Compliments Sliced
Peameal Bacon
$1.49 500 g pkg.

Schneiders
Bacon
2/$5.00 500 g

While quantities last • No rainchecks
ANDY'S FOODLAND
Your Hometown Advantage
Mon.-Fri. 8 am-9 pm; Sat.-Sun. 8 am-8 pm
MAIN STREET, WINCHESTER
613-774-2125

WINCHESTER
PRESS

WEDNESDAY, FEBRUARY 4, 2009 VOL. 120 NO. 47 ~ WINCHESTER, ONT. ~ $1 gst included

RRSP
4.50%
5 Years
Evening appointments available
Rates subject to change.
Minimums apply
'OVER 25 YEARS SERVING THE AREA'
BRUCE R. KERR
Insurance & Investments
BK BRUCE R. KERR INSURANCE AND INVESTMENTS
456 Main St. East
Winchester
613-774-2456
1-866-697-2456
www.brucekerrinsinv.com



Hall of famers

The 2008-09 North Dundas Atom "B" Demons were introduced individually prior to the opening faceoff between the Winchester Jr. "B" Hawks and Casselman Vikings on Friday (Jan. 30) night. The Demons, whose team photo is on display in the Hockey Hall of Fame in Toronto, showed off their International Silver Stick championship banner and posed for this photo with the Jr. "B" Hawks. Members of the International Silver Stick champions are (not in order): Jakob Downey, Brett Lannin, Owen Guy, Zach Poirier, Dillon Clemen, Cory Ross, Evan Durant, Tyson Sherrer, Logan Holmes, Spencer Kelly, Brayden Cochrane, Kyle Ross, Mackenzie Johnston, Tom Mellean - coach, Darrin Kelly - assistant coach, Jeff Johnston - assistant coach, Brian Downey assistant coach, and Dave Lannin - manager.

Press Photo — Van Bridger

Consultant to review hospital's operating budgets

WINCHESTER — The Winchester District Memorial Hospital will be under review within the next month.

The Eastern Champlain review will examine the current distribution of services by the eastern hospitals from a geographic rather than individual hospital perspective to better meet the needs of the population.

"The chief executive officers of the eastern hospitals, including Hawkesbury and District General Hospital, Glengarry Memorial Hospital, Cornwall Hospital, St. Joseph's Continuing Care Centre, Winchester District Memorial Hospital, and the Ottawa Hospital will work closely with the LHIN on this important initiative," said Dr. Rob Cushman, CEO of the Champlain Local Health Integration Network. "We are all committed to building a Clinical Services Distribution Plan for the Eastern Region."

The LHIN also announced details regarding WDMH's financial validation process, part of its hospital accountability agreement. The agreement covers the time period which began April 1, 2008 and ends March 31, 2010.

The review will examine operating budgets (staff, supplies, drugs, etcetera) for the last number of years. It doesn't include a review of the capital expansion project, as the Ontario Ministry of Health as well as community funds for the project aren't used for operating costs and are handled by the WDMH Foundation.

Randy Reid is the consultant who will review the validity of the hospital's financial position. Reid is the former chief financial officer of the Children's Hospital of Eastern Ontario and has already started meetings with hospital officials.

"The review is a necessary step before any discussion about changes in services at WDMH takes place," said Winchester hospital board chair Peter Sorby. "That discussion is part of the much larger picture for the Eastern Champlain hospitals."

WDMH CEO Trudy Reid said she is very optimistic.

"We have planned for a local solution and we are well positioned as a partner and participant in planning a comprehensive solution for the broader system," she said. "It is in our best interest to make sure that our communities receive the care and service required at all levels of the system."

•continued on page 2

WINCHESTER
Home hardware
613-774-2700
Country Treasures
Mon.-Thurs. 8 am-7 pm; Fri. 8 am-8 pm;
Sat. 8 am-6 pm; Sun. 9 am-5 pm
HWY. 31 AT HWY. 43,
SOUTH OF
WINCHESTER

Decorating to Renovating
Home Owners helping homeowners
From kitchen cupboards to bathroom vanities and countertops, we offer a complete range of both hardware store and building products.
RBC Royal Bank
Affordable home improvement financing
Exclusively at participating Home Installs Dealers - Call for details



Home Installs
Installation Services
Contact
Susan Robillard
our Home Projects
Co-ordinator

Snowarama raises $2,600 for Easter Seals





This year's Snowarama for Easter Seal Kids raised close to $2,600 on Sat., Jan 31. Some 20 members of the Girls on Snow Snowmobile Club made about a 103-kilometre trail trek after collecting pledges for their ride. The day also included a community breakfast at the Riverside Heights Recreation Centre. Before hitting the trail, a few club members posed for a photo. Pictured are: Easter Seal Ambassador Cody Shaver (front, left) Heather Cooke Erwin, Jackie McMillan, Elaine Whitteker, Ian McLaughlin (back, left), Valerie Aleck, Marie Puddy, Debbie Strader, and Jean MacDougall. Photos — Barbour

Hop on the magic bus

Man charged after hash brownie impairs driver

IROQUOIS — A 27-year-old man was charged with "administering a noxious thing with intent to annoy" when a Greyhound bus driver fell ill while driving on Fri., Jan. 30.

The OPP responded to a report of a bus driver in need of medical attention on Dundas Street in Iroquois around 6 pm.

The driver had eaten a brownie that made him feel ill — investigators believe the brownie was laced with marijuana or hash.

Paramedics assessed the driver and a second driver was called in to drive passengers to their destination (many on board were heading to ski at Mt. Tremblant).

Police charged the passenger who offered the treat, a Whitby man, with possession of a controlled substance and administering a noxious thing with intent to annoy. The accused, whose name hasn't been released, is scheduled to appear in Morrisburg court on March 3.

Const. G. Duclos is investigating the incident.

Police Blotter

Break and enters

IROQUOIS — Sometime between 12:30 and 2:30 pm on Jan. 29, unknown suspect(s) entered a Shannette Road residence and removed electronic equipment and an amount of cash. SD&G OPP officers responded to the break-and-enter report at about 3:30 pm. Const. G. Duclos is investigating. The same day at about 4 pm, officers responded to a report of a break and enter on Elizabeth Drive in Iroquois. Sometime during the day, unknown suspect(s) entered a residence and removed a small amount of cash and loose change. Const. B. Mroz is investigating.

Assault and mischief

WILLIAMSBURG — A woman and her 43-year-old boyfriend were involved in a verbal altercation that resulted in the male allegedly assaulting the female at an Oak Valley Road residence on Jan. 28 at about 7:30 pm. The accused was arrested and faces charges of assault and mischief and is scheduled to appear in Cornwall court on March 3. Const. J. Pergunas is investigating.

Assault

MOREWOOD — A woman and her 29-year-old boyfriend were involved in a verbal altercation that resulted in the male allegedly assaulting the female. The domestic situation took place at a residence on Dagenais Road on Jan. 21. The accused was arrested and faces a charge of assault. He was held in custody pending an appearance in Cornwall court. Const. A. Burtch is investigating.

Equipment, jewellery stolen

IROQUOIS — Sometime between 1 and 4:30 pm on Jan. 27, unknown suspect(s) entered a residence on Beach Avenue in Iroquois and removed electronic equipment, jewellery, and an undisclosed amount of cash. Const. A. Gagnon is investigating.

Drunk and disorderly

MOUNTAIN — A woman and her 53-year-old husband were involved in a verbal altercation that resulted in the female leaving the residence in her vehicle. Once on the road, the male attempted to stop her with his vehicle by driving up beside her and eventually cutting her off. The female managed to leave the area and the male returned to his residence. Police responded to the Shaw Road incident at about 9 pm on Jan. 31. The man was arrested and faces charges of: impaired driving, driving with a blood-alcohol level over the legal limit, and dangerous operation of a motor vehicle. He is scheduled to appear in Cornwall court on March 3. Const. A. Burtch is investigating.

Inquest into local construction death to begin next week

MORRISBURG — The inquest into the death of Larry Winters will begin at 9 am on Wed., Feb. 11 at the Morrisburg courthouse and is expected to last two days.

Winters, 48, died Aug. 18, 2005, from injuries sustained in a construction accident along Main Street in Winchester. Under the Coroners Act, an inquest is mandatory when a worker dies as a result of an accident occurring at a construction project.

Dr. Roger Skinner, regional supervising coroner for the East Region, announced the new date for the inquest on Jan. 16. The proceedings had previously been postponed.

The inquest will review the events surrounding Winters' death. The jury may make recommendations aimed at preventing deaths in similar circumstances.

Dr. Barbara Mainville will preside as inquest coroner and Murray MacDonald will be counsel to the coroner.

WDMH

• *continued from page 1*

Reid said the review will not affect the planned March 1 move into the new acute care wing of the hospital. As well, the hospital will continue to pursue plans for long-term care with the support of the Champlain LHIN.

WDMH currently serves about 90,000 people.

Little ads get
BIG RESULTS
Try the
Winchester Press
classifieds

Come in for a Second Opinion on this year's RSP.



Paul Biddleston, PFP
Financial Advisor

We can help you make the most of what you have.
Call me to arrange a meeting today.

Scotiabank®

South Mountain
PO Box 50
10619 Main St
South Mountain, ON
613-989-3017

® Registered trademark of The Bank of Nova Scotia.

Is the air in your HOME *making your family* SICK?

Asthma, allergies and respiratory illness can be caused by hazardous substances in the air...
Breathe easier with
Canary Air Quality Assurance® monitoring service.
Simple • Easy • Effective • Affordable
When it comes to your family's respiratory health, Canary gives you total peace of mind...



canary

Canadians spend an average of 90% of their time inside and our homes contain many substances that may be hazardous to our health.
Call today and change your life!

RB Heating & Air Conditioning Ltd.
Drop in and see our showroom.
845 Prescott St., Kemptville
613-258-1262
info@rbheating.com http://www.rbheating.com

Council votes green: gives nod to tree-planting program

by Meghan Duncan
Press staff

WINCHESTER — By this time next year, there could be a few more trees in the municipality courtesy of the Resource Stewardship Council of SD&G.

Jim Hendry, the local stewardship co-ordinator, spoke to North Dundas council at its Tues., Jan. 27 meeting to express his interest in working with the township in a tree-planting initiative.

"What I'd like to propose tonight is a partnership," he said.

The stewardship council has been operating in SD&G since 1995. The council works with private landowners, governments, and other organizations to promote sustainable resource management — most notably planting trees.

Since 1994, the stewardship council has been carrying out a formal tree-planting initiative along county roads, but Hendry is now looking for support from the municipality for another enterprise.

Municipal staff would be in charge of identifying the sites, then the stewards would assess the area and pick the most suitable type of tress and secure funding to obtain the trees for planting (through fundraising and national tree-planting programs).

The planting sites must be located on publicly owned land.

According to Hendry, the trees planted will establish natural windbreaks to help prevent soil erosion, enhance wildlife habitat and biodiversity, and also contribute to carbon sequestration. The roadside plantings will also contribute to safe driving conditions by reducing drifting snow, something that Deputy-Mayor Estella Rose pointed out as a major advantage.

"After the last council meeting, we were driving in a complete white-out because the trees are all gone," Rose said.

After trees are planted (with help from local service organizations and community groups, such as Scouts Canada), the Stewardship Council will be responsible for tending to them for three years.

"This is long-term thinking," Hendry said. "It adds to our character, our landscape, and there are environmental benefits as well — but it's also just about beautification."

Hendry pointed out that one of the biggest factors to ensure the program progresses is that municipal employees are aware of the planting sites.

"There's no use planting where we're in the way of the road crews," he explained. "We've learned this over the years ... [having] saplings mowed over after planting," he pointed out.

No trees will be planted within 15 feet of privately owned lands, unless landowners adjacent to identified planting sites are interested in being a part of the program.

"Pipelines, gas lines, and power lines — we won't plant over or under," Hendry pointed out. "And we don't want to work with big plots," he continued, noting that conservation authorities already have programs in place for large lots, and the stewardship council doesn't want to duplicate existing programs.

"I think we could find enough to keep you busy," said Mayor Alvin Runnalls.

Hendry noted that North Dundas is the first municipal council the stewardship council has approached. "This is the first township we've gone to — if it's a good model and it works, we'll look at expanding it," he said.

Council members were in favour of moving forward with the initiative. Hendry will meet with municipal staff prior to May to discuss potential planting sites. However, he said planting would likely not occur until the fall of 2009.

Hendry, a registered forester, is a paid government employee, working under the auspices of the Ministry of Natural Resources. He and four other MNR employees work out of an office in the Raisin Region Conservation Authority headquarters.

"We've got a good track record; we've made this work in the past," he assured council. "We will endeavour to involve the public as much as possible."

Council notes from North Dundas

New library coming soon

WINCHESTER — At the regular meeting of North Dundas council on Tues., Jan. 27, Friends of the South Mountain Library member Nick Zrymiak announced that plans for the new South Mountain library are moving forward.

"We're anticipating that the new facility for South Mountain will go to tender in February, the first shovel will be in the ground by April, with a July completion date," he said.

Be prepared

Councillor Eric Duncan said he'd like the municipality to be prepared for any funding opportunities that come along.

"Perhaps we should sit down, separate from the budget, and pick three infrastructure priorities," he said, noting that if applications for funding are ready to go, the municipality may have a better chance of securing funds from provincial or federal programs.

Township CAO Howard Smith agreed, pointing to the funding the municipality received for the 100 Club Park revitalization project. "We took the plan off the shelf, blew the dust off it, and handed it over," he said. "We were lucky — not lucky, we were ready."

Council members tossed out infrastructure ideas, such as: the Winchester lagoons, the Chesterville water system, and a bypass to allow trucks to enter the Parmalat plant and not use Winchester village roads.

"We need to be prepared and ready," said Mayor Alvin Runnalls. "We need to be shovel-ready and then wait for the funding opportunities."

Duncan noted that Stormont-Dundas-South Glengarry MP Guy Lauzon brought forth a plan for the federal government to provide municipalities with low-interest loans (he speculated a rate of under two per cent), and also noted that the Canada-Ontario Municipal Fund, in which each level of government contributes one-third of funding to large infrastructure projects, is ongoing.

"There are a lot of options out there; we need to be ready," Duncan offered.

Smith will speak with staff and get input on which projects need funding before council makes any decisions on projects with which to move forward.

Libraries closed

All branches of the SD&G Library will be closed until Feb. 10.

The closure, which began Jan. 29, will allow for the changeover to the library's new Polaris system. Staff will receive training on the automated system throughout the closure.

"The new program is supposed to be quite good," Zrymiak, a library board member, told council, noting that the new system will allow people to borrow CDs and music.

According to the Polaris website, the company's products and services are designed to improve the way libraries operate, so patrons can locate the information they need quickly and independently. All Polaris products are intended to reduce the time staff spends on routine tasks and decrease costs.

Library users can still request books online throughout the closure.

NO FEE INVESTING
'OVER 25 YEARS SERVING THE AREA'
BRUCE R. KERR Insurance & Investments
456 Main St. E. Winchester
613-774-2456
1-866-697-2456
www.brucekerrinsinv.com
Bruce R. Kerr
BRUCE R. KERR INSURANCE AND INVESTMENTS
• LIFE • DISABILITY • GROUP • INSURANCE • GICs
1.45% 30-DAY CASHABLE GIC
2.90% 1 YR.
4.25% 3 YRS.
4.50% 5 YRS.
Hours: Mon.-Fri. 8:30 am-5 pm; evenings and Saturdays by appointment
*Some minimums apply. Rates subject to change.

Whitteker Meat Market Ltd. & J.M. Schneider Inc.
have been bringing you quality products for
72 YEARS
It's been 72 years since the Whitteker Meat Market Ltd. joined those reputable firms featuring the products of Schneider's Meat Company of Kitchener. This friendly country store still offers the same personal service, the same attention to all your needs. The staff at Whitteker Meat Market Ltd. has joined with the J.M. Schneider Meat Company to bring you these special anniversary prices on this happy occasion.

Buy Schneiders Products and Win Prizes
STOCK UP AND SAVE
Schneiders Chicken Burgers Chicken Fingerlings Chicken Nuggets
SAVE $2.00
ALL WHITE MEAT
ALL 2 LB. BOXES
Only $6.99 box
Schneiders Smoked Sausages with Cheddar Cheese
3 LB. PKG.
Only $6.95
Variety Meat Package
• 5 lb. Boneless Chicken Breasts
• 5 lb. Ground Chuck • 5 lb. Boneless Sirloin Steak
• 10 Chicken Cordon Bleu
• 2 lb. Box Chicken Burgers
• 2.2 lb. Box of Oktoberfest Sausages
All for $100.00
Schneiders Chicken Breasts
BONELESS, SKINLESS
SAVE $5.00
8.8 LB. BOX, APPROX. 28 PORTIONS
Only $44.95
Schneiders Chicken Cordon Bleu or Chicken Kiev
SAVE $5.00
20 for $35.00
Schneiders Blue Ribbon Bologna
Only $2.69 LB.
Schneiders Smoked Hams
FULLY COOKED, BONELESS
Only $2.79 LB.
FREE DRAW!
1ST PRIZE: Gas BBQ
2ND PRIZE: $100 for Schneiders Meat & a Man's Golf Shirt
3RD PRIZE: 4 Tickets to Ottawa 67's, March 13, 2009
Schneiders Breakfast Sausages
SAVE $5.00
11 LB. BOX
Only $22.95
Or $2.49 LB. for smaller quantities
Schneiders Popular Meat Loaves
Mac & Cheese, Luncheon Loaf, Mock Chicken, etc.
Only $3.99 LB.
Freezer Orders Our Specialty - Canada Grade AA Red Brand Beef Guaranteed
Variety Meat Orders – prepared to suit your needs
Prices in effect Feb. 4-21, 2009 - Limited Quantities
Heather, Glen, Keith, Sharon, Edna & Sandra
SCHNEIDERS
There's a lot of truth in Schneiders slogan, "Taste the difference quality makes." If you compare a few labels, you'll never find the phrase "May Contain" on any Schneiders meat package. Schneiders still make their products the same way J.M. did back at the turn of the century...using fresh meat, smoked to perfection over hardwood fires.
And to make sure you're getting more value, Schneiders trim their meat a special way...so that you get more meat and less fat. People still keep coming back for more...you can still taste the difference quality makes.
"Taste the difference quality makes"
MAPLE LEAF
WHITTEKER MEAT MARKET LTD.
Williamsburg 613-535-2310
~Since 1937~

Fresh from the Butcher
Greg's Quality Meats
Your Full Service Butcher Shop and BBQ Headquarters
SERVING YOU SINCE 1988
500 Church St., Winchester
613-774-2756
Greg Van Dellen Fax 613-774-4358
Store Hours: *Tues.-Fri. 8-6; Sat. 8-5*

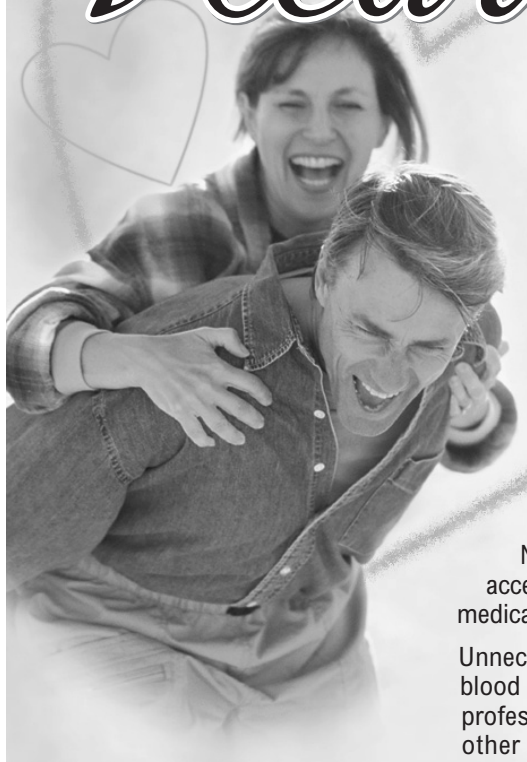


Seaway Valley Pharmacy
YOUR FULL SERVICE PHARMACY FOR ALL YOUR PRESCRIPTION AND HEALTH CARE NEEDS
507 Main Street, Winchester
613-774-2633

FRED HILL INSURANCE LTD.
Representing Grenville Mutual Insurance Company
Grenville Mutual Insurance Company
Corner Hwys. 2 & 31, Morrisburg
Your Insurance Broker Understands
613-543-3069 • 1-800-698-7481

TRP READY MIX LTD.
STONE SLINGER RENTALS
READY MIXED CONCRETE
CONCRETE PUMPING SERVICE
A.L. BLAIR CONSTRUCTION LTD.
EXCAVATING CONTRACTORS
EQUIPMENT RENTALS
ALL QUARRY PRODUCTS
Main Office, Moose Creek 613-538-2271
Quarry at St-Albert 613-987-2006
Ready Mix Plant at St-Albert 613-987-5377
Quarry & Ready Mix Plant at Winchester 613-774-5277

FEBRUARY IS NATIONAL Heart month



High blood pressure: a silent killer

High blood pressure is a silent killer, always waiting for the right moment to strike. It's called a silent killer because of its lack of symptoms and is the principal risk factor associated with strokes. It can also lead to heart disease.

Many of the five million people suffering from high blood pressure in Canada are not aware of the fact. According to specialists, men aged between 18 and 34 are the people least likely to be alert to this problem.

High blood pressure is also related to numerous other health problems such as obesity, a rapidly growing phenomenon in North America. Canadians can maintain their blood pressure at an acceptable level by adopting a healthy lifestyle and, if necessary, taking medication prescribed by a doctor.

Unnecessary risks should not be taken with this disease. Have your blood pressure checked at least once every two years by a healthcare professional. Here are a few other useful suggestions: always choose healthy foods, consume less salt and alcohol, do more physical activities, maintain a healthy body weight and live in a smoke-free environment. If your doctor has prescribed medications for you, be sure to take them as indicated. Finally, check your blood pressure on a regular basis when taking medication and let your healthcare professional know about any side effects.



Having your blood pressure checked can prevent serious problems.

HEART & STROKE FOUNDATION OF ONTARIO
Finding answers. For life.

D's COLLISION CENTER
The New Generation of Body Shop
www.fixauto.com
"The Region's Premiere Collision Centre"
Dawley Drive, Winchester
Tel.: 613-774-2733
1-800-663-9264 Fax: 613-774-0407
FREE PICK-UP AND DELIVERY
fix AUTO COLLISION
Dennis Carkner Manager
Customer Approved Satisfaction

the co-operators
A Better Place For You™
SANDI SMITH
AGENT
29 King Street, Chesterville, Ont., K0C 1H0
Bus.: 613-448-3300 Res.: 613-448-2416 Fax: 613-448-1217
After hours emergency service: 1-800-465-2667
HOME • AUTO • LIFE • RRSPs • FARM • BUSINESS • GROUP • TRAVEL

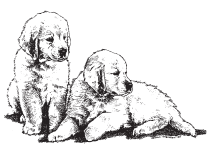
Flair With Fabrics
Ruth Liscumb
"Your local source for your sewing & crafting needs."
Fabric - Yarn - Patterns - Notions - Candles & More...
3 King Street
Chesterville ON K0C 1H0
613-448-9032

RIDEAU AUCTIONS INC.
HUNTER McCAIG
www.rideauauctions.com
PUBLIC AUTO AND EQUIPMENT AUCTION
Third Saturday of every month
Corner of Hwys. 43 & 31
P.O. Box 898, WINCHESTER, ONTARIO, K0C 2K0
613-774-2735 Fax: 613-774-5559

M. B. Foster
Forging the Future
82 Main Street South
Chesterville, Ontario, K0C 1H0
Proud to be part of the community

Byers Funeral Home Inc.
VICTORIA BYERS, FUNERAL DIRECTOR
CHURCH STREET, P.O. BOX 109
SOUTH MOUNTAIN, ONTARIO, K0E 1W0
OFFICE: 613-989-3836
RESIDENCE: 613-989-3837

Shaynedoro Perm. Reg'd **KENNELS**
Breeders of Quality Golden Retrievers Since 1972
• Boarding • Training
• Handling • Grooming
Ormond Road, Winchester
613-774-3091



ROZON INSURANCE BROKERS LTD.
14935 County Road 2
Ingleside, ON, K0C 1M0
JIM BANCROFT
613-537-2525 • 1-800-301-7667
Fax: 613-537-2061

W.J. JOHNSTON SURVEYING LTD.
ONTARIO LAND SURVEYORS
Member, Consulting Surveyors of Ontario
WILLIAM J. JOHNSTON, O.L.S., O.L.I.P.
WILLIAM A. (SANDY) JOHNSTON, C.S.T.
2250 Hwy. 31 *(at Rideau Auctions)* P.O. Box 394 Winchester, Ontario, K0C 2K0
Telephone: 613-774-2414
Fax: 613-774-2356
1-866-268-6915
wjjhnstn@yahoo.com
Subdivision Planning, Cadastral, Engineering and Control Surveys Drainage Consultation

BRISTER Group INSURANCE
BRISTER INSURANCE BROKERS LTD.
BRISTER LIFE INSURANCE LTD.
BUSH-ARMSTRONG INSURANCE BROKERS LTD.
BRUYERE INSURANCE BROKERS
PATTERSON HADDEN INSURANCE BROKERS
CASSIDY CHEVRIER & ASSOCIATES
SUMMERS INSURANCE BROKERS
WINCHESTER 473 Main Street 613-774-2832
CRYSLER 12 Queen Street 613-987-2117
PRESCOTT 270 Edward Street 613-925-5901
EMBRUN 1025 Notre-Dame 613-443-3666
MORRISBURG Village Plaza 613-543-3731
CHESTERVILLE 11 Industrial Drive 613-448-2398
SERVING EASTERN ONTARIO

WILLIS KERR CONTRACTING LTD.
RR#2, Mountain
613-989-5509
• Excavating
Landscaping
• Septic Systems Installed
• Permits Arranged
• Truck Rental
• Sand, Gravel, Topsoil, Fill
• Equipment Rental
• Manure Lagoons
• Site Work

UPPER CANADA MOTOR SALES LTD.
Highways 2 & 31
MORRISBURG
613-543-2925
CHEVROLET Parts GM Service

WINCHESTER Home hardware
THE SOURCE BY CIRCUIT CITY
613-774-2700
Hwy. 31 at Hwy. 43 South of Winchester
Proud to be part of this community event

Kids get stressed too

Naomi's launches coping workshop

WINCHESTER — Kids, like adults, can get stressed out, and Naomi's Family Resource Centre wants to help them deal with that problem.

The centre is launching an all-new program — Kids have stress too! — which is a workshop aiming to help women reduce their child's stress and teach them how to cope effectively.

Verna Léger, Naomi's executive director, said kids often need help with stress management. Bullying at school, change, family breakdown, having trouble with homework, and being involved in too many extracurricular activities can have a negative effect on a child's emotional well-being.

"It's geared to anyone who's in a guardianship role," said Léger about the workshop.

While the upcoming session is only open to women, Léger said the program is designed for all adults. She said the centre is thinking about running a public workshop, which will be open to men, down the road.

The three-day program will be offered on Feb. 24, Feb. 26, and March 3 at Naomi's, which is located at 607 St. Lawrence Street in Winchester. Sessions will run from 9 am to 12:30 pm. To assist any woman wanting to attend, the centre will help with transportation and childcare costs when necessary.

"I believe it's a good program and it covers a fair number of topics," said Léger.

The workshop was made possible in part by Royal Lepage Gale Real Estate's Winchester branch, which decided not to host a Christmas party in 2008 and instead donate about $1,000 to the centre.

The centre is also gearing up for a 10-session self-esteem workshop, running on Tuesday mornings from 9:30 to 11:30 am, starting in March.

The Mary Kay Ash Foundation recently gave Naomi's a $6,000 grant, and Léger said the team at Naomi's is still weighing their options to decide how to spend that money.

The centre also received a $40,000 grant from a Masonic Lodge in Scarborough to improve its security system. (The entire project will cost an estimated $90,000 to $100,000, though, and Léger noted the centre is still looking for contributions to complete the project.)

For more information on this or any other program, contact Naomi's Family Resource Centre at 613-774-2838 or visit the website at www.naomiscentre.ca.



Verna Léger, executive director of Naomi's Family Resource Centre in Winchester, recently announced a new workshop to combat stress in children.

Press Photo — Smith-Millar

Wind farm public consultation phase kicks off

Five Dundas County sites proposed

by Amanda Smith-Millar
Press staff

DIXON'S CORNERS — A company planning to build five wind farms in Dundas County started its local public consultation process at Matilda Hall on Thurs., Jan. 29.

Visitors perused a display of maps, photos, and diagrams detailing the proposed plans.

Kemptville-based Prowind Canada wants to erect up to 25 wind turbines (or a maximum of five turbines per site) on five targeted properties in Dundas County. According to Prowind, the tower for each turbine would be a minimum 100 metres and a maximum 140 metres to the hub (depending on the model and wind speed) plus the blade length.

The proposed sites in South Dundas include the Byker farm near Glen Stewart (also called the Boundary project), plus Tibben Farms (Brinston project) and Thurler Farms (or South Branch project) near Hulbert. Prowind plans to run another open house for the two North Dundas sites: the Zollinger Farms (Castor River project) and Spruits' farm (Kerr's Ridge project) near Winchester. Each farmer will be compensated for having the wind farm on their land.

According to Luke Geleynse of Prowind, the farmers will each receive a percentage of the power sales, which may work out to an estimated $5,000 to $8,000 per year.

"All the power is sold to the utility, to Hydro One," said Geleynse. "They [farmers] will pay their [hydro] bills like anybody else."

However, Prowind has hit a snag: Hydro One won't let new wind farmers in Ontario connect to the grid because new hook-ups might cause too much stress on the grid. As well, the Ontario Power Authority (OPA) has put its Renewable Energy Standard Offer Program on hold, and new wind projects can't go forward until the OPA starts the program again.

Geleynse said the Thurler Farm application is the only Prowind project in Dundas County that got the green light before Hydro One's freeze. If the United Counties, and then South Dundas municipal council, approve the Thurler project, construction will start by 2010. The other projects are on hold until Hydro One and the Ontario Power Authority get their ducks in a row.

Residents who attended last Thursday's open house gave Prowind's plan mixed reviews.

"I think it should be a nice thing for this area," said Dixon's Corners resident Calvin Markell, who said he hopes the wind farms create local jobs.

According to Geleynse, Markell's wish will likely be fulfilled: Prowind expects the project to create local employment, although some jobs may be temporary. The steel towers shipped from an overseas factory will need to be assembled in Dundas County, and the concrete foundation will need to be poured locally as well. The towers will also need maintenance workers to ride elevators inside the shaft of the wind turbine to the top to carry out repairs. (Workers who want to apply and train for the technician jobs should be mechanically savvy and unafraid of heights, Geleynse said.)

According to Prowind, the Thurler Farm alone will provide one permanent local job and 30 temporary jobs from construction, maintenance, and decommissioning activities.

Geleynse said there might be an opportunity to create even more jobs and is currently in negotiations with a California-based company (which he declined to name yet) that would use Dundas County as a pilot project for concrete wind towers. Concrete towers, said Geleynse, should have a longer lifespan than steel ones. Plus, a local concrete manufacturing centre could create even more jobs, said Geleynse.

While many residents seem enthusiastic about the prospect of local energy development in Dundas County, most hope the development will not take place in their back yards.

"I think it's a good idea," said Brinston resident Marlene Lewis. "I don't think it should be near anybody's house."

For more information about Prowind Canada's plans, check out www.prowind.ca and watch for more details in future editions of the *Winchester Press.*

Success Through Service
Business Workshop

February 9, 2009
9am to 3pm – 144 Pitt Street

Did you know that a 5% increase in loyalty can improve profits by at least 25%.

Make service your competitive advantage – find out how at our ***"Success through Service"*** Workshop at the Cornwall Business Enterprise Centre. $10 per person.

Check website for more details. Register at 613.932.7925 or ablais@cornwall.ca

Cornwall
BUSINESS ENTERPRISE CENTRE


Jennifer DeBruin,
Workshop Presenter

www.BusinessEnterpriseCentre.ca

Embrun-Casselman Medical Imaging Inc.



Why travel to Ottawa when you can have an *Immediate Booking* closer to home?

• BONE MINERAL DENSITY (BMD) TESTING
• ULTRASOUND
Full-time services are now available in Embrun and Casselman
(abd, pelvic, OBS, thyroid, IPS) with a female sonographer with over 15 years experience
• X-RAY
NEW STATE-OF-THE-ART EQUIPMENT
ALL SERVICES COVERED BY OHIP

FRIENDLY, BILINGUAL SERVICE
Requisitions from any physician accepted

Call to book an appointment at either location:

613-443-2095
869 Notre-Dame, Embrun
(NEXT TO JEAN COUTU)

613-764-6251
629 Principale, Casselman
FREE PARKING



It's all about perspective

International Development Week runs Feb.1 to 7, and the statistics about conditions in the Third World are, yet again this year, depressing. According to the Canadian International Development Agency (CIDA), global poverty rates are falling (with Asia in the lead), but things are getting worse in sub-Saharan Africa. Every five seconds, somewhere around the world, a child dies of hunger. Many poor children who survive must deal with disease, violence, substandard education (or no school at all), and dismal employment opportunities. In 2005, almost 1.4 billion people lived below the poverty line, earning less than $1.25 per day.

Such staggering statistics make the economic downturn in North America seem like a mild hiccup in the whole scheme of things. It shows how concepts like struggle, tragedy, and disaster are relative to our own perspective. That's not to say losing one's job isn't traumatic. Nor is it pleasant to go without cable or postpone retirement. But it's discouraging to hear a mother describe heavy downtown traffic as a "nightmare" when, half a world away in Uganda, the Lord's Resistance Army is abducting children and burning villages to the ground.

Many local individuals and organizations are keenly aware of the gap between our everyday challenges and the problems of our brothers and sisters overseas. For example, Wim and Alie Berghuis and Calvin and Cathy Dentz recently returned from a bike trip with 20 other cyclists in Nicaragua. The group raised $41,000 to help the victims of Hurricane Felix. Local churches are growing grains to send overseas through the Canadian Foodgrains Bank. This national Christian organization recently announced it would send aid to Zimbabwe, where political corruption, drought and hyperinflation mean certain doom for many of the African nation's 13 million residents.

Local groups everywhere are brainstorming and pitching in, trying to lend a hand to help close the gap between the West and the rest. But these leaders need help. Both time and money are valuable assets, and in the developing world, a little bit of charity goes a long way. So please, if you have a spare minute or dollar, consider making a contribution to an international project. It will help you remember that no matter how bad things get here, we're still profoundly lucky.



Remember when...

1939

Men's cashmere socks were on sale for 39 cents a pair at Bessin's Big Store. Pyjamas were 84 cents, and all-wool shirts and drawers were 98 cents each.

1949

The *Winchester Press* celebrated the 70th wedding anniversary of Mr. and Mrs. Henderson. Both were 93 years old, and Mrs. Henderson was almost totally blind by that point. The couple listened eagerly to an announcement of their anniversary on the Canadian Broadcasting Corporation.

1959

The Winchester District Memorial Hospital received $80,000 in grants. The United Counties gave $60,000, and the other $20,000 was from Osgoode Township. These funds were to be used to pay for the hospital's expansion, which was expected to cost about $500,000.

1969

The United Counties gave WDMH another grant — this time in the amount of $50,000. The money was to be paid in installments of $17,000 for 1969 and 1970, and then $16,000 in 1971.



This photo appeared in the *Winchester Press* in 1969. The picture is believed to be much older than that, though — *Press* staff thought the photo was taken "shortly after the turn of the century." The Winchester Citizens' Band was reportedly available to perform at all functions. Seated: Charles Eager (left), Robert Latimer, John Latimer, James Larue, Silas Utman and George Robinson. Standing: Frank Hogaboam (left), Andy Crowder, Ed Shaver, Fred Gagnon, and Ward Shaver.

1979

Robert Scott, president of the Seaway Valley Regional Tourist Council, said a small budget was hampering the promotion of tourism in the area. The cost of printing brochures and the secretary's $3,600 salary used up most of the $18,000 budget.

1989

A Montreal-based grocery store chain opted out of building a store in the township after Winchester village and township councils took too long to work out zoning arrangements for land on which the structure was to be constructed.

1999

South Dundas Council urged residents to watch for a man dumping used car tires illegally throughout the township.

Councillor Robert Gillard said he received a call from a St. Lawrence Parks Commission employee who spotted a man tossing the tires near Ault Island Road.

Apparently, the suspect had approached at least one garage in Morrisburg, offering to take away used tires for a charge of $1 each.

The Parks' employee told Gillard that the man was driving a maroon Ford Aerostar minivan. The OPP has been informed, but Gillard asked that anyone who saw the van report its whereabouts, if possible.

WINCHESTER PRESS

Published by 2woMor Publications Inc.
545 St. Lawrence Street, Box 399,
Winchester, Ontario, K0C 2K0
Tel: 613-774-2524; fax: 613-774-3967
www.winchesterpress.on.ca
E-mail: news@winchesterpress.on.ca
Advertising: advert@winchesterpress.on.ca

Beth Morris, President
Allen Van Bridger, Co-publisher and Managing Editor
Donna Rushford, Co-publisher and Advertising Manager
Meghan Duncan, Editor
Amanda Smith-Millar, Reporter
Janet LaPierre, Production Manager
Connie Hart, Office Manager

CNA 2008 BLUE RIBBON
ocna
Member of Canadian Community Newspapers Association and Ontario Community Newspapers Association

The *Winchester Press* was established in 1888 and is published Wednesdays at Winchester, Ontario.

Subscription rates: $33.60 per year within 40-mile radius except door-to-door delivery; $44.10 per year outside 40-mile radius plus door-to-door deliveries; $168 per year outside Canada. GST included.
We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program (PAP), toward our mailing costs.
The Winchester Press is printed in Canada and mailed under publications permit #08912.

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

LETTER TO THE EDITOR

Board chair responds to *Press* editorial

The editor:

It was with regret that I and many members of our community read the recent editorial in the *Winchester Press*. With the imminent opening of the new wing of Winchester District Memorial Hospital, it is a time of such excitement and accomplishment for our communities. We have much to celebrate, not criticize, denounce, or fault.

As the editorial noted, every hospital in the country has its challenges and WDMH is no exception. But what is heartening and encouraging is the way staff, physicians, hospital management, and my community colleagues on the board of directors are rising to the challenge and addressing and tackling the issues at hand.

With our new facility, we will be able to introduce new programs and services to bring care closer to home for those in our surrounding communities.

Our diagnostic imaging department will be second-to-none and able to serve twice as many patients with the newest CT scanner in the region, two new ultrasound machines, bone mineral density testing, and more.

We will be the second hospital in the region to introduce digital mammography, augmenting our role as an Ontario Breast Screening Program site. All service offerings will be supported by a future electronic health record that will improve communication and the sharing of vital patient information.

Our collaborative partnerships with The Ottawa Hospital and the University of Ottawa Heart Institute are ensuring that we are linked to the best tertiary care when our patients need it. Our educational affiliations with the University of Ottawa have made us the first rural teaching hospital in the region, providing experiences for all types of students. These are our doctors and nurses of tomorrow for our communities.

To provide the best care, we are actively recruiting new doctors and staff. Recruitment has been underway for many months and most recently CEO Trudy Reid and chief of staff Dr. Brian Devin met with the United Counties Council to explore opportunities to work together on this initiative. We are on track as new graduates begin their medical career this summer. Physicians want to work at WDMH because it offers a rural lifestyle with urban advantages. The same is true for all other professional groups.

To ensure a healthy workplace, the board carefully monitors many indicators including staff turnover and patient satisfaction. We are proud of our record. It demonstrates that WDMH is a best performer in Ontario, compared to similar hospitals.

The board and senior team at WDMH are proud of our relationship with the community and the media. We host regular community breakfasts and media briefings to keep everyone informed, publish a quarterly community newsletter, maintain a website, and welcome the opportunity to answer any questions or explain any initiatives. While it is impossible to respond to anonymous comments, we do welcome feedback and have mechanisms in place to ensure speedy replies.

With our communities, we are building a hospital for the future. The first patients will move in on March 1 and our entire community is invited to a celebratory garden party on June 27. Together, we have much to celebrate.

Peter Sorby
WDMH board chair

Canadians curious about tax-free savings account: financial planner

by Amanda Smith-Millar
Press staff

WINCHESTER — It's been about a month since the federal government launched its new tax-free savings account initiative. The Conservatives billed it as the "single most important personal savings vehicle" since the Registered Retirement Savings Plan.

Launched Jan. 1, 2009, the account is open to any Canadian aged 18 or older. It allows Canadians to set money aside, tax free, throughout their lifetimes.

Account holders can contribute up to $5,000 per year and withdraw as much as they want without penalty.

People seem to be curious about the new account but are still fuzzy on the details, according to Jeff Riddell, a financial planner with Bruce R. Kerr Insurance and Investments in Winchester.

"They hear about it, but they don't know about it," said Riddell.

He said the term "tax free savings account" might be confusing, since the account is actually a plan.

"[The name] makes lots of people believe that it's only a savings account," said Riddell.

He said it might be useful to think of the plan as an "umbrella" that can hold investments like Guaranteed Investment Certificates (GICs), mutual funds, securities listed on a designated stock exchange, bonds, and certain shares of small business corporations.

"No matter what you earn in one of these plans, you're not going to get taxed," said Riddell.

For example you could use up your contribution room by putting a $1,000 GIC under the umbrella, plus $3,000 worth in stocks and another $1,000 in a regular interest-bearing savings account.

The tax-free savings account also allows you to carry forward unused contribution room into the following years.

For example, if you only applied $1,000 to your account in 2009 (meaning $4,000 in contribution room was left over), you'll be able to apply $9,000 to your account in 2010.

According to the Canada Revenue Agency, account holders who exceed their annual contribution room will be subject to a tax of one per cent per month on the highest excess amount, for each month that the excess remains in the account.

In addition, if you make withdrawals, you'll free up contribution room for future years.

For more information, check out www.cra-arc.gc.ca and click on "Tax-Free Savings Account."

Meet the Winchester District Memorial Hospital **Heelers**



Christina Enright

"Trying to make a difference, one step at a time"

I'm Christina Enright, and I'm a Winchester Hospital Heeler. There… I said it. It sounds like I'm just beginning a 12-step program! In fact, I'm beginning a 157,000-plus step program — and I'm doing it for the third time.

When I joined the Winchester Hospital Heelers in 2007, I had no intention of walking 60 kilometres in The Weekend to End Breast Cancer. Instead, I planned to participate as a volunteer and help the walkers with fundraising events. Although I was very committed to the cause, I had recently completed breast cancer treatment and I wasn't sure that I wanted to put myself 'out there' as a cancer survivor. It wasn't that I was ashamed of it; it's just that I was still in a very scary place and I hadn't yet figured out how to start living my life again. People who have had a cancer diagnosis will know what I mean.

The Heelers' enthusiasm was contagious, and before long I found myself registering for the event, going door-to-door in my neighbourhood to solicit donations, hauling garage sale donations to a temporary storage location, and walking… and walking… and walking. (It takes a lot of training to get your feet, legs, and mind ready to walk 60 kilometres in two days!)

How did it turn out? I can honestly say that participating in The Weekend is the best thing I've ever done, second only to marrying my husband, giving birth to and raising our children, and — not to be forgotten — battling breast cancer. It's hard to explain, but the relationships I developed with my teammates while fundraising, training, and participating in this event go beyond special. We're all different ages, and we're from different backgrounds, with different family situations, professions, and personalities. But we're a team, we have a purpose, and we have a blast.

This year, I have the honour of being the Heelers' team captain. We currently have 23 members, and we're still hoping to recruit more people. You'll likely be hearing from us over the course of the next four months as we go about trying to achieve our fundraising goal of $75,000 — 75 per cent of which will come back to WDMH for local breast cancer treatment programs. And you'll see us out on the roads as we get in our training walks. If you see us, honk your horn and give us a thumbs up! Your support helps more than you know.

Leading up to the Weekend to End Breast Cancer, set to take place June 5 to 7 this year, the Press *will feature columns by members of the Heelers in an effort to promote their fundraising efforts and to give readers insight into the meaningful event in which the Heelers are participating.*

The manual for life

SHEPHERD TALK
by John Morgan



This column is provided courtesy of the Dundas Ministerial Association

HARMONY — Have you ever had something given to you, or try assembling something, that did not come with the manual? It could be just me, but I enjoy the challenge of being independent, being able to figure things out all by myself. I am aware that as a guy I am more likely to try to figure things out myself before taking the time to read the manual, anyways. Maybe it is the challenge.

Two summers ago, I purchased an old tractor that did not come with any books or papers. To make it interesting, most of the labels and stickers had worn off long ago. The tractor worked reasonably well except for a couple of things — the biggest issue was the brakes… or the lack thereof.

I did my homework, asked questions, checked online, and I of course played with the adjustments. The brakes were simply worn out and would need to be replaced. Now for those of you who don't know: tractor brakes are a little different than car brakes.

About a month ago the tractor would not move. I figured the problem was likely with the brakes. (So typical, from one extreme to the other.) I had gotten quite used to driving it without brakes, and now it seemed they were stuck on. Desperation was setting in. Winter was just starting, there would soon be a lot of snow.

I was in a store looking for ideas of what I could do; really pulling at straws. I was about to leave the store, empty handed, when I saw out of the corner of my eye… a service manual. It could have been because it was just before Christmas, with music a-blare in all the stores to put shoppers in the spending mood, but I am sure that there were angels singing.

I hurried home, and I think I read the entire book twice that night. Armed with new ideas, plans, pictures, and some tools, I went to go tinker. After a look at the manual I was able to do things that I could not do before. Who knew that bolt was adjustable, or what that faded diagram was trying to say?

I chuckle to myself now when I think about how long I avoided the owner's manual for life. It was like driving without brakes. The good news is that there is a manual for our lives. It was written by someone who knows what we look like on the inside, who knows where all of the adjustments are, who knows how we are supposed to work, and what we are supposed to do. This manual is the best-selling book of all time, so it's not hard to find. Most people have a copy, and if you don't, let me know and I'll get you one.

If you haven't guessed, I am talking about the Bible. It is useful for more than just drying leaves.

P.S. If you see me coming down the road on my tractor — the brakes work!

Let construction begin

Renovation work has begun on the garage at the Dundas County Food Bank in Winchester. The organization received a $25,000 grant from the Ontario Trillium Foundation to complete the work on the delivery and storage area. Renovations are projected to take about two months.



At right: *Dundas County Food Bank administrator Donna Quesnel (centre) stands with brothers Kevin (left) and Ken Byers of Byers Carpentry.*

At left: *Ken Byers began work inside the garage on Wed., Jan. 28.*

Press Photos — Smith-Millar



Rae & Doris Imrie
Golden Wedding Anniversary



Congratulations on 50 Years of Marriage
Love, Your Family

Join Us in Celebrating their 50th Anniversary on Sunday, Feb. 8, Winchester Lions Hall, 1:00-4:00 pm
Best Wishes Only

St. Paul's Ladies Aid holds election of officers for 2009

by Kathy Spruit

WINCHESTER — St. Paul's Ladies Aid met for the first time in 2009 on Mon., Jan. 5. Doris Baker opened the meeting with a warm greeting and a reflective poem. After singing "Standing on the Portal," Baker led devotions. The ladies were reminded that time is precious, and each and every minute should not be wasted.

The start of a new year was a good time to hear of eight essential things that enrich life: cheer, peace in inner being, faith, laughter, beauty, confidence, friendship, and warm memories. These noteworthy nuggets were followed by the singing of "Now greet the swiftly changing year."

The results of the election for officers in 2009 are as follows: Doris Baker and Libby Pelkey (co-chairs), Phyllis MacMaster (secretary), Carol Zubatuk (treasurer), Helen Kerr (craft corner and trash-to-treasure table), Norma Duncan (cards), and Kathy Spruit (pianist and press reporter).

Williamsburg seniors play euchre Jan. 28

WILLIAMSBURG — The white-card winners of the Williamsburg Seniors' Group Euchre, held on Wed., Jan. 28 at the J.W. MacIntosh Seniors' Support Centre, were Lorraine Tupper, Sheila Crowder, and Evelyn Swerdfeger. Yellow-card winners were Marina Simpson, Lorella Crowder, and Gladys Kyle.

Ray Casselman and Irene Carr won the door prizes, while Muriel Miller, Crowder, Swerdfeger, and Margaret Ruttley won the draws.

The next euchre event is set for Wed., Feb. 11.



Friendly gesture

Ken Boje (left) of Winchester Home Hardware turned over a cheque to Dundas County Food Bank (DCFB) administrator Donna Quesnel (centre) on Thurs., Jan. 29. Boje, along with the Home Hardware in Morrisburg, ran a number of fundraising initiatives during the Christmas season for the food bank. Both Winchester and Morrisburg Home Hardware branches sold ornaments called "foodbank friends" for the DCFB. Boje also set up a community photo session with Santa. Chesterville Scotiabank manager Vicki Lefebvre (right) was also involved with the initiative — the branch sold $176 worth of "friends", which Scotiabank matched to contribute an extra $176. All told, the campaign raised $3,993. *Press Photo — Smith-Millar*

Euchre party at Winchester

WINCHESTER — The green-card winners of the Winchester Seniors' Euchre tournament, held on Jan. 22, were Joan McLean and Joyce MacIntosh. The cream-card winners were Manford Wallace and Earl Hanes.

Allan McMahon and Betty Barkley won the door prizes, while Sybil Curtis and Malcolm Byers won the draw.

The next Winchester euchre event is set for Feb. 5.



Happy Birthday
(Ducky)
Chelsey turns 18 on Feb. 5, 2009
Lots of love, Grandma Armstrong & Aunt Sherrie

NAPA AUTOPRO **WINCHESTER AUTOPRO**
offers
Spic-and-Span Showroom-Quality Clean Car Washes!





Car Wash & Vacuum COUPON SPECIAL
Save $5.00
Vans & trucks extra. See dealer for details.
Offer valid with coupon through Feb. 28, 2009 at WINCHESTER AUTOMOTIVE SERVICES

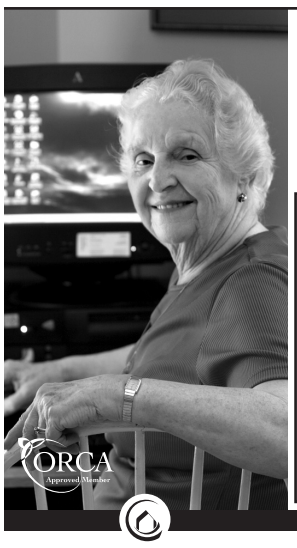
Open Monday-Friday 7:30 am-5:30 pm

ONTARIO'S DRIVE CLEAN Accredited Repair Facility

11906 Hwy. 43 West Winchester 613-774-3189

YOUR BRAKES, MUFFLERS, FRONT-END, SUSPENSION AND FRONT-WHEEL DRIVE SPECIALIST

THE INDEPENDENCE I WANT



"I can read, go online, for a walk or join friends for lunch. I fill my days with what suits me."

Call today for a personal tour, complimentary lunch and receive a free gift!

HARTFORD RETIREMENT CENTRE
3 Fifth Street West
Morrisburg, ON

Call 613-543-3984
CHARTWELL SENIORS HOUSING REIT
www.chartwellreit.ca

Upgrade the Value of Your Home...
Invest in Your Home with Beautiful New Kitchen or Bathroom Cabinets!



FREE FAUCET* with Kitchen or Bathroom Renovation
*(*Max. $250 value)*



Specializing in
- Windows and Doors
- Kitchens and Bathrooms
- Flooring
- Sunrooms
- Roofing and Siding

ClearCutInstallations.com

CLEAR CUT INSTALLATIONS INC.
Replacement Experts – New Homes & Contractor Discounts

SINCE 1986
613-989-2367 OR 1-800-561-4206
10616 MAIN ST., SOUTH MOUNTAIN

It's Here!! It's Here!!

Demo Clearance SALE!
CLEAROUT 2008



While Quantities Last

In-Store Inventory
to make room for 2009

PACIFIC ENERGY
Heat. For Life.

THE STOVE STORE unmatched

Financing Available (O.A.C.)
6 Beverly St., SPENCERVILLE
613-658-3101 or 1-888-370-9859
www.thestovestore.net
thestovestore@ripnet.com

LOGTENS
TREE SERVICE LTD.
• Tree Removals • Stump Grinding
• Pruning • Deadwooding
• Cabling & Bracing • Brush Chipping
• Lot Clearing • Bucket Truck
FREE ESTIMATES
FULLY INSURED
JEREMY LOGTENS
RR 1, Berwick 613-984-0743

WINCHESTER PRESS
RURAL ROOTS
PAGE 9 WEDNESDAY, FEBRUARY 4, 2009

Country Depot
COTNAM COUNTRY DEPOT
33 KING ST., CHESTERVILLE
613-448-3838 • 613-448-1005
We offer: Masterfeed & Land of Lakes Products, Animal Medicine, Horse Products, Shavings, Clothing, Hardware... plus more
'Help Us Help You'

Entrepreneurial youth sees bright future in Canadian agriculture

WINCHESTER — Zac Baker, a Winchester resident and a Grade 11 North Dundas District High School student, has little time to get into mischief. At 15 years old, Baker decided that he wanted to run a business of his own and attempt to earn a profit.

With the encouragement of his family who used to run a dairy farm, the youth investigated the potential of raising lambs for the Ottawa market. Now, a year later, he is the owner of 30 purebred and commercial sheep.

Knowing he would need to begin with quality genetics, Baker acquired his first purebred Dorset ram and ewes at the Ontario Sheep Marketing Agency District 10 2008 ROP sheep production sale last August in Spencerville. He said he plans to attend the Aug. 4 sale again this year to assess the superior genetics on offer.

Starting with a smaller number of sheep is allowing Baker to learn what he needs to know to make a profit.

"They sure aren't like cows," he acknowledged, setting the tone for his learning process. With a few good books on the subject and information from other farmers, Baker now has lambs on the ground and is expecting many more in early May.

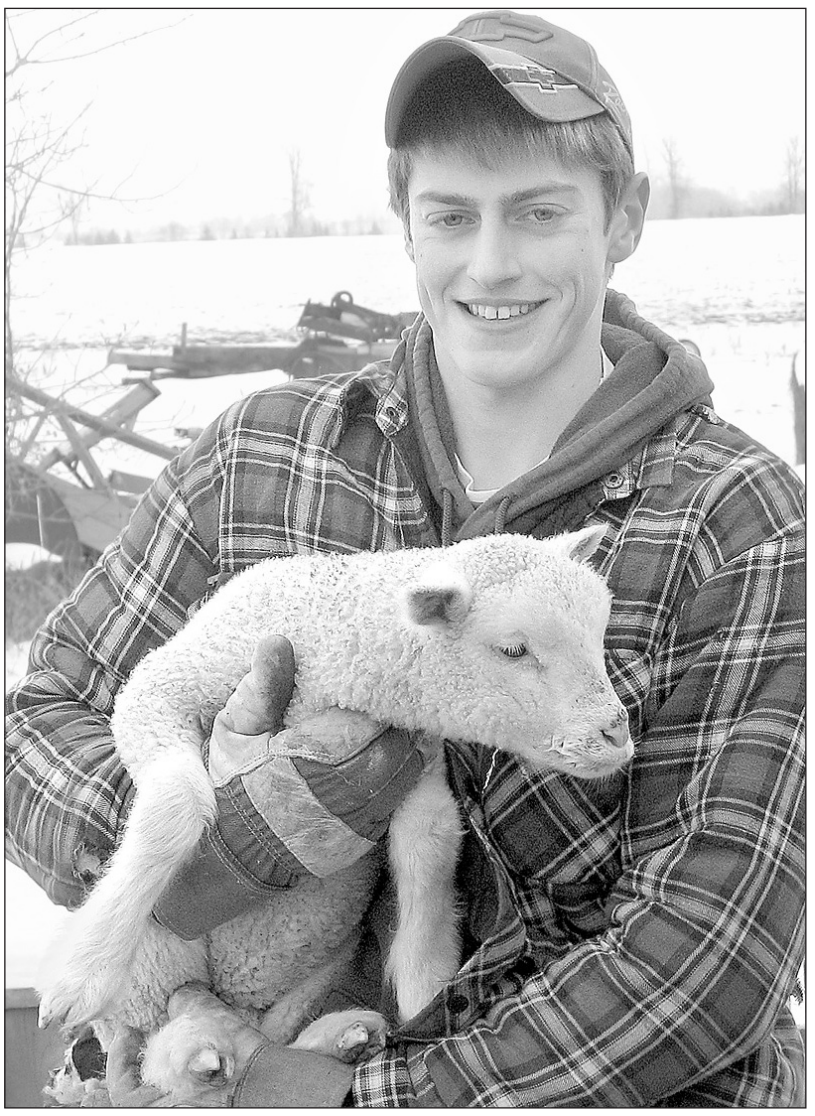
Realizing there is much more to learn, Baker said he plans to attend Sheep Day 2009, a major learning event for lamb producers, being held this year on Sat., Feb. 14 at the Drummond Building on the Spencerville Fairgrounds.

He said he is eager to hear speakers make presentations about a wide variety of topics, including nutrition and disease prevention.

This will be Baker's first time at Sheep Day, and he said he is looking forward to meeting other lamb producers and seeing the exhibits on display.

When he is not caring for his flock, Baker follows his passion for curling at the Winchester Curling Club. Fortunately, curling season will end early enough so he can concentrate on his spring projects of creating pastures for his flock and using his educational experience from North Dundas to weld some of the equipment he will need for his growing enterprise.

For more information about Sheep Day and the events scheduled, contact Gary Lapier at 613-989-2792.



Fifteen-year-old Zac Baker of Winchester is raising market lambs and learning what he needs to know to be profitable in the sheep industry. The entrepreneurial youth will attend Sheep Day at the Spencerville Fairgrounds on Sat., Feb. 14, where producers from across Eastern Ontario gather to hear presentations on a wide variety of topics, including nutrition and disease prevention. "They sure aren't like cows," said Baker, whose family formerly ran a dairy operation.

Metcalfe agricultural society elects new executive

METCALFE — The Metcalfe Agricultural Society held its annual general membership meeting in the Lions Den on Sat., Jan. 24 and elections were held for a new executive and to fill vacancies on the board of directors.

Chris Reaney now sits on the board as past president and Ron Stanley took on the role of president of the Metcalfe Agricultural Society. Ben Fisher moved up to first vice-president, and Greg Bourbonnais was elected second vice-president.

Three directors retired from the family division board — Bonnie Mackie, Ruth Lafortune, and Nelda Isaac. Susan VanKwawegen is a new family division director.

Andrea Taylor became past president of the family division, and Cheryl Sullivan moved up to president. Janet Mitchell became first vice-president, and Melanie Hill was elected as second vice-president.

Donna Koeniger stepped down as secretary-treasurer and was replaced by Andrea Taylor.

MAS directors Dan Morris, Cheryl Bunda, and Bret Fitzsimmons retired, creating a total of four vacancies on the main board. The new directors to step into these vacancies are Andrea Taylor, Julie McDonald, Lorraine Robinson, and Keith Jeacle.



Ready for business

The Metcalfe Agricultural Society elected its 2009 executive on Sat., Jan. 24. Pictured are: secretary Sue Brousseau (front, left), family division president Cheryl Sullivan, MAS president Ron Stanley, treasurer Kay Stanley, family division past president and new MAS director Andrea Taylor (middle, left), family division second vice-president Melanie Hill, family division first vice-president Janet Mitchell, first vice president Ben Fisher (back, left), second vice president Greg Bourbonnais, past president Chris Reaney, new director Keith Jeacle.


Connecting a Portable Generator is Now Safe and Easy with GenerLink
- Only takes about an hour to install
- No modification of existing wiring
- Homeowner can control which circuits receive power

Countryman Electric Limited
ELECTRICAL CONTRACTORS
13593 County Rd. 43, Chesterville
613-448-2474 • 888-388-1117
sales@countrymanelectric.com • www.countrymanelectric.com

Home, Farm and Commercial/Industrial Generators from 3,000 Watts to 2 Mega Watts

WINCO NG & LP Generators
Automatic starts on power loss
Spring's runoff
Winter's ice and snow
Protect your investment – Call us today
WINPOWER SOMMERS Authorized Dealer WINCO
ECRA/ESA Licence #7003305

Spaced out





At left: *Lori MacFarlane (left) of Amateur Radio on the International Space Station helped Grade 4 student Cameron Crotty ask Fincke a question, as Castor Valley principal Marnie Patterson looked on.*

Students at Castor Valley Elementary School in Greely made an out-of-this-world connection — literally — on Tues., Jan. 27. The school linked up, via sattelite, with the International Space Station. Students asked Col. Mike Fincke 17 questions about life in outer space. The school worked intensively for about three weeks to plan the conversation, which lasted 10 minutes.

At left: *Former astronaut Maj. Michael McKay, with the assistance of Grade 7 student Connor Green, demonstrated the important balancing relationship between the inner ear and one's vision.*

Photos—Kim Bates

Lions spread cheer, plan more this year

METCALFE — The Metcalfe and District Lions Club hosted its annual turkey bingo on Dec. 16 at the Lions Den.

"We had to cancel the turkey bingo on Dec. 9 due to bad weather," said Lion Helen Porteous. "But even with the change of date we had a full house."

That night, club president Bob MacDonald presented a cheque to the Friendship Group at the Stanley Apartments in Metcalfe to purchase an exercise bike.

The 6th Line Road Gang donated more than $1,000 to the Lions' Christmas baskets fund again this year. Their donation was in memory of Margaret Brown, the chief organizer of this group and long-time supporter of the Metcalfe Lions Club.

A donation was also received from John Owen and Maggie Harvey for the baskets. The Metcalfe Lions helped them out after their house fire and they thanked the club with their donation.

A total of 16 baskets were handed out to families in the Metcalfe area this year. The Lions would like to thank all the individuals and groups that donated to this project.

"It helps us help you," Porteous said.

Upcoming events are: the pancake breakfast on Feb. 28 at the Vernon Carnival; the Lions Canteen opening in the spring; a Canada Day barbecue on July 1 in Vernon.

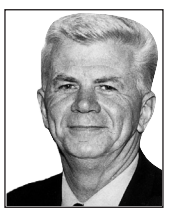
The Metcalfe Lions are working to install a sign in Vernon on the Osgoode Township Historical Society and Museum lawn.

"Watch for events that interest you and come out and help support our area," Porteous said.

The sign will inform everyone of upcoming events in the area, similar to the one at the Fire Hall in Metcalfe.

"The Metcalfe and District Lions pass on their heartfelt sympathy to Alex Lough, as his wife, Barbara Ann Lough, passed away during the holidays," Porteous said. "Barbara was our famous doughnut baker — the fabulous doughnuts we sell at the Metcalfe Fair each year. She will be greatly missed."

OC Transpo strike over



In and around Osgoode Ward

by councillor Doug Thompson

METCALFE — The City of Ottawa and the ATU 279 have agreed to end the OC Transpo strike, sending the financial and scheduling issues to "binding arbitration."

More than two weeks ago, the city had made this same offer to the union executive, but the offer was rejected. Under the threat of back-to-work legislation from the federal government, which included binding arbitration, the union agreed to end the strike.

Residents, business owners and city council members are very pleased to see the end of the hardships that we have endured due to the strike. Special thanks to MP Pierre Poilievre and MP John Baird for their leadership on this issue.

Osgoode Winter Carnival

The Osgoode Winter Canival kicks off tomorow (Feb. 5) with the first round of the ORMHA Don Mott Hockey Tournament. The carnival continues with a pancake breakfast, a "Snowbowl" Game, carnival bingo, and much more until activities wrap up on Feb. 21.

Kenmore Winter Carnival

A snow sculpture contest is a highlight of the Kenmore Winter Carnival, set for Feb. 6 to 8. The judging of the snow sculptures will take place on Sunday morning and the winners will be announced at the carnival-supper that evening. Other Kenmore events include a preteen dance, the Metcalfe Jets five-year-old all-star hockey game, a magic show, shinny hockey and ringette, sleigh rides, tobogganing, skating, and more.

Service Clubs

Osgoode Ward residents are well served by a number of service clubs such as the Osgoode, Metcalfe, and Greely Lions Clubs as well as the Osgoode and Greely Royal Canadian Legions. All of these groups do outstanding work supporting organizations and individuals within our community.

The Greely Lions Club awarded two scholarships worth $750 each to St. Mark High School and the Osgoode Township High School. The money will be presented to deserving students proceeding to higher education. The club donated $1,200 to assist the Metcalfe and District Ringette Association purchase new team sweaters. The Ringette Association currently has 183 players from Greely, Metcalfe, Kars, Osgoode, and Kenmore playing on 10 teams.

The Greely Lions also presented a cheque for $7,400 to underwrite the efforts of the Make-a-Wish Foundation. Funds were raised through the annual Greely Lions Charity Golf Tournament.

The Greely Lions Club also raises $70,000 annually to benefit the local community. Meetings are held on the first and third Monday of the month at the Greely Fire Hall. New members are welcome. For information, please call president John Stacey at 613-821-3481.

LOCKE'S RENTALS & WELDING LTD.
General Welding Repairs & Fabrication
Steel • Cast • Aluminum • Stainless
Steel Sales & Galvanized Tubing
Custom Punching & Shearing
Light Break Press Work
Stainless & Galvanized Water Tanks
Custom Fabrication & Installation of Livestock Stalls & Gates
TOOL & EQUIPMENT RENTALS
FOR HOME - FARM - INDUSTRY - CONTRACTORS
11029 Cook Road, Dixon's Corners Tel./Fax: 613-652-1620

IDEAL PIPE
Manufacturing Plant
• Drainage Tile
• Culverts and more
• RETAIL OUTLET
John Guy, Sales/Plant Manager
613-774-2662
Fax: 613-774-2664
Cell: 613-558-5925
idealpipe@magma.ca
P.O. Box 141, 691 St. Lawrence Street
Winchester, ON K0C 2K0

Agri-business directory
To advertise your service or business here
Tel.: 613-774-2525, Fax: 613-774-3967

Fred's Farm Supplies
A DIVISION OF FRED ZANDBERGEN FARMS INC.
LICENSED ELEVATOR
Steamed Flaked Corn
Roasted Soy Beans
RR#2, Brinston, Ontario K0E 1C0
1-800-361-3305 freds@ripnet.com
613-652-2069 www.fredsfarmsupplies.com

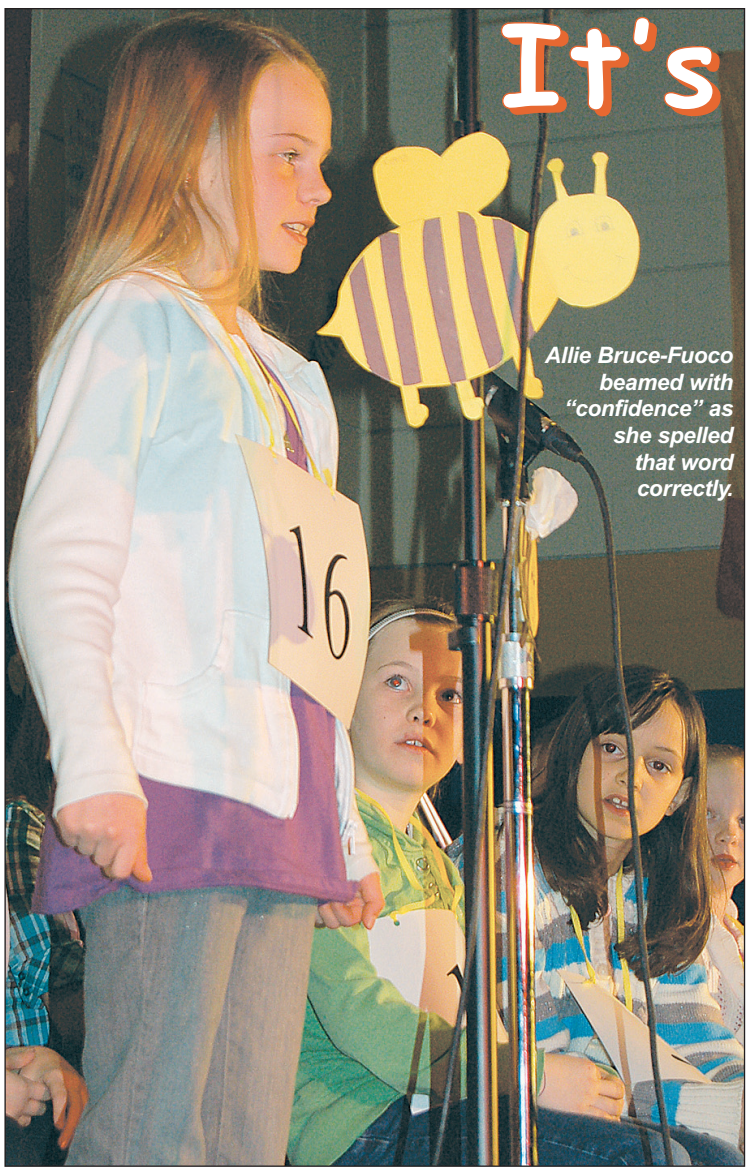
Winter SALE Specials
REGENCY FIREPLACE PRODUCTS
Full Line of Stoves Fireplaces & Inserts
In Stock Inventory
REGENCY WOOD & GAS FIREPLACES Lifetime Warranty ASK FOR DETAILS
THE STOVE STORE unmatched
Financing Available (O.A.C.)
6 Beverly St., SPENCERVILLE
613-658-3101 or 1-888-370-9859
www.thestovestore.net
thestovestore@ripnet.com

TRIPLE B STRUCTURES LTD.
RALPH BUTER
RANDY BUTER
GRAIN STORAGE, DRYING and HANDLING SYSTEMS DIVISION
GSI
BOX 190, WILLIAMSBURG, ONT.
Office: 613-535-2820 Home: 613-543-4235 Fax: 613-535-2410

BAUMAlight PTO Generators
Completely brushless design Baumalight Generators (Marathon). Available from 13 kw to 100 kw PTO on trailer, single phase or three phase. Also available Diesel Gensets from 10 kw to 500 kw. Powered by Cummins, Perkins or Daewoo Motors.
Powered by HONDA ENGINES
ANDRE MENARD & SONS
RR #1, Winchester, Ontario, K0C 2K0
Max: 613-880-4253
613-445-5267 Fax: 613-445-9857
USED GENERATORS AVAILABLE

TD Canada Trust
Agriculture Services
Your local Agriculture Specialists
Jamison Hymus
613-448-2316 x 222
Kelly Fawcett-Mathers
613-668-2782

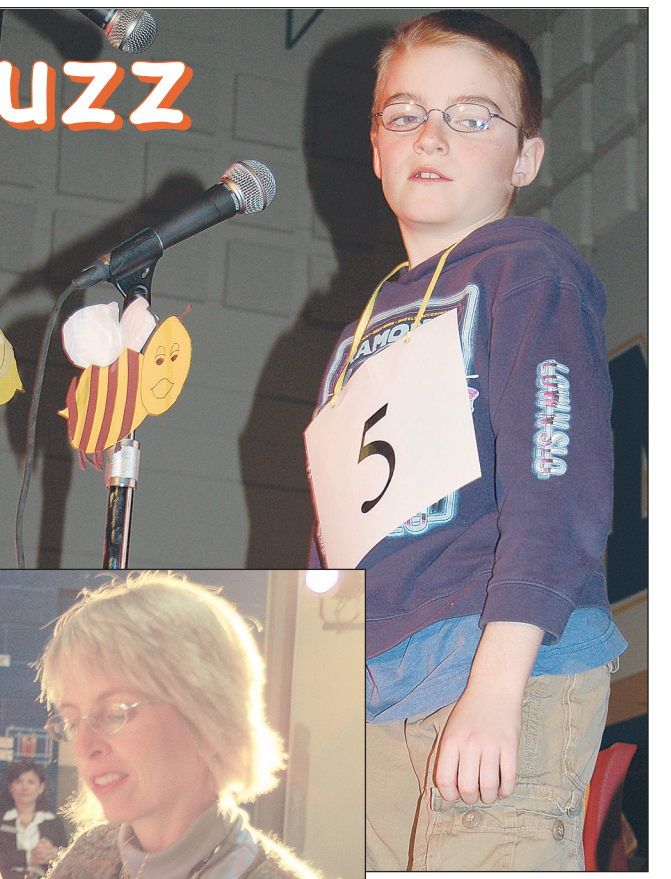
It's all the buzz



Allie Bruce-Fuoco beamed with "confidence" as she spelled that word correctly.

The annual Metcalfe Public School Spelling Bee took place on Tues., Jan. 27. Students competed twice: once for their peers during the day, the other for grown-ups at 6:30 pm. This year, the school tried something different — new middle French immersion students spelled some words in French, so the event honoured both official languages. Two or three representatives from each junior and intermediate class (Grades 4 to 8) took centre stage. The French immersion winner was Cody Melvin and the English winner was Reza Sadeghi. Sadeghi will now start practicing for a written test to be completed by Feb. 13, and if he is one of the top 60 spellers in that test, will qualify to compete at the Canwest Canspell Spelling Bee in March.

Press Photos — Smith-Millar





Cody Melvin (above) placed first in the French immersion category.

***At left:** Jeanne Giroux (left), Courtney MacLean, Rebecca Black, and Susan Brown served as judges.*

Strong spellers how off their skills in South Mountain

SOUTH MOUNTAIN — Hannah Harris outlasted nine other students to win the third-annual Nationview Spelling Bee on Tues., Jan. 27. Now the Grade 8 student will attempt to qualify for the CanWest CanSpell regional competition to be held in Ottawa next month.

Harris was the only competitor to spell a word correctly in the ninth round of the oral competition. Her final word was "ratio." Last year's winner, Jed Vanderlaan, finished second this year. He battled Harris head-to-head for several rounds before missing his ninth word of the competition.

Grade 4 student Christian Francis finished first in the junior competition (Grades 4 to 6) topping 14 other spellers in the competition. Morgan Douglas, a Grade 4 student, was second. Francis and Douglas moved on to compete in the open competition.

Karlee Ouellette, a Grade 3 student, won the primary bee for students in Grade 1 to 3. Maddy Hubbard, a Grade 2 student, finished second out of 16 spellers.

We've Got Roses for Your Valentine!
Do You?



FREE LINDOR CHOCOLATES WITH ALL ROSE ORDERS

Show her you love her

this Valentine's Day with a perfect dozen long-stem roses with an assortment of greenery, hand-delivered in a gift box complete with a red bow.
Available from $55.00.

Visit us for all your Valentine's Day needs, from fresh floral arrangements, mixed planters, bud vases and more. Order early!

www.durantsflowers.com
1-800-263-5459

Quality and Service Guaranteed

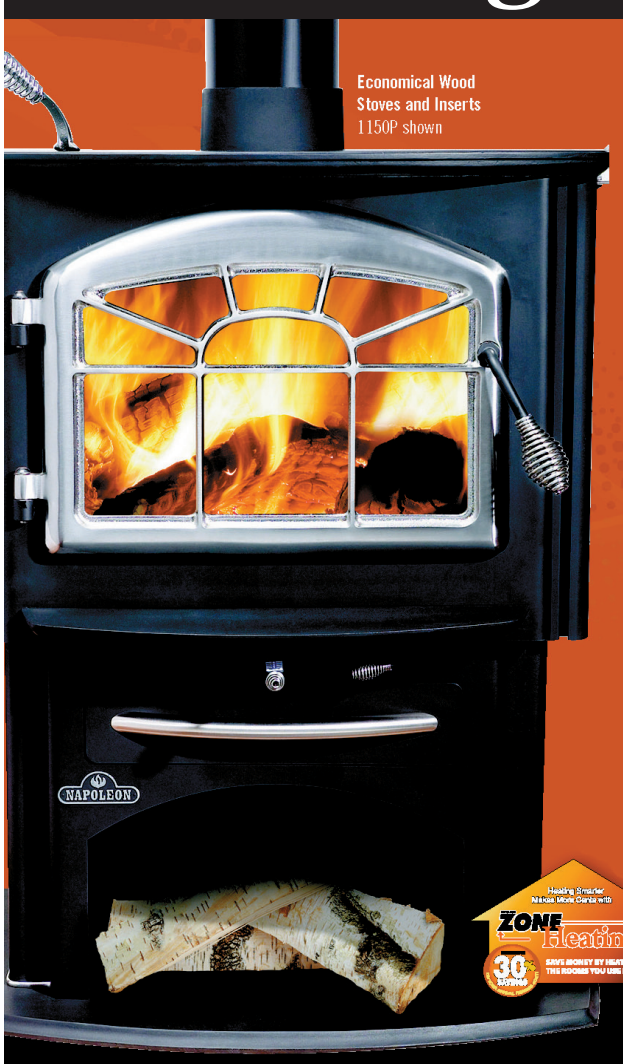


FLOWERS DURANT'S

2 Industrial Dr.
Chesterville
613-448-2354

507 St. Lawrence St.
Winchester
613-774-3825

SAVE Money *on your* Heating Costs



Economical Wood Stoves and Inserts
1150P shown

Save up to $300*

On one of the following:
- Multi-function remote control
- Heat circulating blower
- Selected decorative accessories

Enter Online To Win
a Napoleon® Gemini™ Gourmet Grill*



www.napoleonfireplaces.com/contest

NOW EXTENDED to February 28/09

ZONE Heating!

napoleonfireplaces.com

NAPOLEON
QUALITY FIREPLACES
Award Winning Products

RB Heating & Air Conditioning Ltd.

Drop in and see our showroom.
845 Prescott St., Kemptville
613-258-1262
info@rbheating.com http://www.rbheating.com

Slow food a quick way to live locally

Living Locally Fair highlights tanglible ways to make us aware of potential that exists in our own backyards

by Matthew Barbour

RUSSELL — What is slow food? This was one of the most-asked questions during the Living Locally Fair at St. Thomas Aquinas High School in Russell on Sat., Jan. 24.

The response from Peggy Hall, Group Leader with Slow Food Ottawa-Gatineau, was simple.

"It's the opposite to fast food — it's real food that your grandmother would recognize," she explained. "Slow food can be an apple that grew near you, not one that was shipped in from South America. It's also an apple that wasn't freeze-dried and powdered and treated with chemicals. It's an apple that is really an apple — that is produced by local people, so you're supporting your local economy. Slow Food is preservation as well, because every day, there are varieties of fruits and vegetables and breeds of animals that go extinct because they're not [reproducing] fast enough."

She pointed to tomatoes as an example.

"There used to be hundreds of varieties of tomatoes available, but now, many varieties are lost because they can't be picked by a machine when they're green to ripen as they are shipped 5,000 miles and still be edible," Hall said.

She added that taste is not usually a major consideration for commercial producers in other countries when they select the varieties they grow, noting that uniformity and appearance are thought to be more important.



Peggy Hall, group leader with Slow Food Ottawa-Gatineau conducted a seminar on Slow Food as part of the Living Locally Fair Sat., Jan. 24 at St. Thomas Aquinas High School in Russell. "Slow Food is the opposite to fast food — it's real food that your grandmother would recognize," she explained.

"People are starting to learn about what things taste like when they're fresh," she said.

Slow Food is also about living locally.

"The green part of the equation is more popular than it used to be," Hall explained. "More people understand how it's not good for the environment to eat things from South America, because they have to travel and that uses up fossil fuels — people get that now."

Hall said that adhering to the concept takes only a little bit of planning.

"Even if you don't want to grow a garden yourself, you can watch for local fruits and vegetables coming into season and as they do, you eat as much as you can and put the rest in your freezer," she said. "I like to show people how easy it is — you don't have to can everything like your grandmother did, but you are still able to eat that way by putting food in a plastic container and freezing it."

The Living Locally Fair was organized by the Russell and District Horticultural Society, in partnership with St. Thomas Aquinas High School.

RDHS President Lindley McPhail explained that the principal aim of the fair was to make people more aware of the potential that exists in their own back yards and neighbourhoods.

Admission to the event was free, and while there was no system in place to count visitors, McPhail estimated that more than 700 people toured the 36 booths in the school's auditorium.

"We counted visitors during a quieter period and we had 195 people come through the doors in a one-hour time slot," she explained.

A large number of visitors also took in some of the 11 seminars being conducted in several second-floor classrooms — covering broad range of interests from growing and preserving food to health and conservation.

"We are very, very pleased," said McPhail. "We have everybody from people who grow food for the marketplace to home gardeners and people who like to cook food, environmentalists and experts in saving rain water and reusing it. We even have baby things and a soap maker, as well as several other local non-food businesses."



Ann Jackson (left), a teacher at St. Thomas Aquinas High School in Russell, worked closely with Lindley McPhail of the Russell and District Horticultural Society to help organize the region's very first Living Locally Fair on Sat., Jan. 24. *Photos — Barbour*

Marilyn Roman travelled from Stittsville to attend the fair.

"We hear about these people and the living locally movement, but to have them all in one place — I'm quite impressed," she said.

RDHS co-ordinated the organization of the Living Locally Fair with Ann Jackson of St. Thomas Aquinas, a math and science program leader, as well as the SHSM-environment lead teacher.

"SHSM stands for Special High Skills Major," Jackson explained, noting that SHSM is an initiative from the Ontario Ministry of Education and provides for programing in 14 different economic sectors. The environment sector was chosen for St. Thomas Aquinas. "It was introduced here last fall with the idea of keeping kids in school and having them come out of school with some good experience and an idea of where they'd like to go. It's also experiential learning — learning about what people are doing in the real world."

She said SHSM students will graduate with a distinctive degree as most of their studies will be geared toward the SHSM program.

"For example, in learning data management, one of the things they are going to do is analyze firewood, so if I were looking for firewood, what kind of wood would I choose? What is the density of it? Will it produce a lot of smoke?" she explained. "So they won't be analyzing useless data and when they go out into the environment, they'll know something about it."

She said she hoped that a number of partnerships can be formed with organizations such as the horticultural society, the conservation authority and perhaps some businesses to assist in achieving the goals of the program. She said helping to organize future Living Locally Fairs may become part of the program's list of projects.



Have your

Forthcoming Marriage or Wedding Anniversary
of 25 Years or More
published in this special issue, February 25, 2009

Bring in your photo and write-up by Feb. 6, 2009.

Call Donna or Elan in Advertising Sales at 613-774-2524 to reserve your advertising space

advert@winchesterpress.on.ca
613-774-2524 Fax 613-774-3967
545 St. Lawrence St., P.O. Box 399
Winchester, Ont., K0C 2K0

WINCHESTER PRESS

Congratulations!



Butch and Clayton Oldford proudly present the annual prize of $1,000 in Gift Certificates to Carla Ward and Shane Gravel. Special thanks to the participating retailers: Winchester Home Hardware, Winchester Video/ Paddletales, Sutton's Restaurant, Crazy Loonies, Annable's Jewellery, Seaway Valley Pharmacy, Andy's Foodland, The Village Bin, Mary's Restaurant, Shadbolt's Stedmans Dept. Store, Milano's Pizzeria and Jen's.

Let's support our local businesses – Buy local!



'BUTCH' OLDFORD
Broker
DIRECT LINE
613-229-7795

ROYAL LEPAGE
GALE REAL ESTATE
BROKERAGE
INDEPENDENTLY OWNED AND OPERATED
613-774-4253
www.oldford.ca

YOUR FIRST CHOICE IN REAL ESTATE



CLAYTON OLDFORD
Sales Representative
DIRECT LINE
613-880-1880

IPONE
OIL
We have the lowest prices in the region!
Hours: Mon.-Fri. 8 am-6 pm; Sat. 9 am-1 pm
Tim@Tom's Tom's AIR COOLED ENGINES LTD.
SALES, SERVICE & PARTS
8634 Bank St., Vernon
613-821-1060
Repairs to all makes and models

WINCHESTER PRESS
SPORTS
WEDNESDAY, FEBRUARY 4, 2009 PAGE 13

ARCTIC CAT ATV
2008 500
Auto., with 3,000 lb. winch, 60" plow, hand and thumb warmers (Not exactly as shown)
$7,595 + taxes
1384762 Ontario Inc.
ALLAN JOHNSTON REPAIR & SALES
2665 8TH LINE RD., METCALFE
613-821-4263 Fax 613-821-4480
MON.-FRI. 8 AM-5 PM; SAT. 8 AM-12 NOON
www.allanjohnston.com

Vikings scuttle Hawks, Armitage blanks Lions

WINCHESTER — An ugly third-period meltdown led to an even uglier 10-3 loss.

"We scored the first goal and then they scored the next eight," noted Winchester Jr. "B" Hawks head coach Marty Little following Friday's (Jan. 30) one-side shellacking his squad received from the St. Lawrence Division's red-hot Casselman Vikings.

The number-two ranked Vikings (27-9-1-1) pushed their current winning string to 10 games with the decision over the number-four ranked Hawks (19-12-3-2). The Hawks travel to Casselman on Feb. 12 to finish their regular-season series with the first-year Vikings. Each team has posted three wins and tied another (3-3-1) in the first seven meetings.

"I still think we can beat them," offered Winchester general manager Craig "JB" Smith. "We missed chances early in Friday's game so when they made it 5-1 on that powerplay early (55 seconds) in the third the wheels fell off."

The Hawks rebounded with a 4-0 victory Sunday afternoon in Morrisburg. Devon Armitage posted his first and the Hawks' second shutout, stopping all 20 shots he faced.

Smith said he felt sorry for the Morrisburg 'tender Eric Head, who blocked 64 of the 68 shots he faced. Winchester shooters piled up period shot totals of 21, 23 and 24.

Ben Collins netted his 38th goal 51 seconds into Sunday's matinee in Morrisburg. Devon Simons set it up. Kyle Peck nailed his 16th after taking a feed from Brodie Boulanger and Graham Loyst at 4:10.

Period two was scoreless.

Boulanger cashed in a PPG engineered by Peck and Loyst at 5:02 of the third period. His second of the year made it 3-0. Collins iced the win, pegging his 39th on a powerplay organized by Boulanger and Peck at 17:55.

The Hawks were missing Brandon Kelley, Storm Carisse, Travis Froats, Adam Schofield and Andrew Baker.

Play tonight

The Hawks have rescheduled a game (PPD on Dec. 19) against the Rideau Division South Grenville Rangers for the Winchester Arena tonight (Wed., Feb. 4) at 8:15 pm.

Friday (Feb. 6) Winchester will play host to the first-place Alexandria Glens (28-9-1-1) at 8:15 pm. Saturday (Feb. 7) they are in Wiliamstown to take on the third-pace Char-Lan Rebels (23-14-0-1).

If the St. Lawrence Division playoffs started this week, Winchester would face Alexandria in one semifinal and Casselman would tangle with Char-Lan in the other.



Winchester forward Graham Loyst sailed through Kyle Lamothe's goal crease during Friday's St. Lawrence Division meeting between the host Winchester Jr. "B" Hawks and the Casselman Vikings. The first-year Vikings plundered the Hawks 10-3, firing in six third-period goals. In seven regular-season meetings, the clubs have compiled a 3-3-1 record. *Press Photo — Van Bridger*

Vikings 10 - Hawks 3

Rookie Andrew Baker gave the Hawks a 1-0 lead when he netted a PPG (his seventh) after taking a feed from Peck and Carisse 6:39 into period one.

Justin Spring, Cory Gove and Wallace Thompson cracked in unanswered shots and gave the Vikings a 3-1 lead in the first 20 minutes.

Rejean Leduc found twine in period two and handed Casselman a 4-1 edge.

J.F. Fournier (PPG), Leduc, Marcel Groulx (PPG) and Mathieu Savoie slammed in consecutive markers and pushed Casselman's lead to 8-1 in a fight-filled final frame.

"We made some little mistakes and they turned them into goals," noted coach Little. "We lost our focus. We can't afford to lose our composure in the playoffs."

Kyle Peck registered goal number 15 finishing a powerplay started by Collins and Loyst at 9:32 and Al "Flash" Gordon hit the 20-goal plateau, burying a relay from Collins and Baker at 13:14.

Casselman inflated the final difference to 10-3 when Savoie and Leduc beat Winchester reliever Micheal Hitesman.

Casselman outshot Winchester 46-43.

Armstrong nets six in Novice House 'C' Demons' win, hits 50-goal mark

WINCHESTER — Like father like son. In 1981-82, Doug Armstrong's photo appeared on the pages of the *Winchester Press*. The 10-year-old sniper held up a puck acknowledging the fact that he had scored 50 goals while skating with the Winchester Atom "B" Hawks.

On the last day of January 2009, Doug's eight-year-old son, Eric, duplicated his dad's production. Eric scored five consecutive goals as the North Dundas Novice House "C" Demons posted an 8-3 win over the South Dundas Lions in Morrisburg. Those five markers lifted the younger Armstrong total to 50. He then added his sixth of the game — 51st of the season — in the final minute.

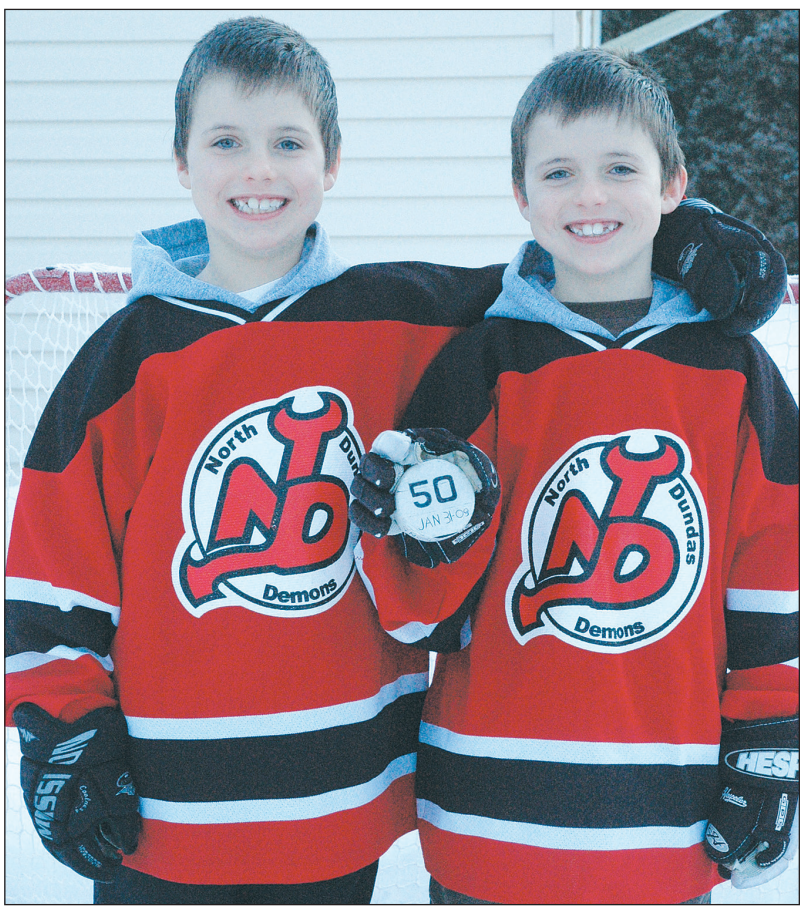
The next day (Feb. 1) in Cardinal, he nailed number 52 in a 4-1 loss to the South Grenville No. Two Rangers.

Many of Eric's scoring plays have been set up by his twin brother Joshua, who plays defence for the Demons.

Father Doug coaches his boys and said they are very supportive of each other.

"Josh has quietly scored 15 or 16 goals and has assisted his brother on many of his goals," Doug said. "Eric made sure he thanked his teammates for helping score so many times. He knows it takes teamwork."

Eric told the *Press* that he cheers for the Toronto Maple Leafs and his favourite player is forward Nik Antropov. Joshua is a Montreal Canadiens fan and his favourite Habs are defenceman Andrei Markov and forward Alex Kovalev.



Brother act

Eight-year-old Joshua Armstrong (left) plays defence and his twin brother Eric provides offence for the North Dundas Novice House "C" Demons. Eric recorded 51 goals in 18 games and has since raised his total to 52. *Press Photo — Van Bridger*

NDDHS Curling

Byrd leads Devils to fourth berth in provincial final

RICHMOND — First-year skip Kurtis Byrd, vice Zac Baker, second Jason Found and lead Brad Holmes are this year's Zone 1, Regional and North Dundas District High School representatives at the Gore Mutual Schoolboy Ontario championships.

The North Dundas rink earned a berth in the Gore Provincials, to be curled at the High Park Curling Club in Toronto Feb 18 to 20, by defeating Brent Montgomery of Centennial High School in Belleville 7-5 in the "B" event final Sunday (Feb. 1) in Richmond.

"It is the fourth straight year we are going to the provincials," noted North Dundas coach Ian Wilson.

Brett Lyon-Hatcher skipped All-Saints (Kanata) to a 4-3, last shot victory over Byrd in Saturday's "A" final. The loss knocked North Dundas into the "B" event showdown against Montgomery.

"We played well against All Saints but could not capitalize on our chances and lost 4-3. The skip had to make his last shot to win it," said the coach.

North Dundas defeated Chris Lewis' Brookfield High School team 4-3 and Kingston's KCVI, skipped by David Staples, 5-4 to reach the "A" game.

North Dundas claimed this year's Gore Mutual Zone 1 title defeating Seaway District High School and Perth Collegiate in Winchester in December (Dec. 4 and 5).

Shannon Harrington (St. Mary's) took the Gore Schoolgirl Regional "A" title and Emily Au (All Saints) emerged with the "B" trophy in Richmond. Both rinks have qualified for the provincial event in Toronto.

Winchester to meet Morrisburg in Jr. 'B' alumni game

WINCHESTER — Winchester will earn its designation as Hockeyville when former members of the Winchester Jr. "B" Hawks and the Morrisburg Lions face off in a twin bill of hockey nostalgia.

Two games between the storied Dundas County rivals, aimed at raising funds for the Winchester District Memorial Hospital and the Hawks Hockey Club, will be played at the Winchester Arena on Sat., Feb. 21 — the day CBC presents its Hockey Day in Canada program.

The double dip will open with the 40-plus game at 6 pm. That contest will feature Hawks' team founder Joel Steele and the Hawks two-time Gill Cup winning coach "Big" Doug Casselman on the bench, directing a squad captained by former Hawks' sniper Barry "Fitz" Casselman. The Hawks are going up against the 40-and-over edition of the Morrisburg Lions coached by long-time Lions manager Ron Casselman and captained by Dave Lapier.

At 8 pm, a match featuring ex-McGill Redmen captain Todd Marcellus and his over 30 Hawks challenging Robbie Casselman's 30-plus Lions will be played.

Introduction ceremonies at 6:15 pm will feature Joel Steele, coach of the original Hawks team along with several members of that 1969 squad performing the official face-off duties.

Former Hawks player, Robyn Sadler, a native of New Brunswick who skated with the Hawks from 2000 to 2004 got the idea from his former coach Dave Corkery.

"I got the idea for a Hawks-Lions alumni game from Dave [Corkery] while I was billeted with him during my second season [2002-03] and have wanted to pursue the event ever since," Sadler explained.

"I thought it would be fun for players and fans to remember the glory days of junior hockey in both communities," he added. "Back in the 70s, 80s and 90s Junior "B" was a communal pillar in the winters as crowds of 600, 700, 900 or more people were present to witness the Lions-Hawks rivalry."

Sadler credits his days playing junior hockey in Winchester for his moving to North Dundas and calling it home.

Sadler also wants to use the evening to pay tribute to the people who laid the groundwork for junior hockey in Winchester.

"Without these people, many of whom still live in this community, junior hockey wouldn't have flourished the way it did throughout the late 70s, 80s and 90s. And wouldn't have provided players with the experiences and memories they now possess," he said.

More features

Organizers are also planning to introduce commemorative banners celebrating the Hawks Gill Cup championships in the 1980-81 and 1981-82 season.

The evening will also include a hot stove pub in the arena hall featuring a live band — Killbride.

The games will be two 20-minute, stop time periods with the ice being resurfaced between periods.

Jeff Moore will act as the official time-score-keeper while Jason Broad, Sean Boulerice and Jeff Pashak will referee the matches.

Lineups for all four squads will be published in the coming issues of the *Press*.

Bantam Demons settle for silver

CORNWALL — The North Dundas Bantam "B" Demons were undefeated and had outscored their opposition 10-6 in the first four games of the 2009 Cornwall Bantam Rep Tournament, but couldn't manage a goal as they dropped a 3-0 decision to the Gloucester Blackhawks in the championship game.

The Blackhawks blanked the Demons 3-0 in Sunday's (Feb. 1) title match at the Bob Turner Memorial Centre, scoring the winning goal in period two and salting away the title with a pair of third-period markers.

Josh Freake and Brandon Cousineau counted the goals when North Dundas opened the competition on Friday (Jan. 30), battling the Blackhawks to a 2-2 draw. Cousineau and Ryan Switzer set up Freake with 2:17 left in period one and Switzer assisted Cousineau on the tying goal with 1:01 left in the game. Ryan Romans was the North Dundas 'tender.

Colin Giberson got the call in game two and posted a 2-1 decision over the Alexandria Glens. The Glens ruined Giberson's hopes for a shutout, scoring with 3:08 left in the game. Ryan Byers gave the Demons a 1-0 lead, finishing a power play started by Switzer and Freake with 2:07 left in period one. Patrick Speagle made it 2-0 with help from Colton Stitt and Nick Read at 1:20 of the same frame.

Romans returned to the cage and blanked the St. Isidore Les Aigles 2-0 in game three on Saturday (Jan. 31). Byers bagged the game winner after taking a feed from Freake and Cousineau at 5:49 of period one. Cousineau made it 2-0, finishing a power play engineered by Garrett Milne 3:07 before the final buzzer.

Semi-final

An unassisted goal counted by Byers with 3:21 left in the game gave North Dundas a 4-3 semi-final victory over the Cornwall Colts on Sunday.

Byers got the scoring started, netting an unassisted power play at 6:09. Freake made it 2-0 on another unassisted power play with 3:11 left in period two.

Cousineau cracked in a third PPG with 1:08 left in the same frame. Dylan Comeau assisted on the play that gave the Demons a 3-2 lead after two periods.

Giberson worked the North Dundas nets and enabled his team to qualify for the title match.



Another win

The North Dundas Atom "B" Demons squeezed out a slim 3-2 victory over the visiting Cornwall Colts on home ice in Winchester on Friday (Jan. 30). The decision inflated the Demons' Upper Canada Minor Hockey League record to a perfect 20-0-0. North Dundas forward Logan Holmes was the last man standing on this third-period play. *Press Photo — Van Bridger*

UPPER CANADA District School Board

"Building Success One Student at a Time!"

Upper Canada District School Board programs lead to success in life for all.
- We welcome your diversity, uniqueness and individuality.
- We offer you exciting opportunities in academics, arts and technology, sports and clubs.
- Be part of our caring school community and learn in a safe, respectful environment.
- Reach your destination. Explore work, apprenticeships, college and university.





The Upper Canada District School Board
World-Class Education creating
WORLD-CLASS GRADUATES

Student Registration begins TODAY!
Contact your school principal or call 1-800-267-7131
For further information please visit our Web site at: www.ucdsb.on.ca

North Dundas District High School
12835 County Rd. 43, Chesterville
613-448-2328
Principal: Geoff Trasuk
Grade 8 Focus Session
Wednesday, Feb. 25, 6:30 p.m. – 7:30 p.m.
Course Selection Information Evening
Wednesday, Feb. 25, 6:30 p.m. – 8:30 p.m.

Seaway District High School (Gr. 7-12)
2 Beach St., Iroquois
613-652-4878
Principal: Terry Gardiner (Effective Jan. 30, 2009)
Principal (Gr. 9-12): Terry Gardiner (2009-2010 School Year)
Principal (Gr. 7-8): Guy Lamarche (2009-2010 School Year)

Tagwi Secondary School (Gr. 7-12)
16750 County Rd. 43, Avonmore
613-346-2122
Principal: Chad Brownlee
Open House
Thursday, Feb. 26, 7:00 p.m.

T.R. Leger School of Adult, Alternative and Continuing Education
Winchester Campus
614 St. Lawrence St., Winchester
613-774-0222
Principal: Frank Hummell

We offer more high-speed connections - *surf faster* with public education!

T.R. Leger School of Adult, Alternative and Continuing Education - Principal, Frank Hummell

For information on adult and alternative Secondary School programs, Adult Basic Literacy and Adult English Second Language Programs, please call one of the following numbers in your area:

1-877-875-3437 toll free 613-937-0120 Cornwall and area
613-342-1127 Brockville and area 613-283-5418 Smiths Falls and area



Creating Futures, Leading and Learning for All

Greg Pietersma
Chair

David K. Thomas
Director of Education

Durant nets winner, Bantam House 'B's edge Stars 3-2

CHESTERVILLE — Evan Durant's second goal of the game snapped a 2-2 tie and lifted the North Dundas Bantam House "B" Demons to a 3-2 victory over the visiting North Leeds Stars.

The result, posted in Chesterville on Jan. 27, enabled Gary Embury's squad to gain a share of second place in the Upper Canada Minor Hockey League standings. North Dundas (13-5-2), the Athens No. One Aeros (13-3-2) and North Leeds (11-3-6) all have 28 points. South Dundas tops the standings with a perfect 20-0-0 record and 40 points.

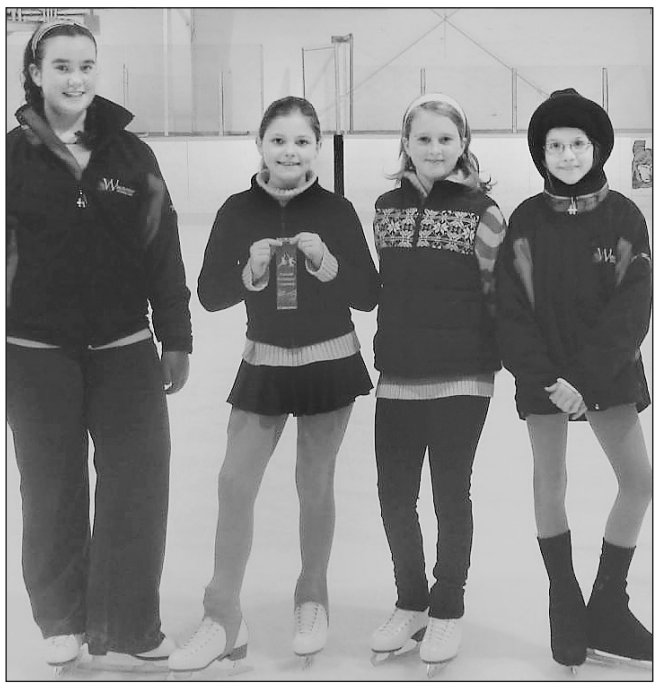
North Leeds took a 1-0 lead with 4:56 left in period two, but the Demons answered at the 2:30 mark when Durant connected after taking a pass from Daniel McSheffery and Andrew Findlay.

North Dundas slipped into a 2-1 lead with 6:54 left in the second session when McSheffery scored on a play set up by Durant. The Stars tied it 2-2 at 5:23 and Durant put his team into a 3-2 lead at 3:05 of the same frame. Period three was scoreless.

Cam Hunt was the winning 'tender.



The North Dundas Bantam House "B" Demons captured the South Grenville Rangers Tournament championship in Spencerville on Jan. 18. The Demons are: front (left) - Ryan Embury and Cam Hunt; middle (left) - Daniel McSheffery, Will Burgess, Kirk Gibson, Evan Durant; back (left) - Gary Embury - coach, Ben Horton, Alex Porteous, Dylan Sosnowski, Zach Sloane, Mason Steele, Brody Collins, Frisco MacMillan, Andrew Findlay, Sam Gibson - ass't coach.



Carving figures

Katey Churchill (left), Alyssa Cooper, Alyson Summers and Shaelee St. Marseille, members of the Winchester Skating Club, took part in the Prescott Figure Skating Competition (Jan. 24 and 25). Churchill competed in Bronze Interpretive. Cooper placed fourth in Pre-Preliminary Women's B Freeskate. Summers competed in Pre-Preliminary Women's B Freeskate. St. Marseille competed in Pre-Preliminary Women's B Freeskate. Kim Sliva (not pictured) competed in Preliminary Women's B Freeskate.

Morozuk, Barkley lead Flyers to 5-0 win

WINCHESTER — Justin Morozuk figured in on all five scoring plays and Terry Barkley blocked everything fired at him as the Winchester Flyers soared to a 5-0 victory over the Whitetail Construction crew.

Morozuk bagged the first three goals in the late game on the Winchester Town Hockey League Tuesday night (Jan. 27) twin bill. He then set up Chris "Edgar" Hart for the Flyers' fourth goal and made it 5-0 over the fourth-place Whitetails (6-12-0), burying a feed from Marty Link.

Scott Reaney and Josh "Champ" McLean set up Morozuk's first goal. Travis "Toast" Armstrong and Adam Guy helped out on the second and Trevor Gilmer provided the pass for the tally that made it 3-0.

Barkley, filling in for Chris Currie, backed the second-place Flyers as they inflated their record to 9-7-2 and stayed three points behind the top-ranked Allied Associates (11-6-1), who plucked the Papa Gus Wings 5-1 in the early game.

Veteran 'tenders

A pair of veteran goaltenders worked both ends of the WTHL double dip. Barkley filled in for the Flyers and former Melvin Cup champion Kevin Baldwin was a late insertion into the Papa Gus Wings' cage. Unfortunately for Baldwin the third-place Wings (8-8-2) only managed to produce one goal in a 5-1 loss to the Allied Associates.

Brad Nixon cracked in an unassisted shot to open the Associates' scoring. He was followed by Rob Thurler (GWG) who completed a play started by Nixon and winning 'tender Colin Ion. Derek Vingerhoeds hit for number three after taking a pass from Matt Baker. Darrel Moore completed the scoring, netting his 28th and 29th goals on unassisted plays.

Mitch Scott prevented the Wings from being shut out, scoring from Scott Baldwin and Jeff Pashak.

LAURIER OPTICAL
KEMPTVILLE

YEAR END CLEARANCE!
Special valid while stocks last.

70% OFF
ALL 2008 FRAMES MUST GO!
PAY ONLY 50% FOR YOUR LENSES!



EYE EXAMS AVAILABLE

Pick any frame from our 2008 exotic designers (blue tag) or any frame from our regular line (yellow tag) in stock and receive 70% off. All new arrivals with a pink tag will be offered at 50% off frame and lenses. See store for details. www.laurieroptical.com

LAURIER OPTICAL KEMPTVILLE | 2600 HWY 43 | (613) 258-2700



STIHL has over 900 authorized, servicing Dealers across Canada - drop in and see your local Dealer today!

Allan Johnston Repair & Sales
2665-8th Line Rd., Metcalfe
613-821-4263
www.allanjohnston.com

Eastern Engines Power Equipment
Hwy. 31, Williamsburg
613-535-2488
www.easternengines.com

www.stihl.ca

STIHL®



Future stars

First and second year members of the North Dundas Minor Hockey Association's Initiation program took part in the Future Star Program Ottawa 67's day on Sunday (Feb. 1). The North Dundas players were divided into red and white squads and played to a 7-7 tie. The Demons then got to meet the Ottawa 67's following their win over the London Knights as part of their day at Ottawa's Civic Centre. The Demons are: front (left) - Ethan Guy, Amanda Shay, Curtis Bell; second row (left) - Austin Rivet, Adam Barkley, Toby Byrne, Liam Antille, Erica Coburn, Ryan King, Katie King, Kameron Batten, Kobey Young, Justin Williams; third row (left) - Curtis Bowman, Lucas Menard, Elyssa MacLeod, Dawson Burgess, Owen Richardson, Justin Schoenfield, Andrew Ouelette, Cam Sherrer, Kaitlyn Minish, Matthew Gransden, Chase Holmes, Shaye Vanden Bosch, Preston Shelaga.

Jets close regular season with wins

METCALFE — The Metcalfe Jr. "B" Jets closed out the Metro-Valley Conference season posting back-to-back victories over the Clarence Creek Beavers and Perth Blue Wings.

Friday in Metcalfe the Jets trapped the third-place Clarence Creek Beavers 5-2 and Sunday they clipped the Valley Division's Blue Wings 4-2. The double wins didn't improve the Jets' fifth-place record (7-3-2-1-0) a lot, but it did give the Metro Division squad a lift as they prepare to open their quarter-final (best of five) playoff series with the fourth-place Gatineau Mustangs (15-20-3-2).

Quarter finals

Game one of the set is slated for Gatineau on Friday (Feb. 6) at 8 pm. Sunday (Feb. 8) afternoon the Jets will host game two at the Larry Robinson Arena at 2:15 pm. Metcalfe will return to Gatineau on Fri., Feb. 13 for an 8 pm start. The Jets will host another 2:15 pm matinee on Sun., Feb. 15. Game five is set for Gatineau on Mon., Feb. 16 at 8 pm. The winner of the series will meet the first-place Ottawa West Golden Knights in a best-of-seven semi-final set.

The Metro Division best-of-seven semi-final series between the third-place Clarence Beavers and number-two ranked Ottawa Junior Canadians will open on Tues., Feb. 10 in Ottawa.

Jets 5 - Beavers 2

Chad Vriend, Derek Nooyen, Zachary Coakeley and Nicholas Straccini (PPG) snapped in first-period goals as the Jets opened up a 4-1 first-period lead on the Beavers in Friday's home game. Keavin Finnerty (2), Glenden Bakker, Brett Holmes, Vriend and Straccini provided the passes. Patrick Boivin counted the Beaver marker.

Carl Blanchard cut the Clarence deficit to 4-2, netting the lone second-period marker.

Josh Shanbaum's 17th goal of the season went into an empty beaver cage and iced Metcalfe's 5-2 win at 18:29. Holmes and Bakker drew assists on the play.

Clarence outshot Metcalfe 54-36. Francis Bourgeois made 52 posting the victory.

Jets 4 - Wings 2

Shanbaum converted a pass provided by Brett Varrin and Sean Murphy into a 1-1 first-period tie in Sunday's match in Perth.

Shanbaum found the net again on a second-period powerplay engineered by Straccini and Coakeley 2:28 into the session. Alexander Barr converted another extra-man opportunity into a 3-1 lead at 10:32. Simon Johns and Bakker organized that play. Johns added another goal to the Jets total when he finished a play set up by Barr and Cory Churchill at 13:15.

Perth sliced the final difference to 4-2 on a third-period tally by Riley Kane.

Bourgeois got his second consecutive start and made 25 saves for the win.

Perth Wings tie Midget 'B's

WINCHESTER — A 6-3 lead after two periods didn't convert into two points. The North Dundas Midget "B" Demons surrendered three goals, two on the powerplay, in the final frame and had to settle with a 6-6 tie with the Perth Legion Wings.

North Dundas led the Upper Canada Minor Hockey League game, played in Winchester on Jan. 26, 2-1 after a period and 6-3 after two sessions but couldn't hold on for the victory.

Perth captain Craig Dobbie rang up two PPGs and set up a tally for Gage Hanson as the visitors erased their three-goal deficit and left town with a point.

North Dundas holds down first place in the West Division with a record of 17-1-2. Perth is fifth with a mark of 6-12-3.

Tyler Jones paced the North Dundas attack, slapping in three goals, two in the first period. Brandon Buma potted a pair of biscuits and Chris Embury shot in a single. Ryan McRae drew four assists. Buma picked up two while Cam Armstrong, Taylor Johnston, Embury and Jones collected single helper points. Ryan Hay took his turn in the goaltending rotation.

SPORTS SCOREBOARD

Eastern Ontario Junior "B" Hockey League
RIDEAU - ST. LAWRENCE CONFERENCE

RECENT RESULTS:
Jan. 28: Westport - Brockville - cancelled
Jan. 29: Casselman 10 - Alexandria 5
Jan. 30: Casselman 10 - Winchester 3
Gananoque 5 - South Grenville 2
Alexandria 7 - Char-Lan 2
Athens 6 - Westport 6 OT
Jan. 31: South Grenville 4 - Brockville 3
Char-Lan 6 - Morrisburg 3
Athens 5 - Gananoque 4
Feb. 1: Winchester 4 - Morrisburg 0

STANDINGS

Rideau	W	L	T	GF	GA	PTS
Athens	24	5	4	196	144	55
Westport	18	14	1	198	185	41
Gananoque	13	19	3	152	173	31
Brockville	13	19	2	140	146	30
S. Grenville	11	23	1	102	172	25

St. Lawrence	W	L	T	GF	GA	PTS
Alexandria	28	9	1	251	138	58
Casselman	27	9	1	239	167	56
Char-Lan	23	14	2	185	148	47
Winchester	19	12	3	161	154	43
Morrisburg	2	35	0	117	314	5

**Teams losing in OT receive one point*

TOP SCORERS	G	A	PTS
Rideau Division			
Brett Perkins, West.	30	49	79
Steve McGlade, Athens	27	50	77
Steve Parker, Athens	34	33	67
Scott Baxter, Athens	23	35	58
Shane Melcher, Brock.	37	20	57
Scott Johnstone, West.	24	27	51
Dan Lacroix, Athens	22	28	50
St. Lawrence Division	G	A	PTS
Ben Collins, Win.	39	58	97
Eric Morter, Alex.	28	66	94
Rejean Leduc, Cass.	37	56	93
Hugo Pouliotte, Alex.	47	36	83
Cory Gove, Cass.	38	41	79
JF Fournier, Cass.	31	47	78
Alex Leclair, Cass.	24	50	74
Emilien Dupont, Alex.	21	47	68
Tyson Spink, C-L	22	43	65
Jamie Jean Louis, Alex	25	34	59
Tyler Spink, C-L	22	37	59
Al Gordon, Win.	20	31	51

Winchester Town Hockey League

RECENT RESULTS:
Jan. 27: Allied Associates 5 - Papa Gus 1
Winchester Flyers 5 - Whitetails 0

STANDINGS	W	L	T	GF	GA	PTS
Allied Associates	11	6	1	96	75	23
Winchester Flyers	9	7	2	75	76	20
Papa Gus Wings	8	9	1	95	93	18
Whitetail Construction	6	12	0	69	90	12

TOP SCORERS	G	A	PTS
Robyn Sadler, Papa	36	16	52
Darrel Moore, AA	29	17	46
Rob Thurler, AA	20	19	39
Justin Morozuk, WF	17	14	31
Derek Vingerhoeds, AA	13	14	27
Travis Armstrong, WF	14	12	26
Trevor Gilmer, WF	12	14	26
Scott Reaney, WF	10	13	23
Billy McRoberts, AA	8	13	21
Aron Sherrer, Papa	4	17	21

Eastern Ontario Junior "B" Hockey League
METRO - VALLEY CONFERENCE

RECENT RESULTS:
Jan. 29: Ottawa West 6 - Gatineau 2
Carleton Place 11 - Renfrew 2
Jan. 30: Metcalfe 5 - Clarence Creek 2
Shawville 5 - Carleton Place 3
Stittsville 5 - Arnprior 2
Gatineau 7 - Ottawa Canadians 6
Jan. 31: Valley Rookies 7 - Metro Rookies 1
Metro Veterans 18 - Valley Vets 14
Feb. 1: Metcalfe 4 - Perth 2
Ottawa West 5 - Clarence 4
Carleton Place 4 - Stittsville 2
Renfrew 6 - Arnprior 4

FINAL STANDINGS

Metro	W	L	T	GF	GA	PTS
Ottawa West	28	7	3	207	101	60
Ottawa Jrs.	24	10	4	202	133	53
Clarence	22	14	3	180	153	47
Gatineau	15	20	3	162	201	35
Metcalfe	7	32	1	132	250	15

Valley	W	L	T	GF	GA	PTS
Carleton P.	27	6	4	197	114	60
Stittsville	26	10	3	196	156	55
Arnprior	17	20	2	174	203	36
Shawville	13	20	2	187	221	33
Perth	11	19	3	123	145	30
Renfrew	9	23	6	135	216	25

**Teams losing in OT receive one point*

Winchester & District Ladies Hockey League

RECENT RESULTS:
Feb. 1: WS Trucking 3 - Cooper Physio 1
CountryGirls 2 - Double Beauty 2
Andy's Foodland 2 - Annable's Blues 1

STANDINGS	W	L	T	GF	GA	PTS
WS Trucking	12	2	3	48	19	25
Cooper Physio	9	5	3	35	30	21
Andy's Foodland	8	4	5	35	31	21
CountryGirls	6	7	4	40	34	16
Annable's Jewellery	4	11	2	26	42	10
Double Beauty	2	12	3	18	42	7

TOP SCORERS:	G	A	PTS
Kelly Zeran, WST	13	10	23
Stephanie Scott, CG	11	10	21
Sandra Cloutier, CP	18	2	20
Amy Fraser, AF	14	5	19
Edith Dagenais, CP	13	6	19
Amy Darling, AB	9	6	15
Sonia Clement, WST	8	6	14
Diane Downey, CG	4	9	13

2008-09 EOJBHL St. Lawrence Division

Winchester Jr. "B" Hawks Home Games

Wed., Feb. 4
vs. South Grenville Rangers
8:15 pm

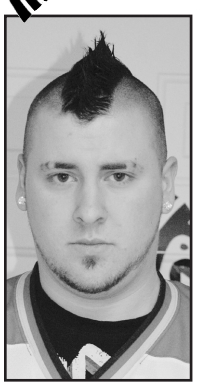
Fri., Feb. 6
vs Alexandria Glens
8:15 pm

** Hawks 50/50 Draw winner Jan. 30 Greg Holmes - $1,085*

** Hawks Dream Vacation winner Jan. 30 Cancun, Mexico trip (value: $1,950) Ken Barber, Winchester*

Meet the HAWKS

Kyle Peck
No. 61
Right Wing



Kyle Peck is a native of British Columbia and is in his first season with the Winchester Jr. "B" Hawks. The 20-year-old right winger holds down third place on the team's scoring list and 18th in the St. Lawrence Division, with 16 goals, and 26 assists for 42 points in 29 games. Peck, who stands six-foot, one inch and weighs in at 200 pounds, competes in mixed martial arts in his spare time.

THIS WEEK'S SPECIAL!



2005 Z71 4X4
$17,900
Leather, 93,000 kms.

COME AND HAVE A LOOK AT THIS VEHICLE AND OTHERS ON OUR LOT!

Also available:
2006 Monte Carlo LS, 114,000 km, $8,995
2005 Chevrolet Cobalt, 60,000 km, 4 new snows, $7,500
2005 Grand Prix, 59,000 km, $10,800
2005 Pontiac Pursuit, 4-cyl., auto., $6,800
2005 G6 GT, new tires, 62,000 km, $11,800
2004 Ford Ranger 4x4, ext. cab., 104,000 km
2004 Chev Malibu, 66,000 km, sun roof, loaded, new tires, $8,400
2004 Colorado Z71 2x2, 4 cyl. auto., 58,000 km, $13,500
2004 Canyon 4x4, 79,000 km, $14,900

R/T Auto Center
SALES AND SERVICE
Quality Used Vehicles
T. KIRKWOOD
665 St. Lawrence Street, Winchester • 613-774-2000
General Automotive Maintenance
Gas Tanks • Radiators • Tires • Suspension • Custom Exhaust • Brakes

looking for highspeed internet options?
... at Storm Internet we will *earn* your business every day.

Since 1996, Storm has delivered broadband Internet to more than 50 communities & municipalities throughout Eastern Ontario, connecting more than 10,000 clients with dialup, dsl, cable, wireless and more. Visit our website or call us today.

storm highspeed	home	business
wireless	from $50/mth*	from $95/mth*
Dsl	from $30/mth*	from $55/mth*
dial-up	from $15/mth*	from $35/mth*

storm web hosting	non-database	database
Unix	from $20/mth*	from $69/mth*
Nt	from $30/mth*	from $49/mth*

* some restrictions may apply, contact us for more details.

storm internet
for more information please visit:
www.storm.ca/winchester
Storm Internet
1760 Courtwood Cr, Ottawa, ON K2C 2B5
tel: (613) 567-6585 · fax: (613) 567-3227
toll free: (866) 257-8676
[Mon-Fri: 8am-10pm & Sat-Sun: 9am-5pm]

Winter SALE Specials
CORN/PELLET STOVES
QUADRA-FIRE
NOTHING BURNS LIKE A QUAD



4E's of excellence
√ Economical to Buy
√ Efficient to Operate
√ Easy to Use
√ Environmentally Friendly
Multi Fuel Corn/Wood Pellets Mixture or Wood Pellets only
THE STOVE STORE unmatched
Financing Available (O.A.C.)
6 Beverly St., SPENCERVILLE
613-658-3101 or 1-888-370-9859
www.thestovestore.net
thestovestore@ripnet.com

Zeran leads WS Trucking to WDLHL regular-season title

WINCHESTER — Kelly Zeran pegged a pair of second-half goals and led the WS Trucking Company to a 3-1 victory over the Cooper Physio Pinks.

The decision locked up first place in the Winchester District Ladies Hockey League standings for the Truckers (12-2-3) and left the Pinks (9-5-3) in second place, four points back with one game left to play.

Sonia Clement buried a feed from Christina Luykx and gave the Truckers a 1-0 lead 8:30 before the intermission in the 8 am game. Zeran potted the next two markers (goals numbers 12 and 13) scoring from Kristin Wyman and Carolyn Thomas at 16:28 and from Thomas and Luykx at the 10:44 mark of the second session. Veronique Daviault cracked Dominique Cavill's goose egg when she registered the lone Pink goal 1:43 before the final buzzer.

Girls 2 - Stylists 2

Stephanie Scott netted the tying goal, her 11th of the season, after accepting a pass from Edith Dagenais and Robin Berends 2:52 before the final buzzer in the 9 am match. The fourth-place CountryGirls (6-7-4) and the sixth-place Double Beauty Stylists (2-12-3) finished the 9 am match deadlocked 2-2.

The Stylists led 1-0 at the half on a goal by Margaret Berry who finished off a play started by Kristine McNamara and Janice Casselman with 9:17 left in the half. Tanya Klein-Swormink put the Girls on even terms when she scored at 18:10 of the second half after picking up a feed from Diane Downey and Annette Downey. Amanda Rylaarsdam's unassisted marker put the Stylists up 2-1 with 3:40 left on the clock and set the stage for Scott to make it a 2-2 final.

Roxanne Backes (Girls) and Lorie Casselman (Stylists) were the opposing goalies.

Reds 2 - Blues 1

Cathy Lee Brookes rang up her first goal of the season after taking a feed from Andrea Francis at 17:46 of the second half of the 10 am encounter. The Brookes tally proved to be the difference as the third-place Andy's Foodland Reds (8-4-5) nipped the fifth-place Annable's Jewellery Blues (4-11-2) 2-1.

Amy Fraser netted her 14th goal completing, an opportunity created by Joanna Gilmer and Marilyn Wade 9:57 before the half to hand the Reds a 1-0 lead. Brookes made it 2-0 and the Blues sliced their final deficit to 2-1 when Courtney Barkley ruined Krisite Wade's bid for a perfect game with 5:13 left on the clock. Aline Smith and Amy Darling drew assists on the play.



The dairy best

The 43rd annual Dairy Bonspiel, sponsored by Parmalat and hosted by the Winchester Curling Club, featured 12 teams and 48 curlers. Saturday's (Jan. 31) event was won by Percy Armstrong's rink. Marie Fawcett (left), Lesley Bouchard, Janet Levere and Armstrong accepted the championship silverware from Parmalat plant controller Jacques Arel. Keith Wagner, Norm Tinkler, Marion Carkner and Bev MacQueen finished in second place. Bill Doornwaard, John Sloan, Steve Crowder and Nancy Crowder earned the one-game high prize. Don VanHoof, Carl Hutchinson, Woody LaPrade and Terri VanHaren were the consolation winners.
Photo — Wayne LaPrade Photography



Top shooters in week four

Bailey Milne (left), Sam Shelp and Amanda Carkner were the participants in Friday's (Jan. 30) Winchester Jr. "B" Hawks' $500 NDDHS Blue Devils Shootout. Carkner snapped in seven of 10 pucks and accepted the $50 prize from Hawks executive member Kim Williams (right). Shelp scored twice and Milne six times. AJ's Catering of Metcalfe was the event's sponsor.
Press Photo — Van Bridger

Benoit nets deciding marker for Atoms, 'B' Demons tame league-leading Lions

WINCHESTER — Joey Benoit cracked a pair and Jack VanKessel shot in a single goal as the North Dundas Atom House "B" Demons knocked off the first-place South Dundas Lions 5-4.

The Lions led Friday's (Jan. 30) Upper Canada Minor Hockey League game 1-0 after a period and were leading 2-0 when VanKessel put the Demons on the board, finishing a play started by Lauren Crook and Jacob Robinson at the 8:10 mark. He connected again and knotted the count at 2-2, connecting on a feed from Robinson and Rhyce Sherrer with 5:34 left in the same session.

The Lions fired back-to-back goals into Shane Rodney's cage at 6:33 and 5:33 of the final frame and opened up a 4-2 lead. North Dundas launched its comeback with 4:36 showing on the clock. Benoit pegged the goal, scoring from Robinson and VanKessel. VanKessel tied it 4-4 with help provided by Crook and Tristan MacGregor 2:32 before the final buzzer.

Benoit then buried the biscuit on a buzzer-beating play to give his squad a 5-4 victory. Robinson and MacGregor picked up assists on the play, which was registered with 22 seconds left in the game.

The win improved the Demons' mark to 15-4-2 and shifted the Lions' record to 16-3-2.

Register Now!

Our Kindergarten teachers are dedicated to creating a friendly and safe learning environment which provides opportunities for all children to achieve and succeed. In partnership with the home and community, we strive to develop self-confidence, creativity and a love of learning. We believe in the pursuit of learning while building a strong sense of caring and respect for all.

Junior and Senior Kindergarten



French language instruction is offered in all Kindergarten classes. In addition, an Early Immersion Program is offered in several locations.

Daycare and Before/After School Programs are available at many school sites.

Visit our Web site at www.ucdsb.on.ca for details.

Registration for Junior and Senior Kindergarten takes place directly in all Upper Canada District School Board elementary schools.

- Junior Kindergarten students must be 4 years of age by December 31, 2009.
- Senior Kindergarten students must be 5 years of age by December 31, 2009.

Contact your local school for specific registration dates and information, or call 1-800-267-7131.

Chesterville Public School (Gr. JK-6)
38 College St., Chesterville
613-448-2224
Principal: Debbie Banks

Iroquois Public School (Gr. JK-6)
66 Lakeview Dr. N., Iroquois
613-652-4580
Principal: Toby Sebalj

Kinsmen/Vincent Massey School
1520 Cumberland St., Cornwall
613-932-7170
Principal: Anne Presley

Maple Ridge Senior Public School (Gr. 7-8)
12820 Hwy. 43, Chesterville
613-448-2817
Principal: Geoff Trasuk

Morrisburg Public School (Gr. JK-6)
16 Second St., Morrisburg
613-543-3166
Principal: Jack Shouldice

Nationview Public School (Gr. JK-6)
3045 County Rd. 1, South Mountain
613-989-2600
Principal: Stephen Elliott

North Stormont Public School
57 Cockburn St., Berwick
613-984-2061
Principal: Krista Mano

Winchester Public School (Gr. JK-6)
547 Louise St. S., Winchester
613-774-2607
Principal: Dawn Bouchard

Greg Pietersma
Chair

UPPER CANADA District School Board

CREW

David K. Thomas
Director of Education

SHOP LOCAL

Let's support our businesses... Buy locally first!

Collins Barrow
Chartered Accountants

Collins Barrow offers a full range of services in the areas of:

- Farm tax returns
- Financial statement preparation
- Personal and corporate tax returns and planning
- Bookkeeping services
- Estate planning
- Computer installation and training
- Debt restructuring and Insolvency services

Collins Barrow Winchester
475 Main Street
Winchester, ON K0C 2K0
tel: 613.774.2854
toll free: 800.268.0019
www.collinsbarrow.com

CLASSIFIEDS

613-774-2525 ~ fax: 613-774-3967 ~ email: advert@winchesterpress.on.ca

TRIPLE B STRUCTURES LTD.
Butler Pre-Engineered Steel Buildings
Commercial and Institutional
WILLIAMSBURG, ONT.
RALPH BUTER
RANDY BUTER
BUTLER
Office 613-535-2820

PIVOTECH DOORS INC.
BUY DIRECT SAVE $$$
• Overhead Doors • Electrical Garage Door Openers
• Automatic Doors • Loading Docks
• Rolling Doors • Partitions
SERVICE • SALES
INSTALLATION
RETAIL • INDUSTRIAL
WHOLESALE • FARMERS
24-HOUR EMERGENCY SERVICE
1700 Cayer Rd., Winchester
613-774-1361

Winchester Springs Repair
Tractor Trailer and Automotive Repair
David Durant
613-227-1875 • 613-774-0666
3301 County Rd. 31, Box 35, Winchester Springs, Ontario

SPECIAL
DA-MAUR CARPET CLEANING
Over 25 Years Experience
Superior In-Truck Mount Steam Cleaning
Will Professionally Clean Your House
(Excluding Finished Basements) With Our Own Water Supply
REG. $130 NOW $120 ON PRESENTATION OF THIS AD
(incl. L.R., D.R., 3 Bd.R. (T.A.'s), 1 set of stairs & upstairs hall) MAX. 700 SQ. FT.
CALL AND BOOK NOW! 613-445-6452 Saturdays Available

Gateway Enterprises
SALES, SERVICE, INSTALLATION
Shawn Backes
613-774-6157
Fax 613-774-6627
11693 Toye Hill Road,
Williamsburg, Ont., K0C 2H0
24-Hour Emergency Service
613-913-0097
Garage Doors, Rolling Steel Shutters & Dock Equipment
CUSTOM MADE CABINETS & FURNITURE


AKCENT MOTOR SALES INC.
Proudly serving the area for 15 years!
Our vehicles are NOW on display at 12076 Main Street, Winchester
For more information call 613-774-0718 or view all our vehicles at: www.akcentmotors.com

The Most Famous Basket in the World!
WELCOME WAGON SINCE 1930

For over 75 years, Welcome Wagon has been recognized as Canada's largest and most respected greeting service.
Operating from coast to coast, Welcome Wagon is a Canadian-owned, FREE greeting service for families experiencing a lifestyle change.
Contact Pat Warren, 613-774-2943

Notice

WINCHESTER PRESS OFFICE HOURS
Monday - Thursday 9 am -5 pm
Friday 9 am 4 pm
Closed Saturday and Sunday
42stf

HOLIDAY MONDAY DEADLINE
Copy for all Classified Ads for Wednesday, February 18, 2009 issue must be in by **4 pm**, **Friday, February 13, 2009.** The Press Office will be closed on Monday, February 16, 2009 for Family Day holiday.
14-15

Services

ALCOHOLICS ANONYMOUS
If you want to drink that's your business. If you want to stop, that's ours. Call AA, 613-774-5415 or 613-535-2284. For families of alcoholics (ALANON), 613-774-5969 or 613-535-2284.
17tfc

VICTOR BROOKS & SON INC.
Tree services. Take downs, trimming, planting, stump removal, bucket truck, chipper rental. Free estimates. 613-535-2322.
45tfc

CRACKMASTER CONCRETE
Leaky basement repair from inside. Cracks sealed by injection. Serving Eastern Ontario. All work guaranteed. Call Rob at 613-551-6283, 1-877-334-5737.
2tfc

MORNING MULLIN
Accounting, bookkeeping, personal income tax returns. Call 613-652-1590 or email morningmullin@sympatico.ca for an appointment.
45-52

Wanted

RIDE NEEDED – From Metcalfe (Scrivens Dr./Highway 31, close to Daley's Funeral Home) to Constitution Square (Kent/Albert) weekday mornings for 7 am arrival or earlier. Please call 613-821-3623 or email bscrivens@idrc.ca
45-47

Help Wanted

HELP WANTED – Server needed, Apply in person to Country Kitchen Restaurant, County Road 31, Winchester.
39tfc

HELP WANTED – Village Hair Works requires full or part-time hairdresser for busy salon. Call 613-821-0917.
46-49

HELP WANTED – Organist or pianist for Osgoode Baptist Vernon United Church, in Vernon for Sunday morning services. Call Kay, 613-821-2174.
46-47c

HELP WANTED – Full-time or full-time/part-time help required for tie-stall dairy farm, Metcalfe/Vernon area. Call 613-821-3421.
46-47

HELP WANTED – St. Paul's Presbyterian Church, Winchester, is looking for a responsible individual to clean the church. Weekly duties are to be carried out on Friday or Saturday. Reply in writing to: Caretaker, St. Paul's Presbyterian Church, P.O. Box 879, Winchester, ON, K0C 2K0.
47tfc

Help Wanted

SKILLED HELP WANTED
Cabinet Makers / Assemblers required immediately for well established wood working firm located near Greely. Full-time, 4-1/2 days per week with Friday afternoons off. $12-$19 an hour based on experience. Phone 613-822-4285 or fax resume to 613-822-0932.
47

HELP WANTED – Kennel help including weekends. Must have own transportation, like animals, self-starter, responsible, able to deal with the public. Phone 613-774-3091.
46-47c

CLEANER / GENERAL HELPER
Required immediately for well established wood working firm located near Greely. Full-time, 4-1/2 days per week with Friday afternoons off. $12 an hour. Phone 613-822-4285 or fax resume to 613-822-0932.
47

HELP WANTED – Experienced Autobody Painter and Technician required for full-time position. Pay commensurate with experience. Great benefit package. Please call 613-821-3345.
47-49c

Work Wanted

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

WORK WANTED – Karl's Moving. Commercial and house moving, local and long hauls in Ontario. Prices starting at $70 per hour. No surcharge. Call 613-652-2526.
46tfc

WORK WANTED – STL Home Improvement. Renovations, repairs, additions, painting, flooring, ceramics, decks, plus more! 30 years experience. Free estimates. Quality workmanship. Steven T. Lavigne 613-864-1953
4tfc

WORK WANTED – Experienced carpenter. Additions, renovations, decks, siding, windows, doors and more. Call Andrew Lamoureux, Winchester, 613-853-5294.
18tfc

For Rent

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

FOR LEASE – Prime commercial space on Meadow Drive in Greely. Approximately 1100 sq. ft. available. Great for retail, medical, or dental practice. Available Feb. 1. For more information call 613-821-1497 or 613-821-1488.
35tfc

FOR RENT – Office space on Dawley Drive, Winchester (same building as Drive Test). Call 1-800-361-3305 or 613-652-2069.
8tfc

KEMPTVILLE
Commercial space, 700 square feet, $700 per month, heat and hydro extra. A great location at lights on Prescott Street. Building available for sale. Information and pictures available at propertyguys.com. Phone 613-296-3455.
38tfc

For Rent

SPACE FOR RENT – Storage or 3800 sq. ft. space. One room 2700 sq. ft., heated or not; 1 cooler room 1060 sq. ft. Renting fees to be negotiated. South Mountain. Call Chris, 613-989-1031.
46-47

Accommodation

FOR RENT – 43 Moffat Street, Morewood, 2-bedroom apartment, newly renovated, $575 monthly, utilities extra, on-site laundry facility, ample parking, high speed internet access, includes appliances. Call 819-771-6433.
19tfc

CENTRAL MORRISBURG RENTAL
Premium 2-bedroom apartment now available in modern 6-plex building. Includes security entrance, parking, storage, gas heat, laundry facilities, and air conditioning. Suitable for seniors/adults without pets. Rent $525 and up. References required. Call 613-535-2759 days, for appointment.
29tfc

FOR RENT – Spacious 2-bedroom apartment, quiet, secure, adult building, laundry facilities, parking. Supportive Care Services available for tenants with disabilities or limitations due to aging or illness. $625 plus hydro. 613-853-6592.
45tfc

FOR RENT – 2-storey, 3-bedroom house in South Mountain. Available March 1, $925 per month, plus utilities. Phone 613-989-5348 or 613-989-2367.
47-48

FOR RENT – Williamsburg apartments, $495 and up, all inclusive. First, last and 2 references. Non-smoking building. Call 8 am-5 pm 613-822-6635.
45-48

FOR RENT – Available in March, 3-bedroom townhouse in Winchester. For information call 613-774-3038.
46tfc

FOR RENT – Winchester, Victoria Apartments, large 2-bedroom, senior oriented building. Available Feb. 15. No pets. Non-smoking. Call 613-543-2184.
46tfc

FOR RENT – Senior apartment in Winchester, non-smoking. 2-bedroom apartment, bright and spacious on second floor. Also, 1-bedroom, main floor apartment. Call 613-774-2358.
46tfc

FOR RENT – 2-bedroom apartment, including stove, fridge, washer, dryer in Rosewood Apartment, Winchester. Available March 1. Call 613-774-3892 or 613-821-0502.
47tfc

RUSSELL VILLAGE – Brand new 1,030 sq. ft. 2-bedroom executive, high-end, loft apartment. Quiet neighbourhood, large private yard. 35 minutes from downtown Ottawa. Parking included, central air, 5 new appliances, utility room, outside storage shed. References and deposit required. Non-smoking. No pets. $950 per month plus utilities. Available March 1. Call 613-445-9998.
47-48

Accommodation

FOR RENT – Morrisburg, 3-bedroom duplex on quiet street. Available Feb. 1, $690 monthly plus utilities. First and last with references. Call 613-543-2897.
44tfc

For Sale

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

FOR SALE – Potatoes: $10 for 50 lb of white Kennebec or red Chieftain. Country Kitchen Restaurant, 2159 County Road 31, Winchester.
43tfc

APPLES – Many varieties, unique fruit spreads and chutneys. CIDER, sparkling juice, gift baskets, ready made or made to order, giftware. Antiques and collectibles. Open daily 8 am-5 pm. Smyth's Apple Orchard, 613-652-2477, on County Road 18, 5 km west of County Road 31 at Williamsburg, follow the signs, www.c360.ca/iroquois/smyths
32tfc

FOR SALE – Thinking of buying or selling a home, farm or business? Call Steve Summers at Coldwell Banker Colburn Realty, 613-774-3408.
46tfc

FOR SALE – Four 15" Cooper snow tires. $100. Call 613-448-1647.
47

Automotive

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

Farm

FOR SALE – Good quality big square and round bales of hay. No rain. Call 613-989-6031, 613-913-5935 or 613-913-2195.
40-47

FOR SALE – Hay, small square bales suitable for beef, sheep or bedding. Call 613-774-5107 or 613-612-9919.
43-48

FOR SALE – Round bales of hay, grass mix, no rain, stored inside. Call 613-774-3363
44-47c

MANURE WANTED – Any time, any type, even bull! For details contact John Cinnamon, phone: 613-774-2486, cell: 613-227-1849 or website: www.farmerjohnfromcloverdale.com
47-50c

BEADS – Wanted
Seed beads and/or beaded items. Must be pre-1920.
Call 613-535-2233

O'FARRELL Financial Services Inc.
Representing London Life Insurance Company and a range of financial companies
DERMID O'FARRELL • MATTHEW FELKER • TANYA PEARSON
Financial Security Advisors
• Life & Disability Insurance Planning • Retirement Planning
• Group Benefits • Estate Organization
292 COUNTY ROAD 44, KEMPTVILLE, ONTARIO K0G 1J0
613-258-1997 • Toll Free: 1-877-989-1997 • Fax: 613-258-6983
www.ofarrellfinancial.com E-mail: future@ofarrellfinancial.com

Winchester Press Classified Advertising Rates

All Classified Advertising Payable In Advance

30 cents per word, $6.00 minimum

Classifieds will be accepted by telephone but must be paid by 5 pm Monday, for publication on Wednesday

MasterCard **613-774-2524 Fax 774-3967** VISA
E-mail: advert@winchesterpress.on.ca

DEADLINE for **Classified Ads**
Monday at 4 pm
DEADLINE for **Display Advertising**
Friday at 4 pm

Farm

LAND FOR SALE – 96 acres north of Russell, frontage on 2 roads. Call 613-218-5181 for more information.
46-47

FOR SALE – 100 large round bales of mixed hay, no rain. Phone 613-448-3473.
47-49

Household

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

FOR SALE – Couch and loveseat, Sklar-Peppler, navy multicoloured; dining set: table, six chairs, large buffet, blue/wood mix. Phone 613-448-2910.
47

In Memoriam

SCOTT – In memory of my dear husband, Alex, who passed away February 8, 2000.
I miss you dear, I always will.
Deep in my heart you are with me still.
We shared our hopes, our joys, our tears.
I thank you for those wonderful years.
– Always remembered and loved
– Please remember me, your loving wife Joan
47

BERGERON – In loving memory of a loving husband, companion and best friend, Michel, who passed away on February 6, 2008.
One year has passed since that sad day
When the one I loved was called away.
God took him home - it was His will
Within my heart, he liveth still.
May the winds of love blow softly,
And whisper so you'll hear
I'll always love and miss you,
And wish that you were here.
– Always in my heart, Gloria
47

SCHARF – In loving memory of a dear father, grandfather and great-grandfather Edward, who was called home from us, February 5, 2008.
We think of you in silence,
We often speak your name,
But all we have are memories
Or a picture in a frame.
Your prayers were answered we know, Darlene is back at work in the hospital. Hannaha has brought so much joy easing our loss and pain. She has your eye twinkle.
Watching from above and guiding us on our lonely way.
No one knows the heartache.
We will make the best of it while here on earth we stay.
– Lovingly remembered and missed Peggie, Sandra, Bob, Kenneth, George, Anastasia, Darlene
47

Coming Events

WINCHESTER LIONS CLUB
515 Albert St., 613-774-2630
BINGO
Every Monday
HALL RENTAL
THRIFT STORE
Main St., Winchester
OPEN
Monday - Friday 9 am-3 pm;
Saturday 9 am- noon
3tfc

VALENTINE DINNER
St. Andrew's Presbyterian Church
Chesterville
Take your sweetheart out for dinner we'll do the cooking. Spaghetti/Lasagna Supper, Sat., Feb. 14 from 5-7 pm. Adults $8.50, children 5-10 years $5. Take-out available.
45-47

TUPPERWARE
OPEN HOUSE
Sat., Feb. 7, 9 am-1 pm, 120 Menard St., Embrun. Everything priced to go. Lots of inventory to choose from. Door prize valued from $50, 613-443-6623, Brandy Marier.
45-47

OES Presents
REV AND THE CHOIR BOYS
And "Mabel" with Jim Millar, Fri., Feb. 6, 7 pm, Henderson Hall, Church St., Winchester. $10 advance, $12 at the door. Refreshments to follow. Lois Smith 613-984-2609, Bill Sylvester 613-774-2193.
46-47

Coming Events

TRIVIA NIGHT
DINNER AND AUCTION
Fundraiser for ALS Society of Ontario (Lou Gehrig's Disease) Sat., Feb. 28, 5:30 pm, Russell Community Centre. $40 per person, tables of 8 people. For more information call Connie Johnston, 613-445-3587.
46-47

A "LOVE"LY AFTERNOON
At Holy Trinity Anglican Church, Metcalfe, Sun., Feb. 8, 2 pm. Featuring music by Dawn and Roy Campbell and "4 for the Road" by Scene Around Players, followed by dessert, coffee and tea. $10 per person. Proceeds to Stonework Restoration.
47

WILLIAMSBURG ODDFELLOWS
COMING EVENTS FOR FEBRUARY
Sun., Feb. 8: This Old Heart and the Country Comrades, 2-6 pm, supper to follow. Admission $13; **Sat., Feb. 28:** Castor River Boys, 8 pm- 12 midnight. Light lunch. Admission $7. **Sun., Mar 1:** All you can eat Fish Fry, 11am-3 pm. Admission $12 at the door.
47

GYS EUCHRE
Will be held Thurs., Feb., 12, 7:30 pm, Lions Hall, Winchester. Lunch and Prizes. All welcome. For information 613-774-2134.
47c

BOOK YOUR PARTY NOW!
Winchester Curling Club. LLBO licenced for 130 people. Kitchen and 3 sheets of ice also available. Tom Sloane 613-774-0321.
47c

YE OLDE BARGAIN SHOPPE
A great place to shop! Open Wednesdays from 1-3 pm and Thursdays from 1-3 pm and 6-8 pm. Holy Trinity Anglican Church Hall basement, Queen Street, Chesterville. Come in and browse!
47c

VALENTINE'S DANCE
Tri-County Country Music Association Sat., Feb. 7, 8 pm, Morewood Rec. Centre. $5 at the door.
47c

DFA ANNUAL MEETING
Dundas Federation of Agriculture Annual General Meeting, Thurs. Feb. 12, Nelson LaPrade Centre (Upper Level), Chesterville, 7 pm Meet and Greet followed by 7:30 pm meeting. Speakers from North Dundas Township: Municipal Hazardous and Special Waste Programs; Canadian Young Farmers Forum in Calgary; and OFA Representatives. Everyone welcome.
47-48c

VALENTINE TEA AND BAKE SALE
Inkerman United Church
Sat., Feb. 14 , from 2-4 pm. Tea, coffee and dessert, $3.
47-48

SHROVE TUESDAY
PANCAKE SUPPER
Williamsburg United Church
Tues., Feb. 24, beginning at 5 pm. Pancakes, sausages, syrup, butter, dessert, coffee or tea or juice. Adults $6; children $3.
47-49

2nd ANNUAL
CROQUINOLE TOURNAMENT
Sat., Feb. 21, at the Osgoode Township Historical Society and Museum, south of Ottawa on Bank Street, Vernon. Registration: only 14 teams (first come, first serve basis), $8 per team includes lunch. Prizes. Free parking. For information call 613-821-4062 or email: oths@magma.ca
47-48c



Happy 90th Birthday
on Feb. 15, 2009
to our mother
Doris Cross
Love, Anne, Dale, Dean, Jeff

Coming Events

EUCHRE CARD PARTY
Kenmore Community Hall, Sat., Feb.7 at 7:30 pm. $5 each.
47

Auction Sales

DOUBLE ESTATE AUCTION SALE
ANTIQUES, COLLECTIBLES, 2-SEATER BUGGY, PAINTINGS, GLASSWARE, HOUSEHOLD FURNITURE AND MISCELLANEOUS ARTICLES
Selling on Behalf of the late
DON HAY OF RUSSELL
and
JEAN BISSON,
formerly of California
and other exciting inclusions
in the Vernon Recreation Centre, turn east on Lawrence St., 1/2 mile, just off Bank St. (formerly Highway 31), approximately 20 miles south of Ottawa.
SATURDAY, FEBRUARY 14
commencing at 10 am
(viewing from 8:30 am)
Antique wooden table with leaves; 6 press back chairs; quality modern dining room set with beautiful beveled glass china cabinet; fancy oak china cabinet; oak Princess dresser; dresser and matching washstand; oak drop-front desk; oak stacking bookcase; parlour tables; quality coffee and end tables; barley twist stacking tables; cedar chest; Gibbard table with drawer; sofa table; queen size modern bedroom set; Vilas maple bedroom set; tilt-top lamp table; needle point fireside bench; church pew, approximately 6'; portable writing desk; book shelf; antique marble top fern stand; plant stand; half-moon table; 2-drawer chest; Italian antique gold leaf mirrors; Italian 3-in-1 tables; Italian marble table; Tuscan 9 place setting of English bone china, never used; quality setting of 12 silverware; Royal Doulton figurines: "Top of the Hill", "Red Lady", "Sweeting", "Small Lady Rose"; German lady figurines; large selection of Princess House crystal; some Flo-blue pieces; pink collector plates; fancy cake plates; assorted cornflower and pinwheel crystal; Bavarian dessert plates; Chintz pieces; Elvis collector plates in original boxes with certificates; porcelain dolls; assorted Wedgewood pieces; cups and sauces; 2 small Beswick horses; oil lamps; collection of crocks; counter scales; butter bowl and ladle; toy Singer sewing machine; toy bank; strap of bells; dairy can; butter box; cheese box; partial wash set pieces; cross cut saw; 2 handmade ladies coats, made by Inuits; vintage movie posters; 20 paintings, many signed; Shirley Van Dusen painting; needlepoint pictures; quilts and quilt tops; assorted lace and linen; quilting, gardening and tole painting magazines; blankets and throws; Fanny II 45" loom; Sony Trinitron 27" TV; double seater buggy in good original condition; many other unlisted items.
Refreshments available
TERMS:
Cash or Cheque With Proper ID
Note: This estate auction features a variety of beautiful antique furniture, interesting collectibles and quality glassware. Truly, something to spark everyone's interest.
Auctioneers not responsible for accidents
AUCTIONEERS
James and Hill Auction Service Ltd
STEWART JAMES
613-445-3269
CARSON HILL
613-821-2946
Call Now To
Book Your Spring Auction
47-48c

Auction Sales

ATTENTION AUCTIONEERS
HOLIDAY MONDAY DEADLINE
Monday, February 16, 2009 is the Family Day Holiday! The Press Office will be closed. **Deadline** for Wednesday, February 18, 2009 issue will be **4 pm, Friday, February 13, 2009.**
47-48



BIRTH ANNOUNCEMENT
Proud new parents Andrea Milne and Craig LeClair are thrilled to announce the arrival of their son, Aiden Stuart LeClair, born January 26, 2009, weighing 8 lb., 1 oz. Special thanks to Dr. Rivington and nursing staff at WDMH.

BIRTH ANNOUNCEMENT



STEWART – Natalya Felicia Garlough Stewart was born January 9, 2009 at the Ottawa General Hospital, daughter of David and Jennifer Stewart of Newington. She is a new sister for Rachel, Matthew and Kyle, granddaughter for Leonard and Donna Stewart of Winchester and Steve and Heather Cooper of Ohio. Natalya is the great-grandchild of Laura Stewart and Beth and Bruce MacDonald of Belleville.

HILLCREST HAVEN
An Assisted Living Residence
Homestyle dining, security and comforts of home without the worries and responsibilities of living alone
A Private Room is now available
Hwy. 43
Winchester/Mountain
613-774-3391

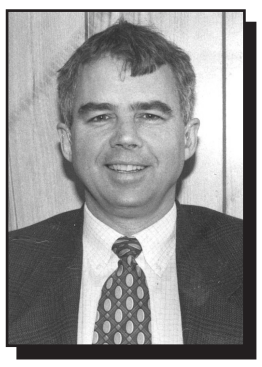
CUSTOM-MADE
SHADE-O-MATIC BLINDS
UP TO 50% OFF
CURRAN FLOORING CENTRE
Mon. - Fri. 8:30 am - 5 pm, Sat. 9 am - 5 pm
18 INDUSTRIAL DR., CHESTERVILLE • 613-448-2068

Terri's Esthetic Studio
• *Waxing* • *Facials* • *Manicures* • *Pedicures*
Terri Van Haren, *Esthetician*
10637 Gilmour Rd., Brinston
613-652-4898 Toll Free 1-866-435-1489

DANIELS FUNERAL CHAPELS INC.
472 Main Street, Winchester, Ontario
K0C 2K0 **613-774-1117**
E. JAMES DANIELS (JIM)
Funeral Director

CSC (Customer Service Centre)
JEWELLERY... & MORE
If you need a battery, see us first!
Watch, calculator & car remote batteries
• Watches • Bands • Watch Straps • Watch Repairs
• Expansion Bracelets Fitted
Gold & Sterling Silver Chains & Pendants
Q-Ray Wellness Bracelets
Natural Health Care Products
Sewing Corner – Mending & Repair
Visit us at **POKEY'S PLACE**
139 MAIN ST.
MORRISBURG
613-543-4384

HEARING TESTS



Rob Meagher
Hearing Aid Specialist
(A member of A.H.I.P.)
Service Clinics
Friday, February 13
Nor-Dun Seniors' Centre
10 am
517A Albert Street
Winchester
Supplier of leading makes of hearing aids. Registered Ontario Department of Health Authorizer and Vendor Dispenser. Servicing to all makes. Serving this area for 50 years.
DAVIDSON HEARING AID CENTRE LTD.
1399 BANK ST., OTTAWA 613-233-2957
CALL NOW
TOLL-FREE 1-800-267-9697
FOR YOUR APPOINTMENT
HEARING AIDS ARE PARTIALLY FUNDED FOR ONTARIO RESIDENTS



Good Sense:
Living from paycheck to paycheck? Having a hard time to pay the bills? Need help?
There is help; it is called the
GOOD SENSE PROGRAM.
We want to show you how to manage your money, how to save money and pay off your debt.
Don't let money get you down.
If possible please give us a call at 613-652-2400 if you plan to attend. It's FREE.
Dates: **February 22, March 1 & 8 at 6:30 pm at the Community Christian Reformed Church, Dixon's Corners**

WINCHESTER PRESS
545 St. Lawrence St.
Winchester
613-774-2524
Our offices will be closed
Monday, Feb. 16
for the
Family Day Holiday
Deadlines for our Feb. 18, 2009 issue:
Display ads - **Thurs., Feb. 12, 4 pm**
Classified ads - **Fri., Feb. 13, 4 pm**

STORMONT HEATING

Joey Laub – Owner

Natural Gas - Oil - Propane - Wood
Sales - Service - Installations - Inspections

24-HR. EMERGENCY SERVICE

613-551-4530 **RR1, Finch**
StormontHeating@hotmail.com **Ontario, K0C 1K0**

Card of Thanks

The family of the late Mabel Walker wishes to express their gratitude to friends, family, neighbours and the community for all of the support, expressions of sympathy, cards, memorial donations, flowers and food we have received during the difficult days preceeding and following Mabel's death. Grateful appreciation to the staff, caregivers and volunteers from: the J.W. MacIntosh Seniors' Support Centre, Comcare, the Nor-Dun Centre, the CCAC and VCARS. Special thanks to Brian Steele, Angie Fowler, and Jean Runions. Deep gratitude to Troy Acres for delivering the many testimonials at the memorial service, Keith Stoodley for his eulogy, Shawn Steele for piping us in and out, Rev. Thurland Brown for the lovely service, and the ladies of the Wesleyan Church for the delicious lunch.

– Gord, Marie, Cyndie and families

www.winchesterpress.on.ca

GET PAID TO DRIVE TO WORK!
Shuttle Bus Driver Wanted



Training provided • $65/day
www.wubs.ca
613-223-9765

Winchester District Memorial Hospital

Hospital X-Ray Hours Expanding

The Winchester District Memorial Hospital is pleased to now offer x-ray services in the evenings and weekends. Please note that appointments are required.

Once you have a completed requisition from your doctor, you can call the hospital directly to book a time. The number to call is **613-774-2420 ext. 5233**. Please have your requisition and OHIP card handy when you place the call.

X-ray appointments are offered:
Monday to Friday 8 am to 10 pm
Saturday to Sunday 10 am to 10 pm

IN MEMORIAM

CINNAMON, Joan Helen

In fond and loving memory of a dear mother and grandmother who passed away February 6, 1979.

Though thirty years have passed by,
Memories of you will never die.

Still greatly missed and never forgotten.

Barry, Connie, Nathan,
Dave & Denny

Excellent Career Opportunity

A local business is looking for an experienced

AUTOBODY TECHNICIAN

Qualifications:
• Performs heavy collision repairs
• Performs all levels of frame and body repair
• Performs moderate mechanical and electrical

I Car Training an asset
Salary based on experience

Please submit resume to Dennis or Phil at:

D's COLLISION CENTER

Located at the junction of Hwy. 31 & 43 in the Winchester Industrial Park across from the MTO licence bureau
613-774-2733

'The Region's Premiere Collision Center'

Network Classifieds

"Advertise Across Ontario or Across the Country"

AUTOMOTIVE

CARS, MINIVANS, TRUCKS, SUV'S, 0% interest. Everyone approved. No money down. Just sign. Bankruptcy bad credit OK. Don't prejudge your situation. New and used. 1-866-645-2069.

MOTOR VEHICLE dealers in Ontario MUST be registered with OMVIC. To verify dealer registration or seek help with a complaint, visit www.omvic.on.ca or 1-800-943-6002. If you're buying a vehicle privately, don't become a curbsider's victim. Curbsiders are impostors who pose as private individuals, but are actually in the business of selling stolen or damaged vehicles.

BUSINESS OPPS.

EXCITING FRANCHISE OPPORTUNITY! FORMAFENCE - Vinyl Fencing, Decking, Railings. Operate and own your own business. A proven & successful concept. Exclusive materials and information. Visit www.formafence.com, Toll-Free 1-800-379-2125.

MATCO TOOLS IS LOOKING FOR FRANCHISEES IN YOUR AREA - Professional products with a complete Business System available to support you in becoming your own boss. Home-based business; Training & Support Programs. CALL TOLL-FREE 1-888-696-2826. www.gomatco.com.

MDS Nordion is hiring a Building Maintenance Mechanic (up to 6 months contract). Must have 5 yrs work experience. Must be bondable and a good team player. Email resume to Christine.Sim@mdsinc.com.

Money Tight? Economy Scary? 20 home based income streams + thousands of dollars of world class nutrition. Perfect timing. Fast and simple. Recording at 1-888-617-9948.

COMING EVENTS

BE YOUR OWN BOSS - Find out how at The Canadian Franchise Association's Discovery Day: Kingston, Saturday, February 28, 2009 - 10 A.M. - 4 P.M., attend FREE if pre-register at www.cfa.ca.

OTTAWA SPRING RV SHOW. February 20-22, 2009. Lansdowne Park, 1015 Bank Street, Ottawa. 20 dealers, a dozen campgrounds, new products, retail store, show-only specials. Discount admission at OttawaRVshow.com. Call Toll-Free 1-877-817-9500.

CAREER TRAINING

TRAIN FOR A NEW CAREER in Medical Transcription. Learn from home! Earn from home! Contact CanScribe today for a FREE information package. 1-800-466-1535, www.canscribe.com, info@canscribe.com.

EMPLOYMENT OPPS.

TURF YOUR OLD JOB! Train as a turfgrass equipment technician. Repair and maintain golf course and parks maintenance equipment. Apprenticeship opportunity. GPRC, Fairview, Alberta (formerly Fairview College). On-campus residences, well-equipped shops, up-to-date training aids. 1-888-999-7882; www.gprc.ab.ca/fairview.

LEGAL SERVICES

DISABILITY CLAIM DENIED? Toronto's Leading Disability Lawyers will fight for your rights! We offer a Free Consultation for Group & Private Disability Claims. No Fees until we Settle. www.ShareDisabilityLaw.com. 1-888-777-1109.

FINANCIAL SERVICES

500 LOAN SERVICE, by phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll Free: 1-877-776-1660.

DEBT STRESS? Consolidate & lower payments by 30-40%. End those phone calls & the worry. Avoid bankruptcy. Contact us for a no-cost consultation. www.mydebtsolution.com or 1-877-556-3500.

$$$ FREE $$$ Yourself From Debt $$$ MONEY $$$ For Any Purpose! 1st, 2nd & 3rd mortgages, credit lines, secured loans. Self-employed, mortgage or tax-arrears. DON'T PAY 1 YEAR PROGRAM! Ontario-Wide Financial Corp. (LIC# 10171); Toll-Free 1-888-307-7799.

MISCELLANEOUS

PUT POWER into your career! As a Fairview Power Engineer. Excellent wages. Clean work. Regular shifts. Great for women as well as men. On-campus boiler lab. Affordable residences. GPRC, Fairview, Alberta (formerly Fairview College). 1-888-999-7882; www.gprc.ab.ca/fairview.

FRANCHISE OPPS.

Trash is a $35 billion industry! Bin There Dump That disposal system franchise needs entrepreneurs! Low entry cost, training, instant cashflow, support. John Ferracuti 1-866-615-4147 ext.25, jferracuti@bintheredumpthat.com.

HELP WANTED

Turn 10 hours/week into up to $3,000/month. Work from home online. Free Training, flexible hours. www.debsminioffice.com.

$$$ SECURITY GUARDS $$$ Security guards wanted ASAP, no experience needed, training provided. Immediate openings. Pay $10-$18/hour. 613-228-2813, www.ironhorsegroup.com.

FOR SALE

#1 HIGH SPEED INTERNET $18.95 / Month. Absolutely no ports are blocked. Unlimited Downloading. Up to 5Mps Download and 800Kbps Upload. ORDER TODAY AT www.acanac.ca or CALL TOLL-FREE: 1-866-281-3538.

A FREE TELEPHONE SERVICE - Get Your First Month Free. Bad Credit, Don't Sweat It. No Deposits. No Credit Checks. Call Freedom Phone Lines Today Toll-Free 1-866-884-7464.

ADD & SAVE on home phone reconnection. Bad credit - no problem! Up to $30. off for new customers, plus lower monthly rates! Call Tembo 1-877-266-6398 or sign up online www.tembo.ca.

NEW FULLY LOADED COMPUTER $29.99/month! IN-HOUSE FINANCING EVERYONE'S APPROVED*. Right to your doorstep from only $29.99/month: MDG Desktop Intel Processor, 2 GB Memory, 500 GB HD, 22" LCD Flat Panel, Windows Vista or 15.4" Notebook! BONUS 20" LCD TV with DVD! (*Call for conditions) 1-800-236-2504.

SAWMILLS from only $3,495.00 - Convert your LOGS TO VALUABLE LUMBER with your own Norwood portable band sawmill. Log skidders also available. www.norwoodsawmills.ca/400t - FREE Information: 1-800-566-6899 Ext:400OT

INSURANCE

CLEAN DRIVING RECORD? Grey Power could save you up to $400 on your car insurance. Call 1-877-505-0487 for no-obligation quote. Additional discounts available.

MORTGAGES

$$$ 1st, 2nd, 3rd MORTGAGES - Tax Arrears, Renovations, Debt Consolidation, no CMHC fees. $50K you pay $208.33/month (OAC). No income, bad credit, power of sale stopped!! BETTER OPTION MORTGAGES, CALL 1-800-282-1169, www.mtgcentre.com (LIC# 10969).

AS SEEN ON TV - 1st, 2nd or Home Equity Loans. We don't just say "APPROVED" we mean it! Bad Credit, Self-Employed, Bankrupt, Foreclosure need to re-finance? No problem - APPROVED! 100% Financing & 40 Year Still Available. Call Toll-Free 1-877-733-4424 or www.refitoday.ca. The Refinancing Specialists! LIC#10408

A BELOW BANK RATE, 1st and 2nd Mortgages, 95% - 100% O.A.C. Financing, Debt Consolidation, Self-employed & Equity Specialists, All Credit Types considered. CALL 1-800-225-1777, www.homeguardfunding.com, EST. 1983. LIC #10409.

0$ ARE YOU SINKING IN DEBT? 1st, 2nd & 3rd Mortgages - Bruised Credit - Bank Turndowns - Debt Consolidation - Refinancing - Power of Sale - Past Bankrupt - Home Renovations. We can lend a Hand. www.canadalend.com Toll-free 1 (866) i CAN LEND (1-866-422-6536) CALL NOW!

$$$ 1st & 2nd & Construction Mortgages, Lines of Credit... 95-100% Financing. BELOW BANK RATES! Poor credit & bankruptcies OK. No income verification plans. Servicing Eastern & Northern Ontario. Call Jim Potter, Homeguard Funding Ltd. Toll-Free 1-866-403-6639, email: jim.potter@hughes.net, www.qualitymortgagequotes.ca, LIC #10409.

MOTORCYCLES

THE ONE - The Only - The Only One In...in Canada! Only Factory authorized Harley-Davidson Technician Program at GPRC Fairview, Alberta (formerly Fairview College). Starts Fall 2009. On-campus residences. 1-888-999-7882; www.gprc.ab.ca/fairview.

PERSONALS

ACTUALLY YOU AREN'T IMAGINING IT. Everyone seems to be matched up except for you. Let us change your life by finding you someone special. MISTY RIVER INTRODUCTIONS. CALL (613) 257-3531, www.mistyriverintros.com.

ARE YOU LOSING a loved one to substance abuse? Our program has the highest success rate. Help is only one phone call away! 1-877-782-7409; www.narconon.ca.

CRIMINAL RECORD? Seal it with a PARDON! Need to enter the U.S.? Get a 5 year WAIVER! Call for a free brochure. Toll-free 1-888-9-PARDON or 905-459-9669.

DATING SERVICE. Long-Term/Short-Term Relationships, FREE CALLS! 1-877-297-9883. Exchange voice messages, voice mailboxes. 1-888-534-6984. Live adult casual conversations - 1on1, 1-866-311-9640, Meet on chat-lines. Local Single Ladies 1-877-804-5381. 18+

* PAST*PRESENT*FUTURE * #1 Psychics! *1-877-478-4410* Credit cards / deposit or phone 1-900-783-3800 $3.19 min (18+) For a psychic NOW! Meet us at: www.mysticalconnections.ca.

PETS

IF YOU COULD talk to the animals! Study Animal Health Technology. GPRC Fairview, Alberta (formerly Fairview College). On-campus residences and full working farm, large and small animals. CVMA Accredited. 1-888-999-7882; www.gprc.ab.ca/fairview.

SERVICES

A CRIMINAL RECORD? Have trouble getting a job or traveling to the U.S.? We'll clear your name. Better Business Bureau Certified. Pardons/Waivers Toll-Free 1-800-507-8043, www.pardon-granted.ca.

CONCERNED ABOUT TRAVELLING TO THE U.S.A.? Apply today for FREE Pardon, Waiver or Border Entry Evaluation. A criminal record can be completely removed. Call 1-800-298-5520, www.FreePardons.ca.

STEEL BUILDINGS

BUILDING SALE!... "UNPRECEDENTED LOW PRICES". SALE ENDS FEB. 13. 25X40 $6,190. 30X50 $7,295. 35X60 $12,400. 40X60 $15,330. 60x100 $36,800. OTHERS! Pioneer Steel. 1-800-668-5422. Since 1980.

VACATION/TRAVEL

ALL INCLUSIVE PACKAGES - Book Online at www.canadatravels.com and save more on your vacations. Use code NCA74327 for discount or call us toll-free at 1-800-563-5722.

TIMESHARE FORECLOSURES — Save 60-80% off Retail! Best Resorts & Seasons! Call for FREE catalogue today! 1-800-496-5964. Browse hundreds of worldwide properties online — www.holidaygroup.com/ocn.

• IT'S AFFORDABLE • IT'S FAST • IT'S EASY • ONE BILL DOES IT ALL

• *All Ontario $429* • Regional Ontario or National Packages Available! • www.networkclassified.org

Call the *Winchester Press* for details

EMPLOYMENT OPPORTUNITY

Agri-Partners Crop Centre Ltd.

requires an

OFFICE ASSISTANT

- Accounting, office administration experience
- Safety co-ordinator to oversee essential staff safety training
- We require a results-oriented, highly motivated individual with strong interpersonal skills
- We provide an above-average wage (commensurate with experience) plus benefits
- Option for flexible hours available
- Part-time to potential full-time

Send resumes to:
Box WP879, c/o Winchester Press,
P.O. Box 399, 545 St. Lawrence Street,
Winchester, Ontario, K0C 2K0

JOB OPPORTUNITY

ACCOUNTING TECHNICIAN

We have an immediate full-time opening for a person with strong skills in accounting and income tax preparation. We are looking for a person with these qualifications and abilities:

(i) Community college diploma or equivalent education in accounting and taxation

(ii) Will prepare journal entries, complete account reconciliations and prepare financial statements

(iii) Must be computer literate and familiar with Microsoft Office and Simply Accounting

(iv) Experience with income tax preparation for personal and corporate would be an asset.

Please send your resume to:

Lawrence J. Dietrich, B.A.
Income Tax Returns
P.O. Box 570
Winchester, Ont., K0C 2K0
Or fax to: 613-774-1099

Thank you for your consideration, however, only candidates chosen for an interview will be contacted.

OBITUARIES

Martin Bongers



Martin Bongers of the Hartford Retirement Centre in Morrisburg, formerly of RR#1 South Mountain, passed away at the Ottawa Civic Hospital on Jan. 30, 2009. He was 83.

He was born on Dec. 31, 1925 in Zeeland North Brabant, the Netherlands to the late Cornelius Bongers and the late Lamberdina van de Leygraaf. He is survived by his wife Martina Ceelen whom he married in South Mountain on April 20, 1990. He was predeceased in 1988 by his wife Martina "Mary" van den Acker. He was the father of Betty (Dalton) Hart, Tina (John) Smit, Connie (John) Pepers, Debbie (the late Henry) Westenbroek, Ted (Mary), Paul (Susan), and Monica (Kendell) Skillen; Ted (Karin) Ceelen, Henry (Marilyn) Ceelen, John (Joy) Ceelen, Paul (Debbie) Ceelen, Diane (Wade) Alarie, and Mike (Bonnie) Ceelen. He was the grandfather of 32 grandchildren, one great-grandson and was predeceased by grandson Brandon. He was the brother of Cisca of the Netherlands, and was predeceased by three brothers and three sisters.

He was a farmer and former employee of Berry's Feed Store. He served in the Dutch Army in Indonesia in 1947 to 1949. He was an active shuffleboard group player. He was a member of the Knights of Columbus, St. Daniel's Roman Catholic Church, and St. Daniel's Roman Catholic Church Choir.

The funeral was held at St. Daniel's Roman Catholic Church in South Mountain on Feb. 3 with Father John Gillis officiating. Interment will be in the spring at St. Daniel's Catholic Cemetery. The pallbearers were Karl and Chris Ceelen, Jonathan Alarie, Joshua Henry, Anthony Bongers, and Anthony Westenbroek. The honourary pallbearer was Sean Skillen.

The funeral arrangements were entrusted to the Byers Funeral Home in South Mountain.

Beulah Holmes



Nov. 12, 1911 - Jan. 21, 2009

Beulah Holmes (nee Burleigh) passed away at the Dundas Manor on Wed., Jan. 21, 2009. She was 97.

She was the dear wife of the late James Holmes, and the loving mother of Garry (Joyce) of Fonthill, and Bethel (David) Douglas of Inkerman. She was the dear grandmother of Andrew, Alana (Lennie), and Charles (Maryellen) Holmes; Stephanie (Terry) Bronkhorst; and Philip (Penny) Douglas. She was the darling great-grandmother of Hunter, Owen and Cole Holmes; and Christie Douglas. She will be missed by her sister-in-law Ada McRoberts. She was predeceased by her brother Welzie Burleigh, her sister Velma Kemp, and her sister-in-law Pearl Levere.

The funeral service was held on Sat., Jan. 24 in the chapel of the Winchester Funeral Home followed by interment at Maple Ridge Cemetery in Chesterville.

For those wishing, donations may be made to the Canadian National Institute for the Blind or the Heart and Stroke Foundation.

Hazel Mellon

The Mellon/Beisheim families are deeply saddened to report the sudden passing of Hazel Mellon. Hazel was the wife of Paul. She was a sister, mother, step-mother, grandmother, and friend, and was the true inspiration of life for all who came in contact with her. She will be deeply missed, but her love and memories will be in our hearts forever.

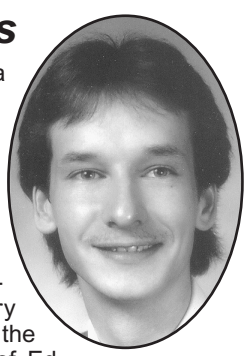
At this time the families ask to respect their privacy. There may be a celebration of Hazel's life at a later date. Please, no floral arrangements.

Memorial donations may be made to the Big Brothers and or Big Sisters of Sarnia.

God Bless Hazel
— Mellon/Beisheim families

The funeral arrangements were entrusted to McKenzie & Blundy Funeral Home in Sarnia.

Danny Victor Thoms



Danny Victor Thoms of Mississauga passed away peacefully with his family by his side on Dec. 17, 2008. He was 40.

He was the beloved son of Joyce Dupuis (nee Thoms) of Mississauga. He was the dear father of Adam. He was the much-loved brother of Rhonda (Kevin Gracie) of Edmonton, Alta., and Christina (Murry Summers) of Winnipeg, Man. He was the cherished uncle of Bailey and Riley of Edmonton, and Jacob of Winnipeg. He was the loving grandson of Hughetta Thoms of Ottawa and the late Victor Thoms, and Hazel Dupuis of Petawawa and the late Victor Dupuis.

He was a graduate of Seneca College of Applied Arts and Technology.

His quick wit and shy smile will always be remembered, and he will be sadly missed by his uncles, aunts, and cousins.

A celebration of Danny's life will be held at a later date.

DEATH NOTICE

Gladys Lee

It is with hearts so profoundly overburdened with sorrow that we announce the sudden but peaceful passing of Gladys Lee, with family by her side on Sun., Feb. 1, 2009.

She was born on May 10, 1931 to the late Mary Elizabeth and Gordon Leslie Walker. She was predeceased by her beloved husband Ronald Frederick Lee. She is survived by her children Terry (Jeannette), Scott (Marilyn), Gary (Della), and Randy (Dianne), and by all her adored grandchildren Will, Richard, Geoffrey, Jasmine, Alicia, Matthew, Michael, Travis, Bronwyn, Bryson, Tegan, Melissa, Christopher, Adrian, Vanessa, and Tyannah.

She will be fondly remembered by Kathy Lee. She is also survived by brothers-in-law Doug (Eunice) Lee of Australia, and Ken (Marilyn) Lee of B.C, and sister-in-law Noel Lee (the late Jack Lee) of St. Eustache, Que.

Visitation will be held at the Byers Funeral Home in South Mountain today, Wed., Feb. 4 from 2 to 4 and 7 to 9 pm. The funeral Mass will take place at St. Daniel's Roman Catholic Church in South Mountain on Thurs., Feb. 5 at 2:30 pm. Interment will be in the spring at St. Daniel's Catholic Cemetery.

By the family's request, donations may be made to the Kemptville District Hospital or to the Heart and Stroke Foundation.

WINCHESTER CHESTERVILLE
FUNERAL HOMES
1283217 Ont. Inc.
Frank X. Curry, *Proprietor/Funeral Director*
Natasha Buter, *Funeral DIrector/Manager*
613-932-6300
505 Church St., Winchester
613-774-2120
Fax 613-774-4059
Proudly Canadian and Independent
62 Queen St., Chesterville
613-448-2120
Fax 613-774-4059

Thank You

On behalf of the family of Beulah Holmes, I thank:

- Home Care workers who brought light to a darkened world. Mother enjoyed each one and their news.
- Dr. Darbyshire for years of tender care.
- CNIB that provided special aids for her disability.
- Phone calls, cards and visits from friends and special neighbours.
- Dundas Manor staff who provided loving care for nearly 4-1/2 years.
- Natasha and staff at the Winchester Funeral Home. Helpful with an A+.
- Rev. Blair Paterson for his uplifting message and ending the service by playing 'Amazing Grace' on his bagpipes.
- Penny Douglas for reading the scripture.
- My brother Garry for a memorable and loving eulogy.
- The pallbearers, Andrew, Charles and Alana Holmes, Lennie Markwick, Philip Douglas and Tom Allison.
- All who paid their respects with visitation, cards, flowers and charitable donations.
- Inkerman United Church Women for a bountiful lunch following burial at Maple Ridge Cemetery.

Thank you again everyone. We truly appreciated your touch on Mother's life.

Bethel Douglas, Garry Holmes and families

FlatFEE Realty Inc., Brokerage
NOW SERVING NORTH DUNDAS TOWNSHIP & THE SURROUNDING AREA
Thinking of Buying or Selling a Home?
I can save you money without compromising services.
Buying, selling or both – I will save you money. Why pay more? Call me for a free home evaluation or information on my services today.
Sell Your Home for 3.75% or Less!
Inclusions:
• 2.5% to Buyer Agent • Full MLS listing
• 40+ Professional Pictures • All Signs and Lock Box
• Virtual Tour • Manage All Home Tour Requests
• Negotiate Offers and All Paperwork
$ Buyer Cash Back Program $
REALTOR® MLS MULTIPLE LISTING SERVICE
DON LAMBE, Sales Representative
Flat Fee Realty Inc., Brokerage
Direct: **613-715-0177** Office: **613-310-1333**
donlambe@rogers.com • www.ottawaflatfee.ca
Not intended to solicit buyers or sellers currently under contract with another Broker.
Commissions and fees cannot be fixed and are negotiable.

TOWNSHIP OF SOUTH DUNDAS

Public Tender

Contract No. PW 09-01, Garbage/Recycling

The Township of South Dundas is seeking bids from qualified contractors for the curbside collection and transportation of garbage and curb side collection and marketing of recyclables.

A copy of the tender document may be obtained up to the day prior to tender closing from the Municipal Office, 4296 County Road 31, Williamsburg, ON, K0C 2H0.

Closing date is Thursday, February 19, 2009 at 12:00 noon.

Hugh Garlough, CRS-S
Manager, Public Works

Buy Smart! Sell Smart!
FOR SALE
RE/MAX
remax.ca

CHESTERVILLE, $135,500. Fully renovated bungalow, immediate possession.

FINCH, $199,500. 42-acre hobby farm, country perfect.
If you're looking to sell, look to RE/MAX – the #1 house seller. We'll show you how.
Call me today for more information and a free personalized market evaluation.
Above the Crowd!
Alan LaPierre
Sales Representative
613-448-3306
24-hour direct line
RE/MAX METRO CITY REALTY LTD. Tel.: 613-737-7200
www.remaxottawa.com www.ottawarealestate.org

THE 'SOLD' GUYS
WHEN YOU WANT IT DONE RIGHT – TO SELL OR BUY – CALL THE PROFESSIONALS WITH A PROVEN TRACK RECORD – THE 'OLDFORD GUYS'

'BUTCH' OLDFORD
Broker
DIRECT LINE
613-229-7795
ROYAL LEPAGE
GALE REAL ESTATE
BROKERAGE
INDEPENDENTLY OWNED AND OPERATED
613-774-4253
www.oldford.ca

CLAYTON OLDFORD
Sales Representative
DIRECT LINE
613-880-1880
FEATURED PROPERTIES

RURAL CHESTERVILLE/ FINCH: Peace and quiet in the country in a beautifully renovated 4-bedroom, 1.5-bathroom home. This home offers no immediate neighbours and features a beautifully landscaped yard, pool, paved drive and 40x20 garage/shop with extra storage. Renovations since '06 are superb - cosy woodstove, slate tile, granite countertops, and so much more. MLS 714660 **$179,900**

SOUTH MOUNTAIN: Affordable and ready to move into! This is a well-kept, clean and tidy home that received a new roof (sheeting and shingles) and vinyl windows in 2008. Features a country-size kitchen, large living room, 4-bedroom, 2 baths, main floor laundry, some hardwood and a double carport with workshop space at the rear and a big back yard with mature trees. MLS 713786 **$114,900**

RURAL CHESTERVILLE: This clean and tidy 3-bedroom home in the country is ready to move into! New kitchen and dishwasher 2004, house shingles 2007, vinyl casing windows, front porch 2007, and south-facing deck leading to a sunshine soaked pool, large grassy yard, oversized double garage (1997) and cosy gas stove (2005). Don't miss out! MLS 717244 **$167,500**

WINCHESTER: Excellent income property nets $27,000+ and grosses $39,000+. Five-unit multi-family property with four 1-bedroom apartments and one 3-bedroom, 2-level apartment. Long-term tenants are a pleasure and typically is an easy rent given central location near heart of town and ample parking. MLS 716833 **$279,900**

WILLIS KERR CONTRACTING LTD.

RR#2, Mountain
613-989-5509

- Excavating
- Landscaping
- Septic Systems Installed
- Permits Arranged
- Truck Rental
- Sand, Gravel, Topsoil, Fill
- Equipment Rental
- Manure Lagoons
- Site Work

JED EXPRESS LTD.

11060 County Rd. 3, South Mountain, Ontario, Canada, K0E 1W0

Ed Duncan

We also rent Roadable Storage Trailers
Dry and watertight, by the week or month - delivery charge extra

High Cube Air Ride 53' Vans & Flat Beds
Offering Full Load & LTLService
Satellite Tracking & Comunications Equipped
Canada & U.S.A. Customs Bonded Carrier
Quality Hay Dealer
Serving ON - PQ - PA - WV - VA - NC -SC - GA - AL - TN - IL - WI - OH on a regular basis
Tel. 613-989-2838 800-387-0504
Fax 613-989-3216 800-980-2295
Cell.: 613-791-6133
E-mail: edwin@jedexpress.com
Web site: www.jedexpress.com

CLEAR CUT INSTALLATIONS INC.

We beautify your entire home
~ Kitchens ~ Flooring ~ Sunrooms ~ Windows & more
ROOFING & SEAMLESS EAVESTROUGHING

CALL US FOR A FREE IN-HOUSE CONSULTATION
613-989-2367 or 1-800-561-4206
10616 MAIN ST., SOUTH MOUNTAIN
www.clearcutwindows.com
SERVING EASTERN ONTARIO SINCE 1986

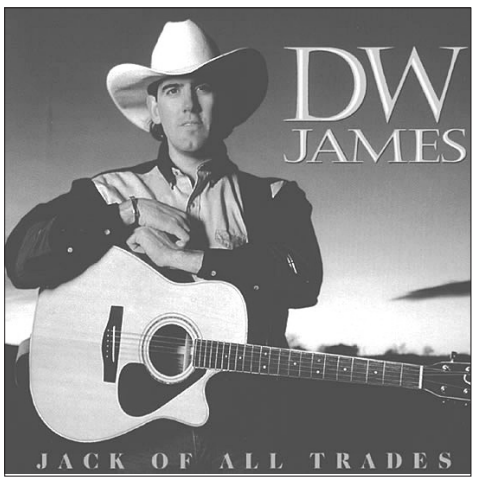
Kevin Barkley
CARPENTRY SERVICES
- Windows • Doors • Roofs • Siding
- Renovations • Additions • New Homes
- Farm Buildings

Call for free estimate
RR#1, Inkerman • 613-989-3637 • Fax: 613-989-3999

Valentine's Dance

Mountain Fire Department presents
DW JAMES
at South Mountain Agricultural Hall
Sat., Feb. 14, 2009
9 pm-1 am
$15/person

Contact: Jeff Hyndman 613-989-4017 , Raymond Sherrer 613-989-1390 or Chuck Preston 613-989-3837



SNOWBALL Tournament

Presented by Mountain Fire Department

South Mountain Fairgrounds
Sat., Feb. 14, 2009

All teams must be registered by Feb. 11, 2009
For more info: Jeff Hyndman 613-989-4017
E-mail: hyndman@ripnet.com



MOUNTAIN STATION Pizza
613-989-2930
10612 CLARK ROAD

BERENDS AUTOMOTIVE
ONTARIO'S DRIVE CLEAN
MOTOR VEHICLE INSPECTION STATION
CUSTOM EXHAUST
COMPLETE AUTOMOTIVE REPAIRS
DRIVE CLEAN INSPECTION & REPAIR FACILITY • USED CAR SALES
JASON & ROBIN BERENDS
613-826-2304
Stagecoach at Belmeade Rd.
4 km North of Hallville
RR#4, Osgoode, ON, K0A 2W0
"If you're satisfied, tell others; if you're not, tell us."

Mountain Moulding
MOUNTAIN MOULDING
Custom, Heritage and Contemporary Wood Mouldings
Established 1987
613-989-2415
Fax: 613-989-1050
www.mountainmoulding.com

ERIC'S CARPENTRY SERVICES
- HARDWOOD & LAMINATE FLOORING
- ADDITIONS & RENOVATIONS
- OUTBUILDINGS
- DECKS • SIDING
- SOFFITS • ROOFING

ERIC WINTER
20+ YEARS EXPERIENCE
613-913-9598
613-989-2495
CALL FOR A FREE ESTIMATE

RICK'S GAS BAR
South Mountain • **613-989-2351**
Open 6 am-9 pm, 7 days a week
LCBO **RETAILER** CountryStyle **RETAILER**
Stoney's Pizza & Subs
Groceries • Fresh Meat
PIONEER



LMR COUNTRYFITNESS INC.
-Personal Training-Small Group Training-
-Fitkids March Break/Summer Camps-
-Summer Aquafitness-
Mountain On.
613.989.3626
thefitnesscoach@sympatico.ca
www.lmrcountryfitness.ca

W.C. ROBINSON & SON LTD
Plumbing Heating Electrical
3260 Wallace Rd., RR #1
South Mountain, ON K0E 1W0
tel: 613-989-2894 | fax: 613-989-3151
stacey@wcrobinson.com
wayne@wcrobinson.com
www.wcrobinson.com
ESA # 7006498

Byers Funeral Home Inc.
VICTORIA BYERS, FUNERAL DIRECTOR
CHURCH STREET, P.O. BOX 109
SOUTH MOUNTAIN, ONTARIO, K0E 1W0
OFFICE: 613-989-3836
RESIDENCE: 613-989-3837



Terry's Restoration Shop
Tractor Trailer Painting
Sandblasting, Painting and Lettering Service
Specializing in painting - Imron • Basecoat - Clearcoat
613-989-2773 **Fax: 613-989-3868**
Terry Palmer **RR3, Mountain, Ont., K0E 1S0**

MSM MAYHEW SHEET METAL
BRAD MAYHEW
613-989-2800
Cel. 613-913-9534
RR 2, MOUNTAIN
ONTARIO, K0E 1S0

Professional
ARON'S ROOFING
R.R.#3
Winchester
(613)989-1534
• New Roofing and Reroofing
• Asphalt Shingles • Flashing • Repairs
Contact Aron Sherrer for a FREE estimate

Scotiabank™
Life. Money. Balance both.™
™ Trademarks of The Bank of Nova Scotia.
Sharon Ruth, Branch Manager
10619 Main Street
South Mountain, Ontario, K0E 1W0
613-989-3023

Loughlin's MOTORS
RR#2
Mountain, Ont.
K0E 1S0
613-989-3839
"Sale of Quality Pre-Owned Vehicles & Vehicle Repairs, Maintenance"
CLASS A MECHANIC
24-hour towing service - NAL affiliated

B&B SMALL ENGINES
Cub Cadet and Branson Tractor Dealer
SALES & SERVICE
Carl Berends / Sue Blaine 613-989-1919
11041 Kerr's Ridge Rd.
Mountain, ON
bnb@magma.ca
Fax: 613-989-1818
Cell: 613-277-2823

Coleman's SMALL ENGINES
LAWN & GARDEN EQUIPMENT SPECIALISTS
Authorized Dealer for:
Briggs & Stratton, Poulan Pro, Jonsered, Dolmar, Tecumseh & Kohler
Custom Made Trailers & Parts
Darrin Coleman
613-989-2378
colemanse@ripnet.com
10521 Hwy. 43
Mountain, Ontario

Driver retires after 47 years

Tommy Allison reflects on years behind wheel of the big yellow bus

By Amanda Smith-Millar
Press staff

INKERMAN — Throughout the last four decades, school bus driver Tommy Allison has overseen the safe passage of young students to Inkerman Public School and the surrounding areas. He's put up with bad weather, motion-sick children, and (as his former passengers will confirm) his pet peeve: when students write with their fingers on frosted windows, leaving fingerprints that "collect dust like you wouldn't believe."

Allison swears he loved every minute of it.

But he's done running the roads — he turned in his keys to Stock Transportation and retired after almost 47 years of driving the big yellow bus.

Allison, along with his father and uncle, started driving for Inkerman Public School when it opened in the 1960s. The family owned two school buses at the time, recalled Allison, as well as the Inkerman Store, which is under different ownership today.

In the mornings, said Allison, his father would do the school bus route, while "whoever had a spare minute" would grab the bus and perform the afternoon drop-offs.

"It wasn't long before I was driving it all the time," recalled Allison.

After the family sold their buses, Allison continued to drive under contract for Inkerman Public. He also drove to special events: if the teachers wanted to organize a school trip to the Museum of Civilization in Ottawa, Allison would take them. If Winchester legionaires, seniors, or junior hockey players needed a ride, Allison would provide.



"I've seen a lot of road"

Long-time school bus driver Tommy Allison has retired after 47 years of driving. *Press Photo — Smith-Millar*

"I've seen a lot of road," he said.

Allison said he's only been in two accidents during his years on the road. In the first instance, he said, a man he knew came up to speak with him and parked his car behind Allison's bus. The windows were still frosted, and Allison — who had already checked the back of his bus for obstacles — assumed the way was clear. He reversed into the man's vehicle and cracked the car's headlight.

The second accident, recalled Allison, could have had disastrous results. While driving a group of about 40 adults home during a winter storm, a tree cracked and slammed onto the road, directly in the path of the bus.

"It fell right in front of me," said Allison.

He said that he knew he had to keep the bus on the road at all costs. He decided to slow down as much as possible and plow into the tree head-on, rather than swerving or braking suddenly, so that the bus didn't go into the ditch.

After the vehicle slammed into the tree, the passengers were shook up but uninjured, said Allison.

"Stuff like that never seemed to rattle me," he said.

Allison said driving a school bus has become increasingly bureaucratic over the years. He remembers the days where families would call him before his afternoon drop-offs and ask him to bring some butter or milk along with the kids. Some days, if the parents couldn't be home right after school, Allison would bring the students to his home across from the Inkerman store, hand them a bag of potato chips, and let them watch television until the adults arrived.

"Now, you can't sneeze without reporting it to the school board," he said.

Allison said that because he's a senior, he has to comply with even more regulations and certification than the average bus driver. There's a medical exam every year, plus written and technical tests.

"I've just got so sick of all the hassles," he said. "I'm just going to miss being in touch with the children, and the driving itself."

At any rate, said Allison, it's high time he retired anyway. He's 67 years old. His wife, Erma, plans to retire from her drug store job in the near future and they're due to enjoy some time off. Plus, there are the seven grandchildren to look after and spoil.

"It's nice to be able to be a little free," he said.

Amanda Smith-Millar is a Press reporter and former Inkerman Public School student. She first boarded Tommy Allison's school bus when she was three years old.

Keeping Health In Mind

"Keeping Health in Mind" is a monthly newspaper column made possible with the help of the Lannin Business Centre, The Winchester Press and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall Community Hospital/Hôpital Communautaire de Cornwall.

Successful Aging

Although the definition of successful aging can vary between cultures, nations, and generations, according to experts, successful aging is defined as **the ability to maintain a low risk of disease, high mental and physical functioning, and active engagement with life.** Many people believe that the ability to maintain these physical and mental factors is out of their control. However, only 30 per cent of aging is explained by biology, which means that there are other ways to prevent physical and cognitive decline. The following recommendations are ways to positively influence the aging process, and enhance quality of life in later years.

#1 Avoid Disease
Visit your doctor regularly and ask about tests that are right for your age group. Eat a healthy diet including plenty of veggies, fruits, whole grains, low fat proteins, calcium, and water. Exercise and stay fit. Work out at a level that is right for you and include endurance activities, weights, and stretching. Do not drink too much alcohol (individuals over the age of 65 should not have more than one drink per day). Do not use tobacco in any form, and if you need help quitting, talk to your doctor.

#2 Keep Yourself Safe
Make your home a safe place by keeping walkways uncluttered, and keeping a fire extinguisher and working smoke detectors in the home. Prevent falls by making sure throw rugs have "non slip" backs and bathtubs are slip-proof. Stay safe in the car by wearing your safety belt properly, not drinking and driving, and not driving when you are angry, upset, sleepy, or ill.

#3 Take Care of Your Emotional Health
Keep in touch with family and friends to maintain a social life. Exercise your mind by reading, doing crosswords, and even taking classes to learn new skills. Stay involved by joining community activities or volunteering. Keep a positive attitude by focusing on the good things in life, doing the things that make you happy, and talking to your doctor if you're feeling sad and not enjoying the things you used to.

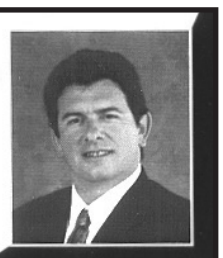
#4 Plan for Your Future
Keep track of your money by staying informed and asking for help if needed. Know your own health by making a list of the medical conditions you have, the names of your medicines and when you take them, any allergies, and the names of your doctors. Make your health care wishes known to your family by filling out an Advance Directives form that lets you state your health care choices or name someone who can make them for you. Make these choices known to your doctor. Create a transportation plan. If you can't drive, ask your family and friends if they would give you a ride, and find out about the buses and trains in your area.

Laura MacPhee, Student OT / Monique McElheran RegN
Tri-County Mental Health Services

For more information or to receive the French version of this article, or to seek professional advice, please call 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria.

This message is brought to you in part by the following:

LANNIN BUSINESS CENTRE
457 Main Street East, Winchester

LAPLANTE
CHEVROLET PONTIAC BUICK GMC
632 Principale, C.P. 334, Casselman ON K0A 1M0
613-764-2846
Fax: 613-764-3692
Sans frais/Toll Free
1-888-894-2292
lucien@laplantechev.com
www.laplantechevolds.gmcanada.com

Lucien Ranger
Représentant des ventes
Sales Consultant

DUNDAS MINI STORAGE
1-800-566-4165
38 Units Available
• 24/7 Monitored Access
• Security Cameras
• Security Lighting
• Enclosed Perimeter
• Lighted Interiors
• Interac and Major Credit Cards Accepted
Located 1km East of Chesterville at 13564 Hwy 43

Church Directory

DISCOVERY BIBLE FELLOWSHIP
Friendly, Caring, Accepting
Pastor: Tim Edwards
Meeting at the 'OLD Town Hall' Building on Main Street, Winchester
Sunday
10:00 am - Worship Gathering
Wednesday
Meeting at the Wesleyan Church Hall 6:30-8:00 pm
KIDS' CLUB
Faith Weaver Friends, Ages 4-12 Free
ADULTS
Bible Study with Nursery provided
613-774-0721
Please visit website for more info: www.discovery-bf.org
44tfc

WINCHESTER BAPTIST CHURCH
Traditional Music-centred Services
Sunday
10:00 am - Adult Sunday Bible Study
11:00 am - Worship Service
Pre-school, Sunday School
Mondays 10 am-12 noon
Single Moms' Support Group
Everyone welcome
Pastors
Bud McKibbon
Mollie McKibbon
25tfc

NATIONSIDE PENTECOSTAL CHURCH
13 Albert Street, Chesterville
Pastor: Rev. David Charles
613-843-9653
Sunday
10:00 am - Sunday School
11:00 am - Worship Service
For information 613-448-3725
31tfc

WINCHESTER WESLEYAN CHURCH
Our Church Loves Kids, and Kids Love Our Church
Check out the updated www.winchesterwesleyan.com
Sunday
10:30 am - Worship Service and Sunday School
Pastor: Thurland Brown
Children's Pastor: Amy Morris
613-774-3137
537 Main St., Winchester
33tfc

ST. PAUL'S PRESBYTERIAN CHURCH
Winchester
Office: 613-774-3333
A warm welcome awaits everyone
Minister
Rev. Dr. Floyd McPhee
Sunday
10:00 am - Divine Worship
43tfc

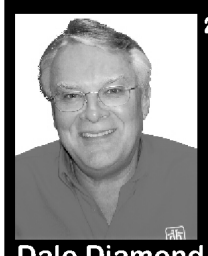
THE ANGLICAN PARISH OF NORTH DUNDAS
541 St. Lawrence Street
Winchester
Rev. Jon Martin
Please join us for Sunday Worship
8:30 am - Book of Common Prayer
10:00 am - Family Service with Music and Sunday School
"To be a living Church, united in one congregation, reaching out to God's world."
613-774-2236
22tfc

HARMONY COMMUNITY CHURCH
Hwy. 31 and Ormond Road
613-774-5170
harmonychurch@bellnet.ca
Sunday
10:30 am - Morning Service
Nursery and Sunday School available
Web: www.harmony-church.org
27tfc

UNITED CHURCHES
Office: 613-774-2512
Hours: M-W-F 9 am-12 noon
www.winchesterunitedchurch.org
Rev. Elaine Beattie
Supervising Minister for Emergencies
H: 613-535-9961
W: 613-535-2245
Worship Leader
Marc Calder
Sunday, February 8
WINCHESTER SPRINGS
9:30 am - Worship Service
WINCHESTER
11:00 am - Worship Service, Sunday School and Nursery
47c

CHRISTIAN REFORMED CHURCH
Williamsburg, Ont.
Church 613-535-2227
Office 613-535-1882
www.williamsburgcrc.org
Pastor: Rev. John Noordhof
Sunday
9:30 am - Worship Service
7:30 pm - Worship Service
Please be our guest this week.
41tfc

COMMUNITY CHRISTIAN REFORMED CHURCH
Dixons Corners
Pastor:
Rev. Clarence Witten
613-652-2400 (Church)
Sunday
10:00 am - Morning Worship
6:30 pm - Evening Service
32tfc

Kemptville Home building centre

2540 Hwy 43 W., Kemptville (613) 258-6000 1-800-810-4269
KBC www.kbchome.ca
Window and Door Specialist
JELD-WEN Dalmen Ostaco
Dale Diamond
dale.diamond@kbchome.ca

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

Schedule of North Dundas 2009 Council Meetings

7:00 pm

February 10	August 11
March 10 & 24	September 8 & 22
April 14 & 28	October 13 & 27
May 12 & 26	November 10 & 24
June 9 & 23	December 8
July 7	



DIRECTORY OF COMMUNITY SERVICES

Where To Go When You Need Help

The health and wellness of you and your family are precious, and services are in place in our community to provide assistance with a wide variety of special needs. The following services and businesses are ready and willing to provide practical help and advice when needed.

NEED HELP! CALL...

Crisis services for abused women and their children

CRISIS NUMBER: 1-800-267-0395

P.O. Box 849
Winchester

613-774-2838

Dundas Manor Ltd.

P.O. Box 970
Winchester, Ont.
613-774-2293
613-774-2294

Dundas Manor is a 98-bed long-term care facility located in Winchester

DUNDAS COUNTY HOSPICE

not a place... just a special way of caring

WE OFFER ONGOING COURSES

Our carefully trained volunteers offer spiritual, physical, social and emotional care and bereavement support to clients.

613-535-2215

Dundas County FoodBank

Now located at
497 May St., Winchester

613-774-0188

Hours: *Mon. 10 am-12 noon; Wed. 7-9 pm; Thurs. 1-3 pm; Holidays excepted*

Winchester Lions Club THRIFT STORE

'Treasure Trove of Values'

Open Monday to Friday 9 am-3 pm
Saturday 9 am-noon

491 Main St., Winchester

'We're here for you'

Community Living Dundas County

"Citizenship is the uniqueness of each person being accepted, supported and acknowledged within an inclusive community"

P.O. Box 678, 55 Allison Avenue, Morrisburg, Ontario, K0C 1X0
Tel. 613-543-3737 Fax 613-543-4432
E-mail: cldc@cldc.ca

Hartford Retirement Centre

OUR SERVICES INCLUDE
COMFORT

From the cheery hello to support and assistance when you need it.

Call **613-543-3984**

3 Fifth St. West, Township of South Dundas
Morrisburg, ON

CHARTWELL SENIORS HOUSING REIT ORCA **www.chartwellreit.ca**

Call today for a personal tour and receive a complimentary lunch and a free gift.



Le Pavillon Retirement Resort

1122 Notre Dame, Embrun
613-443-1690

Community Support Services Offered in Dundas County

Health & Wellness Clinics

Transportation	Meals-on-Wheels
Congregate Dining	Friendly Visiting
Caregiver Support	Client Intervention
Adult Day Service	Security Checks
Home Maintenance	Home Help
Supportive Housing	Respite Service
Social Activities	Footcare Clinic

Accessible Transportation

Assisting Seniors and Physically Disabled Adults to maintain full independent lives while living in their own home or apartment

Living in North Dundas - Call
Nor-Dun Seniors' Support Centre
at 613-774-6109
A Carefor Agency

Living in South Dundas - Call
J.W. MacIntosh Seniors' Support Centre
at 613-535-2924

The House of Lazarus

Community Outreach Mission

We envision God's Kingdom of Justice and Transformation where no one ever need be hungry or thirsty again.

2245 Simms St., Mountain, Ontario, K0E 1S0
613-989-3830
lazarus@magma.ca • www.houseoflazarus.org

Services:
• Food Bank • Thrift Shop
• Household Goods Shop

Serving Stormont, Dundas & Grenville

Hours of Operation:
Mon.-Sat. 9 am-12 noon, Tues. 5:30-7:30 pm

Ontario Early Years Centre

Ontario Early Years Centres — A Place For Parents And Their Children.

Winchester Site • 520 St. Lawrence Street
613-774-5487 Fax 613-774-5488
Contact: Lisa Arsenault, Family Resource Co-ordinator
lisa@earlyyear. ca

Ensuring children have the best start in life!

We are here for all children up to six years of age and their parents and caregivers.
Join us Monday through Thursday for playgroup, toy lending, parenting resources, information and referrals and various workshops.

For more information please contact the centre or visit our website at **www.earlyyear.ca**