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The Leader

A Family Newspaper Serving the Community for more than a Century

VOLUME 134 NO. 5 WEDNESDAY, FEBRUARY 4, 1998 MORRISBURG, ONTARIO

Roses for Hearts blitz in Iroquois

The Roses for Hearts Blitz continues February 6-7 in Iroquois. Proceeds will support cardiovascular research in Ontario. The roses are sold by local youth groups and last year more than $1000 was collected.

Fashion Show nearly sold out

The Spring Fashion Show on February 15 at the Morrisburg Civic Center has almost sold out. "We feel this is a most popular event because the show will feature local artisans work," says Lionel Tessier, vice-president of the Board of Directors. "As it seems to be so popular, we might make it an annual event." Gail McCooeye of Morrisburg suggested this idea at a Fundraising meeting and has worked very hard to make it such a success. "Gail has taken the lead in organizing what should be a fun afternoon for everyone attending. "All the credit goes to her for her hard work", says Lois Rosenquist.

Sign up for spring planting now

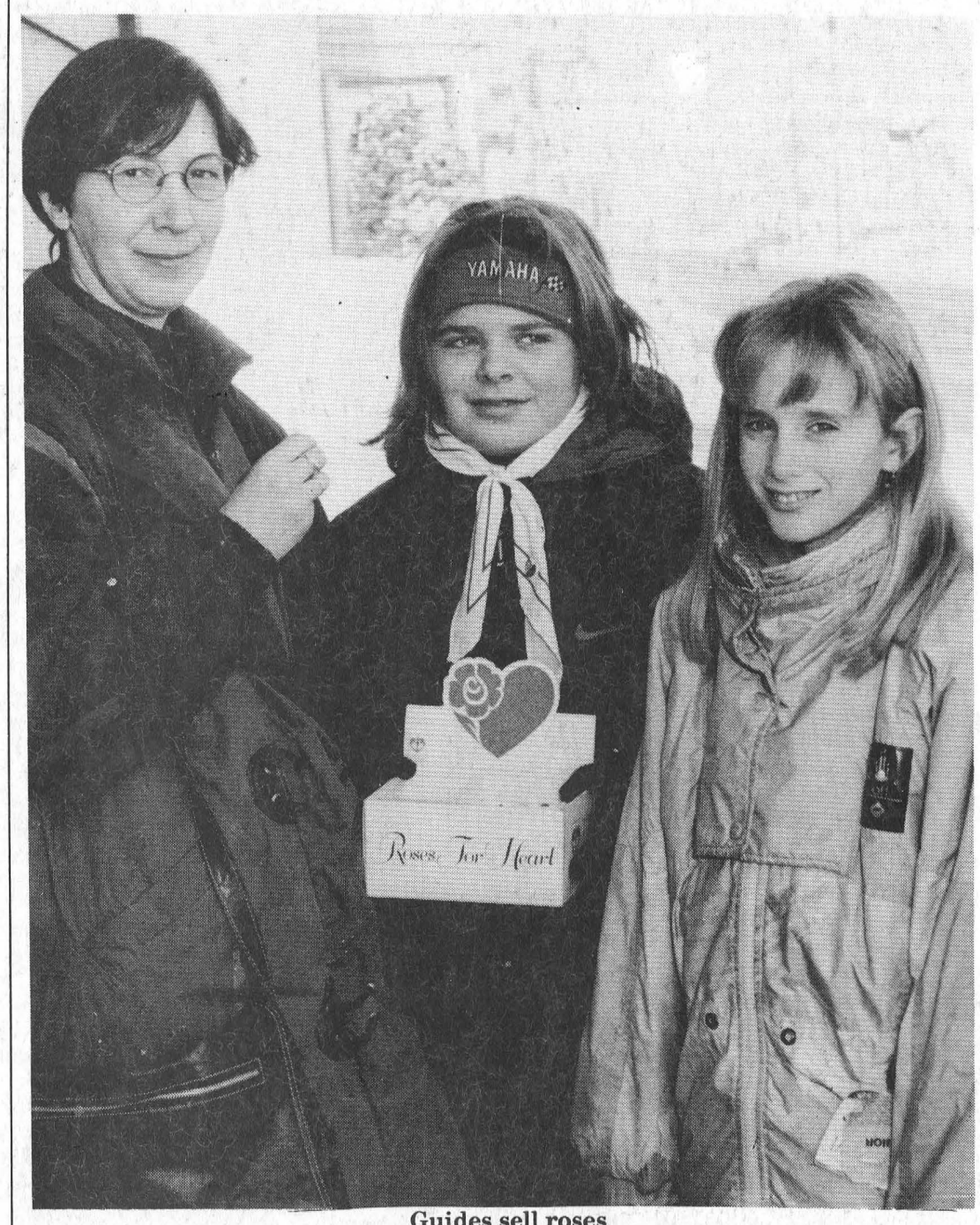
It's time to think about planting trees in Spring '98. SNC can also arrange planting for you if you order more than 1000 trees. The seedlings will cost approximately 20 cents each; planting service is extra. There will be a $15 administration fee for landowners within the watershed, and a $25 fee for those outside. Taxes are extra. In 1997, SNC supplied more than 200,000 trees to landowners, helping reforest idle land, control erosion, and improve water quality. Since 1986, South Nation Conservation has planted more than 1.2 million trees in Eastern Ontario. For more information, please call Josee Brizard at (613) 984-2948.

Bell Customers get credit

Bell Canada customers who have experienced a loss of telephone service of more than 24 hours will obtain a credit, provided Bell has been notified. The refund is calculated on the number of days the customer is without service. Customers who have already reported service problems to 6-1-1 will automatically receive the credit. Customers who have not reported service disruptions should call 310-BELL. Credits will appear on the following month's bill provided the refund request is made two days before the customer billing date.

Debate time change

A debate on Bill 160 on changes to public education will take place February 16, 7 p.m. at the St. Lawrence High School on 2nd Street East in the cafetorium. Debaters are Fred Sagel, a columnist for the Seaway News, and Paul Inksetter, vice-president of the Ontario Secondary School Teachers Federation.



Guides sell roses

Williamsburg Girl Guides Brittany Baldwin and Alyssa Whitteker (at right) were a few of the pack who sold Roses for Hearts buttons to assist the Dundas County Heart and Stroke campaign. The buyer, Claire Aube is at left.

Eastern Ontario farmers have access to emergency funds

Catherine Thompson
Leader Staff

TORONTO—There is currently $10 million in emergency funding in Eastern Ontario for farmers who were hard hit by the great Ice Storm.

The $10 million is to provide immediate assistance for farmers in Frontenac County, Lanark County, Ottawa-Carleton, Stormont Dundas and Glengarry, Leeds Grenville, Renfrew County and Prescott Russell.

"The cheques are either in their hands now or at OMAFRA offices to be picked up," said Jon Hamilton, communications assistant to Agriculture, Food and Rural Affairs MPP Noble Villeneuve.

Farmers who have not already picked up their cheques may obtain them at the OMAFRA office in Winchester in Dundas County, and Avonmore for Stormont and Glengarry Counties.

Last Thursday at the crowded Maxville Sports Complex Hall, the Agriculture Minister handed out numerous cheques to farmers. Cheques were made out to eligible farmers whose farms have a valid Farm Business Registration number, and with a gross income of $7,000.

"It was to provide immediate assistance for all commodities," Hamilton said. Although a concern was expressed it was only for dairy farmers, "we weren't asking what they were growing or producing," Hamilton said.

Amounts of $1,000 were made to farmers in areas without power for roughly a week, $2,000 for two weeks, and in some cases $3,000 for farmers particularly hard hit who were without power for longer periods.

"It's not cut and dried," Hamilton said. "Some who were without for eight days could receive $1,000 or without power for ten days could receive $2,000. If someone was in dire straits, without power for three weeks, he could apply for $3,000."

Some farmers who picked up a cheque had incurred only $600 in expenses, and would return the balance.

Funding was earmarked according to the region and the length of power outage. While not a 'perfect model it allowed the minister to act as quickly as possible," Hamilton stated. "It will all be audited somewhere down the road."

While this funding is interim emergency funding, more government assistance will be available later through the Disaster Relief program for long-term damage not covered through insurance. "The rule is insurance first, then government support," Hamilton said.

The federal and provincial governments will be assisting municipalities who match funding and follow federal guidelines for assistance.

A Rural Relief Advisory Committee is currently determining the criteria for disbursing the funds regarding farmer eligibility to government, insurance and Red Cross relief programs. By January 30, the Ontario Rural Relief Fund had raised $475,000 donated various organizations and individuals.

"The problem we're having is Ontario has never had to access the federal program because it never had a disaster of this magnitude," said Hamilton.

"Basically we're looking at other province's experience including Quebec with the Saguenay, and the Manitoba floods. We're looking at all the examples," he continued.

Hamilton said the Minister has fielded experts from northwestern and western Ontario to assess the damage from one community to another. The extra staff has been brought in to evaluate the situation, and counsel farmers on how they may help their herds return to health. Villeneuve is to report to cabinet with a plan regarding long term impact on agriculture for the rural community.

Storm claims now available at depots through South Dundas

Catherine Thompson
Leader Staff

CORNWALL—Preliminary damage claim forms are now available at several locations in South Dundas for residents who suffered losses during Ice Storm '98.

The locations are both banks in Morrisburg and Iroquois, municipal office in Williamsburg, Mustard's Variety Store in Iroquois, Watson's General Store in Dixons Corners, and H & I Country Supply in Brinston.

Charles Barkley, chair of the Claims Subcommittee on SDG Disaster Relief Committee said funding is for anyone with a claim, including homeowners, farms and businesses.

The preliminary claim forms are to show an estimate of loss. The forms are to be sent to the Cornwall Disaster Relief Committee office where they will be filed and registered with a claim number, or to the municipal office to forward to the committee.

Later official claim forms will be issued and considered by the local committee according to criteria established by the Eastern Ontario Disaster Relief Umbrella Committee.

Disaster relief funds are over and above the $500,000 in emergency funding already distributed by SDG MPP Noble Villeneuve earlier this month. But any funds already received for Ice Storm '98 from emergency funding or from special emergency funding for farmers may be deducted from the official claim.

"People shouldn't go with the expectation of picking up money from these offices, and don't expect money in a week's time, it's just an initiative to get the ball rolling," Barkley said.

"You won't need receipts when you pick up the forms, but receipts will be needed when the forms are handled later by the committee," said Barkley.

""We'll use appraisers and adjustors who will go to the site at that time," he added.

Barkley said the committee doesn't wish the process to drag on for a long time, but this partly "depends on the criteria we get."

Although the Ontario goverment has set aside $40 million and the federal government has contributed $25 million to the disaster relief program, the exact amount to be distributed in the second phase is not known, but will be decided on a case by case basis. This will only be after criteria, the amount to be raised, and the total of funds available are known.

"The deal is through matchable money locally with federal and provincial funds," Barkley said. Funding will be on the

— continued on page 2

Teachers make up for lost class time

CORNWALL—Ontario English Catholic Teachers Association have agreed with the proposals put forward by the District 52 Board to make up for class time lost during Ice Storm '98.

Ariane Carriere, president of the Stormont, Dundas and Glengarry Ontario English Catholic Teachers Association unit states that the plan addresses the educational needs of the students.

In addition, teachers at St. Joseph's Secondary School have volunteered their time for students on a sign-up basis for two after-school sessions.

"A large number of students at St. Joseph's depend on bus transportation" said Daniele Rae, secondary branch affiliate president.

"It would not make sense for us to offer Saturday morning sessions if students have no transportation."

The sessions are held from 3.30 to 5.00 p.m. when the late bus arrives. The first session occurred January 26 and the next will be February 2.

OECTA executive members decided at a recent meeting that they would not have their annual OECTA day, which normally occurs on a Professional Development Day.

Ariane Carriere states, "We are guaranteed that day under the collective agreement, but have decided to give it up for this year only. While the professional information that we share on that day is invaluable to teachers, we feel that the needs of our students are more important at this time. Our actions show that we are willing to work with the Board for the needs of our students."



Won $10,319.76

Joy Markell of Morrisburg was the lucky winner of the Super Star Bingo held at opening night of the new Bingo International Hall at Johnstown last Thursday. "I'll believe it when I see the real cheque," she said. Joy is looking at buying a vehicle with the proceeds.

Storm funding

— continued from page 1

basis of four government dollars to one dollar raised through local fund-raising.

"There's a concern that money would be hard to raise in the local area that was devastated, it could be difficult," Barkley said. But Barkley said that according to the Ministry of Municipal Affairs representative Elizabeth Fulton, fundraising would not be a widespread concern, since money would come in from a variety of sources, including some national and international.

However, it is also a concern that the disaster covered such a huge area, from Kingston to Montreal and the United States, Barkley noted.

Acording to Steven Preston, chair of the Disaster Relief Committee, the umbrella committee decided last week that money raised locally should stay in SDG, but the total in funds should go to an umbrella committee to be distributed through the local committees to areas according to their need. While the funds may not be physically in the hands of the umbrella committee, they should have access electronically.

Their decision was based on the disparity of regions in their ability to fundraise. For example, Ottawa-Carleton has a stronger, more diversified commercial industrial base than SDG. Ottawa-Carleton representatives suggested any funds over and above their own need could be pooled for use by other needy areas. However, their motion had to be approved by local committees and returned to the umbrella committee to be finalized Wednesday.

Barkley said some items such as lost wages are not covered by the 1980 provincial disaster plan which has not been upgraded.

"This bothers me. The committees will be taking concerns such as this to the Cabinet and this may be changed," he stated.

The SD & G Disaster Relief Committee met on January 29th and formed a resolution to join the Eastern Ontario Disaster Relief Umbrella Committee. In attendance was Yves Drouin, representative of the Ministry of Municipal Affairs and Housing. Two sub committees were formed: Claims Committee chaired by Charles Barkley, and a Fund Raising Committee chaired by Leslie O'Shaughnessy.

The Committee is now in a position to accept donations. These can be sent to SDG Disaster Relief Fund, 20 Pitt Street, Cornwall, Ontario, K6J 3P2. The local Disaster Relief Committee is the only organization which is eligible for matching funds from the Province of Ontario. Phone numbers that will reach the Disaster Relief Committee are 932-9533 (Cornwall area) and 1-888-991-9196 (toll free).

IMPORTANT NOTICE

FROM THE GOVERNMENT OF CANADA ON THE RECENT ICE STORM

Following the ice storm that affected Eastern Ontario, the Government of Canada wants to ensure that Canadians in hard-hit areas have access to information and services they may need.

Toll-free lines are available to answer your questions and offer assistance.

Employment Insurance claims and payments
1-800-206-7218 (English)
1-800-808-6352 (French)
(Monday to Friday 8:30 AM to 4:30 PM)

Canada Pension Plan, Guaranteed Income Supplement and Old Age Security applications and payments
1-800-277-9914 (English)
1-800-277-9915 (French)
1-800-255-4786 (TTY)
(Monday to Friday 8:30 AM to 4:30 PM)

Revenue Canada
1-800-661-6121
(Monday to Friday 8:15 AM to 5:00 PM)

Assistance available to agricultural producers and processors
1-800-410-7104
(Monday to Friday 8:00 AM to 5:00 PM)

Assistance available to small businesses
Canada-Ontario Business Service Centre
1-888-745-8888
Info entrepreneurs (Québec residents)
1-800-322-4636
(Monday to Friday 9:00 AM to 5:00 PM)

For all other questions you may have related to the ice storm please call
1-888-665-2266
1-800-465-7735 (TTY)
(Monday to Friday 8:00 AM to 8:00 PM)

NOTE: The telephone numbers for all Government of Canada offices are also listed in the blue pages of your local telephone book.

Canada

POLICE FILE

Theft of snowmobiles

A $9,500 Polaris Classic 600 snowmobile was stolen from a Mountain Township resident on January 29th, sometime between 8-9:15 p.m. The snowmobile was recovered by Manotick OPP in Osgoode Twp. on January 31, having been stripped and abandoned.

On January 28th, sometime overnight, a 1992 Arctic Cat Jag snowmobile was taken from a home along Clark Road in Mountain Two. This vehicle has not yet been recovered. Const. C. Pirnat is investigating.

Pioneer car stereo stolen

A Pioneer Car stereo, with amplifier, equalizer features, was stolen from residence in Cornwall Township sometime between January 28-29th, 1998. The model number SX2300, serial number J1 was worth approximately $300. Const. G. MacKillop is investigating.

B&E in Ingleside

On January 25th, between 5 p.m., and 8 a.m. the following morning, a break and enter took place at a home on Colonial Drive in the Ingleside area. A basement window on the east side of the home was forced open, and once inside, the following items were stolen: Sony CD, cassette model CFD-515, Olympus XAZ 35mm camera, BB gun Sig Sauer P229, quantity of alcohol (beer and spirits), a quantity of soft drinks, jewelry (rings, and a quantity of loose change (loonies, etc.). The value of stolen property was unknown at press time. Const. A Duval is investigating.

Man arrested for assault

A domestic dispute resulted in a 62-year-old being arrested for assault on January 27th, 1998. The victim was grabbed by the hair, struck in the face and thrown to the ground resulting in facial injuries, say police in a press release on Monday. The incident happened around 6:30 p.m., when Upper Canada Detachment officers attended a residence on Cummins Rd. in Roxborough Township. The name of the accused is being withheld to protect the identity of the victim. Const. A. Garner is investigating.

Ski items stolen in Ingleside

In the afternoon of January 30, a residence on Spruce Street, Ingleside, was broken into and once inside, the following items were stolen: one pair of Dynastar skis, white, new bindings, words on bottom, 'trapozotil edge'; one pair of Munair ski boots, red, size nine; and two black ski poles. All items were secured by a cable and in a white tote bag. The value of these items is $600. Const. L. Cleary is investigating.

Accident in Finch Twp.

On February 1st, around 10:45 a.m. a 1992 Chrysler Caravan, driven by Paul Moore, 60 of Crysler, Ont., was northbound on County Road 12. When meeting a south bound vehicle, a large piece of ice dislodged itself from this vehicle and impacted with the windshield of the Moore vehicle. The projectile smashed the windshield and injured Moore, who was the lone occupant of the vehicle. He was taken to Winchester Hospital by ambulance, and received treatment for facial injuries. No description was received for the other vehicle. Moore was able to stop his vehicle after impact without losing control. Const. B. Bolton is investigating.

Witnesses sought

Police are asking the public's help in locating witnesses to an accident around 3:30 p.m. January 31st north of the junction of County Roads 31 and 43. A 1988 Ford Taurus and a 1988 Toyota. If you have information pertaining to the collision call Winchester OPP at 774-2603 or the OPP communication centre at 1-888-310-1122 for the attention of Winchester patrol officers.

Residential break-ins

In the rural areas of the occurrence of daylight break and enters continues to be a problem. Many of these break-ins occur in the late morning to early afternoon and any instances of suspicious persons or suspicious vehicles, especially during these hours should be reported to police when they are noticed rather than after a break-in has been found in the neighborhood.Information being forwarded to police at the earliest opportunity may assist not only in catching an offender in the act, but may also help to dissuade a would-be theft.

Young offender charged

As a result of an investigation conducted by the Upper Canada OPP in relation to an assault with a hockey stick, which happened at North Dundas District High School on January 23rd, one youth has been charged. The 14-year-old youth, who cannot be named under the provisions in the Young Offenders Act, has been charged with assault with a weapon contrary to the Criminal Code, and is scheduled to appear in Youth Court, Cornwall, on March 2nd, 1998.

Universal Terminals broken into

Office equipment was stolen in a break-in at Universal Terminal in Matilda Township on January 29th. The business was forced into during the time of the ice storm. Const. P. Robertson is investigating.

Home entertainment items missing

Sometime during the day between 10 a.m. and 2 p.m., a forced entry was made into a MacKenzie Road home in Williamsburg Township on January 29th. A forced entry was made to the home where home entertainment and personal items were taken. Const. J. Morier is investigating.

Recovered stolen vehicle

On January 26th, shortly after7 p.m. OPP were called to a vehicle fire along Barkley Road in Mountain Twp. On a road being used as a snowmobile trail south of Bailey Road, a 1996 Mercury, 4-door, green vehicle was recovered which had been reported stolen from Ottawa around 6 p.m. the same day. Const. M. Francis is investigating.

Crime Stoppers

This week's Crime Stoppers is asking for your help in solving a theft on September 28th, 1997. The victim had attended a wedding reception at the South Mountain Agricultural Hall and sometime during the evening his van was broken into. Stolen property includes: two Pentax cameras, five pentax and Micron lenses, two battery packs, one umbrella flash, a tripod, portable flash, four rolls of new film, and 10 exposed rolls. If you have information on this or any other crime, you may be eligible for a cash reward of up to $1,000. Call Crime Stoppers at 1-800-265-8477.



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With or without bank merger

Business as usual for time being

Catherine Thompson
Leader Staff

TORONTO—It's business as usual at the Royal Bank and Bank of Montreal at least until regulatory approval and shareholder approval is obtained for a proposed merger, say spokespeople for the respective banks.

Joe Barbera, spokesman for the executive head office in Toronto for the Bank of Montreal, said there will be very little change over the next year, and for at least two years during the phase-in, if the merger is approved.

Barbera said it should be understood that in case of the merger, "a new bank is being founded and the two existing banks the Royal Bank and the Bank of Montreal will be dissolved."

The banks can not merge until shareholders of both banks approve the merger at separate individual meetings. By law, a shareholder is someone who has a controlling position in the bank and has the right to exercise a vote.

In addition, Finance Minister Paul Martin who has the prerogative to approve mergers must grant his approval. And Martin has already stated that no decision will be made until the task force studying financial reform reports in September.

As to potential locations, if the Royal Bank or the Bank of Montreal are the only bank in town, there will be no change. "We're committed to maintaining contact with customers in those communities," he said.

A letter from the Bank of Montreal to customers affirms "a commitment to maintain national access by providing face-to-face banking services in communities where we currently do so—including all the 175 small communities where one or the other of us is currently the only bank in town."

In a case where the Bank of Montreal and Royal Bank are in the same town, Barbera said 'the competition law would prevent us from acting as merged if we were not actually merged".

Barbera said the new bank will have more resources than other banks, and having more resources can do more research and development. "We'll be able to provide a broader selection of services and doing so will compete better internationally and pass on savings to customers," he said.

Barber said Canadian banks account for only 50 per cent of financial services, the remainder are taken care of by other companies such as credit unions, trust companies, insurance companies, loan companies and credit card issuing companies.

Due to the technological and electronic revolution, the banks now face increased competition from other companies nationally and from international sources. The merger is intended to increase competitiveness so the banks can hold their own or improve their position in the financial services marketplace.

Bob Hunter, community banking manager for The Bank of Montreal in Cornwall, said: "Inside the bank we're treating it as business as usual. We're not going to be impacted for a long time, if in fact we're impacted at all. The merger is a long process. It's not a matter of what will happen now as what will happen three to five years from now if the merger goes through."

Cliff Shewfelt, area manager for Ontario East for the Royal Bank said from the Cornwall office he saw the proposed merger as having a positive impact on the communities.

"I still see a competitive situation, there will be lots of banking competitors in and around the community who will continue to be very aggressive."

The Bank of Nova Scotia in Morrisburg, 'will remain a very competitive point for us,' Shewfelt added.

Like his counterpart, Shewfelt predicted "business as usual for now. There will be a major series of activities will have to be undertaken. I assure you that we're interested in any business the bank currently has now or will have in the future."

He had no comment on the prospect of bank closures, except to say that he couldn't see any in the immediate future.

Dressing Red for Heart and Stroke

This campaign asks businesses and organizations throughout Dundas County to invite employees to wear RED, usually on Valentine's Day, and to donate a $2 minimum for heart and stroke research. Companies are encouraged to match their employees donations and to adapt the program to suit their needs. Almost $2400 was raised last year. If your retail outlet or company is not registered, please contact Margaret Reynolds at 543-2547.

Wildlife hit hard

The recent ice storm has raised concern regarding the survival of deer, birds and other animals.

The white-tailed deer is a common forest creature in eastern Ontario, and according to the Ministry of Natural Resources, it probably took refuge under the cover of thick conifer trees like the white cedar, during the storm.

This may not have been the most comfortable shelter, but they would have survived. Now that the storm has passed, the white-tailed deer are able to get out and eat from the bounty surrounding them.

Although there are many fallen branches and bent trees, the hard crust of ice allows deer to travel easily to their food supply. Nature has provided deer with a smorgasbord, knocking down a variety of succulent branches that used to be at heights of 10 meters of more.

Some deer yarding areas have a great number of downed trees making it hard for deer to travel through portions of the yard. When the trails are cleared, deer will be able to get at all of the available food. If deer were feeding on left-over field crops, these are now covered in a thick layer of ice, and they will have to look to the trees for their food.

Many small birds feed on the seeds of weeds and shrubs in pastures and meadows. Wild turkeys, Hungarian partridge, and song birds, such as finches, larks, buntings, and tree sparrows, are out looking for their food only to find it knocked down and covered in ice and snow.

Tall weeds,such as goldenrod, ragweed, corn and small grains such as oats and wheat can be put out as a source of food for them.

Until the ice melts, it is helpful to have bird feeders full. Many small birds will take advantage of these. The ruffed grouse, which feeds on buds, should be fine as long as the ice melts soon.

Snowshoe hares and cottontail rabbits find shelter under the tangle of broken branches and bent over trees. These broken branches also provided food for them.

Small mammals such as mice and voles usually live under the snow in winter. It is difficult to know what the full impact of the thick layer of ice will have on these small mammals. These creatures may find it difficult to make air holes in the thick ice above them.

The icy crust does, however, protect them from predators such as owls, hawks, weasels, foxes and coyotes. These predators must now look elsewhere in the food chain for their nourishment.

What is devastating for one species may be a blessing for another. Our natural environment is very resilient. Some special will suffer short term losses, but will recover in the long term.

Wildlife has evolved through many decades of changing weather conditions and many different types of challenges. Nature moves slowly. The final impact of this ice storm may not be apparent for several years.

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Limit 1 coupon per order. Coupon must accompany order. Not to be used in conjunction with any other special.

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Does big mean better?

The creation of a new mammoth bank as a result of a proposed merger between the Royal Bank and the Bank of Montreal has many customers wondering just how this will benefit them.

According to statements from both banks, it is business as usual for the time being. The Bank of Montreal has issued a newsletter to customers promising 'increased range and availability of financial products and advice through both traditional branches and a variety of innovative banking formats.' If and when the merger is approved by the regulatory agency and stakeholders, the merger will allow 'greater value, improved products and reduced costs by using the new banks investment in state of the art technology and training.'

But according to pollster Allan Gregg's 75 page report to the Canadian Bankers Association last April detailing public opinion over 20 years toward the banking industry, the banks have a serious image problem to overcome, and face a challenge selling their position to the general public.

According to the report, the public believes bank profits result from high interest rates charged by financial institutions and service charges. While they hear reports of increasing bank profitability, they report a decline in their own personal financial situation. Nor do they see any improvement in service, despite improved technology and higher service fees.(Ottawa Citizen, February 2, '98) With the prospect of less competition through the merger of two giants and the possibility of still further bank mergers, Canadians wonder how this new mega bank will improve service in their community.

For their part, the banks argue that the merger is necessary to maintain and improve their position, in face of deregulation, and international competition from new players in the field of financial services.

To be successful in winning the war of public opinion, the banks must persuade the Canadian public that without a merger, foreign-owned banks will take over much of the Canadian market, operating with disregard for consumers, employees, and removing needed capital for loans from Canadian business.

In any case, consumers have at least two years before they see any change. The shareholders of each bank must approve the merger in separate individual meetings. The merger must be approved by the Minister of Finance, and no decisions will be made until after a task force studying financial reform reports in September. *C.T.*



Perfect End at Morrisburg Curling Club

The March 13, 1953 edition of the Leader reported the first perfect eight ender in the long history of the club. Mr. T. Hargreaves of Iroquois was the skip of a team playing against another Morrisburg rink skipped by M. F. Graham. The game went along as usual until the 4th end when all eight of the Hargreaves' stones placed better than his opponents. Other members of the rink were C. Lee Deeks, Miss Jean Meikle and Mrs. K.G. MacLuckie. Photo courtesy of Smith's Photo Studio

This Week In Morrisburg's History

Compiled from The Leader's fyles by Laurie Day

1988

It was reported in the February 3rd issue of The Leader that overcrowding at Morrisburg and Iroquois Public Schools and low enrollment at Riverside Heights Public School could force the SD&G Board of Education to make some changes. A school facilities' report prepared by the Board, outlined two problems with the schools: two triple-graded classrooms were projected for Riverside for September 1, 1988, and Iroquois Public School was projected to continue to operate at full capacity for the 1988-89 school year.

Village superintendent Clare Van Allen was honored by the Village of Morrisburg for 25 years of service. He was presented with a Certificate of Appreciation by Reeve Bill Dillabough, and there was a picture of the two men on the front page of the paper.

The Seaway Valley Tourist Council set a budget of $85,500 for 1988, a 17 per cent increase over last year's amount of $70,065.

The Board of Directors of Upper Canada Playhouse decided to proceed with renovations to the tent theatre, without the co-operation of the St. Lawrence Parks Commission. The Playhouse directors were discussing the idea of sharing a facility with SLPC for close to three years, but decided after a tour of the tent structure with a local contractor in November, that renovations could wait no longer.

1978

Pictured on the front page of the February 1, 1978 issue of The Leader, were Karen Weegar and Barry Elliott, who were selected as Seaway District High School's King and Queen.

The final report for 1977 Old Home Week concluded the annual festivity had been very successful drawing an average of some 10,000 patrons per day. A total of 511 local people had put in over 2,521 hours at events. This figure however, did not show the number of hours spent in preparations and meetings. It was concluded that Old Home Week was firmly incorporated as part of the town's life and culture but its survival depended on some outside funding. Revenue for the Old Home Week committee was just over $25,000 while expenses were $22,106. The revenue figure included grants totalling $5,599. The financial figure did not include the money made by individual groups.

Pictured in The Leader were the four generations of the musical Roy Marcellus family. They included Roy's daughter, Marion Degray, his grandson Eric, and his father Myles. Roy and Myles were experts on the fiddle, Eric played the piano and violin, and Marion could play just about anything.

January 19 saw another milestone for the scout program in the district when Morrisburg Beaver Colony came into being at a special investiture ceremony presided over by Bill Sheldrick, president of the St. Lawrence District of the boy Scouts of Canada.

1968

The February 2nd, 1968, issue of The Leader reported the first robin had been seen in Williamsburg by Mrs. M.W. Locke. The cheery harbinger of spring could not have been more welcome with the district experiencing some of the coldest weather recorded in the country.

Thirty-five boys turned out to form a boys' athletic association in the village which would organize such activities as volleyball, basketball, boxing, judo, etc. George Locke was elected president, Jim Cameron vice president, Doug Thurston secretary and Danny Rice treasurer. The executive would work under the direction of adult supervisors.

The local bantams won the championship tournament played here which was sponsored by the Morrisburg Legion. Members of each winning team received crests with Morrisburg's going to Brian Stitt for his two goals, and to Doug Stitt, Brian McNairn, Jeff Scully and Gord Dillabough for their singles in the 6-2 victory over Winchester.

At Brinston's Allied Food Market, a 16-ounce jar of Cheez Whiz was 69 cents, and a six-ounce jar of Maxwell House instant coffee was 99 cents.

Introduced in the Meet Your OPP column, was Corporal J. Doney, a native of Western Ontario, who had been at the Morrisburg detachment since February 1967

1958

The January 31st issue of The Leader reported that Morrisburg High School's junior girls' basketball team opened its schedule with a 30-13 win over Cardinal. Judy Ing, captain of the squad, led the scoring with 14 points, and Tina Vandersweep had 12.

At the vestry meeting of the St. James Church, T.G. Jones was elected Rector's Warden.

Charles Crober and his rink of M. Lemon, J. Allison and G. Loucks won the Dodge Trophy at the Morrisburg Curling Club.

1948

The February 6th issue of The Leader reported 27 people were left homeless and two business premises and a warehouse were lost when fire destroyed the 100-year-old three storey McInnis block in Iroquois. Damage was set at more

— continued on page 5

Seen 'n heard Around The Town

The Royal Canadian Legion, Branch 370, in Iroquois will be hosting a Darts for Hearts event on Valentine's Day, Saturday, February 14th. A blind draw will be held for the mixed team event. Registration will be held from 11-12 noon. The cost to play is $5 per person, and the event starts at 1 p.m. All proceeds will be given to the Heart and Stroke Foundation. For more information, call Joyce Fader at 652-4619 or Reg Farmer 652-2343.

•••

The Spelling Bee of Canada is proud to bring this educational match to Cornwall this year. This event can encourage the youth to spell better while enabling them to enhance their reading and writing skills. There will be four age groups (from ages 6-15) involved in the competition, and registration deadline is Saturday, February 7th. For more information, contact Mei Chung at 543-3145, or 543-3301, or Earl DePass at 930-3145.

•••

Sunday, February 15th, providing the weather holds out, there will be sleigh rides happening at McIntosh Park in Dundela. Also happening that day will be the rededication ceremony. The sleigh rides are slated to begin at approximately 1 p.m., so bring your sweetie and enjoy the trails.

•••

Ugh! Just what we need. Six more weeks of winter. Well, that according to our furry friends, Wiarton Willy and Punxsutawney Phil. Willy, who lives on the shore of Lake Huron's Georgian Bay, north west of Toronto, saw his shadow on Monday, February 2nd. He has been right at predicting the weather 90 per cent of the time. Willy's prediction was echoed by his US counterpart, Punxsutawney Phil.

However, on a brighter, Acil Markell dropped by the office with a sure sign of spring Tuesday afternoon...pussywillows. Believe it. We saw them!

•••

Our condolences to Robert Smith...who took a slide not once but twice off his barn roof on Monday, while scraping off the snow and ice. Please be careful out there people. We don't want to hear of any unnecessary mishaps.

•••

Congratulations to the winners of the poetry contest at Rothwell-Osnabruck School. Anita Hanscom and Michelle Meilleur were the top readers of the 15 students involved in the contest.

In other R-O news, the Chess Club is gearing up for the Chess Challenge on March 31 and April 1 with $1,500 awarded to the top player.

•••

Looking for some fun winter activities? Why not take advantage of the Cornwall Carnival from February 6-16. The grand opening of the carnival will take place Friday at Lamoureux Park. There will be skating, barbecues, children's tent and play ground with Shriner clowns, dog sled previews, hay rides, a Carnival Queen pageant, ice sculptures, three-pitch, chili cook off...ect.. Too many events to list, and it's happening all week long.

ROYAL CANADIAN LEGION BRANCH #48 MORRISBURG, ONTARIO

NEWSLETTER

It is with deep regret that the Branch announces the passing of Comrade William (Bill) Tuttle who entered into rest on Tuesday, January 27th. A Legion Funeral Service was conducted by Padre Rev. Donald Smith at the Parker Funeral Home at 7:30 p.m. on Thursday, January 29th. The sympathy of the Branch is extended to his family.

On Sunday, January 25th, Morrisburg's Legion Choir took advantage of the season and held a Robby Burns Dinner to honour Morrisburg's most famous Scotsman, Jim Fraser, with a roast. First the guests enjoyed a roast beef dinner and then a few of his many friends joined in and roasted Jim. All attending has a bonnie time.

The winners of the cribbage tournament on the 25th of January were Paul Claxton in first place, Lillian Laurin's third son placed second and Robert Henophy third.

The winner of the meat draw for Chicken Breasts on the 25th was Neil Robertson and on the 1st of February Ed Mark won the T-Bone Steaks. This week's draw is for a 10 lb. Boneless Prime Rib Roast. The draw is open to everyone and tickets are available at the bar for only $2.00. Remember – you can't win if you don't buy a ticket.

On the 17th, the Park Lane Seniors Support Centre will be hosting the monthly dinner at the Legion Hall at 12 noon preceded by Chair exercises. The cost of the meal is $4.50 and reservations are required – call 535-2924. This dinner is open to all seniors in the district. The Legion Seniors will be holding their monthly pot luck dinner on the 24th followed by cards.

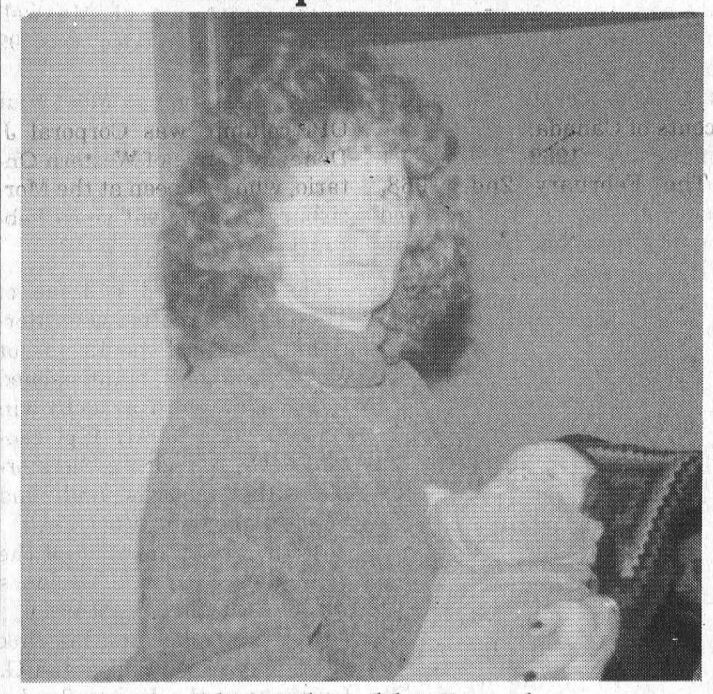
Remember to put down February 28th on your calendar, for that is the night that Casinorama Morrisburg will open its doors for the only time this season. Save yourself a trip to Hull, Niagara Falls, Windsor or Las Vegas when you can experience it all here for a cost of only $10.00 at Monte Carlo Night at the Morrisburg Legion Hall. Bring your friends with you for a grand meal and a night of fun. After the games be entertained by our celebrated auctioneers as prizes will be auctioned off to the highest bidder.

Our cribbage team of Bob and Audrey Henophy, Ronald Perrin and Terry Laurin are off to Deep River this weekend to represent the Branch in the District playdowns. Best of luck Comrades.

Branch 48 Coming Events

- Sunday, February 8th – Euchre Tournament at 1:30 p.m.
- Sunday, February 15th – Cribbage Tournament at 1:30 p.m.
- Sunday, February 22nd – Dart Steak Shoot at 1:00 p.m.
- Every Thursday Night – BINGO at 7:30 p.m.

Happy Birthday to an Extra Special Grandma



– Always loved by Tanesha

1948 Looking Good!



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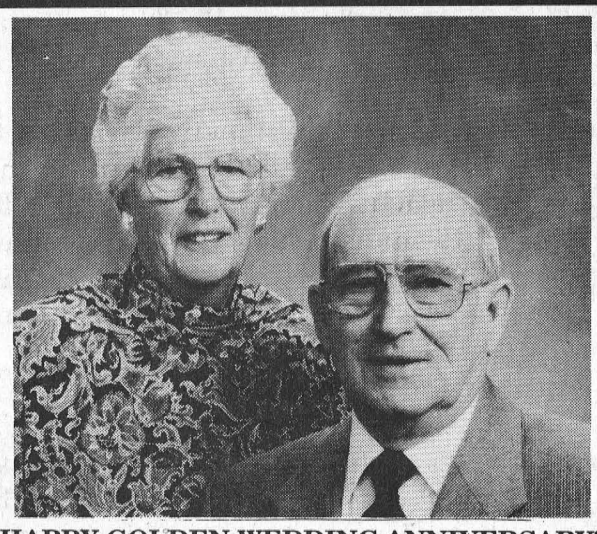

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CELEBRATE THEIR 50th WEDDING ANNIVERSARY
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8 p.m. to 1 a.m.
BEST WISHES ONLY!
Music By: RUNNIN' ON EMPTY

Letters to the Editor

Editor, Morrisburg Leader
Morrisburg, Ontario

Dear Editor - Now that the greatest natural disaster Eastern Ontario has ever experienced has passed, it is time for some reflection. Very often, out of adversity arises some good. It was heartwarming to see the Citizens of South Dundas band together to help the elderly, the disadvantaged and those in need. They helped in whatever way they could; providing food, shelter, pumping out sump holes or just checking on those who refused to leave their homes. It is unfortunate however, that the community cannot adequately recognize all these concerned citizens.

The Lions' Club initiated the "soup kitchen" on January 9th when it was evident that this crises was not going to be resolved rapidly. One of our members approached Mr. Brian Wheeler at Valu-Mart and was given cases of soup, coffee and various other supplies. Mr. Wheeler had indicated that he could be reached at the store or at his home, any time of the day or night. He was in fact, called at home on at lease three occasions for more supplies. He provided this service willingly, even though it was a great inconvenience to him personally. The soup kitchen did provide hot soup, coffee and juice to those who were able to come in. It provided refreshments for the Hydro workers, firemen and other volunteers and soup was also taken to those who were shut in and did not wish to leave their homes.

When the Lions' Club asked for the bill from Valu-Mart we were told the cost of the supplies, but then Mr. Wheeler graciously volunteered to donate this cost through us, to the community. We had known of his generosity in the past through food drives for South Dundas Food Bank, or any other event the Lions' Club has organized to help the community. Brian's generosity has always been low key and in the background, but we feel that in times of crises good corporate citizens should be congratulated and recognized by the community as a whole.

On behalf of the Lions' Club of Morrisburg and District, and community in general, we wish to thank Mr. Brian Wheeler for his concern and compassion for his fellow citizens.

Sincerely,
MORRISBURG AND
DISTRICT LIONS' CLUB

This Week In

Morrisburg's History

— continued from page 4

than $50,000. Destroyed were an egg grading station owned by Ollie Summers, the business and editorial office of the Iroquois Post, five apartments and a warehouse on the third floor. The fire was first noticed by Mr. Summers during the afternoon of February 5, and firemen fought the blaze for more than five hours.

The Qualify Meat Market was selling hind quarters of beef for 25 cents a pound, and hind quarters of pork at 39 cents a pound.

1938

Headlines in the February 4th issue of The Leader read: *Arthur Flynn appointed Counties' solicitor.* Born in Morrisburg, he was a graduate of Queens and of Osgoode Hall and had practiced law in Morrisburg since 1912. He had served the municipality as reeve for more than seven years, and in 1936, was Warden of the United Counties.

The Iroquois Public Library had circulation that neared the 2000-mark last year. Iroquois was the first village in the County of Dundas to have a library. It was opened in 1853 at the suggestion of Dr. Ryerson, then superintendent of education for Ontario.

At Lloyd's Market, prime rib beef was 17 cents a pound, and lettuce was 15 cents for two heads.

Seaway This Week

IROQUOIS—Well, we seem to be back in the swing of things at Seaway District High School.

Our lives have returned with the usual things occurring here at Seaway. You know, the rushing to class, the ever-popular 'try to cram all your books in your lcoker and slam the door really fast before everything falls out' routine, and of course, the constant calls of 'Can I borrow your homework?" going on in the halls during the lunch break.

Due to the delays caused by "Mr. Ice Storm" most of the sports games have now been condensed into single day tournaments. Seaway's junior girls volleyball team played in a tournament on Saturday at Rothwell-Osnabruck, winning two of four games. This gets them some points towards their final standings which will determine who will play in the finals this year.

Congratulations to Heidi Tibben, this year's Matilda Carnival Queen, as well as to Dana Hasson the runner up, and Lindsay Mellan, Miss Congeniality.

Seaway's Travis Thompson will be competing in the OCA Junior mixed curling championships later this month.

Williamsburg Seniors

WILLIAMSBURG—On Tuesday, January 20th, 23 members and one guest enjoyed a pot luck diner at the new temporary quarters for the Williamsburg Township Seniors Group at the Park Lane Seniors' Support Centre.

President Ed Thompson welcomed everyone and opened the meeting with O'Canada, andHilda Garlough played the piano.

Reports were heard and the correspondence include a thank you from Evelyn Whitteker, an appeal for funds from the Heart and Storke Foundation, and a thank you from CHEO.

Ruth Casselman expressed her thanks to all, having been absent for several weeks. A motion was made to send $200 to the Heart and Stroke Foundation.

Cards were played during the remainder of the afternoon.

Euchre Results

Results from the euchre party held on January 28th at the Park Lane Seniors' Support Centre inlcuded: Evelyn Swerdfeger, Gladys Kyle, Eva Jackson, Olin Smith, Doris Hill, Muriel miller.

Door prizes were won by Marion Hart and Ruth Casselman, while draw winners were Keith Casselman, Dwain Hess, Pauline Hess, Olin Smith, Eva Jackson.

The next euchre will be held on Wednesday, February 11, at 8 p.m., and everyone is welcome.

The 8 p.m. start time will be in effect until further notice.

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Natural gas fireplaces

Understanding the ABCs of RRSPs.

Imagine if you can, a scenario in which the Canadian government pays you almost half of the money you require to make the investment of your choice. A GIC or a hot stock – it's your call. Then, when you've made money on that investment, be it through interest earned on the GIC, or the capital gain generated by the sale of your stock, the government tells you, you don't have to pay tax on it. Keep the profits they say. No hitch. No hassles.

Sound far-fetched? Not at all if you are among the one in three Canadians currently taking advantage of the federal government's most generous form of tax relief – The Registered Retirement Savings Plan – commonly known as the RRSP.

An RRSP is a government approved program that is designed to encourage Canadians to save for their retirement by providing powerful tax reduction options. The tax breaks come in two forms. The first is that once you set up an RRSP, the financial contributions you make are deductible from your taxable income.

Taking an example from Gordon Pape's 9 Low Risk Ways to Get (& stay) Very Rich, this means that people in the middle tax bracket whose marginal combined federal/provincial tax rate is somewhere around 42%, (depending on which province you live in), would receive a tax refund of $2,100 on a contribution of $5,000.00. Therefore, the "real" cost of the investment is only $2,900 but the full $5,000 is still working inside the plan.

The second tax advantage resides in the sheltering of the income and capital gains that are generated by the investments in your RRSP. Simply put, your money is allowed to grow tax free. Anyone who has ever invested in a GIC (outside an RRSP) knows that the interest earned is heavily taxed. Likewise, a capital gains tax is levied on investments like stocks and mutual funds. But all investments within an RRSP are effectively "sheltered" from tax and allowed to compound.

Using the example once again of the RRSP holder in the 42% tax bracket, let's examine the effects of a five-year $10,000 GIC paying 10% interest held both inside and outside an RRSP. In a sheltered plan where no tax is paid, the investment would grow in value to $16,105 in five years. Outside an RRSP, the investor would be required to pay $2,357 in tax resulting in a cumulative value of only $13,257.

But, why you ask, would the government in these desperate times of budget slashing and tax grabbing allow itself to miss out on such lucrative revenues? Aren't governments supposed to encourage consumer spending, not saving?

The answer may well be simpler than the question. Governments are broke. They quite simply do not have the resources to continue to support the growing number of retired Canadians who will be dependent on government-sponsored pension plans in the future.

RRSPs are one method by which the federal government can encourage people to take responsibility for their financial future.

At the risk of providing too much of a good thing, however, the government has established limits as to how much an individual can contribute to an RRSP on an annual basis. The yearly maximum allowable contribution limit is currently 18% of the prior years earned income up to a maximum of $13,500.00.

Once you've determined the amount of money you can afford to put into your plan, the next decision must be where to invest. Fortunately, there is a plethora of options. Among them Canadian equities, International equities up to an allowable limit of 20%, mutual funds, Treasury Bills, stripped coupons, GICs and the list goes on. It is best to explore your options with an advisor – one who can help you identify the options that are best for you. After all, it's your money and your future.

The information contained in this report was obtained from sources believed to be reliable however we cannot represent that it is accurate or complete. The views expressed are those of the author and not necessarily those of Nesbitt Burns Inc.

Kevin Gabri is an Investment Advisor in the Cornwall office of Nesbitt Burns In.

Save an extra 30% in taxes on your RRSP

Here's an example of the savings

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Tax Savings - RRSP tax reduction (at 50% tax rate)	–1,750
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Provincial Tax Credit (15%)	–525
Your Net Cost	$700
Your total tax savings	$2,800

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Obituaries

Frances Rathwell passes away

A resident of R.R. 3 Williamsburg for the past 36 years, Frances Rathwell died Tuesday, January 27th, 1998, after a year-long illness. The former housewife who had spent a lifetime in the area, was 59 years of age. She was associated with the United Church.

Born February 21, 1938, in Matilda Township, she was the daughter of the late Earl Hummel and the former Mary Kelly.

On September 24, 1954, in the South Mountain United Church, she was married to Carl Rathwell, who survives.

Frances loved sewing, cooking and looking after her home and family. She enjoyed playing cards, fishing, crossword puzzles, and going on her many shopping trips. She was always lending a helping hand and support to anyone in need. She loved her many telephone conversations and cups of tea with family and friends, and will always be missed but never forgotten. There are just not enough words to express the many loving memories her family and friends have of Frances.

Mrs. Rathwell will be missed by three sons: Andy of Mountain Grove, Ontario, Brian (Brenda) of Gloucester, and Cephus (Lisa) of R.R. 2 Morrisburg; two daughters: Rosemary (Dick) Lemay of Glen Becker and Marilyn (Chris) Lemery of Morrisburg; two brothers: Bert (Charline) of Williamsburg and George (Marilyn) of Morrisburg; two sisters: Phyllis (Art) Fawcett of R.R. 2 Iroquois, and Eunice (Bill) Wicks of Morrisburg; 17 grandchildren and eight great-grandchildren, as well as by nieces and nephews.

She was predeceased by a son Ricky.

A private family service was held at the Marsden and McLaughlin Funeral Home, Williamsburg, on Thursday, January 29th at 1 p.m., with Rev. F.E.A. Machpherson officiating.

Interment was held at the New Union Cemetery, Williamsburg. Pallbearers were Chris Lemery, Dick Lemay, George Hummel, Cephus Sypes, Bert Hummel, Matt Lemay.

Donations to the Lung Association or the Heart and Stroke Foundation would be appreciated by the family.

Mary Lillian Gauthier

A resident of the Glen-Stor-Dun Lodge, Cornwall, Mary Lillian Gauthier died there on Thursday, January 15th, 1998. The former resident of Morrisburg was 80 years of age.

She was the daughter of the late Alex Janack and the former Ida Merkley.

Mrs. Gauthier was predeceased by her husband Joseph Edward Gauthier.

She will be missed by one son, Lawrence (Larry) Gauthier, two daughters: Carole (Mrs. Gilles Brunet) and Ann (Mrs. Anthony 'Tony' Agresta, all of Cornwall; five grandchildren, three great-grandchildren and one brother, Homer Janack of Long Sault.

Mrs. Gauthier was also predeceased by two sisters: Mrs. Edna Janack Stata, and Mrs. Helen Gallinger.

The funeral took place on January 19, 1998, from Lahaie and Sullivan Cornwall Funeral Homes West Branch to St. John Bosco Church, with burial at Notre Dame Cemetery. Rev. Laurier Rivet officiated.

The pallbearers were The Nativity Guards.

William G. Tuttle

A resident of Morrisburg, William George Tuttle died at the Winchester hospital on Tuesday, January 27, 1998. The retired Seaway Captain with Pitts International, was 72 years of age, and was a member of the Lakeshore Drive United Church, and the Morrisburg Legion, Branch 48.

Born October 19, 1925, in Dundas County, he was the son of the late William Lee Tuttle, and Essie Jean Shennette.

Mr. Tuttle will be sadly missed by children Lee of Kingston, and Larry (Carole) of Gloucester, as well as by his best friend Betty. He will also be missed by grandchildren Tammy (Brian) Moore of Cardinal, and Brent of Kingston, as well as by great-grandchildren Madison and Brittany Moore, both of Cardinal, and by sister Irene (Rupert) McMillan of Ottawa.

Mr. Tuttle was predeceased by one brother Charles, and one sister Betty (Earl) Wellesley.

Friends called at the Parker Funeral Home, Morrisburg, on Thursday from 2-4 and 7-9 p.m. A Legion service was held at 7:30 p.m., Thursday. funeral service was held at the home on Friday, January 30, 1998, at 11 a.m. with Rev. Donald Smith officiating.

Interment will be held in the spring at the Spruce-Haven Cemetery, Brinston.

Memorial donations to the Lung Association would be gratefully acknowledged by the family.

Dorene P. Whitteker

A lifetime resident of the Morrisburg area, Dorene Pearl Whitteker died peacefully surrounded by her family at the Winchester Hospital on Sunday, January 25, 1998, after a lengthy illness. She was 68 years of age, and was a member of the St. Paul's Lutheran Church, Morrisburg.

Born November 9, 1929, at Smiths Falls, she was the daughter of the late Alec McLaren and the former Lillas Chambers.

On June 18, 1949, at the Morrisburg United Church, she was married to Rex Whitteker who survives.

A very devoted wife and mother, Mrs. Whitteker was employed as sever jobs throughout her lifetime, including at a tack factory, a hosiery mill, the Automatic Electric, Odonto Corporation, and was a Red Cross Homemaker. She enjoyed knitting, baking, travelling and visiting with her family and friends.

Mrs. Whitteker will be sadly missed by son Greg and his wife Angie of R.R. 1 Williamsburg, daughter Brenda and her husband Ken Benoit of Morrisburg; two brothers: Raymond and his wife Beryl and Earl and his wife Janice all of Brockville. She will also be missed by grandsons Tyler and Jesse Benoit, and Curtis and Braiden Whitteker, as well as by many nieces and nephews.

Friends called at the Marsden and McLaughlin Funeral Home, Williamsburg on Monday from 2-4 and 6-10 p.m. Funeral service was held at the St. Paul's Lutheran Church, Morrisburg, on Tuesday, January 27, 1998, at 11 a.m. with Rev. Joachim Barkley-Probst officiating.

Interment will be held in the spring at Spruce-Haven Cemetery, Brinston.

Pallbearers included: Bob Schell, Doug Schell, Rick Whitteker, Jason Mosher, Dale Whitteker and Steve Coligan.

Donations to the Canadian Cancer Society would be appreciated by the family.

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Piet de Zeeuw Photography

Piet de Zeeuw, Master Photographer

IROQUOIS BROCKVILLE

NOTICE TO CUSTOMERS OF SOUTH DUNDAS HYDRO 543-2053

South Dundas Hydro is continuing to make repairs to utility equipment damaged by the recent ice storm.

We now seek assistance from our customers (all those formerly served by Iroquois, Morrisburg and Williamsburg Hydros) to report any trouble areas you may observe such as unusually low or sagging service wires on poles or lines feeding individual services. This could also include tree branches on, ganging over or threatening these lines.

Please note that the lowest wires on poles are usually Bell Canada or Cablevision conductors and should also be reported to the respective utility.

For damaged house or business services please call a qualified electrician who will co-ordinate repairs with South Dundas Hydro.

During the recent emergency, your assistance and patience has been appreciated. Please continue to help.

JOHN ALLISON
Chairman

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THANK YOU!

Ontario Hydro would like to thank the many people who provided assistance during the recent ice storm.

To all our customers, your patience and understanding helped immeasurably.

To all those individuals who provided our crews with meals and coffee, our sincerest thanks.

To County and Municipal officials and their staff, volunteer firefighters, Emergency Measures officials and their staff, Emergency shelter volunteers, Ontario Provincial Police, Canadian Armed Forces, and local media representatives for their assistance in communicating our daily progress and work plans, your assistance was invaluable and much appreciated.

We're proud of the way the community pulled together during this crisis and we're proud to be part of that community!

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THANK YOU

With the help and support of the following people and businesses in the area, the 1998 Matilda Winter Carnival was a great success once again.

A.J. Snowplowing; Lorne Acres Equipment; AgriWest Kemptville; R.S. Allison & Sons; Jacques Asselin Realty; At Your Services - Secretarial Services; Frank Ault Excavating; Bacardi; Bank of Montreal - Iroquois; Bank of Montreal - Williamsburg; Gil Beaudry Farm Supply; Beaupre Jewellers; Beaver Dental; Black's Appliances & TV; WJL Boyd & Sons; Brewmaster of Cardinal; Brinston Country Flowers; Brinston Pizza; Brinston United Church; Burchell's Rona Hardware; Byers Funeral Home; C&L Feeds; C.S. Brooks/Caldwell; Canadian Tire; Cardinal Starch Ltd.; Carol's Beauty Salon; Clara's Dressmaking; Classique Bridal; Cooper's Sport Trophy & Embroidery; Maynard Coons Trucking; Craig Packaging; CountryBoy/Girl; Country Girls General Store; Cruickshank Construction; Eric Currier Electrical; D.S. Manufacturing; Delage's House of Gifts; Dentz Orchard; Dundas Agri-Systems; Dundas Bus Lines; Dundas Veterinary Service; Eastern Engines; Edgerton-Baker Fuels; Fader/Byers Appliances; Fetterly's Garage; Fred's Farm Supplies; Geggie's Home Hardware; The General Dollar Store; Gibson Electric; Gilmer Pharmacy; H&I Country Depot; Hair Stage Design; Harbers Flame Centre & Masonry; Henderson Custom Meat Cutting; Fred Hill Insurance; IDA Pharmacy; IOOF Lodge - Brinston; Ice Cream Shop; Iroquois Amateur Radio; Iroquois Enterprises; Iroquois-Matilda Lions; JED Express; Jiggers; Jim's Performance Plus; King's Pizza; King's Plumbing & Heating; LMS Motor Sales; Labatts; Little Ricki's; Locke's Rentals & Welding; Loughcrest Flower Shop; MacDonald Feed Mill, Marsden & McLaughlin Funeral Homes - Iroquois; Marsden & McLaughlin Funeral Homes - Williamsburg; McInnis and MacEwen; Lloyd McMillan Equipment; Lorne Mellan; Milano Pizzeria; Morrisburg Chamber of Commerce; Mountain Station Pizza; Muriel's Flowers; Mustard's Variety; Neil's Butcher Block; Neil's Radio & T.V.; New Centennial; PAC Alignment; Bud & Mary Perry; Picadilly Press; Pinkus Tire & Battery; Plante Electric & Farm Supply; Pokey's Place; Quintan Products; Jim & Linda Richardson; Randy Richmire's Auto; Rick's Gas Bar; Rooney Feeds; Ross Video; Royal Bank - Iroquois; S&F Foodtown; Bev & Leo Sabourin; Sears/The Nook; Seaway Valley Pharmacy - Morrisburg; 730 Truck Stop; Shadbolt's Department Store; Shanly Pro Home Hardware; Sharon's Hairstyling; Aden Shaver; D.L. Shaver Equipment; Simsers General Store; Smyth's Apple Orchard; Stage West Restaurant; Paul Stewart Electronics; Subway; Dean Summers; Swim 'n Fit; Third High Farms; Thompson Home Care Centre; Thompson Sign System; Thompson Snowmobile Sales; Tibben Equipment; Tibben Farm Inc.; Norm Tinkler; Tommy's Automotive; Triple B Structures; Upper Canada Motors; Village Bin; Watson's General Store; Weagant Farm Supply; Whitteker Bus Lines; Whitteker Meat Market; Williamsburg Garage; Winchester Press; Yesterday's Boutique; John & Connie Pepers; St. Lawrence Medical Clinic. If we've missed anyone we thank you too and apologize.

Also a special thank you to Jim Wicks & Westburg Union for donating $250.00 to the fire fund; Dixon's Corners Public School for donating $100.00 from chocolate milk sales and $100.00 from hot lunch sales to the fire fund.

We thank the community for the understanding of the Recreation Committee deciding to run Carnival and hope it helped people to have something to look forward to and to get out of the house for a couple of hours.

THE MATILDA RECREATION COMMITTEE

What are the three most important things about property assessment?

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During February, property owners will receive a Notice of Property Assessment and an information package in the mail.

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Your Notice package will tell you more about the Ontario Fair Assessment System. For example, it will tell you:

- how municipalities must assist low-income senior and disabled homeowners and how they can phase in any tax changes over a period of up to eight years;
- where and when information sessions on the new system will be held in your community.

For more information, call the Assessment Information Line at: 1-800-827-1857, or call your Regional Assessment Office. Or visit the website at http/www.gov.on.ca/FIN/english/propeng.htm

Ontario

New TAX DEPOT office in Osgoode

Ben Patey is pleased to announce the opening of a U & R TAX DEPOT franchise office at his home based business office at 2075 Yorks Corners Road in Osgoode Township.

Ben states that he will also be opening offices in Manotick and Winchester later in January, 1988. U & R TAX DEPOT will be offering the following services at each of its offices: Income Tax Preparation, TAXRUSH Cash Refunds, SPEEDFILE Electronic (E-File). Year round services will be available through the Yorks Corners Road office.

The U & R TAX DEPOT franchise is a division of Alpha and Omega Business Management Services which is locally owned and operated, in Osgoode Township by Ben and Donna Patey, offers services to clients with various needs from bookkeeping, to training and consulting for cash flow management and business planning.

The business was established in February 1995, and has enjoyed exceptional growth. We believe that this growth, is due to the strong emphasis we place on client satisfaction through offering top quality service at affordable rates coupled with convenient hours. Our success is attributed to our ability to offer knowledgeable computerized accounting and tax preparation services combined with old fashioned rural friendliness. We make a point of getting to know and understand the needs of our clients so that we can fully satisfy those needs.

Alpha and Omega recently acquired the franchise right for tax preparation from U & R TAX DEPOT, a Canadian corporation with franchise offices from coast to coast. U & R TAX DEPOT is Canada's second largest tax preparation company. Earlier this year, the company introduced an aggressive plan for growth that includes awarding franchise territories for no initial fee. Typically, franchise fees can range from $5,000 to $50,000, depending on the organization. Last year, U & R TAX DEPOT operated 126 locations throughout Canada. This year, the company has awarded more than 100 more new franchise locations. U & R TAX DEPOT's goal is to become the biggest and best in Canada. We will provide the best tax preparation, the best service and be the most convenient.

Ben Patey's franchised territory includes Manotick, Russell, Osgoode Township, Winchester and surrounding areas. Ben and Donna believe that the principles, values,and goals of U & R TAX DEPOT are in keeping with those of Alpha and Omega Business Management Services and will service the needs of our rural communities. (The U & R stands for Urban and Rural). Ben's longer term plans include opening offices in the Villages of Russell, Greely, Osgoode and Metcalfe over the next two to four years.

Ben Patey has more than 20 years of business experience. He returned to school after his employment when one of the big six Canadian banks was terminated due to cutbacks. He graduated from Algonquin College's School of Business Accounting and subsequently started his own successful business. Ben is a member of both the Russell Chamber of Commerce and the Chamber of Commerce of Osgoode Township.

He has served as the first chairperson of the Russell Chamber marketing committee. Ben presently holds the position of Stewardship Committee for rural Ottawa Carleton and serves of the Township of Osgoode Economic Development Committee where he served as the press release officer for the past two years.

Donna holds a degree in psychology and gerontology from Saint Thomas University in Fredericton, New Brunswick. She is also a business school graduate and a certified income tax preparer. Donna worked for several years in the health care field including as a researcher for Home Support Canada's national office and as a respite care coordinator with the Nepean Seniors Home Support Services. She is presently a board member for the Russell Chamber of Commerce and has also served as a volunteer with the Miller's Oven in Manotick.

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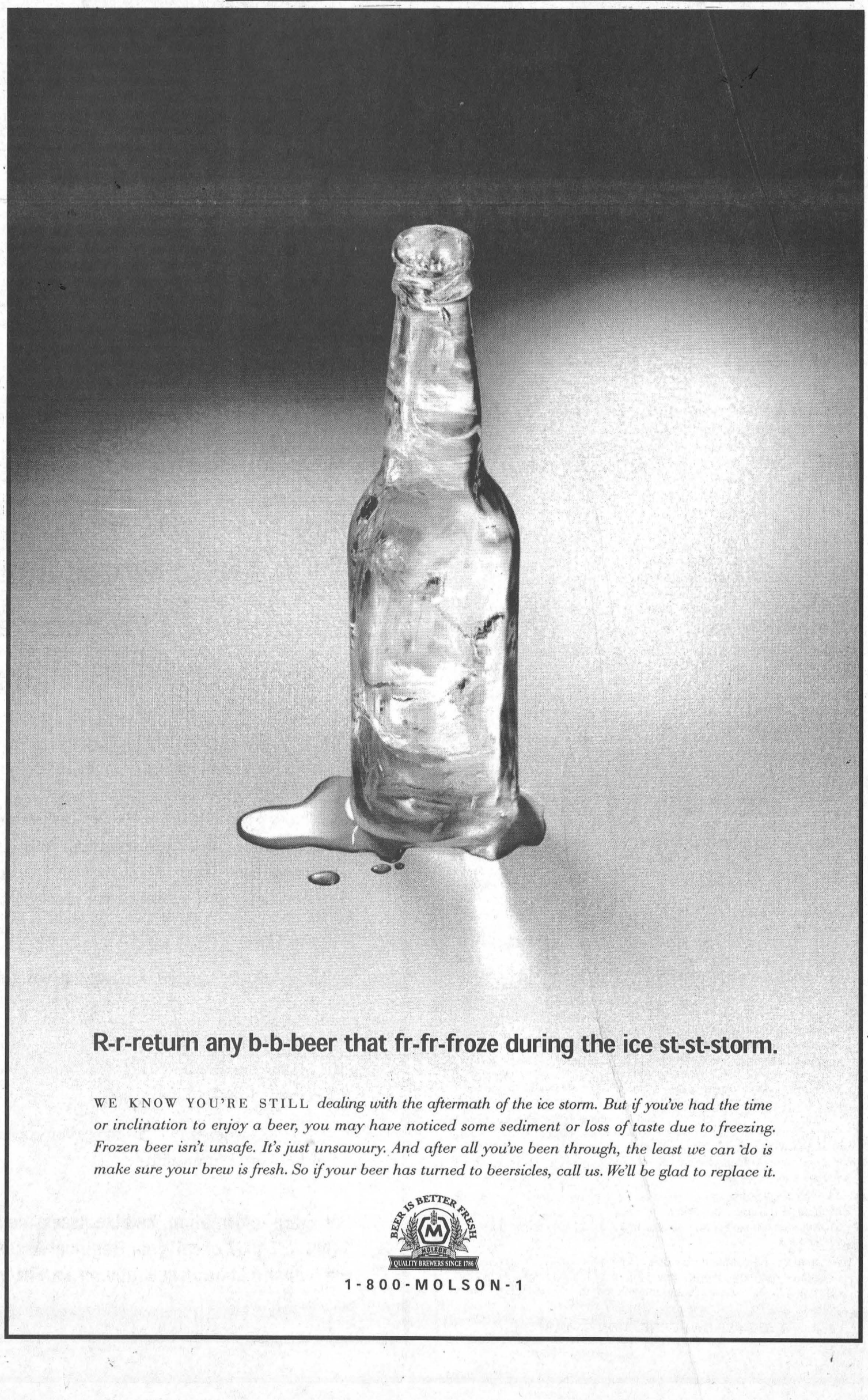

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* Questions asked during bereavement classes are answered here by the editor of *AfterLoss*, the monthly grief-recovery HelpLetter. For your free copy of *AfterLoss* or one of our other helpful booklets about grief recovery, please write, call or stop by.

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LEADER SPORTS

Rotary Club hosts Snowarama Sunday

LAURIE DAY
Leader Staff

CHESTERVILLE—The Rotary Club of Chesterville is gearing up for it's fourth annual 'Snowarama on Sunday.

The event has raised approximately $14,000 for Easter Seals and it has enabled the Rotary Club to help out disabled children in their community, including this year's "Tammy".

"I've been to Camp Merrywood, and it's absolutely awesome," said Chelsea Lariviere, 14 of Mountain Township.

Chelsea, who was born with Cerebral Palsy, is the daughter of Jeff and Christine. She was chosen by the Rotary Club as their spokesperson because of her bright enthusiasm and long list of achievements.

In her favorite sport, sledge hockey, Chelsea is a killer on the boards, and a fierce competitor. She is also active in wheelchair racing and has a green belt in Jiu-Jitsu, which took her approximately three years to achieve.

Her goal is to be at the Paralympics in the year 2000.

"I hope to be able to represent Canada at Sydney Australia for wheelchair racing," she said.

When asked by the Rotary Club about a month ago to be their spokesperson this year, Chelsea was thrilled.

"I'm very excited to be this year's 'Tammy', and I look forward to the speeches and different events I'll be taking part in," she said. "I really didn't think I'd have the opportunity to be chosen because I thought I was too old."

Chelsea says she's not nervous about speaking to large groups of people, as she has been an active participant in public speaking at her school over the years.

"I've done it (public speaking) for as long as I can remember, and I don't get nervous at all," she said.

Chelsea attends Nationview Public School in South Mountain, and is in grade eight. She says her favorite subject is French History, as she likes to learn about what it was like 'way before I was born.'

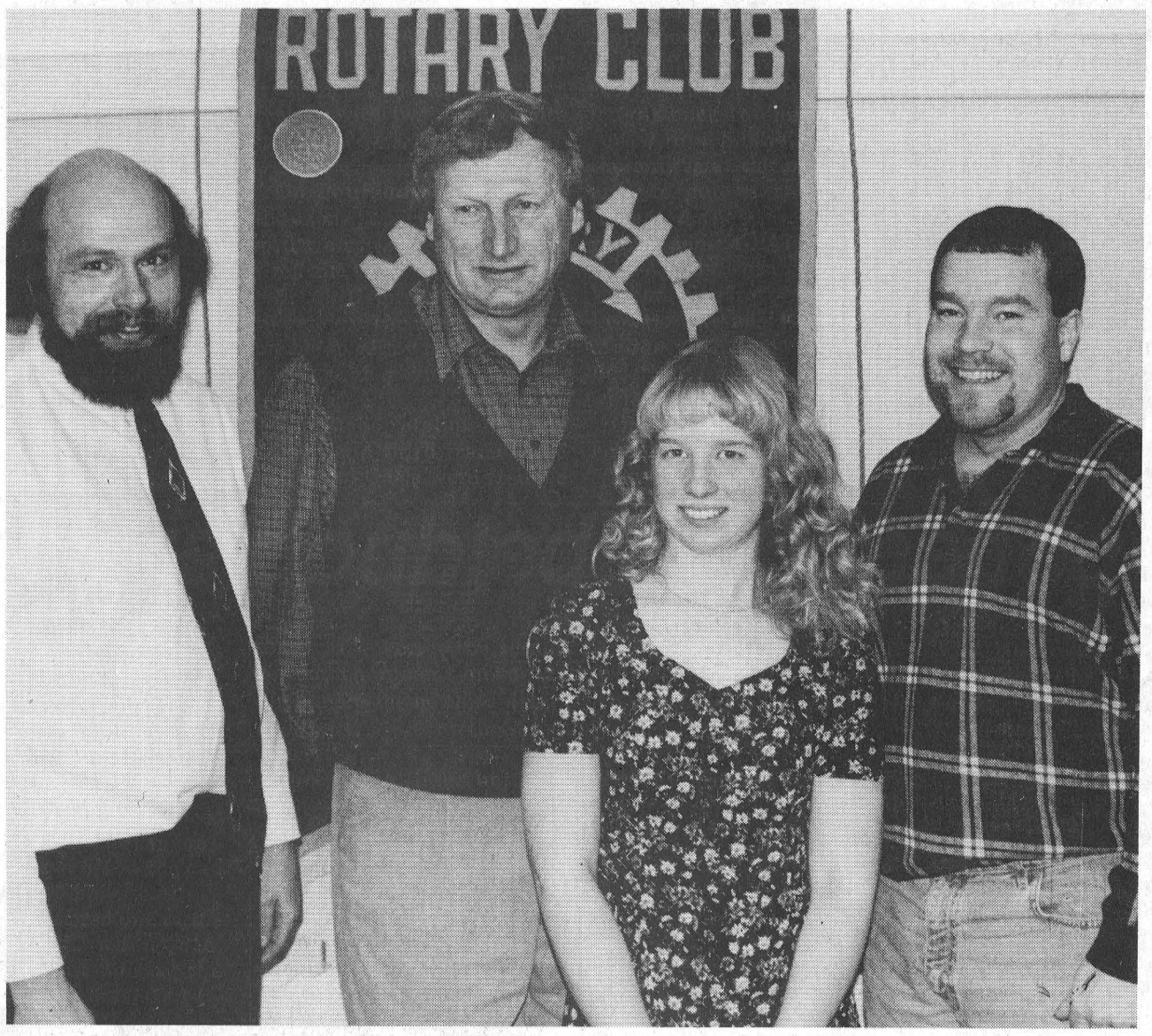
She says she also gets a great deal of encouragement from her parents, who are 'totally awesome and very supportive.'

For her longterm goal, Chelsea says she'd like to become a lawyer.

"For two reasons," she says. "One, I like to help people, and two, so I can make lots of money."

This year's Snowarama Registration will take place from the Nelson Laprade Centre, Chesterville, beginning at 9 a.m. to noon. The 80-100km ride will take in trails in Chesterville, Winchester, Inkerman, and Mountain and finish back at Chesterville.

A free dinner will be available to participants with over $50 in pledges. The dinner will be served around 3 p.m.



Snowarama Sunday
The Chesterville Rotary Club will be holding their Snowarama Sunday from the Nelson Laprade Centre. Pictured are Craig Campbell, Rotary Easter Seals chair, Martin Derks, Rotary Business Person, Chelsea Lariviere, this year's "Tammy", and Brent VandenBosch of the Nation Valley Snowmobile Club.

Peewee Blues fly out of blocks to win 5-1

MORRISBURG—The Morrisburg Peewee C Blues took to the ice in their first league game since ice Storm '98 facing off against the strong Kemptville Is.

The Lions came out flying and never slowed down, taking the 5-1 win.

Matt Hicks started things off by sliding one past Kemptville's goalie, with Brad Francis setting him up.

Morrisburg went up 2-0 thanks to Brandon McKendry's fine work in front of the net. Jamie Byvelds and Cory Lanthier assisted on McKendry's goal.

The goaltenders took over the second period and neither team could get one past them at either end of the ice.

Kemptville opened the third period with a goal off the stick of Scott dunlop and assisted by Matt Paul.

Morrisburg once again took charge and fired in three unanswered goals. Chris Mellan and Clayton Froats set up Brad Francis for Morrisburg's opening goal of the third period. McKendry claimed his second of the night with assists going to byvelds and Chris Mellan.

Andrew Mellan fired a booming wrist shot from the point to give Morrisburg their final goal of the game.

Mellan's goal was the first of the season and was unassisted.

Wednesday, January 26th, the Morrisburg Peewee Blues travelled to Athens to face the strong Athens II team.

The Lions started off slow with the Athens team scoring the first marker, but Morrisburg soon hit their stride to capture a 7-1 win.

Matt Hicks found the mark to put Morrisburg on the scoreboard. Andrew Mellan followed with a blistering wrist shot to the top corner of the net to put the Blues up 2-1. Hicks scored his second, assisted by Brett Derue. Brad Francis fired the puck past the Athens' goalie to claim the next two goals.

Jamie Byvelds assisted on Francis' first goal. Chris Mellan hit the stick of Brandon McKendry who swooped in on the Athens' goalie to put Morrisburg up 6-1. The final goal of the game was scored by Matt Julien with Byvelds claiming the assist.

Sunday night, Athens was in Morrisburg to take on the Blues where they ended in a four-all deadlock.

Matt Kinch started off putting Athens ahead 1-0 on the first goal of the nigh.

Morrisburg shot back to tie it with Brandon McKendry's goal, assisted by Brad Francis.

Athens managed to slide three unanswered goals past Morrisburg's netminders to take a 4-1 lead.

With the clock winding down, Morrisburg dug in their heels and bulged the twine three times to tie the match at four.

Matt Hicks led the way with a goal and two assists, followed by Josh McElheran and Tyler Norgaard each with singles.

Goaltending duties were divided between Andrew Chung and Dan Adams both playing superbly between the pipes.

Novice B1

MORRISBURG—The Novice Lions Rep team won one and lost two recently, in UCMHL action.

On January 26, the Lions faced South Grenville and beat them 3-1. Matt Hummell, Todd Irven, and Brandon Elliott scored the goals for the Lions and the assists went to Connor O'Brien, Elliott, and O'Brien.

On January 29, the Lions faced NGS and fell to them by a score of 4-2. Morrisburg's goals were scored by David Jones and Sheldon Beckstead, the assists went to Irven, and Jordan Tryon.

On January 31, Morrisburg was in Cornwall to face the Royals and lost 5-1. Morrisburg's lone goal was scored by Tryon, and assisted by Irven.

Peewee Whites improve record

MORRISBURG—In UCMHL action the PeeWee C White Lions' last four outings have improved their record to 8-6-4.

On Saturday January 31, the Lions hosted South Grenville #1 and won 16-1. It was the Lions all the way as they led 5-0 in the first and 12-0 in the second period.

In the third period Jason Derosiers, assisted by Shawn Kelly, got the lone goal for the opposition.

The Lions scored another four goals before the end of the third period.

Goals were credited to Gary French with four, Evans Bedzra with three, Eric Vachon with two, Jamie (Gump) Hess with two, Jason Keeler with two, Jeff Madge, Jordan McNairn, and Anthony Levere each with one.

The assists went to Cameron Levett with six, Vachon with five, Keeler with four, McNairn with three, French with two, Bedzra with two, Madge with two and Levere and Hess each with one.

On Thursday January 29, the Lions travelled to Prescott and tied 3-3 against South Grenville #2.

South Grenville led 3-0 at the end of the first but were unable to get by the Lions' netminders in periods two and three.

The Lions retaliated in the second and third frames and tied it up. Goals were credited to Hess, Vachon, Levett, and the assists went to Bedzra, Levere, and Chris Ladouceur.

On January 27, the White Lions hosted the Blue Lions. The White Lions opened the scoring, but the Blue Lions fought back to end the first period in a 1-1 tie. That was the only goal the Blues were able to get as the Whites scored another three goals to win the game 4-1.

The goals were credited to Vachon, Bedzra, French, and Levett. The assists went to Madge with two, McNairn, Bedzra, Hess and Levere each with one.

On January 24, Morrisburg hosted Kemptville #1 and won 5-2.

The Lions were in the lead 1-0 a the end of the first period thanks to Ladouceur's unassisted goal.

Kemptville tied it up in the second frame, but nine seconds later Bedzra put the second marker on the board for the Lions, unassisted. Kemptville knotted the count at 2-2 before the end of the period.

Morrisburg was in control of the third period as they netted another three goals. The goals went to French with two, and Bedzra with one, the assists were credited to Madge with two and Hess with one. Great play by both netminders Chris Osler and Brad Thompson led the Lions to their wins.

Juniors doubled by Gananoque

MORRISBURG—The Morrisburg Jr. B Lions hosted Gananoque here on Friday in a make-up game in EOJBHL action, and dropped an 8-4 decision.

Gananoque built a 3-0 lead in the first period and scored three more in the second period making it 6-1 at the end of 40 minutes of play.

Morrisburg scored one in the second period when Stef Champagne put one by the Gan netminder, assisted by Jamie Barkley.

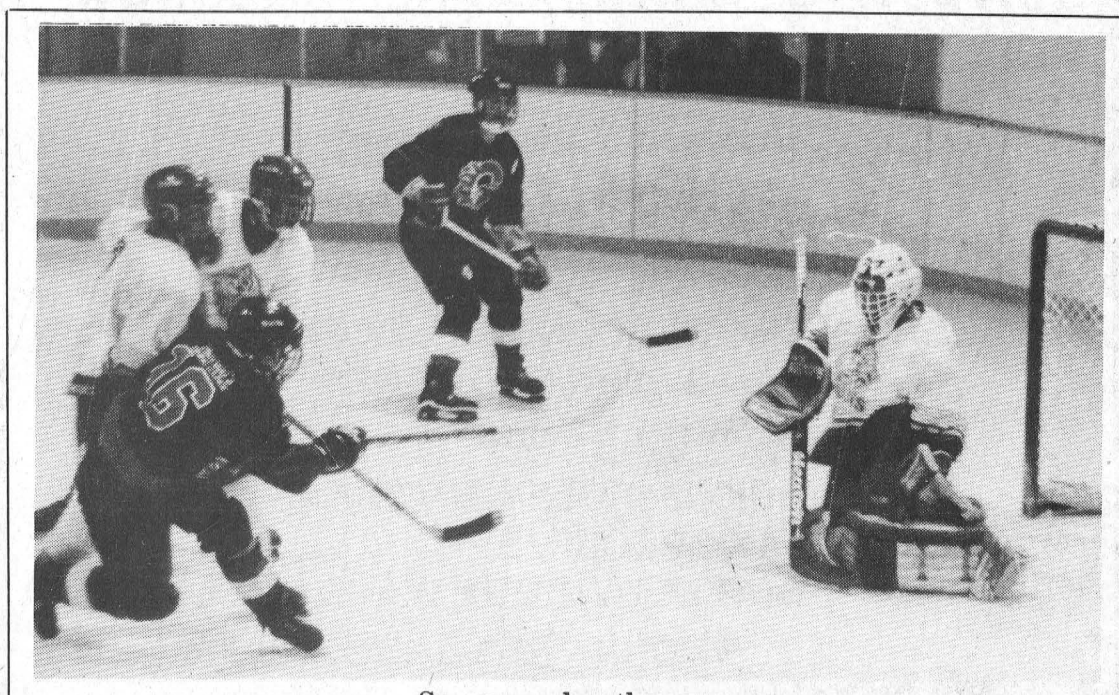
The visitors scored early in the third period making it 7-1, but then the Lions tried mounting a comeback. At 6:47 Barkley bulged the twine followed by Corey Blackburn at 6:23. The goals were assisted by Champagne, Dan Beatty, and Tyson Matte. Then Wayne Garlough netted one assisted by Barkley and Champagne to make it 7-4, but that was as close as the Lions would get as Gananoque went on to score again and end the game at 8-4.

On Sunday February 1, the Lions travelled to Kemptville to face the 73's in a 10-5 lopsided battle.

Kemptville led 4-1 after the first and 7-2 after the second period. Then went on to add three more in the third period making it 10-5 for the home team.

Corey McAllister netted a hat trick for the Lions and Champagne and Garlough supplied the other two goals, but it was not enough to stop the strong 73's. The assists went to Champagne with three, McAllister, Tyson Matte, and Shawn Freeland each with one.

Morrisburg's next game is Friday February 6, in Winchester and then on Sunday February 8, the Lions host Char-Lan for a 2:30 p.m. start at the Lions den.



Sayeau makes the save
The Morrisburg Jr. B Lions played Gananoque here on Friday night and were on the losing end of a 8-4 score. The Lions played Kemptville on Sunday and lost 10-5. Pictured here is the Lions netminder, Troy Sayeau, making a save on one of many shots he faced.

Bantams upset Perth at home

MORRISBURG—The Morrisburg Bantam B Lions hosted Perth on January 29, in UCMHL action and beat them 8-5.

The Lions led 3-1 at the end of the first and 6-3 at the end of the second. Jason Denio led the way for the Lions with a hat trick followed by Eric Irvine and Scott Barkley each with two. the single goal came from Brad Casselman. The assists went to Irvine with two, Denio, Casselman, Mellon, and Robert Scott each with one.

On February 1, the Lions hosted South Grenville and handed them a 8-4 loss. Morrisburg led 3-2 at the end of the first period with goals by Scott, James Morrell, and Glen Mellon, the assists went to Denio, Casselman, and Kyle Dingwall.

In the second period the Lions built on their lead with four more goals, to South Grenville's two making it 7-4 heading into the third. Morrisburg's goals were scored by Pat Foley, Irvine, Chris Cullen, and Scott Barkley. The assists went to Denio, Mellon, and Bruce Lewis.

Morrisburg scored one more in the third period as Irvine netted his second of the game, assisted by Denio ending the game at 8-4 in favour of the Lions.



Here they come again
Glen Mellon and an unknown Morrisburg forward go to the net in Morrisburg's 8-4 victory over South Grenville. Morrisburg was all over South Grenville the entire game and the visitors had to use both goaltenders in this shoot out.

Kings win AA Peewee tournament

The Rideau St. Lawrence Kings Minor Peewee team won five straight games to take the 36th annual Belleville Shrine Club AA Minor Peewee Tournament January 24-26.

Bryn Jonnston and Joey Huddleston of Smiths Falls, along with Brockville's Erik Crooke were named the most valuable player, most valuable goalie and most valuable defenceman respectively for the high flying Kings.

Johnston fired six goals and five assists, while linemate Robbie Waddell of Morrisburg fired seven goals and knocked in three helpers.

Bryan Knapp of Athens had a goal and five assists to round out the scoring with this hot teammates.

Huddleston was hot between the pipes allowing only four goals in three games, while leading his team to victories in game one, three and five. Morrisburg's Matt Dillabough stood tall allowing only three goals in two games as he picked up the well-deserved wins between the pipes in games two and four.

Brockville defenceman Erick Crooke hammered oncoming opponents and broke up several rushes to be named the top defenceman.

Kings notched a pair of goals in both the second and third periods to beat Westford Mustangs 5-1 in game one.

Morrisburg's Shawn Workman, Brockville's Phillip Kerneghan, Lyle Drew and Crooke, had a near perfect game on defence, moving the puck well from their own end. Brockville's Neil Baker added a pair of assists while playing his rugged style of play.

Kemptville's Matt Ward notched the winner with help from linemates Baker and Chris Thompson from North Dundas in a 3-1 win over Whitby Wildcats in game two.

Kemptville's forward-defenceman Matt Bruneau had three big assists and Johnston the natural hat trick to sink toronto 4-1 in game three, as the Kings finished the first round undefeated.

Bruneau joined teammates Colin Bowie of North Dundas and Kemptville's Jeff Coleman on the injured list after the game because of a bad shoulder.

Waddell's two goals and two assists powered the Kings to a 4-2 semi-final win in game four over the Brampton Maroons. In the other semi-final Wexford was upsetting division one first place team North Toronto 3-1 to set up the final.

Wexford's captain opened the scoring on a break-away in the first minute of the final game to startle the Kings. The same player raced down the ice unmolested moments later, only to be stoned on a big save by Huddleston. Wexford carried the play to the Kings as the teams were tied at two after two periods of play.

Thompson scored his biggest goal of the year from Baker and Ward with just over a minute into the third period for the winning goal, followed by an insurance marker shortly after as Waddell tickled the twine from Johnston and Workman to seal the tournament championship.

Double Trouble paces dart league

RIVERSIDE HTS—Double Trouble picked up eight wins in mixed dart league action last Wednesday night here to lead the points' race.

Terry Baker had half the wins, while Maureen Loynachan (100, 81 finish) had two, and Alex Hart and Vera Burke took one each

The Bad News Bears ended with seven wins on five from Fred Diegel (121, 100, 78 finish), and two from Jerry Sypes.

Wayne Hunter tossed four wins for the Hot Shots as the team combined for seven points. Hunter also shot highs of 140, 100x2. Edna Barkley had two outs, and Brent McCooeye (100) picked up one.

The Flip Flops won seven games with two each from Gayle hart, Ken Baker (100) and Peter Montroy (118). Mike Osborne (125, 100x2, 81 finish) had the single out.

Another seven points were gained by Ever Hopeful with Jeff O'Neil (140, 100) taking four. Liz Gummeson had two and Jim Scott (140x2, 135, 100) took one.

Brenda Sypes won three of seven games won by the Golden Ones. Frank Marriner (140, 100x2), Gus Dickson (120) had two each.

The Misfits also took seven games led by Ivan Shearer (100x5) and Elvis Tyo with three each. Al Loynachan had one.

Howie's Helpers won six games on two each from Roger Markell 9100), Steve Laushway (133) and George Baker.

Darren Tyo (90 finish) took three, Sherry Wereley (105)two, and Elaine baker had one as the Rat Kingdom won six games.

Floyd Elliott (120, 100) took four of six for the Love Machine. Chris Sloan had the other two.

Roy Gummeson (124) had four and Pat Hart took two as the Gummie Rubbers won six games.

The CDAQs won six on two each from David Wells (101, 100x2) and Cecil Tyo (100x2), and one each from Wendy Wereley and Sharon Lewis (127, 123).

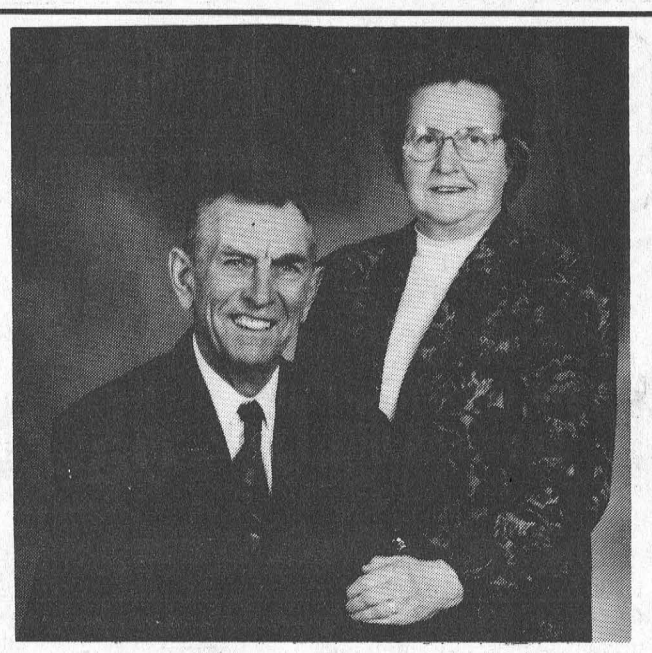
Cecil Lewis shot all five outs for Big Pete's. High were shot by Lewis with 133 and 100 and Vicki Marriner with 117.

Ron Bradford had three of five outs for the do Gooders. He also had two 100 highs, while Darwin markell shot two outs.

Grace Langabeer, Barrie Pemberton had two each for Hit and Miss, and Guy Hart took one. Highs of 135, 124 were shot by Pemberton.

Down and Out won five on two from Lawrence Hunter (100x3), Roger Trudeau (135) and one from Bryan Elliott (125, 100x2).Gary Bradford had two of four wins for No Hope. Cindy montroy (122, 100) and Ruth Markell had one each.

Also with four wins was Shearer Luck as Ann Lewis had two, and Tom Shearer (116, 100x2) and Shawn Baker had one each.



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FEBRUARY 10, 1998
HOWARD JOHNSON INN
HWY. 2, MORRISBURG
7:00 P.M.
TOPICS:
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MUTUAL FUNDS
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PERSONAL INVESTMENT MANAGER
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FRANK CESTNIK
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ATTENTION ALL
Brides & Grooms
1998-99
Winchester
Bridal Showcase
Tuesday, Feb. 10
7:00-9:00 pm
Winchester Lions Hall
515 Mill Street
For more information call
Joan Steele 774-0724
Kim Link 774-5543

RRSP SEMINAR
"INVESTING FOR TODAY AND TOMORROW"
TIME: 7:30 P.M.
LOCATION: Howard Johnson Inn Morrisburg
DATE: WEDNESDAY, FEBRUARY 11, 1998
SPEAKERS: TROY LALONDE, B. COMM.
INVESTMENT ADVISOR
NESBITT BURNS
ERIC McAULEY, B. COMM.
TAX SPECIALIST
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Church Directory

Mass Hours at St. Mary's Church
Father T.F. Shea
MORRISBURG
Saturday - 7:30 p.m.
Sunday - 11:00 a.m.
Confessions before mass
IROQUOIS - ST. CECILIA'S
Sunday - 9:00 a.m.
Confessions before mass
Everyone Is Welcome

St. Lawrence Evangelical Lutheran Parish
Pastor: Rev. Jo Barkley- Probst
Office: 543-3154 or Office: 543-2480
WORSHIP & SUNDAY SCHOOL
Sunday, February 8, 1998
9:30 a.m.
St. Paul's, Morrisburg
Nursery Available
11:15 a.m.
St. John's Riverside Heights
Rejoice in the Lord always!
WELCOME

The United Church of Canada
Lakeshore Drive United Church
Morrisburg, Ontario
Telephone 543-2353
Minister
Rev. Donald Smith, B.A., M.Div.
Organist & Choir Director
Michael Goodwin
Sunday, February 8, 1998
9:15 a.m. – Christian Family Program – Theme: Creation
10:30 a.m. - Worship Service
Sermon Title
"Holding Fast"

The Presbyterian Church in Canada
KNOX PRESBYTERIAN CHURCH
Morrisburg, Ontario
Pastor: Rev. Gregory Blatch
Organist: Gary Postma
Sunday, February 8, 1998
11:00 am. - Morning Worship
11:00 a.m. - Sunday School
Everyone Welcome!
Nursery Available

Christian Reformed Church
Williamsburg, Ontario -
Pastor Rev. George Rowaan
Tel: 448-2351
Sunday, February 8, 1998
at 9:30 a.m. and 7:30 p.m.
AM: "Lord Grant Us Passion"
Genesis 18: 16-33; Luke 19: 41-44
Sunday School for all Children ages 3 - 12
PM: "One With Us"
Luke 2: 40
Pastor Rowaan at both services
Child Care available
Please join us for worship

Morrisburg Pentecostal Tabernacle
Pastor: Rev. Duncan Perry
Office 543-2681
Sunday, February 8, 1998
9:45 a.m. - Family Bible Hour
10:45 a.m. - Morning Worship
7:00 p.m. - Evening Worship
Tuesday –
7:00 p.m. - Bible Study & Prayer
Come And See What Jesus Can Do For You!!
DIAL-A-PRAYER 543-3456

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invites you to worship with us in our beautiful heritage churches
St. James, 20 High St., Morrisburg
St. John The Baptist, Lakeview Dr., Iroquois
Holy Trinity, Riverside Heights
The Rev. Bill Byers, Rector, 543-3904
Sunday, February 8, 1998
8:00 a.m. – St. James
9:15 a.m. – St. James
11:00 a.m. – St. John's
Sunday School at St. James & St. Johns
Rectory 543-2867

Williamsburg United Church
Minister
Rev. Sandy Macpherson
Organists
Joye Loucks & Susan Barkley
Sunday, February 8, 1998
10:30 a.m. - Welcome to Worship with Us!
Sunday School & Nursery Available

St. Peter's - St. Luke's Evangelical Lutheran Parish
Pastor: Rev. Diane Raddatz
Tel: 535-2569
Dunbar – St. Luke's
Sundays – 9:15 a.m.
Williamsburg – St. Peter's
Worship & Sunday School
Sunday 11:00 a.m.
Everyone Welcome

Attend the Church of Your Choice this Sunday

Dream Team shut out in dart action

MORRISBURG—Whoops!

The Dream Team was smoked by Whoops in mixed dart league action at the Legion here last Tuesday night.

Whoops picked up 14 points with two outs by Rob Fernell (120), Ann Lewis and George Baker (140). Diane Baker had the single win in the shutout.

Cecil Lewis managed to break the goose egg with a 101 high score.

The Newfie Bullets won six games over the Lucky Seven A team. Terry Baker had four outs, and Cecil Tyo and Denzil Tousant (100x2) had one each.

Gerry Sypes took the only out for the opposition.

The D-D-Diddlers won five games over the Wing Nunt led by Jen McNairn with three games. Dorothy Simpson had the other two.

Kenny Baker won both games and shot a 105 high for the Wing Nuts. Doris Cairns had highs of 101 and 100.

The Turtles upset the Golden Oldies 10-4 led by Merle Buekr (100) with three outs. Linda Birch (100) and Helen Baldwin had one each.

Striking for the Golden Oldies were Lillian Thatcher and Dennis Baker (100. Tina Carbino shot a 125 and a pair of bulls.

Fred Diegel took three and Dianne Fernell and Michelle Watt had one each as Three To One took five games from the Legion Hot Shots. Billy Hummel and Lisa Lewis had one each for the Hot Shots.

The Tags claimed four games over Four Play eith Terry Laurin and George Cairns taking two each.Jean DeJong, Mary Ann Whittaker (103) and Mert Carbino (100) had one each for Four Play.

The Buck Snorts won four games over Three Roses and a Thorn. Elva Baker (101) and Shawn Baker (100) had two each, while Carl Lapierre shot a 114 high.

Karen Holmden, Jeff Julien and Saralyn Mabo had one each for the Thorns.

The Top Flights won four games over Hit and Miss with Frank Marriner taking two. Ross Markell and Brenda Sypes had one each.

Mike Osborne had two for the opposition,and Alice McNairn took one. Marie Tyo shot a 125 high score.

STANDINGS

Buck Snorts 100, Top Flights 95, Three To One 95, Wing Nuts 93, Turtles 92, Newfie Bullets 91, Hit and Miss 89, Four Play 89, Whoops 89, Three Roses and a Thorne 83, Tags 77, Dream Team 74, D-D-Diddlers 74, Lucky Seven As 71, Legion Hot Shots 70, Golden Oldies 64.

South Stormont stopped in Morrisburg

MORRISBURG—The PeeWee B Rep team handed South Stormont a 5-1 loss in UCMHL action here on Sunday February 1.

South Stormont opened the scoring late in the first period when they got by Nick Cryderman for the lead.

Morrisburg tied it up 30 seconds later when Richard Banford netted one, assisted by Nick Groves, and then they took the lead with 35 seconds remaining in the period as Scott Carswell bulged the twine with help from Tyler Markel.

The Lions built their lead from there with a goal in the second period and two in the third making it 5-1. Banford scored in the second, assisted by Groves, and then Travis (Wally) Baldwin and Markel scored in the third. The assists went to Groves with two more and Ian Tait with one.

On February 2, the Lions faced Alexandria and handed them a 5-1 loss in a bizarre, hard hitting game where the visitors left the ice after a Mother called her son off the ice and the rest of the team followed.

Alexandria automatically was issued a two minute warning to return to the ice but they did not and the game was forfeited. Morrisburg already held a 5-1 lead at that point.

The Lions had never beaten Alexandria before so they took acception to this and the game got rough.

Morrisburg scored four goals in the first period and cruised to a victory. Justin Elliott started the scoring followed by Carswell, Tyler Strader, and Ian Tait. The assists went to Chris Cullen, Cole Dingwall each with two, Elliot, Chris Marshall, Tait, Tony Barkley, Groves, and Andrew VanMoorsel all with one.

In the second period Alexandria scored one but that was all they would get by Cryderman this game as the Lions went on to score one more and take the 5-1 win. Nick Groves scored the final goal of the game, before the Alexandria team left the ice with 29:25 left on the running time clock.

In an earlier game the Lions faced a strong Potsdam team and dropped a 6-3 decision.

Morrisburg's goals were supplied by Carswell, Banford and Groves and the assists went to Baldwin, Carswell, and Markel.

White Lions tie North Dundas

WINCHESTER—The Morrisburg White Lions travelled to Winchester to take on the North Dundas Demons on Friday, where they posted a 4-4 tie.

North Dundas started off the scoring early in the first period, but Chris Sachs answered for Morrisburg moments later, assisted by Trevor Gilmer.

The second Morrisburg goal was scored by Nicholas Whelan, assisted by Brad McLinton.

North Dundas struck back in the second to tie the game, but was short lived as the Lions got a goal from Evan Tait, assisted by mark Byvelds.

In the third period, North Dundas scored to tie the game once again, but Morrisburg fought back with Brad McLinton's goal, helped out by Nicholas Whelan and Travis Dillabough.

North Dundas had one more kick at the can, as they tied the game at four all with 2:05 remaining.

On Sunday, the Atoms upset South Grenville 2-1 in Spencerville.

Morrisburg's Dillabough netted a flip shot, unassisted to open the scoring at 1:49 of the game.

It wasn't until the third period when Morrisburg got their second goal, as Brad McLinton scored at 7:40, assisted by Mathew Peppers.

South Grenville refused to give the Lions the shutout, as they got on the board at 6:49 of the third for the 2-1 final.

Sunday, Morrisburg hosted Ogdensburg in an exhibition game where they lost a 5-1 battle.

Daniel Toonders set up Chris Sachs with Morrisburg's only goal of the game, which came at 9:54 of the second period.

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RJC, Nick's on top in Town League

MORRISBURG—RJCs took a round out of Impact Sports last Thursday night in town league action with a 5-3 upset.

Robbie Casselman had two goals and an assist to pace the team as they led 2-0 at the break.

Jamie Smith, Robert Jordan and Scott Corden picked up single helpers, with assists coming from Bruce Mullin, Corden, Bruce Wells (2), and Mike MacMillan.

Replying for Impact Sports were Jeremy Adams, Dennis Ouelette, Barry Barkley, while assists came from Adams (2), Barkley, Shawn Hummel, and Jamie Whitteker.

Frank Waytowich took the win while David Black was in the crease for the loss.

Game two saw Nick's Sports Bar hand KBD a 9-4 loss with John Morrow knocking in four goals and counting three helpers.

Jim Bennis, Frank Hummel, Gary McInnis, Karl Deamond (2) had the other goals. Donald Black assisted on four markers, while McInnis notched a pair, while Mike Barclay was in the crease for the win.

Scoring for KBD were Bill Dillabough with two, and Bob Deleavey and Kirk Barkley with one each. Assists were notched by Barkley and Dale Adams with four each, and Bill Dillabough with one.

STANDINGS

RJC 26, Nick's Sports Bar 20, Impact Sports 11, KBD 3.



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BETWEEN 9 A.M. & 8 P.M.

Midgets fight but lose 8-6 to visitors

MORRISBURG—The Midget B Lions played in a hard fought game here on Tuesday night where they lost an 8-6 battle against Kemptville in UCMHL action.

The Lions came out flying, looking like they might win easily as they built a 3-0 lead in the opening frame. Brad Boivin started the scoring, followed by Mike Dejong, and Greg Millard. The assists went to Millard, Thomas Casselman, Joel Adams, James McConnell and Boivin.

In the second period Morrisburg continued firing on all pistons as they scored three more goals, to the visitors one making it 6-1.

Kemptville finally came alive late in the second period scoring two goals to make the game 6-3 heading into the third.

Morrisburg was held scoreless for the entire third period as Kemptville scored five goals to take the lead and the win.

Morrisburg had a chance to come back when Nick Hart stopped a Kemptville skater on a penalty shot, but the Lions could not rebound from the visitors attack, and the clock ticked down to end the game at 8-6 in favour of the visitors.

Atom Bs busy with make-up games

MORRISBURG—The Morrisburg Atom B Lions have been busy in Upper Canada Minor Hockey League with make-up games.

"The kids have been playing super hockey," said coach Barry Van Allen. "Currently, we're in second place in the standings."

The Lions are holding a record of 12-3-3 in league play, and in combined league and exhibition, they sit with 23 wins eight losses and five ties.

On Saturday, the Lions posted a 2-0 shutout over the Char-Lan Rebels with Robert Bongers claiming the victory between the pipes.

Scoring for Morrisburg were David Patterson unassisted in the second, and Jordan MacGregor with help from Tyler Lafortune in the third.

Sunday, the Lions dropped a disappointing 4-3 loss to South Stormont Selects. Lafortune knocked in two and assisted on one other to pace the Morrisburg scoring. MacGregor had the other goal and picked up two assists, while Kyle Jarvis had one helper as well.

Morrisburg's third game last week was a one-all deadlock with Kemptville Panthers. Lafortune did the damage with help from Kelvin O'Brien in the second period.

The Lions are in a tournament on Saturday at Akwesasne, and on Sunday, they host the NGS Braves at 1 p.m.

CANADIAN TIRE **CORRECTION NOTICE**
We wish to draw your attention to the following in our current "Hot Winter Savings" Flyer.
Page 9: Aluminum stepladder, 61-1026-8. The illustration is incorrect and should show a 6 foot ladder, NOT 8..
Also . . .
We wish to draw your attention to the following in our current "Save Now" Flyer.
Page 3: Electric blankets, 43-6015-8 and 43-6033-4 does NOT feature Dual controls.
We sincerely regret any inconvenience we may have caused you.
cnote 304/305-98 zones: ALL excl. 9/9alt

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Council is seeking interested individual(s) for the following committees/positions:

1) Recreation Advisory (7)
2) Planning Advisory & Waterfront Development (7)
3) Economic Development (5)
4) Tile Drain Inspector (1)
5) Committee of Adjustment (5)
6) Fence Viewers (5) - paid at an hourly rate
7) Cattle Valuator (2)

These committee appointments are for a 3 year term at the rate of $50.00/meeting.

Interested individuals shall provide a written submission, clearly marked "Appointments" indicating their choice, no later than February 12, 1998 at 4:00 p.m.

Township of South Stormont
4949 County Road 14
P.O. Box 340
Ingleside, Ontario
K0C 1M0
Phone: (613) 537-2362
Fax: (613) 537-8113

OPP Response Teams

Search and rescue details, crowd management, hostage taking, high-risk arrests. These are some of the occurrences which utilize the specialized training of the Ontario Provincial Police's Emergency Response Team (ERT).

Since August, 1992, the ERTs have been officially recognized units within the OPP. Currently, there are 256 officers across the province who have volunteered for and obtained positions on one of the 16 teams now in existence. EAch team consists of 16 members who have been selected based on their level of physical fitness, maturity, patience, ability to function in high-stress situations, and firearms proficiency.

The officers who make up the ERT work as patrol officers at local detachments until they are called into assist at specific occurrences within our region. The team acts as a search and rescue unit, conducts searches for physical evidence at crime scenes, respond to calls for assistance at riots, strikes.

ERT members are also called for assistance in demonstrations through crowd management, and support the activities of the OPP tactics and rescue unit by mainly containment at occurrences falling into their area of responsibility involving hostage taking, barricaded persons, and high-risk arrests.

The team also provides VIP security and assist the OPP Canine teams when they are called in for the purposes of tracking wanted persons.

Eastern Region of the OPP maintains three teams: one being located in each of the former districts (Belleville, Perth and Long Sault).

In 1997, Emergency Response Teams in East Region responded to a total of 207 calls for requiring their expertise.

The ERTs are highly skilled groups of professional who act as a multi-faceted resources for each detachment of the OPP.

Last year, the breakdown for help by the ERTs is as follows: Containment, 12; Crowd Management, 6; Search and Rescue, 34; Evidence Searches, 21; VIP Security, 62; Canine Assistance, 59, and Other, 13.

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Schneider's **1/4 Pound Burgers**.....40 per 10 lb. box **$19.95**
Schneider's **All White Meat Chicken Burgers**.....2 lb. box **$8.49**
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2 lb. Stew (Boneless)	$5.58
2 lb. Schneider's Chicken Burgers (All white meat)	$8.49
1 lb. Schneider's Wieners	$2.23
TOTAL	$79.99

VARIETY PACK #2

10 lb. Ground Chuck, 85% lean	$21.90
10 lb. Pork Loin Chops	$24.90
10 lb. Top Sirloin Steak (Boneless)	$37.90
8.8 lb. Boneless Skinless Chicken Breasts	$39.95
3 lb. Rump or Sirloin Roast	$10.17
3.3 lb. Box Oktoberfest Precooked Sausage	$11.95
1 lb. Schneider's Wieners	$2.39
TOTAL	$149.16

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1997 Blazer 4-door 4x4, Starting at $357.00/month, $2,500 down + taxes or Sale Priced $27,900
1997 Tahoe Sport 4x4, 2-door, brown, fully equipped, power seat - **$34,500**
1996 Lumina APV LS, blue, 7 pass., 3.4V6, fully equipped, power seat. **Sale priced $18,900. or lease @ $231.21/month***
1996 Bonneville SE, white, fully equipped, 54,500 kms **Sale priced $18,500**
1996 Blazer LS, 2 dr., black, 00,100 km - **Sale priced $27,500**
1996 Chev Lumina 4-door Sedan, 36,000 km, green, fully equipped - **Sale priced $15,995 or lease @ $245.06/month***
1996 Pontiac Sunfire 2-door Coupe, 30,000 km, white, auto, air, cassette, spoiler, tilt & cruise - **Sale priced $12,995 or lease @ $198.31/month***
1996 Metro 4-door Sedan, green, auto., 25,000 km - **Sale priced $10,400 or lease @ $157.18/month***
1996 Lumina APV, fully equipped, alum. wheels, white, *only 3000 km* - **Sale priced $21,700 or lease @ $341.48/month***
1996 Lumina APV, fully equipped, power seat, 44,000 km, maroon - **Sale priced $17,995 or lease @ $256.55/month***
1995 Lumina APV LS, white, fully equipped, 3.8V6, power seat, 67,000 kms. **Sale priced $15,500. or lease @ $186.95/month***
1995 Yulon 4x4, 4 dr., black, fully equipped, 55,000 kms, bal. of GM factory warranty. **Sale priced $28,900 or lease @ $432.04/month*, $3,000 down.**
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1992 Astro CL EXT, white, all-wheel drive, fully equipped, 122,000 km - **$10,395**
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Ray Baker averts surgery with changed lifestyle

Catherine Thompson
Leader Staff

MORRISBURG—Ray Baker remembers very well the heart attack which took him by surprise six years ago.

It happened early one morning after he had driven to his work as a bread salesman for Weston Bakeries.

On August 13, 1992 at 2.30 a.m. when he was starting to load a truck with supplies in Cornwall, he began to perspire, and feel lightheaded.

The shipper noticed he didn't look well, and Baker agreed, he didn't feel well, 'it could be a touch of the flu'.

"I laid down on the desk, and I didn't have a lot of pain, but I had a tingling sensation going down my left arm, and I kept sweating, and didn't know why."

The shipper believed he was having a heart attack, and rushed him to Cornwall General Hospital, where he arrived at the Emergency at 3.00 a.m.

Here Baker was put in a wheel chair, asked questions, and given a dose of Streptokinase, a very expensive miracle drug the hospital staff call "Liquid Draino the way it cleans your arteries right out".

He stayed in the Intensive Care for a week, and later was moved to a ward, where he stayed for another three weeks. To be discharged, Baker had to show he could walk the length of the hall and up half a flight of stairs.

During a follow-up visit to the McConnell Medical Center, Dr. John Paul DeYoung who was his doctor at the Cornwall General, described his condition.

"If you're going to have a heart attack, the one I had was the best kind. It was at the bottom of the heart, where there wasn't a lot of damage," Baker said.

"If it had been at the top where there are a lot of arteries, there would have been a lot more damage," Baker said. "But there is always damage when you have a heart attack."

Baker was placed on a blood thinner "Metoprolol," aspirin, and sent to his own physician, Dr. Wayne Domanko, who recommended he see a specialist in Ottawa.

"I thought it would be weeks and months before I could get to see someone. The next morning I had a phone call that I had an interview within a week with a Dr. Robert Beanland at the Heart Institute," Baker stated.

After a medical and stress test, the specialist said there was no reason whatsoever to have surgery. "I had no blockage, except 40 per cent in one artery," Baker continued.

Baker started to attend the Heart Institute's excellent rehabilitation program, which is limited in numbers of participants.

"They just don't take anyone and everyone, they are very selective. If you're a smoker, they give you one month to quit smoking," he said.

After consultation with a nurse, Baker did stretching and exercised on an indoor track, where he was to walk a specific distance in a certain time, according to his age and health.

"I did this three times a week for six months," Baker stated.

His weight was also targetted.

"I was around 250 pounds when I had the heart attack, and I went down to 190 since the rehab program," he said.

"They also suggested books on the fat-free program to get to my wife Charlene, and we stuck right to it."

Baker said he hasn't had eggs for six years, but allows himself egg whites and applesauce in baking.

"When it comes to beef a very small portion. I used to eat a T-bone steak. Now my wife and I have one between the two of us."

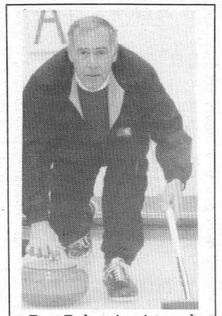
As for exercise?

"I was walking six miles a day when we were going to Ottawa," Baker said. "I still continue to walk three miles a day."

Baker retired in February last year, and keeps up an active lifestyle.

"I play 18 holes of golf a day in summer, and I started curling."

When it starts getting really cold, he gets on the glider his children bought him for Christmas, the exercise bicycle and works out for an hour to an hour and a half a day.



Ray Baker is pictured in his new pasttime at the Curling Club.

For three years after his attack, Baker went back to the Heart Institute, and had clean bills of health each year. He has not had to return to the Heart Institute for three years. But he still has a check up every two months by Domanko and cholesterol checked three times a year.

Since his heart attack, he has regained a little weight, and his cholesterol occasionally goes over the low of three, but not over the high of 5.2 millimoles per liter. As a result, he started a new drug called Zocor which helps to reduce blood cholesterol.

It was suggested that stress might have been a cause of heart trouble, but as far as Baker was concerned, long hours and hard work didn't constitute stress. Stress meant financial worries, and family problems, and Baker had neither.

Although he did have 18 hour days, delivering bread to stores at night and frequently had a sleep deficit, which contributed to his fatigue.

Heredity may have also been a factor, since his father died of a heart attack in his early 60's.

But Baker freely admits, "I ate the wrong foods, that's all there was to it. And I didn't look after my self."

From youth, Baker was heavy smoker at two cigarette packs a day, but he hasn't smoked in 20 years.

The fact that Baker had been very active from youth in hockey, ball and golf, made the event more unexpected to his friends.

"Everyone was surprised that Snookie Baker had a heart attack," Baker said.

Baker confirmed one aspect about his experience. Although he didn't have a lot of pain as some have during heart attacks, he agreed, "it was very frightening."

"That's one reason when you go through the rehabilitation program you take it to heart," he stated. "One thing about it, you have a second chance that a lot of people don't have."

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Record year for Heart & Stroke in '97

by Dorothy Houze
President, Dundas County Chapter, Heart and Stroke Foundation of Ontario

We are approaching February—Heart Month—when more than 350 dedicated canvassers will be knocking on doors throughout the county collecting donations for the Heart and Stroke Foundation of Ontario.

Thanks to the donors and volunteers of our county, 1997 was a record year at the Foundation. Locally in the United Counties, we reached a milestone by raising more than $500,000. Provincially we surpassed all our fundraising records by breaking through the $50 million barrier for the first time.

We have been able to allocate significant new funds into research, including $6 million in research funding to create three endowed research chairs. We are also very proud of our continuing increase in research funding to a record amount of $23 million this past year. Our first province-wide multimillion dollar lottery enabled us to raise these record revenues.

Our ongoing challenge is to motivate the at-risk members of our communities to modify their lifestyles to help prevent heart disease or stroke. Stroke, often cited as Canada's forgotten disease, has remained a Foundation priority.

A Stroke Care Ontario plan was developed to improve medical care standards and is under review by the Ministry of Health. We introduced several new resources for stroke patients and caregivers and continue efforts to increase the public's ability to recognize and react to stroke's warning signs.

We are also making great strides in raising awareness among women about their risk of developing heart disease, too often thought to be a man's disease.

Much of this success lies in our ability to let our communities know what the issues are, and what we are doing about them. Through the many health promotion and fundraising activities we organize, the members of the communities continue to learn about the Foundation's work for raising money for lifesaving heart and stroke research.

It is the wonderful partnership we have with our loyal volunteers, donors and the community that has made our successes possible. We are truly grateful for your enthusiasm and commitment and we ask for your continued support of our activities. We are always looking for new volunteers—whether to sit on the board, assist at special events or to help with fundraising.

If you are interested in volunteering, please contact me at 543-2048 or any other board member.

Recognizing Heart & Stroke Canvassers

MORRISBURG—In response to community feedback, the Heart and Stroke Foundation has taken proactive measures to ensure easy recognition of its volunteer canvassers during February—Heart Month.

"A new canvasser identification program has been implemented to take the guesswork out of door-to-door giving," says Gary Cracknell, Person-to-Person Co-Chair—South Dundas.

Every Heart and Stroke canvasser will be wearing a Foundation identification button and carrying an information kit with the Foundation's logo. Should you make a donation, look for the logo and charitable registration number printed on the receipt.

Last year, more than $4.7 million was raised from the Foundation's province-wide door-to-door campaign. Close to 65,000 volunteers don their boots during one of the coldest months of the year to raise money that funds lifesaving heart and stroke research.

This new canvasser identification program will ensure that you are giving your money directly to the Heart and Stroke Foundation. For more information, contact Susan David, Heart and Stroke Foundation of Ontario at (613) 938-8933.



South Dundas Mayor Johnny Whitteker, left and Dr. Graham Jacques, Honorary chair of the Dundas County Heart and Stroke Foundation, hoist the Heart and Stroke Flag for Heart Month and to kick off the 1988 campaign

Your donations help give someone a second chance

Produced in association with the Dundas Chapter of the Heart and Stroke Foundation of Ontario

Avid walker has heart valve operation

Catherine Thompson
Leader Staff

MORRISBURG—"Bicycling and exercise probably saved my life," says Doug Brewster about a crisis he survived in 1992 from an undetected heart problem.

Brewster was born with a defective aortic valve, but didn't realize the problem until April 1992, when the loss of sight in one eye proved to be a wake-up call. He visited an opthalmologist who immediately sent him to a cardiologist, Dr. John Stimac at the Ottawa Civic Hospital.

Stimac conducted an angiogram and detected a heart murmur or slushing sound from a defect in the main aortic valve. As Brewster explains, "I was born with two valves, not three."

"He told me then and there to sit down and do nothing until we phone you to come in. He said 'your main aortic valve is shutting down'.

Brewster was placed at the top of a waiting list, and on June 20 had a mechanical valve replacement at the Ottawa Heart Institute. He chose a mechanical valve rather than a tissue valve, which would likely need to be replaced in eight to 10 years.

And because it was a mechanical valve, he was also placed on a blood thinner "Coumadin" and one baby aspirin a day.

Although Brewster had had this defect from birth, he had no idea until the loss of eyesight indicated heart trouble.

"The most frightening thing about that was a year and half prior to this, I had a full check-up done at the Heart Institute because I wanted to get into some activities, and it didn't show up," Brewster states.

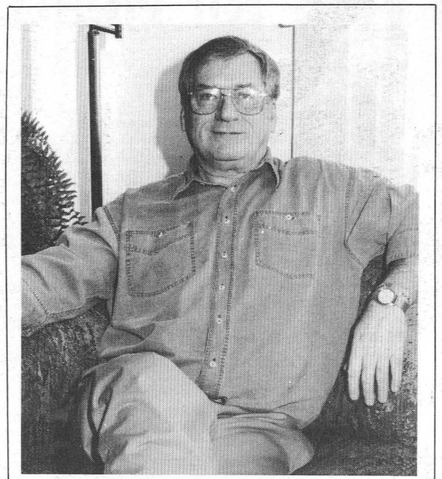
Although the test showed no problem, his lack of recovery after exertion was a clue. "I could do an exercise, but my recovery time took me much longer than normal."

From 1990 he wanted to nap during the day to the point where naps were becoming sleeps. "I just thought it was something normal, you're getting to age 55. You're retired, and deserve a nap," Brewster told himself. He was later told that the fatigue indicated a lack of oxygen to the heart muscle.

His daughter also observed her dad would complain of indigestion during or after a bike ride, although he hadn't eaten.

Brewster claims he didn't have any more qualms before his operation then the normal apprehension before any medical procedure.

"My surgeon Dr. R.G. Masters spent about 45 minutes explaining the odds to me, and how many people had had this operation. Based on the person's health going into the operation, they've had about 100 per cent success rate," Brewster explains.



Doug Brewster is pictured relaxing in his home in Morrisburg. The active retiree spends much time walking, bicycling, and golfing.

And Brewster's healthy lifestyle was a major factor in his favor. Before retiring, Brewster would bicycle daily to and from his work as an RCMP officer in Ottawa. In winter he walked to work because he disliked taking the bus and paying for city parking. Sometimes Pauline and the dog would meet him after work, and they would all walk the eight miles home.

He and Pauline used to take bike trips in Prince Edward Island, New Brunswick, New Hampshire, Maine, and Vermont. And during the 1980's, the couple bicycled from Ottawa to Halifax in 14 days.

"All this exercise gave me a good starting point, that's what all the doctors said," Brewster says.

He can't praise highly enough the care he received at the Heart Institute. Three weeks after the operation, Dr. Masters phoned Brewster at home just to see how he was getting along.

Brewster is very pleased with Dr. Paul Coolican's follow-up care. After a monthly blood check, the office calls the next day either to advise him to stay on the present medication, or to vary the amount. And from the start, his dose has remained more or less constant.

"You couldn't get any better service than what you're getting here at least for me," Brewsters says.

Once a year, Brewster returns to the Valve Clinic at the Heart Institute, for a check-up, which is coordinated with monitoring at the Morrisburg clinic.

Since he had no blocked arteries, and didn't require a bypass operation, Brewster was not restricted later as to diet or exercise. "I can lift thing, shovel snow, do anything," he says.

And he and Pauline continue their healthful exercise. They walk from an hour and half to three hours a day, depending on conditions, and every second day, Brewster exercises an hour on the training bicycle. During the summer, he golfs five days a week.

"But I was lucky. This eye problem was a real good warning sign, because if I hadn't had that, my main valve would probably have just shut down," he says.

Now six years later after an operation deemed to be 100 per cent successful, Brewster says, "I feel perfect."

Wyman Barton undergoes open heart surgery

Rich Thorpe
Record Staff

In just over a month from now, Wyman Barton will be on the operating table at the Ottawa Heart Institute.

Although the prospect of open heart surgery is something which makes the most calm person a bit apprehensive, the 56 year old former Winchester Township councillor and retired school principal is nonetheless thankful for the chance to undergo the procedure.

It was during a regular check-up with his physician Dr. Chuck Adamson in December 1996, that it was discovered Barton had developed a mitral valve prolapse.

The mitral valve is the valve between the left atrium and ventrical of the heart, consisting of two triangular flaps of tissue that prevents the blood from flowing back into the atrium.

"I was expecting it to be my usual check up but they kept me there for a while," he said. "They were a little suspicious. Basically it means that the heart is getting too much blood. Eventually, the heart ends up working too heard and it can lead to an enlarged heart."

Prior to the diagnosis of the mitral valve prolapse, Barton had been on medication for eight to 10 years for a mild case of hypertension.

Barton was referred to Dr. Baird at the renowned Ottawa Heart Institute.

The condition has meant Barton has suffered from shortness of breath and at times he tires easily.

He's been advised to avoid overly strenuous activities and to pace himself.

"If there is any anxiety associated with this condition it is the fact my father passed away in 1975 from the same condition," he said. "They believe his problem may have resulted from an illness in childhood when he contracted scarlet fever which damaged his heart. They didn't have the medical technology available back then to treat such a condition."

Barton's surgeon, at the Heart Institute, Dr. Masters told him that he is a very good candidate for this surgical procedure.

"I look upon this as being very fortunate to be able to have the surgery to correct this problem," he said.

His operation is scheduled for March 18.

"When they start surgery they will examine the valve and if it can be repaired they will. Otherwise they will replace it with a mechanical valve."

"Hopefully it will improve the quality of my life and my longevity," he laughed. "I hope to be able to resume a more regular schedule of activities. Now after I play nine holes of golf I'm pretty tired, but maybe later I'll be able to get in 18 holes."

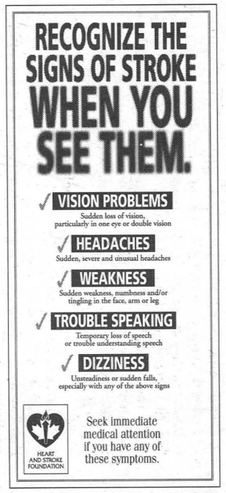
He begins his pre-surgery assessment on March 10.

"There is a certain risk involved in open heart surgery," he said. "Dr. Masters has compared it to the same risk as getting on an airplane for a flight."

Throughout his assessments and referrals to the Ottawa Heart Institute, Barton has gained a great deal of respect for the health care professionals who work there.

"Even though they see hundreds of patients on a daily basis, at least for my own experience they never lose their sense of compassion."

"We are very fortunate to have such a facility close by."



Heart & Stroke Foundation examines impact of health services on heart disease deaths

DUNDAS COUNTY—The Heart and Stroke Foundation of Ontario has partnered with the Institute for Clinical Evaluative Studies to see what, if any, role the delivery of health services within Ontario Communities plays in heart disease deaths.

This investigation was prompted by the Foundation's announcement last February that 13 Ontario communities have disturbingly high heart disease death rates,with Kent County topping the list.

"This will be the first time that the issue of regional variations in death rate, and the possible links to health services will be looked at, on a community-by-community basis," explains Dr. Monica Caverson, the Foundation's Vice President of Research. "This particular research will be produced as Ontario's first Cardiac Atlas. It will examine everything from emergency and acute care, to access to specialists, diagnostic technologies and surgical procedures across every Ontario census division. The intent is too see whether significant differences exist between the so-called "hot spots" compared to census divisions that are not experiencing excess heart disease death rates."

Dr. Caverson further explains that other critical environmental factors will be the focus of additional research to be conducted within identified heart disease hot spots.

Overall, the Foundation's commitment for this entire research project is $600,000, over three years. While the research project's intent is to clearly understand why excess death rates exist within the 13 hot spot communities, the research findings will be of benefit to every Ontario community. According to the Foundation, the research will provide the most detailed picture of health services as they relate to heart disease ever. For more information, call Elissa Freeman at(416) 489-7111 Ext. 423 or Susan David at (613) 938-8933.

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Two men experience heart attacks

Record Staff

CHESTERVILLE—Two neighbours are sitting in a basement rec room, talking about the things they miss.

Terry Buske says he used to practically live outdoors, enjoying hockey and other activities. Bill Harper loved fastball, playing several times a week, and enjoyed tennis as well.

Heart attacks have meant dramatic lifestyle changes for the two men, and have limited the types of activities they can enjoy. But at the same time, they both recognize the second chance that medical procedures, and miracle drugs have given them, and focus on the things they' and their families can still enjoy.

Buske, 56, is a retired schoolteacher. His health was fine until 1989, when he had a heart attack while playing hockey. He was given a heart drug, and told he would be fine. But he had another, more serious heart attack on his first shift the next time he played. That time, he was given a "miracle drug" that softened the linings of his arteries to let more blood through. But it's a one shot deal—the drug can't be used on the same person twice. Buske had two more heart attacks in 1995, one of them while taking out the garbage.

"It's scary," he says of the changes he has undergone. "With the miracle drug, my arteries are weak, unfortunately. But at least it saved my life." Buske explains that it's cold weather he must avoid. Any strenuous activity in cold weather will cause his arteries to contract. "So I'm very careful now."

That means his wife must shovel the driveway, something he says perhaps neighbors don't understand—that it's not because he's lazy. "I hate the winters. They're so long when you can only watch them from the inside," he says.

"I played all the winter sports. It's weird, I did that all my life, then all of a sudden. . ."

But the lifestyle change has meant Terry Buske now does all the cooking in the home, most of it low-fat meals. Eating habits are another part of the lifestyle change, he notes.

When he was teaching, Buske was part of a team that promoted Jump Rope for Heart at Ottawa-area schools. After his own experience with heart problems, he told students his own story, about how research saved his life. "The point really hit home a lot better."

Harper, who will turn 47 next month, is on leave from his job as an auto mechanic. He has had heart problems since he was 27, when he suffered a heart attack while pitching in a fastball tournament in Chesterville. That year, 1978, he went to the Ottawa Heart Institute for what was at the time a new procedure—a triple bypass. It was performed by the renowned Dr. Wilbert Keon.

Harper was fine for 10 years after the surgery, but in 1988, suffered another heart attack. This time, he was given two angioplasty treatments—in which a balloon is inserted into a blocked artery to open it. After another heart attack in 1994, he was treated with angioplasty again, and a metal tube was permanently inserted in an artery to keep it open.

At the time, doctors considered putting Harper on the waiting list for a heart transplant. He spoke with the transplant team, and they decided to see how the tube would work. While he has one artery that is completely blocked, the tube has performed for three years now.

Like his neighbor, Harper talks about the frustration of not being able to do the things he once enjoyed, things he knows he is capable of doing but just can't. "You have to recognize the things you can't do. They could be your next heart attack."

But like Buske, Harper does the cooking in his household. "Thank God we both love chicken," Buske adds, giving a plug to the low-cholesterol meat source.

While both Buske and Harper talk about the things they miss, they also talk about the things they can do–and for both, golf is near the top of the list. It's an enjoyable sport, but it's not strenuous. And it's perfect exercise.

Buske notes, though his perception of the game changed after his heart attacks. He used to enjoy the competitive aspect of the sport, but now it's the beauty of the surroundings and the friendship of a round that he enjoys. "Now it's just for the sheer pleasure." Harper agrees. He laughs, and says his friends don't understand why he doesn't take the game as seriously as he used to.

Buske and Harper both agree they are fortunate to be living in an age when medical technology and research have provided treatments for heart problems. And they agree they are fortunate to be within an hour of the Ottawa Heart Institute, possibly the best of its kind in Canada, and that research into heart disease continues.

"We're lucky to have it so close, that's for sure. They're always working at something. Every time you go there, there's a different type of test," Harper says.

"And that's where the research dollars come in," Buske adds.



Survivors

Bill Harper, left and Terry Buske are relaxing in a basement rec room, discussing the old times before they had heart attacks. The experience meant dramatic changes in their lifestyles.

Info-Law program

CORNWALL—The SDG Legal Clinic is launching a special program to inform the public about rights and responsibilities in various areas of law.

The program, presented by lawyers, called "Info-Law: the 60-minute pathway to useful legal knowledge" will consist of eight sessions, each lasting no longer than 60 minutes, on what is most important about the law. The free sessions will be held beginning Wednesday, February 11, from 7.30 p.m. to 8.30 p.m.

A certificate will be presented to participants who have completed the program.

The schedule and topics to be covered are as follows:

1. Wednesday, February 11: How to protect yourself as a consumer and how to deal with debts and bankruptcy.
2. Wednesday, February 25, 1998: Life's important documents: making a will and giving a power of attorney—what you should know. Plus, what it means to be an executor (power of attorney documents will be available free of charge).
3. Wednesday, March 11: Understanding Criminal law and Provincial Offences.
4. Wednesday, April 8: When help is needed; understanding the new Workers Compensation and social assistance laws, CPP, private disability insurance and no-fault auto insurance.
5. Wednesday, April 22: What you need to know about Family Law.
6. Wednesday, May 13: What you need to know as a landlord or as a tenant about the new Tenant Protection Act.
7. Wednesday, May 27: What you need to know about enforcing your rights and defending yourself in the Small Claims Court
8. Wednesday, June 10: What you need to know about Employment Law as an employee.

As Bernadette Clement, deputy-director of the Legal Clinic points out, "this program will be especially helpful to make things clear and simple as the law gets more and more complex."

Participants may choose from either in English or French session each evening.

So that the Clinic can provide the best possible arrangements everyone interested in the program must register, free of charge, by calling 932-2703 (or 1-800-267-2434) if your call is long distance to Cornwall.

Participants will receive materials free of charge.

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FOR SALE–Automatic washer and dryer: washer - Maytag older model, works well, make an offer; dryer - Whirlpool, 5 years old, deluxe model, great condition, $275. 652-4568 after 5 p.m. 5c

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Beef, chicken, pork, sausages, lamb, jams, preserves, honey, old-fashioned candy and more. **Winter Specials!!!** 10 lbs. lean hamburger - $19; 1/4 lb. hamburger patties - 5 packs (4 each) $9.95. 5-7c

S.D.&G. HIGHLANDERS Glens Association
- Western Saddle
- Saddle Bags & Chaps
- Bridle & Reins

Asking $1200
For more info call
933-4972 or 932-8806
You can view this beautiful Saddle at the Quire Shop located at the Brookdale Mall

Deluxe Octagonal Seed Silo Bird Feeder
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ON SALE FOR $12.50
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IROQUOIS 652-4382

WEEKLY BINGO

BINGO
Monday night bingo every week at Riverside Heights. Doors open at 6:15. Bingo starts at 7:30. Everyone welcome, 18 and over. 13tfc

BINGO
Sponsor: Morrisburg & District Lions Club. Every Wednesday, 7:30 p.m., Morrisburg Civic Centre. 10 games at $20. 5 games at $25. 3 special games, $50. each. Special 50/50 games. Bonanza pays 60%. Winner take all, $300.00 Jackpot, $100. Consolation: 50 numbers. Jackpot given away if 60 or more people participate; 70 people $400.00; 80 people $500.00. Everyone welcome.

BINGO
Sponsored by Morrisburg Legion Branch 48 Ladies Auxiliary every Thursday, 7:30 p.m. in the Legion Hall. Specials $50.00. Jackpot $300. If 60 present Jackpot goes.

BINGO
Friday night at Morrisburg Civic Centre sponsored by Morrisburg Jr. B Lions. 7 games at $20. 8 games at $25. 3 special games, $50. each. Special 50/50 games. Bonanza pays 60 per cent. Winner take all. Jackpot $300.00, Consolation $100. Jackpot starts at 50 numbers. Jackpot will be given away if 60 or more people participate; 70 people $400. 80 people $500. Everyone welcome.

FOR SALE

VEHICLE FOR SALE
No established credit? On a pension? Limited income? Bankrupt or starting a new business? We can help with finance or leasing. You choose the vehicle. Private or dealer sale, and we buy it. Call for details, 613-448-2488. otfc

FOR SALE–Radio Shack Realistic VCR complete with remote, $75. 543-3655. 5c

FOR SALE–Off white (with accent of pink and green) Sklar Peppler couch, easy chair and Queen Anne chair. Recently steam cleaned and scotch guarded. Excellent condition. Call after 4 p.m., 535-2096. 5p

NOTICE

PERSONAL–Seeking birth mother and medical background. I was born Anita Fawcett in the Grace Hospital March 31, 1964. Phone 613-968-9628 or write "Anita" 618 Bridge Street East, Belleville, Ontario K8N 1S3. All replies confidential. 5p

COMING EVENTS

VALENTINE TEA & BAKE SALE
Feb. 7, 11 a.m., Legion Branch 370, Iroquois. All welcome. Sponsored by Ladies Auxiliary. 4-5c

SUNDAY BRUNCH
At the Country Kitchen Restaurant, 9:30 a.m. to 2 p.m., corner of Hwy. 31 and 43, Winchester. Adults $6.95; children $2.95. 774-2417. 8tfc

ALCOHOLICS ANONYMOUS
If you want to drink that's your business. If you want to stop, that's ours. Call AA, 543-3484, 652-1051 or 448-3326. For families of Alcoholics (ALANON) 543-3484 or 774-3337. Meeting every Thursday, 8:30 p.m., Lakeshore United Church. 1tfc

SEAWAY VALLEY PHARMACY AND JASON NATURAL PRODUCTS
Would like to invite you, and bring a friend, to a demonstration and free samples of their fine line of natural creams and lotions. To be held Thurs., Feb. 5, 11 a.m. - 3 p.m. Any questions call S.V.P., 543-2823. 5c

SOUTH DUNDAS SNOWMOBILE CLUB INC.
Next meeting at club house will be February 10, at 8 p.m. 5c

ENJOY MYRTLE BEACH WITH DUNDAS TOURS, IROQUOIS
Book now for this early spring tour, March 26 to April 6, 1998. Tour includes: transportation and accommodation, oceanfront efficiencies, sightseeing excursions, scenic cruise, name shows, sunshine and warmth, and more. $879 Canadian per person (2 in room). Call or visit our office, Carman Road North, Iroquois, 613-652-2005. 4-5c

R.C.L. MORRISBURG BRANCH 48
COMING EVENTS IN THE PUB
OPEN EUCHRE
Sunday, February 8th
Play starts at 1:30 P.M.
•
OPEN CRIBBAGE
Sunday, February 15th
Play starts at 1:30 P.M.
•
Sunday's $2.00 Meat Draw
10 lb. PRIME RIB ROAST

"SNOW DRAGS"
Sponsored by Riverside Snowmobile Club
Sun., February 8th, 1998
Proceeds to C.H.E.O.
Breakfast: 7:00 a.m. - 12:00 Noon at the Club House
Registration: 8:00 a.m. to 10:30 Sharp
Drags at 12:00 Noon
Upper Canada Air Strip
"All Stock Classes Plus Modified"
Tim Horton's will be serving Coffee, Hot Soup, etc. at the track
Beef on a Bun served at the Club House
Music by O.C. Central
EVERYONE WELCOME

COMING EVENTS

9TH SWEET HEART DANCE
Host: Steven Barkley. Sat., Feb. 14, 8 p.m.–1 a.m., Matilda Hall, Dixon's Corners. Music: "Hi & Dri" and "Border Town". Special guests: Ron and Jamie McMunn. $7 person. Midnight lunch. Proceeds to CHEO. 5-6p

MOUNTAIN TRAIL BLAZERS SNOWMOBILE CLUB INC. SWEETHEART RALLY DINNER & DANCE
Sat., Feb. 14, at the Mountain Agricultural Hall, South Mountain, featuring Ambush. Music: 8 p.m.–1 a.m. Tickets: $10 in advance; $12 at the door. Age of Majority. Rally registration: 10 a.m.–12 noon, must return by 5 p.m. Dinner: BBQ pork chops, baked potatoes and all the trimmings. Don't be disappointed–buy your dance tickets in advance. 4-5c

DEATHS

Mohammed, George–Suddenly in Brampton on January 29, 1998, at the age of 25. Dearly beloved husband of Debbie Smith. Loving son of Mr. and Mrs. Sheik Mohammed of Trinidad. Son-in-law of Orvill and Carol Smyth of Iroquois. Brother-in-law of Tom Smyth of Iroquois. He will be sadly missed by his sister Patsy and her family of Mississauga, and his sister Sherene and her family of Trinidad. Dear cousin of Shairoon and her family of Mississauga. He will be sadly missed by his many other friends and relatives. Funeral service was held in Brampton. He will be laid to rest in his homeland of Trinidad. 5p

Levere, Clarence–Suddenly at home on Tuesday, February 3, 1998, Clarence Levere of Morrisburg, in his 81st year. Loving husband of Verl Levere (nee Byrd). Dear father of Carole Warren of Morrisburg, Joan (Lawrence) Larocque of RR#1, Morrisburg, Doug (Bev) of Orleans, and Roger of Toronto. Dear brother of Ruby Vancamp of Cardinal, Gordon of Smiths Falls, Vera Folkard of Kemptville, Verna Levere of Cornwall, and Jim (Edna) of RR#1 Iroquois. Sadly missed by grandchildren Cindy (Jim) Bennis, Leisa (Ernie) Beckstead, Todd Larocque (Tracey Daisley), Melanie Warren (Brad Tinkler), Jo-Anne (Wayne) Minish, Devin Levere, Sara Warren, Dustin Levere, and a great-grandson Marc Beckstead. Predeceased by an infant son Reginald. Also survived by nieces and nephews. Friends may call at the Marsden & McLaughlin Funeral Home, Williamsburg, on Wednesday from 2–4 and 7–9 p.m. Orange Lodge service on Wednesday at 9 p.m. Funeral service will be held at Lakeshore Drive United Church, Morrisburg, on Thursday, February 5th at 11 a.m. Donations to the Lakeshore Drive United Church would be gratefully acknowledged by the family. 5c

IN MEMORIAM

STRADER–John Hartley Strader, February 10, 1997.
To one we will never forget,
His absence to us is a sorrow,
His loss we will always regret.
–Sisters and brothers 5p

WORK WANTED

WORK WANTED–Mother of 2 will provide daycare in her home. Non-smoker. Healthy meals and snacks. References available. 543-4041. 2-5p

HELP WANTED

HELP WANTED–Employees needed, Loyalist Hotel. Apply in person to Robert or Omar, at the hotel. 51tfc

WANTED

SCRAP CARS WANTED
Phone 1-613-534-2096 days 9-5, 1-613-534-2626 evenings. Will pick up. 45tfc

WANTED TO BUY–Books in good condition, both hard cover and soft cover. After 7 p.m., 448-3787. 38tfc

WANTED
EVERY WEDNESDAY
HEALTHY HOLSTEIN BULL CALVES
FROM 95-110 LBS.
Calf Station open 12 Noon – 4 p.m.
Location
DELFT BLUE VEAL FARM
LIGHTNING STREET, WILLIAMSBURG
between 12 Noon – 4 p.m.
For information call Walt at 543-2796 after 8 p.m.

CARD OF THANKS

MARK–We would like to thank all the army, firemen, neighbors and friends that helped us get through the ice storm. To Carl for keeping our sump pump pumped out, to Buster for his help in getting us a generator and to Jack for the use of his generator, it was a great help. Thanks to all the great offers of help that we had.
–The Mark family 5p

WHITTEKER–I would like to thank my family, friends, neighbors for all their kindness, for cards, visits, phone calls and flowers while I was a patient in the Winchester Hospital, and since I came home. To Dr. Blakslee, Dr. Domanko and nurses on the 2nd floor, for all their special care, the VON nurses for their daily visits. To Rev. Diane Raddatz, Rev. Bill Kurschinski for their many prayers and visits. Thank you all.
–Evelyn Whitteker

HILL–A very special thank you on behalf of the Hill Family. We, Jack, Jason and Whitney, would like to give a special thank you to Jim and Marilyn for giving us a place to live after our house fire, also The Williamsburg Fire Department for being so efficient in keeping damage to a minimum, and to the families who cared for Jason and Whitney during my stay at the Ottawa General. We would also like to thank all the people, too many to mention, involved in helping us get our house livable again. Thanks to my brother Shaler and sister Lynn for organizing everything, clean up and all. The fire fund set up at the Bank of Montreal was greatly appreciated; we wouldn't know what we'd have done without the generous donations. Always remember, "If you play with fire, you will get burnt!" To all family and friends, many, many thanks. Your concern and generosity will always be remembered.
–The Hill family 5p

FRASER–To the friends who made an eventful evening on Jan. 25, I think a meek thank you does not convey a sufficient response for all the good wishes and happy greetings by a group of cheerful, friendly, socializing people. Your kindly expressions and attendance, will make it a lot easier to meet what come of good or ill, to keep "right on to the end of the road." H. Lauder. A special thanks to the Royal Canadian Legion and the Legion Choir, Jack Cole and Judy Laurin for her help.
–Sincerely, James F. Fraser 5p

DENIHAN–The family of the late Florence Mary Denihan sincerely appreciate and thank everyone for condolences, flowers, cards, phone calls, the many delicious food donations and the ladies who helped at home to set up; the wonderful care during her long illness by Dr. Graham Houze, the many dedicated VONs and Red Cross Homemakers; Fr. Tim Shea for spiritual guidance and the impressive funeral mass and homily, the wonderful choir, the C.W.L. for the candle light guard of honor at the church, and reception in the church hall, and finally, the Bonnie Parker Funeral Home and her staff for the excellent and caring services. We shall always remember these kindnesses.
–Jane and Bo, Jessica and Wayne, Michael and Barbara and families 5c

PRUNNER–I would like to express my sincere thanks to family and friends for the cards, flowers, plants and help during and after my accident. Also a special thank you to the doctor, nurses and staff of Winchester Hospital and also to the ambulance attendants who transported me to the Ottawa Civic. For these acts of kindness I will be forever grateful.
–Hazel Prunner 5p

BORRIS–A special thank you to Mr. & Mrs. Floyd Whitford and Gary, Mr. & Mrs. Baynham-Betty for hot tea, water and delicious meals, and my sons for their very special help during and after the ice storm. Thank you all.
–Hilda Borris 5p

WHITTEKER–The family of the late Dorene Whitteker would like to thank all of our friends, neighbors and relatives during this difficult time. We greatly appreciate all of the donations, food, flowers, cards and other acts of kindness. Special thanks to Dr. Rivington and the W.D.M.H. staff, VON Nancy, Homemaker Marilyn. Also to David Lapier for his help and kindness, Rev. Joachim Probst and Sandra, for a service that touched us all, to active pallbearers and the ladies of the Lutheran Church for the lunch they provided. Dorene would have been deeply touched to know that people thought so much of her.
–The Whitteker, Benoit and McLaren families 5p

CARD OF THANKS

ALKENBRACK–I wish to thank my family for the lovely birthday party and the portrait of me they had painted by Cathy Scrivener. She did such a nice portrait of me. Thanks to the grandchildren who brought me red carnations and the grandchildren who brought me white ones and for the lovely buffet lunch. I had a lovely afternoon on New Year's day, my birthday. I was 85 years old.
–Ida Alkenbrack 5p

FOR RENT

FOR RENT–2 bedroom half double, garage, large yard - room for garden! Natural gas heat. $450 plus heat and hydro. 535-2578. 5-6p

FOR RENT–3 bedroom apt. in Iroquois, $542 month, heat and hot water included. References required. Available March 1. Call after 4 p.m. 652-1023. 5-6p

FOR RENT–2 bedroom apt. in Morrisburg, available March 1st. $350 month plus utilities. 543-3442. 5-6p

FOR RENT–3 bedroom house, Morrisburg, quiet neighborhood, large private yard, recently renovated, $610 month, cable included. 821-0882 or 543-3631. 5-6c

FOR RENT–2 bedroom semi-detached residence, north side of Hwy. No. 2, Dundas-Stormont County line, $360.50 per month plus utilities, available immediately, references required. 543-2924. 44tfc

FOR RENT–2 bedroom duplex, Casselman Road, Morrisburg, quiet dead-end street, gas heat and water, refinished hardwood floors. Available March 1st. $519 month. 535-2263. 2tfc

FOR RENT–3 bedroom duplex, Louden Terrace, Morrisburg, quiet dead-end street, available immediately or at your convenience, $590 month plus cheap utilities. 535-2263. 2tfc

FOR RENT–Spacious, new, 2 bedroom duplex on Louden, Morrisburg. Gas heat and hot water. Available now. Phone 543-2897. 50tfc

FOR RENT–600 sq. ft. commercial space beside Beckers, Morrisburg, $475 month includes utilities. Available immediately. For information phone 925-4270. 1tfc

FOR RENT–2 bedroom townhouse, 25 Casselman Rd., Morrisburg, available April 1, $420 month, yearly lease, references required. please apply to Box 891 HS, Morrisburg, Ontario K0C 1X0. 4-5c

FOR RENT–Large 2 bedroom apartment, one level, private patio, private entrance, etc., $650 month includes all utilities. Phone 543-4235. 4tfc

FOR RENT–Available March 1st, new 2 bedroom duplex, Morrisburg, gas heat. 543-2897. 4tfc

FOR RENT–2 bedroom apt. in secure building on Villa Drive, Williamsburg. Call days 652-4802, evenings 652-2319. 1tfc

FOR RENT–2 bedroom house in Morrisburg. Heated garage. References required. 535-2265. 5p

FOR RENT–1 bedroom apt., $425 per month includes heat, hydro, fridge, stove and parking. Available immediately. 543-3353 or 543-3930. 5tfc

FOR RENT–One new 2 bedroom semi-detached home. 543-3655. 5c

FOR RENT

FOR RENT–Large 2 bedroom apt., utilities included. $645 per month. 925-4270. 49tfc

FOR RENT–3 bedroom duplex, Louden St., Morrisburg, gas heat and hot water, recently redecorated, available March 1st. 543-2897. 3tfc

FOR RENT–Efficiency units, all utilities paid, quiet person preferred. Call Randy, 613-543-3008. 3-5p

APTS. FOR RENT–$375 and up, heat and hydro included, laundry facilities and plug-in parking. Call 535-1246, 535-2881 or 535-2208. 3-8c

FOR RENT–3 bedroom apt., Morrisburg. $430 month plus utilities. 652-4694. 49tfc

FOR RENT–Party tent, 20' x 30', yellow and white. Rent for garden parties, family parties, anniversaries, etc. $150 per day or $250 for the weekend. Also 45 gal. barbecue drums for rent. Morrisburg and District Lions Club, call Doug at 543-3991. otfc

FOR RENT–Large 2 bedroom, Riverside Heights, $550 includes utilities. Also a 3 bedroom apt. in Williamsburg, $540 includes utilities. 543-3604. 2tfc

SERVICES

SECRETARY TO GO
Small business and personal income taxes. Reasonable rates. Call Melinda, 543-3783. 5-8p

GENERAL HOUSE CLEANING
Weekly or bi-monthly. Reasonable rates. 543-3888. 5-8p

SNOW REMOVAL
Roofs, decks, etc. Reasonable rates. Phone after 5 p.m., 652-4734. 5p

CATERING SERVICE
Royal Canadian Legion Br. 48 Ladies Auxiliary is available for all catering needs – Weddings, Parties, Anniversaries, etc. Will also cater late night functions. Please call the Branch at 543-3091 for bookings.

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"Shop Local and buy Canadian"

Doctor recommends lifestyle change

By Dr. Graham Jacques
Chair of Stroke and Medical Adviser
Dundas County Chapter, Ontario Heart and Stroke Foundation

"Thank you, Mary. Why don't you get dressed, and I'll be back in a few minutes to discuss the results of your exam?"

Mary hopped off the bench as the doctor left the room and began to dress. Her mind raced, In her mid-forties, she hadn't had an exam for several years.

Several friends had developed medical problems recently, prompting her to book this exam. There were so many questions she had!

Soon after she was dressed, the doctor reappeared, and they both sat down. "Now Mary, I can't find any major physical problems."

Mary sighed with relief. The doctor went on, "There are, however, some lifestyle issues I'd like to discuss with you. You are mildly overweight, and your cholesterol is a little bit higher than perhaps it might be. There is also a family history of heart problems in that your father died in his mid-sixties from a heart attack. Fortunately, your blood pressure seems to be quite normal, and there does not seem to be any evidence of diabetes either."

"I suppose that means I have to go on a diet—I've done that before, and the weight sometimes comes off, but always seems to come back on again—twice as fast!" Mary smiled wryly.

"Certainly diet is important, but perhaps you might think of eating a healthier diet, as a permanent change, rather than being on a diet just to lose weight. This is what I mean by a lifestyle change. Also, do you get much exercise?"

"Well, doctor, as you know, I work at the nursing home as an aide. It's very heavy work, the shifts are long, and I'm usually too exhausted to do much when I get home. Too, with the cutbacks it seems we're expected to do twice as much in half the time."

"I know, Mary, I know." The doctor shook his head ruefully. "But you know, a brisk walk is as much for your mental health as it is for your physical health. Just start with a half-hour walk in the evening after supper. You may be surprised at how good you can feel after—and you'll probably sleep better, too!"

"I'll give it a try." There was a note of scepticism in her voice. "But what about my diet—I hate going on diets! Although I must admit, we've started eating less fat and more fruits and veggies lately."

"That is certainly a good start, Mary and in fact your diet may be modified less than you think—when you leave, my nurse will give you some information on a reduced fat diet. I've heard, too, that you're a good cook, and I'll give you a list of cook books from the Heart and Stroke Foundation of Ontario. Most of the recipes are low-fat, and I can tell you from personal experience that they are quite tasty! Your husband, Jim, probably won't even know that he's eating low fat!"

Jim's battle with his waistline was of ongoing concern to both Mary and the doctor, who secretly felt that the key to Jim's weight reduction lay in educating the cook of the family.

"Also, I'm going to give you some information on hormone replacement therapy. At the present, you're still having normal periods, and you don't seem to have any symptoms of hormonal deficiency. Hopefully you won't get any, but you are coming into that time of life called the perimenopause, and forewarned is forearmed. There is a lot of misinformation about hormones. This should give you a better handle on what's happening. When you go by the front desk ask the receptionist to book you for fasting blood work in six months, and then to see me about a week later. If your cholesterols are improving, then we stay the course, but if not, then we may have to make you an appointment to see a dietitian. We can also discuss any questions about hormones at that time, too. Are there any further questions today?"

"No, I don't think so, doctor."

"Good. Your Pap smear will be back in about a week, and if there are any problems with it, I will be in touch with you. Otherwise you can assume it's all normal. Thanks for coming in, Mary, and if all goes well I will see you in about six months."

The Parks of the St. Lawrence, an agency of the Ministry of Economic Development, Trade and Tourism, manages recreational areas from Kingston to near the Quebec border. This tourism driven organization encompasses the internationally acclaimed Upper Canada Village and Fort Henry, 12 campgrounds and day-use area parks, Crysler Park Marina, Upper Canada Golf Course, Upper Canada Migratory Bird Sanctuary, Long Sault Parkway, 1000 Islands Parkway, St. Lawrence Bikeway and a variety of dining and shopping experiences.

The Commission is currently recruiting for summer students to fill the following positions:

POSITION	COMPETITION NO.
Clerical Assistant	SLPC-ADM 1/98 (6)
Assistant Network Support Technician	SLPC-FPA 1/98 (6)
Buildings Maintenance Worker	SLPC-LMETS 1/98 (6)
Grounds Maintenance Worker	SLPC-LMETS 2/98 (6)
Admissions/Sales/ Customer Service Representative (Parks)	SLPC-P&R 1/98 (6)
Admissions/Visitor Service Attendant (Parks)	SLPC-P&R 2/98 (6)
Environmental Programmer	SLPC-P&R 3/98 (6)
Greensworker	SLPC-P&R 4/98 (6)
Marina Worker	SLPC-P&R 5/98 (6)
Park Worker	SLPC-P&R 6/98 (6)
Recreational Programmer	SLPC-P&R 7/98 (6)
Special Events Officer	SLPC-P&R 8/98 (6)
Admissions/Sales/Customer Service Representative	SLPC-UCV 1/98 (6)
Cleaner	SLPC-UCV 2/98 (6)
Historical Interpreter	SLPC-UCV 3/98 (6)
Merchandiser/Cashier	SLPC-UCV 4/98 (6)
Tourist/Travel Counsellor	SLPC-UCV 5/98 (6)
Time Travellers Camp Counsellor	SLPC-UCV 6/98 (6)
Children's Activity Centre Facilitator	SLPC-UCV 7/98 (6)
FORT HENRY POSITION	
Military Interpreter	SLPC-FH-1/98 (6s)
Military Musician	SLPC-FH-2/98 (6s)
Manual Worker	SLPC-FH-3/98 (6s)
Information Services and Sales Representative/ Admission Sales and Service Representative	SLPC-FH-4/98 (6s)
Retail Sales Representative	SLPC-FH-5/98 (6s)
Revenue/Administrative Support Clerk/Typist	SLPC-FH-6/98 (6s)

*For further information on these opportunities, please see our **1998 STUDENT RECRUITMENT INFORMATION PACKAGE** available at your local **Employment Centre**, or **College/University Student Placement Centre**. Resumes/applications should be forwarded by **February 28, 1998** for positions at Fort Henry and by **March 13, 1998** for all other job opportunities (indicating the appropriate competition number) to The St. Lawrence Parks Commission, Human Resources Division, R.R. No. 1, Morrisburg, Ontario, K0C 1X0.*

We thank all candidates for applying, but only those selected for an interview will be contacted.

The Parks of the St. Lawrence is an equal opportunity employer.

THE ST. LAWRENCE PARKS COMMISSION AN AGENCY OF THE GOVERNMENT OF ONTARIO — Parks of the St. Lawrence

The Parks of the St. Lawrence, an agency of the Ministry of Economic Development, Trade and Tourism, manages recreational areas from Kingston to near the Quebec border. This tourism driven organization encompasses the internationally acclaimed Upper Canada Village and Fort Henry, 12 campgrounds and day-use area parks, Crysler Park Marina, Upper Canada Golf Course, Upper Canada Migratory Bird Sanctuary, Long Sault Parkway, 1000 Islands Parkway, St. Lawrence Bikeway and a variety of dining and shopping experiences.

CUSTOMER SERVICE AGENT *(BILINGUAL)*
MARKETING AND COMMUNICATIONS
Travel Counsellor 2 - $17.02 to $18.65 per hour
(Where candidates lack the full qualifications, an appointment may be made at a lower classification and salary level.)
Seasonal - March to September *(may be subject to change)*
Variable - minimum 14 hrs/week to a maximum of 36 hours/week
file no. SLPC-M&C 1/98(5)

LOCATION: Administration Building (11 km east of Morrisburg)

JOB DESCRIPTION: Acts as an ambassador of The St. Lawrence Parks Commission in attracting visitors, promoting and upselling the Parks of the St. Lawrence destination areas and facilities; facilitates reservations via a computerized telephone information system; supports and monitors all promotional initiatives and selling opportunities; provides tourist information in both official languages in Eastern Ontario during the operational period, on weekends and after business hours; assists in achieving targeted revenues for the season and compiles statistical reports.

QUALIFICATIONS: Demonstrated experience in marketing tourism facilities with the ability to execute direct sales strategy with potential visitors to maximize length of stay and product purchases; extensive experience in customer sales, services and telemarketing; good knowledge of the Parks of the St. Lawrence's tourist attractions, events, campgrounds and accommodations; ability to cooperate as a key member of the Marketing and Communications team and provide exceptional internal customer service to team members and other SLPC staff; ability to work independently in a small working group, meet deadlines, prioritize and fulfil internal and external customer requests expediently and professionally; superior writing, communications and presentations skills *(English and French)*; good organizational and time management skills while exercising a high standard of accuracy and efficiency; ability to work with database, word processing, and spreadsheet applications and use E-mail.

*In your application/résumé, please indicate specifically how your experience, skills and knowledge relate to the duties and qualifications stated above. Applications/ résumés quoting **file no. SLPC-M&C 1/98(5)** must be received by no later than **Tuesday, February 17, 1998** at **4:30 p.m. SEND TO:** Human Resources Division, The St. Lawrence Parks Commission, R.R. No. 1, Morrisburg, Ontario, K0C 1X0.*

We thank all candidates for applying, but only those selected for an interview will be contacted.

PHYSICAL DEMANDS ANALYSIS AVAILABLE UPON REQUEST.

The Parks of the St. Lawrence is an equal opportunity employer.

THE ST. LAWRENCE PARKS COMMISSION AN AGENCY OF THE GOVERNMENT OF ONTARIO — Parks of the St. Lawrence

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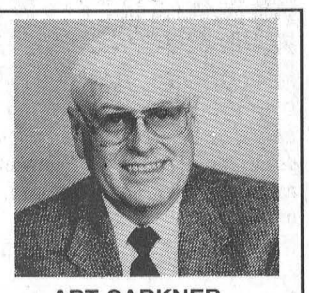

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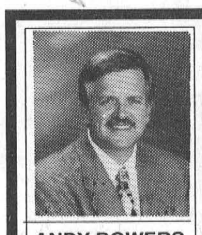

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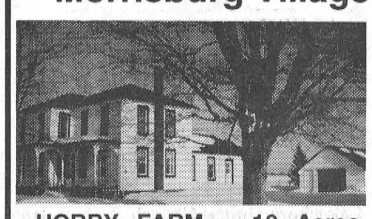
Immaculate condition! Meticulous renovations and careful maintenance have enhanced this mobile home. The ceiling fans, appliances, the old fashioned oak screen door are added features. $29,900.



Just move in and enjoy! Gently curving oak staircase leads to four spacious bedrooms. The practical layout of this home is perfect for a growing, active family. $139,900 incredible value.

543-2222 1-800-472-6512 Toll Free
e-mail: bowers@mor-net.on.ca

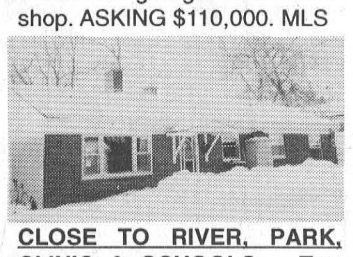
THOM REALTY LIMITED REALTOR
Morrisburg Village Plaza 543-3598



HOBBY FARM – 10 Acres plus four bedroom home with main floor family room plus den, kitchen/dining area with entrance to sunroom, two 4 pc. baths. Barn with 9 horse stalls. Detached garage and workshop. ASKING $110,000. MLS



SPACIOUS TWO BEDROOM BUNGALOW – Kitchen plus breakfast nook. Dining room. 4 pc. bath with laundry area. Basement recreation room/-bedroom. Central location and well maintained. ASKING $89,000. MLS



CLOSE TO RIVER, PARK, CLINIC & SCHOOLS – Two bedroom bungalow. Open concept living/dining/kitchen area with fireplace at centre. Main floor laundry. ASKING $87,500. MLS



NEW PRICE – Three bedroom home on paved road in Elma. Living room, dining room, eat-in kitchen plus summer kitchen and den. Tin ceiling in dining room. ASKING $59,900. MLS

Karen W. Gorrell – Broker/Owner – **Res: 543-3195**
John H. Miller – Sales Representative – **Res: 543-3195**
Charles (Chuck) Barkley – Sales Representative – **Res: 448-3660**

gloria FOOT REAL ESTATE BROKER

NEW LISTING – Value Priced at $102,500. 72 Fifth St. West. All brick, 1300 sq. ft. Bungalow. Paved drive, large private back yard.

NEW PRICE – $89,900. 13 Augusta St. Beautifully renovated and well kept 2 storey. Detached garage.

"24 HOUR SERVICE - 7 DAYS a WEEK at 543-3398"
EAST END PROMENADE, MORRISBURG, 543-3398
Sales Representatives
Gloria Foot 543-3364 Art Carkner 543-3300
Dick Gaiser 543-3589

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Anne Allen | Helen Kennedy | Patrick O'Brien | E.A. Oldford | Robert Peddle | Bob Volks

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**Certain terms and conditions apply.*

Albert Gale Real Estate Ltd.
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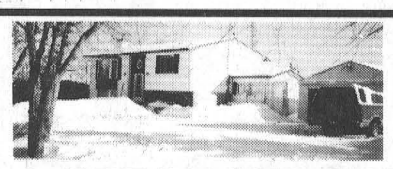


$112,500, 2-acre finished basement, new kitchen. **Bob Volks, 774-5040.**

MAKE A FRESH START IN '98



$124,900. Wow! Beautiful bungalow, 2-car garage. **E.A. Oldford, 774-3497.**



49 acres with cosy home and good barn, **$114,000. Patrick O'Brien, 448-9060.**



$79,900, 3 bedrooms, hardwood floor, rec room, large lot. **Rob Peddle, 989-1919.**

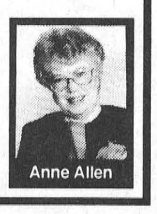


$89,900, all brick and renovated, 1-acre lot and more. **Helen Kennedy, 448-3528.**

PICK OF THE WEEK



$99,900, 4 bedrooms main-floor family and laundry rooms, kitchen to die for! **Anne Allen, 535-2578.**



Anne Allen

JOHN A. ALLISON REAL ESTATE BROKER
Morrisburg Village Plaza 543-3717



CLOSE TO EVERYTHING! Upgraded 3 bedroom older home, with enclosed sunporch, detached garage, set on lovely lot, convenient to all Morrisburg amenities, including waterfront park, etc. Great starter. $75,000. (5746)



LOVELY HOME, GOOD WEST END MORRISBURG SETTING. Quality built raised bungalow, 2+1 bedrooms. Oak finished kitchen. Basement mostly finished. Attached garage. Gas heat. Built 1993. $116,900. (5738)



MARIATOWN – Older three bedroom frame dwelling, on large lot site. Garage/workshop; storage shed. Lot offers many possibilities. $65,000. (5734)



COZY ISLAND CUTIE – two bedroom bungalow, Ault Island, well maintained and nicely decorated. Great retirement or get-away property. Winterized. Large lot. $84,900. (5730)

QUAINT OLDER HOME, lovely lot, quiet neighbourhood, close to Municipal Dock, Park, and all Morrisburg conveniences. Newer detached garage. Check it out! $54,500. (5696)

UNIQUE HOME, QUIET SETTING, between Morrisburg and Iroquois. Custom Log Home, set on approx. 33 acres. Five+ bedrooms, large open living area. Many unusual and appealing features. $229,000. (5682)

Sales Representatives:
John A. Allison 652-1551
Dale Beckstead . 652-4396 Carol Richer 543-3556

Results from Ingleside Bowling Lanes

Wednesday Ladies
Linda Brunet 234 HS, Anne Harriman 585 HT, +57, Vera Burke 196 HA; bowler of the month Linda Cunningham +121, Cindy Robertson 1017 scratch; standings, Thyme 10, Basil 8, Rosemary 7, Garlic 6, Parsley 6, Savory 5.

Seniors
Lyle Forsyth 194 HS, 527 HT, Keith Harris 187 HA; Maxine Rutley 196 HS, Teresa Hunt 475 HT, Dorothy Barlow 174 HA; standings, Aces 246, Alley Cats 234, Crab Apples 234, Goofers 230, Turkeys 230, Retreads 227, Beavers 225, Pullets 219.

Thursday Seniors
Keith Harris 215 HS, 541 HT, 188 HA; Joanne Nicolaassen 188 HS, June Schlegel 418 HT, Betty Thompson 179 HA; standings, Slow Pokes 220, Golden Girls 206, Wild Turkeys 198, Pin Busters 177, Misfits 171, YoYos 170.

Rockets
Kevin James 282 HS, 688 HT, Garry Brownlee 232 HA; Helen Zeron 236 HS, 658 HT, Sue Fetterly 198 HA; standings, Tiggers 102, Goofy 86, Binky The Brain 80, Marvin the Martian 80, Annamaniacs 77, Taz Devils 76, Pooh Bear 56, Yogi Bear 54.

Beavers Dental
Calvin Beaudette 283 HS, 773 HT, 235 HA; Gail Myers 188 HS, Joan Garlough 499 HT, Brenda Pringle 184 HA; standings, Diane's Duds 49, Brian's Brutes 49, Freddy's Fiends 39, Jamie's Jinglers 35.

YBC Results
Thursday
Peewee: Cali Anne Baker 133 HS, 242 HD, 107 HA, Jazzy St. Denis +32; Justin Dorey 102 HS, 88 HA, Benjamin Fisher 153 HD, +7. Bantam: Farran Baker 129 HS, 380 HT, 128 HA, Brittany Dillabough +67; Cody Looyen 163 HS, 125 HA, Chris Brassard 422 HT, +80; Junior and Seniors: Karen Jones 168 HS, 457 HT, 123 HA; Kelscy Schmitz +96; Tommy Lewis 270 HS, +147 (+100 in one game); Shawn Jones 640 HT, 192 HA; standings, Foulups 280, Jack Pots 270, Mighty Ducks 234, 5 Muskateers 231, Fabulous Five 229, Canadiens 225, Team YBC 220, Road Runners 190.

Saturday, 11 a.m.
Smurf: Robbie Meyers 90 HS, 170 HD, +62; Vincenzo Petralia 62 hA; Kimberly Locke 84 HS, Alyssa Lalonde 142 HD, 66 HA, +17; Peewee: Brian Theoret 110 HS, 182 HD, Mathieu Page 88 HA, AJ Blodgett +33; Emma Vaughan 110 HS, 211 HD, +71, Miranda Loos 89 HA; Bantam: Byron Loos 159 HS, 379 HT, +43; Justin Dixon 126 HA; Erin Baker 127 HS, Melanie Burgess 322 HT, Natasha Page 116 HA, Jenna McRae +61; Junior: Guillaume Roberts 151 HS, 381 HT, +123; Chris Getz 128 HA; Shayla Loos 141 HS, 400 HT, 138 HA; standings, Monkeys 321, Panthers 305, Champs 287, Cougars 277, Jitterbugs 265, Tigers 264, UFOs 256, Nike Air 193.

Saturday 2 p.m.
Bantam: Billy Lalonde 136 HS, 254 HT, Nathan Adams 90; Natasha Schipilow 120 HS, 313 HT, 90 HA; Junior: Ryan Cavers 234 HS, 536 HT, 169 HA; Deborah Locke 246 HS, 545 HT, 153 HA.; Senior: Shane Peever 240 HS, 697 HT, 208 HA; Laura Donnelly 255 HS, Lisa Currier 634 HT, 204 HA; standings, Funky Monkeys 249, Mop Heads 232, Clumsies 232, Gutterball Anonymous 187, Avalanche 186, Transmission 175, Falcons 98, Jokers 83.

Atom Cs lose 5-2

SPENCERVILLE—The Morrisburg Atom C Lions were in Spencerville Saturday where they lost a 5-2 battle with the South Grenville II team in Upper Canada Minor Hockey League action.

Both Morrisburg goals were unassisted markers in the first period, as number nine and number seven did the damage, (numbers weren't marked on the score sheet).

Anthony Knapman and Richard Adlington were the Morrisburg net minders.



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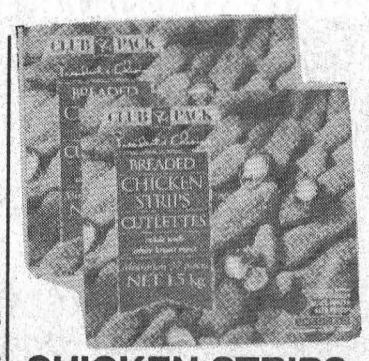
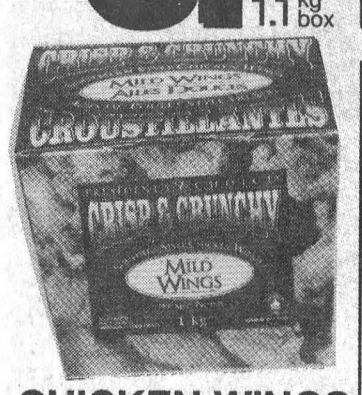
VEAL CUTLETTES
GOURMET BREADED
President's Choice® frozen 10 portions
SAVE $1.00 off regular price
8.99 1.1 kg box

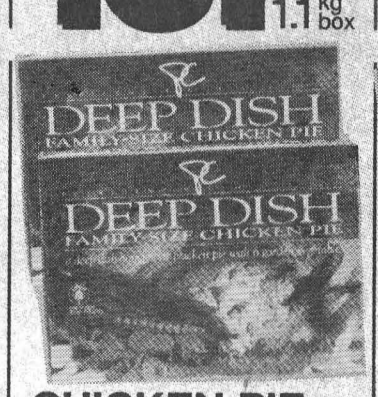

CHICKEN BREAST
boneless skinless
cajun or honey & lemon frozen President's Choice®
SAVE $1.00 off regular price
13.99 1.1 kg box

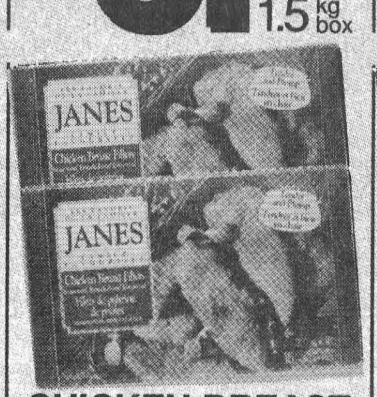

CHICKEN STRIPS
or NUGGETS
100% white breast meat breaded frozen President's Choice® Club Pack®
SAVE $2.00 off regular price
9.99 1.5 kg box


3-BEAN BEEF CHILI
PRESIDENT'S CHOICE®
frozen
SAVE $1.00 off regular price
4.99 1 kg box

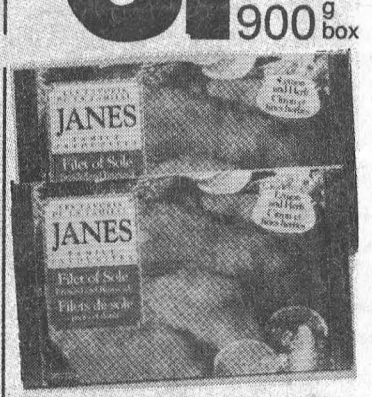

SHEPHERD'S PIE
PRESIDENT'S CHOICE®
frozen made with seasoned ground beef, PC peaches & cream corn and a creamy topping of mashed potatoes
SAVE $1.00 off regular price
5.99 900 g box


CHICKEN WINGS
CRISP & CRUNCHY
Southern style mild or spicy seasoned in a crisp golden breading frozen President's Choice®
SAVE $1.00 off regular price
8.99 1 kg box


CHICKEN PIE
DEEP DISH
or Sirloin Steak frozen family size President's Choice®
SAVE $1.00 off regular price
5.99 900 g box


CHICKEN BREAST
FILLETS
regular or garlic and pepper Janes frozen
SAVE $2.00 off regular price
9.99 907 g box


CHICKEN STRIPS
PUB STYLE
Janes frozen
SAVE $2.00 off regular price
7.99 907 g box


FILET OF SOLE
or GENUINE SCOTTISH HADDOCK
Janes frozen
SAVE $3.00 off regular price
9.99 907 g box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selected varieties
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515 g pkg. 1.49


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HEALTHY GOURMET
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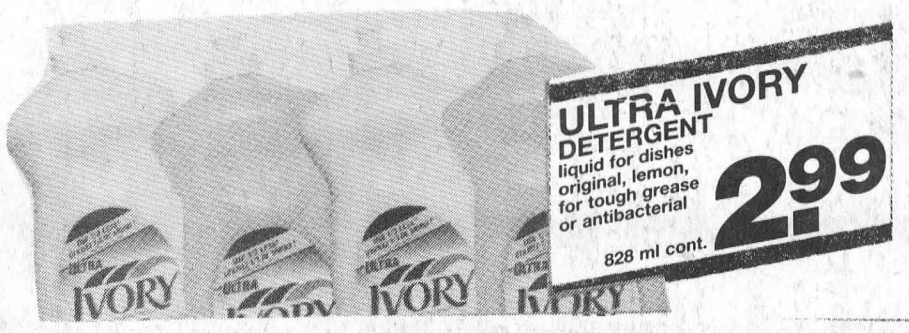
ULTRA IVORY
DETERGENT
liquid for dishes
original, lemon, for tough grease or antibacterial
828 ml cont. 2.99


TOMATO JUICE
HEINZ
48 oz. tin 1.29