The Chesterville Record

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NEWSBRIEFS

Woman injured in transport accident

MORRISBURG — A transport driver from St. Catharines, Ont. was charged in connection with a three-vehicle collision in Williamsburg Township last Tuesday. Morrisburg OPP Const. Morgan Hill said Roger Savarie, 55, was driving a 1986 Ford tractor trailer southbound on Hwy. 31 when he rear-ended a 1991 Plymouth driven by Hilda Garlough of Williamsburg which was stopped to turn left on Tollgate Road. The impact sent the car into the opposite lane where it was struck by a 1993 Chevrolet pickup driven by Meredith Bell of Cardinal. Hill said Garlough was taken to Winchester District Memorial Hospital with serious injuries. Savarie was charged with careless driving.

Tools stolen from Matilda quarry

Crime Stoppers this week is asking for the public's help in solving the theft of a large quantity of tools and other items from a storage trailer at Fetterley's Quarry in Matilda Township Nov. 15. Stolen were two HD4 heavy-duty batteries, a 20-pound propane tank, two oxygen cylinders, an acetylene tank, Harris torches with 50-foot hose, eight gallons of antifreeze, 120 feet of black extension cord, a Honda 5-hp pressure gas pump, one-third-hp McDougall electric pressure pump, three-quarter-hp Myer electric pump and Cat high pressure washer. Some of the equipment was engraved with the marking 7AFCP. If you have any information on this or any other crime, call Crime Stoppers at 534-TIPS (534-8477) or toll-free at 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000. You do not have to reveal your identity to help solve a crime.

Support group holds Xmas dinner

CHESTERVILLE — The Widowed Support Group of Stormont-Dundas will hold its Christmas dinner Dec. 5 at 1 p.m. at MacLeod House in Finch. A business meeting and report will follow. The group's quilt draw, held Nov. 21, was won by Adam McMillan of Berwick.

Man charged in five local B&Es

MORRISBURG — Provincial police have solved five commercial break and enters in eastern Ontario. Morrisburg OPP have charged 37-year-old Reynald Bourdeau, from the Embrun area, in connection with two thefts from a Becker's store in Iroquois, Becker's in Chesterville, Seaway Valley Pharmacy in Winchester and a Red & White store in Iroquois. The thefts took place between June and October this year.

Couple distracted local store owner

WINCHESTER — Winchester OPP are warning local merchants after two suspects described as professional thieves targeted Winchester Hardware. Winchester OPP Sgt. Brent Mattice said a man and woman entered the store Nov. 17 and occupied the owner with a small cash transaction. The ownre discovered after they left that two answering machines and a combination telephone and answering machine were missing. Other merchandise had been moved to make the theft less noticeable. Mattice described the first suspect as male, 5-foot-5, 180 pounds, with collar-length dark wavy hair and a heavy French accent and the second as female, 5-foot-5, stocky with long dark and grey hair and a French accent. She was wearing a large poncho.

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Home-care services threatened, agencies charge

Elizabeth Moreau
Record Staff

WINCHESTER — Home health care services for the elderly and the disabled in Dundas County will be threatened if the Ontario government goes ahead with a plan to shift care to non-profit agencies, says the manager of a local commercial home-care agency.

Last June the Health Ministry announced that over the next three years it will limit the amount of home-care services it buys from commercial agencies to a maximum of 10 per cent. Private agencies currently provide about half the government-funded home care in the province.

Para-Med Health Service's Dundas County office employs 74 people and serves nearly 400 clients. Branch manager Donnalynne Clement says the policy shift will have an effect on both clients and staff.

"What's going to happen to those clients and staff?" she said in an interview Monday. "There's going to be a shortfall in care. The other agencies can't accept all those clients in one fell swoop. They're going to go without care, at least temporarily."

Para-Med provides in-home nursing, physiotherapy and housekeeping services. In Dundas County, the Red Cross provides homemaking services, the VON offers nursing services, but only Para-Med provides in-home physiotherapy, Clement said.

She said the government's plan is based solely on "ideology," not on cost-effectiveness or quality of care.

The association that represents Ontario's commercial health-care providers is challenging the legality of the government's policy. Last month it announced it is taking legal action based on a clause in the home care legislation.

David Gooch, president of the Ontario Home Health Care Providers' Association, said he hopes the legal action will at least provide some opportunity to debate the issue in a public forum.

He said the lack of competition between commercial and non-profit agencies will result in a less efficient and possibly less accessible system of home health care.

The association predicts that half of the 20,000 people who work in commercial home care will lose their jobs as a result of the policy.

The Minister of Health says the plan, part of the government's long-term reforms, will create about 5,000 new jobs in the field, some of which will likely be filled by displaced commercial agency workers. But those in commercial care, like Clement, say the jobs are more likely to be filled by unionized hospital workers who are laid off in the future.

Most of Para-Med's staff are women, many are single parents, and "a lot are struggling," said Clement. "It's going to have a big impact in this area."

She said commercial agencies have made the home health-care industry more competitive and flexible. "We have improved commercial health-care drastically and we've been able to do it at a reasonable cost," she said.

Preliminary studies show that to shift nursing services in Stormont, Dundas and Glengarry from commercial agencies to non-profit agencies will cost an additional $255,000 annually, Clement said.

'Lack of support' claimed Long Sault groceteria

Greg Hewitt
Record Staff

LONG SAULT — When Corry Van Hal took over the grocery store in the Long Sault Plaza ten months ago, she had high hopes.

But today, the storefront is papered over and the Closed sign is not taken out of the window by day.

Van Hal's Meat & Grocery, the only complete grocery store in Long Sault, is no longer. Van Hal closed the business Oct. 22, less than two months before the end of her one-year lease.

"We had high hopes, but within 11 months we could see the writing on the wall," Van Hal says.

She says the overhead was too high and she didn't get the support from the community she had hoped for.

"We had our good and first-hand customers, and we made some good friends. But the community as a whole didn't seem to want a store because they didn't support us."

Van Hal says while she didn't expect Long Sault residents to do all their grocery shopping at the store, located in the Long Sault Plaza, she thought there was enough of a need to make the venture successful.

While she couldn't compete price-wise with larger chain stores in Cornwall, she says her prices were actually better in some areas including meats and cheeses. People may have assumed, Van Hal says, that because they were a smaller store that all the prices were higher.

Competition from convenience stores in the area may also have played a role in the store's failure.

But Van Hal says she could count on one hand the number of people who live on her own street who supported the store.

She says some customers were saddened by the loss, but others in the community accused her of taking her money in one year and taking off.

In fact, Van Hal incurred a large debt as a result of the failed venture. She says her husband, who was planning to take an early retirement from Kraft Foods in Ingleside, may have to postpone his retirement.

Her daughter and son-in-law, who moved to the area from Kingston to work in the store, are returning to Kingston.

Van Hal was born in the Netherlands and moved to Wolfe Island where she was raised on a farm. She worked in customer service at a Kingston department store and moved to Long Sault with her husband when the Kraft factory closed on Wolfe Island. She worked at the grocery store for the previous owner and took it over in December.

Van Hal says she is somewhat bitter about the experience but notes the closing of Long Sault Fabrics last year as another factor.

"With people laid off, they have to shop where they get the best value," she says.

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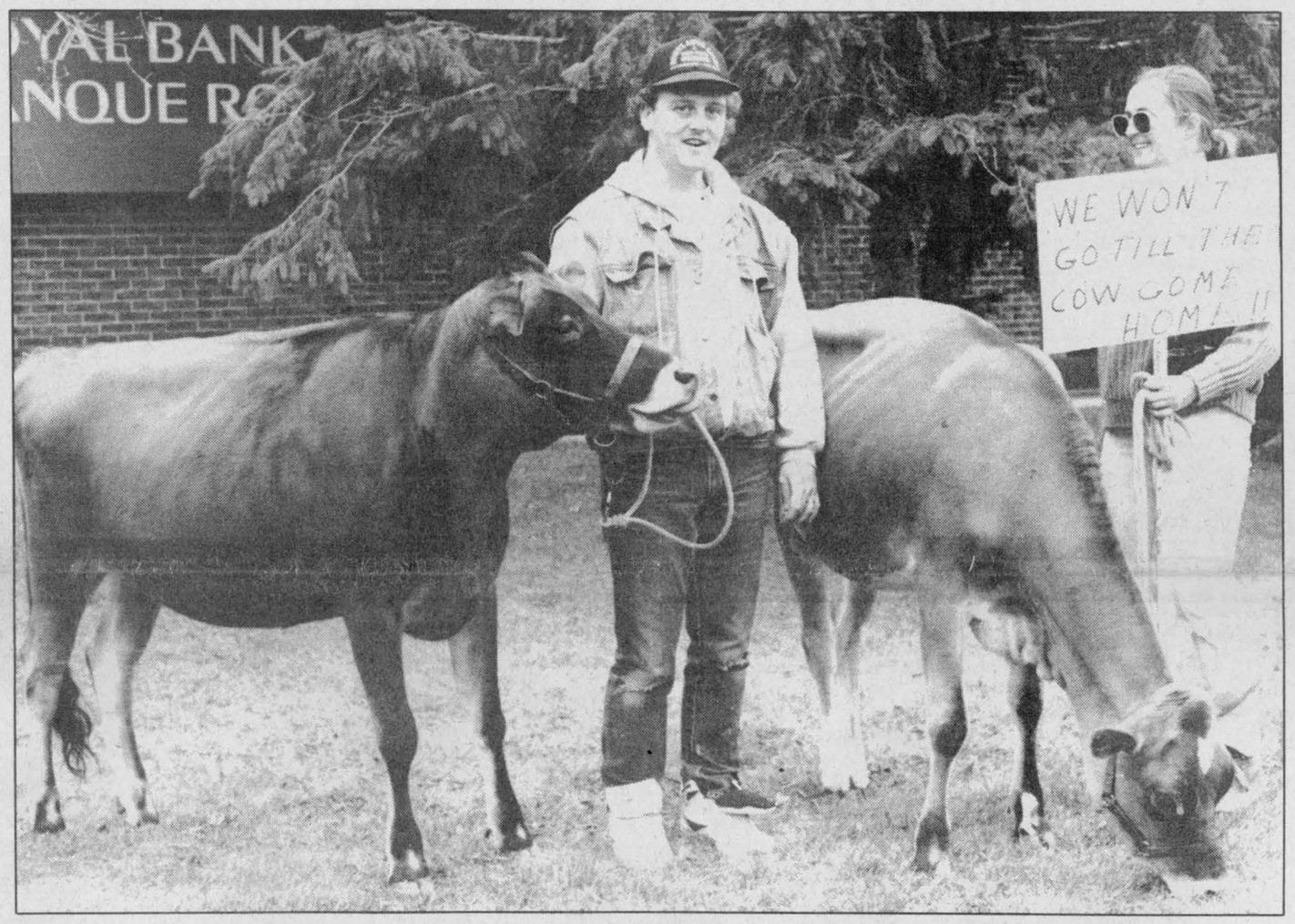

George Johnstone and Lary Linsday get some bovine help Monday at a demonstration outside the Royal Bank in Crysler.

Time running out on push to save bank

Elizabeth Moreau
Record Staff

CRYSLER — Time is running out on a group of Crysler residents and businesspeople who hope to convince the Royal Bank to keep the hamlet's bank open.

The Crysler Community Association to Save Our Bank, formed in October after the Royal Bank announced that the branch will close Jan. 14, wants to meet with officials from the bank's Ontario head office. They were told to meet with Cliff Shewfelt, manager of the area that includes Crysler.

But the group has repeatedly refused to meet with Shewfelt, contending that they don't believe he will reconsider his decision.

"Every day of delay of that information getting into my hands means that information will get less significant."

CLIFF SHEWFELT
Royal Bank area manager

"People want to go over his head," said association member Lary Lindsay. At a public meeting in Crysler last Tuesday, she said, people voted unanimously to refuse to meet with Shewfelt.

Shewfelt, in Crysler Monday as residents demonstrated in front of the bank alongside farm machinery, Jersey cows and alpacas, said with the slated closure less that two months away, the time to reconsider the decision is running out.

He said if the association has information that would justify keeping the Crysler branch open, they should "give that to us very, very rapidly."

"Every day of delay of that information getting into my hands means that information will get less significant, if there is value in it," Shewfelt added.

Noting that there are 10 bank branches within a 25-km radius of Crysler, the Royal Bank says the area is "over-banked."

The association has distributed questionnaires to Royal Bank clients throughout

• Please see TIME on page 2

New officers bolster OPP presence

Greg Hewitt
Record Staff

WINCHESTER — The presence of provincial police in the Winchester detachment area has been bolstered by the addition of two officers.

Constables Ann DeGiovanni and Steve Seguin, who joined the force this week, will increase police presence in the area by up to 50 per cent.

Constable Ann DeGiovanni is an Ottawa native who says she is looking forward to her first posting as an OPP officer.

DeGiovanni, 28, says when she learned she would be working at the Winchester detachment, she visited the area beforehand to see what it was like.

"When I was told of my posting I came down and I fell in love with the town. It's very quaint, very nice," she says.

DeGiovanni has extra training in dealing with young offenders, and that's something she says she will concentrate on. She is also a strong believer in community policing.

DeGiovanni will be patrolling with Const. Al Lummiss for six months as she is a new recruit.

Constable Steve Seguin is a Cornwall native who now lives in Ingleside with his wife and daughter.

He comes to the Winchester detachment, his second posting, from Madoc, Ont., north of Belleville where he served three years.

Seguin, 29, says he enjoys being able to work closely with the people of the community, and working with the public.

"It's changed a lot since the old days when it was us and them. Now it's hand in hand," he says.

While Seguin is now at home in a police cruiser, his prior calling was on the rink. He played professional hockey with the Los Angeles Kings in 1984, as well as with American Hockey League teams including New Haven, Conn., Hershey, Pa. and Baltimore, Md.

He also played in Peterborough alongside NHLer and Winchester native Terry Carkner.

Winchester OPP Sgt. Brent Mattice says the additional officers are a big asset to the detachment at this point in time.

"We're pleased to have two people who have an interest in the area. They're both young individuals who are very in tune with the needs of the community."

Mattice said police will be more visible in the detachment area and allow the detachment to reclaim shifts that were covered by Morrisburg detachment officers.

• Please see photo on page 2



Van Hal's in Long Sault closed its doors last month, a victim of a lack of support, says its former manager.

Grocery store will be missed

Continued from page 1

And the store's closing is also a loss for seniors especially, Van Hal says. Residents of nearby Parkway Lodge and other seniors may not have easy access to transportation to go to Cornwall or other centres.

The store remains closed and much of the inventory is still sitting on the shelves. Van Hal hopes to be able to sell it to another retailer, or says she might open the store for another day and sell everything at half price.

''I feel that it's like you're a balloon and somebody's put a pin in it - totally deflated.''

Most Long Sault residents asked said they were sad to see the store close.

''I guess Becker's will get more business, but it's the older people who will have the problems now,'' said John Seguin.

''And I'd like to see it open, myself.''

Jean Allaire, who owns neigboring Showcase Video, says she will miss the store and Van Hal.

''I miss having the store open. I like to see the mall full,'' she said. ''And I'll miss (Van Hal and her family), I found them so nice.''

Allaire said she visited the store often to buy cleaning items.

Allaire noted the closure's effect on seniors in the area. ''I'm glad we have (convenience stores) for them but it's far from another grocery store.''

Moulinette Island resident Ray Thompson said the store was handy in a pinch, but said perhaps a convenience store was all that the town needed.

''It's so close to Cornwall, really.''

Others asked said that they or someone in their family worked in Cornwall and bought groceries there.

Finch seniors' outreach centre opens its doors to the public

Elizabeth Moreau
Record Staff

FINCH — For months, residents of Finch have been watching a new seniors' outreach centre take shape. This Sunday, they'll be able to see the progress from the inside, during the centre's first open house.

The outreach centre, built as an addition to Finchview Villa, will serve seniors in Finch Village, Finch Township, Crysler, Berwick and Avonmore. It includes a large dining room, sitting room with a fireplace and plenty of windows, kitchen, games' and recreation area, and an office for visiting professionals.

The operating hours and precise programming of the centre has yet to be determined, said Diane O'-Donohue, co-ordinator of Finch and District Seniors' Support Services. But some outreach services are already being offered through the program, including transportation, Meals on Wheels and foot care.

O'Donohue said the centre will offer a diners' club, presentations on health-related topics, crafts, recreational programs like line dancing and shuffleboard, and fitness classes. And she is still open to more ideas.

"We'd welcome any suggestions from seniors in the area on what they'd like to see here," O'Donohue said.

More volunteers will also be needed to help with the programs, O'Donohue said, in addition to the 40 who already work with the Meals on Wheels program.

"I think the success of the programs in the future depends on seniors, active recruitment of volunteers, and community support," she said, adding that she hopes seniors from outside the village will make use of the centre.

"I think it's so important that they come out and feel that (the centre) is theirs," she said.

In addition to the outreach centre, six specially-designed apartments were also built for frail elderly or disabled tenants. Tenants for the four one-bedroom and two two-bedroom apartments were selected from a waiting list, and five of the apartments will be occupied by early December.

Construction on the $875,000 project began last spring. Seventy per cent of the cost was funded by the Ontario Ministry of Health, 20 per cent by the United Counties of SD&G, and 10 per cent through community contributions.

The outreach centre is located on Nelson Street, just off Hwy. 43. The open house will be held Sunday, Nov. 28, from 1 to 4 p.m.

Time running short to save bank

Continued from page 1

Finch Township and Crysler, and collecting information which it hopes will prove the bank is profitable.

"We think that their study is flawed because everything we've found out indicates that the bank is profitable," said Lindsay.

But Shewfelt said profitability was not the only factor in the bank's decision to close the Crysler branch.

"Unfortunately when you're a national bank the full accounting process doesn't come down to an individual unit.

''There's no way I could tell you whether this individual branch is losing money or making money," said Shewfelt.

The association also says that with construction of a communal water and sewage system under way in the hamlet, Crysler is ripe for growth.

The United Counties Economic Development Department is currently talking with other banks about opening a branch in Crysler.

"Negotiations are ongoing and as long as they continue there are excellent prospects for banking in Crysler," said acting director Jeff Marshall.



A new beat

OPP Constables Ann DeGiovanni and Steve Seguin were welcomed to Winchester's OPP detachment this week. Sgt. Brent Mattice says the additions come at a good time and will increase OPP presence in the detachment area by up to 50 per cent.

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Missing: One very loved bunny

Greg Hewitt
Record Staff

CHESTERVILLE — There's one thing Jenna Marston wants more than anything else this Christmas.

The nine-year-old St. Mary's School student wants to be reunited with her pet rabbit Thumper, who thumped his way across a field behind her Chesterville home earlier this month and hasn't been seen since.

"I'm hoping someone will find Thumper for Christmas - that would be the best thing," Jenna says as she hugs Lucky, a seven-month old kitten with whom Thumper used to play.

Jenna says she remembers fondly how Thumper, who is very tame and was an Easter gift, would chase her and her sister Kim around the yard.

And Jenna says that unlike Lucky and Jinx, the cat's twin, Thumper enjoys water and enjoys being bathed.

She also remembers the Saturday two weeks ago when Thumper wasn't in his cage like he was supposed to be.

"At first I thought he was under his cage or he might have been in the field. Then I realized that he wasn't around anymore."

Jenna, who moved with her family to Chesterville from Metcalfe in July, spent an entire Sunday looking for Thumper.

She continued her search after school during the week, and drew up notices which she posted at the bank, pharmacy, post office and Becker's.

The posters so far have resulted in one call, but it wasn't Thumper.

Neighbors are also keeping their eyes open for Thumper, who is light brown and has black on the tips of his long ears and loves apples and grapes.

Jenna's mother, Micheline, says she called friends in Metcalfe and told them to keep their eyes open for Thumper just in case.

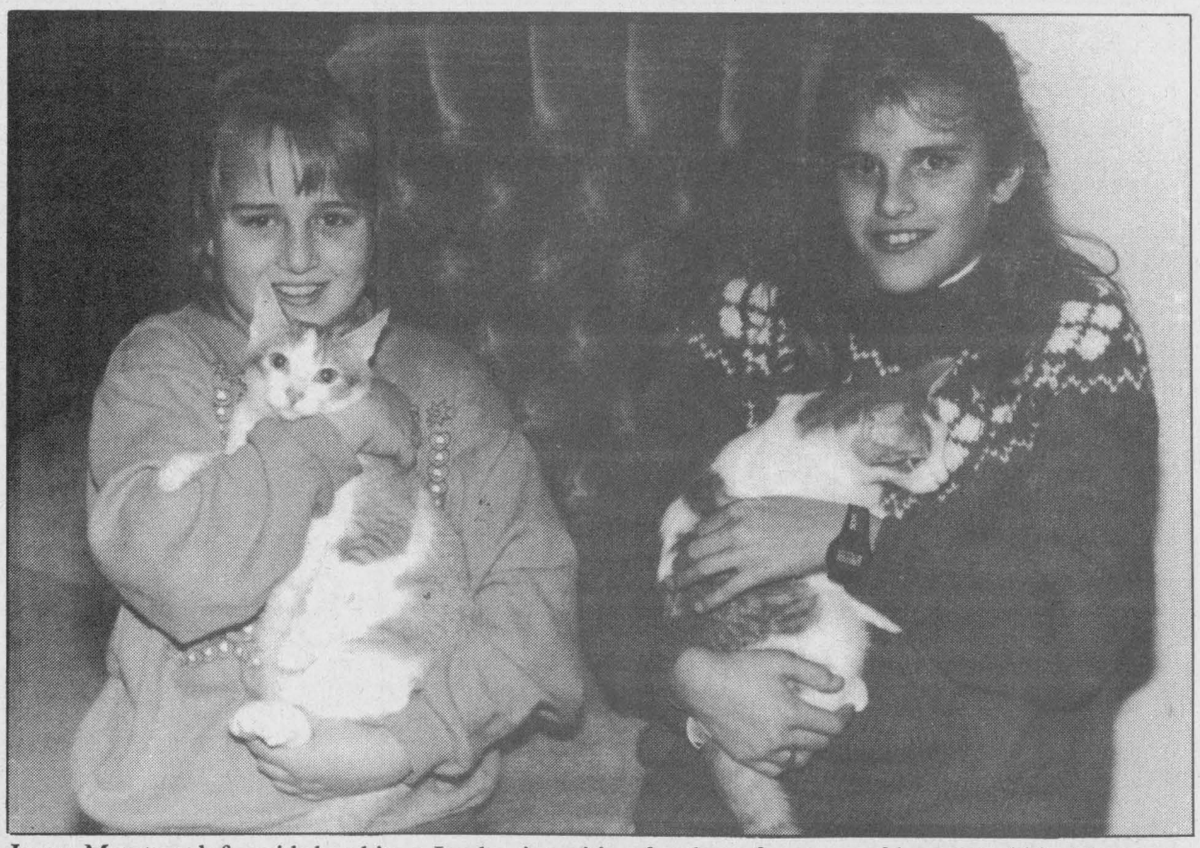
Jenna says Thumper may have gone back to Metcalfe to visit his 'wife' Licky, with whom he shared seven kids. Or maybe, she says, he ran off with his 'girlfriend,' a small wild rabbit the family found in the yard under some branches this summer.

In the mean time, Jenna thinks about Thumper and hopes he is safe. The thing she misses most are his "Teddy bear eyes."

Ironically, just this summer the Marstons found a small white pet rabbit and posted notices in local businesses. The lucky owner came forward and the pet was returned.

And Jenna is hoping she will be just as lucky.

"His little house is open for him to climb back in. There's food and water in it."



Jenna Marston, left, with her kitten Lucky, is waiting for the safe return of her pet rabbit, Thumper. Thumper escaped a backyard pen two weeks ago and hasn't been seen since. With Jenna is her 11-year-old sister Kim with Lucky's twin, Jinx.



A sign of good business

Industrial Drive merchants hope to draw more attention to their businesses with the new sign at the corner of Queen Street and Industrial. The sign displays the names of 14 of the street's businesses, and is lit up at night. It is also the first to display the lettering and design approved under the village's revitalization program. With the sign are merchants (back row, from left) Margaret Macdonald, Kaireen Cotnam, Cynthia Whetter, John Van Bruinessen, (front row, from left) Judy Heerkens, Ginny Blair and Ruth Liscumb.

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UNITED COUNTIES OF STORMONT, DUNDAS AND GLENGARRY
WASTE MANAGEMENT MASTER PLAN

NOTICE

The United Counties of Stormont, Dundas, and Glengarry are looking for a new landfill capacity to serve the Counties for the next 40 years.

A public workshop was held on October 2, 1993 to discuss the site selection process. As a result of this workshop, a set of proposed criteria for screening valued ecosystems, social amenities and areas that are otherwise unsuitable for a landfill (i.e. identifying areas where a landfill site would not be located) were developed.

Any members of the public wishing to review these proposed criteria and/or provide additional input on them before they are adopted by Counties Council and used in looking for new landfill capacity should contact the undersigned. **Written comments will be received until January 1, 1994.**

Before December 1, 1993 contact:

Anne MacGillivray, Study Co-ordinator, P.O. Box 240, St. Andrews West, Ont. K0C 2A0. Tel. / FAX 613-938-6112, or tel. 1-800-267-2538.

After December 1, 1993 contact:

Cathy Nelson, SD&G Planning Dept., 20 Pitt St., Cornwall, Ont. K6J 3P2. Tel. 613-938-2607. FAX 613-936-2913.

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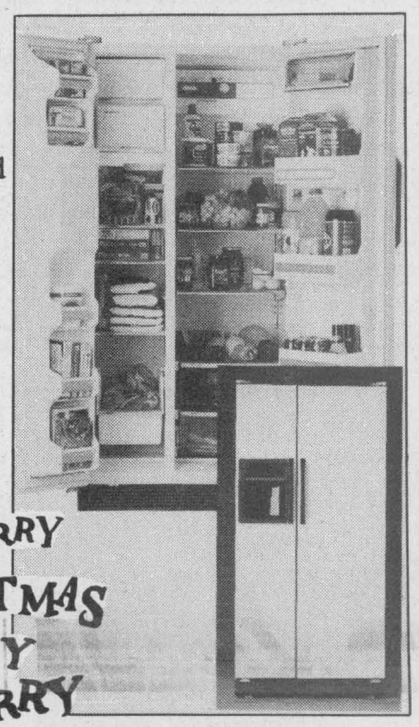



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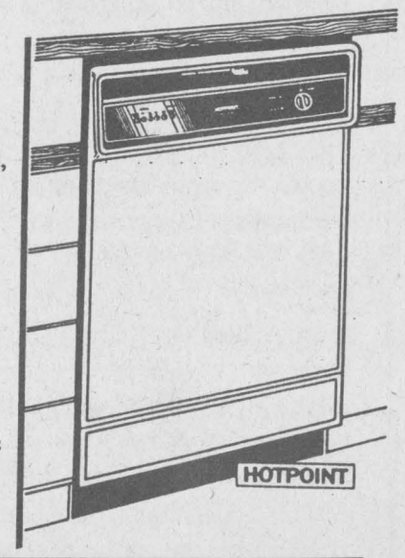

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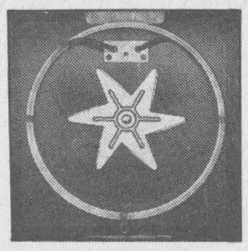

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EDITORIAL & OPINION

EDITORIAL

Violence against women: An end to denial

Statistics Canada has confirmed what many Canadian women already know: It is a dangerous, violent world and, particularly for women, danger is often very close to home.

In its comprehensive study on violence against women, StatsCan spoke to 12,300 women, asking them whether they had experienced physical or sexual abuse as defined under the Criminal Code.

And the results were horrifying, if not altogether surprising. More than half — 51 per cent — said they had experienced physical or sexual violence at least once since they were 16. And 25 per cent have been victimized by a current or past marital partner.

The abuse is widespread and non-discriminatory. As many high-income women reported violence as low-income women. Eight per cent of the women who have been victimized in the past twelve months have not completed high school. Nine per cent have a university degree.

The study finally gives credence to the anecdotal evidence women's groups have been collecting for so long. Yet despite that evidence, before this study, many men and women would not admit that the scope of the problem is so huge. It simply doesn't seem possible that half the women in this country have been victimized. There must not be, and there simply cannot be, any more denial.

Obviously what is needed now are concrete, immediate solutions. Funding for women's shelters and victims' services must be increased. After all, these are the groups who have known the problems all along, and already have the mechanisms in place to deal with them. Women must have the ways and means to get out of abusive situations. The resources must be there, and women must be made aware of them.

Counselling and therapy services for children, especially boys, who have witnessed violence in their homes must be supported and bolstered. This would be a truly preventative measure: The StatsCan survey found that women with violent fathers-in-law were three times as likely to be abused.

Public education, and school curricula, must make violence — against women and against men — intolerable. It has worked in other areas. Fewer people drive when they are intoxicated. Smokers are condemned when they intrude on the rights of non-smokers. Yet violence against women does not carry the same social stigma.

Men and women must work together to solve the problem. Now that there can be no more denial of the problem, there must be no delay in finding solutions.

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OFF THE RECORD

Yeah. That's it. That's the ticket!

By Robin Morris
Law Enforcement Editor

So the speeders of Ontario think the province is about to open the cover on *1984* and turn the place into an Orwellian nightmare as the Ministry of Transportation talks about putting cameras in highway garbage cans to nab speed merchants? They're probably the same bunch of civil rights buffoons who whined in the 70s when seat belts were made mandatory that forcing them to buckle up infringed on their right to be sprayed all over their windshields.

Yeah, well listen tight, pilgrim: you may have the inalienable right to have your cranium turned into silly putty, but when you start lining up for the free medical treatment, the free physiotherapy and the disability pension, then you're infringing on my inalienable right not to subsidize stupidity.

And they undoubtedly have allies among those who challenge roadside breathalyzer tests because it's an invasion of privacy. Go ahead. You tell the family of the kid killed by a drunk driver that he shouldn't have been randomly selected for a roadside ALERT, and you're really sorry that the little nipper is dead but that's the price you have to pay for freedom.

And the freedom to be killed by two tons of screeching, speeding steel is no freedom.

As if it's not bad enough that we're forced to shell out every time some politician comes along cap in hand and informs us that through no fault of his/hers the province/country is skint and if we don't pay up we'll lose our house and have our bank account frozen, now we have the speeders tell us that Ontario's photo-radar is the nose of the camel of surveillance in the tent of the workplace.

And they've got the right to put the pedal to the metal and if anyone says different, the Charter of Rights and Freedoms will be invoked and lawyers everywhere will get rich filing claims because the only time you're really guilty of speeding is when one of the local Fosdicks pulls you over and personally hands you your fast driving award.

And bank robbers caught on video surveillance cameras are being unfairly observed by an uncaring, unfeeling and technologically distanced society? And some punk who wastes a convenience store clerk for a couple of packs of smokes and has his odious act videotaped for all posterity should walk instead of spending the rest of his miserable life making little rocks out of big ones?

Tell me another bedtime story.

How do you think they caught those two little cretins who scooped that kid from the British mall and then beat him to death? I watched the abduction on *Hard Copy*. And you don't think you're being observed by the camera's unblinking eye when you're shopping in a large department store? And Rodney wouldn't be the King of Civil Rights, or even the Prince of Bel-Air, if that LA citizen hadn't been trying out his new Cop Cam. It isn't just horse races that end with photo finishes. Ask the wildly inappropriately named Stacey Koon how photos can finish you.

Granted I'm not this province's biggest fan of the speed trap extortion game. Lord knows I've paid my fair share of fines.

The last one was $100, but I got my revenge by pleading innocent and having a court date set, only to fail to show up. By the time the provincial court sorted that one out, it had spent far more than a C-note, so I figure we came out even. And I'm the only person left on the 401 who flicks his brights at oncoming traffic to warn my fellow drivers that they are approaching a speed trap. Whatever happened to that noble act of selflessness, that simple waggling of the steering column indicator that used to express such solidarity among the motoring public? It seems to have gone out of fashion at about the same time as flicking your brights to let the driver of the vehicle overtaking you know that it was safe to pull back in. Even transport drivers seem to have forgotten that one.

But I've always paid my fines, taken my demerit points and accepted the letter from the MoT warning me that one more ticket and I get to go for a chat and explain why I should be allowed to retain my licence.

So accept your responsibility like an adult. Take your medicine like a grown-up and if you break the law, expect to pay up.

And now for the *Off the Record Question of the Week*: Was the "Wah-a-wah, wah-a-Watusi" really "the dance made for romance"?

Send your responses with enough cash to pay my next ticket.



THE FARMER'S WIFE'S

By Wyn Thompson

In Eastern Ontario on a mild November day, people still busy themselves out-of-doors rounding up the last few chores before winter settles in with a vengeance.

Water left out in a pail overnight has a thin coat of ice most mornings, which will become thicker each succeeding day. Finally, comes the last semblance of an Indian summer day, and I turn the pail over to spill out the water, and leave it upturned for the winter.

We put a final dressing of compost over the rhubarb bed, chopped up the last blow leaves, took in the birdbath, and left the garden to St. Francis to watch over the winter.

November dusk sets in early, and when the wind changes to bring a dark, dark sky and the first snowflakes of a storm, we hurry indoors to arrange a bouquet from the drying wildings I picked sometime ago.

November is not only Thanksgiving month for our neighbors to the south, it is also one of the busiest months of the year for people in Eastern Ontario.

It is often corn-picking month, with Christmas puddings and cakes to be baked, and mincemeat to be made. I am constantly surprised at how many people still make all their own Christmas fare.

The rest of the wood has to be brought in. The last of the harvest stored. Foundations of houses, where necessary, banked with straw or leaves to keep out the cold winds which creep through the underpinnings.

Christmas! - we count the days now and begin preparations for making decorations for Hill House. The making or buying of presents. Stocking up for the holiday season.

November is the month to think about winter's provisions for the birds. Even though we have tried we have not been successful in saving for their delectation many shrubs laden with berries or apples.

While songbirds have been one of man's best friends in reducing the insect population, in giving wonderful company to many whose lives are lonely or colorless, man in turn is often the birds' worst enemy, with his guns, sprays, and poisons, and his destruction of the birds' natural habitat. They find it difficult holding their own with men, cats, starlings, and sparrows now living here who are not indigenous to the country.

To compensate, we feed the birds and provide extra protection for nesting accommodations in order to prevent their extinction. Results are becoming obvious. Bluebirds seem to be coming back; orioles once more sing from our trees; large flocks of birds are saved from starvation each winter by feeding programs.

Since songbirds can not live much longer than twenty-four hours without food, we must keep the feeders well stocked from the first snowfall until spring brings them a sufficient supply of their natural food.

Squirrels and some rather unwelcome birds come to the feeders, and I was once told they could be enticed to a different area by a supply of cracked corn set at some distance from the small bird- feeders. I tried, but without success, so now I just feed everything in the old tradition of "ye all come."

With a thrift suitable to the Eastern Ontario household, we save for the birds - sunflower and pumpkin seeds. We save clear bacon and beef drippings and place the ball in a mesh bag for hanging on the appropriate tree.

Bread and cookie crumbs are saved; apple cores and fruit seeds, leftover cooked oatmeal. I save spruce cones and dip them in unsalted fat to hang outside the window. We lay out ears of dried corn for the squirrels and bluejays - this after I found out if I couldn't beat them, I might as well join them.

It is a proverb that nothing goes to waste in an Eastern Ontario household. In colorful cross- stitch, the motto "Waste Not, Want Not" hangs over many a kitchen door.

In many homes, not even a bone is willfully thrown out until all the good has been squeezed out of it. Beef bones make the best of soups. Ham bones give that special flavor to pea soup. Turkey bones left from Christmas dinner make wonderful turkey soup, my mother being able to make the best. And what is so good as soup on a blustery winter's night?

I have a friend who says he always makes the serving of soup a very special occasion. He serves it in his best china tureen and lights candles on the table.

I never think of soup but I think of "Alice's Adventures in Wonderland" written by Lewis Carroll, "The Mock Turtle sighed deeply, and began, in a voice choked with sobs, to sing this: - "Beautiful Soup, so rich and green, Waiting in a hot tureen! Who for such dainties would not stoop? Soup of the evening, beautiful Soup! Soup of the evening, beautiful Soup!"

As we look around the countryside, we recall that Robert Frost said, "Nature's first green is gold. Her hardest hue to hold." Her last green is also gold, the burnished steeples of tamaracks reaching up to the sky, the tawny fronds of ferns sprinkled throughout the woods.

Pale ecru-colored cornstalks still rustle like taffeta in some fields, piles of fat, orange pumpkins heaped in every garage, goldenrod, dry and brittle, its summer glory faded now.

And here and there a golden dandelion lifting its head to assure us that they'll be back a thousandfold next spring.

LETTERS

Service knows no bounds

To the Editor:

Only in America, eh?

At Mike Dean's Grocery Store they actually carry your order out to and into your car. Is this not service? What about the employee at Geggie's Home Hardware Limited who showed me how to build a rain cap for my chimney when he discovered there were no pre-made hats he could supply me with? That's what I call service. How about Dale McNaughton at RX Central (Seaway Valley Pharmacy) who drove miles to a customer's home to deliver an essential medical prescription that was urgently needed?

Shoppers do have the right to shop where they want and the right to voice their opinion of any retailer's service. I don't think you're fair in painting all Canadian retailers with your anti- Canadian, pro-American brush.

You don't seem to understand that you don't bite the hand that feeds you. People who fall into this category won't be around for long.

For 16 years the folks at the Williamsburg Garage have kept me on the road. They have come to my help in snow storms and have gone all the way to Vernon and Ottawa to see I safely made it home.

Yes my fellow Canadian and community retailers do take care of me. Now shall I talk about the times I haven't had good service in the U.S.A?

As a consumer you are the judge and the jury. Just make sure all the evidence is in before passing sentence.

Alistair Deighton,
RR2, Chesterville

Pharmacist eyes another 17 years of Chesterville business

Elizabeth Moreau
Record Staff

CHESTERVILLE — For pharmacist Dale McNaughton, sacrificing some of his business independence is part of a tradeoff he hopes will ensure him a healthy future in Chesterville.

McNaughton, who has owned Seaway Valley Pharmacy for 17 years, recently became affiliated with RxCentral, a new retail banner of Drug Trading, an Ontario drug wholesale company. With larger drug chains offering an even wider variety of products and lower prices, McNaughton said it was becoming increasingly difficult to remain independent.

"Changes in consumer buying habits, changes in marketing strategies by larger chains, and warehouse operations have put me in the position where, if I hope to spend another 17 years in pharmacy in Chesterville, I have to adapt quickly to current retail trends or simply be left by the wayside," he said.

He says the new affiliation will give him greater buying power, and should result is lower prices, and more products for customers to choose from.

"To do that and stay completely independent I would almost have to start a warehouse," McNaughton said.

And price is not the only thing people look for. The key to a pharmacy, he said, is still the dispensing of medication.

"With any product, you look hard enough and someone will have it (available) cheaper that what you paid for it," McNaughton said.

He stressed that despite the changes to the pharmacy, customers can still expect the service they have come to know.

Putting the pieces back together

Elizabeth Moreau
Record Staff

Dissociation may help children survive the trauma of abuse, but the after-effects in adulthood can be devastating

Children enjoy vivid imaginations. The worlds and stories they create within their young minds can provide them with hours of entertainment. But when children use their imagintions to escape terrible trauma, such as severe physical or sexual abuse, the effects can be devastating in adulthood.

Dawn Miller, a social work therapist at Cornwall General Hospital, sees those effects regularly in her office. About one-quarter of the clients she works with have some form of dissociative state disorder, a severe disorder that involves a disturbance of both memory and identity.

It is a complex condition that often begins in childhood as a coping mechanism in response to severe abuse, and sometimes results in distinct personalities or personality states that alternatively take control of the person's behavior.

Miller explained the disorder — its causes, symptoms, implications and treatment — recently at the annual meeting of Naomi's Family Resource Centre, a Winchester shelter for battered women and their children, and later in an interview with The Record.

Imagine a child, Miller says, "having to endure — day after day, month after month, year after year in some cases — abuse and not being able to do anything about it." So the child may dissociate from the abuse, perhaps look out the window and imagine that she is climbing a tree, and imagine the abuse is happening to someone else.

The dissociation, Miller explains, is a way of surviving the traumatic and tragic abuse, especially if the child has to face the abuser, such as a parent, each day.

Blank spells

In adulthood, dissociative state disorder (DSD) can have myriad symptoms and effects. Common symptoms, Miller says, can include time loss, blank spells, hearing voices, finding things in one's possession that the patient cannot recall, an inability to recall important personal information, and self-mutilation.

The abuse may also cause side-effects like headaches, mood swings, depression, eating disorders, stomach and back problems, and thoughts of suicide.

Miller says that while the clients she sees are usually aware they have been abused, they often discount the memories. They may believe they have already come to terms with the abuse, or may have separated themselves from their families. And they may simply take for granted the symptoms of DSD that they exhibit, because that is what they have always known to be "normal."

Perhaps, Miller suggests, this is one reason why so many cases of DSD go undiagnosed for so long. Statistics show that a person with DSD is in the health-care system for about seven years before finally being diagnosed with the disorder.

Miller uses the explanation offered by Linda Halliday, a sexual abuse consultant in British Columbia, to describe how DSD can manifest itself in different people. The explanation suggests three levels of dissociation:

In the first level, individuals can usually adapt to any given situation. That is, they can be whatever is expected of them. In the second level, the victim may experience time loss — an hour, a day, a week — during which the person exhibits drastically uncharacteristic behavior.

The third level is "chronic multiplicity," sometimes referred to as multiple personality disorder.

"If you look at the disorder in this way," Miller says, "it makes sense why it is so prevalent."

Walls of amnesia

Within the person, the different personality states are separated by "walls of amnesia," Miller explains. They may only have actual memories of the person at a certain age. They may be male or female. They may be child-like. Some states may want to threaten the body. Others may act as protectors of the body, or may hold the traumatic memories and not want to share them.

One of the goals of therapy, then, is to somehow bring these personality states together by having them share the memories and feelings that each experiences.

Treating DSD is "long and slow," Miller says. She does not use hypnosis, and says medication is also unnecessary. Miller prefers individual sessions of psychotherapy, during which she tries to help the client take control. She says trust between a therapist and a client with DSD is essential.

Encouraging the client to talk through the traumatic experiences and other behaviors that may initially seem unrelated to the disorder often helps provide the client with insight and understanding, Miller says. Rather than working with the individual personality states, Miller strives to foster a sense of wholeness in her clients.

"I need to point out to them that they are survivors and they do have strengths that they haven't recognized," she says.

Miller, who has worked primarily with abused women in shelters, community centres and hospitals, says that while most of the DSD sufferers she treats are women, she doesn't believe that men are not as likely to be affected by the disorder.

A former probation officer and prison volunteer, Miller says many men who experienced childhood abuse may end up in the criminal justice system.

"Unfortunately, they're not getting the help that is necessary," she says.

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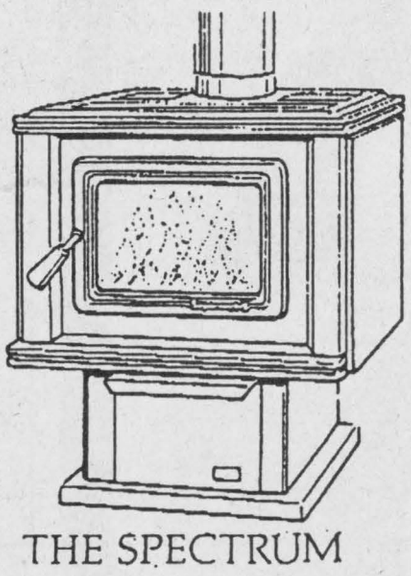
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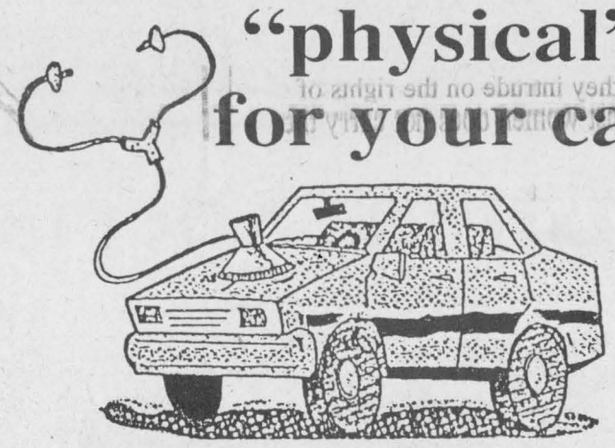
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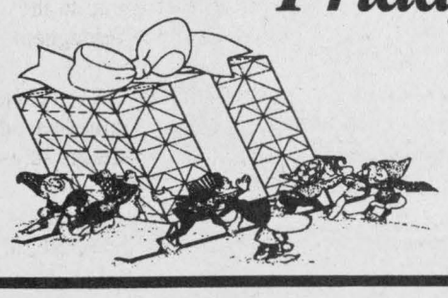
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Local site serves as a model for MNR's pit rehabilitation program

Greg Hewitt
Record Staff



The MNR's Abandoned Pits and Quarries Rehabilitation Program was put to work at a Winchester Township site in October. Before the work was done, steep slopes marked two of the pit's edges (photo at left), leaving it prone to erosion. Now, (below) MNR aggregates inspector Butch Martelock surveys a completed project that includes more gradual slopes and a generally more attractive landscape.



MAPLE RIDGE — Forty years ago, a six-acre parcel of land in Winchester Township was used as a gravel pit. When it was no longer needed, it was abandoned.

And it remained untouched until this fall, when the Ministry of Natural Resources (MNR) went to work after identifying it as a strong candidate for rehabilitation under its Pits and Quarries Rehabilitation Program.

The pit is on property owned by Norman Bell in Winchester Township, bordered by Maple Ridge Cemetery and North Dundas District High School.

"The gravel was taken out of here, and (the pit operators) did nothing to fix it up when they left," says Butch Martelock, the MNR's aggregate inspector for the area.

But after 10 days of work in October, the site is cleaner, safer, and less prone to erosion. It is also far more attractive than it used to be.

Martelock says that before 1981, when legislation for extraction sites was first introduced in Ontario, there was no control over what happened at these sites, during or after their use.

Since 1981, when legislation of pits and quarries was introduced in Ontario, the MNR has collected a one-cent-per-tonne levy on materials taken from licensed pits.

And it's that money that is used to make pit rehabilitation of abandoned sites possible at no cost to landowners.

Control of pits and quarries is now part of the province's Aggregate Resources Act, which replaced existing legislation in 1990.

The pit on Bell's property was one of the first in the province to have been rehabilitated. It serves as a model for future projects.

Before the rehabilitation, Bell used the land as pasture. It was uneven, characterized by sharp seven metre slopes on the east and south edges and generally was unesthetic.

A contractor hired by the MNR, spent 10 days at the site. The slopes were made three times more gradual and the site was generally smoothed out.

Most of the pit's floor was left alone because it was already green and was better left undisturbed. Other areas of the floor were smoothed out with heavy equipment.

A stand of trees on the south edge were also left untouched, but a small pond on the west side was reshaped.

The site is now more stable, and is better pasture than before.

"It's certainly a lot better than it was before," Martelock says. "Everything turned out well and we've certainly learned a few things from it."

The materials used to decrease the grade of the slopes were taken from the opposite side of the property, and no other material needed to be introduced.

"We made the best use of the materials on the site that we could," Martelock says, adding that Bell was surprised when first contacted that there was no cost to him.

Bell's only obligation is to seed the site in the spring. It will continue to serve as pasture for his cattle.

The MNR assesses various sites in the area according to a number of criteria, and identifies them in order of priority.

Candidate sites are then submitted to a committee in Toronto, a committee whose members include the MNR, Association of Municipalities of Ontario and Aggregate Producers Association.

When a site is given the green light by the committee, the landowner is then contacted, as his permission must be granted for work to be done.

The committee visited the Bell site after it was completed and was pleased with the results. Bell also said he was pleased with the project.

Martelock says there are about 60 abandoned pits in Stormont County and Winchester and Williamsburg townships that could use some form of rehabilitation. The MNR hopes to rehabilitate another in this area next year.

Aggregate producers have responded for the most part positively to the levy and the rehabilitation program, Martelock says.

"It demonstrates that abandoned pits can now be fixed up with that money. And they'll get a better reputation because of that."

Licensed producers are also subject to an eight-cent-per-tonne levy set aside for the rehabilitation of their own pits if deemed necessary.

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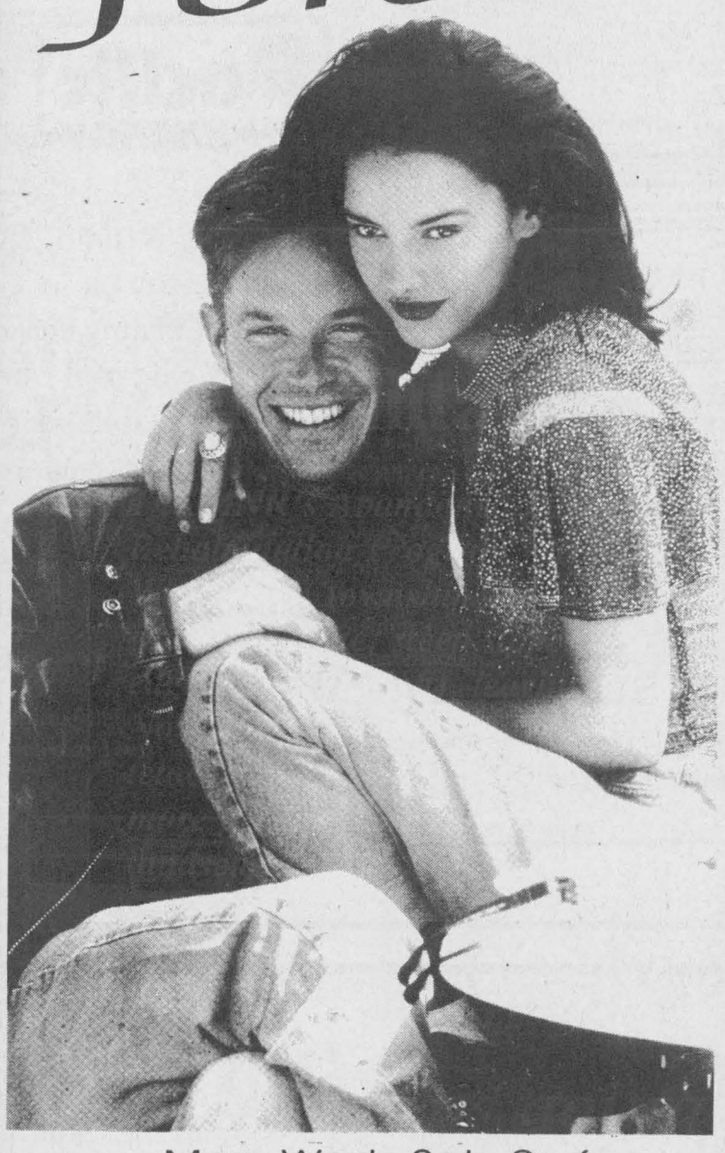

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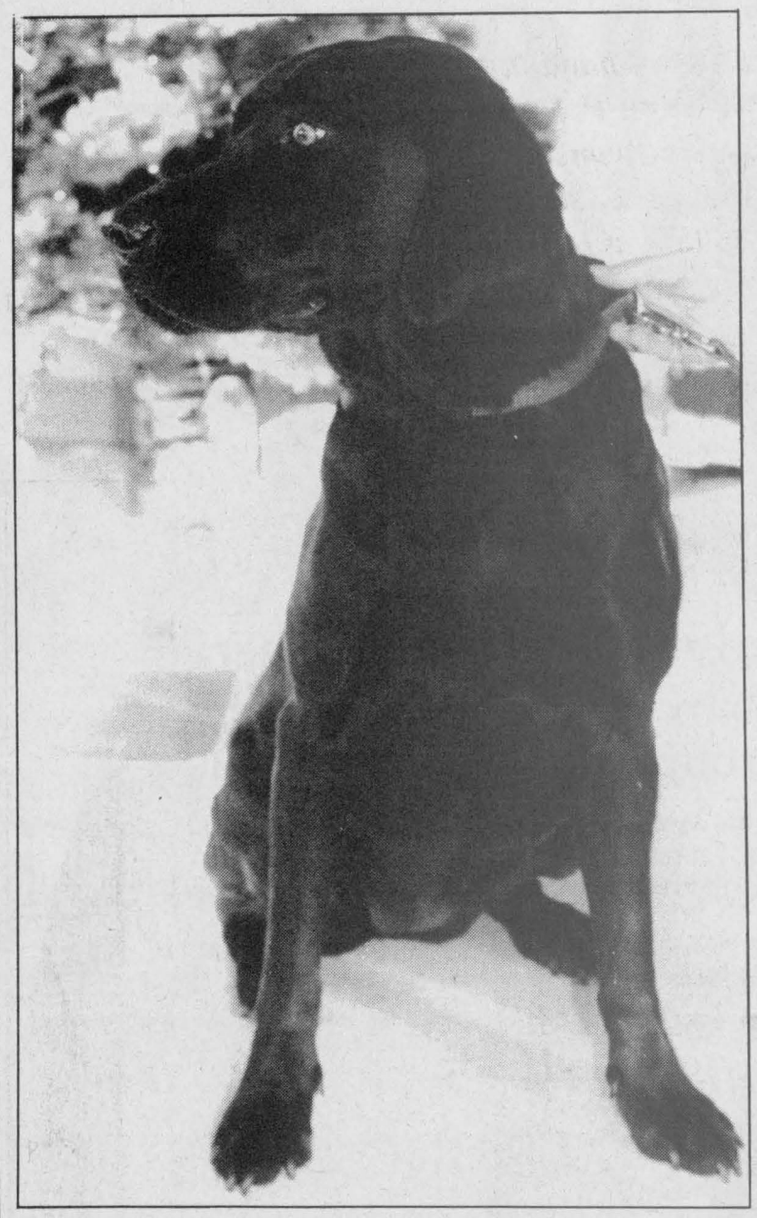

Between homes

Jessie is a two-year-old black Labrador retriever who has been at the Ontario Humane Society for a week. She is spayed, very friendly, and good with children. Her previous owner was elderly and unable to take her on long runs. If you would like to adopt Jessie, or any other dog or cat at the shelter, visit them at 550 Boundary Rd. in Cornwall or call 936-0072.

Wicks enters war on drugs with humor

Liz Edwards
Special to the Record

MORRISBURG — Fighting drug addiction is no joke but Ben Wicks is entering the war armed with humor.

He deals with the subject in his latest book *My Kid on Drugs? Never!* through the well-known syndicated journalist, author, broadcaster and cartoonist's trademark sparsely-drawn characters, which have graced the pages of the Toronto Star and numerous other newspapers.

Wicks was in Morrisburg Thursday to sign the book as part of SD&G Drug Awareness Week. The Cardinal and District Resource Centre, one of the organizers, is selling the remaining copies for $2. Proceeds will go to future awareness activities.

His characters poke quick poignant fun at substance abuse — a St. Bernard with a cask of snow around his neck instead of whiskey, a drunk mistakes an elevator for his front door hiccuping to the woman inside "Hi honey I'm home." The words through the lightly written 95-page book spell out the situation to parents from what the drugs and other substances are, to what can be done about it.

"Many parents say, 'Oh not my kid, my kids have never been on drugs, they'd never go on drugs.' It's making the point that everyone's child is at risk."

- Cartoonist/author Ben Wicks

It's a serious book but Wicks says he made it so the reader wants to turn the page.

"You can use humor as a weapon to educate and that's exactly what I did," he explains. "It's a serious subject but it's fun to read and there's more than 50 cartoons in it."

Wicks has written 17 books. *My Kid on Drugs? Never!* is his second on addiction. Though he kicked the habit years ago, he also wrote one on quitting smoking inspired by a flight he took to England.

"I missed my flight. I got stuck in the smoking section so I puffed my way across the Atlantic. By the time I got off that plane I thought I'm determined to do a book to try to stop everyone smoking just for my sake," he says.

The latest book was a request from London Drugs, a chain of pharmacies on the west coast, who wanted a drug abuse guide aimed at parents. The company planned to print 20,000 but when Wicks sent it to the Addiction Research Foundation for a review, the book took off.

"They were so excited about it they called me back and said... would I join them and if I agreed they would take 500,000," he says.

The information in the book is based on research and not on personal experience. Wicks has three adult children but he says they didn't have any problems with substance abuse.

"No, at least I wasn't aware of any problems they might have had," he says, adding that he named the book what he did because parents can be a bit naive when it comes to drugs and their own children.

"Many parents say, 'Oh not my kid, my kids have never been on drugs, they'd never go on drugs'. It's making the point that everyone's child is at risk."

NEWSBRIEFS

Seniors' centre plans open house

WINCHESTER — A newly-constructed outreach centre for seniors in North Dundas will open its doors to the public next month at an open house. The Nor-Dun Seniors Support Centre in Winchester plans to have programs, including fitness classes and an Alzheimer day program, operational early in the new year. The open house will be held Dec. 14, from 2 to 4 p.m., and from 7 to 9 p.m., and will feature Christmas carollers, refreshments, and tours of the building. The centre is located across from the Lions Hall.

Cable-TV on its way

CHESTERVILLE — a Chesterville-based cable television company will be going door-to-door in Williamsburg and Morewood next week to determine the level of consumer interest in cable TV.

Heritage Cablesystems Inc. recently received approval from the Canadian Radio-television and Telecommunications Commission (CRTC) to install cable television in eight eastern Ontario towns.

Pending approval from the Department of Communications, which regulates where the company can place its towers, Heritage will begin construction next month, co-owner Judy Heerkens said.

Heritage will select which town it starts in based on the response to the surveys, she said.

"We're going door-to-door (rather than mailing the surveys) to give people a chance to ask any questions they might have," Heerkens said.

Blood donors sought

WINCHESTER — The Canadian Red Cross Society will hold a blood drive Dec. 2 at Winchester Public School from 2 p.m. to 4:30 p.m., and from 6 to 8 p.m.

Plans under way for winter carnival

CHESTERVILLE — There may not be any snow on the ground yet, but planning is already under way for the 1994 Chesterville Winter Carnival. An open meeting will be held Nov. 25 at 7 p.m. at the village's municipal offices. All interested individuals and groups are welcome to attend. For more information, call the recreation department at 448-3285.

Well water explored

MORRISBURG — If your drinking water comes out of a well, you may want to attend a meeting sponsored by the Dundas Environmental Resource Centre. An information session on well and water quality will be held Dec. 1 at 7:30 p.m. at Nationview Public School in South Mountain. A panel will talk about groundwater supply, well construction, drinking water standards and testing procedures. Admission is free.

BFO meeting

CORNWALL — The area chapter of Bereaved Families of Ontario will hold its next monthly meeting Dec. 9 from 7 to 9 p.m. in the library of Cornwall Collegiate and Vocational School, 437 Sydney Street. The topic of discussion will be holiday stress. The meeting is open to anyone who has lost a loved one through death. For more information, call 936-1455.

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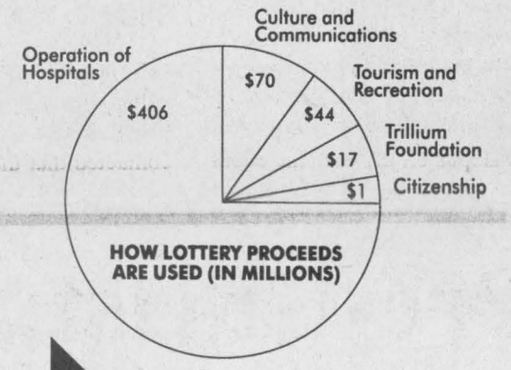

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PRESIDENT'S CHOICE ™ 300ML CONDENSED MILK 1.99

save at Andy's save 75¢
KRAFT 1 KG PEANUT BUTTER
with coupon 2.99
additional quantities 3.74
Limit one coupon per family purchase. Coupon valid until Nov. 30/93 at Andy's Groceries only

Christmas begins with Winchester Merchants

Be a Sport this Christmas

Exercise Equipment

Electric Treadmills from **$499.99**

X-Country Ski Machines

Stair Climbers - Weights - Benches - Heavy Bags

Aerobic Weights and Steps

AS SEEN ON TV **Body Shaping - DP Cross Steppers**

(Upper and Lower Body Workout)

WALKING SHOES:
The originals and still the best.

NIKE AIR ESSENTIALS AND NEW BALANCE MEN'S AND LADIES'
AVAILABLE WIDTHS FROM AA TO SIZE 16 4E

DON'T FORGET TO ENTER OUR $1,500 SHOPPING SPREE

SOURCE FOR SPORTS

SPORTS UNLIMITED

539 St. Lawrence Street, Winchester, 774-3346
135 Prescott Street, Kemptville, 258-5982
Edward Street, Prescott, 925-4556

Earlybird Christmas Specials

386-DX-40 $605
486-DLC-40 $610
486-DX-33 $890

All IBM systems are on sale for Christmas. Full CSA approval on all systems.

- IBM Software
- Computer Supplies
- Free Delivery
- Free Setup

★ Pre-formatted 1.44 Mb Diskettes - 10 for $9.99 / 25 for $20.00
★ Upgrade your old system to a 486-40 for $299
★ WITH EVERY PURCHASE, ENTER TO WIN A PAIR OF OTTAWA SENATORS HOCKEY TICKETS FOR CHRISTMAS

C.I.S. INC.

480 Ottawa St., Winchester
774-2640

THE BRADFORD EXCHANGE & THE ASHTON-DRAKE GALLERIES

Fine Collectibles





Plates and Frames

Whether you're looking for a rare gift that will be treasured forever or a distinctive work of art for your own collection, you'll find a wealth of choices. Come take a look at our display of collector plates and porcelain dolls.

ANNABLE'S JEWELLERY

513 Main Street, Winchester 774-2102

Enter for a chance to win a **$1,500 Shopping Spree** at participating Winchester merchants. Draw will be held Dec. 4, Santa Parade Day in Winchester

He Knows



Where to find the widest selection of toys for good little girls and boys.

Choose from Fisher-Price, Doodles, Tonka, Wayne Gretzky Hockey Games, Little Tikes, Crayola, Golden Books, train sets, farm toys, stickers, "Barney", "Aladdin", books, etc., etc.

We have great gift suggestions for the whole family including men's wear, ladies' wear, children's wear, items for the home, Christmas decorations and more...

"If we haven't got it—you don't need it!"

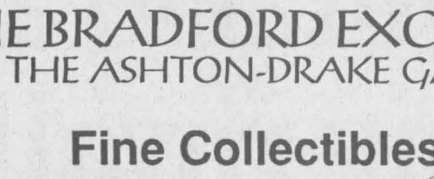
Shadbolt's V&S Dept. Store

501 St. Lawrence Street, Winchester 774-2008

PONTIAC PERFORMANCE TEAM

PONTIAC GRAND AM SEDAN

- Driver's side airbag
- Four-wheel anti-lock brakes • Air conditioning
- 3-speed automatic transmission • AM/FM stereo cassette
- Intermittent wipers



SMART LEASE FOR **$239** PER MONTH OVER 36 MONTHS*▼

PONTIAC GRAND PRIX

- Dual air bags • Four-wheel anti-lock brakes • Air conditioning • Automatic transmission • 3.1 L V6 engine

STARTING FROM **$17,999†** OR SMART LEASE FOR **$299** PER MONTH OVER 36 MONTHS*▼

* Based on a 36 or 48 month lease, as indicated, for vehicles equipped as described. A minimum down payment of $1,908 Grand Am Sedan/ $1,741 Grand Prix, and a security deposit of $300 Grand Am/$350 Grand Prix is required. Some mileage conditions apply. †Price for Grand Prix equipped as described. ▼Freight $595 Grand Am/$695 Grand Prix, licence, insurance and taxes not included. (Offers apply to 1994 new or demonstrator models only.) Dealer may sell/lease for less. Offers apply to qualified retail customers only. Dealer order may be necessary. These offers may not be combined or used with any other offers. See your dealer for details.

Drewery

PONTIAC BUICK GMC LTD.

ST. LAWRENCE STREET
WINCHESTER 774-2360

DREWERY PONTIAC BUICK:
The dealer you come to for price, and stay with for service.

SWEATERS, SWEATERS, SWEATERS!

Store hours: Mon.-Wed. 9am-5:30pm; Thurs.-Fri., 9am-9pm; Sat., 9am-5pm

Main St. East, Winchester Telephone 774-3341

$45 AND UP

***KEEP ALL YOUR RECEIPTS FOR HALF PRICE SHOPPING DECEMBER 31 TO JANUARY 12**

DECEMBER HOURS: MONDAY TO FRIDAY 9-9; SATURDAY 9-5



The Country Girl

***FREE GIFT WRAPPING**

SHELBY, RUE SPORTS WEAR, SAURON, I. MILLER, JANTZEN, TIVOLI, S. COHEN, LONDON FOG, TUNOR, ARROW, COOPER, LUIGI, STANFIELDS, HERITAGE, McGREGOR, CACHERAL, BRANDO, PARAGON, PIER 99, RIGGINS, WARRENDALE, WOLVERINE, MACMOR, PEERLESS, GALA

LEATHER COATS BOMBER & CAR COATS
SKI JACKETS CLOTH CAR COATS
SUITS
SPORT COATS
SWEATERS
FLEECE TOPS & BOTTOMS
PJs
ROBES
DRESS SHIRTS
SPORT SHIRTS
LONG JOHNS

TALLS

TALL PANTS on "Special Orders"

(Also XL Tall suits)

Store hours: Mon.-Wed., 9am-5:30pm; Thurs.-Fri., 9am-9pm; Sat., 9am-5pm

Main St. East, Winchester Telephone 774-3341

Fawcett's Heritage House of Gifts

Main Street, Winchester Tel. 774-2205

We invite you to come visit our ten theme rooms



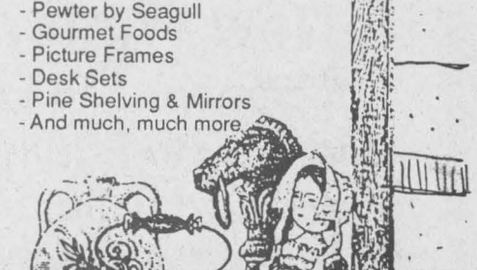
- Christmas Ornaments
- Candles
- Musicals
- Lace and Linens
- Antiques and Oldies
- Keirstead Prints
- Stuffed Toys
- Baskets
- Potpourri
- Cow and Pig Ornaments
- Trinket Boxes
- Placemats
- Kitchen Items
- Cotton Throws
- Pewter by Seagull
- Gourmet Foods
- Picture Frames
- Desk Sets
- Pine Shelving & Mirrors
- And much, much more

Free Gift Wrapping of your purchases
Gift Certificates available

Fresh cut Christmas trees

Buy your tree from us and get **15% off Christmas decorations**

(Available beginning Nov. 27)



record classifieds

VISA

Classified Advertising Deadline 1pm Tuesday. Phone orders by Visa only. Call 448-2321. $4.00 + GST Minimum for 20 words. Extra Words 20¢ each.

FOR SALE

FOR SALE - Storage tank, 800 gal., stainless steel, round, with a hatch and 2" outlet: Call 984-2991.
13tfc

ATTENTION DO-IT-YOURSELFERS - Get your quality parts delivered to your door at NO EXTRA CHARGE. Call Brent 821-1252.
15-2

FOR SALE - 1980 Chev half-ton for parts. Motor good condition. Call after 6pm 984-2095.
13tfc

FOR SALE - Ground feed, shelled corn, barley, oats, wheat, mixed. $7/100 lbs. Bring bags. 9am-5pm. Closed Sundays. George Crites 527-5393.
15

FOR SALE - Storage tank, 600 gal., stainless steel, round, with a hatch. Call 984- 2991.
13tfc

FOR SALE - 600 gal. DeLeval milk tank, round, with auto. wash & 3hp compressor. 984-2991.
13tfc

FIREWOOD FOR SALE - Call after 4pm. 984-2827.
8stf

FOR SALE - Citizen 1 cu. ft. microwave oven with turntable and 800 watts of cooking power. On sale now for just $218. Smaller size with turntable for only $179. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
15-1

FIREWOOD FOR SALE - Softwood slabs (pine, spruce and cedar) 8'-12' long. $20/half-ton load. You pick up and load. Call 448-3172.
16

HAY FOR SALE - $1.25/bale, delivered locally. Call 448-3172.
16

FOR SALE - Baby crib w/mattress, dresser w/mirror, complete dining room set, toddler car seat, antique china cabinet, crib mattress. Also FREE to good home "puppy". Call 448-9038.
16

FOR SALE - 25 fat geese, $10 each. Call 448-2767.
15

FOR SALE - 10' mesh dish with portable base, General Instrument, received with descrambler board. Remote control system, $1500. Call 448-3035.
15

FOR SALE - 6 farrowing crates; 17 cement slates, 2'x7' (flooring for hogs). Call 448-3447.
15

FOR SALE - Attention Hunters! Barnett cross bows & accessories available at Crysler Home Centre. Phone 987-2802.
16-2

CHRISTMAS GIFT IDEAS - Snowmobile saddlebags, boots, gloves, mitts and helmets, chainsaws, gas & electric trimmers & hedge trimmers. All at low, low prices. Open 9am-9pm 7 days a week. MacDonald's Small Engine 543-3560.
16

FOR SALE - Oregon chainsaw chain 16" - $16; 18" - $18. Winter chain oil $4.50 per jug. We can supply special chain to cut the large round hay bales. Open 7 days a week 9am-9pm. MacDonald's Small Engine. Telephone 543-3560.
16

FOR SALE - Suzuki RM 125 motorcycle, $700. Call 448-1751.
15

FOR SALE - Dresser, $25; antique dresser, $60; tricycle, $20; rowing machine, $40; Beagle pup, male, $25. 984-2494.
15

FOR SALE - 18 month old bull, service age. Sired by Broker. Call 984-2465.
15

FOR SALE - Antique living room set, $75, original upholstery in good condition; antique sewing machine cabinet, completely refinished; 3 types of single beds with mattresses, $125; ping-pong table & pool table & accessories, $200; white flower-girl dress & winter coat, 3X-4; new office fridge, $175. 987-2198 or 764-5577.
14tfc

FOR SALE

FOR SALE - Large 28" color TV (Crosley/Philips) with full remote, on screen graphics and picture in picture. Beautiful color to watch and great stereo sound to listen to! Thinking TV? Think Crosley! It's like sterling on silver! John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
15-1

FOR SALE - Old hens, $.50/bird. Call 984-2468; 448-2153; 448-1591.
16-2

FOR SALE - 1979 Ford F100, runs good, $300. Phone 448-1002.
16

NOTICE

NOTICE - Small house in Crysler to be shared, with private bedroom, $250/month. Call 987-5691 evenings.
15tfc

NOTICE - In thanksgiving to St. Jude for favor granted. AMBM.
15

PENSION, LIMITED INCOME, BANRUPT & REQUIRE A CAR ? - Why not lease? Call your area leasing headquarters Car-O-Line Autos, Chesterville 448-2488 for details.
15-1

CRYSLER HOME CENTRE - Offers custom glass and plexy glass cutting; top quality paint with custom tinting and friendly personal service. Phone 987-2802.
16-2

WESLEY AUDIO VIDEO REPAIR - We repair and service televisions, VCR's and stereo equipment. Call Andy for a free estimate. 448- 1654.
19

TUTORING - University graduate available to tutor elementary school children in most subject areas, e.g. English, math, French. Reasonable rates. Call 448-2321 days or 448-3422 evenings.
8tfc

BIG GUY'S USED FURNITURE & APPLIANCES - In Hooper's General Store, Main St., Moose Creek, Ont. 30 day warranty on appliances. Mon.-Fri. 9am-7pm. Sat. 9am-5pm. 538-2375.
16

FLAIR WITH FABRICS - Your one stop fabric, sewing notions and craft supply shop. Located at 18B Industrial Dr., Chesterville. 448- 9032.
12tfc

CHESTERVILLE TICKLE TRUNK & COSTUME RENTALS - Book the purple dinosaur for your Christmas parties, parades, etc. Call 448-3507.
12tfc

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

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

LOSE WEIGHT
GAIN ENERGY
Effectively and Safely
Canadian Naturopathic Doctor developed; Doctor recommended product; Health & Welfare Canada, FDA & Quebec Guidelines met; natural herbal ingredients; confidentiality ensured; no powders to mix; no meetings to attend; no special food preparation.
GUARANTEED OR YOUR MONEY REFUNDED. Lose Weight! Feel Great!
Call Connie at (613) 448-3227
13stf

FISHER DEALER - South Gloucester, Rideau and Power Rd. Complete line of snowplows and sanders sales and service. Advance Machine Shop 822-1400.
14tfc

JASPERS FINE DESSERT CHRISTMAS GOODIES - Fruit Cake - 1 lb., 2 lb.; Christmas Cookies; Stollen; Logs; Tourtiers; Chocolates;Mincemeat; Tarts and Pies. 448-2598.
13tfc

HOME TYPIST!
Great income opportunity. $200-$500 weekly! For details call 1-504-646-4507, ext. T510 24 hours.
17

WANTED

WANTED - Every Tuesday, healthy Holstein bull calves. Top price for good young calves between 95-110 lbs. Deliver to Delft Blue Veal Farm, Lightning Street, Williamsburg between 10am-2pm. For prices of the week phone Walt at 543-2796 Monday nights after 8pm.
45tfc

RIDE WANTED - Morewood to Ottawa. East end. 8:30am-4:30pm. 448-9072 Peggy.
15

WANTED - 49 overweight people. Lose 10-20 pounds per month. 100% natural, clinically tested. We pay you. Serious callers only. 1-604- 533-5576.
15

WORK WANTED - Been putting off that do it yourself job? Delay no longer. Call Russell Robinson for quality carpentry at an affordable price. No job too small. Call 448-3534.
16

WANTED - Full-time housekeeper/cook and light sitter. Variable hours. Chesterville area. Apply to P.O. Box 368J, Chesterville.
15

WANTED - School bus and school vehicle drivers, licensed or will train. Contact Brannen Bus Lines between 9am-5pm at 448-3325.
13tfc

RIDE WANTED - To Ottawa daily, Hunt Club/Hwy. 16 area. Working hours 8:30am-5:30pm, flexible. Call 448-1851 after 7pm.
15

WORK WANTED - Will babysit in my home. Experienced. Meals provided. Cannamore area. Call 448-9037.
16

WORK WANTED - Experienced caregiver is available immediately to care for your children. Nutritious snacks and meals. Indoor and outdoor activities. ECE training. Call Leah 448- 3803.
15-1

WORK WANTED - Fine furniture and wood work refinishing. Hand rub finishes. 15 years experience. Call Bruce 448-9028.
15

WANTED - Caregiver in our Chesterville home. For a five month old baby. Starting January 17. Call 448-2115.
15

FOR RENT

FOR RENT - Commercial space available in Crysler. Call 987-2802 between 8am and 6pm. After 6pm call 987-5316. Ask for Claude.
16-2

FOR RENT - 1 bedroom apartment in modern block in Chesterville. Fridge, stove and parking included. On site laundry facilities. Available Jan. 1. 448-2558.
15

FOR RENT - 1 bedroom apartment available immediately, Winchester. Includes fridge and stove. $420 monthly plus hydro. Call 774-5323.
12tfc

APARTMENT FOR RENT - 23 Moffat St., Morewood. 2 bedrooms, utilities and parking included, on site laundry facilities. $416/month. Call 448-1224 or 1-800-561-8151.
15-4

FOR RENT - 1 bedroom apartment in Chesterville. Available immediately. Call 448- 2611.
13tfc

FOR RENT - 3 bedroom house in Chesterville. Gas heat. Pay your own utilities. Call 448-2755 between 6-10pm.
14tfc

BIRTH

BIRTH ANNOUNCEMENT
LEVERE - Grant and Wanda are pleased to announce the arrival of their son, Darren James, 9 lbs., 9-1/2 ozs. on Sun., November 14, 1993. First-time grandparents Robert and Mary Levere, Winchester and a second grandson for Stewart and Jean Blair, Avonmore. Great-grandparents are Cecil and Yvette Levere, Brockville and Christena Robertson, Moose Creek. A much wanted cousin for Thomas Lacelle. Many thanks to Pat and Rob Lacelle, family and friends for all their help and support. A special thank-you to Dr. Kerri McGuire and the staff at the Grace Hospital.

CARD OF THANKS

We would like to express our sincere thanks and appreciation to Mrs. Theresa Bazinet for the beautiful meal and reception given to us at the Porto Bello, Cornwall, Ontario, on the occasion of our wedding celebrated at St. Bernard's Church, Finch, Ontario, October 30.
Fred and Anne Marie Miller
15

CARD OF THANKS
The family of the late Jean Steven wish to thank family, friends and neighbors for cards, floral donations, memorial donations, everyone who brought food to our homes. Special thanks to Dr. G. Slowey and staff of Dundas Manor for caring for our loved one. To Rev. Roy Harwood for his comforting words at the time of her death. To the Morewood United Church Women for serving lunch after the funeral service, the pallbearers and services of Daniel's Funeral Home.
Lloyd and Doris,
Ken and Joan Steven,
Ken and Rietta Hillis
15

CARD OF THANKS
Our 25th Wedding Anniversary has been absolutely delightful - almost as good as our twenty-five years together! From the bottom of our hearts, we thank each and every one who helped in any way to make this a truly memorable celebration. Special thanks to our wonderful children (Boston was great, too!). Cherished memories will live in our hearts forever.
Sincerely,
Jerry and Marian Michalicka

FREE

FREE - Adorable puppies. Available immediately to a good home. Black Lab/Border Collie mix. Call anytime and leave message 448- 9040.
16

COMING EVENTS

CHALMER'S U.C.W. CHRISTMAS LUNCHEON & BAZAAR - Sat., Nov. 27, 1993. 11:30am-2:30pm, Finch Arena Hall. Meat Balls, Baked Beans, Scalloped Potatoes, Cole Slaw; Rolls; Pie and Beverage $5.00.
15stf

PARKS OF THE ST. LAWRENCE STAFF ASSOC. CHRISTMAS DANCE - Sat., Dec. 11, 1993 at Morrisburg Legion. Social hour 8-9pm. Music (Bruce McKinnon). 9pm-1am. $7.50/person.
17-3

81ST BIRTHDAY CELEBRATION - The family of Bill Sanderson would like to invite friends and family to come and celebrate his 81st birthday. It is to take place at the home of Robert Sanderson, 10 Minto St., Finch on Sun., Dec. 5, 1993 from 12-4pm. Everyone Welcome. Best Wishes Only.
16

COMING EVENTS

UNITED COUNTIES OF STORMONT, DUNDAS & GLENGARRY WASTE MANAGEMENT MASTER PLAN PUBLIC LIAISON COMMITTEE - Will hold its regular meeting Thurs., Dec. 2, 1993 at 7:30pm at the OMAF Office in Avonmore. Agenda items include discussion of screening criteria for landfill and proposal for a reuse centre in SD&G. All meetings open to the public of SD&G. For more information please call Anne MacGillivray, Study Co-ordinator, at 938-6112 or if long distance toll-free at 1-800-267-2538.
15-1

CRAFTS & BAKE SALE - At Residence Notre-Dame, 1015 Notre-Dame in Embrun, Ont. on Sat., Nov. 27, 1993 from 10:30am-4pm. Meat pies, squares, fudge, fresh hot doughnuts, all for your Christmas activities. Christmas decorations, assorted crafts, knitted slippers, mitts, socks, stocking stuffers and much more. For information 443-2585.
16-2

FINCH SANTA CLAUS PARADE - Sat., Dec. 11 at 2pm.
16-2

BINGO - Every Sunday night at Dunbar Recreation Centre. Jackpot given every week. Doors open at 5:30pm. Bingo starts at 7pm. Sorry no admission under 18 years of age.
5tfc

NO BINGO NOV. 28
CHESTERVILLE WINTER CARNIVAL MEETING - There will be an open meeting to all interested individuals or groups on Thursday, November 25 at 7pm at the Chesterville Municipal Office. For more information call the Recreation Office at 448- 3285.
15

DFA MEETING - The regular monthly meeting of the Dundas Federation of Agriculture will be held on Wed., Dec. 1, 1993 at the OMAF Board Room, Winchester, 8pm.
15-1

CRAFT & BAKE SALE - Sat., Dec. 11, 1993 at Dunbar Hall. 10am-5pm. Something for everyone. Hope to see you there.
17

2ND ANNUAL BRUNCH, BAKE & CRAFT SALE - Juice, coffee, tea, ham or bacon and eggs, toast and jam. Sat., Nov. 27, 1993. 8:30am-1pm at the Williamsburg Christian Reformed Church Fellowship Hall. Free admission. Kids, come make a craft!.
15

MOREWOOD FIREFIGHTERS BINGO - Second and fourth Saturday of each month. Starts 1pm sharp. Everyone Welcome. You must be 18 to play. Over 125 players - Jackpot will go.
32-25

BAZAAR & BAKE SALE - Sat., Nov. 27. 10am-12 noon, St. Andrew's Presbyterian Church Hall, Mill St., Chesterville.
15stf

BINGO - Finch Community Arena, (upstairs), Nov. 25, 7pm. Package deal 12-ups $14 advance; $15 door. Includes 15 regular games at $50 each. 3 specials $100 each. Jackpot $1,000. Extra Bonanza Share the Wealth games. Over 18 years of age only. Proceeds to the Finch and Dist. Lions Club and North Stormont Jr. "C" Express Hockey Club. Advance tickets available from these members: For further information call 984-2808 Colonel Montgomery or 984-2802 Bryon Stewart.
15-3

CHESTERVILLE LEGION BR. 434 EUCHRE - Sat., Nov. 27. $10/team, (2 person team). Chesterville Legion, 1pm sharp. Cash prizes. Register no later than 12:45 Nov. 27. Contact Don McMillan 448-2001 or Earl Johnston 448-2479.
15-2

BINGO - Every Sunday night at Dunbar Recreation Centre. Jackpot given every week. Doors open at 5:30pm. Bingo starts at 7pm. Sorry no admission under 18 years of age.
5tfc

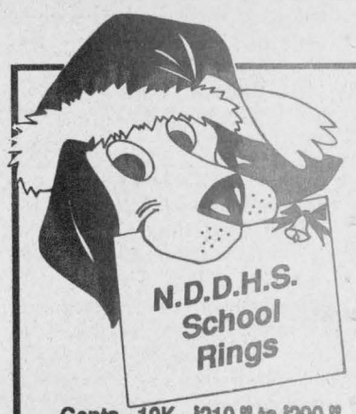
Winchester Theatre
FRI. NOV. 26, SAT. NOV. 27
7:30 P.M.
"BEVERLY HILLBILLIES"
RATED: Family. Stars Dabney Coleman, Cloris Leachman
Playing December 3 & 4
"COOL RUNNINGS"

REMEMBER!
This Saturday is our annual
BAZAAR
and
BAKE SALE
10 A.M. - 12 NOON
St. Andrew's Presbyterian Church Hall
Mill St., Chesterville

Finch Lions'
SANTA CLAUS BREAKFAST
Saturday
Dec. 11/93
7 am - 11 am
Finch Community Centre
Everyone Welcome!

Dressing up for the Christmas Parties just got easier
Al-Mor Ladies Wear
offers
25% - 40% off
our complete dress line
Please inquire for an invitation to Chesterville's Bridal Preview, January 23/94
Chesterville - 448-3370

ATTENTION!
Do you have Cattle to Haul?
Give us a call!
Ian or Dan McMillan
984-2218 / 984-0030
If no answer, please leave a message



Gents - 10K - $210.00 to $290.00
s/s - $85.00 to $100.00
Ladies - 10K - $140.00 to $180.00
s/s - $85.00 to $100.00
order from
THE BROOKSLYN
Chesterville - 448-2804
before December 4,
and we'll pay both the G.S.T. & P.S.T.

APPLES
Apple Cider and Apple Products
Smyth's Orchard
Dundela
(between Williamsburg & Dixons Corners)
Open 7 days a week 8am-Dusk
652-2477

Karen's Hair Studio
is a great place to stop for Xmas Shopping for that hard to buy person.
Evening appointments available
BOOK EARLY!
57 Hummel St.
Chesterville - 448-2152

KELLY'S K-9 Grooming

Grooming all breeds of Cats & Dogs
Baths & Flea baths, Nail clipping & more
Grooming done at your convenience
Business location or at your home
15% off for the month of December on all grooming (Min. $20.00 service)
Phone for your appointment
Laura Kelly - 448-1788

"NATURELLE"
Don't let your back, your acky, breaky back bother you anymore
Phone -984-2494
$10.00 - 1/2 hour
Back Massage

DMC Carpentry
DMC CARPENTRY
R.R. #3, Crysler, Ont. K0A 1R0
987-2058
Renovations, Additions, Doors, Windows, Decks, Siding, and more.
Darren Chambers

AUCTION SALES

ESTATE AUCTION SALE
GUNS, EXCELLENT ANTIQUE FURNITURE, DISHES & COLLECTIBLES
Henderson Hall, Church St.
Winchester, Ont.
SAT., NOV. 27
11 AM

Oak princess dresser; oak high boy; washstands; ladies' piano desk; Jenny Lynn bed; cedar chest; victorian sofa; chesterfield, love seat & chair; oak round glass china cabinet; maple kitchen table; press back chairs & rocker; sideboard; oak drop front desk; large spinning wheel; wicker library table; fancy parlor tables; shadow box; ladies' old watches; coin sets; large selection of dishes; oil lamps; Ottawa jug; accordian; Winchester model 94 30-30 gold Apache commemorative rifle with box & certificate; Winchester model 94 30-30; 303 sport model, long branch MK1; 303 original MK1 with bayonet; 45 calibre muzzle loader replica; gun cabinet holds 6 rifles; large number of unlisted items.

Free Christmas Turkey Draws
All items sold as is where is
TERMS - CASH
AUCTIONEER
Harold Ball 448-3161

15-1

AUCTION SALE
HOUSEHOLD EFFECTS & ANTIQUES
SAT., NOV. 27
Commencing at 11 AM
D's Collision
Winchester Industrial Park

Inglis automatic washer (new in '92); Kelvinator refrigerator; Moffat stove; loveseat & 2 matching chairs (cherrywood finish); French provincial coffee & end tables; 4 pce. bedroom set with twin beds; dresser & chest of drawers (new boxspring & mattress); mirrored front wardrobe; microwave oven & wooden stand (like new); chrome table & 4 chairs; White electric sewing machine; humidifier; 2 fancy bronze & crystal lamps; small marble-top fern stand; large tapestry picture; French provincial phone; color TV & stand; occasional chair; 2 living room lamps; large framed mirror; swag lamp; good pictures; large mirror & bronze frame; candle holders; good upright vacuum; clothes dryer; chrome drop-leaf table; micro furnace; lamps; 2 clocks; long bedroom dresser; cabinet; broiler oven; all kitchen appliances; cookware; set of dishes; wooden chest of drawers.

Antiques: Good curio cabinet; Blue Mountain pottery; many china cups & saucers; complete set of English dishes for 8; candy dishes; vases; small tables; fern stand; hall table; brass piano lamp; brass vases & candle holders; teak & glass coffee & end tables.

Miscellaneous: Boxes of new material; tablecloths; blankets; new sheets & pillow cases; tons of towels; boxes of thread; patterns; boxes of buttons; bedspreads; electric blanket; large jardiniere; dusty rose new bathroom set; pots & pans; dishes; shovels; rakes; hand tools; 2 aluminum step ladders.

Note: Many unlisted items, good, clean sale.

TERMS - CASH
Canteen and Washroom
PROPRIETRESS
Mrs. Pauline Howell
Winchester, Ont.
AUCTIONEERS
Hugh Fawcett 774-3363
James Cooper 652-4145

15-1

AUCTION SALE
SAT., NOV. 27
11 AM
At Knights of Columbus Hall
Embrun, Ont.
1st street behind church
Estate of
M. Girard Gautier
Casselman, Ont. and
M. Alfred Beaudin
Embrun, Ont.

All good modern used furniture; dishes; glassware; tools; 2 stoves; fridge; washer; dryer; portable clothes washer, 1 yr. old; 3 cameras; Singer sewing machine; pots & pans; books; frames & pictures; crystal; 4 complete bedroom sets, different models; microwave; TV stand; mirror 4'x42"; Lazy Boy; Spanish living room set & 2 other sets; 2 wooden kitchen sets; brand new fixture with fan; small table lamps; tools; bedspread; baby crib & other baby items; patio set; 2 lawn mowers; 100's of other articles. Full hall of good furniture.

TERMS - CASH OR CHEQUES
With Proper ID
Canteen & Washrooms in Hall
AUCTIONEER
Regent Menard
Embrun, Ont.
613-443-2884

15-1

AUCTION SALE
Embrun Livestock Exchange
Hwy. 31, Greely, Ont.
MON., NOV. 29
1 PM

10 Simmental beef cows crossed with Hereford and Limousin. Bred back to crossbred bull (Maine Anjou and Limousin). To freshen in April and May 1994. Pregnancy checked by veterinarian.

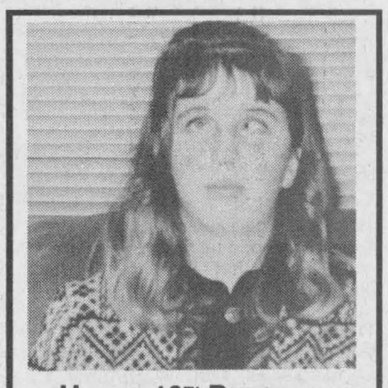
15-1

The Chesterville Record
FOUNDED IN 1894
is available at
Carl's Smoke Shop
272 Pitt St., Cornwall

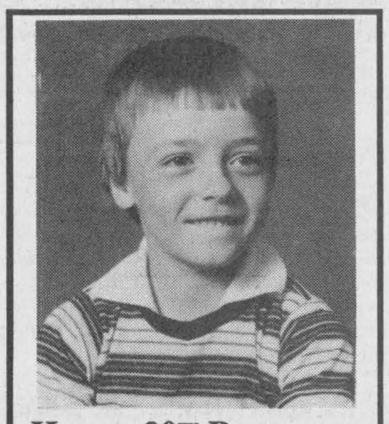
Advertising Pays



Guess Who's 50



HAPPY 18TH BIRTHDAY MARIANNE
Watch out for those white mustangs!



HAPPY 20TH BIRTHDAY BRAD
Luv: Shana

Kev Con Farm Services
is offering a
5% discount
on
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your corn
Call
534-2077
or
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Bruce R. Kerr
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1 year	3 years
4.5%	5.4%
5 years	1 year Cashable
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NO LOAD MUTUAL FUNDS
Some minimums may apply. Rates subject to change.
456 Main St. E., Winchester
Telephone 774-2456

Adult Day Program Co-ordinator

(16 hours per month)

Responsibilities:
- Plan & implement activational and motivational programs for seniors twice a month
- Provide stimulation and social interaction

Qualifications:
- Gerontology, Home Support Level III or equivalent
- Experience in health profession
- Knowledgeable in recreation for older adults

Forward resume by December 8, 1993 to

Janet Levere,
Park Lane Seniors' Support Centre, Box 227, Park Drive Villa, Williamsburg, Ontario, K0C 2H0.

BDO DUNWOODY WARD MALLETTE CHARTERED ACCOUNTANTS

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CALL Clara Erdman
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Office 723-7200
to find out more.

Investors Group | Building futures since 1940.

PRE-TEEN & TEEN DANCE
Friday, Nov. 26
at
Chesterville Community Hall

PRE-TEEN
7 pm - 9 pm
(Grades 3 - 8)

TEEN
9 pm - 11 pm
(Grades 9-13)

Music by: THE TRIP
Admission: $2.00 per person
Sponsored by: The Chesterville Youth Committee
For more information call
Recreation Department at 448-3285

TOWNSHIP OF WILLIAMSBURG

EMPLOYMENT OPPORTUNITY

The Township of Williamsburg requires three people for employment under the Canada Employment Section 25 program. The job will commence on December 6, 1993 for a 16 week duration. Applicants will be screened for eligibility based on their current U.I. benefits status.

Interested persons should submit a resume to the undersigned by November 30, 1993.

MICHAEL S. WADDELL
Clerk-Treasurer
Tel: (613) 535-2673

CROSS CANADA MARKETPLACE

IT'S FAST - IT'S EASY! ONE CALL, ONE BILL DOES IT ALL.

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SPARE TIME CASH. Sell Watkins seasonings, extracts, and household products. Famous since 1868. Call Independent Marketing Directors 1-800-567-5585.

WHY AREN'T YOUR PRAYERS answered today? The Creator has a name, few people know it. Find out more, write Prayers, P.O. Box 28521, Aurora, Ontario L4G 6S6.

CAREER TRAINING

LEARN AUCTIONEERING at the Southwestern School of Auctioneering. Next Class: March 12-18. Information, contact: Southwestern Ontario School of Auctioneering, R.R.#5, Woodstock, Ontario N4S 7V9. (519) 537-2115.

PERSONALS

THINK MORE CLEARLY Come out of the fog of drugs and environmental toxins. Read Clear Body Clear Mind, 150 Rideau St., Ottawa K1N 1N6 $30.00 (613) 562-0431.

EARN EXTRA MONEY. Income Tax or Bookkeeping courses by correspondence. Free brochures. No obligation. U & R Tax Services Ltd., 1345 Pembina Highway, Winnipeg, Manitoba, R3T 2B6, 1-800-665-5144.

DO YOU KNOW that a recent Ont. hospital study confirmed the effect of a lotion to reverse hair loss? 24hr. Infoline 1-800-668-5079. Dealer Enquiries Welcome.

FARM EQUIPMENT FOR SALE

BARN CLEANER REPLACEMENT chain for all makes of cleaners, quantity on hand at good price. Call Husky 519-846-5329.

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OWN YOUR OWN PARK MODEL HOME in Sarasota Florida, from $34,000 Canadian, in a Resort! Discounted weekly inspection visits for interested buyers! Sun and Fun. 1-905-871-4908.

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OFFICE TRAILERS ideal for construction office, snowmobile clubs, ice shacks, storage sheds, various sizes to choose from. Delivery available 1-800-267-5516

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FUTURE STEEL BUILDINGS Winter Special. Keep the factory busy during the Winter months and take delivery in the Spring. Save up to 25%. Call 1-800-668-8653.

THIGH CREAM. Revolutionary breakthrough. Seen in National Media; Asthma Medication used as Topical Cream. Available NOW! 1(604)893-5632 Independent Neways Distributor. Enquiries Welcome. Call Today!

BEST BUILDING PRICES - Steel Straitwall Type - not quonset - 32x54 $7,899; 40x72 $11,924; 50x90 $16,954; 60x126 $25,883 - other sizes available - Miscellaneous clearance - Paragon - 24 Hours 1-800-263-8499.

MISCELLANEOUS

HOST FAMILIES NEEDED. Exchange students from Australia arriving January for school year in your community. Please open your home and heart. Call: EF Foundation: 1-800-263-2825.

ALL STEEL BUILDINGS AT ROCK BOTTOM PRICES! No middleman. Buy Ontario Manufacturer Direct and save money. Pioneer 1-800-668-5422 Since 1980. "WE MAKE A BETTER BUILDING!"

EVER WANTED TO WORK with international teams on development projects? Join Youth Challenge International in Costa Rica, Guyana, The Solomon Islands (416) 971-9846.

SPAN-TECH STEEL BUILDINGS LTD. - Top quality Straightwall, wood/steel & all/steel buildings, CSA certified, workshops, barns, arenas, stables etc. Large or small, contracting available, 24 hours 1-800-561-2200.

GREAT PERMANENT, historical record/resource. This newspaper and most of Ontario's weekly newspapers reproduced regularly in microfiche form. Duplicate copies available by calling OCNA, (905) 844-0184.

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ONTARIO NEW HOME WARRANTY PROGRAM

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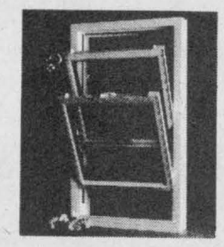

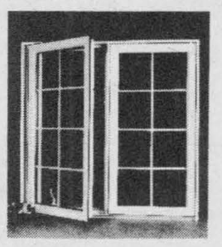

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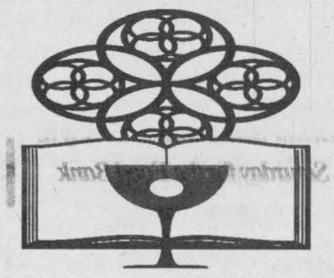
Ask for Jackie Ault

CHURCH DIRECTORY



NATIONSIDE PENTECOSTAL CHURCH
13 Albert St.
CHESTERVILLE
Pastor: Rev. Harold J. Morden
448-2084
SUNDAY, November 28, 1993
10:00 A.M. - Sunday School
11:00 A.M. - Morning Worship
Special Music: "LIVING PRAISE"
Special Speaker: REV. GARRY MILLEY
12:30 P.M. - Potblessing Dinner
7:30 P.M - Evening Service
"THE SIGHTED BLIND"
Wed. - 7:30 P.M. - Home Bible Study
(2 Faubert Ave.)
Affiliated with the Pentecostal Assemblies of Canada
May 1994

HARMONY COMMUNITY CHURCH
Evangelical Missionary Church
Hwy 31 & Ormond Road
774-5170
Pastor: Rev. Daniel Laronde
SUNDAY, November 28, 1993
10:30 A.M. - Worship Service
Super Church for ages 1-12
Wed. 7:30 P.M. Praise & Bible Study
Dec. 1993

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, November 28, 1993
Morewood
CELEBRATION OF THE LORD'S SUPPER
11:00 A.M. Sunday Worship
Nursery & Sunday School
Chesterville
9:25 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 9:30 A.M. "Coffee Break"
Community Bible Study.
Nursery & Toddlers "Story Hour"
7:00 P.M. Praise & Bible Study
"The Book of Revelation"
Thurs. 6:30 P.M. - Bible Fun Clubs
J.K.-Gr.1 & Gr.2-4
Junior Youth Gr.5 and Gr.6
Fri. 7:00 P.M. Chesterville Christian Youth Gr.7-8 & H.S.
COME EXPECTING LEAVE REJOICING
May 1994

ST. LUKE'S - KNOX PRESBYTERIAN CHURCH
FINCH
Rev. Leslie Walker
984-2210
SUNDAY, November 28, 1993
10:30 A.M. - Worship Service & Sunday School
WMS Thankoffering Service
8:00 P.M. Sunday, November 28, 1993
Special Guests: CORNWALL CENTENNIAL CHOIR
Everyone Welcome!

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, November 28, 1993
HOLY MASS
7:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1994

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
9:30 A.M. - Sunday Service
Everyone Welcome!
May 1994

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
448-3580
SUNDAY, November 28, 1993
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1994

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, November 28, 1993
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, November 28, 1993
10:00 A.M. - Sunday Worship

June 1993



NEW GUIDES: The Chesterville Guides welcomed several new members last Wednesday. First-year Guides are, front, from left: Kimberly Dings, Emily Howat, Megan Pinset, middle, Caitlin Riley, Kristy Wood, Ashley Levere, Sarah Sunderland, Chantal Jean, Roxanne Hennin, back, Laura Vingerhoeds, Fiona Lewis, Sherry Casselman, Lauren VanDerVeen, Jenny Van Gurp and Dominique Jean, a junior leader.

IN MEMORIAM

IN MEMORIAM

SHARKEY - In loving memory of our sweet little angel Kaitlyn Mary-Anne who passed away Nov. 22, 1991.

Two years have gone since we were all together

Your sweet smile and precious memories will live with us for ever.

We love you,
Love Daddy, Mommy,
Kevin, Kirk and Families

The Chesterville Record
FOUNDED IN 1894
is available at
Gardner's Service Ctr.
Berwick

The Brookslyn
Order
FAMILY RINGS
before November 30/93
and we'll pay the 15% taxes.
Over 24 styles
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Widest choice of home entertainment in the world!
GI General Instrument
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• Installation
• Programming
REACHING FOR THE SKY
987-5697
ANDRÉ E. LAVICTOIRE
1 GEORGE ST. CRYSLER

What's on at
THE
SIERRA GRANDE HOTEL
Chesterville, Ont.
Nov. 26th, 27th
ILLEGAL LIMIT
DEC. 3RD, 4TH
DIRTY JOHNNY
Bring your nonperishable food items or cash donation Friday & Saturday for the Food Bank
CLOSED SUNDAY
Proper I.D. Required
OPEN MONDAY 3 - 12
FREE POOL

QUINTAN PRODUCTS INC.
Winchester • 774-3320
Best Prices - Agricultural Lime
Contracting - Excavation - Tile Drainage
- Steel and Plastic Culverts
- Septic Tanks and Sewer Pipe
- Plastic tubing and Fittings

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DO-IT-YOURSELFERS
Get your quality parts delivered to your door at
NO EXTRA CHARGE.
Call Brent, 821-1252.
We'll give you the shirt off our back!


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Vernon
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DENTISTRY
We provide the following services for children and adults:
• Preventive • Root Canal Therapy
• Crown & Bridge • Orthodontics
• Surgery • Dentures

We Welcome New Patients!
Dr. Steve M. Zajacz and Associates
13 Church St., Chesterville
448-3389



Happy 50th Anniversary

Please join friends and family in the celebration of Lloyd and Joan Smirle's 50th wedding anniversary. An Open House will be held in their honour, on Saturday, November 27th, 1993 from 2-6 p.m. at the South Williamsburg Recreation Hall in Riverside Heights. Best wishes only.

HAPPY 50TH WEDDING ANNIVERSARY



Gerrit & Ma Van't Foort and family invite friends and relatives to celebrate this special occasion with them at an Open House on Saturday, November 27th from 2-4 pm at the Lions Hall, Winchester. Best wishes only.

CONGRATULATIONS
to the winners of
Winchester Volunteer Fire Dept.
1993 Grey Cup Cheer Draw
#1 DOUG SHAY (TICKET #582)
#2 BETTY SKUCE (TICKET #953)
#3 PETER HOLMES (TICKET #941)
#4 ROBERT BERIAULT (TICKET #786)
Congratulations and thank you.

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Portable Toilet Rentals
• Daily, Weekly, Monthly
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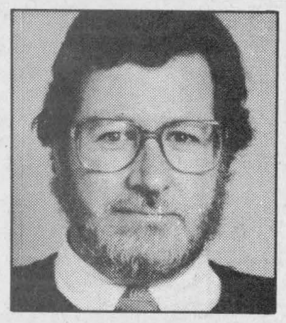
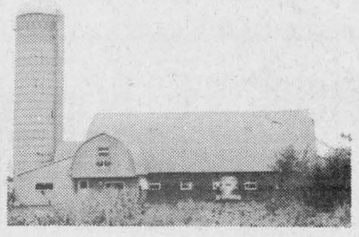
TONY WELLAND REAL ESTATE



Fantastic small farm near Winchester. 75 tiled acres, equipped dairy barn, machine shed, workshop, 3-bedroom home. Everything in excellent shape. $225,000; with tractors plus all hay machinery, $250,000.
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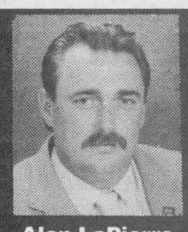
Letters to Santa ...

Hey Kids! Did you know that Santa Claus reads the Chesterville Record? Well, he does, and that's why sending us your letter to Santa will make sure it gets his very special attention. Send your letters to:
Santa, c/o Box 368, Chesterville, K0C 1H0 before December 15.
Letters will be published December 22.

FEATURE PROPERTIES
Sutton GROUP
DYNASTY REAL ESTATE LTD.
Telephone 726-7000

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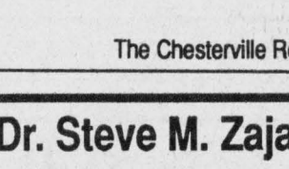
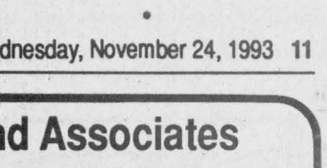
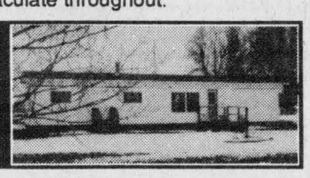

CHESTERVILLE. A rare find, beautiful sunroom, huge living room, oak kitchen, dining, 4 bedrooms, 2 baths, workshop, porch, 6 appliances, immaculate throughout.
$129,000

BERWICK ROAD. Hobby farm on 5 acres, fabulous 4-bedroom home, country kitchen, dining, family room, 2 baths, hardwood, good barn, double garage, workshop, fenced, treed.
$41,900

WINCHESTER. Let's get mobile, affordable updated mobile home on 1/2-acre landscaped lot. Ideal first or retirement home. Don't miss this one.
$99,500

MOREWOOD. Perfect country setting on one acre, spacious hi-ranch, European kitchen, dining, rec room, patio doors to deck, garage, new home warranty.
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Last Minute Special to Jamaica
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from $299 pp, plus taxes
From Toronto, hotel and flight
Travel Nov. 28, Dec. 5 or Dec. 12
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January Departures
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Includes flight, accommodation at Quality Inn, Orlando and car rental. Must be booked and paid by Nov. 27/93.
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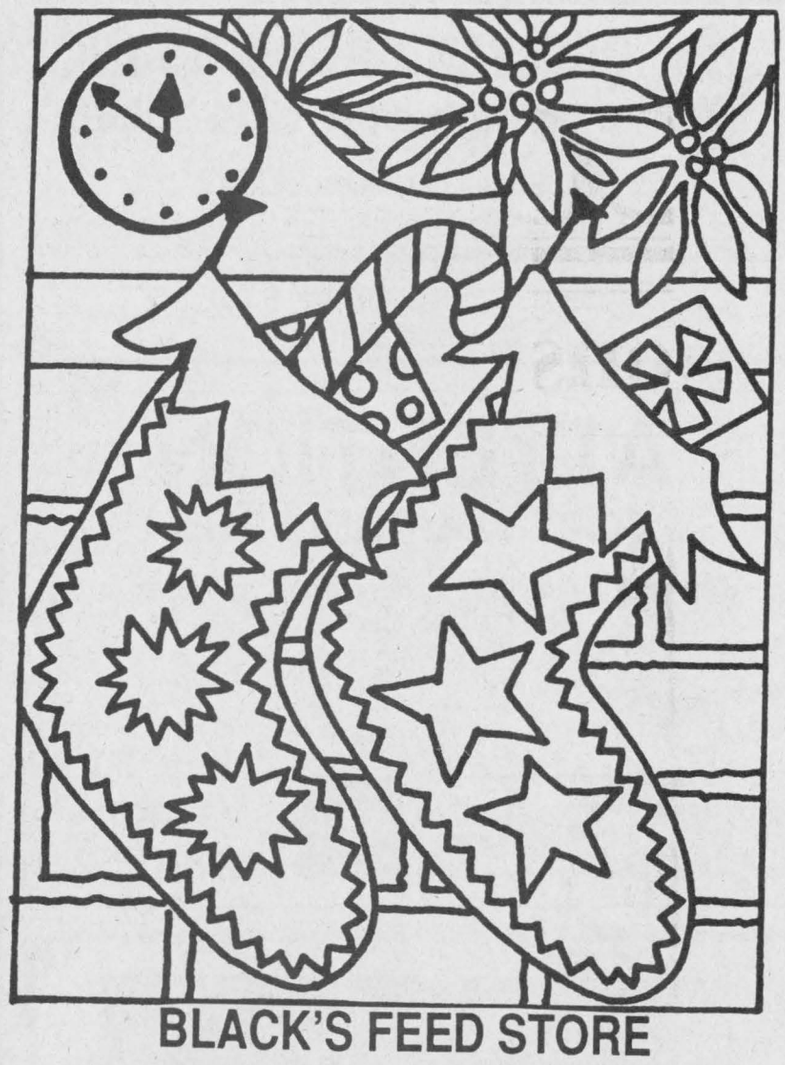
FALL SPECIAL
AT
FAWCETT SALE ARENA
Mon., November 29
11:00am
80 Head - Selected from top herds in Eastern Ontario
• Daughters of Counselor, Prelude, Starbuck and Conquest
• From the herd of Ted and Peter VandenBerg, a pair of fancy first-calf heifers by Counselor, one a milking Sr. Yearling milking 85 lb. a day from a picture perfect udder
• From Fred Stuyt a second calf - 83 point, Counselor that made 193-191-192 BCA as a 2-year-old from two VG dams
• From Sunnylodge Farms Inc., a fresh first-calf heifer out of 5 generations of VG or EX dams
• From John and Kevin Dairymple, a fancy fresh Conquest - Sr. Yearling with a VG dam
• From Wayne Presley, a 17-head consignment, all fresh - including a fancy first-calf Jubilant and 5 milking Counselors; some with Prelude heifer calves
• From Wm. Douglas, a September 1992 Prelude daughter out of three VG dams
• VG cows from the herds of Ross and Barry Smith, Sandy Crest Holsteins, Hugh Fawcett and Keith and Peter Guy
If you need milk and a fancy young cow, plan to attend. There are 60 fresh animals.
Sale managed by
Ralph J. Fawcett 613-774-5710
Sale Arena 613-989-5544
RR3, Winchester, Ontario, K0C 2K0
FLASH...
Monday, December 6
Complete Clayview Dispersal
of Piet & Isabel Kerkhof, Mountain, Ont.
2 EX - 7VG - 18 GP - 1 G - 10 NC
More details in next week's paper.



SEAWAY VALLEY PHARMACY
Chesterville • 448-2492



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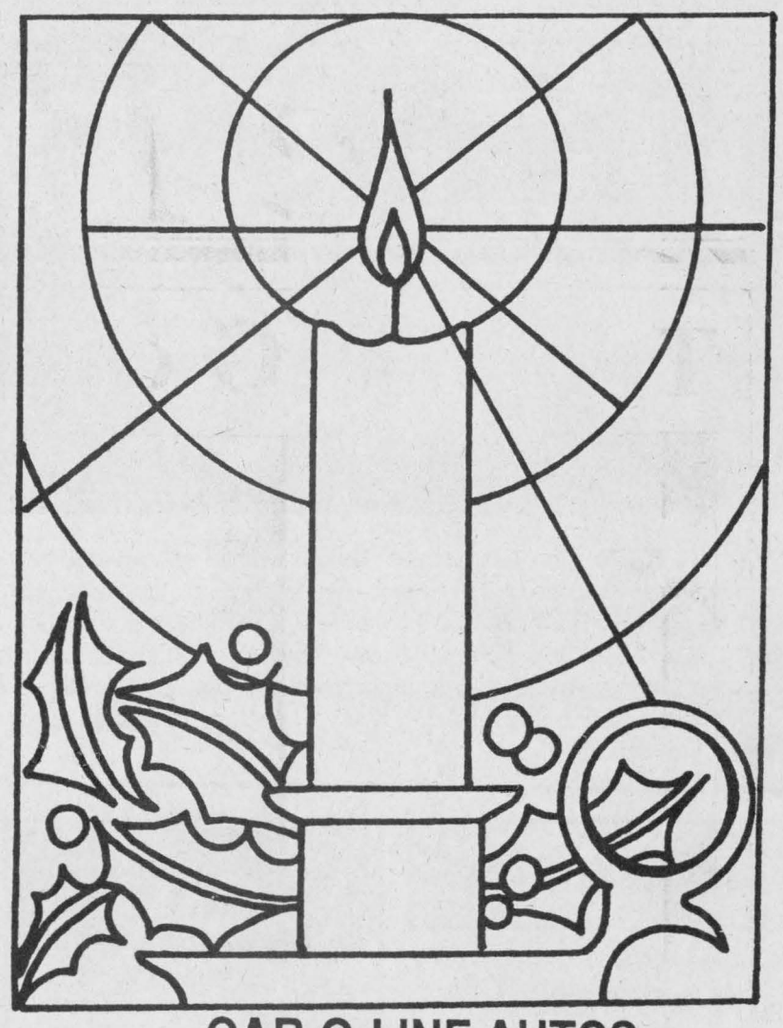

CAR-O-LINE AUTOS
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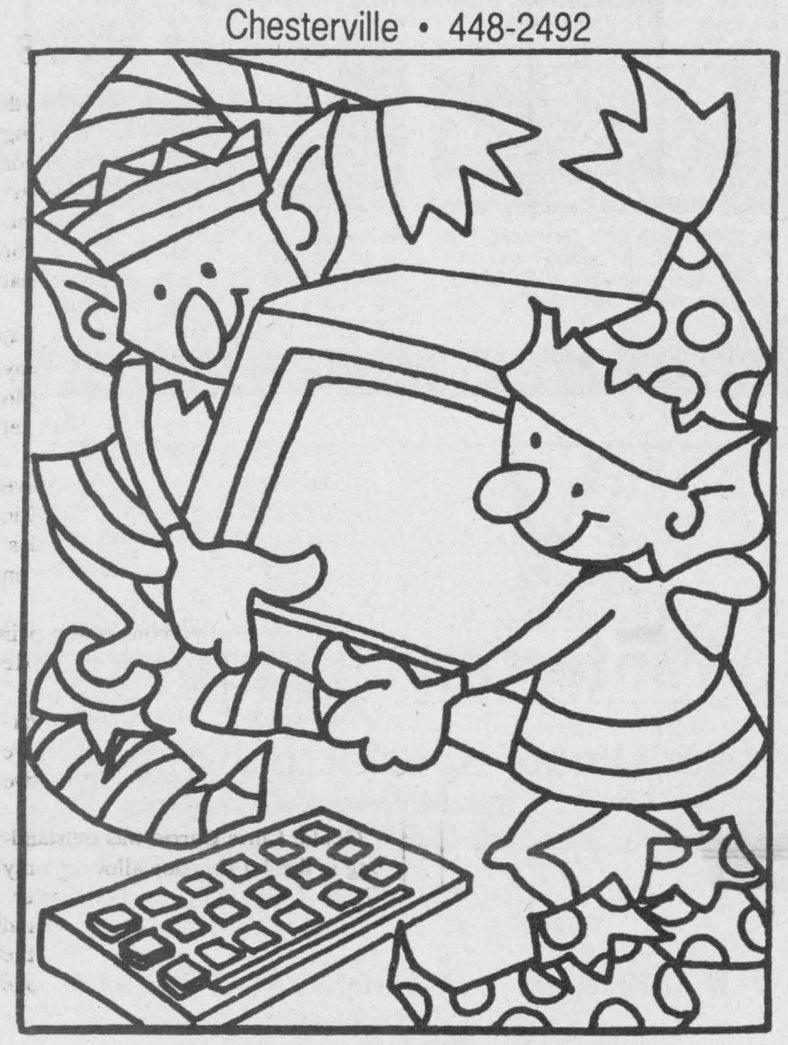

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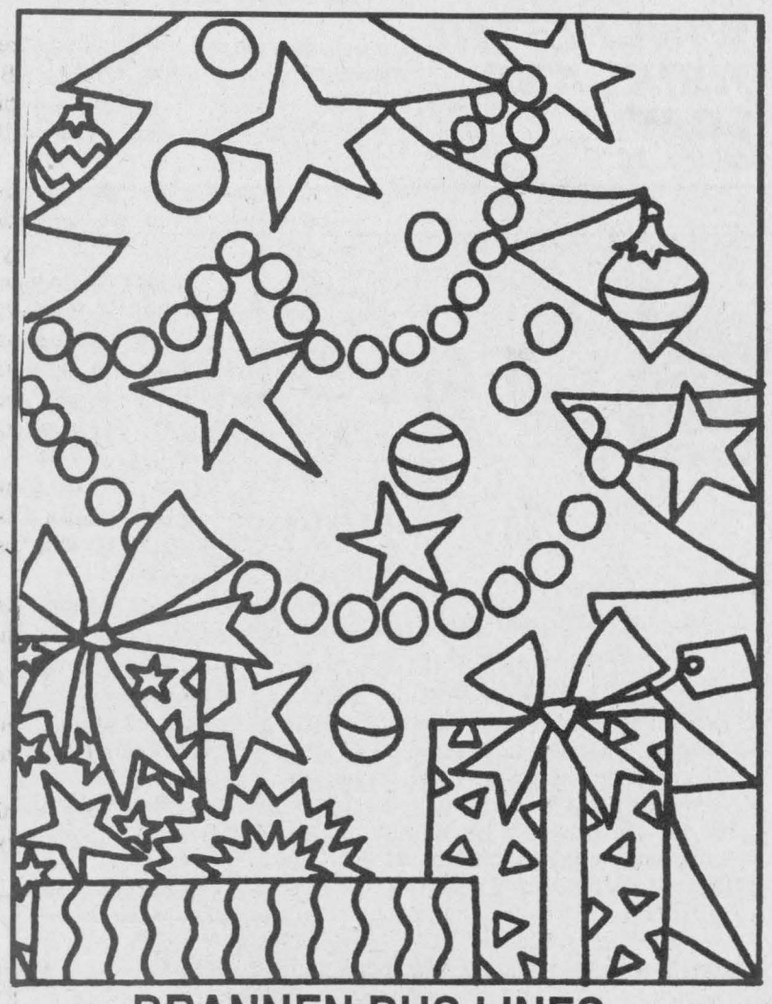

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CHESTERVILLE BOWLING
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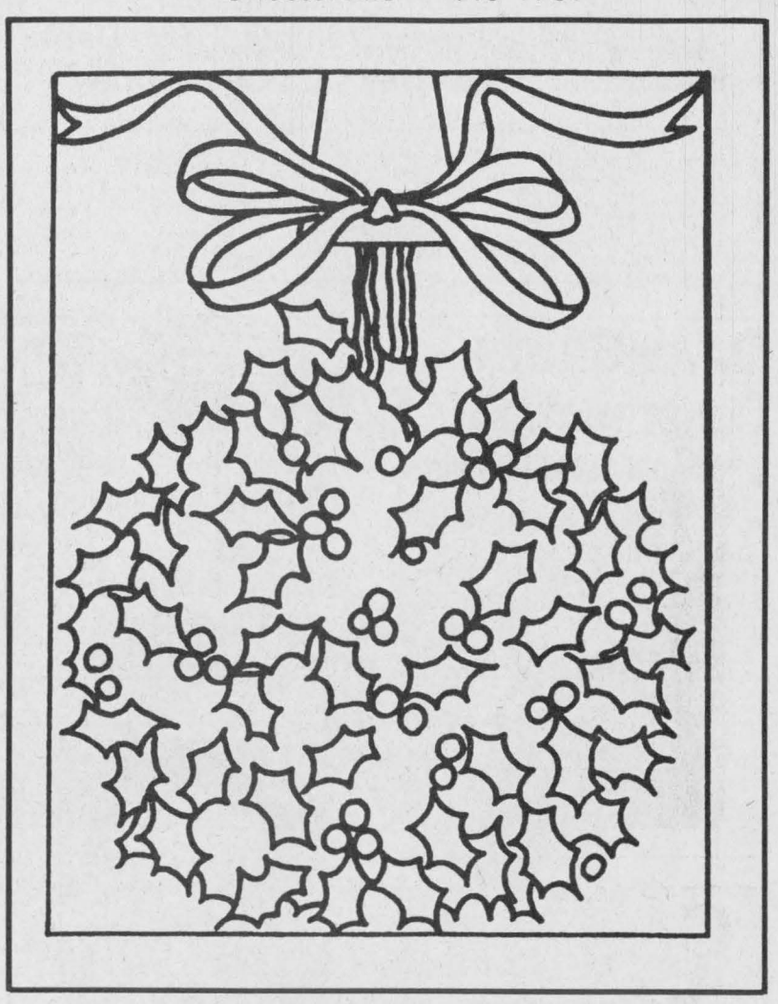

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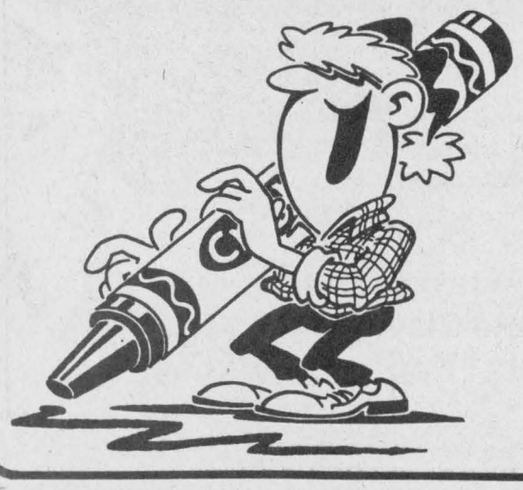

Christmas Colouring Contest

Rules

1. This contest is open to children ages 4 - 10
2. Paints, water colour, coloured pencils and crayons may be used.
3. All entries must be received no later than December 10/93
4. Drop off entries to: The Chesterville Record

PRIZES

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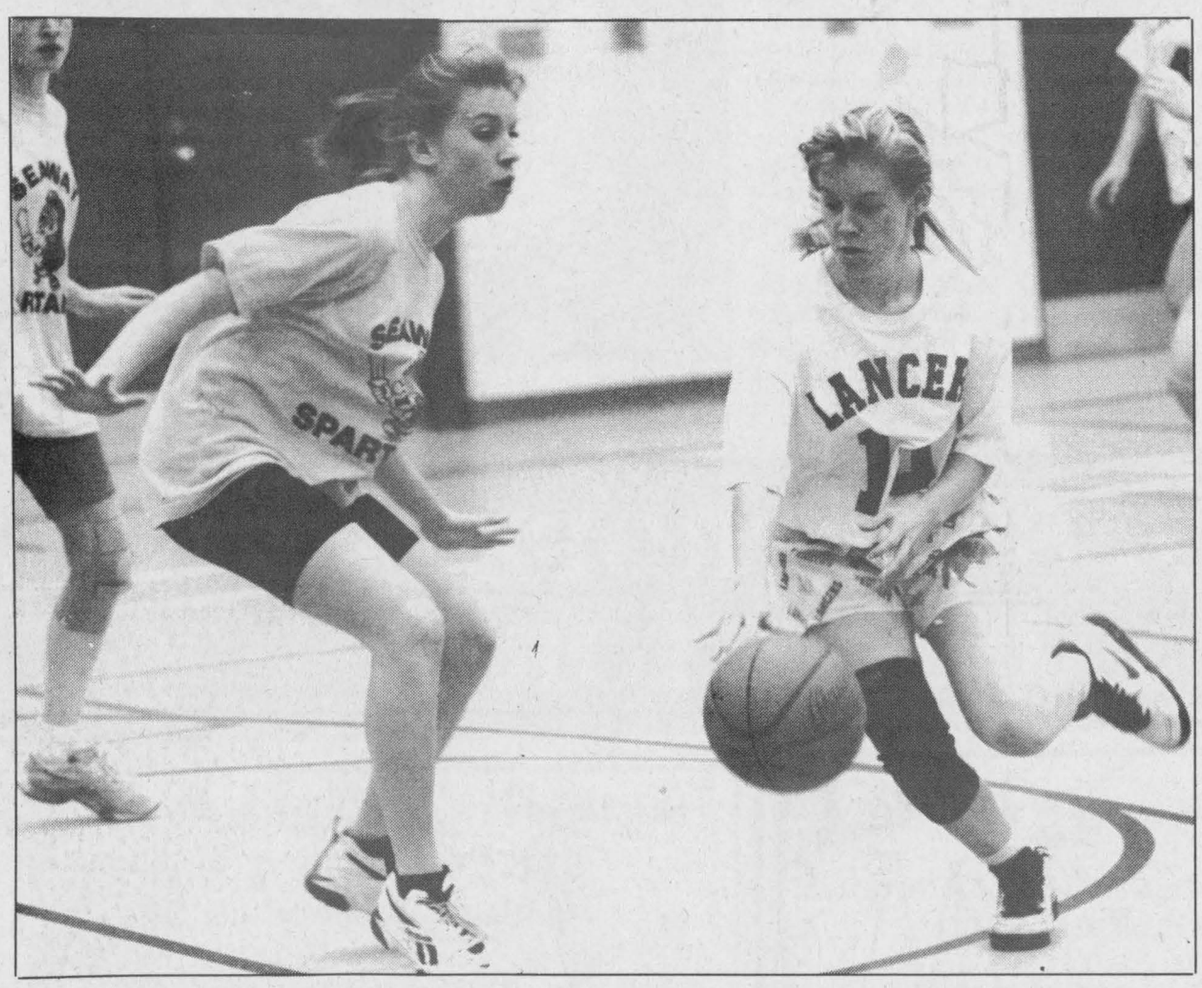
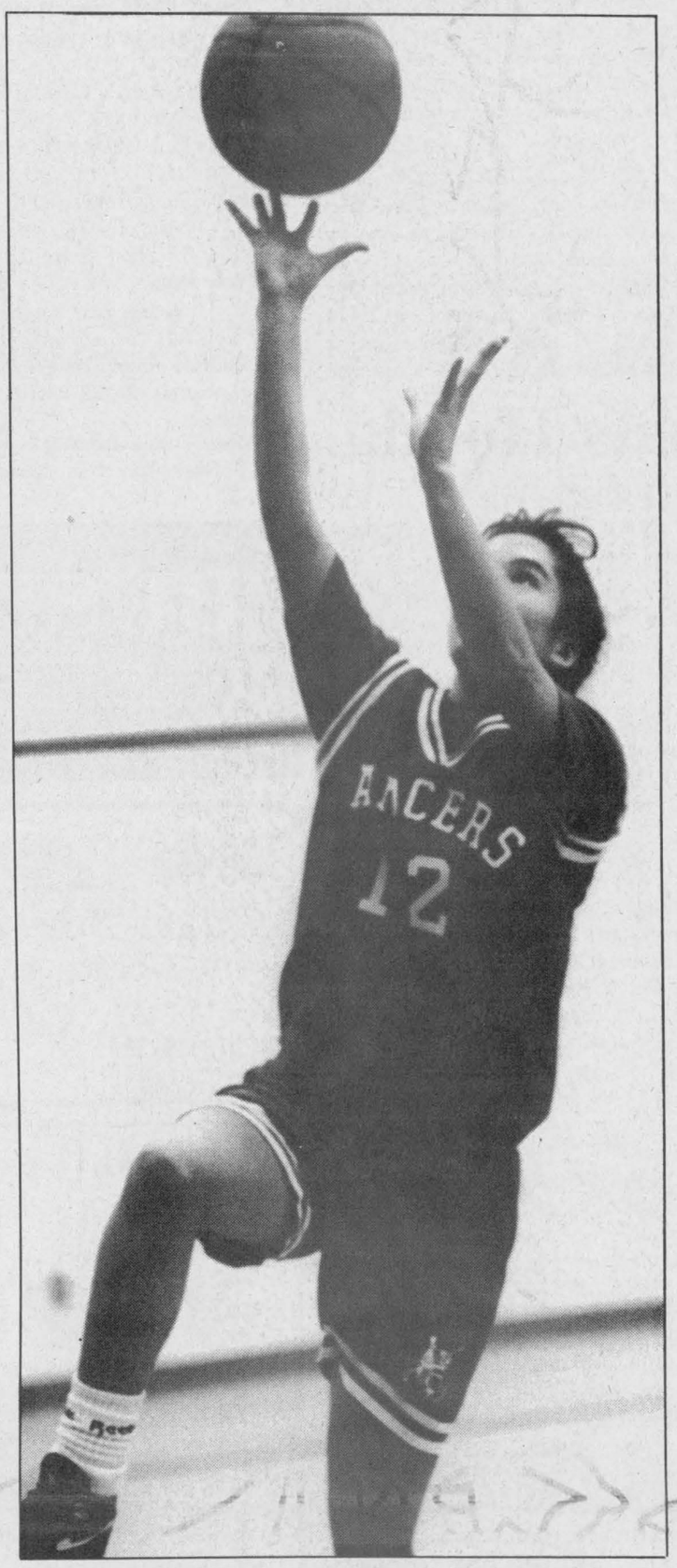
The Record Sports

Two SD&G championships





Lancers win senior, midget basketball crowns

Chris Thatcher
Record Staff

As the SD&G junior basketball final ran through its last agonizing minutes Thursday afternoon in Ingleside, three points separating the Char-Lan Crusaders from the Rothwell-Osnabruck Lancers, Krista Simonett turned to her players stretching on the sidelines and pleaded with them, "I don't want this to happen to us. Give me an eight-point lead, please."

Close games can render some coaches nervous wrecks, prone to ulcers and severe nail-biting. Simonett, the first-year coach of the Rothwell-Osnabruck senior team, had one championship final under her belt and knew firsthand the anxiety that goes with a pressure-filled game.

But for the better part of three quarters, the R-O senior players paid little heed to their coach. The Char-Lan Crusaders took a one-point lead in the first quarter and held it until late in the third.

With less than a minute left in the frame, R-O finally started to assert itself. Guard Kelly Rombough gave the Lancers their first lead, 35-34, with a layup, and in the fourth forward Christine Bancroft took control, converting four steals off Char-Lan guard Katherine MacLachlan into eight points.

Rombough also added eight fourth-frame points as the Lancers posted a 53-40 win.

R-O, which finished in first place in the "A" division, will compete at EOSSAA this Friday in Deep River.

For Simonett, it was the second SD&G championship in as many years. Last year, she coached the R-O junior team to the county championship.

"It's them, not me," she insisted. "They're a very skilled team."

The Crusaders took advantage of some poor rebounding to take a 35-34 lead into halftime. But according to Simonett, Char-Lan didn't throw anything at the Ingleside team that it hadn't seen in two previous encounters. In those games R-O won 39-34 and 47-29.

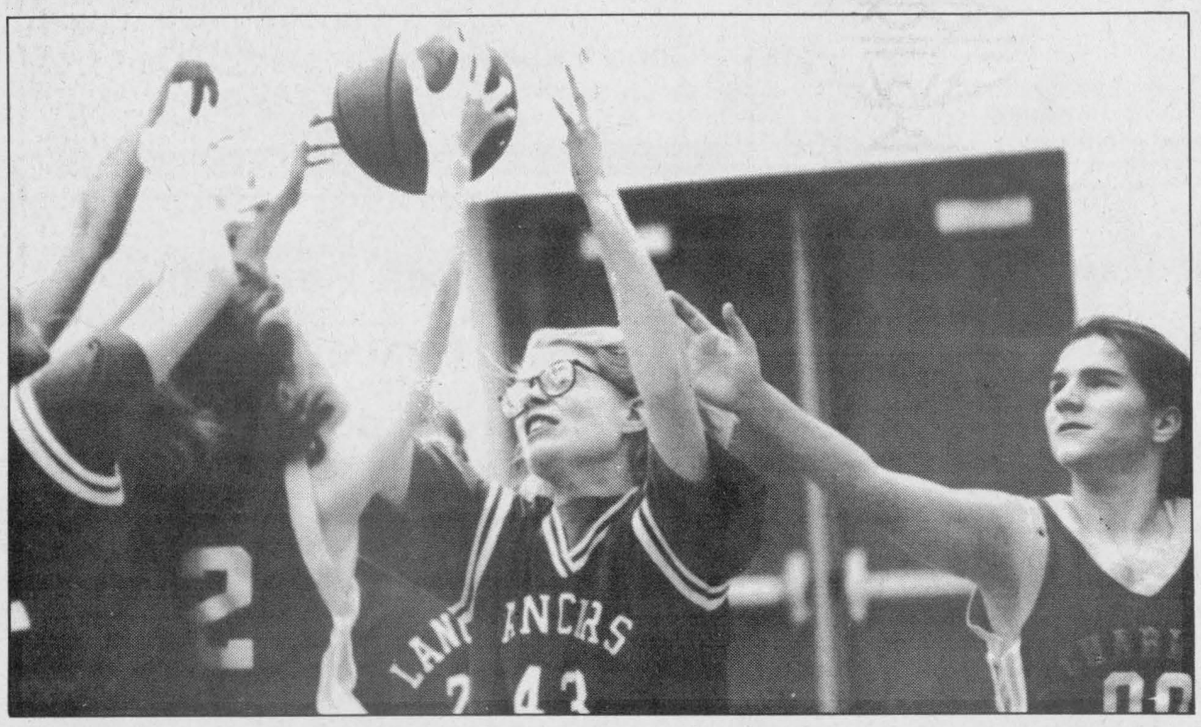
"We knew Char-Lan would play well in a final," she said. "They played a very good semi-final game. They've really improved over the season."

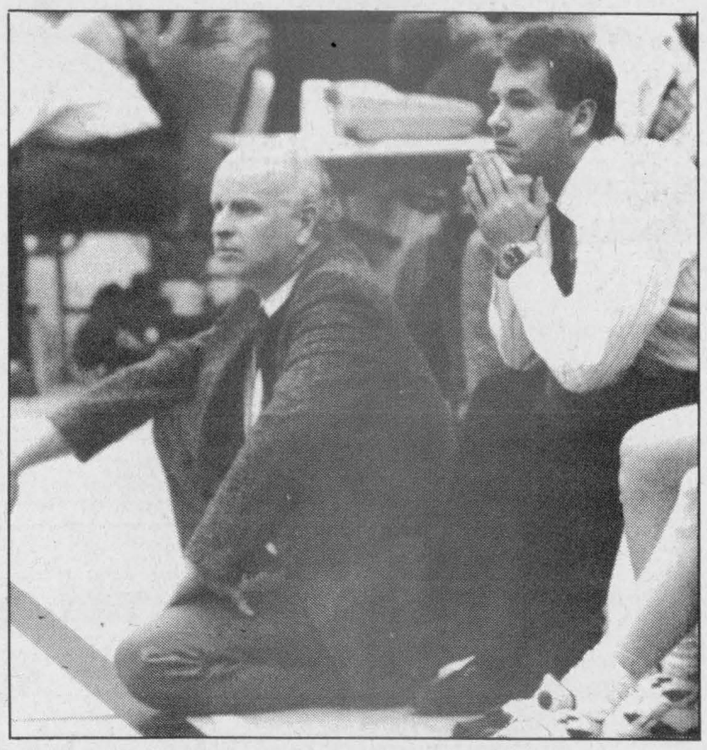
Despite the nervousness it created, Simonett didn't mind the close game. "I'm glad," she said, "we're going to play a lot of tight games next week (at EOSSAA)."

Bancroft finished with 21 points to lead all scorers. Rombough drained 18 and Stacey Paquette added six.

"I've got very good players — they've all got a lot of experience — but Christine was definitely the player of the game. She's good defensively and very aggressive," Simonette said.

Please see WILSON on page 14





Two out of three ain't bad

Rothwell-Osnabruck hosted all three SD&G basketball championship games Thursday and came away with two titles. Clockwise from the top: Angela Wilson dribbles around a Seaway defender in the midget final; Christine Bancroft goes up for a fourth-quarter layup in the senior final; anxious coaches Bob Thompson and Mark Lewis watch the junior Lancers battle Char-Lan while (right) Donna Terhorst (43) fights for a rebound with Crusaders' Heather Smith (00).

Grady paces Rapids' rout

A hat trick from Nick Grady, two from Yves Ruest and single markers from Stuart Rutherford and Nick Poitras carried the Seaway Valley minor bantam "AA" Rapids to a 7-3 rout of the South Ottawa Canadians.

Grady's linemates, Stephane Loyer and Kurt MacDonald, drew four assists each.

However, the offensive firepower didn't carry over to Sunday's tilt with the Rideau St. Lawrence Kings, who skated away with a 3-1 decision.

The Kings scored twice in the final minute, the last one into an empty net. Neither team could find the back of the net in the first two periods.

Morrow nets six in novice win over Rebs

Terry Morrow scored four of North Dundas' six goals Saturday, sparking the Demons to a 6-1 UCMHL senior "A" novice victory over the Char-Lan Novice Rebels in Williamstown.

Goalie Chris Currie lost his bid for the shutout when Leo Dignard beat him with 5:03 left in the game.

Morrow gave the Demons a 1-0 edge when he scored on a relay provided by Mike Thompson at 3:46 of period one. Chris Kelly then set up Nathan Thompson at 4:49.

Morrow scored three consecutive goals in that final period and Eric Toonders completed North Dundas' scoring with just 53 seconds left on the clock.

Last week the Demons split a pair of games with the Brockville Kinsmen Warriors.

On Tuesday they shocked the Warriors 4-1 in Brockville, but were beaten 2-1 by the same squad two days later in Winchester.

Goalie Chris Currie was outstanding in the 4-1 decision allowing only Brian Hollran's first-period marker.

Morrow (2), Matthew Baker and Mike Thompson scored for the Demons. Toonders scored the lone goal in the return engagement.

Demons get a Little help

A three-goal third period sparked the North Dundas midget "B" Demons to a 7-5 victory over the Smiths Falls Rideaus in Chesterville last Friday.

North Dundas led 2-1 after a period but it was a tie game, 4-4, after two frames.

Shawn Little snapped the tie when he converted a pass from Kevin Peebles at 14:02 of the third period. Shawn Roland then put in what would prove to be the winning goal when he finished off a play involving Little and Chad Valcour at 7:36.

Kris Young made it a 7-4 game when he scored from Brennan Cassidy and Omar Elgazzar with just 1:59 left on the clock.

Dave Dauphinee and Darren Cassidy each had two goals for the Demons. Mark Vandelst notched a single marker as well.

Last Wednesday in Cardinal, the South Grenville Rangers edged the Demons 4-1.

Dauphinee scored the lone North Dundas goal. Young set up the play.

Coaches give ultimatum to North Stormont players

DeRooy, Summers threaten to quit unless they get full commitment from entire team

The North Stormont Express dropped back into sixth place last week following losses to the Rockland Nats and St. Isidore Eagles.

The Eastern Ontario Jr. "C" Hockey League team suffered a 7-4 setback at the hands of the Nats Thursday night on home ice in Finch and a 9-6 loss to the Eagles in St. Isidore Sunday.

North Stormont fell to 4-10-0, sixth overall in the seven-team league.

The loss to Rockland was particularly disappointing for the Express. They entered the game just two points behind the Nats, with one game in hand. Rockland trimmed Vankleek Hill 6-5 Sunday and now holds a six-point edge.

"It was (annoying) to loose that one," North Stormont coach Peter DeRooy said. "Bench strength hurt us again. It's not as though any team has completely outplayed us; we've been beating ourselves."

But with minimal attendance at practices recently, the back-to-back losses were merely conformation that something has to change, DeRooy said.

He took a step in that direction Sunday night by threatening to quit.

"If they want to do whatever they feel like, there's no point for (assistant coach) Geoff (Summers) or I being there. We had a meeting after Sunday's game and told them, 'you have 10 to 15 minutes to make up your minds.' They came back to us and said the commitment was going to be there. So the weekend ended on a good note."

DeRooy also said he hopes to complete one trade by the end of next week and has several players waiting in the wings for tryouts.

"We have a couple of players coming in," he said.

Because every team in the EOJCHL makes the playoffs, time is not a factor. But DeRooy believes the Express still have a chance of clinching fourth place, and home ice advantage in the first round of the playoffs. They currently trail fourth-ranked Vankleek Hill by 10 points.

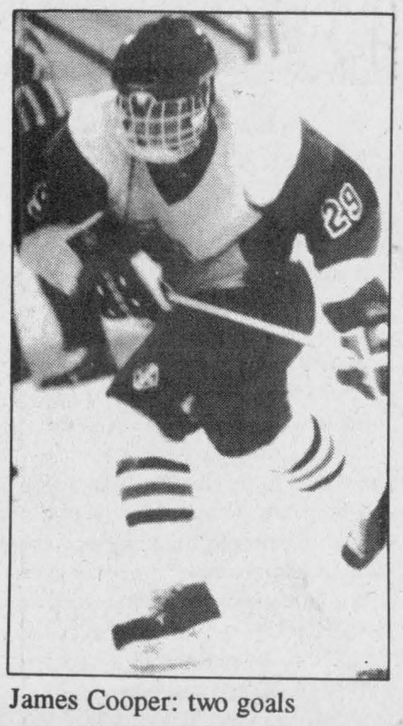
Lance Ouderkirk, John Grady, Chris Lefebvre and Jeff MacLean scored in Thursday's loss to Rockland. The two sides entered the third period tied 3-3, but with 16 minutes remaining the Nats scored three goals in a six-minute span.

Grady, Maclean, Chris Leroux, James Cooper, with two, and newly signed rookie Marc Massia scored in Sunday's defeat at the hands of the Eagles.

AROUND THE LEAGUE

In other action, the first-place Embrun 72's lost 5-4 in overtime to Casselman Friday after hammering the winless Russell Lions 8-2 Tuesday. St. Isidore remained in second place with a 9-1 victory over Vankleek Hill Saturday and Casselman moved into third with a 10-1 decision over the Lions Sunday.

Embrun's Stephane Dicaire and Martin Gignac continue to lead the scoring race. Dicaire has 16 goals and 31 assists in 14 games; Gignac has 17goals and 26 assists.



James Cooper: two goals

Wilson drains 18 in Lancers' championship victory

Continued from page 13

Kelly Lariviere led the Crusaders with 13 while Vickey Peacey, one of the league's dominant players, was held to just four.

MIDGET

Point-guard Angie Wilson put the finishing touches on a perfect season, pouring in 18 points as the Rothwell-Osnabruck midget girl's basketball team claimed the SD&G championship with a 45-9 win over the Seaway Spartans in Ingleside.

In eight regular season games this year, no team —either "A" or "AA" — seriously challenged the Lancers, who finished with an unblemished record.

And in two meetings with Seaway, R-O posted comfortable 36-13 and 36-6 victories.

So the outcome of Thursday's final was never in much doubt. But R-O still did it in an impressive fashion, opening a 28-2 lead by halftime. Amy Snider supported Wilson's effort with 10 points.

"No, (the win) wasn't a surprise," admitted coach Karen Bryan. "It certainly was an easy team to coach. They came in with a lot of experience and did everything I asked them to do, despite the score sometimes."

JUNIOR

The Rothwell-Osnabruck junior girl's bastketball team and the Char-Lan Crusaders have had an ongoing battle this season.

In two regular season games, the Lancers posted victories of 29-16 and 28-24; in the consolation final of the R-O tournament, the Crusaders recorded a decisive 26-11 win. The Lancers finished the regular season with a 7-1 mark.

Char-Lan evened the season record at 2-2 Thursday, barely holding on for a 29-25 victory and the SD&G championship.

"We didn't lose, we just ran out of time," jested Lancers' co-coach Bob Thompson.

In the first half, Char-Lan capitalized on R-O mistakes to open a 17-4 lead. The Lancers went zero-for-six from the foul line and missed numerous shots from inside the key. And it didn't help when the Crusaders started draining every shot they took.

But if the first half belonged to Char-Lan, the second was all R-O. The Lancers fought back to within three points, 26-23, with 1:29 remaining.

"We didn't rebound well in the first half," Thompson said. "And they scored and we didn't."

"I think they shot 60 percent and we shot 15 (in the first two quarters)," co-coach Mark Lewis said. "We dug ourselves a big hole."

Led by centre Christine DeJong, the Lancers outscored the Crusaders 21-11 in the second half. DeJong finished with 14 points, all scored in the last two quarters.

"We told them they were doing the things they needed to do to win, they just needed to calm down," Lewis said of the halftime talk. "But when you run into a hot team like that, it's hard to beat them."

It didn't help matters when point guard Angie Thompson went down with a sprained ankle late in the fourth.

Michelle Owens paced Char-Lan with 10 points and Kara MacDonald added eight. Angela Wara and Amanda Beaudette scored four each for the Lancers.



Rothwell-Osnabruck's Allison Thompson holds SD&G "A" senior basketball championship trophy Thursday after win over Char-Lan.

Dunbar upsets Honda

Four goals from Robert Wensink helped Dunbar upset first-place Alexandria Honda 6-3 Saturday night in Finch.

Fourth-ranked Dunbar scored five times in the second period to build an insurmountable lead and upped its record to 3-3-1. Sandy MacLeod and Roch Lacombe scored in the second frame.

Mario Dupont, with a pair, and Steve Norman tallied for Alexandria, which suffered its first loss in seven starts.

In other Finch Broomball League action, Brownlee's ESSO clipped Smith's Cartage 6-2; McCormick's Sewing Centre rocked the second-ranked Bush Bandits 4-1; and Fontaine Concrete trimmed Emard Lumber 5-4.

ESSO 6, SMITH'S 2

Lyle Dingwall tapped in three goals to lift Brownlee's over the Bush Bandits and into second place.

Robbie Leroux scored twice and Paul Seguin connected once to give ESSO a 5-2-0 record. Dale Beckstead and George Michels tallied for Smith's (3-3-1).

MCCORMICK'S 4, BANDITS 1

Goals by Tony Casselman, Lee Casselman, Simon Vanderpoel and Gerry McCormick carried the seventh-ranked team over the favoured Bandits.

Bill Nyenkamp kept his five-game scoring streak alive, ending McCormick's shutout bid at 11:05 of the first.

FONTAINE 5, EMARD 4

A week after collecting its first win of the season, Emard came within nine minutes of earning another point and moving out of the league basement.

Breck Bowan scored at 9:17 of the third period to give Fontaine its second win of the season. Brian Fontaine scored twice in the first period and once in the second and Barry McCormick chipped in a first-frame marker.

Jason Marsolais, with two, Alain Desrochers and Richard Marsolais replied for Emard, sending the game into the third period tied at 4-4.

Douma nets Demons' third win

Andrew Douma's goal with 3:30 left in the game gave the North Dundas peewee "C" Demons a 2-1 win over the Athens Flyers Saturday and extended their winning streak to three games.

In Chesterville Friday night, the Demons downed the Metcalfe Jets 6-1 on the strength of a pair of goals from Bill Bruining.

The two wins improved the Demons record to 3-3-0 in the Upper Canada Minor Hockey League.

Leonard Murphy staked North Dundas to a 1-0 lead in Athens Saturday, scoring on a Dave Lee pass at 3:01 of the second period. The Flyers tallied 31 seconds later.

Friday on home ice, the Demons blew open a 1-1 contest with five unanswered goals. Bruining, with his second of the game at 5:30, started the rout. Barret Brundige, Lee, Joey Geertsma and Todd Levers added the others.

Bruining scored his first late in the opening frame but the Jets evened the score at 5:48 of the second.

FITNESS FORUM

Z...Z...Z...



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

No doubt about it, rest and sleep are two essentials of life important beyond description, but the full import is unrecognized by most people. They just "Hit the sack", wake up when it's over, and go about their business. Sleep is so important and critical that it simply overtakes us when it's needed by the body. It can be put off for a while or deferred in an emergency, but put it off long enough and we just conk out. The body must have it, for it perishes without sleep, so it just takes it.

Many people are apt to confuse the words rest and sleep as being synonymous. No so. Though both are vitally important, they definitely are not the same. The condition of sleep exists only when consciousness has ceased. Not too many people need convincing that sleep is important. That would seem as necessary as trying to convince someone that winter is wet or fire is hot. However, when it comes to the importance of rest, people don't seem to have a sense of how essential it is in preserving health.

What is rest? It is a period of inactivity during which the body can restore expended energy. When we've depleted our energies faster than they can be restored, a period of inactivity enables the body to catch up. We've all experienced this. We're tired, fatigued, so we sit down and close our eyes for a minute or two; our head nods a few times, then all of a sudden we "come to", and in those few seconds we feel refreshed and invigorated.

There are four kinds of rest that can be used to replenish and refresh us:

1. Physical rest may be obtained by discontinuing physical activity —sitting or lying down and relaxing.

2. Sensory rest is secured by quiet and refraining from using our eyes, which curtails a great drain of energy.

3. Emotional rest is achieved by withdrawing from involvement in the ups and downs caused by personal interaction.

4. Mental rest is obtained by detaching the mind from any and all intellectual demands or activity.

Essentially, rest is the curtailment of energy expenditures, which permits the body to redirect energies to restoration. It can be used very effectively to rejuvenate ourselves and improve our outlook.

Much of the stress that so many working people struggle under can be traced to forcing the body to go beyond its capabilities and thereby pushing it to the brink. It almost seems our "succeed at any cost" culture has some people thinking they would rather be caught stealing than caught taking a nap.

My Silent Achievers this week are all of the husbands, including my own, who have really surprised their wives, almost to the point of suspicion, by putting up the Christmas lights, even though it's above -30 degrees, and still November!

We are so very lucky to be able to do it for ourselves.

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Kings beat "AA" Rangers

The Rideau St. Lawrence Kings rode Shane Peters' two goals to a 4-1 over the Gloucester Rangers last Tuesday, hiking their major peewee "AA" record to 6-2-3.

Josh Dixon and Quinton Taylor also scored for the Kings. Goalie Matt Humphrey lost his shutout bid late in the third period to the Gloucester powerplay unit.

The Kings didn't fare that well in the North Bay Tournament on the weekend, bowing out after a 4-1 loss to the Don Mills Flyers.

Rideau St. Lawrence won its first match 4-1 over Hamilton, but dropped its next two by identical scores of 4-3, first to Sault St. Marie and then to the Waterloo Saints. Sault St. Marie is considered one of the top peewee "AA" teams.

Midget 'A' lose

Coach Mike Arnkvarn says his team played eight periods of excellent hockey on Sunday.

Unfortunately, the period the midget "A" team didn't play at the top of its game cost it the "A" championship at Sunday's Char-Lan Minor Hockey Association Tournament.

"We have to play a bump and grind style. To be successful we have to hit everything that moves. We did that for most of the day. Unfortunately we tried to stick check Cumberland in the first period of the final game and it cost us the game," Arnkvarn said.

Cumberland took a 2-0 first period lead on North Dundas and held on for a 2-1, championship victory.

Demons' captain Jason Desormeaux prevented the shutout when he scored from Randy McLeod and midget "B" affiliate Kris Young with 1:26 left in the game.

"Once we got back to our hitting game they (Cumberland) couldn't do a thing," the coach said.

North Dundas opened the event with an 8-1 win over the Cornwall Royals.

The Demons led 3-0 after two periods and scored five third-period goals. Wally Cinnamon (2), Kris Young, Jason Desormeaux, Steve Cross, Barry Bell, Randy McLeod and Brett Hillis netted goals.

North Dundas then eliminated the host Char-Lan Rebels 3-1. Cross, Cinnamon and Desormeaux found the twine.

Demons shut out

The North Dundas atom "B" Demons came away from the Russell Minor Hockey Tournament empty-handed.

Saturday the Demons dropped a 4-3 decision to Casselman in overtime and were eliminated 6-0 by Vankleek Hill on Sunday.

Demons defenceman Julian Whittam earned Most Valuable Player honors for his team. Jeffery Lafrance had a couple of good chances around the Vankleek Hill net but neither he nor his mates could manage a goal.

Casselman took a 1-0 lead on North Dundas in Saturday's match but the Demons tied it up before the end of the first period when Chris Koopman finished off a play by Wayne Smirle and Dave Gallant.

Just 15 seconds later the Demons got the go-ahead goal from defenceman Josh McRoberts, who skated the length of the ice to score.

North Dundas opened up a 3-1 lead with just over two minutes left in the second. Smirle and Koopman combined to get Gallant the puck and he scored on a long shot from just inside the blueline.

Casselman began their rally with 6:00 left in the game and scored twice to send it into overtime. They then struck 29 seconds into the extra period.

Atomic rally

The North Dundas atom "C" team recovered from an early 2-0 deficit to post a 4-2 victory over the Royals in Kemptville Saturday..

The win preceded a 2-1 loss to the Jets in Metcalfe Sunday.

Adam Brioux, the Kemptville team captain, scored twice in the first but North Dundas scrambled back into the game with a pair of goals before the period was over.

Billy McRoberts tapped in an Adam Raby pass and Richard Pope converted a Jamie Wyatt feed.

Tyler Brown took a feed from Wyatt and Pope and scored the winning goal with 45 seconds left in the second. Wyatt added the insurance marker with 2:20 left in the third.

Nick Sproule batted in a pass from Billy McRoberts for the Demons' goal against the Jets.

Gaels upset Devils 22-18 in midget semi-final

MAPLE RIDGE—Their defence was solid but the offence came up just short here last Tuesday as the North Dundas Midget Devils dropped a 22-18 SD&G High School Basketball League semi-final decision to the visiting Glengarry Gaels.

North Dundas' coverage held Tammy MacSweyn to five first-half points and Glengarry to just a single field goal in the fourth quarter but while they were in the opposition's paint the Devils couldn't wrinkle the twine.

"We played very strong defence at first. They came back...we let up. I think they (Gaels) out played us," explained NDDHS coach Deanna Corbett-White.

Corbett-White felt the 1993 season was a satisfying one, "we weren't very strong at the first of the season but I think they developed into one of the strongest teams in the league."

MacSweyn dropped in a single point in the first quarter of the sudden death match but North Dundas led 4-1 after the opening eight minutes. Linda Patenaude and Diane Charron dunked the field goals for the home school.



Gaels Martha MacGillivary (11) beats Devils' Michelle Chambers to a loose ball in midget "AA" semi-final.

The Devils regained their offensive tendencies in the fourth quarter and outscored the Gaels 6-2 but buckets by Saxby and two more by Patenaude weren't enough to get them any closer than 22-18.

"If we had had another two minutes I think we just might have pulled it off," the coach offered.

Linda Patenaude led the Devils' attack with 10 points.

First-place Morewood Vikes roll over Roadrunners

The Morewood Vikings continued to roll atop the Winchester and District Broomball League with a 6-1 drubbing of the Toyes Hill Roadrunners Sunday.

Gerald Eby scored twice and Rob Waldroff netted a goal and two assists as the Vikes improved to 9-1-0. Brian Como, with his eighth of the season, Chris Bilmer, with his sixth, and Dave Bilmer also scored. Mike Barkhouse tucked in the lone goal for the fourth-place Roadrunners (4-6-0).

In other action on Sunday's card, the second-place Ormond Cloverdales shut out the Manotick Merchants 4-0; the Prescott Road Black Knights downed the winless Newington Knights 4-1; and the Mountain Mountaineers upset the Winchester Raiders 2-1.

ORMOND 4, MANOTICK 0

Paul Downey remained tied atop the scoring-leader board with Morewood's Rob Waldroff, tallying his 11th and 12th goals. Art Martin and Trevor Dean added single markers and goalie Ben Melenhorst earned the shutout.

PRESCOTT 4, NEWINGTON 1

Chad Benoit scored twice to pace the Black Knights to their seventh win. Brian Kuhn added a goal and two assists and Glen Petersen collected one of each.

MOUNTAIN 2, RAIDERS 1

Don May and Lloyd Newton scored in a two-minute span in the second half to give the Mountaineers just their second this season.

Aces move into first place after back-to-back wins

The Avonmore Aces posted back-to-back wins last weekend to move into first place in the North Stormont Intermediate Hockey League.

The Aces dealt the Finch Merchants 7-3 loss Friday night and doubled the Crysler Riders 8-4 Sunday to run their winning streak to three games.

Finch rebounded from the loss with a 10-4 win over the Berwick Bulldogs Sunday. It was the second loss for Berwick, which suffered a 7-3 loss at the hands of the Riders Friday.

Murray MacDonald led the Aces in Sunday's contest with a hat trick and one assist. Dave Duprau added a pair and Kevin Poapst and Frank Sinfield collected single markers.

Darrell Shelp, Terry Gove and Herb Seguin replied for the Merchants.

The Aces got a more balanced attack Friday as Dave Hanson, Poapst and MacDonald netted two each. Dale Swerdfeger and Steve McGrath contributed singles.

Frank Landry, with a pair, Mike Fetterly and Todd Prieur answered for the Riders.

FINCH 10, BERWICK 4

Ed Gove and Guy Ireland scored two goals apiece as the Merchants halted a two-game losing skid, handing the Bulldogs their fourth straight loss.

Steve Stewart, Ed deWit, Herb Seguin, Doug Coleman, Hugh Coleman and Dennis Sullivan scored the other markers.

Tim Ouderkirk netted a pair for the Bulldogs while Albert Herfkens and Mike Grady tapped in a goal each.

CRYSLER 7, BERWICK 3

The Riders struck four times in the first period enroute to a comfortable win over the Bulldogs. Frank Landry netted a pair and Dave Mason, Denis Landry, Chris Villeneuve, Fetterly and Pierre Landry chipped in Crysler markers.

Yvonne Besner answered with two for Berwick while Ouderkirk added a goal and two assists.

Moore Lites up finds Red Devils

Kevin Moore scored a pair of goals to pace the White Lites to their second straight win Wednesday night in Chesterville.

Moore scored late in the first half and early in the second as White doubled the Red Devils 4-2 to run their Chesterville Town Hockey League record to 3-2-1. Red slipped to 2-2-2.

In the other tilt on the doubleBill, the Green Machine extended its unbeaten streak to six games with a 4-3 victory over the winless Black Knights.

Jerrold Boulanger and Darren Kelly added a goal and two assists each in Whites third win of the season. League scoring leader Darrell Shelp netted both goals for the Devils.

GREEN 4, BLACK 3

Chris Williams' goal at 16:32 of the second half stood up as the winner as Green improved to 5-0-1.

Kent Young and Todd Finlay gave Black an early 2-0 lead but Barry McShane scored back-to-back markers midway through the first half to overturn the deficit. Pat Kelly collected his eighth of the season with 1:49 left in the first to put Green ahead for good.

Chris Guy tallied for Black late in the second. Young and Finlay both drew two helpers each.

BOWLING

Wednesday Afternoon Ladies - High Single, Virley Edwards 318; High Triple, Virley Edwards 711. **Team Standings** - Elizabeth Brooks 40; Debbie Hess 38; Virley Edwards 30; Norma Cass 18.

Monday Night Men - High Single, Rick Brunet 318; High Triple, Rob Termeer 813; High Average, Roy Hansma 224. **Team Standings** - Stingers 53; Raiders 49; Seniors 42; Alley Rats 34; The Country Boys 34; A-Team 28.

Les Copains - Men's High Single, Jean-Marc Drouin 261; Men's High Triple, Francois LeClerc 665. Ladies' High Single, Claire Brunet 253; Ladies' High Triple, Claire Brunet 576. **Team Standings** - Claire Brunet 45; Louise Hamel 42; Bernard LeClerc 37; Francois LeClerc 32; Ronald Beaudry 29; Louise Belisle 25.

Finch Mixed League - Men's High Single, Danny St. Pierre 308; Men's High Triple, Danny St. Pierre 791. Ladies' High Single, Valerie Bilmer 277; Ladies' High Triple, Dianne Hoogeveen 711. **Team Standings** - Pinheads 44; Mighty Ducks 42; Outlaws 37; Seekers 36; Bowling Buddies 28; Alley Cats 23.

North Stormont Ladies - High Single, Pat Middleton 293; High Triple, Virley Edwards 730. **Team Standings** - Mary 39; Shelley 36; Evelyn 33; Janet 28; Thelma 27; Doris 26.

Avonmore Mixed League - Men's High Single, Jack Brown 248; Men's High Triple, Jack Brown 691. Ladies' High Single, Viola McRae 249; Ladies' High Triple, Viola McRae 627. **Team Standings** - Mary 122-1/2; Viola 120-1/2; Florence H. 115; Florence R. 114; Charlie 111; Fred 106.

Winchester Odd Couples - Men's High Single, Richard Cayer 280; Men's High Triple, Marcel Soucie 730. Ladies' High Single, Micheline Cayer 219; Ladies' High Triple, Micheline Cayer 581. **Team Standings** - Jean 20; Brenda 19; Donna 15; Dave 13; Sandie 10; Linda 7.

Community League - Men's High Single, Joel Verdurmen 235; Men's High Triple, Joel Verdurmen 626. Ladies' High Single, Roxanne Crump 296; Ladies' High Triple, Roxanne Crump 733. **Team Standings** - Jack 39; Roxanne 39; Carolyn 37; Andrew 34; Pat 31; Joel 30.

Williamsburg Mixed League (Friday Night) - Men's High Single, Dwayne Crump 242; Men's High Triple, Peter Byvelds 631. Ladies' High Single, Dianne Hoogeveen 258; Ladies' High Triple, Dianne Hoogeveen 666. **Team Standings** - River Rats 53; Rusty Rollers 51; Dizzy Izzies 49; The Wild Ones 45; Pin Pals 38; Super Strikers 29.

YBC Peewee - Boy's High Single, William McInnes 103; Boy's High Double, Matthew Bird 196. Girls' High Single, Julie Hummell 60; Girls' High Double, Isabelle Glaude 157. **Team Standings** - Mighty Ducks 25; Bowling Hawks 19-1/2; Penguins 15-1/2.

YBC Bantam - Boy's High Single, Grant Middleton 167; Boy's High Double, Adam Sanders 298. Girls' High Single, Becky Cranham 128; Girls' High Double, Natasha Glaude 289. **Team Standings** - Mighty Bowlers 53; Blue Jays 38-1/2; Jaws 32-1/2; Alley Rats 31; Canadiens 28; Aces 27.

YBC Junior - Boy's High Single, Eric Fisher 234; Boy's High Double, Alex Middleton 442. Girls' High Single, Katherine McLeod 154; Girls' High Double, Katherine McLeod 290. **Team Standings** - Hornets 44; 5-Strikes 30; Champions 29; Pinheads 26; Silver Bullets 20.

YBC Senior - Boy's High Single, Bradley Madore 257; Boy's High Double, Marc Robinson 472. Girls' High Single, Melanie Godard 211; Girls' High Double, Melanie Godard 402. **Team Standings** - Where's Gary? 27; Pinballs 25; No-Names 24-1/2; The Untouchables 24-1/2.

Riverside Rollers - Men's High Single, Tom Benjamin 257; Men's High Triple, Tom Benjamin 722. Ladies' High Single, Liz Spiller 224; Ladies' High Triple, Liz Spiller 576. **Team Standings** - The Pinheads 43; Holy Rollers 36; Hooterville Hooters 32; Roadrunners 27; Ray's Loonies 26; Goof Troppo 25.

Crysler Club 60 - Men's High Single, Yvan Rouleau 211; Men's High Triple, Rolland Lafleche 554. Ladies' High Single, Janine Quesnel 250; Ladies' High Triple, Simone Lamoureux 654.

Berwick Thursday Night (Mixed) - Men's High Single, Roy Lang 280; Men's High Triple, Roy Lang 649. Ladies' High Single, Alois Burkhart 267; Ladies' High Triple, Alois Burkhart 621. **Team Standings** - Cathy McRae 46; Betty McEwen 38; Patsy Casselman 34; Micheline Steals 27; Carol Lalonde 23; Monique Rutley 21.

Matilda League - Men's High Single, Glen Pashak 245; Men's High Triple, Tom Benjamin 674. Ladies' High Single, Lois Keyes 249; Ladies' High Triple, Marilyn Payne 644. Hidden Score 139 - Cathy Mulder 137. **Team Standings** - Jeff Pashak 22325; Albert Schaafsma 21901; Glen Pashak 21691;

SPORTS CALENDAR

Eastern Ontario Jr. B Hockey League
Fri., Nov. 26
Alexandria at Morrisburg
8:30 PM
Fri., Nov. 26
Winchester at Westport
8:15 PM
Sun., Nov. 28
South Grenville at Winchester
2:15 PM

North Stormont Jr. C Hockey League
Fri., Nov. 26
Rockland at North Stormont
8 PM
Sun., Nov. 28
North Stormont at St. Isidore
7:30 PM

4th ANNUAL MEN'S HOCKEY TOURNAMENT
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non contact
Youth Centre
in Smiths Falls
For Information Contact
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283-5456
Brian
267-2189
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