibility is up and the system that protected them no longer has any use of their services.

They are out of school — no education and no degree.

Not that the Canadian university system belongs on any pedestal — abuse is frequently evident. Recently, St. Mary's was recently reprimanded by the CIAU for recruiting violations and the University of Manitoba was placed on probation for using academically ineligible players.

But most football players do graduate, with genuine degrees, pieces of paper that mean something in the real world.

Will Canadian schools and universities follow the American pattern? Not immediately.

But as the new CFL recruits fewer and fewer Canadian players, there will be calls for changes and those changes will affect all levels of amateur football, starting at the high schools.

Many school boards have folded their football programs because the budget could no longer support the exorbitant costs involved. Some may return to the game and those that do will be asked to hire football coaches who are strictly coaches, not part-time coaches and full-time math or history teachers. Practices will take precedent over homework. And teachers, many who do give a damn about the quality of students they nurture, will have to look the other way to help an athlete maintain his eligibility.

Universities will pour in big bucks from already cash-starved athletic departments to recruit the best players, players who stand a chance of competing.

Am I jumping the gun? Maybe? But make no mistake about it, Larry Smith is in this for the money and it doesn't take a Canadian university student with a pocket calculator to figure out that the CFL is not a money maker.

With all the television dollars south of the border, it's easy to accept Smith's argument.

But is it worth the price?

Penny lifts demons to second win

KEMPTVILLE—Duanne Penney snapped a 1-1 tie scoring an unassisted goal with 6:49 left in the game. Penney's marker lifted the North Dundas Atom "A" Demons to a 4-1 UCMHL victory over the Kemptville Royals here last Tuesday.

The win was the second straight for coach Peter Filion's crew after they had edged the Smiths Falls Bears 4-3 the night before in Winchester.

The opening stanza of the Kemptville encounter was scoreless and play in period two was almost over before the Demons finally broke the ice.

Captain Mike Davidson, coming off of a two-goal game against Smiths Falls, finally got his squad on the scoreboard. Davidson got North Dundas the lead scoring on an unassisted play with just 0:02 left in the second.

Kemptville worked away and finally had success against Demon netminder Jessie Maclean when Keith Graham beat him after he had taken a pass from Braden Gray at the 9:25 mark.

Duanne Penney snapped the 1-1 tie at 6:49 scoring unassisted.

Marty Link then made it 3-1 finishing off a play started by Brad Filion with 4:06 left in the game.

Filion went to work again at the 0:44 mark and assisted Jeff Beck as he fired rubber against twine to make it a 4-1 final.

The game was played without a penalty being called.

Berry takes fight out of Warriors

BROCKVILLE—Lance Bowman and Mark VanDelst set him up and Clint Berry fired the shot that won the game here on Saturday.

Berry's marker stopped the clock 3:36 before the end of the game and gave the North Dundas Bantam "C" Demons their deciding goal in a 2-1 UCMHL decision over the Thrifty Car Rental Warriors.

It was the second victory for the Demons in as many outings. The day before in Chesterville the Demons knocked off the No. Two Alexandria Glens 5-4 with Clint Berry pulling the trigger for the game-winning goal.

Darryl Holmes posted both wins guarding the Demons' cage.

Holmes had a shut out going against Brockville until Eric Running scored at 14:41 of the third period.

Period one was scoreless but North Dundas broke out on top in the second frame when Derek Gates scored on a feed from Matt Foley and Mark VanDelst at 2:28.

Brockville tied it up 1-1 with their goal at the 14:41 mark but Clint Berry snapped a pass from VanDelst and Lance Bowman into the mesh 3:36 before the end of the game to win it for North Dundas.

5-4 WIN OVER GLENS

North Dundas trailed Alexandria 2-1 after a period and 3-2 after two but pulled out a 5-4 victory thanks to three third-period goals.

Jason Douma scored at 14:21 of the final frame. Zack Gauvreau connected with 9:53 left and then Clint Berry snapped in Randy Erwin's relay at the 7:21 mark to give the Demons their 5-4 come-from-behind win.

Zack Gauvreau paced the Demons to their win scoring twice. Clint Berry netted the deciding goal. Jason Douma came up with a goal and two helpers. Derek Gates potted the other goal.

Mark VanDelst, Tim Clapp, Bryan Heuff and Randy Erwin drew assists.

Martial art philosophy offers "a way of life"

Continued from page 15

Taekwon-do asserts itself as "a way of life," a philosophy of personal discipline, a feature that attracts people looking for more than exercise. The emphasis on discipline is also enticing to many parents. Students are taught to demonstrate absolute respect for elders, particularly the instructors who they address as "sir."

"If a student has a problem with home work or is unco-ordinated, he or she will learn concentration and discipline," says Sardar. "They must bow to the instructor and other students when they come in and when they leave."

Sardar often asks his students to improve their work habits and report back to the next class. The improvements range from better grades, to cleaning the bedroom to helping with the dishes.

Physical fitness is the other drawing card. Though the physical exertion may not seem as great as some sports, much of that is due to learning the correct way to breathe.

Personal improvement and promotion are at your own pace but always evident, according to Maler.

"You get bored jogging or lifting weights," he says. "With this, you can see yourself improving all the time. Even an amateur can get to be very good. This group has learned very quickly in three months."

Baseball holds auction

WINCHESTER—This Sunday, Dec. 6, Winchester Little League Baseball will hold a fundraising auction here in the old Ontario Hydro building on St. Lawrence Street.

Funds from the event will go towards the reconstruction of the baseball diamond.

Organizers are looking for your help with both donations and attendance at the event which is slated to get underway on Dec. 6 at 1pm.

Harold Ball will be the auctioneer.

For more information contact Owen Shortt at 774-5010, Kevin Smail at 774-2924 or Jonas Fossitt at 774-3419.

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Finch extends streak to three

Dwayne Spinks scored five goals in two starts last week as the Finch Merchants posted wins over the Crysler Riders and the Berwick Hotel 92's in North Stormont Intermediate Hockey League action.

Finch ran its winning streak to three games, pounding Berwick 7-2 Thursday and snapping Crysler's two-game unbeaten string 5-1 Sunday. The Merchants last loss came on Nov. 13 against the same Riders.

In other NSIHL action, Avonmore suffered back-to-back losses. Crylser clipped the Aces 4-3 Thursday and the SD&G Classics broke a three-game winless slump with a 5-4 win Sunday.

FINCH 7, BERWICK 2

Spinks and Guy Ireland netted two goals each as the Merchants rallied from a 2-1 deficit with six second-period markers. Terry Gove, Gord MacDonell and Dennis Sullivan scored the others. Hugh Coleman and Ed Gove drew three assists each.

Terry Barkley and Tim Ouderkirk provided the first- period markers for Berwick. Barkley and Ouderkirk counted four and three goals respectively the previous week in a 10-2 blowout over SD&G.

FINCH 5, CRYSLER 1

Spinks continued his scoring spree Sunday with a three-goal effort. Sullivan and Ed Gove banged in singles to help avenge a 6-4 loss to Crysler two weeks ago. Gove also counted three assists.

The Riders ended Finch goaltender Brian Perras' shutout bid with 2:01 remaining when Mike Fetterly scored an unassisted goal.

CRYSLER 4, AVONMORE 3

Frank Landry's marker, his second of the night, at 1:29 of the second lifted Crysler past the Aces Thursday.

Landry and Fetterly, who also collected a pair, scored in the last two minutes of the first frame to give the Riders a 3-1 lead.

But Avonmore struck back early in the second with goals from Marc Villeneuve and Andy McRae. Frank Landry broke the tie after taking a pass from Denis Landry.

SD&G 5, AVONMORE 4

Murray MacDonald snapped up a hat trick and an assist as the Classics extracted a little revenge Sunday.

SD&G suffered an 11-1 pounding from Avonmore on Nov. 13 courtesy of three-goal tallies from Kevin Poapst and Jeff Bullock.

Bullock managed one marker and Poapst was held to two assists as the Aces dropped their third straight match. Dale Swerdfeger, Bruce Barker and Dave Lavergne provided the other goals.

Dave Hanson scored the winning goal at 2:53 of the second, connecting on a pass from Chris Eamon, who tallied four assists. Hanson finished with two goals and a pair of helpers.

Quebec tower ends Lancers' run

A 6'2" centre proved to be the undoing of the Rothwell-Osnabruck junior girls' basketball team.

The Lancers entered Friday's Eastern Ontario Secondary School Athletic Association championship in Athens sporting a perfect 10-0 record.

But they bowed out in the second round after a 28-22 loss to Shawville's Pontiac High School. The Quebec school competes in the Renfrew school district.

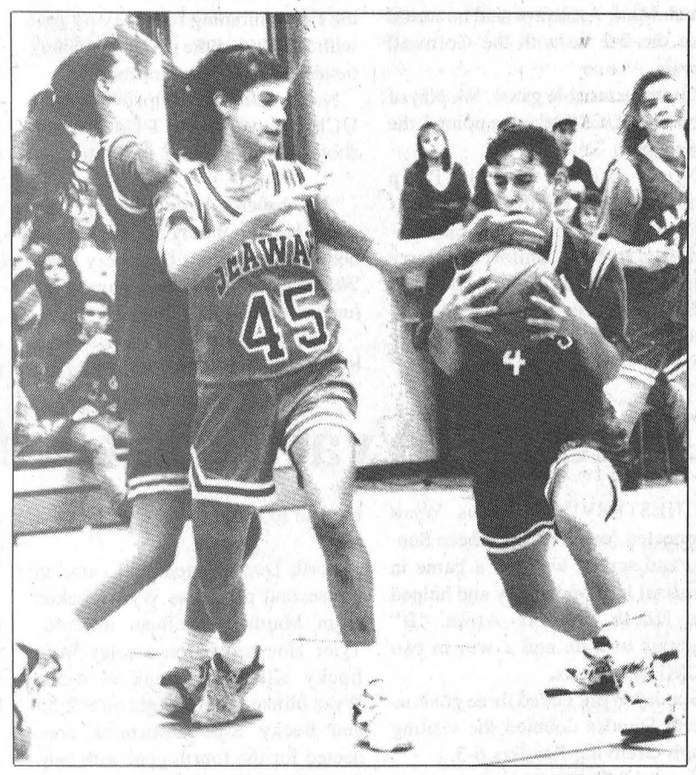
The game was dominated by a 14-year-old centre who pumped in 22 of Pontiac's 28 points.

"She wasn't just tall, she was a good shooter, too," R-O coach Krista Simonett said. "She was probably the one thing we didn't want to run up against."

The Stormont, Dundas and Glengarry champions cruised through the first round of the six-team tournament, defeating St. Mary's High School 41-28. Guard Kelly Rombough led the Lancers in scoring in both games.

"Kelly was our top shooter but everybody scored," said Simonett of her nine-person team. "We played really well in both games. The calibre was very good. All the teams had good shooters and dribblers."

R-O qualified for EOSSAA last week with a 33-24 win over Seaway District in the SD&G final.



R-O's Kelly Rombough against Seaway in SD&G final.

Devils follow big footsteps

The North Dundas junior boys' basketball team began preparing for its SD&G season with two exhibition games last week.

But the Devils, 1992 EOSSAA champions, look to be in for a long season. The members of the defending regional championship team have all moved up to the senior squad, leaving a complete rookie team in their wake.

North Dundas lost both games, 72-8 to South Grenville Tuesday and 82-23 to a Toronto school Friday.

"We've got a lot of work to do, we're trying to follow in some big footsteps," Devils' coach Mark Lewis said. "Some of the kids I have have never played a game before, they've walked on to the court for the first time. So it's going to take time. We have to be patient. Every game will be a learning experience."

North Dundas hosts Seaway District this week before kicking off the 1992-93 campaign next Tuesday.

Kelly chips in tying marker

SMITHS FALLS—Aaron Kelly came up with a very big goal here Sunday.

The North Dundas winger turned a pass fed to him by Scotty Baldwin and Dean Byvelds into the tying goal 9:25 before the end of an Upper Canada Minor Hockey League Senior Novice "A" game.

It was the second straight 2-2 draw for the Demons and improved their record to 7-2-2.

Bobby Dryman put Smiths Falls into a 1-0 lead at 9:35 of the first period but Gerry McBain's troops evened things up at 7:26 of the same frame. Eric Toonders made it a 1-1 contest scoring from Shawn Smail and Travis Rowe.

The Bears went up 2-1 at 8:40 of period two on a goal by Kris Crawford but once again the Demons fought back.

Aaron Kelly made it a 2-2 final finishing the play by Baldwin and Byvelds with 9:25 showing on the clock.

Chris Currie and Alexander Last shared the goaltending chores for North Dundas.

Last Friday in Athens the hometown Flyers got an unassisted goal from Brian Wykes with 9:04 left in the game and held North Dundas to a 2-2 draw.

Dean Byvelds connected from Stefan Gravelle at 8:33 of the first period as the Demons took a 1-0 lead.

Eric Toonders fired a Shawn Smail rebound into the Flyers' net at 6:20 of period two and opened up a 2-0 lead but the Flyers managed to cut their deficit to 2-1 before the end of the second and then tie it up 2-2 at 9:04 of the third period.

Fitness Forum

'Tis the season for...colds



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

We all know that Vitamin C has been proven to play an important part in helping to keep up our resistance to infection. That is why, the minute we sneeze, someone is bound to remind us to take our Vitamin C. This vitamin is also important for healthy teeth, gums and blood vessels. A very important vitamin indeed, especially for children. A deficiency in it is not at all uncommon, especially in winter when we tend to eat fewer fresh vegetables.

Fortunately, some of the most popular everyday vegetables are among the richest sources of Vitamin C. Brussels sprouts are very good, and cabbage, spinach and cauliflower all have generous amounts. Red and green peppers, because of their versatility, are becoming more and more popular, and they have the richest Vitamin C content of any of the cooked vegetables.

It may be a surprise to learn that for many people potatoes probably provide the main source of this vitamin. The content is not as high as that of the green vegetables mentioned, but again it is because potatoes are usually eaten in a much greater bulk.

We get more Vitamin C from fresh salad veggies than from the green ones mentioned, even though in their raw state these contain more of the vitamin. The reason is that the Vitamin C content of any vegetable is very much reduced by cooking.

Watercress is a great salad vegetable and when combined with the even richer raw peppers and white cabbage, provides a terrific supply of Vitamin C. Other good sources in order of priority are: garden cress, parsley, radishes, tomatoes and spring onions. Lettuce is disappointingly low. Most beans, peas and rutabagas all provide appreciable, though not high, amounts of the vitamin.

Because Vitamin C is so easily destroyed by cooking (up to 75 per cent of it can be lost this way), care should be taken to prevent this and not overcook or use too much water (usually, less than it takes to cover).

Frozen veggies are in the main just as good for Vitamin C as the vegetables we buy fresh. Actually, they can be better than "fresh" vegetables which have had to stand up to a long period of transport and storage, which reduces their vitamin content. Canned vegetables, however, tend to be lower in Vitamin C, although they do retain most of their other nutrients.

Next week, we'll talk about the wonders of FRUITS and Vitamin C...

My Silent Achiever this week is the wonderful and attractive driving force at the Agriculture Employment Office on Industrial Drive. It is certainly mainly due to her efforts that I'll be receiving the Canada 125 Medal in January. I'm thrilled. THANK YOU! Naturally, I'll be accepting it on behalf of all of you involved. WELL DONE, EVERYONE!

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Midget Demons settle for draw

WINCHESTER—It sure wasn't very pretty but Midget "A" Demons coach Mark Arnkvarn said he would take the 2-2 tie with the Cornwall Royals.

"It was a terrible game. We played terrible but we'll take the point," the coach said.

North Dundas captain Philp Brisebois gave North Dundas their first goal finishing off a play engineered by Ben Comfort and Barry Bell at 4:20 of the first period.

But Cornwall, trounced 14-1 by North Dundas in their first meeting, were up 2-1 after two periods.

Defencemen Craig Halpenny and Clint Holmes pulled the fat out of the fire combining for the tying goal with 5:23 left in the game. Halpenny netted the all important marker.

North Dundas improved their UCMHL record to 3-1-4 and out shot the Royals 35-12 in the tie.

"We haven't been playing very good hockey lately. I think it is because we haven't been very busy. We haven't played many games and just aren't sharp," the coach said.

Arnkvarn says the team is down a bit right now but they will snap out of it, "when we get things going again."

The coach says his team has two very big games this week, travelling to Williamstown to meet Char-Lan on Wednesday and then hosting Brockville here tomorrow (Dec. 2) at 8:00pm.

"We have two important games against Char-Lan and Brockville and this Sunday (Dec. 6) we have our tournament in Chesterville."

The NDMHA's Midget "A" tournament will be held at the Chesterville Arena this Sunday Dec.6 and hockey fans are most welcome.



Midget Demon goalie Denis Desormeaux sweeps the puck from stick of a Smiths Falls player.

Dundas' Wyatt strikes five times

CHESTERVILLE—Chris Wyatt connected for three goals here Sunday and scored twice in a game in Cardinal last Wednesday and helped the North Dundas Atom "B" Demons to a tie and a win in two UCMHL contests.

Sunday Wyatt netted three goals as North Dundas doubled the visiting South Grenville Rangers 6-3.

Last Wednesday in Cardinal Wyatt gunned in a pair as he and the Demons battled the same Ranger squad to a 4-4 draw.

In Cardinal the Rangers scored twice in the final 7:59 of the game but had to settle for a point in a 4-4 tie.

North Dundas' goals all came in the second period as Wyatt clicked from Matthew McBean at 7:46; Tyler Hoy scored on a relay from Becky Klein-Swormink at 4:56; Wyatt blinked the red light on at 2:55 and Becky Klein-Swormink connected for the fourth goal with help from Chris Wyatt with 1:50 left in the frame.

Bobby Hamelin guarded the North Dundas nets.

Patrick Hamel tied Sunday's game up 1-1 when he fired home a feed from Scott Drummond at 7:50 of the opening stanza. Becky Klein-Swormink made it 2-1 at 3:01 tucking in William McLean's relay.

Chris Wyatt netted both second-period markers as the Demons went up 4-1. His goal at 9:27 was unassisted but Hamel and McBean helped out on the goal at 2:05.

Pat Hamel notched his second goal of the game at 9:01 of the final frame after he had taken a pass from Julian Whittam.

Chris Wyatt, unassisted, made it a 6-3 final scoring with 2:33 left in the game.

Bobby Hamelin gave up two third-period goals but was well in control of the outcome and posted the victory.

Atom Demons split weekend card

CHESTERVILLE—The North Dundas Atom "C" No. One Demons split a pair of exhibition games here over the weekend.

Friday they defeated the Russell Warriors 9-7 and Saturday were trimmed 5-3 by the Embrun Panthers.

Embrun trailed the Demons 2-1 after a period and led it 3-2 after two. Stephen Mitchell led the Panthers to victory scoring three times. Denis Latreille supported the cause with two goals and one assist.

Craig Panchuk notched both first-period goals hitting from Jonas Dawson at the 7:31 mark and scoring unassisted at 3:32.

A five-goal third period blitz boosted the Demons to their 9-7 win over the Russell Warriors. The win squared the two-game series.

Josh McRoberts netted both first-period goals for North Dundas. Derek Murdoch and Todd Levers hammered in the second-period markers.

Beck blocks NY Americans

CHESTERVILLE—Team captain Robbie Raistrick scored four times here last Tuesday powering the North Dundas Bantam "B" Demons to an impressive 7-1 UCMHL over the visting Ogdensburg New York Americans.

North Dundas' starting goalie Darryl Beck gave up a first-period goal to the Americans but his team was up 2-1 after a period and were out in front 6-1 after 20 minutes. Troy Elliott tended the North Dundas net over the final period and a half and picked up the save.

Jason Heuff opened up a 1-0 lead for North Dundas scoring from Jason McDonald at 12:36 of period one. Ogdensburg knotted it up 1-1 scoring at 6:36 but Robbie Raistrick put the Demons up 2-1 scoring on an unassisted play at 5:22.

The Demons hit the score sheet again at 5:38 of period two when Andrew Carkner teamed up with Ryan Holmes and Shawn Johnston as the home team opened up 3-1.

The victory improved North Dundas' UCMHL record to four wins and two losses.

Bowling

Finch Mixed League - Men's High Single, Danny St. Pierre 307; Men's High Triple, Jack Hoogeveen 703. Ladies' High Single, Debbie Smith 257; Ladies' High Triple, Dianne Hoogeveen 669. **Team Standings** - Hot Shots 55; Rockin' Rollers 42; The Rippers 39; Sardoo 36; Night Owls 30; Fire Flys 29.

Busy Matrons - High Single, Elsie Gallinger 214; High Triple, Sharon Shaver 559. **Team Standings** - Betty 46; Jean 45; Sharon 38; Debbie 36; Elsie 36; Mary 30.

Wednesday Afternoon Ladies - High Single, Pat Monast 249; High Triple, Pat Monast 686. **Team Standings** - Debbie Hess 51; Norma Cass 44; Elizabeth Brooks 31; Liz Spiller 28.

Berwick Thursday Night Mixed - Men's High Single, Marcel Robinson 253; Men's High Triple, Marcel Robinson 693. Ladies' High Single, Sue Robinson 207; Ladies' High Triple, Cathy McRae 570. **Team Standings** - Marcel 50; Nick 49; Dean 41; Brad 41; Tony 36; Mike 35.

Chesterville Community League - Men's High Single, Jack McLaren 246; Men's High Triple, Jack McLaren 588. Ladies' High Single, Pat Monast and Roxanne Crump 220; Ladies' High Triple, Monique Carr 560. **Team Standings** - Joel 43; Roxanne 42; Andrew 38; Jack 37; Pat 36; Gordon 35.

Les Copains - Men's High Single, Francois LeClerc 219; Men's High Triple, Francois LeClerc 610. Ladies' High Single, Louise Belisle 197; Ladies' High Triple, Louise Belisle 505. **Team Standings** - Noella Drouin 50; Francois LeClerc 43; Alphonse Lafrance 40; Richard LeBlanc 37; Daniel Martel 34; Liliane Martel 24.

Monday Night Men - High Single, Mike Glaude 268; High Triple, Mike Glaude 761; High Average, Gary Scott 218. **Team Standings** - Blue Max 54; Stingers 42; Alley Rats 38; Raiders 35; A-Team 34; Seniors 28.

Williamsburg Mixed (Friday Night) - Men's High Single, Gary Scott 264; Men's High Triple, Bary Weldrick (spare) 690. Ladies' High Single, Gladys Garlough 258; Ladies' High Triple, Rita Cooper 623. **Team Standings** - Alley Cats 60; The Gamblers 53; Alley Oops 47; Bowleroos 46; Silver Bullets 42; Pin Heads 40.

Avonmore Mixed League - Men's High Single, Noel Racine 244; Men's High Triple, Noel Racine 611. Ladies' High Single, Iva Bush 232; Ladies' High Triple, Iva Bush 596. **Team Standings** - Shelagh 150-1/2; Mary 149; Viola 136; Florence 132-1/2; Charlie 126-1/2; Gordie 122-1/2.

Winchester Odd Couples - Men's High Single, Marcel Soucy 239; Men's High Triple, Marcel Soucy 642. Ladies' High Single, Linda Thompson 206; Ladies' High Triple, Sandie Puddephatt 567. **Team Standings** - Brenda Dillabough 35; Sandie Puddephatt 24; Serge Labonte 21; David Barkley 18.

North Stormont Ladies - High Single, Virley Edwards 277; High Triple, Virley Edwards 769. **Team Standings** - Grannies 39; Slow Pokes 36; Boo Hoo Bees 33; Blue Birds 32.

YBC Bantam - Boy's High Single, Kevin Glaude 152; Boy's High Double, Michael Sanders 259. Ladies' High Single, Jaclyn Hoogeveen 118; Girls' High Double, Jaclyn Hoogeveen 212. **Team Standings** - Michael 45; Tasha 41; Daniel 39-1/2; Lisa 38; Tyler 34-1/2; Sherry 33.

YBC Peewee - Boy's High Single, Adam Sanders 158; Boy's High Double, Grant Middleton 229. Girls' High Single, Isabelle Glaude 117; Girls' High Double, Isabelle Glaude 190. **Team Standings** - Adam 38-1/2; Kim 26; Matthew 25-1/2; Shannon 20.

YBC Junior - Boy's High Single, Alex Middleton 198; Boy's High Double, Alex Middleton 381. Girls' High Single, Ronda Servage 223; Girls' High Double, Kristy Jackson 347. **Team Standings** - Richard 45; Shanna 33; Amanda 33; Andrea 29; Kristy 26.

YBC Senior - Boy's High Single, Craig Beckstead 212; Boy's High Double, Craig Beckstead 362. Girls' High Single, Jennifer Whitteker 195; Girls' High Double, Carrie Amell 325. **Team Standings** - Colin 23; Kevin 22; Tonya 21.

Riverside Rollers - Men's High Single, Bruce Ray 224; Men's High Triple, Gary Burns 613. Ladies' High Single, Marylynn Plummer 273; Ladies' High Triple, Marylynn Plummer 644. **Team Standings** - Mervin Patterson 53; Gary Burns 42; Terry Poapst 42; Janet Douma 41; Jim Irvine 38; Bruce Ray 36.

Crysler Club 60 - Men's High Single, Hubert Farley 239; Men's High Triple, Hubert Farley 604. Ladies' High Single, Simone Lafleche 217; Ladies' High Triple, Simone Lafleche 575.

Matilda League - Men's High Single, George Cooper 282; Men's High Triple, George Cooper 786. Ladies' High Single, Gabs van Embden 285; Ladies' High Triple, Gabs van Embden 656. Hidden Score 141 - Terry Cohen 140. **Team Standings** - Marilyn Payne 26166; Bill LeClaire 25747; Barry Cooper 25444; Glen Pashak 25293; Bill Horner 25208; Barry Fawcett 25009.

Defenders League - Men's High Single, Larry Hess 269; Men's High Triple, Kerman Fleming 607. Ladies' High Single, Debbie Linton 301; Ladies' High Triple, Betty Wheeler 582. **Team Standings** - Dean 36; Oswald 34; Mary Lynn 33; Hilda 32; Debbie 32; Arnie 26.

SPORTS CALENDAR

Eastern Ontario Junior "C" Hockey League

Thurs., Dec. 3
Casselman vs North Stormont
Finch Arena
8 PM

Sat., Dec. 5
North Stormont vs Vankleek Hill
Vankleek Hill Arena
8 PM

Sun., Dec. 6
North Stormont vs Rockland
Rockland Arena
7:30 PM

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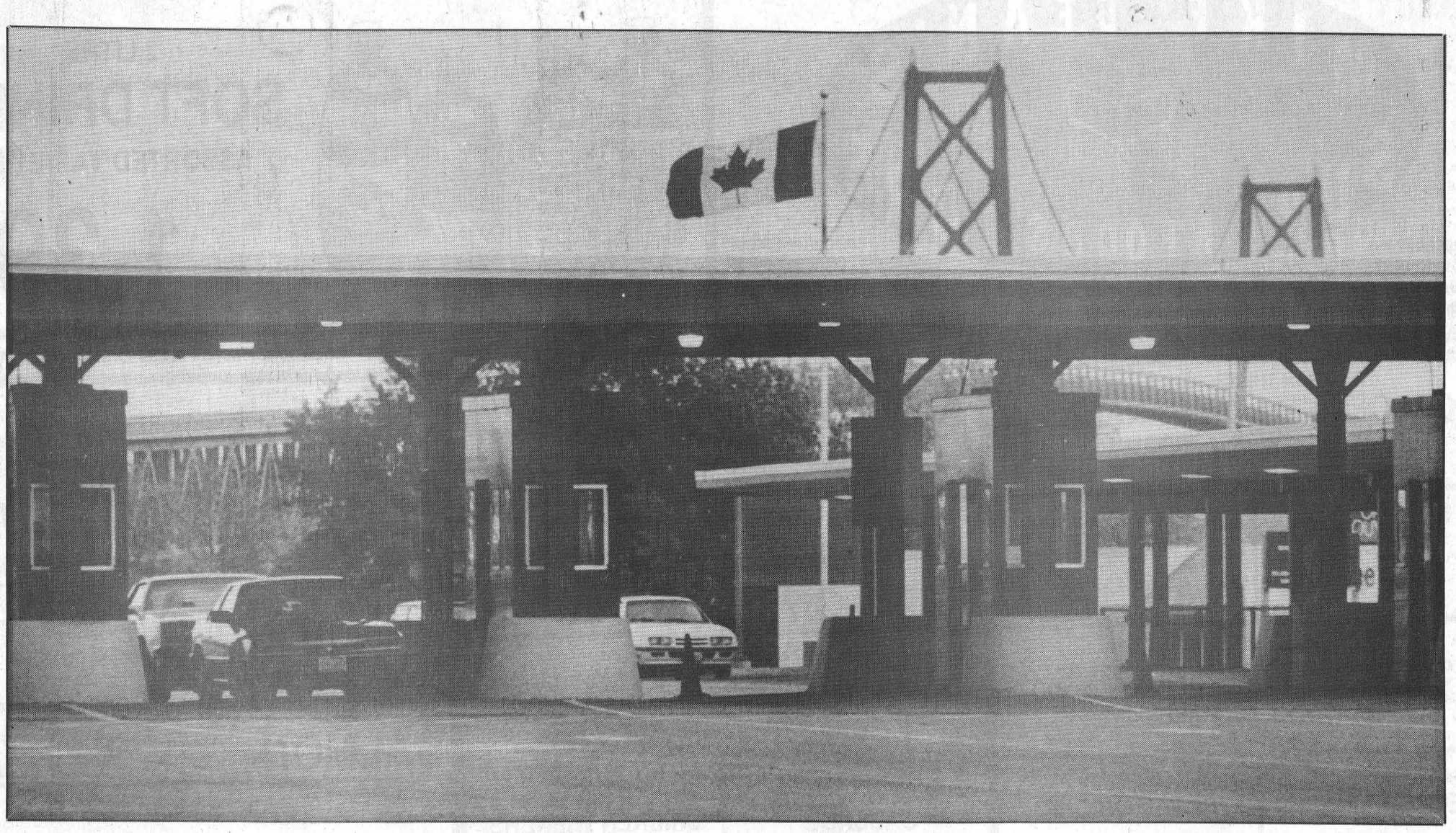

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For instance, the cost to recover smuggled jewellery, clothing, footwear and textiles is up to 80 per cent of their value. And the cost to recover your vehicle can be up to 100 per cent of the penalty applied to the smuggled goods. The penalties on alcohol and tobacco products are even steeper. First of all, you'll lose the goods. Smuggled alcohol and tobacco products are destroyed **WITHOUT EXCEPTION** and a penalty of up to $55 a carton on cigarettes and $12 per litre on alcohol can be imposed before you can recover your vehicle.

But Customs officers aren't the bad guys. They are only enforcing the laws that we insist upon to protect Canadian businesses and Canadian jobs and to ensure that retailers on both sides of the border are operating on a level playing field.

They are more than willing to answer your questions on duties and taxes *BEFORE* you leave Canada and to advise you on duty-free allowances depending on your stay out of the country. Customs officers can also protect you from making decisions based on false information such as the lists in some U.S. grocery stores which set out Canadian duty rates. These lists often contain incorrect information, something you wouldn't know otherwise until you pulled up to the Customs booth. (For instance, a bag of mixed groceries may attract a rate of duty based on the average duty of the goods - the current figure being used is 10.2%. And GST is applicable to some food purchases made in the U.S. just as it is in Canada.)*

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(*Source of information: Revenue Canada Customs and Excise publications, "Information Guide", "It's a Crime".

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SNOW WHITE MUSHROOMS
2 LBS /$3.00

PRODUCT OF U.S.A. #1
SELECT CUCUMBERS
3/1.00

PRODUCT OF U.S.A.
GREEN ONIONS
3/1.00

PRODUCT OF CANADA
WAXED TURNIPS
3 LBS/1.00

PRODUCT OF CANADA
6 OZ. PKG. CELLO
RADISHES
2/1.00

FLOWER OF THE WEEK

6" POT
POINSETTIAS
5.00 G.S.T. Included

BULK FOOD BUY OF THE WEEK

CHRISTMAS PETITE NON PAREIL
BAKING CHIPS
2.99 LB 6.59 KG

BAKERY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

VACHON PKG 6 ASSORTED
PUFF-A-FRUITS
2.29

~~DEMPSTERS BONUS PKG 9~~
ENGLISH MUFFINS
89¢

DEMPSTERS PKG 8
CHEESE BUNS
1.99

DEMPSTERS 675G
KIDS BREAD
89¢

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

OLIVIERI 12"
PIZZA SHELLS
1.59

DEMPSTERS 675G
6 VARIETIES
CANADIANA
BREADS
1.29

DEMPSTERS ORIGINAL
BETTY SPECIAL 675G
WHITE BREAD
69¢

BETTY PKG 8
HAMBURG OR HOTDOG
BUNS
79¢

BETTY MINI
PLAIN OR SUGAR
DONUTS
1.79

HEALTH & BEAUTY AID BUYS

DREEMS PKG 400
COTTON SWABS
2.49

CEPACOL 1.8 LITRE
MINT MOUTH WASH
5.99

SNACK BUY OF THE WEEK

ORVILLE REDENBACHERS PKG 2OR 3
ASSORTED FLAVOURS
MICROWAVE POPCORN
2.49

TUFFY'S 200G
REGULAR, B.B.Q., NACHO, TWISTS
NUTS AND BOLTS
1.99

DAIRY PRODUCTS OF QUALITY EVERY DAY OF EVERY WEEK

BEATRICE 250 ML
WHIPPING CREAM
1.39

BEATRICE 500G
ASSORTED
COTTAGE CHEESE
1.69

BEATRICE 500G
ASSORTED
SOUR CREAM
1.69

BEATRICE 2 LITRE
ASSORTED
CHIP DIPS
99¢

BEATRICE 175 TUB
ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT
59¢

BEATRICE 500G TUB
ASSORTED FLAVOURS
FRUIT BOTTOM YOGURT
1.49

BEATRICE 2 LITRE CTN.
CHOCOLATE MILK
2.89

BEATRICE 2 LITRE JUG
ASSORTED
COUNTRY JUICES
2.49

BEATRICE 2 LITRE CTN.
ORANGE JUICE
1.99

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

BEATRICE 250G PKG
CREAM CHEESE
1.49

BEATRICE 4 LITRE BAG
2% FRESH MILK
2.89

FRESH MEAT CUT WITH CARE EVERY DAY OF EVERY WEEK

FRESH
BACK ATTACHED CHICKEN LEGS
89¢ LB 1.96 KG

FRESH
CHICKEN WINGS
1.69 LB 3.73 KG

NO BACK KNIFE CUT
CHICKEN BREASTS
2.59 LB 5.71 KG

FRESH 3 LB. AVE.
WHOLE CHICKENS
1.39 LB 3.06 KG

SIMON DE GROOT
OCTOBERFEST
SAUSAGE
2.99 LB 6.59 KG

MAPLE LODGE 450G PKG
CHICKEN WIENERS
99¢

#1 HOTEL STYLE BUTCHERS
BREAKFAST BACON
1.79 LB 3.95 KG

BURN'S 500G STICK
3 VARIETIES
PARTY STICKS
3.69

FREEZER BUY OF THE WEEK

10 LB BAG CUT ANY STYLE
FRESH PORK SIDE
SPARE RIBS
15.99

CATCH OF THE WEEK

FRESH SNOW WHITE
TURBOT FILLETS
4.99 LB 11.00 KG

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

BURN'S SLICED
COOKED HAM
1.99 LB 4.39 KG

SIMON DE GROOT SLICED
ALL BEEF SALAMI
2.99 LB 6.59 KG

BURN'S SLICED
CHATEAU SMOKED HAM
4.49 LB 9.90 KG

SHOPSY'S SLICED
EYE OF ROUND PASTRAMI
4.49 LB 9.90 KG

MAPLE LEAF SLICED
BAKED HAM & BACON LOAF
4.49 LB 9.90 KG

MAPLE LEAF SLICED
REGULAR BOLOGNA
2.99 LB 6.59 KG

SHOPSY'S DELI FRESH
POTATO SALAD
1.89 LB 4.17 KG

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

CHEESE OF THE WEEK

MAPLE DALE, JUST MADE OR MILD
CHEDDAR
3.99 LB 8.80 KG

PIZZA OF THE WEEK

12" FULLY LOADED
COMBINATION
4.99

FROZEN FOODS OF EASY PREPARATION EVERY DAY OF EVERY WEEK

GOOD HUMOUR 2 LITRE
ASSORTED FLAVOURS
ICE CREAM
1.99

BEATRICE 2 LITRE
ASSORTED FLAVOURS
OLD FASHION RECIPE
ICE CREAM
4.49

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

FUDGESICLE
CREAMSICLE
FROSTICLE 2.99

GOOD HUMOUR PKG 6
GREAT CANADIAN
CONES
3.69

GOOD HUMOUR PKG 6
ICE CREAM SANDWICHES
2.99

McCAIN 1 KG BAG
13 VARIETIES
VEGETABLES
1.99

McCAIN 1 KG
ASSORTED CUTS
FRENCH FRIES
1.29

PICNIC 341 ML
REGULAR OR PULP FREE
ORANGE JUICE
89¢

McCAIN 18 OZ PKG
ASSORTED FLAVOURS
DEEP & DELICIOUS
CAKES
2.49

McCAIN 660-700G PKG
RASPBERRY OR STRAWBERRY
SHORTCAKE
3.39

McCAIN 12 OZ PKG
ASSORTED FLAVOURS
CREAM PIES
1.39

CAVENDISH 750G PKG
HASH BROWNS
69¢

PEPPERIDGE FARM 255G
CHIFFON OR LAYER
CAKES
89¢

MINUTE MAID 355 ML
ASSORTED FLAVOURS
FRUIT PUNCHES
49¢

DIRECT WAREHOUSE PRICES + PLUS + EXTRA WEEKLY SPECIALS

HOSTESS 220G BAG
ASSORTED FLAVOURS
POTATO CHIPS 1.39

GOLD SEAL 213G TIN
SOCKEYE
SALMON 2.89

MITCHELL'S 48 OZ TIN
PURE
APPLE JUICE 99¢

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

PURITAN 680G TIN
BEEF, IRISH, TURKEY,
FRONTIER, MEAT BALL
STEWS 1.49

PRIMO 3 LITRE JUG
PURE
VEGETABLE OIL 2.99

NESCAFE 200G JAR
RICH BLEND
INSTANT COFFEE 2.99

TAMPAX PKG 24
SLENDER, REGULAR, SUPER,
SUPER PLUS
TAMPONS 4.69

S.O.S. PKG 18
SCOURING PADS 1.69

COTTONELLE 8 ROLL PKG
JUMBO
BATHROOM TISSUE 4.49

SUNLIGHT 12 LITRE BOX
LAUNDRY DETERGENT 7.49