# The Chesterville Record

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## Newsbriefs

### *Mobile offices don't appeal to council*

CHESTERVILLE—Village council is trying to determine whether the village's bylaws permit businesses to operate out of mobile trailers. Mike Brannen, a village businessman, wants to set up an office trailer next to his building on Main St. North. But trailers cannot be assessed, so the village can't collect any taxes for them. At its next meeting, council will make a decision about Brannen's request. Councillor Martin Derks suggested that if the office trailer is to be permanent, then a building should be constructed. One village bylaw specifies that mobile homes are not permitted, but does not mention office trailers.

### *Broken insulator causes power outage*

CHESTERVILLE—A broken insulator on a Main Street hydro pole left some village homes and businesses without electricity Saturday. The insulator hit another wire below it, causing sparks and blowing two fuses in a substation on Main Street North. Power was lost in parts of the village, including the King Street business district, from just after 10 a.m. until 1 p.m. Public works superintendent Jack Smith said the pole, near St. Mary's School, was well protected and posed no danger.

### *Farmers group wants to market products*

BROCKVILLE—A group calling itself Agriculture Marketing for Eastern Ontario is holding its inaugural meeting in Brockville Sept. 22. The group is made up of producers from the 16 eastern Ontario counties, including SD&G, who want more information on how to directly market their products. The meeting will be held at the Spring Valley Community Hall, 6 km north of Brockville on Hwy. 29. For more information, call Earl Pollock at 342-2124.

### *Guns, TV stolen*

CHESTERVILLE—A rifle, shotgun and television were stolen from the Riverside Drive home of Don Dillabough on the night of Sept. 11, Winchester OPP Const. Kevin Kennedy said. Kennedy said the home was entered via a basement window, and left the house through another window.

### *Fenders bent*

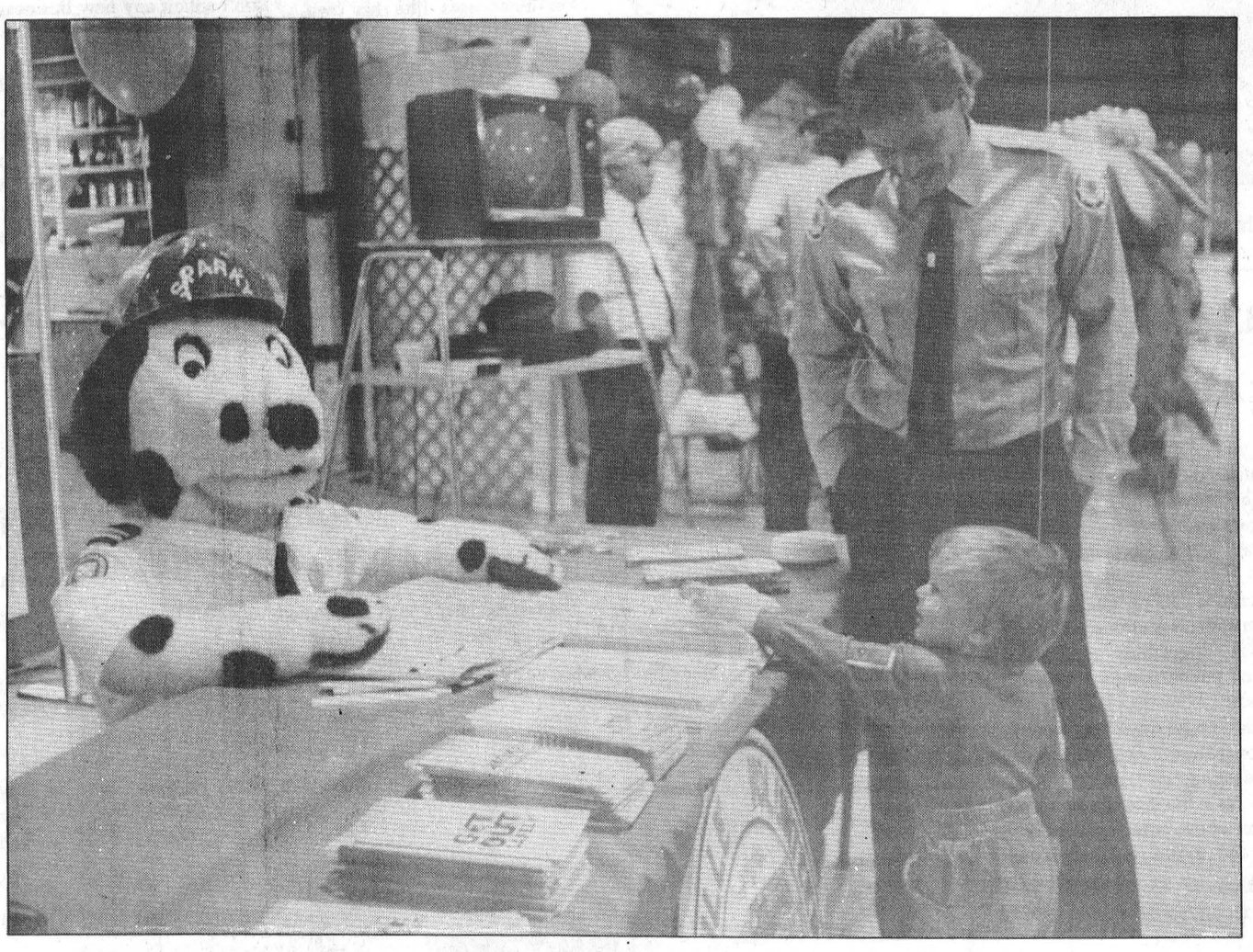
CHESTERVILLE—Two cars received minor damage last Tuesday afternoon after a minor collision in the Scotiabank parking lot. Winchester OPP Const. Kevin Kennedy said Derling Simpson, 84, was turning into the bank parking lot when his car was struck by another vehicle which was backing up, driven by 83-year-old Jan Vanden Bosch.

### *Victoria St. building will be renovated*

CHESTERVILLE—A deteriorating heritage building on Victoria St. that was going to be torn down will now be restored and renovated, property owner Coyne Tedford told village council last week. He said work on the two-storey building, located across from the community hall, should be completed before Christmas. The bottom floor will be used for commercial purposes, and the top floor will either be used for a small apartment or offices. Councillor Peter VanKessel said he's eager to see the building renovated. "It's been an eyesore for a long time," he said.

### *Lawn tractor stolen*

WINCHESTER TWP.—Provincial Police are looking for a 1982 or 1983 brown Chevrolet half-ton pickup truck in connection with the theft of a 1990 John Deere lawn tractor from a Winchester Township residence Sept. 7. Winchester OPP Sgt. Jim Irvine said neighbors saw a vehicle fitting that description with a lawn tractor in the back at the time of the theft. The truck was also described as being in rough shape and having a noisy muffler. The value of the tractor is about $3,500. Const. Gary Imbeau is investigating.



**Top dog:** Two-year-old Justin Thompson is impressed as he chats with Sparky, a mechanical, talking canine on loan from the Ontario Fire Marshal's office to help the Chesterville Volunteer Fire Department promote fire safety and prevention at the Chesterville Trade Fair last weekend. More than 100 exhibitors turned out for the fair. See story on page 2.

# Barkley trial begins, not guilty plea entered

**Greg Hewitt**
Record Staff

MORRISBURG—The Elma man charged with several offences in connection with an April stand-off with provincial police pleaded not guilty to two of the counts last Tuesday in provincial court in Morrisburg.

Dalton Barkley, 49, pleaded not guilty to possession of a weapon dangerous to the public peace and pointing a firearm.

Cornwall lawyer Don Johnson, who is representing Barkley, was unsuccessful in getting charges dropped because of a technicality.

Johnson moved to have all charges against Barkley dropped due to a technical discrepancy because one of the Crown's witnesses "swore information in an improper fashion," Johnson said.

He said Morrisburg OPP Const. Tony Kerr swore information as "M.A. Kerr," and signed a document as "Tony Kerr."

Johnson argued the two names could not be linked to the same person, but judge Bruce MacPhee ruled it was not sufficient reason to dismiss the charges.

But a charge of unsafe storage of a firearm is being held in abeyance because Johnson argued that the charge was unconstitutional.

Other charges faced by Barkley, including failing to stop for police and breach of recognisance will be tried separately.

The charges stem from an April 14 incident when a man held police at bay outside Barkley's Elma home for 12 hours and fired shots in the air.

No one was injured in the incident.

Barkley underwent a 30-day assessment at the Penetanguishene Psychiatric Hospital in May, and was released upon his return under a number of conditions. He was taken back into custody June 11 after violating conditions of his release, and has been in custody ever since.

So far in the trial, evidence from two OPP officers has been heard. Johnson said they "gave testimony as to what they observed and what they did during the alleged incident.

"The crown will call a few more witnesses and I guess we'll go from there," Johnson said, adding he expects the trial to be finished Sept. 29.

# 4-way stop gets village road test

**Elizabeth Moreau**
Record News Editor

CHESTERVILLE—Village drivers have had more than a week to get used to a revamped Main Street intersection and despite objections by some, Reeve Jim Cook thinks the new look just may have a future.

A four-way stop, extended curbs and traffic island were installed by the United Counties roads department last Tuesday on a trial basis. Permanent changes to the intersection won't be made without Chesterville council's approval.

Cook said council could make a decision at its next meeting on Sept. 23. He said although the intersection got off to a shaky start with drivers, it appears to have improved safety at the corner of Main and King streets.

"It seems to be working, doing what we wanted it to do," he said Monday.

The extended curbs on both sides of King Street were made smaller last week after merchants met with council Wednesday complaining that too many parking spaces were lost, and that the lanes for traffic were too narrow.

Cook said he's heard from many village residents over the past week, and that just as many supported the new intersection as opposed it.

• **Please see related story on page 3**

# Chesterville reeve honored:
# Cook will serve as SD&G warden in 1993

**Greg Hewitt**
Record Staff

CHESTERVILLE—After Jim Cook was defeated in his bid to become reeve of Chesterville in 1985, he wasn't planning to return to municipal politics.

But a lot has changed in seven years.

Next year, Cook will become the 144th warden of the United Counties of Stormont, Dundas and Glengarry.

He was elected to the one-year post by counties council to the post last December.

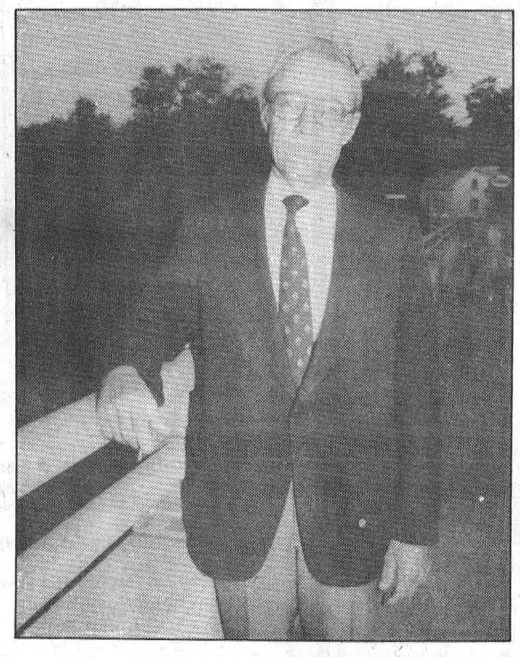
Cook said "a lot of arm twisting" prompted him to run for reeve of Chesterville in 1988, and he has held the chair ever since.

But Cook, a Saskatchewan native and accountant at Nestle, said in the past he had never considered himself as a candidate for the wardenship.

"Sitting back you say gee, I wonder what it would be like, but I hadn't considered myself a candidate," Cook said.

But Cook said he received a little encouragement at the inaugural meeting of counties council when he returned as reeve of Chesterville.

"One of the past wardens took me aside and said he thought I should run for warden" Cook said.



**Jim Cook:** 144th warden of SD&G

By tradition, the wardenship of the United Counties alternates among representatives of each of the three counties.

And a candidate for warden traditionally has chaired three standing committees for the counties; roads, social services and finance.

Cook is currently chairman of the counties finance committee, and has chaired the other two in his tenure as a counties councillor.

He said he is honored to have been chosen to the position by counties council, which is made up of the reeves and deputy reeves of the 20 municipalities in the United Counties.

"What I appreciate most about this is that it's a body of your peers that elects the warden. It's quite an honor for 36 reeves and deputy reeves to have elected me," Cook said.

Cook's term as warden will begin in December and will last one year. The last Chesterville reeve to head the counties government was Charlie McMillan, who was warden in 1957.

As warden, Cook will act as chief executive officer of the United Counties, much the same as a reeve or mayor is for a municipality.

He will receive a stipend of about $11,000 and Chesterville council has set aside a warden's reserve fund of $5,000.

But all of that money, Cook said, will be used to fulfil obligations like the warden's banquet and conventions where the warden has to provide a hospitality suite.

"It's not something I expect to make money at," Cook quipped.

Despite taking on a busier schedule with the wardenship, Cook said he is looking forward to the task.

He said the warden is frequently requested to attend functions and ceremonies above and beyond counties business.

He said previous wardens have told him they were busier with the position than they thought they would be.

"It's beginning to be a full-time job."

# Outcry prompts review of waste site

**Greg Hewitt**
Record Staff

LUNENBURG—The Ontario Ministry of the Environment (MOE) is reviewing its approval of a hazardous waste transfer facility in Cornwall Township after neighboring residents voiced concern over the project.

The MOE's chief of approvals and planning for southeastern Ontario, Peggy Farnsworth, said builder David Brown of Ingleside has been asked to cease construction pending further review.

The facility, under construction near the intersection of Moulinette Road and County Road 29 on the border of Osnabruck and Cornwall townships, has been licensed to handle any chemical waste except radioactive material, pathological waste and PCBs.

Chemicals within the same classes can be mixed before being packed into 45-gallon drums and sent to Sarnia for disposal.

In a telephone interview from her Kingston office, Farnsworth said MOE criteria for approval of such projects dictates that they must be discussed in a public forum.

And after obtaining a resolution from Cornwall Township council last year stating the township had no objection to the facility, the MOE was unaware that neighboring residents did not know about the project before it was approved.

A public meeting between the MOE, Cornwall Township council and residents has been called for Sept. 17 at the Long Sault Arena.

Farnsworth, who will attend the Sept. 17 meeting, said obtaining a resolution like the one Cornwall Township passed is the MOE's way of knowing the project has been discussed in a public forum.

Please see MOE on page 2



Christopher French samples some chocolate from Nestle's bunny at the Chesterville Trade Fair

# Fair helps drum up new business

CHESTERVILLE—Derrick Campbell thought renting some space at the Chesterville Trade Fair would be a good way to get his new furniture-making business off the ground. And Saturday, after taking orders for a few pieces, he was convinced it was a good investment.

Campbell's display, including a hand-made curio cabinet and coffee table, was one of 134 at the weekend fair held at the Chesterville Arena, ranging from community services to small, one-person businesses like his own. Campbell said having some of his work for people to see made a difference.

"It's better than just reading an ad," he said.

Betty Thompson of MT Advertising and Sports in Chesterville agreed. She and son Mark demonstrated a silk-screening machine and embroidery techniques.

"It was excellent, terrific," she said of the fair's Friday night opening. "It was a lot of work to lug this stuff in and set up, but it's well worth it."

Visitors to the fair were able to taste, as well as view, many of the different products on display — from cake to chocolate. And there was even some free advice to be had, including insurance brokers and an investment consultant.

Some exhibitors said even if they don't solicit any new business, the fair is a good opportunity for public relations. Others said it gave them a chance to socialize with clients outside their workplace.

Gladys Wilkie, a Chesterville Tupperware dealer, said many people she spoke to didn't know there was a local agent for the products. She said being at the fair would be good for business.

Local non-profit agencies also used the fair for exposure. The Dundas Human Resource Centre had a table full of pamphlets outlining the different services the office provides.

"It gave us an opportunity to be out in the community and make some contacts with employers," said centre co-ordinator Cynthia Whetter, adding that she met many people who "wouldn't normally come into the office."

The Chesterville Fire Department's display, complete with a remote-controlled "talking" dog on loan from the Ontario Fire Marshal's office in Toronto, stressed fire prevention. Local volunteer firefighters manned the display and offered information brochures. Firefighter John Van Der Veen said Sparky, the mechanical Dalmatian, was "very popular" with children.

# MOE reviews hazardous waste site, Sept. 17 meeting will address concerns

Continued from page 1

"What we have heard from the public is that they were not aware of it. Public consultation brings concerns to light, but in this case it didn't," Farnsworth said.

She noted that it is unusual for the public consultation process to take place after approval for a project is granted.

When residents learned about the project this summer, they claimed there was no public consultation before approval was granted.

About 75 people gathered in Lunenburg last Tuesday to voice opposition to the project, and were urged by meeting chairman Jack St. Thomas and Long Sault lawyer Garry Burnette that solidarity is vital in fighting the facility.

Burnette said he has not received answers to questions he has asked the MOE about the facility, and said when he asked for a copy of the environmental impact study, he was told there was none.

"They've already issued the licence, they should be able to answer my questions," he said.

In urging residents to attend the Sept. 17 meeting, Burnette said the more people that attend the meeting, the more seriously their concerns will be taken.

"If (the MOE) thinks there are three people strictly opposed to it, they're not going to do much," Burnette said.

St. Thomas said he moved to the area, two lots away from the site, two years ago to enjoy "nice fresh air."

He claimed federal guidelines on choosing the locations of waste facilities, including geography, wind and public opinion, were not followed.

"We don't think any of these points were considered," St. Thomas said at the meeting.

Residents at the meeting expressed concerns about safety at the site. They cited a fire and subsequent evacuation of 35 residents at a similar facility in Brockville in May 1989.

A petition opposing Cornwall Township's approval of the facility has been signed by 2,000.

Developer and owner David Brown said in a telephone interview that he received a legal certificate of licence from the MOE in January and said he hopes to have the site finished before winter.

Brown said all safety standards are considered as well as MOE standards for waste handling. And he said his facility will provide an important step in the recycling of chemical materials.

"Everyone wants to recycle, and that's what all the materials are used for," he said.

Cornwall Township Reeve John Moss said council agreed last year that it had "no objections to a hazardous waste transfer site if it meets with all requirements of the MOE." He said the matter was discussed in open council.

Moss, who will attend the Sept. 17 meeting in Long Sault, said residents should "make themselves aware of the facts and not panic on words spread by rumor."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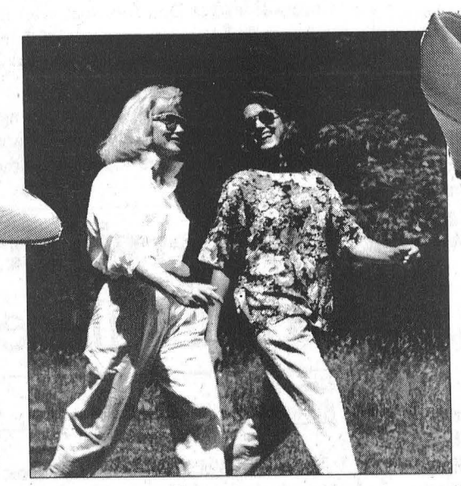

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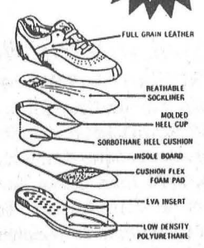


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Most people agree the stop signs at the intersection of King and Main Streets are a good idea, but the curbs and traffic island are not popular with motorists and local merchants.

# Intersection yields mixed reaction

**Greg Hewitt**
Record Staff

CHESTERVILLE—The stop signs are a good idea, but the curbs have got to go.

That's what most people asked think of the trial four-way stop, traffic island and curbs placed at the intersection of King and Main streets in Chesterville by the United Counties early last week.

A petition opposing the changes has been circulating in Louis' Restaurant, where about 150 people have signed it in the last week, a waitress said.

The petition does not mention the stop signs, but opposses the curbs at the corners of King and Water streets.

The petition objects to the loss of parking space the curbs create, "especially at a time when we are trying to facilitate convenience for shoppers," the restriction of traffic flow, especially for transport trucks, and increased time for snow removal.

At grocer Mike Dean's request, the area enclosed in the curbs was made smaller last week.

Dean said he is satisfied with that because it has returned some of the parking spaces.

"I think we should give the (shorter curbs) a try and see how they work out. When they were first put in they were obviously too big," he said.

Dean said cars should not be parked at the corners anyhow because it causes safety problems.

And Dean said the fate of the traffic island will be dictated solely on whether tractor trailers are able to negotiate it.

Winchester trucker Richard Faulkner said he had no problem negotiating the intersection with his 30-foot trailer, but said the layout is difficult for full-sized transports.

"I'd say it's better because people know what they're supposed to do when they come in to town, but they should take the island out," he said.

One visitor to Chesterville, who said he was "just passing through," was not impressed with the improvements.

"It's kind of ridiculous for a small community. They're taking up all the spaces on the corners and interrupting the flow of traffic," he said.

The intersection dominated conversation over coffee at Louis' Restaurant for five local men Tuesday morning.

And all agreed that the stop signs should stay, but not the curbs.

"I think the stop signs are all right, but I don't think we need the rest of the stuff," said Hubert Casselman.

"We're short of parking spaces as it is," Paul Monast added.

"The four-way stops, 100 per cent. But the rest, take it away," said Charlie Coulthart.

Mickey McMillan said the stop signs are "perfect, but not the rest of it."

"Take the rest of it away," said Lyle Merkley.

# Stormont-area public schools enjoy enrolment increase, report shows

**Elizabeth Moreau**
Record News Editor

CORNWALL—Enrolment in the SD&G Public School Board's English elementary schools is up four per cent this year, and those in the northern areas of Stormont and Dundas are enjoying much of the growth.

Four area schools — Roxmore, Chesterville, North Stormont and Morewood — have a combined 64 more students than last year. In all of the board's 30 English elementary schools, there were 7,157 students enrolled as of Sept. 4 — 272 more than in September 1991.

The numbers were released last Tuesday in an interim report by superintendent Gerald Samson. He said while the growth is good news for the board, it may result in larger classes, or two grades combined in one class.

"Overall, as a result of (government) cutbacks, there are more double grades than we used to have, and more single classes with between 30 and 36 kids," Samson said. "That is part of the new realities of...the recession we are going through."

Forty-three per cent of the total enrolment growth was in the board's French-language school in Cornwall, Horizon-Jeunesse, now in its second year. And four schools along the Quebec-Ontario border reported a combined 50 new students.

Tom Savary, principal of Roxmore Public School in Avonmore, said because the 24 new students are spread across the grade levels, the increase won't have much effect on class size.

"They fit in very well," he said.

Savary said one reason for the increase may be a greater influx of people from the cities into the rural areas. "It seems that people who have been away (from the rural areas) are coming back."

But some rural schools have not fared well with enrolment this year. Newington Public School experienced a net loss of 17 students, and Elma Public School dropped from 192 students to 186.

Tracing where each new student has come from and where students go when they leave a public elementary school is a time-consuming process, said Samson. But he did say that six students from Newington are now enrolled in Timothy Christian School, a private school in Williamsburg which doesn't offer junior kindergarten.

Samson also presented figures for the board's secondary schools, which include both full-time high school students and part-time adult students.

At North Dundas District High School, which had 698 regular students last year, 679 students were in class on Sept. 8. Another 52 sudents were enrolled but hadn't yet shown up at the school. Samson said it will be up to the school to track those students, and couldn't say why they were not in class.

The board's nine English secondary schools had 5,194 students last year, and have a capacity for 5,331. Samson said the enrolment figures for the high schools will be more accurate by the end of the month, and he does expect a slight increase over the 1991-92 school year.

The board must submit final enrolment figures to the Ministry of Education by Sept. 30. Samson said the numbers released last week could change slightly over the coming weeks.


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# EDITORIAL & OPINION

## Editorial

### School board trustees face tough call

The trustees on the SD&G Public School Board are faced with an unenviable decision, one which will make them unpopular with a great many people no matter what they decide. And it's a decision they probably should not be making.

Sooner or later the board will have to decide whether to allow condoms in the high school washrooms. Safe sex and condoms are public health issues. Teenage sex is a moral issue, one that involves personal values and beliefs. The only tool that schools should provide for kids is sex education to better help them make their own decisions, and they already do that.

But a request from a group of students and public interest is forcing the board to take a stand one way or the other. And when the board does make its decision, people on both sides of this heated debate should take great care not to read too much into it.

Over and over, those opposing condom vending machines in high schools repeat that by installing them, the board would be promoting teenage sex. Allowing the machines would simply offer a choice to those teens who are already sexually active. If kids who have decided to abstain from sex have not already succumbed to peer pressure or other forces, a machine in a bathroom certainly won't make them change their minds.

Similarly, if the board refuses to allow the machines, it should not be interpreted as a moral statement that sex before marriage is wrong. (Opponents of the machines consistently contend that people should not have sex before marriage, thus assuming that all normal, healthy heterosexuals eventually marry.) Hopefully, if the board refuses to allow the machines, it will be because trustees realize the decision is not theirs to make.

Providing teenagers with information that stresses the benefits, both biological and emotional, of sexual abstinence during adolescence is positive. It's also inherent in any good sex education program. But it's not up to the board to dictate moral standards.

Give the kids the truth, and let them incorporate that into their own lives. When a school board starts telling kids how to live their private lives, it has overstepped its bounds.

Those parents concerned about the so-called moral deterioration of their children should not look toward the schools to save them. If they seriously believe in sexual abstinence for teenagers, then they should teach it at home. And if parents get the message across in a healthy and positive way, they won't have to worry about condom machines luring kids into sex.

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## Off the Record

# Cross border shopping: where's the beef?

by Robin Morris
Managing Editor

Want to try an exercise in futility? Well, you could start by reading this column, or you could try and get some information on Canadian versus American retail food standards. Real, hard, factual information. The stuff that proves an incontrovertible point and your position beyond a shadow of a doubt. The kind of thing politicians and trial lawyers would die for, if that is, they weren't afraid of going to H-E-Double-Hockey-Stick immediately upon shuffling off this mortal coil.

So anyway, here I am, trying to figure out who can give me the information I need to prove to the Neanderthals that their cross-border shopping dollars are going up the spout, despite the widespread apprehension that *absolutely everything, by definition* has to be cheaper in the States.

My point was that the fat content of beef sold in Canada is less than that sold in the U.S. In other words, when you buy meat in Canada, you get steak. And when you buy meat in the U.S., you get sizzle. And shrinkage. And lots and lots and lots of calories and just heaps of cholesterol. And on top of that, you get to pay a bonus of about 23 per cent on your Canadian dollar in a Northern New York supermarket. Plus five bucks for a return bridge ticket. Quelle bargoon.

For instance, did you know that in a 100 gram portion, Canadian beef averages eight per cent fewer calories and **24 per cent** less fat cholesterol than a similarly-sized U.S. portion?

And that broiled Canadian top round steak contains **62 per cent less fat** than its American counterpart?

You know Rowdy Yates and the rest of the Rawhide gang didn't drive this cattle to the railhead. More likely they were driven in pink Cadillacs, munching on fried pork rinds all the way.

But back to the process of gathering the relevant information - and a fascinating glimpse into the world of journalism (aren't you just all a- tingle?).

First of all, a long look at *Sources*, a telephone-directory-sized list of contacts for editors, reporters and researchers.

The only listings under the "Beef" heading were for a research facility in Nova Scotia and a bunch of animal rights activists concerned with the ethical treatment of food animals. A lot of help they'd be: "The best advice we can give you sir, is to switch to bean curd and leave beef alone."

Next, a shot in the dark. The Standards Council of Canada. At least they could point me in the right direction. Which they did, promptly returning my call and sending me off towards Health and Welfare Canada. Now, entering the federal information bureaucracy is like being a litle silver ball dropped into a pinball machine. You never know whether you'll hit bonus points or end up being lodged behind a bumper. The only certain thing, however, is that you will be sent off in a different direction by the next media flipper you encounter.

H&WC referred me to some of their internal people, who, in turn, sent me to Agriculture Canada, who were every helpful and asked me if I had tried H&WC. Yes, I said. Oh, they said. Well, here are some numbers for our people and have you tried the Ontario Ministry of Agriculture and Food? No, I hadn't. So I called Kemptville's 1-800 number where the lady was very nice and suggested I call Guelph. So I called AgCan back in Ottawa and seemed to be going for an extra game when I actually got through to a director. We had a lovely chat about international trade, et al., but when it came to the nitty-gritty of retail standards, he suggested I call OMAF in Guelph.

He even had names and numbers.

By this time, I'm being nominated for the Bell Canada nuisance caller of the year, but anyway, I got directly through to a chap in Guelph and we again had a lovely chat about provincial meat inspection regulations and the fat content of A, AA, and AAA sirloin. But no information on differing retail standards between Canada and the U.S.

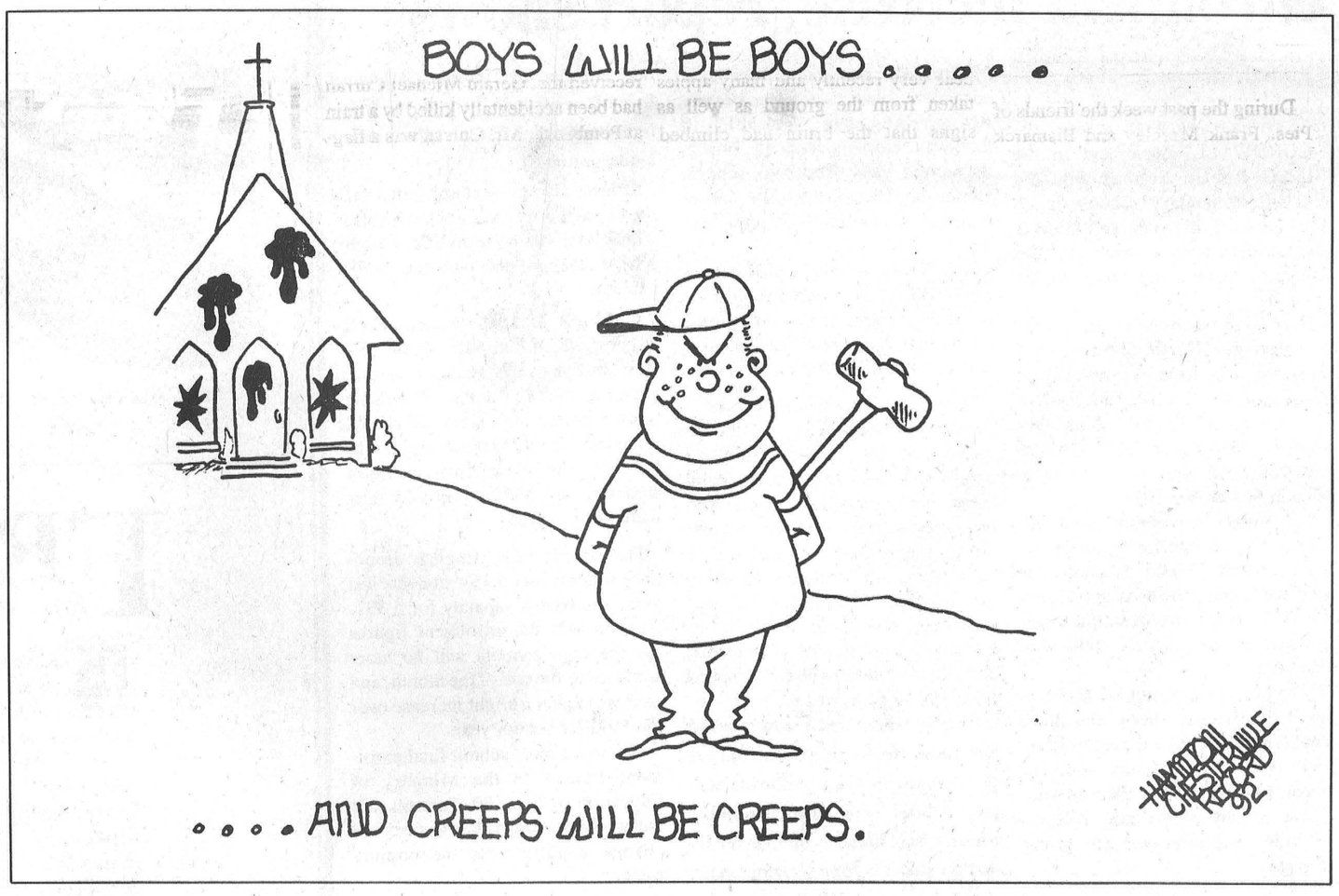
Then we hit the jackpot. Had I tried the Beef Information Centre in Toronto? No I hadn't, but it sounded just the ticket. He gave me the number and I called, even though it was 12:10pm. And I got through. And I got the person I was looking for. And she had just the information I was looking for. And she faxed it to me on her noon hour. Oh happy day! I made deadline, for what it's worth. And you have been hugely entertained.

And we're all better informed.

Isn't this a wonderful country?

My only beef with the whole process (couldn't resist it, sorry) is to get the Beef Information Centre listed in the next edition of *Sources*. If I'd been looking for information on basketball, bathrooms, battered women, beluga whales or the work of the Canadian Leprosy Mission in Bhutan, one phone call would have done the trick.

But then, gentle reader, we wouldn't have been able to spend these few precious moments together, would we?




# THE FARMER'S WIFE

By Wyn Thompson

Tragedy! A black-capped goldfinch flew full force against my window and was instantly killed. A tuft of yellow down left on the glass showed where he met his death.

It is not the first time it has happened, but I felt sad for I never get used to these occurrences.

A mellow day. I picked a basket of tomatoes today, probably my last. It has been a struggle to get them to ripen this year, what with the over- abundance of foliage and our three-day summer that arrived the last of August. But, I have to admit on the third day of summer, I was glad to see it go, for not having been conditioned to it from June on, I found it rather unbearable.

"A wayfaring tree." We were given one this spring by the family and, although it is a delightful and beautiful shrub to see growing on our lawn, I was ignorant of its many virtues until Amanda popped over for a glass of iced tea the other afternoon.

"The viburnum," she said, "or wayfaring tree", was greatly valued by our ancestors. It made pins for the yokes of oxen and superstitious people thought it protected their cattle from being bewitched and placed the shrub around their stalls.

They also regarded it as being the most pliant and best bands to fagot with. The leaves and berries are astringent, and make an excellent gargle for loose teeth, sore throat, and stop fluxes," she laughed.

"The leaves were greatly valued as a source of black dye, so the next time you stop to admire your little wayfaring tree, do salute it."

"I shall, indeed, not that I have any particular need for any of its virtues, but anything with such a useful past deserves a salute," I replied.

The earliest autumn coloring along the concession roads come on woodbine and poison ivy, except here and there a fiery maple bough. The goldenrod is passing while the asters are at the height of their glory.

The gardens are declining, except for second and third plantings of beans and onions and corn. Never, I think, have I seen the summer so deepen into maturity —such serenity —such quiet beauty —never as this year.

Innumerable spider webs appear on the morning grass and, if there has been a fog, it is burned off by noon. The robins are flocking, ready for their journey south.

To the east of the house, our self-seeded sunflowers nod and tremble all day to the onslaughts of the goldfinches who feed on the now- maturing heads. They are a little family group.The father is as yellow as the flowers, showing black only on wings, tail and forehead.

The mother is a more sober reflection, though yellow indeed, and not as nut-brown as the kids. Pick-a-seed, they say, and bend down over the swaying seed heads to pull out a sweet kernel in their hurried way — for they keep a sharp lookout, and if I open the screen door, no matter how quietly, they scatter in sudden flight, still saying pick-a-seed, sweeet.

Cattle are crowding the stubble fields. They are the gleaners today, and they wander at will through the dying and brittle stalks. The September haze turns the bush areas to blue at twilight, and the horizon is lost.

The sumac showed traces of red in August and now begins to color in earnest. Our one remaining elm tree looks tired and rusty and begins to shed old leaves, crisp and sere and tattered.

Frost will soon come, certainly by late September. If light, it does no particular harm, but if heavy that is a different thing. Wild grapes ripen. I pick, simmer, strain for a bit of juice as I am partial to wild grape juice. Birds love grapes, as do foxes I am told.

Milkweed pods are silvery green and ripen daily, popping open and strewing seeds to the wild. Squirrels are busy harvesting nuts and acorns. Bittersweet ripens, tan husks opening to reveal the orange berries.

The Autumn Equinox will soon pass, scarcely noticed. The season is always way ahead of the almanac, or so it seems to me. All September belongs to autumn.

In September, I am reminded of Emily Dickinson's poem,

"The morns are meeker than they were,
The nuts are getting brown;
The berry's cheek is plumper,
The rose is out of town."

Every fall I've watched the war of leaves throughout the countryside, waged by conscientious homeowners. Fortunately this war is abating as more and more people are converted to the practicalities and concern for the environment.

But, one person is particular, the owner of a large and immaculate lawn, waits while the leaves fall. When the last leaf is down, she strikes. The yard man arrives with a machine that blows the leaves into windrows, then they rake, gather the leaves into baskets, dump the baskets into the truck, and cart the leaves away. Like precision clockwork, mind you.

Contrast leaf disposal around Hill House. I have no truck, no blower. I have a husband with better things to do. I have better things to do myself. The leaves lie there. The lawn looks a bit scruffy. I feel a bit bad, not too bad though.

And, funny thing: by the time the Farmer takes a final whirl around the yard with the lawn mower, my lawn is as bare of leaves as my friend's. Sometimes the wind even gets in ahead of the Farmer.

Fallen leaves. Rake them if you want, is what I think, but remember what the poet wrote, "These too the winds shall carry off."

Thought for the week: "The race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all." - Ecclesiastes.

## Letters

# Package not good enough for Reform party

**To the Editor:**

In each of us who call ourselves Canadian, is a small part of our souls that is set aside for Canada. It is this part of us that we use to define what we think Canada is, what we think is good for Canada, and what is bad for Canada. This ability to make decisions based on our democratic rights and responsibilities is an essential part of being a Canadian. It promotes our sense of dignity as citizens. It is this "sense of Canada" that we will use to decide on Oct. 26 whether we vote Yes or No to the proposed constitutional reforms. It is, in fact, what the Reform party refers to as "the common sense of the common people".

The Reform party riding association of Stormont- Dundas has determined by a survey conducted last week that 93 per cent of its members support the No position in the upcoming referendum. We will therefore join the national committee in advocating a No vote in the October referendum.

The Reform party has always rejected the concept of hyphenated Canadians, and reject the prefixes "good" or "bad" being used by the Yes side. We are not enemies, and when it is all over, we will all still be Canadians —first and foremost.

We believe the package —what we have seen of it —is not good enough for Canada, and does not measure up to the principles of the Reform party. We believe in the equality of our citizens. This package moves us further along the road to the South African model of apartheid by creating special status for citizens who meet certain racial criteria. This will do nothing to reconcile and unite, but rather will further divide and antagonize us. The proposed reform to the Senate and the Commons will not result in better government and a more favorable economic climate, but an increased bureaucracy, an increased deficit, and an even more uncertain economic situation. The veto granted to provinces over future change to federal institutions will create a static rather than dynamic Constitution. This will effectively block the evolution of the Senate toward greater effectiveness. We, unlike the other parties, cannot compromise our principles.

To accept this package simply because Mr. Mulroney has used his "wear down and exhaust the opposition" tactic would be unfortunate. To accept it because it gives us a few months of constitutional peace is reminiscent of the "Peace in our time" claim, while Hitler was massing his troops along the Polish border. (Quebec Premier Robert) Bourassa has already said there are still more concessions he wants from Ottawa.

This deal has been forced on us by the egos of a few in political power, seeking a space for themselves in their version of history. We call for a moratorium on all constitutional conferences for at least five years. It is better to keep the flawed constitution we know works, than to accept an even more flawed version, with little hope of ever changing it, simply because it is "the best they could come up with."

The Reform party insists that Canada is worth a lot more than the best they could come up with.

**Yours truly,**
**Richard Mitchell,**
**President,**
**Stormont-Dundas**
**Reform Party Association,**
**Iroquois, Ont.**

# NAFTA a 'kick in the teeth'

**To the Editor:**

Could you please print this letter. It's against the North American Free Trade Agreement (NAFTA), of which I know very little. If you do print this my name will be put in a government computer bank of undesirables who speak out against the deal. If this deal is anything like the previous free trade agreement with the United States then the only benefit will be to big business at the expense of the middle class. It will be another kick in the teeth to the factory worker and small business person. This letter will cause me to join the elite, who still believe in this country at the expense of being called by the federal government "a left wing crypto-communist anti-free trade, NDP-Liberal con group."

Hard to believe! Well that's what Trade Minister Micheal Wilson's chief of staff James Ramsay calls us.

**Yours truly,**
**Roy Middleton,**
**Crysler**

## From Chesterville's Past

**Sept 21, 1916**

During the past week the friends of Ptes. Frank Merkley and Bismarck Fulton were advised that each had been wounded in action somewhere in France. The former is reported seriously wounded and while the latter was reported wounded in three or four places, it is not definitely known how badly.

Saturday, Roy Cassidy, son of Mr. and Mrs. Wm. Cassidy of the Ridge, was reported slain in battle.

**Sept. 17, 1931**

Unmistakable evidence was discovered this morning by Mr. Morley McPherson, who lives about seven miles south-east of Chesterville in Williamsburg Township, that his apple orchard had been visited by a bear very recently and many apples taken from the ground as well as signs that the bruin had climbed several of the trees in search of more fruit.

Commencing about three o'clock on Tuesday morning, Chesterville and district was treated to a heavy downpour of rain which lasted for about three hours, and the longer it continued, the greater was the joy hereabouts. Picnics, women's meetings and all those old-time jinks which were supposed to bring rain in their wake have failed in recent weeks until it almost appeared that we would dry up and blow away.

**Sept. 17, 1953**

Tragedy struck a Chesterville home Monday of this week when word was received that Gerald Michael Curran had been accidentally killed by a train at Pembroke. Mr. Curran was a flagman of the extra gang working on the line west of Pembroke when the accident happened. He was in his forty-sixth year. Mr. Curran was engaged in flagging down westbound trains to warn them of a construction crew lifting the rails two miles west of town. Prompt action by two local youths prevented a possible break-in at the Co-op building last Thursday evening. Junior Fyke and Bruce Hartwell were walking back King Street around 11 p.m. when they noticed some suspicious activity. Some dark figures were lurking about at the back and on the loading platform at the south side. After short consultation, Junior hustled over and notified P.C. Bill Hunsburger.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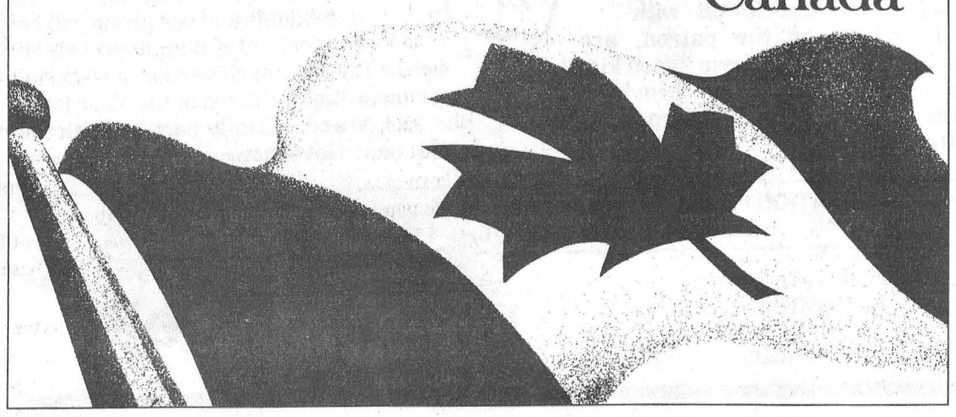


# Public divided on whether to allow condoms in high schools

## *School board must make decision about machines*

**Elizabeth Moreau**
Record News Editor

CORNWALL—When trustees on the SD&G Public School Board debated last spring whether or not to allow condom machines in high schools, they agreed they needed more information. Some suggested public input as well. And this week, they got more than two hours of input from parents, students, doctors and clergy.

The debate stems from a request made in April by students at General Vanier Secondary School in Cornwall, who petitioned the board to allow condom machines in the school's washrooms. The board voted in May to deny the request, but referred the matter to its program committee for more information.

The committee met Monday, and heard eight presentations on both sides of the issue. They also received 23 letters from people in the Cornwall area.

Proponents of condom machines in the high school washrooms cited the high rate of teenage pregnancy in SD&G, and the frequency of sexually transmitted diseases among teens.

"When you see a girl, who's had sex once, with a case of herpes, it's devastating," Dr. Christine Billsman, a Cornwall family physician, told trustees.

Billsman said installation of condom machines should be accompanied by information on condom use and sex education.

"If (the machines) do go in, I think it has to be done with a great amount of care," she said.

And while she doesn't believe teenagers under 18 should be having sex, Billsman said if they want to, teens will have sex with or without condoms. She said within three months last year, eight pregnant teenage girls visited her office.

But others said the board would be condoning teenage sex by putting condom machines in the schools. Cornwall resident Marilyn Bergeron told the committee that it is not the board's role to provide condoms to students. And, she argued, because of the dangers of leakage and breakage, condoms would expose even more students to sexually transmitted diseases.

"For every one individual's life we might save, we're putting at risk hundreds of other teens, because of the message we're sending them: 'We know you're going to do it...here's a condom.'"

Dr. Robert Bourdeau, head of the Eastern Ontario Health Unit, said he did not know of any studies that evaluate the impact of condom machines in schools.

"Whatever the final decision taken by the board of education, I would like to make a plea to the board to develop and implement programs emphasizing risk avoidance and delay of sexual activity," he said.

Although trustees on the program committee did not debate the issue Monday, some did indicate support for the machines.

"We take these children, we hug them, we babysit them, we educate them, and now we even feed them," said trustee Joe Gunn. "Don't you also think we should save their young lives?"

The program committee will present the board with information from Monday's meeting on Sept. 29. But committee chairman Bill Lasalle said discussion on the issue may not end there.

"Whether or not they (the board) make a decision is up to them," he said.


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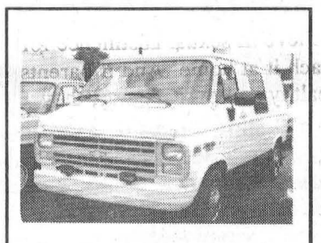
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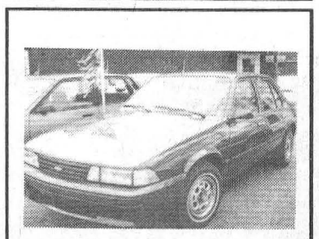
$5,995.00


90 Plymouth Acclaim
air, tilt, cruise, cassette, remainder of factory warranty
$7,495.00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Home support co-ordinator Nancy Gibson with volunteers Muriel McRae and Anne Bradley

# Program reaches out to seniors

**Elizabeth Moreau**
Record News Editor

Just a few hours a week have made a big difference in Helen Bailey's life. The Winchester woman, who lives alone, says some days can be very long. So when she heard about a new program that matches seniors with volunteers who visit them regularly and provide some company, she wanted to get involved.

Bailey learned of the VON Home Support program through a friend, and called co-ordinator Nancy Gibson to inquire about transportation services. Bailey puts her car away for the winter and thought the transportation service would be useful. And at the same time, she found out about friendly visiting.

"Nancy mentioned that they had visitors for people who were lonely," Bailey says. "I'm one of them."

Muriel McRae, a Chesterville volunteer, has visited Bailey twice in the last month. They had lunch the first time, and just sat and talked the next.

"I enjoyed it very much," says Bailey. "It was nice having someone to talk to."

The VON program was developed to serve seniors in the North Dundas area and allow them to remain at home as long as possible, says Gibson, who was hired in June to run the program.

And although few seniors from the Chesterville area have yet to take advantage of the different services, Gibson says there is a need in the community.

"There are a lot of people who don't have the opportunity to get out a lot," she says. "We want them to know that the service is for them."

The program serves people in Winchester and Mountain townships, including the major villages and all the surrounding rural areas.

In addition to the visiting service, which is confidential and free of charge, the program offers transportation services to and from medical appointments, shopping trips, and other outings. There is a fee for the transportation, which varies depending on the length of the trip.

Volunteer driver co-ordinator Anne Bradley matches drivers with seniors who need to get somewhere. So far, there are 19 volunteer drivers in North Dundas, including ones who can accommodate wheelchairs and walkers. Bradley says she expects to be busy during the winter, when some seniors have difficulty getting out of the house.

Gibson says initial response to the transportation service has been positive.

"So far it's been very well-received," she says. "The drivers are very courteous."

While the program is designed for seniors, Gibson says potential clients don't necessarily have to be 65 years old to qualify.

"Our primary target is the frail elderly, but if we can accommodate those under 65, they won't be refused," she says.

As the program develops, Gibson hopes to add other services, including a home and yard maintenance program and telephone referral service.

*For more information on the VON Home Support program, call Nancy Gibson at 774-6109.*

# Fewer choices, more problems?

## *Director of education questions destreaming policy*

**Elizabeth Moreau**
Record News Editor

CORNWALL—Ontario students who entered Grade 9 this month were faced with a host of choices in deciding which courses to take. But they'll be the last group of first-year high school students to make those decisions.

Next year the Ministry of Education will begin phasing in a so-called destreaming policy for Grade 9, making it more similar to the way Grades 7 and 8 are taught.

Jim Dilamarter, director of education for the SD&G Public School Board, is concerned about the policy. He told trustees at a meeting last week that the province has not provided clear guidelines to make destreaming easier for Ontario schools boards.

"I don't think they quite know which direction to tell us to go," he said.

Talk of destreaming has been going on at the provincial level for several years, and school boards learned of the new policies in â June memo from the Ministry of Education.

The memo says that, starting in September 1993, students will not earn credits for Grade 9 courses and that those courses will no longer be organized according to level of difficulty. These policies must be fully implemented within three years.

Currently, students who enter Grade 9 choose which level of courses they will study — basic, general or advanced. Advanced courses are geared toward students who expect to attend university. Courses in Grade 10 through to the OAC level will continue to be given according to level of difficulty.

Dilamarter says grouping students by their level of ability, or streaming, primarily benefits students at each end of the learning spectrum — those with learning difficulties or disabilities and those who are advanced. He said putting all students in the same class without a carefully designed program risks losing the interest of students in both groups.

"The kids who will go on to the advanced level need a challenge," he said in an interview Monday. "If we're not careful and design the wrong program, they're going to be bored. And kids at the other end of the spectrum will be very frustrated."

Ann Thomson, an education officer with the ministry, says one of the goals of destreaming Grade 9 students is to prevent them from making the wrong choices.

"Sometimes those choices are very difficult to make, and sometimes the appropriate choices aren't being made," she said in an interview from her Ottawa office.

Some students may choose courses which are too difficult, Thomson said, and the frustration can affect the rest of their high school lives.

"If they experience difficulty in Grade 9, some of those kids never recover," she said.

She said pilot projects across Ontario have shown that grouping students together, regardless of their perceived learning abilities, is successful.

The full impact of destreaming will be phased in over three years, she said. The ministry will provide guidelines on core curriculum, and the board will have to design the programs.

Dilamarter says some programs, like history, geography and arts courses will be easier to destream than courses like math. And he says it's going to cost the board money. He says implementing the policy will require added resources, a changed curriculum, and training for teachers.

While he doesn't think all students should be treated in exactly the same way, Dilamarter does agree with some of the theory behind destreaming. But he says the board needs adequate resources if the policy is to be successful.

"There are elements of destreaming that are very good that we wish to incorporate. But there are some things we don't want to do," he said.




**Fire safety**: The Chesterville Volunteer Fire Department presented three area schools with Learn Not to Burn curriculum last week, a program that teaches fire safety to kids from junior kindergarten through Grade 8. Shown are: (left to right) Larry Cooke, fire prevention officer, Chesterville Public School principal Bob Gilroy, Fire Chief Ross Casselman, Donna McMartin of St. Mary's School and Deputy Fire Chief Mike McMahon.

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Canadian Figure Skating Association

**Chesterville & District Skating Club**
**1992-1993 Season Registration**
Monday, September 21, 1992
Chesterville Arena
7:00 p.m. to 8:30 p.m.

FEE:

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| One Child | - $70 |
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**45 Minute Lesson**
Senior Badges - One child - $90
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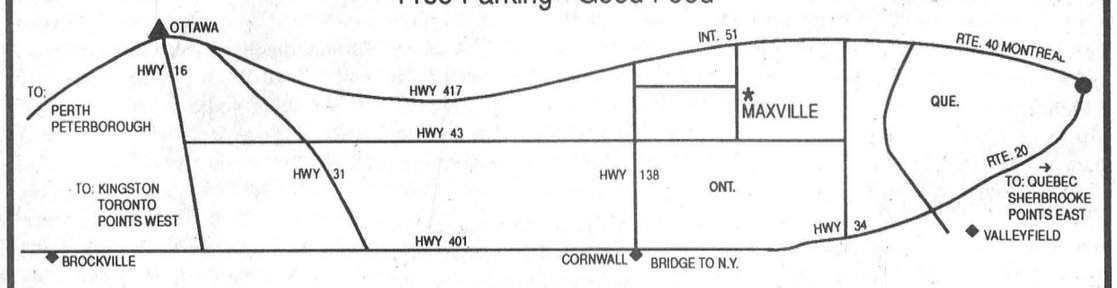


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To nominate an individual or a group of young people, for the Ontario Junior Citizen of the Year Award, please contact this newspaper or the O.C.N.A. at (416) 844-0184. Nominations, for this year's awards, will be accepted until October 31, 1992.

Every nominee will receive a certificate and up to 12 individuals and one group will be the recipients of a plaque presented by the Lieutenant Governor of Ontario, an Ontario Junior Citizen of the Year lapel pin, $200.00 and a family portrait with the Lieutenant Governor.

**NOMINATION FORMS** - are available by contacting this Community Newspaper or O.C.N.A. (416) 844-0184.

ONTARIO JUNIOR CITIZEN OF THE YEAR AWARDS
ontario community newspapers association
Bell

# CEC unveils 'one-stop shopping' info centres

**Michelle Valiquet**
Special to the Record

CORNWALL — Canadians may soon have to give up the familiar frustration of winding their way through the maze of federal bureaucracy in order to answer questions about government programs and services.

InfoCentre, a federal government pilot project unveiled September 1 at 130 locations across the country, is the first step towards providing the public with a "one-stop shopping" resource centre where a range of services are available under one roof.

Instead of having to call individual departments and programs for basic information using a costly 1-800 number, individuals in smaller communities can now access information at their local InfoCentre.

"The government was concerned about fiscal restraint, but it also wanted to provide better service and simplify things," says Mike McDonald, InfoCentre co-ordinator. "It won't happen overnight, but this is a good start."

In addition to clients being able to ask CEC staff basic questions on the participating government departments, they can use an on-site 1-800 number for more in-depth service.

Those wishing to obtain Access to Information and Privacy data can use a self-serve automated computer station.

"The age of technology will allow us to bring services to the customer instead of having the customer come to the services," says Denis Thibeault, area manager of Cornwall's Canada Employment Centre which was chosen as one of the InfoCentre office locations. Most InfoCentre sites are located in Canada Employment Centres, although Health Canada as well as Revenue Canada will offer InfoCentre services in some of their locations.

Thibeault says people will be able to pick up publications and forms on numerous federal programs such as pension, family allowance benefits, taxation, veterans' benefits, training and unemployment insurance at InfoCentre.

Plans to phase in other services are also in the works, including replacement of government cheques and tax clinics. Within two to five years, Thibeault predicts the government will further expand InfoCentres to more communities and adopt user-friendly computer systems that will allow the public to do everything from make payments to federal departments to complete application forms via the computer.

"Its applications are only limited by the scope of our imagination," said Thibeault.


**YARD SALE**

4 families, Sat., Sept. 19. 8am-2pm. 50 Church St., Chesterville. 2 double bed sets; folding bed; sofa bed mattress; swag lamps; B&W TV; toys ; games; books; rowing and ski machines; exercise bike; magazines (back issues) & lots more.

Now Open
PHYLLIS'S FABRICS & GIFTS
• Fabrics • Lace
• Material for Quilting
• Sewing Notions
• Quilt Backing
& More
Come & browse
Tuesday, Thursday, Friday & Saturday
1p.m. - 6 p.m.
52 Main St.
Avonmore
346-2491

IT'S SHOW TIME!
This Is Your Personal Invitation To Our NEW CAR SHOW
JOIN US FOR OUR
21ST ANNIVERSARY
FRIDAY, SEPTEMBER 25
3 P.M. – 10 P.M.
SATURDAY, SEPTEMBER 26
10 A.M. – 2 P.M.
LIGHT REFRESHMENTS & LUNCH
• DOOR PRIZES •
SEE THE NEW LINEUP OF 1993 MODELS
FINAL CLEARANCE SALE
65 NEW & DEMONSTRATORS
1992 CARS AND TRUCKS
MUST BE SOLD TO MAKE ROOM FOR THE '93s
AS LOW AS 3.9% FINANCING ON SELECTED MODELS
See Us For All The Details!
Darryl McDonnell 543-2925
Barry McMillan 543-3680
Jim Notman 933-8892
Kirk McMillan
UP TO $1500 CASHBACK ON SELECTED PICK-UP TRUCKS
UPPER CANADA MOTOR SALES LTD.
CHEVROLET Geo Oldsmobile
CORNER OF HWY. 2 & 31
MORRISBURG 543-2925

# 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 - Ponies, all types. Phone 984-2414.

5

FOR SALE - Wall unit, 2 kitchen tables. Call 448-2523.

5

CAKES FOR SALE - Birthday cakes $10; Character cakes $20. Have a design? Put it on a cake! Call Cathy 984-2691.

8

FOR SALE - 1972 Mustang Grande. In good condition. Phone 448-2957 after 6pm.

5

INCREDIBLE LOW PRICES - Open to the public. Garage doors: 195.00; steel doors 34": 49.95, with frame: 79.90; interior doors: 10.57, colonial: 16.97, solid pine: 69.95, pre-assembled doors: 29.95; ceramic floor 8"x8": .99 ft. sq.\box; 12"x12": 1.39 ea.; ceiling tiles 2x4: 1.89; planning 4x8: 4.95; 2x4x8: 1.09; 10': 1.50; 2x8x12: 3.95; 2x10x14: 6.75; oak flooring 2-1/4: .69; select: 1.09; pre-varnished: 1.89; clapboard masonite: 39.00 sq.; melamine 5x6: 5.97; 4x8: 7.97. Cash only. Masson 819-986-5720.

6

FOR SALE - Baby's cib with mattress, crib sheets, like new; denim infant carrier, playpen, high chair. Phone 987-2194 after 6pm.

6

FOR SALE - Beginners deluxe hair styling kit, with many extras. Asking $400. Call after 6pm 346-2219.

5

FOR SALE - 35 bags of potatoes, Chieftain. Phone 448-2681.

5

FOR SALE - Purebred service age Holstein bull. Contact John and Howard Morrow 527- 3008.

6

WE PAY THE GST ON ALL TREATED LUMBER & ASPHALT SHINGLES - Treated lumber 1x6x6: .99; 2x2x42: 1.39; 2x4x8: 1.99; 2x6x8: 2.69; 4x4x8: 3.69; 10': 4.60; 12': 5.55; 16': 5.99; 6x6x8: 9.39; pre-assembled fences 6'x8': 25.95; plywood 5/8: 19.95; asphalt shingles manoir 20 yrs.: 4.99; felt 15': 7.99; 95' roll, black, green, white: 5.47. Until Sept. 30. Cash only. Masson 819-986- 5720.

6

FOR SALE - Super single waterbed with nearly new bladder, wooden frame & headboard. Great for children. In excellent condition. Phone 448-1976 after 6pm.

5-1

FOR SALE - Goalie hockey equipment, Peewee to Midget league sizes, excellent condition; 2 pr. boy's size 5 skates. Phone 984- 2484.

5

FOR SALE - Yes we do have 5, 7, 10, 12, 15 and 22 cu. ft. Woods deep freezers in stock, ready for delivery. We also carry 3 models of dehumidifiers to keep your house or basement dry and comfortable. John Witteveen T.V.- Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

5-1

AVONMORE BERRY FARM

1 Mile North of Avonmore

Pick Your Own & Ready Picked

MacIntosh Apples

Raspberries & Tomatoes

Fruit Pies • Biscuits • Muffins

All Homemade

346-5414 (Tape)

346-2336

Fall Hours

Tues. to Sun. 9 am to 6 pm

*CLOSED MONDAYS*

FOR SALE - Silo unloader, 16' Badger, used one season. Phone 448-3254.

5

FOR SALE - Final Fight Super Nintendo game, book and box included, in excellent condition. Phone 448-1976 after 6pm.

5

FIREWOOD FOR SALE - Quality hardwood logs (mostly maple, beech and red oak), in 8' lengths, delivered. Loads of 7, 8 or 15 cords available, $80/cord. 821-1930.

5-1

## FOR SALE

LOT FOR SALE - Casselman, lot 85'x200', beautiful view, $24,900. Phone 987-2198, 764-5577 or 764-3635.

33tf

SMYTH'S

EARLY APPLES

Cider and Apple Products

Smyth's Apple Orchards

Dundela 652-2477

3 miles west of Williamsburg

Open 7 days a week 9-7

FOR SALE - First cut round bales stored indoors; second cut standing hay. Can be baled or chopped. Phone Tom 448-3350.

51stf

BLACK FOREST CAKES - $20-$40; Baked Alaska (ice cream cake) $15 and Birthday Cakes $12 and up. Heather Parent 448-2598.

52tf

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

33tf

FOR SALE - Straw on the field. Phone Neville Bros., Finch 984-2427, 984-2849 or 984- 2258.

1tfc

SILO REPLASTERING, SILO SEALING - Free estimates. Bill Wammes 821-3718.

1tfc

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

21tfc

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

2tfc

FOR SALE - Oat straw. Phone 984-2794 any time.

5

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

7

Easy Picking

Small Trees

Pick Your Own APPLES

Pre-picked apples also available

Cider & Spring Bulbs Available

Applewood Farm

2 km west of Morrisburg on Lakeshore Drive

Open daily 10am-dusk

543-2364

FOR SALE - All new vacuum cleaners built by Eureka! Upright style to do all your carpets quickly and easily. Hose and tools are attached to do all other jobs! On sale now for only $159. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

5-1

FOR SALE - Young laying hens, started to lay. Phone 984-2089.

5

FOR SALE - 1986 Chev Monte Carlo, V- 6, new exhaust, good condition. Asking $4500. Call 346-2211.

6

DART SUPPLIES FOR SALE - M.T. Advertising and Sports Ltd., 17 Industrial Dr., Chesterville. Phone 448-3054.

8-4

FOR SALE - 12'x60' mobile home. New roof and most windows. Must be moved. Interior renovations needed. Asking $3000. Call 448-3600 days and 448-3400 evenings.

6-2

Cannamore Orchard

Monday to Friday 10am-6pm

Weekends 10am-5pm

Pick Your Own & Pre-Picked Apples

In October

Pick Your Own Pumpkins

Free Wagon Rides

Country Store with jams, honey, maple, cider

4 Km. East Of Morewood!

## NOTICES

HORSEBACK RIDING & PONY RIDES - Hourly rates, boarding, breaking, training & breeding also available. Phone 987-5785.

7-4

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

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

1tf

ELECTROLUX SALES & SERVICE

New vacuums for '92

Central vac systems

5 year warranty

We repair all makes

Display at McHaffie's Flea Market

Mitch Cassell

543-2140 Morrisburg

34tfc

BRENDA'S HAIR STUDIO - Bergin St., Finch is open Tues. to Sat., Thursday evening appointments only. Phone 984-2932.

49,51,1,3,5,7

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

20tf

LORILEA'S CLIP SALON & KENNELS - Boarding and grooming of dogs and cats. Since 1975. Phone 448-3507.

44tfc

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

43tf

Karen's Hair Studio

Professional Ear Piercing Now Available. Early Bird Special. Come early for Best Selection

Proprietor: KAREN PARKER

57 Hummel St., Chesterville, Ont.

448-2152

CHESTERVILLE'S TICKLE TRUNK COSTUME RENTAL & ACCESSORIES - 146 Queen St. West. Phone 448-3507. Hours Sept. 14-Oct. 17: Mon.-Fri. 7-9pm; Sat. 10am-4pm or by appointment. Oct. 18-Nov. 1: 9am-9pm or by appointment.

11-7

SILK SCREENING & EMBROIDERING - M.T. Advertising and Sports Ltd., 17 Industrial Dr., Chesterville. Phone 448-3054.

8-4

NOTICE - We're at your service. Need a vehicle and the bank turned you down again? Call Car-O-Line Autos, Chesterville, 448-2488. Your area leasing headquarters for new or re- conditioned vehicles.

ROUND BALING SERVICES

• 3 CLAAS BALERS

• WATER RESISTANT NETTING OR TWINE

• HAY TARPS

CALL

ROBERT CASSELMAN

984-2638

## FOR RENT

APARTMENT FOR RENT - In Chesterville, 2 bedroom. Available immediately. Fridge and stove, garage, $440 monthly plus heat and hydro. Phone 774-5323.

43tf

COMMERCIAL SPACE FOR RENT - 800 sq. ft. of commercial space, in Chesterville. Will decorate to suit you. Phone 448-3400.

45tfc

FOR RENT - 1 bedroom apartment, ground floor, in Winchester, $450 plus hydro. Available Sept. 1. Phone 774-5323.

48tf

## FOR RENT

APARTMENT FOR RENT - 2 bedroom apartment, parking, appliances included. Available Oct. 1. On site laundry facilities $397 monthly, in Morewood. Call 448-1224 or 728-9740.

6

FOR RENT - 2 bedroom apartment in Chesterville, $500/month. Utilities included. Phone 984-2366 or 448-1648.

5

FOR RENT - 2 bedroom apartment with garage. Heat, hydro, fridge and stove included. Available Dec. 1, 1992. $550/month. Apply to John Beehler, Crysler. 987-5363.

7

FOR RENT - 2 bedroom apartment in Chesterville. Available Nov. 1. Phone 448-1887 at 7pm.

5

HOUSE FOR RENT - In Chesterville. Available immediately. Phone 448-2755 after 6pm.

48tfc

## WANTED

HELP WANTED - Dundas County Community Living requires part-time counsellors for weekend work in residential environments to a maximum of 24 hrs./week. D.S.W., E.C.E. or equivalent and experience in the field preferred. Submit applications to Program Co-ordinator, Box 678, Morrisburg, Ont. K0C 1X0.

5-1

WANTED TO BUY - Good secondhand pair of ladies' broomball shoes, reg. size 8. Phone 448-1976 after 6pm.

5-1

WANTED - Looking for people to car pool with to downtown Ottawa daily. Phone 448- 1947.

5

WORK WANTED - Mother of six will babysit in my home Mon.-Fri. Ask for Kathy 774- 5070.

5

CATERING SERVICE - Heritage Cafe announces our new division of Heritage Catering. Full service in hot, cold or buffet menus. For information call 448-1737 and ask for Isobel or Virginia.

5

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

45tfc

CHIMNEY SWEEP - Be safe! Get your chimney cleaned at least once a year at a reasonable price. Call Lyle 448-3255 after 5pm or daily 448-2574.

5

## COMING EVENTS

YARD SALE - 4 families. Sat., Sept. 19. 8am-2pm. 50 Church St., Chesterville. 2 double bed sets; folding bed; sofa bed mattress; swag lamps; B & W TV; toys (some "Barbie" items); games; books; back issues of magazines (National Geographic, Road & Track); rowing and ski machines; exercise bike & lots more.

5

MULTI-FAMILY YARD SALE - At Duart MacLean's home, Goldfield, Hwy. 43, Sat., Sept. 19, 1992. 9am-2pm. Chesterfield, etc.

5

YARD SALE - In barn, Hwy. 43, 6 km east of Finch, Fri., Sat. and Sun., Sept. 18, 19 and 20. 9am. 2 good dryers (Kenmore); 4 fridges; 1 small freezer; 2 cribs; BBQ; kitchen nook, white & grey; dresser; wall unit; colonial table & china cabinet; large china cabinet (wood); night table; misc. articles.

5

CHESTERVILLE LEGION DANCE - Sat., Sept. 19, 1992 at 9pm. Featuring The Drifters. Everyone Welcome. BBQ.

5-1

CHESTERVILLE UNITED CHURCH RUMMAGE SALE - Sat., Sept. 26, 1992. 9-11am.

6

MIXED PARTY - In honor of Lisa Graafland and Rene Boulanger on Sat., Sept. 26, 1992 at the Chesterville Arena. Music by Mojo's Disco. Age of Majority is required.

6

CHESTERVILLE LEGION BR. 434 GENERAL MEETING - To all members - our first general meeting since June will be held at 8pm, Mon., Sept. 21. Hope to see you there. - Mac Feeley, President.

5-1

## COMING EVENTS

NEWINGTON UNITED CHURCH ANNIVERSARY SERVICE - Sun., Sept. 20, 1992 at 8pm. Special music Stormont Men's Choir and Guest Soloist Kathy Raymond.

5-1

WEDDING RECEPTION - In honor of Cindy Morgan, daughter of Mr. and Mrs. John Morgan and Andrew Brown, son of Mr. and Mrs. Earl Brown, Sat., Sept. 19, 1992 at 9pm. Lancer Community Centre, Ingleside, Ont. D.J. Everyone Welcome. Lunch Served.

5

20th ANNUAL ANTIQUE SHOW & SALE - Sponsored by Grenville County Historical Society (1891). Prescott, Ont., Sept. 26 and 27, 1992. Sat., Sept. 26 11am-8pm. Sun., Sept. 27 11am-4pm. Just south of Hwy. 401 at Exit 716, South Grenville Dist. High School, Edward St., Prescott. Admission $2.50.

6-2

MOREWOOD SENIOR CITIZEN'S EUCHRE - Sat., Sept. 19, 1992 at 8pm in the hall. Everyone Welcome.

5

CHESTERVILLE UNIT OF W.D.M.H. AUXILIARY GENERAL MEETING - Thurs., Sept. 24 at 10am in the W.I. room.

5

ST. BERNARD'S HARVEST SUPPER - Finch Community Centre, Sun., Sept. 27, 4-8pm. Adults $7; Elementary $4; under 5 yrs. free. Smorgasbord.

6

LEGION MIXED DARTS - There will be a sign up for darts Sept. 16 and 23 from 7-9pm at Chesterville Legion. Meeting for rules and committees Sept. 23. $15 to sign up, $2 per night to play. Everyone welcome. For information call Bill Harper 448-2853.

6-3

50th WEDDING ANNIVERSARY - Graham and Gladys Smith warmly invite friends and neighbors to celebrate with them their 50th wedding anniversary on Sat., Sept. 26, 1992 at the Chesterville Legion Hall. 9-12pm. Music by Shad's Disco. Best Wishes Only.

6

WINCHESTER HOSPITAL BAZAAR - Sat., Oct. 24 at North Dundas District High School. 1:30-3:30pm. Giant bake table. Tea Room.

5-1

UPPER CANADA PLAYHOUSE - Presents The Honeymooners by Dean Hawes based on the popular T.V. show! Sept. 9-27. Tues.-Sat. 8pm; Sun. 2pm. Extra shows at 2pm on Sept. 16, 23 and 24. Country Supper - Sept. 17, 24 ($21, show included). For tickets: 543-3713.

5-1

SURPRISE MISC. BRIDAL SHOWER - In honor of Sheryl Steinburg, future bride of Alain Cayer, Wed., Sept. 23, 1992 at Morewood Community Centre at 7:30pm.

5-2

CHRISTOPHER LEADERSHIP COURSE - A course to gain leadership skills through effective speaking and gaining self-confidence. Tues., Sept. 22, 1992 at Winchester Municipal Building, 7pm. For more information call Bea Duncan 989-2994

5

Connaught Rod and Gun Club

Fun Derby

Sept. 19/92

Nation River - Walleye

Register at club house

9:00 a.m.

Fish Fry to follow

*Everyone Welcome*

What's on at The Sierra Grande Hotel

Chesterville, Ont.

Sept 18th, 19th

"HEART OFTHECOUNTRY"

Top Country Band

Sept. 24th, 25th

""THE NEW T.L.C."

Top 40 Band

Oct. 3rd

"MARK LABELLE COMEDY"

50 Main St. - Chesterville

## COMING EVENTS

Winchester Theatre

FRI. SEPT.. 18, SAT. SEPT. 19

Starting at 7:30 P.M.

"DEATH BECOMES HER"

RATED: P.G. Stars: Meryl Streep, Goldie Hawn & Bruce Willis. "A wonderful comedy loaded with gags."

BINGO - At the Chesterville Legion Hall, Sat., Sept. 19, 1992 at 1pm. Sponsored by Chesterville Legion Auxiliary Branch 434.

5-2

WEDDING RECEPTION - In honor of Lynne Lamarche and Neil Beehler, Sat., Sept. 19, 1992 at Crysler Community Centre. 9pm-1am. Everyone welcome.

5-2

ST. MARY'S HARVEST SUPPER - Sun., Sept. 20, Legion Hall, Chesterville. 4-7pm. Adults $7.50; children 12 & under $3; pre-schoolers free. 50/50 ticket draw at 7pm.

5-2

WINCHESTER CURLING CLUB ANNUAL FALL MEETING - Tues., Sept. 22 in the club lounge at 7:30pm. All members and interested parties urged to attend.

5-2

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

3tfc

SANDERS MAPLE PRODUCTS & PANCAKE HOUSE - Hwy. 43, Finch, Ont. will be open weekends starting Sept. 5 to Oct. 31, 1992. Take a walk in the bush and enjoy the beautiful fall colors of this season. 984-2368.

6-4

BINGO - Sponsored by Mountain Twp. and Dist. Lions starting Sept. 8, every Tues. night at the Agricultural Hall, South Mountain. Doors open 6:15pm. Bingo starts 7:15pm. New progressive jackpot $300 increasing $100 each week. Consolation $100.

CRAFT SALE

Oct. 24/92

Anyone interested in renting a booth contact Susan

at 448-3711

Sponsored by Happy Face Nursery School

ARTS & CRAFTS FAIR

Saturday & Sunday

October 17 & 18

Berwick Community Hall

Berwick

Sponsored by the Berwick W.I.

There are still some tables available.

Call Jessie at

984-2725

For more information

The Seaway Valley Dollcraft Guild



13th Annual DOLL SHOW & SALE

United Counties Museum

"The Wood House"

731 Second St., West, Cornwall

*Handcreated and Collectible Dolls*

Saturday & Sunday

September 19th & 20th

10 a.m. until 4:30 p.m. daily

# AUCTION SALES

**AUCTION SALE**
**Estate of Gladys Hutt**
**FURNITURE, ANTIQUES, TOOLS, TRACTOR**
**2 miles west of Chesterville or 1 mile south & 2-1/2 miles east of Winchester on Hwy. 43 across from North Dundas Dist. High School**
**SAT., SEPT. 26**
**Commencing at 11 AM**

Brentwood electric stove & fridge; Admiral freezer, new condition; Gibson fridge; GE auto. washer; Moffatt clothes dryer; console color TV; Goldstar microwave; microwave stand; Filter Queen vacuum; chrome table & 4 chairs; chrome table & 2 chairs; chesterfield & chair (gold); 2 day beds & matching chairs; cabinet stereo; coffee table & end tables; fireplace, screen & tools; telephone table; desk; swag & pole lamps; chandelier; mirrors; 3 double beds, box springs & mattresses; single bed, box spring & mattress; 2 dressers; blanket box; foam mattress for camper; dishes, pots & pans; bedding; step stool.

Antiques: dresser; tip front desk with bookcase top; parlor table; large corner whatnot shelf; bonnet chest; blanket box; press back chair; arrow back chair; old books & Bible; wooden lawn chairs.

Tools: International W4 tractor with pto; electric welder; table saw; Homelite chain saw; large Craftsman tool chest; selection of wrenches; electric drill; vice; hyd. jack; aluminum extension ladder; Sunbeam cow clippers; garden tools; Lawn Boy gas mower; lawn roller.

All items clean. Numerous other articles. Owner or Auctioneer not responsible for accidents.

**TERMS - CASH**
**AUCTIONEER**
**Harold Ball**
**448-3161**

6-2

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**AUCTION SALE**
**SAT., SEPT. 19**
**1 PM**
**3-965 Notre Dame St. Embrun, Ont.**
**Centre Town**
**OWNER**
**Edmond Beriault**

Hotpoint heavy duty, white, washer & Westinghouse heavy duty, white, dryer, both 3-4 yrs. ago; fridge & stove, beige, like new; dehumidifier; small tables; pots & pans; dishes; knick-knacks; pictures; frames; 2 radios; electric accessories; kitchen set (table & 4 chairs); living room set (couch, swivel chair, table, lamps, flower pots); Electrolux vacuum; bedroom set (double bed, dresser, table, bedspread); ironing board; single bed; electric heater; electric fan; fishing tackle box & rod; many other items.

**NOTE:** Approx. 15 items belonging to Mrs. Debien of Orleans. Lamps; adding machine; dishwasher; Hoover; chairs with arm rest; 3 black leather seats for waiting room and much more.

**TERMS - CASH, CERTIFIED CHEQUE, PERSONAL CHEQUE WITH PROPER ID**
**Canteen across the street**
**AUCTIONEER**
**Regent Menard 443-2884**

5-1

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**FARM AUCTION**
**Guy Lockman**
**66 Road 321**
**St-Andre-Avellin, Que.**
**SAT., SEPT. 19, 1992**
**10 AM**

66 head of Holsteins from artificial breeding. 36 head of beef cattle, Hereford/Simmental. 2 International tractors and a complete line of farm machinery. Complete milking equipment, Alfa De Laval for 44 cows. Feed (hay, corn, oats).

**For more details see last week's paper**
**For information contact**
**OWNER**
**819-983-2514**
**or**
**AUCTIONEERS (Bilingual)**
**Leo Menard 819-595-2103**
**613-720-2342 mobile**
**Charles Menard 819-983-1056**
**613-720-2331 mobile**

5-1

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**AUCTION SALE**
**THURS., SEPT. 17, 1992**
**2 PM**
**at**
**Leo's Livestock Exchange Ltd.**
**821-2634**

Herd of 40 Holstein dairy cows, good for year round milking, 5 heifers.

5-1

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**AUCTION SALE**
**THURS., SEPT. 17**
**6 PM**
**McHaffie Auction Hall**
**Morrisburg, Ont.**

3 pce. antique bedroom suite; 4 pce. bedroom suite; chrome table & chairs; apartment size washer & dryer; deep freeze; single bed; wooden table & benches; arm chairs; coffee tables & end tables; wardrobe; misc. wooden chairs; crib; stroller; chest of drawers; small tables; TV; lamps; small household appliances; dishes, ornaments, glassware; bedding; step ladder; misc. house & garden tools; many unlisted items.

**AUCTIONEER**
**Sheila McHaffie**
**Master Card & Visa Accepted**
**Hall open 5 PM**

# BIRTHS

**BIRTH ANNOUNCEMENT**
**IT'S A GIRL**

VANDERSPANK - Hans and Sandra are proud to announce the birth of their first child, Natasha Constance weighing 8 lbs. 3 ozs. on Sept. 2, 1992. First grandchild for Theo and Gonnie Vanderspank of Holland and third grandchild for Cliff and Connie Middleton of Newington. Thanks to Dr. Coolican and a special thank you to Peggy Middleton and maternity staff at Winchester Hospital.

5

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**BIRTH ANNOUNCEMENT**

GAINER - Carl and Lucille wish to announce the birth of their baby boy, Adam Carl Victor Joseph born July 1, 1992 at 4:55, at University Hospital in Saskatoon, weighing 6 lbs. 11 ozs. A brother for Patrick, Scotie and Tammy. Grandson for Mrs. Therese Gibeault, Chesterville and Mrs. Pearl Gainer of Brockville.

# LOST

LOST - Man's black leather jacket, size 54, belongs to a student at North Dundas. Reward. Call 774-3391.

5

# FOUND

FOUND - Ladies' ring. Found Friday evening Sept. 4 after demolition derby at Newington Fair Grounds. Call Sharon 984-2955.

6-2

# FREE

FREE - 8 white geese. Call 1-613-534-2076 after 6pm.

6

---

FREE - 1 yr. old Beagle hound, good with children. 984-2365.

# CARD OF THANKS

**CARD OF THANKS**

We wish to thank all the Hummell St. neighbors for the lovely wedding gift.
**Tina and Mike**

---

**CARD OF THANKS**

I would like to thank my son Doug and his wife Marilyn, for opening their home to honor me on the occasion of my 80th birthday. Thank you to all my relatives, friends and neighbors for your cards, love, gifts, flowers, friendship and prayers. To Betty and Clifford Barkley and Rev. Laurie and Marylin Taylor for the special music, Kim Little for making my cake. A special thank you to the Dunbar Ladies Aid for taking me out to dinner and the floral arrangement. To the Mariners for Christ for the special birthday cake at Catharine McLean's, to Rev. Larry Armstrong and the Nationside Pentecostal Church Women's Ministries Group. Truly a day I shall always treasure. God Bless you all.
**Love, Evelyn Yvonne Dillabough**

---

**CARD OF THANKS**

I would like to thank all my relatives, friends and neighbors for their cards, treats and visits I received while a patient in Winchester District Memorial Hospital and later at home. Many thanks to Dr. Flowers and the nurses and staff on the first floor for their excellent care. Also a very big Thank You to Nicole Robinson and her dad Marcel for coming to my rescue so quickly.
**Gary Winters**

# INMEMORIAMS

**IN MEMORIAM**

DUFF - In memory of a dear father and grandfather Stuart, who passed away Sept. 17, 1969.

Fond memories of when we were altogether.
**Doris, Margie**

---

**IN MEMORIAM**

VANDERVEEN - In loving memory of my dear husband Jack, who passed away Sept. 10, 1987.

I have lost my soul's companion,
A life linked with my own;
And day by day I miss him more,
As I walk through life alone.
**Always remembered by Ann and Family**

---

**IN MEMORIAM**

DALE - In loving memory of a dear husband, father, step-father, brother and grandpa, Merv, who died September 17, 1991.

Sadly missed and lovingly remembered.
**Grace Dale and Family**


**CASS, GRENKIE**
Barristers, Solicitors, Notaries

J. DOUGLAS GRENKIE, Q.C.
PETER J. REMILLARD, B.C.L., LL.B.
(Also of the Quebec Bar)
RICK T. LEROY, L.L.B.
BRAD F. COMEAU, B.Sc.,B.Ed., L.L.B.

**OFFICES AT:**
13 Ralph Street , P.O. Box 700
**CHESTERVILLE - 448-2735**
P.O. Box 820
**WINCHESTER - 774-2004**
(All files and documents of the former legal firms known as Cass & Cass and Cass & Workman are now located with the Cass, Grenkie law firm.)

**LIFE INSURANCE SALES PERSON WANTED**

If you have a life insurance licence, I want to talk to you about becoming dually licensed, to offer over two hundred Mutual Funds to your clients.

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**Call now to register - Space is limited**
**Contact: Ann Baker, 774-5544 or 1-800-461-9916**

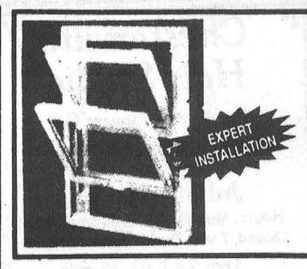
**FALL CLASSES**

**BASIC RESCUER** (12 hours)
Sept. 29, 30 & Oct. 1, 6:30-9:30pm

**HEARTSAVER PLUS INFANT/CHILD** (6 hours)
Oct. 7 & 8, 6:30-9:30pm
Oct. 17, 9am-3pm
Oct. 28 & 29, 6:30-9:30pm

**HEARTSAVER** (4 hours)
Oct. 22, 6-10pm

**INFANT/CHILD** (4 hours)
Oct. 20, 6-10pm

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**Building a new home or renovating?**
Let us quote on your window and door requirements.
**Peter Filion 774-3777**

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**Chartered Accountants**

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- Financial Statement Preparation
- Personal Tax Returns and Planning
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- Goods and Services Tax Consulting

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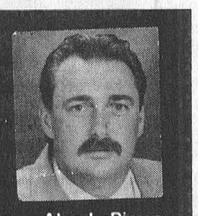
504 Main St. Winchester 774-3990


Alan LaPierre
448-3306


**$127,500**
**DUNBAR** - Gourmet oak kitchen, dining room, french doors to deck, 3+1 bedrooms, 3 baths, rec. room, double garage, so much more. Alan LaPierre - 448-3306. R1817.


**$89,900**
**CHESTERVILLE** – A real country charmer on a knockout treed lot and only min. to town. Don't miss this one, truly one of a kind. Alan LaPierre - 448-3306. R1818.


**$69,500**
**FINCH** – Quiet country setting, perfect starter home, huge kitchen, 4 bedrooms, woodstove, all appliances included. Alan LaPierre - 448-3306. R1813.


**$89,900**
**CHESTERVILLE** - Super affordable bungalow, pine kitchen, patio doors to huge deck, rec. room, fire place, garage, call for details. Alan LaPierre - 448-3306. R1780.

BUY OR SELL WITH CONFIDENCE • ASK FOR ALAN



**Fawcett September Sale**
at
Fawcett Cattle Sales Arena,
Winchester, Ont.

**Friday, September 25**
12:00 noon

50 HEAD SELLING: ALL FRESH OR CLOSE SPRINGING INCLUDING:
- 15 full pedigreed from Donald Duff, Bristol, Que., many out of EX dams
- 3 first and second calf heifers from Perry Hodgins, Shawville, Que. out of VG or EX dams, sell with their Sept. '92 heifer calves
- 2 service age bulls

~CONSIGNMENTS STILL BEING ACCEPTED~

SALE MANAGED BY:
**Fawcett Cattle Sales Service Ltd.**
WINCHESTER, ONT.

**ALSO: CONSIGNMENTS ARE NOW BEING ACCEPTED FOR EBI SALE NOV. 23, 1992!**
*PLEASE CONTACT SALE MANAGER*

Ralph J. Fawcett 613-774-5710
Sale Arena 613-989-5554
Terry I. Spratt 613-989-2770


# New Ontario Minimum Wage Regulations

The following new general minimum wage rates (excluding harvest workers) take effect at the beginning of the work week in which **November 1, 1992,** occurs:

| GENERAL (including domestics) | New Rate | Previous Rate |
|---|---|---|
| General (hourly) | $ 6.35 | (6.00) |
| Students under 18 (hourly) | 5.90 | (5.55) |
| Liquor servers (hourly) | 5.50 | (5.50) |
| Hunting/fishing guides (day, 5 hours +) | 63.50 | (60.00) |
| Hunting/fishing guides (less than 5 hours) | 31.75 | (30.00) |

The following new minimum wage rates for fruit, vegetable and tobacco harvesters will go into effect on **January 1, 1993:**

| | | |
|---|---|---|
| Adults | $6.35 | (6.00) |
| Students under 18 | 5.90 | (5.55) |

Maximum room and meal allowances in calculating the minimum wage (applicable to general workers at the beginning of the work week in which **November 1, 1992** occurs, and to harvest workers on **January 1, 1993**):

| | | |
|---|---|---|
| Room – private (weekly) | $29.40 | (27.80) |
| – non-private (weekly) | 14.70 | (13.90) |
| Meals – (each) | 2.35 | (2.20) |
| – (weekly) | 49.35 | (46.20) |
| Room and meals (weekly) | | |
| – with private room | 78.75 | (74.00) |
| – with non-private lodging | 64.05 | (60.10) |
| Housing (weekly) for harvest workers only | | |
| – serviced | 92.10 | (87.00) |
| – unserviced | 67.95 | (64.20) |

*For more information, contact your local Ministry of Labour office.*

Ontario

# CHURCH DIRECTORY

**NATIONSIDE PENTECOSTAL CHURCH**
*"A friendly Church with an eternal message"*
**13 Albert St.**
**CHESTERVILLE**
**Pastor: Rev. L Armstrong**
**448-2084**
**SUNDAY, September 20, 1992**
10 A.M.- Sunday School
11A.M. - Morning Worship
7:30 P.M. Evening Praises
9:30 A.M. Tuesday - Ladies Prayer
7:30 P.M. - Thurs. Home Bible Study
7:30 PM - Friday - Youth Night
*Affiliated with the Pentecostal Assemblies of Canada*
May 1993

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**HARMONY COMMUNITY CHURCH**
*(Missionary Church of Canada)*
**Hwy 31 & Ormond Road**
**Pastor: The Rev. Laurie A. Taylor**
**774-5170**
**SUNDAY, September 20, 1992**
10:30 A.M.Morning Celebration
10:30 A.M. Sunday School
7:30 P.M. - Evening Fellowship
Wed. 7:30 P.M. Bible Study
Dec. 1992

---

**PRESBYTERIAN CHURCH**
**Morewood &**
**ST. ANDREW'S - Chesterville**
**Pastor: Rev. Bert de Bruijn**
**448-2516**
**SUNDAY, September 20, 1992**
**Morewood**
11:00 A.M. - Sunday Worship
Nursery & Sunday School
Tues. 3:30 P.M. Bible Fun Club in M.P.S. Gr. 4 & 5
**Chesterville**
9:25 A.M. - Sunday Worship
Nursery & Sunday School
Every Tuesday -
7:30 P.M. Life in the Spirit Praise & Bible Study
*COME EXPECTING LEAVE REJOICING*
May 1993

---

**HOLY TRINITY ANGLICAN CHURCH**
**CHESTERVILLE**
**Rev. George Bruce**
**SUNDAY, September 20, 1992**
8:00 A.M. - Sunday Worship
June 1993

**ST. MARY'S CATHOLIC CHURCH**
**CHESTERVILLE**
**Father: Jim Esper**
**448-3262**
**SUNDAY, September 20, 1992**
HOLY MASS
5:30 P.M. Sat. Night Mass
9:00 A.M. & 11:00 A.M. Sunday Morning Mass
Jan. 1993

---

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

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

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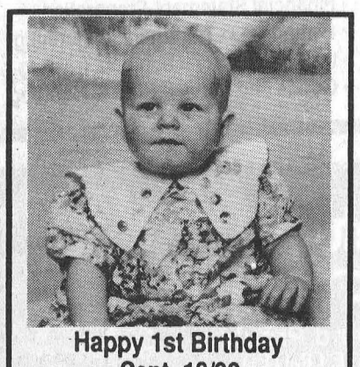
**UNITED CHURCHES**
**CHESTERVILLE - MOREWOOD**
**Minister: Rev. Roy Harwood**
**448-3549**
**SUNDAY, September 20, 1992**
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
*EVERYONE WELCOME*
June 1993





**Happy 25th Birthday**
**Laurier**
*Love: Mom, Dan, Claude, Mike & Denis*



**Happy 1st Birthday**
**Sept. 18/92**
to our Darling Granddaughter
**Elizabeth Lafortune**
*Love from Granma & Grampa Dowser*

## Derks Elevators

**Att: Dairy Farmers**

Will custom roast soybeans, rolled or whole. Beans are steeped after roasting.

Storage available for your soybeans for roasting purposes only.

**Contact Gary Derks**
**R.R.2, Chesterville**
**448-2522**

## Winterize early!

**Wiper Blades**
**Windshield Washer Fluid**
**Antifreeze**
**SALE PRICES**
*Call Kevin or Mark for details*

GM PARTS
The expert choice.
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PONTIAC BUICK LTD. WINCHESTER 774-2360
KEVIN GOWDY, PARTS MANAGER

## Chesterville Hair Studio

*For An Appointment Call*
*Lesley McMillan*
or
*Julie Armstrong*
**Hours: Mon.-Tues. 9 am - 5 pm, Wed. Closed, Thurs. 9 am - 8 pm, Fri. 9 am - 5 pm, Sat. 8 am - 12 noon**
*Please Call Ahead for Appointment*
*Chesterville - 448-3674*

**CHRISTMAS is coming....**

Get all your gifts at a discount and make money, too.

Sell **Avon** to your friends and family or in your neighbourhood. "Start in September for just $10."

**Call Barb Zeron, days 774-2522, evenings 774-3301**

## Bruce R. Kerr

Insurance & Investments



**GICs**

| 1 years | 3 years | 5 years |
|---|---|---|
| 5% | 6% | 7% |

**5 year GIC 7.25%**
*(min. $25,000)*

We have access to all trust companies. Annuities, RRIFs, Life and Disability Insurance.

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

## Victoria's Hair Salon

**HOURS**
**Tues.- Fri.: 3:00pm - 9:00pm**
**Saturdays: 8:00am - 2:00pm**

***48 Main St.,***
***FINCH, ONT.***

***For Appointment Call:***
***984-2961***

Oxford on Rideau
Bird Club

**Bird Auction**
**Saturday, Sept. 19**
**A.M. Barr Arena**
**Kemptville College**
**Kemptville**
9:00 A.M.
Bird entry 7:00 A.M.
$10.00 Selling Fee
for Non-members.
Special birds available.
Sale terms - Cash only
Further information call:
**613-258-2080**

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• Small Grains • White Beans
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Equipped for direct cut or swath pick-up
Hi-Moisture Corn with Roller Blower

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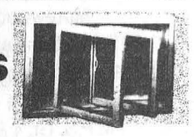
**Custom Agriculture**

| Pat | David |
|---|---|
| 448-3316 | 448-1003 |

## DO YOU NEED NEW WINDOWS OR SIDING?



Premium vinyl siding and windows
Guaranteed for as long as you own your home.
Free estimates

**B&H HOME RENOVATIONS**
**BROCKVILLE 342-9791 OTTAWA 593-8874**

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Winchester, Ontario
***Household, Estate, Farm, Industrial, Real Estate Auctions***
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## YVAN DAGENAIS

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## Help Wanted
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required immediately.
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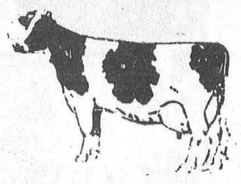
## Quilter's Garden

**South Mountain - 989-2786**
**FALL SALE**
**20% Off for the month of SEPTEMBER**
***Over 800 - 100% cotton fabrics***
Embroidery Floss, Silk Ribbon Embroidery, Brazilian Embroidery, Cross Stitch, Smocking
**Full Range of Classes**
Store Hours: Tues. - Sat. 10 am - 3 pm
**Proprietor - Gail Brooks**

## Darwindale Farms Complete Dispersal



**Monday, September 28**
11:00am
**Selling at the farm, 1 mile west of Chesterville, Ontario on Smith Road**

**140 REGISTERED HOLSTEINS SELL:**

**REGISTERED, CLASSIFIED, ODHIC TESTED, PREG. CHECKED**
Sired by and bred to top AI sires, including 12 bred to Prelude, many bred to Astre, Charger, Lincoln, Clyde, Lindy, Aerostar.
**HERD CLASS.: 1 EX, 6 VG, 36 GP, 17 G**

**STABLE EQUIPMENT:** 2 pair Aesculap clippers; 1 heavy-duty cow vac (new); 2 good feed carts, Agri-Metal strawchopper (11 hp, 1 year old); 36" alley fan; misc. articles.

**NOTE:** This herd was established in 1936 and milk recorded since 1948. They have been well-bred and strictly culled; 25 head springing or fresh.

Sale under cover. Lunch and washrooms available.

**FOR CATALOGUES CONTACT:**

**Proprietor**
**Keyes Smith**
**613-448-2550**

**Hugh Fawcett Auctions**
**RR3, Winchester, Ont.**
**613-774-3363**
**Fax 613-774-5537**

## Township of Finch
## Public Meeting Concerning A Proposed Zoning By-Law Amendment

**TAKE NOTICE** that the Council of the Corporation of the Township of Finch will hold a public meeting on **Monday, October 5th, 1992 at 8:30 p.m.** at the Township Municipal Building to consider a proposed zoning by-law amendment under Section 34 of the Planning Act.

The proposed zoning by-law amendment relates to land zoned Hazard (H), and adds text and additional provisions to Section 16 of the By-law, "Hazard Land (H) Zone". The amendment will permit reconstruction, alterations, additions and/or extensions to legal non-conforming uses in the Hazard Land Zone subject to written consent from the South Nation River Conservation Authority in order to ensure safe and proper floodproofing of buildings or structures. All other provisions of the By-law shall apply. Other permits and approvals required from agencies and/or ministries shall also apply.

**ANY PERSON** may attend the public meeting and/or make written or verbal representation either in support of or in opposition to the proposed zoning by-law amendment.

**ADDITIONAL INFORMATION** relating to the proposed amendment is available for inspection at my office during regular office hours.

**DATED** at the Township of Finch this **9th day of September, 1992.**

**Arnott Empey**
**Clerk-Treasurer**
**Township of Finch**
**P.O. Box 99**
**BERWICK, Ontario**
**K0C 1G0**
**Telephone: (613) 984-2821**

## ST. ALBERT CONSTRUCTION

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QUALITY HOMES • ADDITIONS • GARAGES
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**ST. ALBERT • 987-2876**

ALBERT GALE REAL ESTATE LTD. REALTOR

**530 Main Street**
**Winchester**
**774-2881**



**Delburn Baker**
**Sales Representative**
**987-2805**



**$63,500.** - **In Crysler** 91 acres of land with old house and barn, approximately 35 acres tillable, some cedar bush, balance pasture, house needs extensive repairs..



**$118,000.** - **In Crysler** 3 bedroom angelstone and brick bungalow 19 years old, new roof this year, partly finished full basement, double paved driveway, lot 100x150 backs onto open land, very quiet area.

COUNTRY ENSEMBLE-GROWING TOGETHER

St. Joseph's Secondary School

**PARENTS OF STUDENTS ATTENDING ST. JOSEPH'S SECONDARY SCHOOL**

**ARE INVITED TO AN**

**ORIENTATION EVENING**
**TUESDAY, SEPTEMBER 22, 1992**
**AT 7:30 P.M.**

**IN THE AUDITORIUM**

**AGENDA**

| | |
|---|---|
| 7:30 p.m. | Short information session in auditorium |
| 8:00 p.m. | Meet the staff and tour the school |

For Further information, please contact Yvon Labossiére at:

**St. Joseph's Secondary School**
**1500 Cumberland Street**
**CORNWALL, Ontario**
**932-0349**

**Ronald Eamer**
**Board Chairman**

**Charles Adams**
**ELS Chairman**

**Roger R. Davidson**
**Director of Education**

UPPER CANADA VILLAGE

# Our Midway Features A Ride Back To The 1860s.

UPPER CANADA VILLAGE FALL FAIR '92
• September 19 & 20 •

***This year's Upper Canada Village Fall Fair promises a leap-froggin', toe-tappin', lip smackin' good time for all!***

You can cheer on the contestants at our horse-drawn ploughing match. Dance a jig to the tune of a 19th century fiddle. Marvel at magic shows. Survey the pick of the Village crop and the finest 1860's handiwork at the Floral Hall. Take in the horse show and cattle judging (featuring many rare breeds). Join in boisterous Victorian games. And sample Village-made cheeses, bread and cider – all for just 10 cents a serving!

***And join us September 19 & 20 for proof positive that they don't make Fall Fairs like they used to!***

**The Village is open daily 9:30 am - 5 pm until September 27.**
***Fall Walking Tours through until October 12.*** **(613) 543-3704.**

UPPER CANADA VILLAGE
Hwy. 2, Just East of Morrisburg, Ont.

THE ST. LAWRENCE PARKS COMMISSION
AN AGENCY OF THE ONTARIO MINISTRY OF TOURISM AND RECREATION

Parks of the St. Lawrence

## NEED A CAR?

Poor Credit? No Previous Credit? Previously Declined?
Try
**Car-o-line Autos**
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Ability to pay and a small down payment are all that we require

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**24 Hour Service**
**Chesterville - Ontario**

**448-2488**
(448-3304 Fax)



GUILDCREST HOMES™

## EXPERIENCED PAINTER REQUIRED IMMEDIATELY

If you are a painter experienced in interior touch-up painting and patching looking for fulltime, permanent employment, apply in person to:

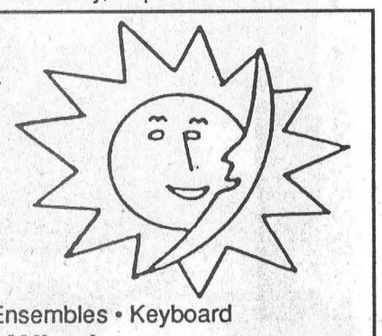
**Guildcrest Homes,**
**20 Mill St., Morewood, Ont.**
**Tel. 448-2349**




**50th Wedding Anniversary**
**Graham and Gladys Smith**
warmly invite friends and neighbours to celebrate with them their 50th Wedding Anniversary on Saturday, September 26th, 1992, at the Chesterville Legion Hall, 9-12 p.m. Music by Shad's Disco. *Best Wishes Only.*


## MUSIC FOR YOUNG CHILDREN

**Ages 3 to 8**



• Singing • Rhythm Ensembles • Keyboard
**Now available in Winchester area**
**Registering now for September - Open House Sept. 16**
9-11am and 7-9pm at Winchester United Church
**Call Laurie McKnight-Walker at 774-2071**



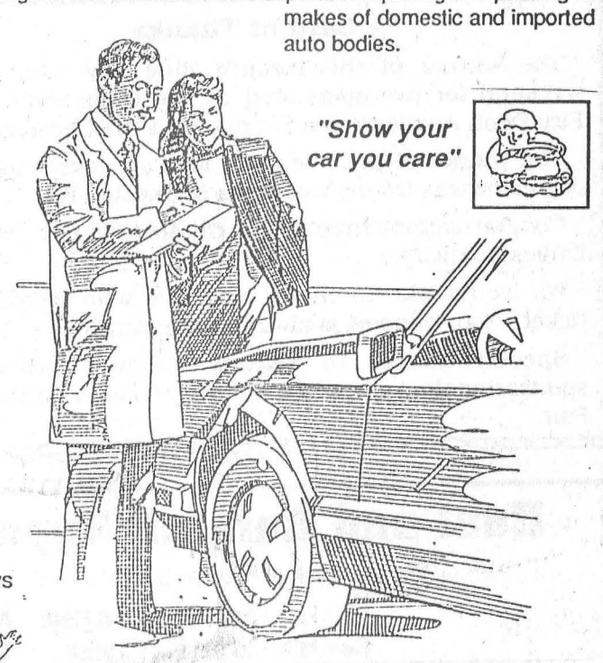

**50th Anniversary**
The family of **Ed & Peggy Thompson** of Williamsburg extend an invitation to relatives, friends and neighbours to an
**Anniversary Tea**
**Saturday, September 19, 2-4 p.m.**
**Williamsburg Township Seniors Hall**
*Best Wishes only please.*



**60th Wedding Anniversary**
The family of **Stuart & Jean Mattice**
would like to invite you to an
**OPEN HOUSE - Sunday, Sept. 20**
2 to 4 p.m. - Morewood United Church
*Best Wishes only.*

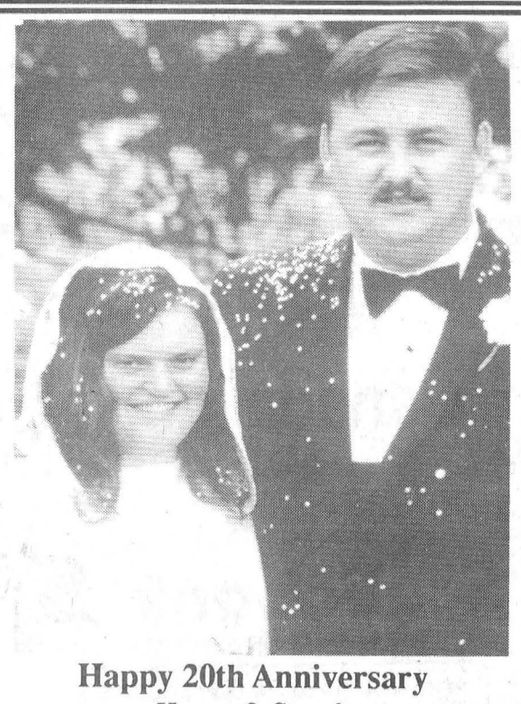

## We Put Bodies Back In Shape

Fender bender to major collision damage, we'll have your car looking like new again! Our technicians are experts in repairing and painting all makes of domestic and imported auto bodies.




Mopar CUSTOMER CARE

**BOYD CHRYSLER**
**AUTO BODY REPAIR**
**Winchester 774-2520**
**(Fax 774-2264) Serving you since 1936**

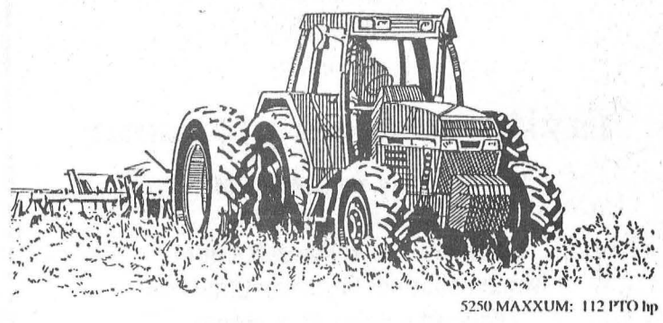
**Happy 20th Anniversary**
**Henry & Stymie**
(Gary & Sharon Parnham nee Johnstone)
Sept. 16, 1992
*From: Laviny and Percy*

## Up-Coming Russell Recreation Events

6th Annual
**Autumn Colors Craft & Bake Sale**
**Saturday & Sunday, Oct. 3 & 4**
10a.m. - 5p.m.
Russell Arena - Upstairs Hall
Admission $1.00, adults
Children under 12 free
Door prizes, Everyone Welcome!

**Halloween Dance**
**Saturday, October 31**
9:00p.m. - 1a.m.
Russell Arena
$3.00 per person
Tickets available from all Russell Recreation Association members and at the Autumn Colors Craft & Bake Sale or at the door.
Prizes for the best costumes
Music by Paul Sound


## THE ALL-NEW 5250 MAXXUM®: BRINGING A LITTLE MORE MUSCLE TO THE MID-RANGE.




## MAXXUM DAY
**Wednesday, September 23**
at Eagle Farm Equipment, Winchester
from 11am to 3pm

When Case III introduced the first MAXXUM tractors three years ago, they brought you more performance. More features. And more value. ■ Now, as we unveil the next generation, we're bringing you something even better. ■ More MAXXUMs. ■ Introducing the all-new Case International 5250 MAXXUM. An additional, top-of-the-line model in a tractor series that promises to re-write the rule book. For a second time. ■ Packed with more horsepower than any MAXXUM yet. Filled with features that let a mid-size tractor perform well beyond your expectations. And engineered with the kind of innovation that only happens when a company pays attention to its customers. ■ This tractor is as much reflection on you as it is on us. Your comments and suggestions were the fuel behind the design of all four new MAXXUM tractors. And from top to bottom, the new 5250 answers your demands. ■ With a tough, high-efficiency powerplant. All-glass doors for better visibility. A swivel air seat for all-day comfort. And much more. ■ See the powerful new 5250 MAXXUM on Wed., Sept. 23rd at Eagle Farm Equipment in Winchester from 11am to 3pm. And put a little more muscle in your mid-range.

*Eagle* Farm Equipment
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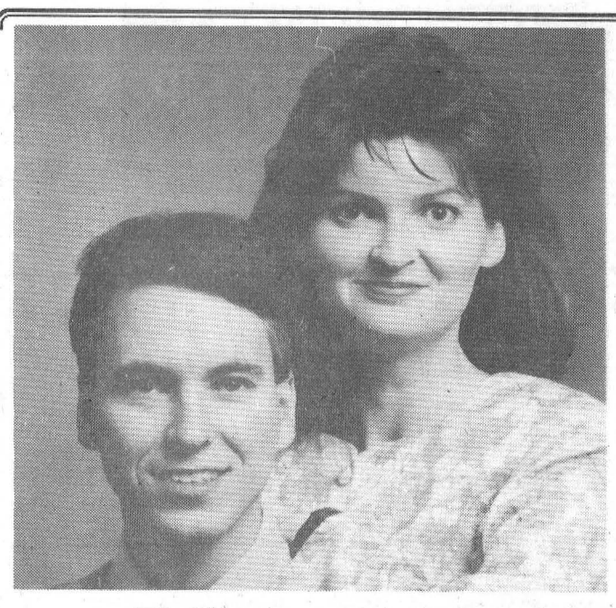
case IH

**Wedding Announcement**
**Walsh - Madden**
Mr. & Mrs. Joseph Walsh are pleased to announce the forthcoming marriage of their daughter, Jacqueline, to Tom Madden, son of Mr. & Mrs. Robert Madden of Montreal. The marriage will take place on October 17th, 1992, at Resurrection of our Lord Church, Ottawa, Ontario.


**EVERY DAY**

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**12 Exposure - $6.59 24 Exposure - $12.29**
**15 Exposure - $7.99 36 Exposure - $15.49**

**Seaway Valley Pharmacy**
Chesterville - 448-2492




## *Safety curriculum presented*

Morewood Public School was presented with the Learn Not To Burn curriculum by Winchester Township Fire Chief Claude Cousineau, left. Accepting is principal Larry Berry.

### Card of Thanks

The winner of the Toronto Blue Jay "Get A Way" weekend for two sponsored by the Chesterville Ladies Fire Dept. Auxiliary was Sandra Smith of Chesterville.

The winner of the free draw for two tickets to a Blue Jay game was Danny Geertsma of Chesterville.

Congratulations from all the Chesterville Fire Dept. and Ladies Auxiliary.

We would like to thank everyone who purchased a ticket. Your support is always appreciated.

Special thanks to Seaway Valley Pharmacy for sponsoring the Ladies Fire Auxiliary's booth for the Trade Fair.

## Heat and Rainfall Report

For the week of September 6-12

| | Rainfall | Accum. to date | Corn Heat Units | Accum. to date |
|---|---|---|---|---|
| CHESTERVILLE | 27.4 | 390.4 | 138 | 2,582 |
| MORRISBURG | 25.6 | 346.0 | 147 | 2,655 |
| SOUTH MOUNTAIN | 27.6 | 351.6 | 142 | 2,698 |
| WINCHESTER | 15.7 | 316.4 | 131 | 2,428 |

22 Year Average

**Rainfall** - Aug. 1-31 averaged 73mm rep. 78% of 22 yr. ave.
May 1-Aug. 31 averaged 306mm rep. 89% of 22 yr. ave.
**Heat Units** - Aug. 1-31 averaged 681 CHU rep. 93% of 22 yr. ave.
May 10-Aug. 31 averaged 2,278 CHU rep. 93% of 22 yr. ave.

Pride KING

**PLOT TOUR**

**Pride Brand Seed Dealers**
Pat Chambers
David B. Guy
Norm Tinkler

**invite you to a plot tour**

**Thursday, September 24**
**10:00 a.m. - 2:00 p.m.**
**Location: Lloyd Fawcett's farm**
**Two km south of Inkerman Station at Fawcett's Sales Barn corner**

**Featuring Pride and King Brand Corn, Forages and Soybeans**

Free Pride Hat and Light Lunch

**To The Residents Of The**
**Village of Chesterville**
**Village of Winchester**
**Township of Winchester**

**There Will Be**

**One Free Clean Up Day**

**At The**
**Landfill Site - Boyne Rd.**

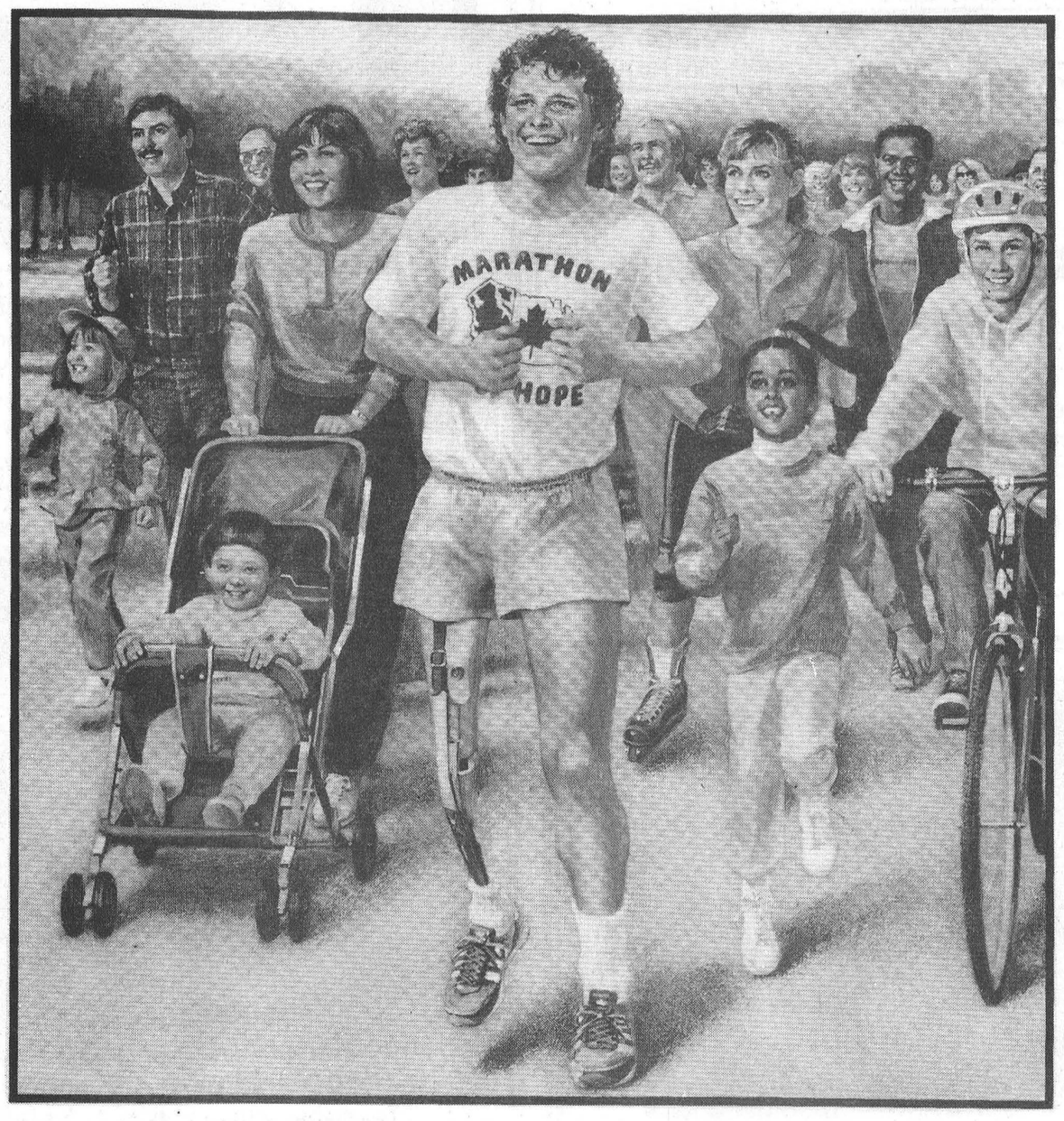
**Saturday - September 26/92**

**8 a.m. to 3 p.m.**

- please separate vegetation for compost
- steel and fencing for steel pile
- no hazardous waste at any time
- tipping fees to commercial users apply
- $2.00 fee on tires will apply
- $10.00 fee on fridges, freezers and air conditioners will apply for removal of freon, must have certificate from reg. refrigerator company, to be left with unit, for exemption

**For more information call 774-5157**

# We can do it!




# The Terry Fox Run

**for Cancer Research**

## Sunday Sept. 20, 1992

Starting at 10:00 a.m. till 1:00 p.m.
from
North Dundas District High School

Masterfeeds
Division of Maple Leaf Mills Limited
**Black's Feed Store**
Chesterville - 448-2161

**Nestlé Canada Inc.**
Chesterville

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**Nationview Service Centre**
Chesterville
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**Dundas Power Lines Ltd.**
Chesterville
448-3400

# Sunnylodge Farms clinch N.S. fastball playoff title

WINCHESTER - Dereck Holmes scored the winning run as Chesterville's Sunnylodge Farms mounted a championship win to conclude their first season in the North Stormont Men's Fastball League.

After dropping a 12-3 decision in the best-of-five series opener, Sunnylodge took three straight wins to record a championship series win over Ingleside's Heagle Plumbing.

Sunnylodge's debut in the fastball league became a victorious one when they registered a 4-3 in the fourth game, wrapping up a title win in the best-of-five championship series three games to one here last Thursday night.

Although, the series wasn't taken to the fifth and final game, the match up wouldn't have been much more exciting as Sunnylodge and Heagle had a tight battle in all but the first game. In fact, Sunnylodge used only a one-run score differential to determine all three of their wins in a very tight defensive series.

**Title claimed**

It came down to the wire, but Chesterville's Sunnylodge Farms came through under presure to crown themselves the 1992 fastball playoff champs.

Sunnylodge got off to a quick start, as their leadoff man, Dave Cross connected for a base hit and then stole second and third to put himself into scoring position before Stan Woods' batting clean-up knocked Cross home on a single. Dale Simms also got a base hit in the first, but was left stranded on third.

Both clubs came up empty in the second, as Chesterville remained in control of a slim lead.

But a two-run third-inning effort padded Sunnylodge's lead. Cross and Simms rounded the bases while Woods was left stranded on third.

Kevin Poapst smashed a one-run homer in the fourth to get Heagle Plumbing on the board. But their fourth-inning scoring efforts didn't stop there as Brian Brown crossed the plate thanks to Bob Heagle's sacrifice fly into centre field.

Although Chesterville never gave up the lead, Heagle was able to notch the score even at three-runs apiece midway through the sixth. Sunnylodge got the lead runner, Poapst, on a play at the plate as Holmes made the throw from the short stop position.

Ingleside eventually recorded the tying run when Brown touched home plate. But, Chesterville got the third man out before any serious damage was done, leaving the bases loaded.

Sunnylodge regained their one-run edge before the inning ended to seal the title victory as Holmes scored on an error on Heagle's third baseman, putting Sunnylodge up 4-3. Holmes walked to the plate and then stole his way to third, to put himself into scoring position. And with two men already out, Chris Hart tapped the 3-1 pitch that resulted in an error that allowed Holmes to come home to snap the tie for the 4-3 win.

Chesterville's pitcher Craig Smith retired Perry Cryderman and Poapst on popups, while Utman made the throw to first to enable Woods to trap Gordon to get three outs in the top of the seventh, to end the series.

Ouderkirk was the only runner to get on base during Heagle's final at bat, walking his way to first.

**Game three**

INGLESIDE - Two-seventh inning runs lifted Chesterville's Sunnylodge Farms to a 5-4 victory over Heagle Plumbing in the third game of the series.

The win gave Chesterville a 2-1 game lead over their rivals for the NSMF League's playoff crown.

Heagle quickly took care of Sunnylodge during their first at bat, smashing home runs by Chris Gordon and Kevin Poapst to go-ahead 2-0.

After giving up a 2-0 first-inning lead, Sunnylodge rallied for a 2-2 tie in the second. Stan Woods and Craig Smith made the trip home safely while Barton Heagle and Dale Hutt were left stranded.

Chesterville picked up one more run in the third, snapping the tie. Stan Woods rounded the bases while Smith and Heagle were left in scoring position.

Ingleside regained the lead in the bottom of the fifth, as Gordon and Dale Swerdfeger crossed home plate for a 4-3 lead after five complete innings.

After a scoreless sixth inning, Sunnylodge bounced back with two runs of their own to take a 5-4 edge midway through the final inning. Smith and Heagle each scored a run while Jamie Utman was left on third.

Ingleside's Poapst was the only runner to get a hit during their final trip to the batters' box, as Sunnylodge held them scoreless to take the narrow one-run margin of victory.

**Game two**

INGLESIDE - Sunnylodge used a three-run sixth- inning scoring spree to mount a 3-2 come-from-behind victory which saw them tie the best-of-five series with Heagle Plumbing.

Ingleside took care of all their scoring in the opening inning, as Kevin Poapst and Ken McRae rounded the bases for a 2-0 lead after one complete inning.

Back-to-back singles by Chris Hart and Gary Gallinger in the third, snapped Sunnylodge's hitless drought, but the end result was the same as they were unable to score a run.

Hart was the only Chesterville runner to get on base in the fifth, but was tagged out trying to steal second.

Heagle's Poapst was hit by a pitch to take the trip to first and then stole second to get half way home in the fifth, but he was left stranded.

Sunnylodge finally came to life in the sixth to take a slim one-run lead into the final inning of play. Dale Simms, Barton Heagle and Craig Smith connected, giving Sunnylodge a string of base hits while Greg Fawcett followed up with a triple bagger to drive in two of the three runs made. Smith got the other RBI.

Chesterville got the only base runner in as Hart walked to first to be left stranded.

Sunnylodge's defence was flawless in the bottom of the seventh as they trapped two fly balls and got Dale Swerdfeger out before he reached first.

**Series opener**

WINCHESTER - Heagle Plumbing got off to a great start in the best-of-five championship series, beating Sunnylodge Farms 12-3 on Sept 1.

But the Heagle's extraordinary efforts in game one didn't continue, as Sunnylodge won three in a row to take the playoff title victory.

Heagle drove in four runs in the top of the second to take an early lead as Clayton Ouderkirk, Dale Swerdfeger, Chris Gordon and Kevin Poapst each scored a run.

Ingleside padded their lead in the third, when Brian Brown, Swerdfeger and Gordon tagged home for a 7-0 lead.

But before the inning ended, Sunnylodge got on the board thanks to Dereck Holmes' single RBI that knocked Gary Gallinger across the plate.

A string of base hits led to yet another earned run by Heagle Plumbing. Swerdfeger's single knocked Brian Brown in from third to make it 8-1 after four innings.

Dale Simms connected for a triple to score Gallinger for Sunnlylodge's second run of the game, but then Stan Woods' singled to bring Simms home to put Sunnylodge within five runs with two innings left to play.

After a scoreless sixth inning, Heagle drove in another four runs for a 12-3 edge midway through the seventh. Swerdfeger had already scored when Poaspt smashed a three-run homer, tagging Gordon and Mike Metcalfe.

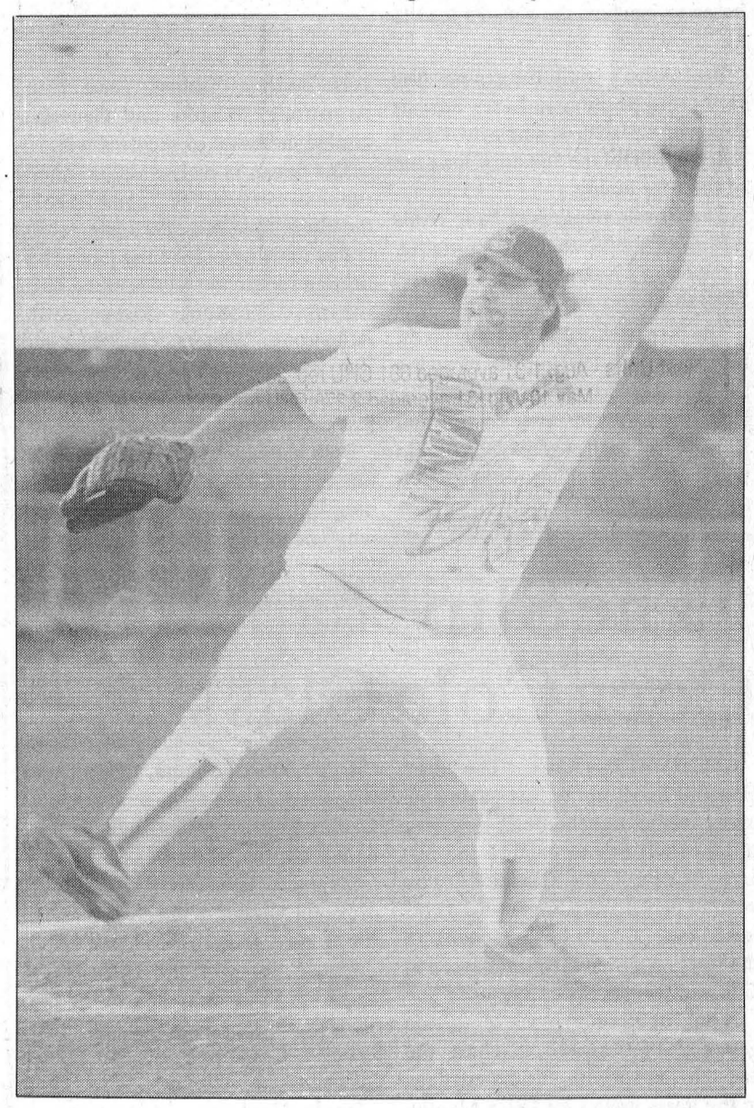
Chesterville sent four hitters to the plate during their final trip to the batters' box, but couldn't put a rally together as they fell nine-runs short.



## Fastball champs

Chesterville's Sunnylodge Farms captured the 1992 North Stormont Men's Fastball League playoff title last Thursday night in Winchester. Sunnylodge needed four games of the best-of-five championship series to take down Ingleside's Heagle Plumbing. The champs are (front left) Dave "Shiney" Cross, Gary "Hound" Gallinger, Mark "Fred Smurf" Smith, Dale "Lick" Hutt, Chris "Edgar" Hart (back left) Stan "Stubb" Woods, Craig "John Boy" Smith, Dale "Daly" Simms, Jamie "Jimy" Utman, Greg "Purp" Fawcett and Dereck "Wendel" Holmes. Barton "Barty" Heagle is missing in photo.

Record Photo - Boersma



**Sunnylodge's pitcher Craig "John Boy" Smith was on the mound last Thursday for the club's championship win.**

# The Record Sports

Call in your scores to 448-2321

# Sun shines on golf fundraiser

MORRISBURG - The sun was shining on the Upper Canada Open last weekend as over 150 golfers participated in this year's annual two-day event.

Todd Murdock, of Prescott, finished with a low gross score of 153 to capture the C.E. (Robbie) Robinson Trophy for topping A Class competition. Scott Purdy won the A Class low net prize with a 144 net score.

Chesterville's Don McMillan was the golfer with the best low gross score in the B Class field. He carded a 162. Wayne Freer, of Prescott, took the low net title with a score of 137.

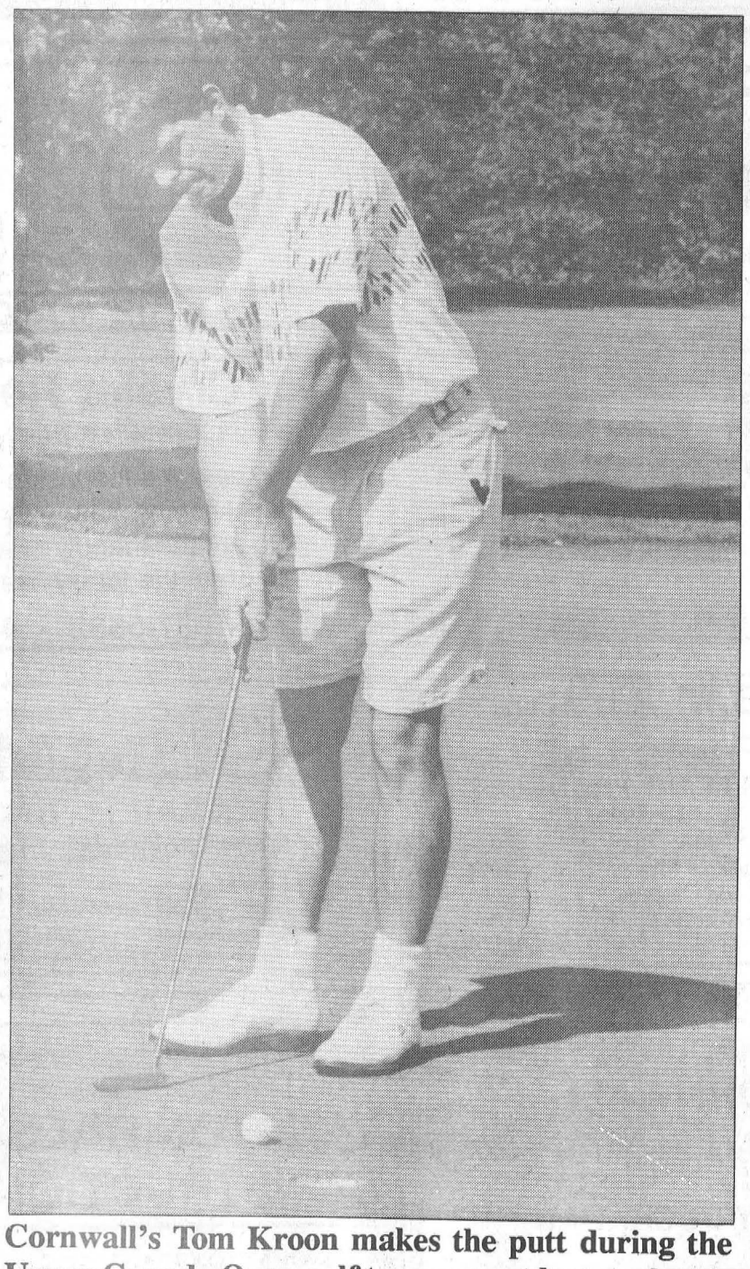
The C Class winners were Greg Pollard and Lynden Casselman. Pollard's 91 was the best low gross total while Casselman shot a 75 to win the low net competition.

On the ladies' side, Betty Mulville, of Smiths Falls scored an 88 low gross total to win the ladies' A trophy. Lucy Ann Thompson scored a 76 to claim the low net prize.

All proceeds raised from the Upper Canada Open golf tournament will be donated to the Cornwall and District Snowsuit Fund. The charitable organization serves the United Counties.

The total amount raised during this year's tournament will be finalized early next week.

The Upper Canada Open Committee thanked all volunteers and sponsors who generously supported the tournament, which they deemed a tremendous success.



**Cornwall's Tom Kroon makes the putt during the Upper Canada Open golf tournament last weekend.**

# Chesterville Selects crush Trojans to take one-game lead in the finals

WINCHESTER - It didn't look much like the start of a best-of-five A Pool championship series as the Chesterville Selects manhandled the pennant-winning Hallville Trojans last Wednesday in Winchester and District Men's Lob Ball League.

The Selects' 20-0 whipping of the Trojans put them one game up in the league's championship series. Game two of the series was played out last night (Tuesday), but the results of that game were not available at publication time.

With both the Trojans' offense and defensive units stalled, the Selects ran up an easy win as they smashed home 20 runs and held the competition scoreless through seven innings.

Neil Beckstead was on the mound for the Selects, giving up only five hits, as the Trojans were left empty handed.

Chesterville generated two runs during their first trip to the batters' box, putting their offensive into gear to mount an early lead. Neil Beckstead and Greg Beckstead made it home safely.

After a scoreless second inning, Chesterville stretched their lead to 7-0 with five-runs in the third. Pat Imrie along with the Beckstead brothers Neil, Greg, Garry and Shawn each scored one run while Mike Hoogeveen and Don Imrie were stranded.

Although the Trojans were unable to produce a run, they did have some chances with the best opportunity coming in the bottom of the third. But in the end they came up empty, leaving two runners on base.

Chesterville cushioned their lead to 10-0 after four complete innings, bringing Neil, Greg and Garry Beckstead across the plate for a three-run inning.

The Selects couldn't get anything going in the fifth, but had no problems connecting in the sixth as they added four more runs to their scoring game. Garry Beckstead's three-run homer knocked Neil Beckstead and Pat Imrie in while Mark Shay drove the ball out of the park for a one-run homer.

The Selects came up with their best offensive effort in the seventh as they went through the batting order to bring in six runs. Greg Beckstead got the inning started with a three-run homer, tagging Don Imrie and Paul Reinhardt to get the inning started, while Pat Imrie, Garry Beckstead and Mark Shay came home later for a 20-0 margin of victory in the A Pool series opener.

# Legion Royals take series lead over the Senators

WINCHESTER - The Legion Royals got the better of the B Pool favorities the Morewood Senators last Wednesday, posting a 18-6 win in the best-of-five series opener.

In game two, the Royals came up with yet another win to take a two game lead in the championship series, nipping the Senators 11-10 on Monday.

After regular season play in the Winchester and District Men's Lob Ball League, the Morewood Senators were first overall in the B Pool standings, six points over the Legion squad. But that didn't stop the underdogs from taking a two game series lead.

The Royals were able took a 10-3 lead after the fourth inning and hung on for a one-run victory as the Senators dropped their second straight game.

Morewood cracked open th scoring game in the top of the first to take a 3-0 lead midway through the inning. Steve Boucher's double brought Chris Eamon home, and then Cory Colwell drove the ball out of the park for a two-run homer.

The Royals replied with five runs of their own to complete action in the opening inning. Ron Morrow, Dave Hutt and John Marquette were already home when Jeff Tibben nailed a two-run homer, tagging John Archer.

After two and a half scoreless innings, the Royals padded their lead, driving in five more runs in the fourth with a string of hits. Doug Winters, Mike Roussignol, Mark Armstrong, Fern Gauvreau and Hutt rounded the bases to increase the squad's lead to 10-3.

Paul Allen's triple bagger put him in scoring position as Larry Stewart followed up with a single to knock Allen home for the Senators' lone run of the fifth inning.

The Royals duplicated their rivals efforts in the bottom of the inning. Armstrong's base hit scored Winters from third.

The Senators rallied in the sixth, bringing home four runs to close the scoring gap to three runs (11-8). Boucher, Colwell, Greg Lightle and Ray Sherrer each contributed one run while Jamie McDiarmid was left stranded at third.

Morewood took care of their opponents in the sixth to stay three-runs back with one inning remaining.

But the Royals were able to hold the Senators back in the seventh, only giving up two more runs to stay one run ahead. Greg Stickle and Boucher made it home safely while Colwell, representing the tying run, was left stranded on second.

**Game one**

The Legion Royals smashed in an 18-6 victory over the Morewood Senators to open the B Pool title winning series with a commanding win, Wednesday.

The Senators got the ball rolling in the opening inning. Cory Colwell's double brought Ray Sherrer across the plate for a Senators' 1-0 lead in the first.

The Royals struck back in the bottom of the second, scoring three runs to take control. Jeff Tibben, Mike Roussignol and Mark Armstrong rounded the bases.

Greg Stickle's triple bagger put him in scoring position as Sherrer's double enabled him to score.

The Senators picked up another run in the top of the fourth to notch the score even. Ted Mead came in off a double from Jamie McDiarmid.

But the Royals took the lead back before the fourth ended by scoring two more runs. Armstrong and Doug Winters made it home on Fern Gauvreau's double.

The Senators kept in pace with their rivals by knocking in two runs in the fifth. Stickle and Sherrer both contributed one run each while Steve Boucher and Colwell were left stranded in scoring position.

A fifth-inning seven-run blowout saw the Royals snap a 5-run deadlock to grab a 12-5 lead. John Marquette, John Archer, Tibben, Dave Hutt, Armstrong, Winters and Gauvreau circled the bases to secure a win.

The Senators picked up one more run in the sixth as McDiarmid ran for the club's final run of the game.

The Royals padded their lead, connecting for six more runs in the sixth inning. Tibben, Roussignol, Armstrong, Winters, Gauvreau and Ron Morrow made the trip home safely to widen their lead to 18-6 with just one inning remaining.

Both ball clubs were held hitless in the seventh, leaving the 18-6 sixth-inning lead to stand as the Royals winning count.

# "The Slip" captures Coca Cola Classic

CORNWALL - Dave "The Slip" Heaslip lived up to his nickname under some treacherously slippery track conditions to capture the 50-Lap "Coca Cola Classic". The veteran driver from Smiths Falls collected over $2,600 for his victory in the final Modified race this season at Cornwall Motor Speedway.

A field of 30 small block Modifieds gathered in Cornwall to chase the $11,000 purse with checkered flags in the heats waved for Peter Mantha and Pierre Dagenais, both of Gatineau, Que. along with Sandy Roberts of Massena, N.Y. Francis McNeil of Ellenburg, N.Y. took a 10-Lap consolation race to lead a group of five additional qualifiers that rounded out the 24-car starting grid for the feature.

Mike Bruno of Fairhaven, Vermont started on the pole and served as the frontrunner through 28 laps and three restarts. He got sideways though racing for the first turn the next time green flew and that opened the door for Heaslip who had lined up alongside him on row one after starting eighth overall.

Heaslip held firm and steady over the remaining 28 laps on a slick track blackened by tire rubber from racing in the afternoon sunshine. Tim Fuller of Edwards, N.Y. gave chase for 24 laps, coming close on a couple of occasions, before being passed by Pat O'Brien of Kingston for second spot with four laps to go. Modified Track champion Laurent Ladouceur of Alexandria and Brian Herne of Hogansburg, N.Y. completed the top five. The qualified position for Super DIRT Week at Syracuse, N.Y. in early October went to Jean Larocque of Hawkesbury for his seventh place showing.

In the supporting classes, Stephane Lafrance captured top honors in the Sportsman category for the third consecutive week and fifth time overall this season. Newcomer Claude Gagne of Roxton Pond, Quebec and Raymond Daoust of Beauharnois, Quebec finished second and third behind the Brockville racer.

Stephane Brisson of St. Albert drove the winner in the 15-Lap Semi-Pro feature, ahead of Cornwall's Rick Coleman, to win the battle they waged for runnerup honors in the final point standings behind titlist Sylvain Latulippe of St. Clet, Quebec.

Denis Gauvreau of Gatineau, Quebec rounded out the parade to Victory Lane by winning the Amateur class feature run.

The 1992 calendar comes to a close at Cornwall Motor Speedway on Sunday afternoon, September 20. The "Fireball Enduro 200" is 200 laps of non-stop bumper bashing, slam-banging action for street- type vehicles. Racing begins at 2 p.m.

**Sun., Sept. 13 Results**

**Modifieds**

**Qualifying heat winners**

Peter Mantha, Gatineau, Que.; Pierre Dagenais, Gatineau, Que.; Sandy Roberts, Massena, N.Y.; Consi - Francis McNeil, Ellenburg, N.Y.

**Feature**

Dave Heaslip, Smiths Falls; Pat O'-Brien, Kingston; Tim Fuller, Edwards, N.Y.; Laurent Ladouceur, Alexandria; Brian Herne, Hogansburg, N.Y.; Steve Roberts, Watertown, N.Y.; Jean Larocque, Hawkesbury; Bill Mullin, Iroquois; Doug Carlyle, Kingston; Pierre Dagenais, Gatineau, Que.

**Sportsman Feature**

Stephane Lafrance, Brockville; Claude Gagne, Roxton Pond, Que.; Raymond Daoust, Beauharnois, Que.

**Semi-Pro Feature**

Stephane Brisson, St. Albert; Rick Coleman, Cornwall; Delbert Lagrow, Massena, N.Y.

**Amateur Feature**

Denis Gauvreau, Gatineau, Que.

# Hawks to face first opposition in Metcalfe

WINCHESTER—The Ottawa West Golden Knights will provide the Winchester Hawks with their first on- ice opposition this Saturday.

The Metro Division Knights will take on the St. Lawrence Division Hawks in the Metcalfe Arena in an exhibition game slated to start at 7pm.

Winchester head coach Peter DeRooy said he and his staff cut a few players following Saturday's Inter-squad game but still have approximately 30 in camp.

"We cut a few and have a few more to go. But there were no surprises, guys who were doubtful from the start. We are waiting for cuts from the Central Junior "A" camps and should know about them this week," he explained.

"So far Bryan Helmer has to be the biggest plus at camp. He is looking really good and the club, and I'm sure the players are excited about him playing here at home."

"Pat Collins (a rookie defenceman from Ottawa who was attending the Brockville Jr. "A" Braves camp) called last night (Sunday) and said he will be back. I was glad to get that news," the coach said.

"Stephane Allard, Marc Pelletier and Taj Schafnittare still at Junior "A" camps but we haven't heard from Chris Soper," explained Hawks' GM Bill Wammes.

As far as goaltending DeRooy said second-year man Dale Wilson is leading a pack of five puck stoppers.

Derek Brannan led the scorers in Saturday's Blue White game scoring three times in a 7-5 White win. Bryan Helmer potted a pair and Steve Johnston a single. Kirk Tallman banged in one for the Blues.

The first Blue-White ended in a 6-6 draw.

**Sour Note**

Coach DeRooy said the only sour note coming from this year's camp was local content.

"Of our 12 protected players only seven bothered to come out and several of them only were out to the first two workouts. We haven't seen them since," DeRooy reported.

At this point the coach feels Winchester's Bredan Bumbaco has had a good showing and with continued hard work could crack the lineup.

Cory VanDelst of Chesterville who played with the North Stormont Jr. "C" Express last season as well as Winchester's Andrew Holmes (North Dundas Demons) and Clinton Holmes (Rideau St. Lawrence Kings) have also been noticed and the coach plans to get them some ice time during the exhibition games.

"It's been disappointing, the local turn out, only some have shown up. Other have come out to a couple of practises and quit. We sent out letters, you certainly can miss some players but everyone was welcome to come out."

DeRooy explained that in agreement with the North Dundas Minor Hockey Association only second-year Midgets would be eligible to play.

# Munros beat Belangers in mixed-two ball tournament

WILLIAMSBURG— The Winchester couple of Gary and Eunice Munro teamed up for a 39 here at Cedar Glen and earned first low gross honors in the final Mixed Two-Ball event of the 1992

Brinston's Gerry and Shirley Belanger settled for runner-up status.

Chesterville's Bill and Cheryl Harper as well as the teams of Larry and Lynn Faulkner and Bill and Elaine Sanger came up with hidden hole scores.

Draw winners were Lyle Munro and Joyce Armstrong as well as Allan and Lisa McNairn.

**Ladies' Night**

Donna Willams carded a 41 and Brenda Wadeel a 33 as they captured the low gross and low net A Class prizes here last Wednesday.

Bernice Whitteker fired a 43 and posted a three- stroke win over Lydia Beckstead (46) in B Class. Nadene Harper (30) and Sheila Crowder (31.5) put the best net scores on the board.

Cardine Clement (51) and Mable Ogden (55) battled it out in C Class. Janice Casselman's 31.5 was low net score.

Lori Fawcett with a 57 and Suzanne Lacombe with a 35 turned in the best gross and net scores in D Class.

Lea Anne Munro belted out the longest drive on No. One.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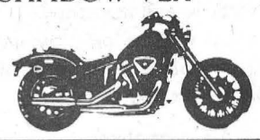
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## Individual awards

The Cornwall and District Soccer League held its awards banquet recently to honor its top athletes in Division II action. The Winchester Sonics had several team members given top awards and they are (left to right) Trent Antille, Sonics' MVP winner in the playoffs; John Streng, Sonics' regular season MVP recipient and the Sonics' Dave VanBruinessen was recognized as the league's top goaltender honor. Record Photo - Boersma



The Winchester Sonics celebrated a successful season in the Cornwall and District Division II Soccer League last Sunday. The club posted a winning 13-1-1 record throughout regular season play to clinch the pennant title. Then, the Sonics went on to grab the playoff title. The winning team members are (front left) Will O'Connor, Trent Antille, Dave VanBruinessen, Brendan Bumbaco, Mark Jorgensen (back left) John Streng, Steve VanBruinessen, Doug Winters, Don Vreman and Gary Streng. Dolton Henry, Todd Marcellus, Jamie Adams, John Tessier, Martin Pancirov, Martin Hagedorn, Mike Andre and Farris Cornel are missing in photo. Next season, the Sonics will play in the league's first division. Record Photo - Boersma

## Barkley cards one-shot victory over Ed Ryan

WILLIAMSBURG—Cedar Glen Club champion Rick Barkley carved out a one-shot victory over Ed Ryan here last Thursday as the 1992 Men's Night season continued to wind down.

Barkley fired a 36 and Ryan a 37 to lead the A Class field. A pair of Chesterville golfers had the best net numbers. Kirk Barkley carded a 32 and Don McMillan a 34.

Winchester's Marty Little toured the Glen in 37 and Glen Vasey in 39 (B.H.) as those two led the B Class contingent. Gerry Belanger beat Bert McIntosh's net score of 31.5 on back holes.

Sid Davies wound up tops in C Class with a 42. Bob Douglas came in four back at 46. The net score leaders were Harry Lalonde (32) and Rob Rutley (32.5).

Bud Craik's 48 was better than Jack Faulkner's 54 in D Class. Gus Dickson with 33 and Andy Hamel with a 36.5 turned in the low net scores.

Longest drive, from No.12, was cranked out by Kirk Barkley.

Closet shot to the pin on No. 11 was dropped in by Al McNairn.

**Coming Events**

Closing Day Tournaments and awards is set for this Saturday, Sept. 19.

The Cedar Glen Fall Classic will go on Oct. 3.

## Bowling

**Berwick Thursday Night Mixed League** - Men's High Single, Mike Kearns 238; Men's High Triple, Dean Jackson 616. Ladies' High Single, Rejeanne Sanders 229; Ladies' High Triple, Rejeanne Sanders 531. **Team Standings** - Tony Sanders 5; Nick Beehler 5; Dean Jackson 5; Mike Kearns 2; Marcel Robinson 2; Brad Lalonde 2.

**Monday Night Men** - High Single, Jack Hoogeveen 288; High Triple, Rob Termeer 770; High Average, Rob Termeer 257. **Team Standings** - Blue Max 7; Stingers 7; Seniors 4; Alley Rats 3; A-Team 0; Raiders 0.

**North Stormont Ladies** - High Single, Doris Brown 277; High Triple, Pat Middleton 643. **Team Standings** - Mary 5; Linda 5; Doris 2; Pat 2.

**Avonmore Mixed League** - Men's High Single, Neil Bush 209; Men's High Triple, Noel Racine 547. Ladies' High Single, Beulah Rielly 257; High Triple, Beulah Rielly 687. **Team Standings** - Shelagh McDougall 28; Viola McRae 25; Florence Heemskerk 24; Gordie McRae 20; Mary Marjerrison 17; Charlie Rielly 12.

**Williamsburg Mixed (Friday Night)** - Men's High Single, Gary Scott 272; Men's High Triple, Robert Lortie 667. Ladies' High Single, Anne Miller and Dianne Hoogeveen 217; Ladies' High Triple, Rita Cooper 551. **Team Standings** - The Gamblers 7; Alley Oops 5; The Bowleroos 5; Silver Bullets 3; Alley Cats 3; Pin Heads 1.

**Riverside Rollers** - Men's High Single, Tom Benjamin 237; Men's High Triple, Tom Benjamin 596. Ladies' High Single, Carol Irvine 272; Ladies' High Triple, Carol Irvine 605. **Team Standings** - Gary Burns 5; Janet Douma 5; Bruce Ray 5; Terry Poapst 2; Jim Irvine 2; Mervin Patterson 2.

## Fitness Forum

### Take the pressure off!



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

Having high blood pressure isn't like a bruise, a toothache or a broken bone. You can't see it, it doesn't hurt, nor does it fail to work. Usually, people with high blood pressure experience no outward signs of trouble. Yet high blood pressure (hypertension) is a killer —a silent killer. Uncontrolled high blood pressure can increase the odds that we'll have a heart attack, stroke or kidney failure.

And, many who have high blood pressure don't know it. Even worse, eight out of ten people who know their blood pressures are unhealthfully high are not doing enough to try to control it. And for about 90 per cent of those affected, there is no known cause.

The amazing and terrific part is, blood pressure can be an easy health problem to control.

We should have our blood pressure checked more than once on several occasions. If our blood pressure is generally pretty good and suddenly registers high, we needn't always be alarmed. Anxiety and other strong emotions, physical exertion, drinking a large amount of coffee or digesting a recently consumed spicy meal can temporarily elevate normal blood pressure with no lasting results.

If, after several readings, our doctor is convinced we do, indeed, have high blood pressure we must follow their advice. Here's a multipoint plan that's often recommended to control high blood pressure:

- If we're overweight, we should lose that weight.
- We shouldn't smoke.
- We should limit alcohol intake.
- We should eat a diet that's low in salt; we should use salt substitutes if recommended by our doctor.
- We should get regular exercise AT LEAST three times a week.
- We MUST learn to handle stress by practising relaxation techniques and rethinking stressful situations.
- We MUST take any prescribed blood pressure medication as directed. We shouldn't skip because we feel fine.
- Women should talk to their doctor about oral contraceptives and blood pressure.
- We should avoid over-the-counter cold remedies containing ingredients like phenylpropanolamine which raise the blood pressure. We should discuss this with our physician or pharmacist.

Blood pressure is normally measured with a blood pressure cuff placed on the arm above the elbow. The numbers on the gauge measure our blood pressure in millimetres of mercury (mmHg). The first number (higher) measures the systolic pressure. This is the maximum pressure exerted against the arterial walls while the heart is beating.

The second (lower) number records the diastolic pressure, the pressure between heartbeats, when our heart is resting. The results are then recorded as systolic/diastolic pressure (120/80, for example, is perceived as normal). The term "hypertension" means high blood pressure.

My Silent Achievers this week are all of you with medical problems, who are enrolled in a suitable exercise program for the first time this fall. Your spirit and determination WILL pay off. WELL DONE!

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

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