The Chesterville Record

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Newsbriefs

Cancer campaign

CHESTERVILLE — Local Girl Guides and Canadian Cancer Society volunteers will be selling daffodils in the village Friday as part of the society's annual fund-raising campaign. Volunteer canvassers will also be going door to door throughout the month of April. Also, a dance will be held at the Avonmore Community Centre on Saturday, April 17. Entertainment will be provided by the Don Morrell Orchestra from 9 p.m. to 1 a.m.. Tickets are $7.50 each and are available at the door or by calling 346-5529 or 984-2955.

Snowmobile found

CRYSLER — Long Sault OPP are looking for the owner of a white 1976 Yamaha 300 snowmobile, found abandoned on Murphy Road west of Crysler in Finch Township. Const. Bernie Gadbois said the owner can cantact the detachment and arrange for its return.

Legion loses liquor, lottery tickets

Crime Stoppers this week is asking for the public's assistance in solving a theft from the Royal Canadian Legion on Dundas Street in Iroquois. Police believe the culprit hid inside the building after closing and stolen were 4,000 Nevada tickets and five 40-oz. bottles of liquor. If you have any information on this or any crime, call Crime Stoppers at 534-TIPS (534-8477) or 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000. You do not have to reveal your identity to help solve a crime.

Talking about grief and grandparents

CORNWALL — The Cornwall chapter of Bereaved Families of Ontario will hold its monthly meeting at the library of Cornwall Collegiate and Vocational School, 437 Sydney St., April 8 from 7 to 9 p.m. The subject for discussion is "Grandparents and grief." Anyone in the United Counties who has lost a loved one through death is welcome to attend. For more information, call 936-1455.

Learn more about breast cancer screening

CORNWALL — The director of Ottawa's breast screening program will be in the United Counties Wednesday to conduct an information session on screening for breast cancer. Dr. Susan Aitkan will be at the library of Tagwi Secondary School outside Avonmore on March 31 from 6:30 to 9 p.m. A discussion and question period in both English and French will follow a formal presentation in English. For more information, call the District Health Council of Eastern Ontario at 933-9585.

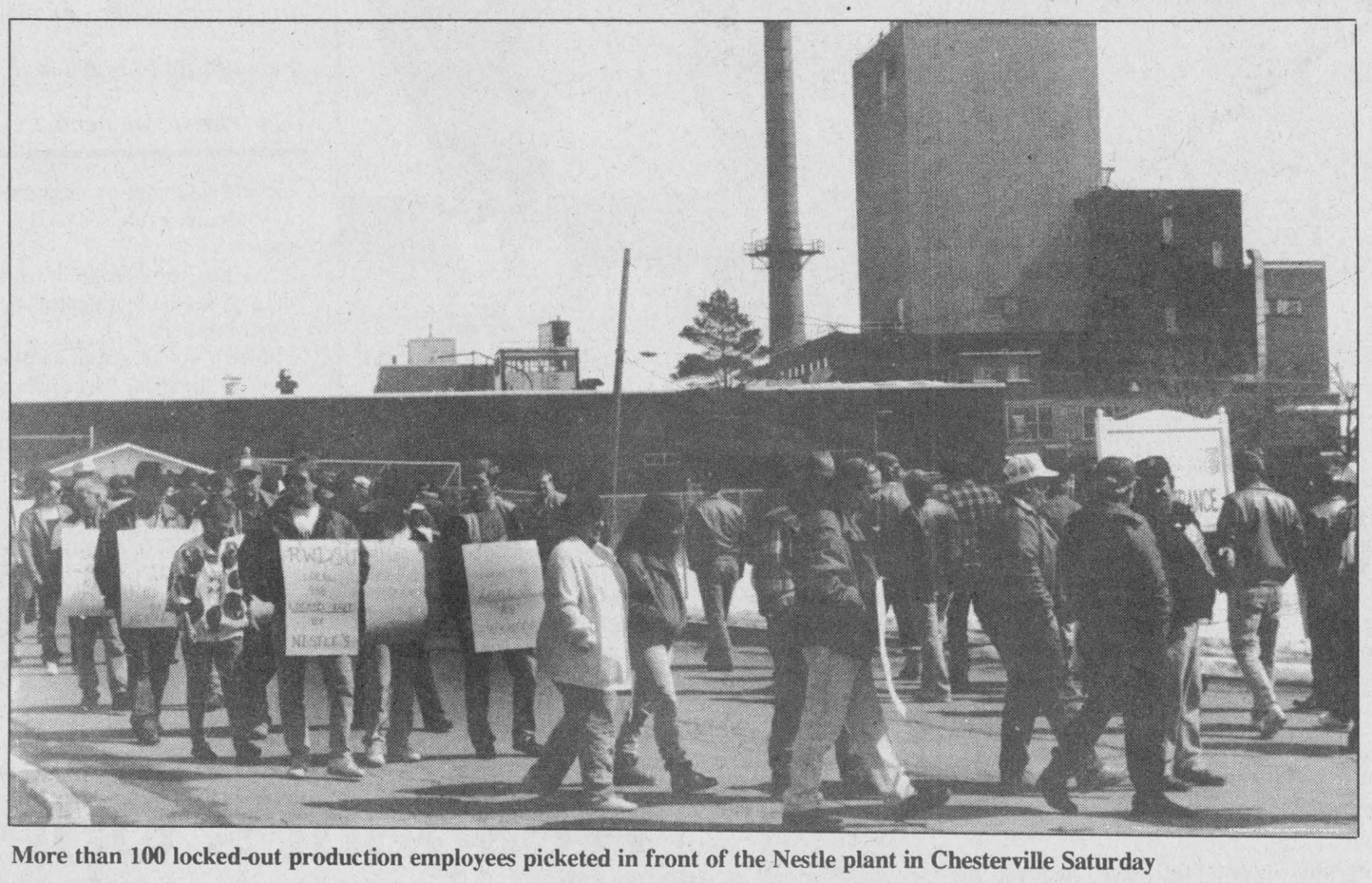
Merchants meeting

CHESTERVILLE — The Chesterville Merchants' Association will hold its next meeting Tuesday, April 6 at 7 p.m. at the Nelson LaPrade Centre. There will be continuing discussion of the village's revitalization and beautification plans.



Don't Forget ... to move your clock ahead one hour on April 4 for Daylight-Savings Time

No end in sight to Nestle lockout



More than 100 locked-out production employees picketed in front of the Nestle plant in Chesterville Saturday

Dispute over weekend overtime shuts plant

Elizabeth Moreau
Record Staff

No negotiations are planned between Nestle Canada Inc. and the 215 production workers who were locked out of the Chesterville plant Saturday in a dispute over weekend overtime wages.

"There have been no talks and there has been no indication that they (the union) are prepared to talk," said factory manager Jim Cummings Tuesday.

The members of the Retail, Wholesale and Department Store Union, Local 488, are bracing for a lengthy lockout. On Monday groups of about 30 began 24-hour-a-day picketing outside the gates of the plant, and there are worries the dispute could be a long one.

"You have to be prepared," said Nestle union president Dwayne Hall, who spent Monday morning scheduling union members on shifts for picketing.

Hall said the company is blackmailing the workers by threatening to move production to other Nestle factories in North America. The plant, which produces instant coffee, puddings, fruit juices and Quik, exports about 70 per cent to the United States.

"If they have it in the back of their mind to close the plant, they'll do it now or they'll do it somewhere down the road," said Hall, a Nestle employee since 1960.

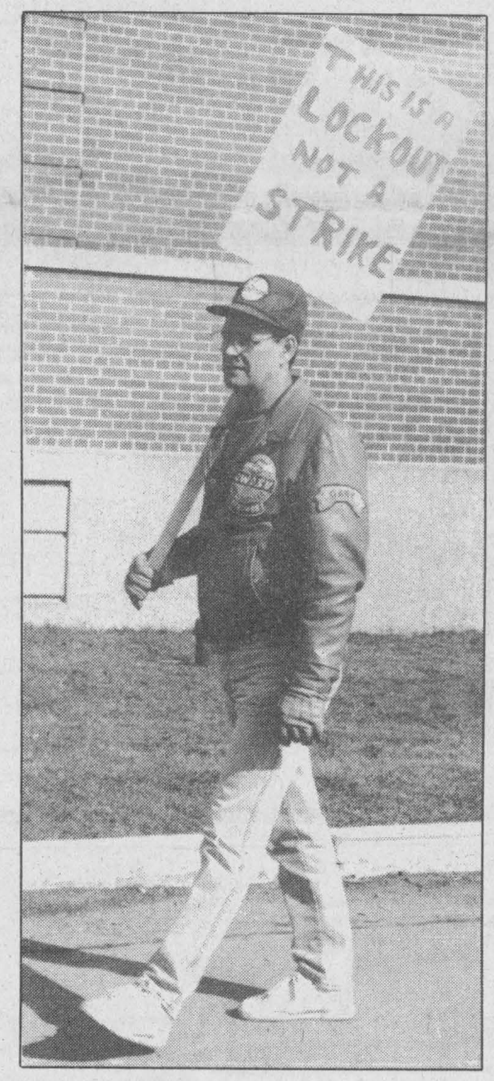
But the company says it cannot compete with other Nestle factories in the U.S. and Mexico and still pay overtime rates for weekend work. It wants the right to schedule workers on Saturday and Sunday and pay regular hourly wages.

"We have the capacity of producing the products that we make (in Chesterville) at other locations in North America. And that's scary," Cummings said.

In a letter to employees this week, Nestle Foods president Michael Rosicki said that without the changes included in the company's final offer, the Chesterville plant will not be competitive.

"Nestle has no interest in jeopardizing the future of the Chesterville factory," Rosicki said.

The union workers have been without a contract since Jan. 31. Last Monday, after three months of negotiations, 63 per cent voted to reject the company's final offer. On Friday the union was told its members would be locked out at noon the following day.



Workers walking the picket line let the public know where they stand

Many factory employees were escorted into the plant to get their personal belongings Saturday morning. At noon, a crowd of more than 100 gathered in front of the plant, many carrying hand-written lockout signs. Most left about 45 minutes later, and all were gone by late afternoon.

Hall said although the union and the company had been in a legal strike/lockout position since Thursday, members were surprised to hear the plant would be closed.

"We were quite willing to stay on and help try to work things out," he said.

Please see NESTLE on page 3

How it happened:

- **JANUARY:** Contract negotiations begin between Nestle and 246 members of Retail, Wholesale and Department Store Union, Local 488.
- **JAN. 31:** Union members' previous one-year contract expires.
- **MARCH 2:** Two sides go to conciliation. On March 9, conciliator writes a no-board report, indicating that no settlement is possible.
- **MARCH 16:** Mediator tries to get both sides back to bargaining table; company presents its final offer.
- **MARCH 18:** Union executive meets with members to present company's final offer.
- **MARCH 19:** Nestle Foods president Michael Rosicki meets with hourly and salaried employees to explain company's final offer.
- **MARCH 22:** Union's two bargaining units vote on offer. Sixty-three per cent of 215 production workers reject offer, 85 per cent of 31 office, clerical and lab employees accept contract offer.
- **MARCH 25:** Union and company in legal strike/lockout position.
- **MARCH 26, 3 p.m.:** Company management meets with union executive to advise that the workers will be locked out Saturday at noon.
- **MARCH 27, 8 a.m. - 12 p.m.:** Production workers pick up personal belongings at plant. At 12 p.m., Nestle locks out 215 workers, ceasing production.

Businesses worry about lengthy dispute

Greg Hewitt
Record Staff

In the shadow of the Nestle labor dispute, Chesterville's business community is hoping for a settlement before any economic effect is felt.

Chesterville Merchants' Association president Mike Dean said a strike or lockout at the village's largest employer is something no business wants to see.

"We're always thinking about Nestle being the backbone of the village," Dean said. "It's a very nervous time."

And he said there is nothing merchants can do but hope the two sides reach an agreement.

Dean said that if the dispute is not settled and the plant is not reopened, the local economy would be devastated.

He noted that the plant contributes about 35 per cent of the village's tax base, as well as the disposable income the salaries provide.

"It's a situation we never want to see. We just hope a resolution will be reached as quickly as possible."

Louis' Restaurant has lowered its price for a cup of coffee to 50 cents and is offering daily meal specials to all customers.

Dino Pavlouinis, son of owner Louis Pavlouinis, said the measure was taken to help plant workers in the face of the lockout but not to take a side in the dispute.

"We have a lot of customers from the plant itself, we have to do something to help them," he said.

And he said he hopes the dispute is soon settled.

"If (Nestle) closes, we're in trouble and the whole town is in trouble. I just hope it doesn't come to that."

Barry's Meats owner Barry Sullivan said village businesses may already be feeling the effects of the dispute as locked out workers may be budgeting their money.

He intends to keep advertising his specials and offer good deals on the meat he sells.

"With that many employees, with wives and kids, they won't be bringing home paycheques and they're not spending money and it hurts all around," he said.

"I hope everything is rectified and they get back in there as soon as possible."

Jumpin' Jack's take-out owner Jack Lemieux said his business is already being affected by a "trickle-down" effect.

He said he has noticed that customers who, for example, babysit for Nestle workers, are not coming in the store.

"Eating out, people don't do it as a necessity but a luxury. There's been a little bit of an effect," he said.

"But if this thing drags on two or three months I'm sure we'd see a definite effect, especially with summer coming."

Lemieux said a plant closure would not raise his taxes because the business is situated in Winchester Township, but every business in the area would be affected.

"I'm hopeful it will be resolved to everyone's satisfaction. I'm not looking into the crystal ball, I'm taking it day by day."

Chesterville Reeve Jim Cook expressed optimism that the dispute will be resolved in time "if the right words are spoken."

And he described the mood of the village as "quietly concerned."

This Week

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Staff cuts leave Children's Aid Society doing more with less..... 5

Council amends zoning bylaw despite opposition

Greg Hewitt
Record Staff

CHESTERVILLE — Chesterville council approved a zoning change last Wednesday despite opposition from neighboring residents.

Council received four written oppositions to developer and councillor Peter Van Kessel's request to have a parcel of land, bordered by Main, South, College and Mary streets rezoned from R1 to R2 residential.

Van Kessel, who owns the five-acre parcel, wanted the zoning changed to R2 to "allow a little more flexibility than R1." He said at the meeting he is considering apartment buildings, no higher than a two-storey house, for seniors.

An R2 zoning is similar to R1 but also allows row housing no higher than 35 feet or apartments no higher than 40 feet.

In explaining his request at a public meeting before Wednesday's council session, Van Kessel noted a need for seniors' housing in the village and a provincial government push for multiple-dwelling buildings.

But five residents attended the meeting to express concern that the characteristics of the neighborhood did not suit row housing or two-storey apartments.

Village resident Audrey Cross questioned what might happen to apartments if they are sold in four or five years.

"Sometimes these apartments are not maintained like they should be. I just don't feel that is the place, if an apartment is built, in the middle of a residential area," she said.

"I recognize that Peter has built some beautiful buildings in town but I still think we should stay single-family residence in that area," added Harold Edwards.

During a council session after the public meeting, council voted 3-1 to change the zoning to R2. Van Kessel declared a conflict of interest and did not participate in the council discussion or vote.

Councillor Martin Derks and Deputy Reeve Shirley Coons voted in favor of the rezoning, while Councillor Roger Cole opposed it. But three votes are needed to amend a bylaw, and Reeve Jim Cook added his vote and the change was passed.

In supporting the zoning change, Coons recalled similar concerns when an apartment was planned near her Queen Street home.

Please see COUNCIL on page 3

Daily physical fitness gains popularity in area schools

Elizabeth Moreau
Record Staff



Exercises with skipping ropes (left) is just one component of the Quality Daily Physical Education program that children at Chesterville Public School are involved in. Providing children with 30 minutes of activity each day is supposed to improve their ability to learn and their classroom behavior.

Some parents may find it difficult to believe, but the average Canadian child spends more than 26 hours a week in front of a television. And the same child spends up to 30 hours a week sitting in a classroom.

It's numbers like those that have a growing number of educators and fitness experts pushing for more physical activity in schools.

The Canadian Association for Health, Physical Education and Recreation has developed a program to provide children with daily phys-ed in school. And it's an idea that's catching on at the Stormont, Dundas and Glengarry Public School Board.

Several schools, including Chesterville Public School, now offer Quality Daily Physical Education to students. The program takes a broader approach than traditional phys-ed courses, says Brenda Waddell, the board's QDPE co-ordinator and vice-principal of Seaway District High School.

Less emphasis is placed on competitive sports, she says. Instead, students are encouraged to develop basic skills, form a healthy attitude toward physical fitness, and have fun. And those attitudes may spill over into the classroom.

"It improves their outlook," Waddell says of QDPE. "They feel better at the end of the class so they're ready to do their other subjects."

According to CAHPER, children who participate in daily physical activity perform as well or better academically, play better with others, are less aggressive, and show improved classroom behavior.

Currently, three classes in Chesterville Public School, including Laurie McElheran's Grade 1/2 students, receive 30 minutes of activity each day. McElheran hopes that eventually the entire school will be involved.

Activities in the CPS program include skipping, gymnastics, cardio-vascular exercises, and sports.

"It's not just a program where they go in (the gym) and play," says McElheran.

Indeed, not all activities take place in the gym. Part of the time is spent in the classroom learning about health, the effects of smoking, and the difference between prescription and non-prescription drugs.

The children in McElheran's class have been receiving QDPE since she introduced it in the school three years ago. And all students have enjoyed benefits from the program, she says.

Students with asthma have shown a marked increase in physical capabilities. Others who are not normally sociable with their peers participate in all the activities. Children in wheelchairs improve their upper-body strength with modified activities.

"It's hard to compare what they would be like without it," says McElheran. "But they're very eager to get down to a task."

Since there is a significant decline in physical activity after the age of 12, it is hoped that QDPE will become habit-forming.

"It gives the children a healthy attitude toward physical activity," says McElheran. "If you start early enough, it will continue throughout life."

Waddell says participating in daily activity early in life may help prevent health problems later on.

"It may save us a lot of money down the road in health-care costs," she says.

Providing a daily phys-ed program for students is still optional for Ontario school boards. But a new core curriculum document by the Education Ministry makes daily physical activity compulsory for students from junior kindergarten through Grade 9. Waddell and others are eager to see the document become official policy.

Counties budget rises .59%

Greg Hewitt
Record Staff

CORNWALL — The United Counties budget contains the smallest increase in nine years thanks to increased assessment and a levelling-off of welfare costs.

The 1993 budget will grow 3.41 per cent to about $6.5-million. But a 2.82-per-cent increase in assessment across the counties, combined with stable welfare costs will result in a mere .59-per-cent increase in tax levies for Stormont, Dundas and Glengarry municipalities.

A $519,000 surplus from last year's budget was also used to keep the increase down.

Chesterville's levy will rise $1,600 to about $200,000.

Chesterville Reeve and United Counties Warden Jim Cook said the $1,600 increase will add only about $2 to the counties portion of the average Chesterville tax bill.

"I think it's a good budget," Cook said. "The staff and committees are to be commended on this hold-the-line budget, considering we had to pick up a few things that had been planned on a long time ago."

The budget was approved last week by counties council and is expected to be finalized this week. Other municipal levies were not released.

Last year, increased welfare costs necessitated a 24.6-per-cent hike in the amount the United Counties levied to its 20 municipalities.

And it's not a budget of cuts. Cook noted that $51,000 had to be added to the Eastern Ontario Health Unit's budget, and financial commitments to hospitals and Maxville Manor had to be included.

The roads and social services budgets stayed the same as last year, and money was added to tourism and economic development budgets.

Budget deliberations lasted only a day-and-a-half.

"The committees and staff have done a good job of holding the line, and of course this made it easier for counties council to handle it. Most departments took zero-per-cent or very close," Cook said.

"All in all I'd say it was a pretty good, tight budget."

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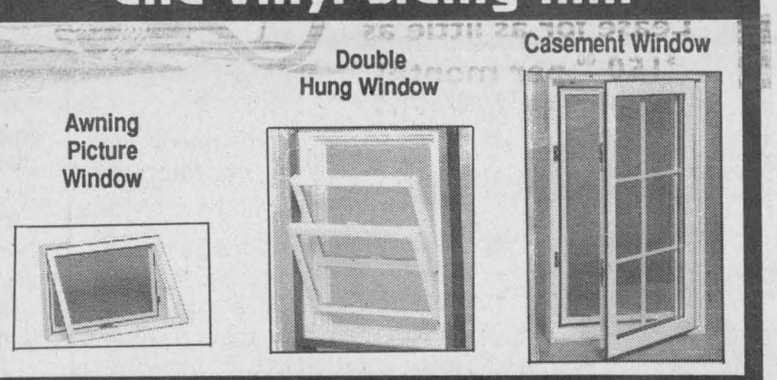

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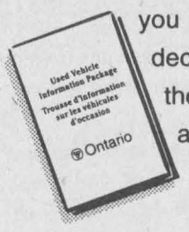

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The Used Vehicle Information Package can be ordered through the Ministry of Consumer and Commercial Relations any time, day or night, by phoning 1-800-267-8847 outside Toronto, or 325-8847 in Toronto. Telephone Device for the Deaf 1-800-461-8866 or 326-8866 in Toronto. Credit cards accepted. Or after May 3rd, 1993, a package can be picked up at any Driver and Vehicle Licence Issuing Office.

A brochure with tips on buying or selling a used vehicle can be ordered through the above telephone numbers, and is available at any Driver and Vehicle Licence Issuing Office.

Ontario



Katie (left) and Rob Sirvage (second from right), and their parents, Tom and Linda, are worried about what changes the provincial government has in store for the Belleville school for the deaf they attend.

Changes to school would put deaf culture at risk, students say

Elizabeth Moreau
Record Staff

Rob Sirvage is deaf, but he wants people to know that he is not handicapped. Rob, 12, attends Sir James Whitney School in Belleville, a provincial school for the deaf where students are educated by staff fluent in American Sign Language.

It's a school that promotes deaf culture, and where students are able to express their ideas, learn new ones, and communicate with others.

But parents and students are worried that provincial funding cuts will jeopardize the future of the 125-year-old school and the future of their culture.

"If we're not together, deaf culture will die," Rob says through a sign-language interpreter at his home outside Chesterville.

Both Rob, a Grade 7 student, and his 14-year-old sister, Katie, who is in Grade 8, spent one year at a local hearing school before enroling in Sir James Whitney. As the only deaf student in his class, Rob says it was a lonely experience.

"Then I went to Sir James Whitney and there was talking, communication, and staff who knew sign language."

But in February, parents received notice that the Ministry of Education was considering changes to its three provincial schools for the deaf, largely because of declining enrolment.

In 1972, 1,000 students attended the three schools. Today, a total of 500 deaf students attend the schools in Belleville, London and Milton.

Parents are worried that Sir James Whitney, formerly the Ontario School for the Deaf, will either be closed or converted into a day school.

Without on-campus residences, Linda Sirvage says her children would either have to attend the Milton school, or transfer to a local hearing school. And neither option is appealing.

"I honestly can't say what I'd do if Sir James Whitney closed," Sirvage says.

Milton is an eight-hour drive from their home. Rob and Katie wouldn't be able to come home on weekends like they do now. Integrating into a local school is virtually out of the question, Sirvage says.

"To go to a regular school and sit in the class with an interpreter is not an education," she says. "You're not part of what goes on in the classroom. You don't have any peers. You don't have any social life."

Dave McKee, director of special education in the ministry of education's provincial schools branch, said closing Sir James Whitney is not an option. But he said the ministry is considering maintaining the Milton school and establishing two smaller satellite programs on the London and Belleville sites. Under that plan, Sir James Whitney would likely become a day school.

McKee met with parents in Belleville last week and is scheduled to meet with students next week.

He said the province wants to make the schools more cost-efficient. The annual budget for Sir James Whitney, and a smaller school for learning disabled students on the same campus, is $12.1 million.

But he said parents and students should not worry about radical changes in the near future.

"We would certainly want to do it gradually so it would have a minimal effect on staff and students," he said.

But that's not enough for the Sirvages and other parents and students. The parents have been meeting regularly since Februray and plan to submit a fact-finding report to the ministry.

"It's not enough that the school just stays open," says Sirvage. "We want to make sure the level of education is maintained."

Rob and Katie worry about the loss of deaf culture should the Sir James Whitney community be separated.

"Deaf culture is different," Rob explains. "The language is different....The deaf have different feelings, different values."

He and Katie agree with their mother that communicating through an intrepreter is not the same as speaking with others who are fluent in American Sign Language.

"Because the only means of communication they have is sign language, they need to be immersed in that," Sirvage says.

Sirvage uses sign language and an area woman visits the children on weekends and holidays to interpret for them and work with them. But all of Rob and Katie's friends are at the Belleville school.

"I like to come here for the summer and vacations, but my friends are at school," Rob says.

"If Sir James Whitney closes, my friends will go to different places. I'll have to build new friendships again."

Sirvage says both children excel at school, and both hope to later attend an American university for the deaf after graduation.

Nestle locks out 215 production workers

Continued from page 1

Cummings said there were "no efforts by the union to come back to the bargaining table."

The 31 members of the union's second bargaining unit, which includes office, clerical and laboratory staff, voted to accept the company's offer. They have been reporting to work this week with provincial police nearby as employees went in and out of the plant.

But about 28 of those employees will be laid off on Friday because of a shortage of work, Cummings said. Only a handful of employees will remain at the plant.

Under Nestle's four-year contract offer, employees would receive a two-per-cent wage increase in 1993 and inflation protection for the next three years. Production employees at Nestle earn an average of $15.69 an hour.

Overtime rates would be paid only after a 40-hour week. The company offered a one-time payment of $1,000 to compensate employees who worked weekends without overtime pay.

But union members say weekends are often the only quality time some workers can spend with their families. Despite company assurances that weekend work would be scheduled only when absolutely necessary, workers worry that it would become commonplace.

"We know that once they get in it, it will be all over the factory," Hall said.

The last labor dispute at the Chesterville plant was in 1968, when employees went on strike for about three months.

Council amends zoning bylaw for developer

Continued from page 1

"We heard the same criticism when the item was circulated for the Queen Street apartment and it seems to be a very good workable building and I don't think it's ever vacant," Coons said.

Derks noted the need for seniors' housing that is within walking distance to the downtown area.

In opposing the rezoning, Cole said he felt the delegation had some valid concerns.

"If there's that big a delegation that's opposed to it I think it should probably not be passed," he said, adding council would have less control over what might be built on the land.

Cook said he had "mixed emotions" on the issue and conceded that the character of the neighborhood tends to be R1, but also noted the provincial government's call for higher-density housing.

"I'm not sure we can afford the luxury of houses with 60-foot frontage — it's always been very expensive to put in the water and sewer," he said.

Cook also said council would still have control over what is built on the land through a plan of subdivision.

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89 Chev Cavalier, 4/d, auto, ps, pb, stereo, cass	$5490.
89 Pontiac 6000 S/E, 4/d, air, tilt, pw, pl, stereo/cass	$7995.
89 Chrysler New Yorker Landeau, 4/d, air, p/s/roof, ps, pw, pl,	$9995.
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89 Ford Tempo, 4/d, air, auto, ps, pb, stereo	$4980.
89 Ford E150, work van, 5/spd, ps, pb, radio	$6985.
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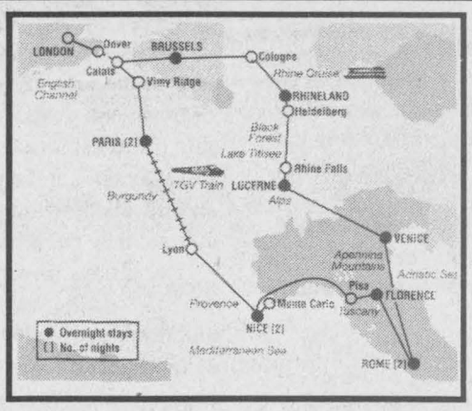

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EDITORIAL & OPINION

Editorial

It's not just the 3 Rs anymore

It used to be that children went to school to learn reading, writing and arithmatic. Schools and teachers equipped students with the academic skills and knowledge that would carry them through their lives. The rest of a child's development — physical, moral, spiritual and nutritional — was taken care of at home.

But today's educators are finding themselves taking care of the "whole" child, nurturing more than just the brain. Because of economic and domestic changes over the years, schools have had to make up for what is often lacking in the home.

School meal programs, both breakfast and lunch, are one example. Children whose parents work full time may not eat breakfast, and have no one at home to make lunch for them. But a full stomach is critical to learning so many schools have taken it upon themselves to feed students.

Physical activity is another area in which schools are assuming a greater responsibility (see page 2). Traditional physical education courses, for the most part, taught the rules and skills needed to play various sports. But now it is becoming apparent that children are less and less active.

Forty per cent of Canadian children have at least one risk factor for heart disease. In North America, 40 per cent of children aged 5 to 8 can be classified as obese. And the average Canadian child spends more than 26 hours a week in front of a television.

There are many reasons for decreased physical activity in children, and television, computer games, and video games are among them. Also, many children are alone after school, and for their safety are instructed by their parents to stay inside. So they watch television.

The daily physical education program in some classes at Chesterville Public School is another way educators are trying to develop more than a child's academic performance.

But all these programs need support of parents at home. If parents learn more about what their children do at school — what they read, what exercises they do, what they eat — they are in a better position to reinforce healthy activities and discourage unhealthy ones.

Educators can do their best to nurture children into healthy, happy adolescents and adults, but they can never replace the values and attitudes children learn at home.

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Off the Record

Cowslips and Cowflops - one more time

By Robin Morris
Managing Editor

And now gentle reader, for want of anything better, a return to Cowslips and Cowflops where nothing is what it seems and nothing seemly is what it's all about.

A *Cowslip* to both Kim Campbell and Jean Charest who have joined U.S. President Bill Clinton in admitting to having done a few joints. Unlike Slick Willy, however, the two Tory leadership hopefuls both admit to having inhaled the tetra-hydra cannabinol infused smoke, which is the whole point of doing dope in the first place. Next thing you know Michael Wilson will admit to having done some hits of acid while hanging out with Mick Jagger in the Caribbean a few years back. (Hallucinogens going a long way toward explaining Tory fiscal policy of late.) Can you hear Bay Street Mike at his coming out press conference? "Yes. I did three tabs of purple haze and two green meanies, but, honestly, I didn't inhale."

And a *Cowflop* to Comrade Bob for his gawdawful performance on Ralph Benmergui's equally gawdawful CBC effort a week ago Friday night. Bob, if you're gonna do a Bill Clinton, get it right and keep your trap shut. You're piano playing isn't all that bad but as soon as you start to sing you sound like the caterwauling of the disaffected whiners who comprise the NDP. Take up the alto sax - that'll keep you from singing. Or you could admit to once having had a beer, but "honestly, I didn't swallow it".

And to return to my favorite repetitive refrain, a *Cowflop* to all those out there who think they own the drugstore counter just because they're plunking down a lousy two bucks for lottery tickets. It happened on St. Patrick's Day, just when I was at my most festive, what with the IRA bombing in the north of England and every wannabe Paddy in North America drunk out of his mind on cheap draft and green food coloring. There I was at the counter in the pharmacy in Morrisburg waiting patiently to collect for my paper route (hey, it's a job). The woman ahead of me wants the clerk to check her numbers on the draw of the night before, the fact notwithstanding that the numbers are neatly written on a large sheet just inches from her nose. The clerk sighs and agrees to read them for this seemingly innumerate clod, who immediately puts on her glasses and reads along with her. And surprise, surprise, she won a couple of bucks. Then it's decision, decision. Take the cash or two tickets? And meanwhile, run this ticket through the machine to see if it's a winner and never mind that it's sopping wet, having been carried from the car to the store at head level in a blinding snowstorm. And of course the ticket, resembling nothing so much as a soda biscuit recently removed from boiling water, shreds in the machine, which immediately breaks down and creates the need for another clerk to be summoned to aid in its removal. All of which deepens my already considerable loathing for that tiny minority of lottery players (about 98.97 per cent of them) whose lack of common courtesy for their fellowman will soon cause the rest of us to start packing heat.

(My apologies for getting carried away, but as you can see, it's a topic that's near and dear to my heart. And do you have any idea where I can get a good used 9mm?)

And a quick flip to my other refrain, and a *Cowflop* to drivers of expensive imported cars who take up two spaces in crowded parking garages so that no one can ding their fenders with carelessly flung-open doors. It happened last Wednesday on level two of Pearson International's Terminal Three garage. Son Evan's flight was to arrive at 5:45pm. What a convenient time, just perfect for hurtling along the 401 from Yonge to Islington at 130k/ph in a truncated steel ribbon with the cellular phone-crazed population of Metro. We're locked between a Hyundai micro-mini subcompact whose driver has her phone crooked on her left shoulder and a maniac behind us in an Alfa Romeo, equally as intent on his long-distance moment, which probably had something to do with the quick transfer of large amounts of money through Barbadian bank accounts. We make it up 400 and into Pearson at breakneck speed - driving in Metro is a case of the quick and the dead - only to find that about 100 other international flights are scheduled to arrive at 5:45pm and finding a parking space is like being in a pack of wolves on the trail of a wounded deer as we endlessly circle the garage's levels driving against all the arrows to be in a better position to pounce on Bambi. I mean the first empty space. And there it was! Just behind that pillar! Right over there! Only there was a little white Black Forest Cake 318is convertible taking up both it and the adjacent space by having been neatly parked dead centre over the dividing line. It had to have been done on purpose since those things - especially with the sport package - can turn on a dime and give you eight pennies change. So there was another 10 minutes of circling with the rest of the pack until we muscled some newly-arrived group of travellers from their soon-to-be-vacated space by sitting two feet off their tail and glowering at them. And that reminds me of the time severe cosmetic damage was done to another expensive import in the underground garage of the McDonald's at Bayview and Eglinton. But that's a story for another day...

...Since we only have room for this final *Cowslip*, for Spring glorious Spring and this weekend's time change to give us more of it.

LETTERS

Reader has words of advice for union members

To the Editor:

Dear neighbors of Chesterville: I would like to address the members of Nestle's Retail, Wholesale and Department Store Union regarding their labor dispute. I am hoping all members have seen the issue with the vision of what has happened and what is happening across our country in the past two years.

I am speaking of jobs lost forever, never to come back. The whole world is in a recession, or just starting to recover.

From the report in the Chesterville Record, it seems that Nestle's monetary offer is decent. I will receive a zero-per-cent pay increase in 1993 and zero per cent in 1994. I just came off a zero-per-cent increase for 1991 three per cent for 1992. This is the public service of the federal government. Also, the provincial government workers' wages will either be frozen or rolled back.

The continental work week can work in several ways. Not every employee of that group works a Saturday and Sunday all the time. They will also be paid extra after working a 40-hour week.

You could say that hospital staff work a continental work week, since hospitals are open every day.

I hope the members realize that headquarters in Switzerland can easily close down the plant forever.

Allan Johnson
Chesterville

South Nation is village's best resource

To the Editor:

I am in total agreement with the viewpoint expressed by Mr. Cross' letter and your editorial of March 17. The South Nation River is a potentially great resource which is taken for granted by those who live on it; but when you're a relative newcomer to the area, it's one of the first things that strikes you about Chesterville: its strategic location on this underutilized waterway.

Many communities have been quick to capitalize on their favored location. Places like Morrisburg in our own county, and Temagami in Northern Ontario, with the help of some federal grant money from Small Crafts Harbour, were able to build docks, launching ramps, and beaches for pleasure boaters and swimmers, and thus fully utilize their natural resources.

We look on the Nation now, and we see but a sleepy little river; but a short one hundred years back in time, and this river was of sufficient importance to be considered as one of the possible alternatives to the Rideau River for the canal lock system constructed by Colonel John By and his engineers, to link Ottawa to the "front."

Earlier on in history, a small tribe of Algonquin Indians used the Nation River as a "highway" between the St. Lawrence and the Ottawa River, and were called the "petite nation" by the early French explorers, thus giving this river its present-day name.

We can do many things to beautify Chesterville, and we can create whatever identity theme we want for it, but the Nation River has always been there, just waiting for us to capitalize on it.

J.P. Leguerrier
Chesterville, Ont.

THE FARMER'S WIFE S

By Wyn Thompson

Nobody asked me but...the old calendars placed the New Year at the vernal equinox in March, according to the logic of the sun and the moon and the stars, but we human beings do like to fiddle about with things, no doubt in the hopes of improving them.

Thus, when the Gregorian calendar was adopted in 1752 New Year's Day was changed to January 1 from March 25. Be that as it may, I believe the year begins when the true country lover first puts his foot down into the soil of his own property.

Spring comes reluctantly now as we will still have many days of what seems like endless winter, raw and cold. On such days we have a bright blaze on our hearth and sit by it, with much comfort. As we read we hear the wind complaining at the windows and rattling at the doorways.

During just such a time, I turned up some statistics that I found rather alarming, what do you think? "The number of farms in Canada may be shrinking, but the number of bureaucrats who oversee them continue to grow.

According to Statistics Canada data for 1991, there is one civil servant for every six farms. Agriculture Canada has 11,400 employees and another 9300 work out of nine provincial agriculture departments. Newfoundland refuses to release its number of agricultural employees.

Of the 280,043 farmers in Canada, more than 160,000 are not considered full-time farms because annual gross receipts fall below $49,000. That leaves 118,365 full-time farms in Canada, or 5.7 farms per bureaucrat. In 1940, there were about 600,000 farms, and only 2200 federal farm bureaucrats."

Look to the year 2002 and we are told that almost every second dairy farm in the province will have disappeared or been absorbed by others. Ron Versteeg, Ontario Dairy Herd Improvement Corporation says: "People here have come to the realization that it might be me. They will have to decide what to do if they want to stay."

And farmers in our area are doing just that in an attempt to meet the challenges and changes that a new century is bound to bring.

This is definitely the month to finish cleaning up after winter. For soon we shall want to be outdoors all day long. This is the year for painting at our house, indoors and out. I rather dread, I really dread, the disruption, the moving of things, the taking down, and putting up of things, but oh my, when it is completed I will be happy as a tick.

Meanwhile, I sort, wash clothes, air them, store them. In my childhood spring cleaning was a serious business, all over the village, up one street and down the other.

As soon as the snow melted, carpets were laid on the grass and beaten with whire whisks. Furniture was moved to the front porch or lacking a porch, the yard. Husbands wandered aimlessly about getting in the way, most times, of these flurries of activity. But spring cleaning was a moral responsibility and it proceeded, husbands or not.

Curtains were dried on the line, were stretched on special stretchers with tiny pins holding them taut. Windows were washed with vinegar and water and polished with newspaper.

Even cellars and cement steps were scrubbed and scoured and a damp smell came from them for weeks after. The fruit jars were washed, ranged regimentally on shelves freshly papered.

Finally it was completed. The house smelled of wax, o-cedar-oil, and lye soap. Nothing I have ever smelled since smelled as clean as the freshly turned out and clean homes of my childhood.

Nowadays most women, I know, clean all the time. The modern theory is to do a room a week and then you never have to do a turn-out. It works well, except that the whole house is never completed in one giant flurry of activity. No great frenzy, no great triumph, only a series of little jobs going on forever.

So, with memories of my childhood still fresh in my mind, the whole house is to be painted room after room after room until there are no more rooms to paint.

For soon the warm winds will tell of little flowers stirring in the woods and along the concession roads. How they blow away the settled feelings of cozy hearth and piles of reading! Now, I think, with the poet,

"It's little I care what path I take
And where it leads it's little I care;
But out of this house, lest my heart break,
I must go, and off somewhere."

On a lovely spring day, it doesn't take too great a leap of the imagination to think of taking a crusty loaf of bread and a wedge of fine Cheddar cheese and setting off to explore the countryside. I realize suddenly just why our forefathers left their secure little villages and travelled on the raging seas to see new lands. Of course, they were brave, I am not.

I've always loved those tales of men who took to the road, eating under shade trees, sharing their food and drink with fellow wayfarers. We know that in spite of poverty and political troubles encountered along the way, the strolling actors and musicians of Shakespeare's day had a merry time.

Well, I am not wandering the byways of merrie old England or merrie old any other place, I remind myself. I am cleaning up after winter. Besides, if I were a wanderer, I'd rather like to be home at night, so that would never work.

But, it is a grand time to make a few daily trips of exploration. One does come back refreshed after some shunpiking expeditions.

To ponder: "Rise up, my love, my fair one, and come away. For, lo, the winter is past, the rain is over and gone; and flowers appear upon the earth; the time of singing of the birds is come."

- The Song of Solomon.

Children's Aid Society copes with staff cuts and limited resources

Elizabeth Moreau
Record Staff

CORNWALL — Staff cutbacks and efforts at cutting a $500,000 deficit have meant more pressures on social workers at the Children's Aid Society of Stormont, Dundas and Glengarry, says the agency's executive director, Richard Abell.

Since 1991 the CAS has lost four social worker positions, both through layoffs and attrition. Currently, 37 workers each handle about 25 cases. And while Abell says the CAS has tried to reduce its total caseload, many of the children now involved with the agency have complex problems that put a greater demand on social workers.

"The ones we're left with are the most difficult to deal with," Abell told the annual meeting of the CAS last Wednesday.

"The cases are putting tremendous pressures on our staff....It's translating into stress, and emotional and physical wear and tear."

In 1992 the CAS handled nearly 1,000 cases, and had 190 children in its care at the end of the year. The number of cases remained relatively stable after a 50-per-cent increase in 1991, but the CAS did handle more cases of physical abuse last year.

The society has also had to work with less money. Like other provincially-funded agencies, the CAS received a mere half-per-cent increase in its grants last year, and Abell said he is counting on no increase for 1993. Still, the CAS managed to cut its deficit from $544,000 in 1991 to $380,000.

"We don't believe we have any more cuts to make and (still be able to) meet our mandate," he said in an interview. "Realistically, the only place we can continue to cut is staffing...and that means service."

Abell said he worries about whether the agency, given its shrinking resources, can continue to act as a safety net for area children in need.

"Can we do justice to the people that we're here to serve?" he asked at the annual meeting.

Gaps in local resources mean foster parents, volunteers and CAS social workers must spend more time travelling to Ottawa for treatment services, Abell said.

But he is encouraged by new alliances that have been formed over the last two years between other community groups, including a committee trying to establish a treatment centre for sexually abused children. A similar program offered by the CAS was cancelled in 1991 because of funding cuts.

"The human service agencies, particularly the ones serving children, are pulling together," Abell said. "That says to me that this is a community that acknowledges it has a problem and has come forward to do something about it."

Parents need balance between love and discipline: psychiatrist

Elizabeth Moreau
Record Staff

Achieving a balance between warmth and acceptance and control and discipline is a good approach parents can take to raise competent children, says a Toronto child psychiatrist.

Dr. Paul Steinhauer, a senior staff member at the Hospital for Sick Children, told a meeting of the Children's Aid Society in Cornwall last week that while people are expected to be good parents, it's not an easy task.

"If you want your kids to be solid citizens, responsible, well-behaved...and have them act that way when you're not around, you're going to need a combination of carrot and stick," Steinhauer said.

On the one hand, he said, parents need to be responsive, empathetic and teach children how to express their feelings. But they should not confuse this with unconditional love and acceptance, which "gives the kid the false message that he can behave the way he wants and sets him up to be a social failure," he said.

Successful, competent children are self-assertive and self-reliant, but are also sensitive to other people's needs, Steinhauer said.

Parents also need to be involved and interested in their children's lives without being over-protective. Bonding, Steinhauer said, is crucial during the child's first year of life. Parents who are detached or indifferent can do great damage to both young children and teenagers alike, he said.



"Control that is firm but not coercive is absolutely crucial to having a socially responsible kid."

Child psychiatrist Dr. Paul Steinhauer

Along with this warmth and attachment must come a certain amount of control and discipline.

"Control that is firm but not coercive is absolutely crucial to having a socially responsible kid," Steinhauer said.

That means giving children the freedom that is appropriate for their age, and setting limits that are fair and reasonable.

By doing that, parents will help girls improve their ability to stand up for themselves, and help boys become more socially responsible.

The kind of control that doesn't work, Steinhauer said, is the kind that shames or brutalizes a child.

The way parents feel about themselves and each other will also affect a child's growth.

Men and women who are secure and independent set a good example for their children, Steinhauer said.

"The better we work out our own act, the better chance we have as parents to get our kids off to a good start."

A successful marriage, which creates a positive environment for children, is not necessarily one in which a couple never fights. Rather, it is one where a couple can resolve their differences and still love each other, Steinhauer said.

The best indicators of how successful a couple will be as parents, he said, are how well they get along, how satisfied they are in their marriage, and how good they are at communicating and solving their problems.

Children who form strong bonds with their parents will learn to trust other people, Steinhauer said. And this will give them a head start at becoming successful spouses and parents themselves.

"Trust is the basis for forming good relationships with others," he said.

Flood watch: So far, so good

Greg Hewitt
Record Staff

BERWICK — This winter's heavy snowfall has raised concern that the South Nation River might cause flood conditions.

But even with last week's mild temperatures, it's so far, so good, says South Nation River Conservation Authority (SNRCA) water resources engineer Cameron McGowan.

McGowan says although we had some warm days, cool temperatures at night are slowing the melting process.

He says the probability of flooding depends on what Mother Nature throws our way. He says the potential for serious flooding still exists if weather conditions change.

"All that really matters is that we don't get a heavy rainfall," McGowan says. "Unless we get a heavy rainfall I don't foresee any particular problems."

The SNRCA uses computerized gauges to monitor water levels throughout the watershed and is prepared to issue a flood warning should conditions indicate the strong possibility of flooding that is worse than the typical spring.

McGowan says that water levels depend on how quickly the snow melts, as well as how the ice on the river breaks up.

He said levels have risen 11 centimetres in Plantagenet and about a metre in Bearbrook near Bourget, which is not abnormal. Some areas might see a two-metre rise in water levels in the average spring.

Snow depths are also monitored. The SNRCA measured 18.5 inches in Williamsburg, 20.9 inches in Morewood and 27 inches in the Larose Forest near Casselman.

McGowan advises parents to use common sense and keep children away from fast-flowing rivers or ditches at this time of the year.

Last year, there were two peak levels in the South Nation, which McGowan says is better than one larger one.

Bad flooding in the area was recorded in 1971, the winter known for extremely high snowfall, and 1938, when the 100-year flood level used as a guide for planning was almost met.

McGowan notes that the SNRCA can provide information to the public about the potential of flooding.

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From Chesterville's Past

April 2, 1908

The 20th anniversary of the Chesterville Presbyterian Church will be observed on Sabbath next. The Rev. C.A. Ferguson will be the preacher for the day. The choir will render special music at both services.

Mr. J.R. Allison is spending this week in Montreal. Mr. C.W. Kahala, of Avonmore, was in town Thursday. Miss Rubie Allison is employed as a cashier in the store of Sanders, Soule and Casselman. Mr. Edward Lynch has been employed as clerk in the store of Chester Casselman. Mr. G.H. Steer, principal of the public school, has been confined to his room since Friday last.

April 3, 1930

A three-year-old heifer owned by Wm. J. Fawcett, Winchester, came close to setting up a new Canadian record for her class and division in the R.O.P., when she finished her lactation the other day and it was discovered that on twice-a-day milking she had produced 16,271 pounds of milk and 551 pounds of butterfat, the latter seven pounds less than stands to the credit of the title holder.

March 28th in the past three years out of five has brought distressing news to Mr. W. Dawson of the Grantley district. In 1925 on that date in March he was advised of the death in Brandon of his brother, Johnston, while in 1928 the message contained the announcement of the death of a niece, Mrs. Frank Mallory of Ottawa, and this year he was advised on the same day of March of the death of his brother Samuel, who passed away in Brandon at the age of sixty-five years.

March 31, 1955

Some district roads are still plugged full of hard-packed snow and impassable to traffic, three days after the big blow is over. The weekend blizzard is said to have dumped 10 inches of snow before it blew itself out. The last March storm to compare with this one was on the first of the month in 1947. At that time traffic was stalled in eastern Ontario for three days.

Mr. Delbert Dillabough returned home from Ottawa Civic Hospital this week. His condition is reported much improved from his hospital treatment.



Happy 85th Birthday
Mrs. Maria G. Mesman
April 6th/93

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Tel: (613) 535-2673

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Fulltime permanent employment, minimum of 44 hours per week plus overtime, available immediately. Applicants must have Class AZ Driver License, clear driving record, and be able to work at heights. Residential construction experience would be an asset.

Apply in person to:

Guildcrest Homes,
20 Mill St., Morewood
613-448-2349
Attention: Kathryn Coll.

The First In Our Area To Offer This Valuable Service.

SAVE TIME & MONEY

No More Trucking Seed to and from the cleaners. Have your seed cleaned and treated right on your farm by:

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We can buff, clean, treat, bag and weigh your beans, barley, oats, etc.

Contact Eric Jansen at:
Bus: 652-1473 Res: 535-2707

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AMSTERDAM SPECIAL

May 15 - May 30.....$499. plus taxes
May 31 - June 16.....$550. plus taxes
June 17 - Sept. 12.....$650. plus taxes

These prices valid if booked by April 30, 1993

Thom Travel
1-800-461-3056
Chesterville 448-3714
Reg. #'s 2430849 1258982
Morrisburg 543-2133

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Congratulations Mom & Dad
Walt & Lois Moak of Newington, Ontario
Celebrate their 40th Anniversary on April 4th, 1993
Love & Best Wishes from your family



Victoria Byers, F.D.
Funeral Director

is pleased to announce that Byers Funeral Home Inc., located at the corner of Main and Church Streets in South Mountain, is now open to serve you for all your prearranged and at-need funeral arrangements.

We offer a full range of services - with a distinct difference.

Please feel free to contact me at any of the following numbers, any time of day.

Byers Funeral Home Inc.
Church Street, South Mountain
989-3836/3837 448-3447

"An ethical practice with a distinct difference."

Complete accessibility for the physically challenged.

The Byers Family
cordially invite you to attend
the Open House
of the new
Byers Funeral Home Inc.
on Sunday, April 4th, 1993
from 10:00 a.m. to 5:00 p.m.
at Church and Main
South Mountain, Ontario

Manotick Macro Centre

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Pat Goyette *Robert Lanari*

Natural Health Work Shops
- One Day Workshops -

Saturdays
10:00 am - 2:00 pm

A light meal will be included in the workshop.

April 24—*Diet for a Strong Heart*

Find out why! " Most cardiovascular conditions can be prevented without the need for any of the excellent emergency surgery and other seeming miracles that modern medicine can offer"

-H. Robert SilverStein, M.D.

May 15—*The Cancer Prevention Diet*

Find out why! "Recent scientific evidence... increasingly validates the nutritional route—particularly the Kushi method—for both treatment and prevention of cancer"

—Robert S. Mendelsohn, M.D.
author of *Confessions of a Medical Heretic and Male-Practice*

June 26—*"Let Food Be Thy Medicine"* **—Hippocrates**

Find out about ***185*** scientific studies and medical reports showing the physical, mental, social and environmental benefits of whole grains, vegetables and other natural foods.

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Fax (613) 692-0744

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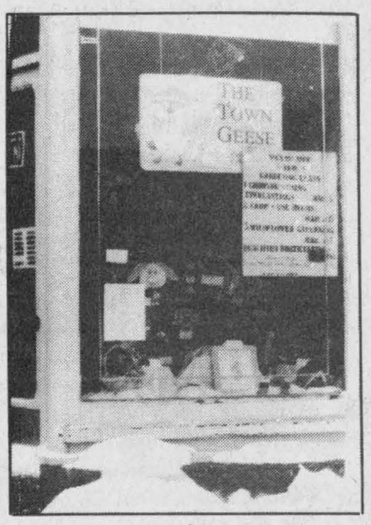
Manotick, Ontario
Canada, K4M 1B1

Who's Who in Dundas County

Presenting interesting facts on the achievements of leading businesses and organizations in our area; a joint effort by the following businesses and organizations and your weekly community newspapers. If you are interested in being profiled in this advertising feature, please call Karen at 613-774-2524.



Geese on the Move

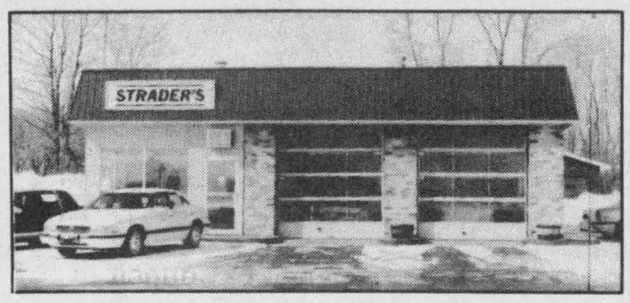
As of May 31, 1993, The Town Geese will have a new home on Rodney Lane (Ormond Road), just five minutes north of Winchester.

Proprietress Nancy Jordan says the shop will be moving to spacious new premises, and her family will become more involved in the business. The Town Geese will expand, with gardening courses, books, and plants being offered.

Familiar helpers "Sandy" and "Kathy" will also make the move to the new location. Classes will continue at the St. Lawrence Street location until May 31st. (Watch for a big moving sale in May.) Throughout the summer months, please contact Nancy for your supplies and special orders. Leave your address with The Town Geese to ensure that you are included on the store's mailing list for flyers on upcoming classes. Nancy and her staff look forward to the Grand Opening of the brand new location on Labor Day weekend.



The Town Geese
St. Lawrence Street
Winchester **77G-EESE**
Store hours: Tues.-Fri., 10-5; Sat. 10-4



Gary Strader attributes his success to repeat clients who come from all over Eastern Ontario, including Ottawa and Montreal.

Strader Motor Sales has been in business at their Morrisburg location for twenty-two years, selling new and nearly new cars and trucks as well as operating a full-service shop. At any given time you will find a choice of at least forty different vehicles on the lot.

Mac Strader, Gary's father, started the business in 1971. Gary carries on in his father's footsteps, maintaining a tradition of honest, reliable dealings.

STRADER MOTOR SALES
SALES & SERVICE
"The right cars at the right price"
HWY. 2, MORRISBURG 543-3312

Eastern Ontario Health Unit

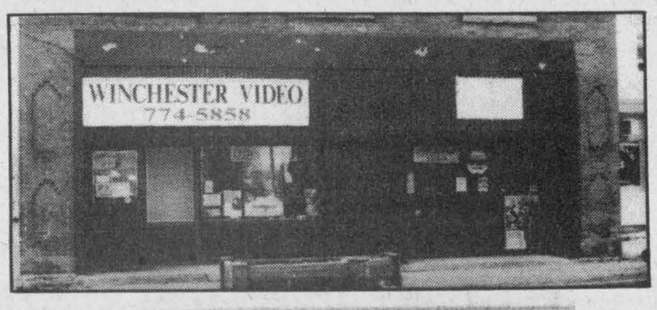
Bureau de santé de l'Est de l'Ontario

Over the years, Eastern Ontarians have relied on the **Eastern Ontario Health Unit** for community health initiatives. It's no surprise, since the **Health Unit** has been around for three generations and is known for its effectiveness and a continued commitment to the health of the community. Although its present name was adopted in 1976, the agency's origin goes back to 1934 when the first county **Health Unit** in Ontario was created. It included the counties of Prescott, Russell, Glengarry and Stormont.

Today the **Eastern Ontario Health Unit** serves the City of Cornwall, spans the five counties of Prescott, Russell, Stormont, Dundas and Glengarry and delivers services from six local offices (Alexandria, Casselman, Clarence Creek, Cornwall, L'Orignal and Winchester). It is committed to the individual's optimal well-being through health promotion, disease prevention and care services.

Public Health Programs and Services
Drug and Alcohol Assessment and Referral
Home Care and Integrated Homemakers Programs
Part VIII of the Environmental Protection Act
Volunteer Work

For more information on the **Eastern Ontario Health Unit's** programs and services, call 774-2739 (Winchester) or 1-800-267-7120.



In June of 1990, Ed and Sandie Puddephatt established Winchester Video. New to the area, having moved to Winchester from Central Ontario the previous year, they welcomed the opportunity to become more involved in the community.

The day-to-day management is handled by Sandie, as Ed covers Eastern Ontario as a salesman with Ottawa Valley Harvestore. Both Ed and Sandie can be found around the store most weekends. The staff is rounded out with Dan Puddephatt, Sean Hachey, Kathy Clark and Doug O'Connor.

With the aroma of freshly popped popcorn in the air, you may browse through the comprehensive inventory for an evening's entertainment. Since 1990, the store has been expanded twice to accommodate many new lines and increased demand. VHS video inventory has grown to nearly 2,000 titles, with an impressive stock of Nintendo games. To keep abreast of new technology, Super Nintendo, Genesis and laser discs have been added. To complement game and movie rentals, video cameras, VCRs and game systems are also available.

If the choices seem hard to make, Ed, Sandie or any of their staff would be glad to assist you. For those of you who know what you want, reservations are welcome. Winchester Video is open from 10:00am to 7:00pm Monday to Thursday, 10:00am to 9:00pm on Friday, 9:00am to 7:00pm on Saturday, and 10:00am to 7:00pm on Sunday.

Ed and Sandie have built their business on good old "down home" friendly service and look forward to being an enthusiastic part of their community for many years to come.

WINCHESTER VIDEO
520 St. Lawrence Street, Winchester 774-5858

We Cater to You

The name chosen by Kathy Lobb for her new business is exactly that "We Cater To You".

With experience operating the food services at North Dundas High School for many years, she is now able to serve the public's catering requirements.

The quality of her food speaks for itself and will leave your guests complimenting your fine choice. Whatever the occasion, she is very happy to discuss your needs and to make the best choices at an affordable cost. A complete menu is available upon request.

Kathy Lobb
Catering Division
Offering A Full Catering Service
Chesterville - 448-2192

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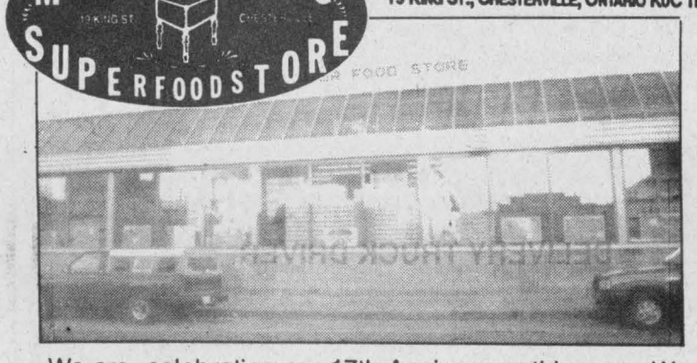

We are celebrating our 17th Anniversary this year. We are very proud of our quality and service oriented staff. Many have been with us for many years and are your neighbours and friends. We maintain a strong commitment to our community.

We offer a full line of grocery supermarket products. Quality is our main concern with fresh meat, deli, produce, baked goods, dairy and frozen foods. Price is our main concern with our name-brand grocery products.

As one of the few remaining independent grocery stores in Ontario, we operate as our own wholesaler, eliminating the middleman and can sell our products at equal or lower retail prices than most grocery chain stores.

We are open Monday to Friday 8:00 A.M. to 9:00 P.M. and Saturday 8:00 A.M. to 6:00 P.M. We offer carry-out service to your car.

We thank the community of Chesterville and District for your support of our business.

THERE'S A LOT MORE TO CANADIAN TIRE FOR A LOT LESS!

A lot of things have changed in Williamsburg since 1939. But one thing that's remained constant is Canadian Tire.

The store opened its doors in 1939 and is still going strong thanks to the efforts of people like Ed Hanson who took control of the Williamsburg outlet in 1963.

In October 1971 Ed expanded the store to its present size. Achievements such as that have led the Canadian Tire chain to become one of Canada's most successful retailers over the past 70 years.

The new message from Canadian Tire is, "There's a lot more to Canadian Tire for a lot less," and the store is doing more than talking. They've lowered prices on more than 2,500 of the items that Canadians buy most — light bulbs, motor oil, paper towels and many more products which will be featured at everyday low prices.

Canadian Tire, Williamsburg also has a full service Auto Centre, so complete mechanical repairs can be completed professionally by their qualified service technicians.

Remember — there's a lot more to Canadian Tire for a lot less.

CANADIAN TIRE

W.P. HENOPHY LTD.
CANADIAN TIRE ASSOCIATE STORE
WILLIAMSBURG
535-2845

FAIRBAIRN FUNERAL HOME LTD.

The Fairbairn Family business has served the Morrisburg, Williamsburg, Brinston, Iroquois and surrounding area for over 35 years.

In 1952 Harold C. (Dick) Fairbairn and Keith Locke purchased the Wallace Funeral Home in Brinston Three years later Harold bought out Keith Locke and became the sole proprietor.

On September 9th, 1964 H.C. Fairbairn & Son Funeral Home was opened in Morrisburg by Harold & son Gordon T. Fairbairn. The Funeral Home became incorporated in 1973 and became known as The Fairbairn Funeral Home Ltd.

In 1991, Gordon Fairbairn was joined in the family business by daughter Sheri and son Ian, both of whom recently graduated from the Funeral Service Education Program offered at Humber College.

When you turn to Fairbairn Funeral Home, be it for at need or pre-arranged, all your funeral service needs will be met. We'll help you plan visitation and service and make cemetery arrange-ments. That's maximum service, and it means less worry for you during a difficult time. After all, that's why we're here.

MEMBER the Order of the GOLDEN RULE

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FAX: 543-4570

ONTARIO FUNERAL SERVICE ASSOCIATION (incorporated)

FRED HILL INSURANCE LTD.

HWY. 31 MORRISBURG, ONTARIO
543-3069 774-2602

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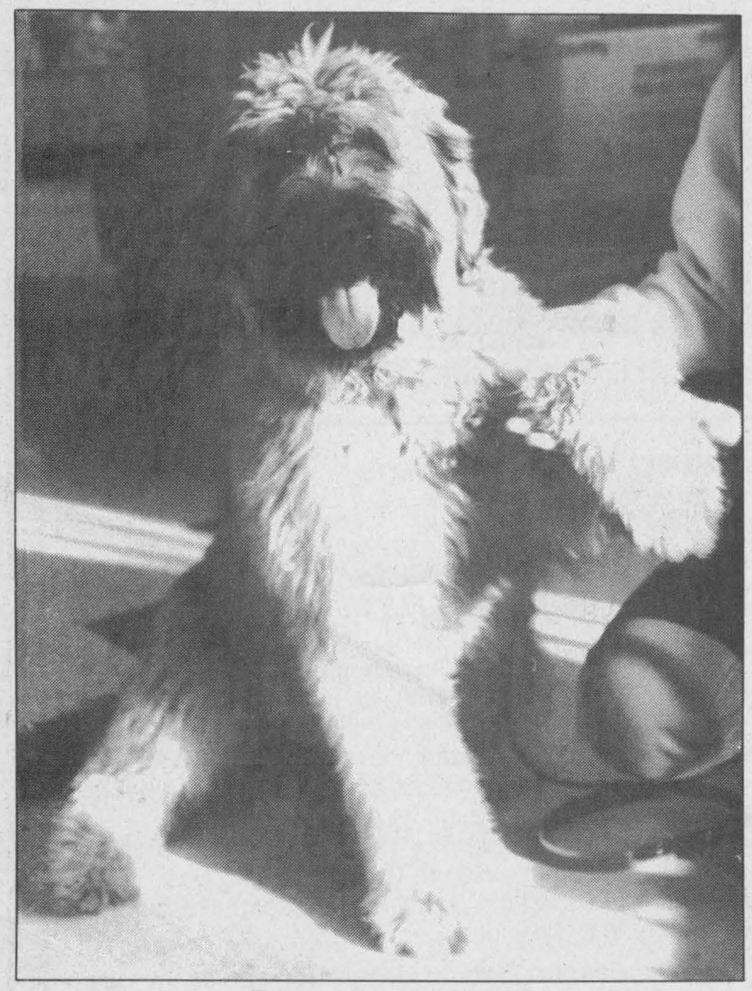
Fred Hill Insurance Ltd. was established in Morrisburg by former reeve Fred Hill, when he amalgamated several local agencies including Charlie Crober, Hugh Thompson and later Harold Poapst. Today Hill Insurance is operated by David Hill who has over 20 years experience in the insurance business. David and his staff of Laurie Bilmer and Nancy McIntosh, both of whom are registered insurance brokers, along with Wytze Douma who is also a CLU life underwriter, are there to help when trouble hits. It's at times like this when you need someone you can turn to.

Your Insurance Broker Understands™

In the complicated world of insurance, the rules and regulations get pretty technical. That's why we're up to date on all the complexities surrounding your insurance policies.

Best of all we're just a phone call away and right here when you need us because we live right in your community.



Between homes

Bear is a nine-month-old male Shepherd-Bouvier mix and has been at the Ontario Humane Society animal shelter in Cornwall for two weeks. Shelter staff describe Bear as very friendly. If you would like to adopt Bear or any other dog or cat, visit the shelter at 550 Boundary Road or call 936-0072.

OBITUARIES

Trevor Allison

William Trevor Allison of Morrisburg died March 21, 1993 at the Ottawa Heart Institute. He was 78.

Mr. Allison was the beloved husband of L. Janet Cunningham, dear father of Nancy (Mrs. Barton Bergman) of Kenora, Lynn (Mrs. Richard Fyle) of Ottawa, Mary (Mrs. Bryan Cope) of Princeton, and David (Ann) Allison of Brockville.

He was the brother of Mrs. Rose Clothier of Escondido, Calif., and Mrs. Jean Bush of Morrisburg. He is also survived by nine grandchildren.

Mr. Allison spent his early years at Allison Stock Farm in Chesterville before moving with his family to Morrisburg. He attended the Morrisburg Collegiate Institute and for many years operated Allison Farms Resort, before flooding by the seaway. Later he operated Allison Import Shoppe in the Morrisburg Plaza.

A funeral service was held March 24 at Fairbairn Funeral Home in Morrisburg. Spring interment will be at Maple Ridge Cemetery.

Archie Cloutier

Archie Cloutier of Queen Street in Crysler died March 8, 1993 at Winchester District Memorial Hospital after a three-year battle with cancer. He was 73.

Mr. Cloutier, a retired farmer, was born Jan. 15, 1920 in Crysler, the son of Adrien Cloutier and Agnes Aube of Casselman.

He is survived by his wife Blanche Beehler, whom he married at Crysler June 9, 1945.

Mr. Cloutier was the father of Shirley (Mrs. Conrad Racine) of Limoges, Albert and friend Monique of St. Isidore, Edward (Nicole) of Crysler and Philip and friend Tracy of Cornwall and father-in-law of Diane.

He is also survived by eight grandchildren, sisters Simone (Mrs. Bruno Lachapelle) of Capreol, Anita, (Mrs. Rene Poirier) of Vermont, Mercedes (Mrs. Raoul Godard) of St. Albert, Helen (Mrs. Rolland Benoit) of Crysler, and brother Raymond (Blanche) of Moose Creek.

Mr. Cloutier was a member of St. Bernard's Catholic Church in Finch, where a funeral service was held Mar. 11, officiated by Rev. M.J. O'Brien. Interment was at Crysler Parish Cemetery.

Pallbearers were Allan McMahon, Earl Wells, Fern Leduc, Louis Poirier, Lyal McDermid, and Gaetan Cardinal.

Scotty Donaldson

Stuart (Scotty) Donaldson of RR 4 Crysler died March 23, 1993 at Winchester District Memorial Hospital after a sudden illness. He was 51.

Mr. Donaldson, the son of the late John and Barbara Donaldson, was born Aug. 3, 1941 in Perth, Scotland. He worked as an installation crew foreman at Guildcrest Homes in Morewood.

He was the beloved husband of Sharon Hutchinson, and the dear father of Troy (Lorie) of Brantford, and Stacey and fiance Jeffery of Morewood.

Mr. Donaldson was the brother of Bill Carmicheal of Ottawa and Katherine McMahon of Scotland. He was the son-in-law of Evelyn and the late MacKenzie Hutchinson, and the brother-in-law of Gary and Barbara Hutchinson. He was loved by many nieces and nephews.

A funeral service was held March 26 at J.R. Vice Funeral Home in Chesterville, officiated by Rev. Roy Harwood. Interment was at Maple Ridge Cemetery.

Pallbearers were Witzie Vanderveen, Jim Merkley, Lee Carruthers, Ronnie Jones, Mark McMillan, and Doug Carruthers. Honorary bearer was Donny Wheeler.

Vera Casselman (nee Kirkwood)

Vera Maude Casselman of Winchester died March 22, 1993 at Dundas Manor Nursing Home. She was 85.

Mrs. Casselman was born March 28, 1907 in Winchester Springs, the daughter of the late George Kirkwood and Viola Henderson.

She is survived by her husband Delbert Casselman.

Mrs. Casselman was the sister of Ken Kirkwood, Bill (Willy) Kirkwood and Pauline Sears, all of Winchester Springs, and Dorothy Blair of Oshawa. She was predeceased by her daughter, Vivian Bouck, and sisters Lula Armstrong and Audrey Shortt. She was the mother-in-law of Fred Bouck of Ottawa, grandmother of Debbie Walker and Heather Byrne, and great-grandmother of Andrea Walker, Shane Byrne, Shannon Byrne and Lindsay Byrne.

Mrs. Casselman was a member of Winchester United Church.

A funeral service was held March 24 at J.R. Vice Funeral Home in Winchester, officiated by Rev. Will Walker. Interment at Maple Ridge Cemetery.

Pallbearers were Owen Shortt, Peter Kirkwood, Eddie Walker and Dan Byrne.

Spring Car Care Guide

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Starting April 1st
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Saturday: 7:00 am - 5:00 pm



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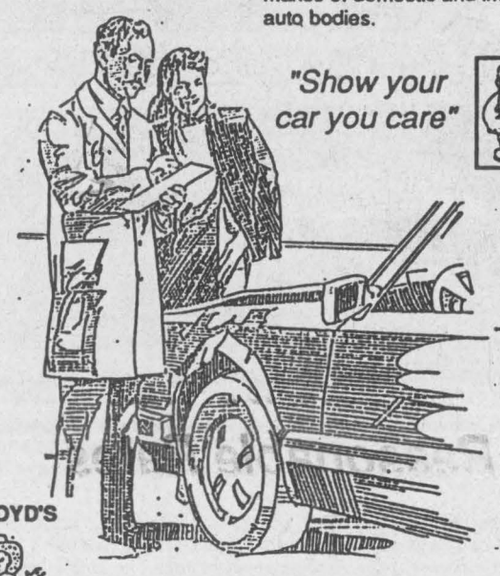

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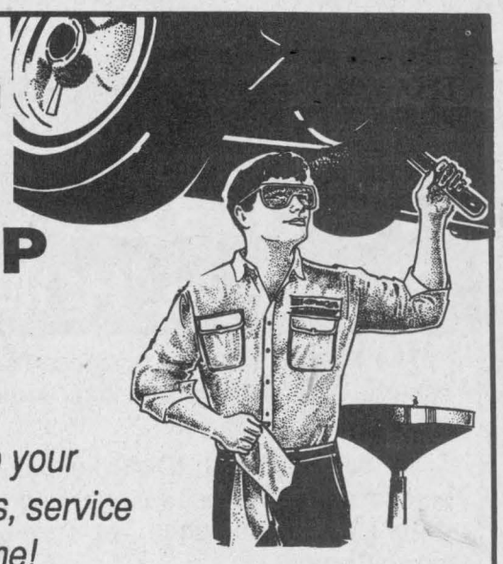
SPRING IS TUNE-UP TIME



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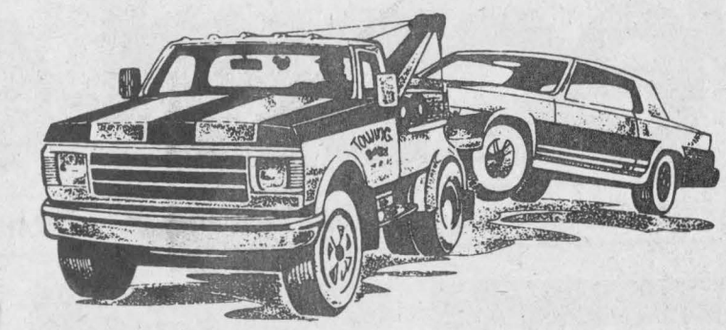

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But bringing your car to us is no mistake!

While you can't always control a run in with bad luck, you do have a choice when choosing a collision specialist. And we think you'll be happy when you choose us.

Whether you own a foreign or domestic car and are involved in a fender bender or a major collision, our experts can restore your car to factory condition.

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BACK TO YOU GOOD AS NEW

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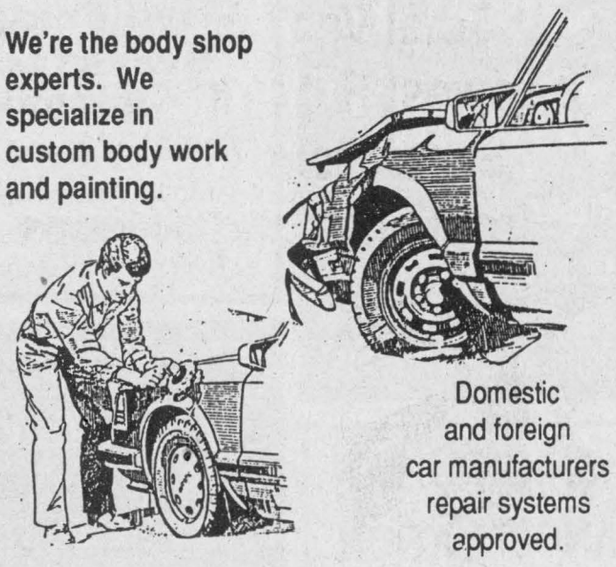

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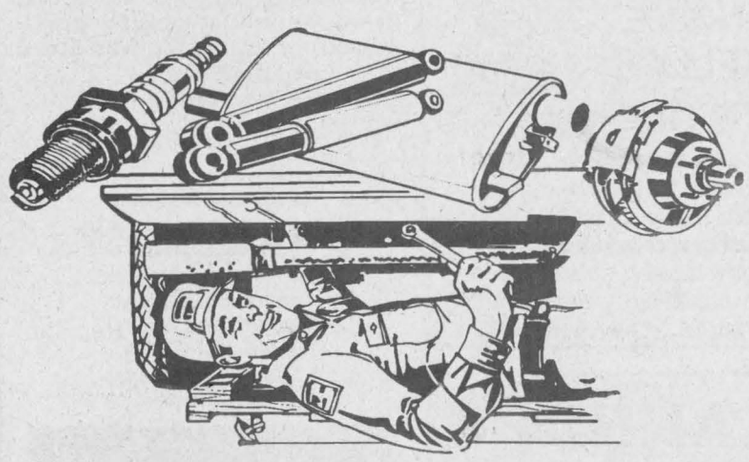

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Easter Gifts

Black Forest Cakes.....$20/40.
Truffle Torte.....$20.
2" Truffles Box of.....12/$7.50
Box of Chocolates (Filled with delicious homemade Swiss recipes.....12/$5.00

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FOR SALE - Order your Easter kid (goat) now - $1.25 lb. live wt. I'm looking for a straw chopper. 987-5290.

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OPEN 7 DAYS - Material at low prices. Interior door: 10.99; Steel: 39.95. Ceramic tile 6x6: .12 ea.; 8x8: .47 ea.; 12x12: 1.09 ea. Pre-varnished parquet: 1.29 ft. Natural birch #1: 1.29. Select oak: 1.29. Pre-varnished maple: 2.25. Melamine: 15.49. Shelving 1x8: 1.92. Blue styrofoam 2x8, 1": 5.09; 2": 10.19. Insulation R12x15: 19.65; R20x23: 26.50. Asphalt shingles 20 yrs.: 4.97. Felt 15 lbs.: 7.97. Clapboard masonite: 39.00 sq. Get a discount of 5% on $1000 purchase or more or 7% on $2500 purchase or more on presentation of this ad, until April 3. Materiaux Masson 986-5720.

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FOR SALE - Straw, $1.25/bale. Phone 989-5778.

34-3

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FOR SALE - 250 round hay bales, 4'x4', under tarps. $10. Phone 448-3870.

34

FOR SALE - Round bales of hay, square bales of straw, cedar fence posts and 3- furrow MF plow. Phone 346-2382.

33

HAY FOR SALE - 4x4 round, some twine wrapped, also plastic mesh wrapped. Phone 346- 5790.

33

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

23stfc

FOR SALE - 2 grade service age Holstein bulls from purebred dams and EBI sires. Call 984-2543.

33

FOR SALE - 14 month old purebred Holstein bull from a very good dam. Sired by Deslacs Boy George. Call 984-2543.

33

FOR SALE - Square bales of hay and straw. Phone 448-3483.

33

FOR SALE - International 45, 18' cultivator with harrows, $2,500. Phone 774-2750.

32tfc

FOR SALE - Case 1690, 90hp, cab, air, power shift, 2,350 hours. Will take smaller tractor on trade. 774-2750.

32tfc

For Sale

2 - Dion 3 btr Forage Boxes 10 ton wagons
1 - NH Forage Blower No. 28
1 - 20 KW Winpower PTO Generator
1 - Grain Brain Feeding System-Buckets for 42 cows
1 - Zero Bulk Tank - 1900 L with wash
1 - Complete Surge Pipeline, 2 in. orbit units for 46 cows

All like new
989-5778
34-3

FOR SALE - Roasted soybeans or meal, 43.6% protein. Apply Manley's Seed Cleaning, Berwick. 984-2647.

33

FOR SALE - Cleaned straw in round bales, stored indoors. Call Neville Bros. 984- 2849, 984-2427 or 984-2258.

26tfc

SOURCE WOOD PRODUCTS
Presanded or prefinished hardwood flooring, exotic and domestic K.D. lumber, custom milling, stair parts, butcher blocks, table tops, bar tops, cabinet doors and hardware, exotic plywoods, craft and wood toy supplies, pneumatic nailers (sales and rental), Freud cutters and blades, woodworking supplies and nut tree seedlings. 111 William Street, Cornwall. Telephone and Fax (613) 932-5300.

41-12

FOR SALE - 3 bedroom house in Chesterville. Owner take back mortgage. Phone 448- 2755.

33tfc

BRIDALS BY AL-MOR
and
MARION'S FLOWERS
Invite you to visit AL-MOR LADIES WEAR - Chesterville this Saturday to discuss your Wedding Plans.
(Gowns, Tuxedos, Flowers, Invitations, Jewellery, Decorations)
20 King St. Chesterville

FOR SALE - Hoover compact washing machine, excellent condition, $150; fridge, suitable for cottage, $100; big white fridge, also suitable for cottage, $175; second-hand Kenmore full-size washing machine, $200. 774-6349.

34-2

FOR SALE - Buick LaSabre, very good condition, U.S. car, $900 or best offer. 774-6349.

34-2

20% OFF - All Regal merchandise in stock at McHaffie's Flea Market on Sundays.

33

FOR SALE - 1 male, 2 month-old Pygmy goat. Call 987-5774.

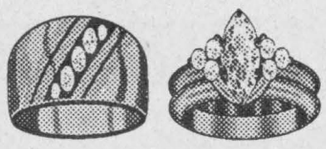
33

FOR SALE - Commercial building, 3000 sq. ft. Morrisburg Shopping Mall. Paul J. Stewart Electronics/Radio Shack. (We will be moving to the former Hardware Store in May). 543-2236.

33tfc

FOR SALE - Brand new Norge 30" electric range, with self cleaning oven. On sale now in white, 2 only, for just $699. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

THE BROOKSLYN
is having a
JEWELLERY SHOW



this Friday & Saturday
Stop in and See
The Goldsmith will be here
Friday - 3:00 pm to 8:00 pm
Saturday - 1:00 pm to 5:00 pm
Appraisals, Repairs, Remounts and Custom Design can all be discussed.
Plan to come.
20 King St.
Chesterville

FOR SALE - Set of dual tractor wheels 20.8x38, asking $1750. 987-5281.

33

FOR SALE - Yamaha 4-wheeler, Terra Pro 350 cc engine, pto, 48" mower deck, 4 yrs. old. Phone 987-5281.

33

FOR SALE - Woods chest freezer, 10 cu. ft. with double row of baskets for easy sorting of items. First class quality by Woods with interior light and power pilot. On sale now only $399. John Witteveen T.V.-Appliances Sales and Service. 448- 2766. RR2 Chesterville (Dunbar).

33-1

FOR SALE - Round bales 4x4, mixed alfalfa and red clover, no rain, $8.50/bale. Phone 537-2517. If no answer leave message.

34

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 - Straw $1/bale. Delivery available. 10 ft. hydraulic disc, Cockshutt, $1000. Phone 448-3091.

34-2

FOR SALE - 200 round bales of hay, stored inside. 987-5735.

34

FOR SALE - Used 14 cu. ft. frost free, 2 door refrigerator in good working order for only $150. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).

33-1

FOR SALE - Chevrolet Caprice, 1983, excellent, original paint, fully loaded, safety checked, $2800. 445-2012.

33

FOR SALE - 1987 Yamaha ATV, excellent running condition, 350 cc Banshee, $2200. Call Denis 987-2012. Home 987-2949.

35-3

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

21tfc

HAY FOR SALE - Square bales of good hay, $1.50/bale. 984-2212.

34

NOTICES

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

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

NOTICE
KELLY'S K-9 Grooming
I will temporarily be unable to provide the following services:
Mobile Services Last Date April 15
Business Location Last Date May 22
Regular business services expected to resume in July, watch for ads.
Laura Kelly - 448-1788

LANNIN'S GARAGE
NEW BUSINESS HOURS
Starting April 1/93
Repairs: Mon. thru Fri.
7:00 a.m. - 5:00 p.m.
Gas: Mon. thru Wed.
7:00 a.m. - 8:00 p.m.
Thurs. & Fri. 7:00 a.m. - 9:00 p.m.
Saturday: 7:00 a.m. - 5:00 p.m.
Chesterville - 448-2361

NOTICES

NO FOOLING - The Crossover chip wagon opens Thurs., April 1, 1993 in Morewood.

33

HOW WOULD YOU LIKE TO CHANGE YOUR CAR EVERY YEAR? - And only pay for license and insurance. Lease from Car-O-Line Autos. We'll show you how. Tel: 448-2488.

33-1

$200-$500 WEEKLY - Assembling products at home, easy! No selling, you're paid direct, fully guaranteed, no experience necessary. Call 1-504-641-7778, Ext. 510 24 hours.

36

Don't hold back on your hair fantasies
Surprise your friends & families with a New You for Spring
Ear Piercing '10.00
(Studs Included)
Highlights '23.00
1 week only until April 8th
Karen's Hair Studio
57 Hummel St. - Chesterville
448-2152

Thomas H. Meredith & Associates
Tax & Bookkeeping Services
57 Harper St., Chesterville
For Informed, Personal, Confidential, Guaranteed Service to your home or business - Please call
448-3398 or 448-2863

New Hours For JUMPIN JACKS
Effective April 1st
we will be OPEN
11:00 am - 9:00 pm
Tuesday to Saturday
Watch for Jumpin' Jacks Dining Room opening Very Soon
Chesterville - 448-3434
34-2

IN MEMORIAMS

McLAUGHLIN - In loving memory of grandparents Mr. and Mrs. William McLaughlin.
Granddaughter, Doris Dain

33

IN MEMORIAM
MERKLEY - In loving memory of a dear mother, grandmother and great-grandmother, Nina M, who passed away March 17, 1975 and a dear father, grandfather and great-grandfather, Harold E., who passed away April 11, 1990.
God took them home,
It was His will,
But in our hearts,
They liveth still.
Sadly missed and lovingly remembered by,
Muriel, Jean,
Elmer and Marjorie,
Verna and Harry,
Dwayne and Sheryl,
Helen and Garry,
Carol and Gary,
and families

FOR RENT

FOR RENT - Clean, bright room, kitchen privileges, private fridge, 5 minutes from Winchester, $80/week. Non-smoking, non-drinking, preferably male, references required. For more information 774-6349.

34-2

FOR RENT - 1 bedroom apartment, 505 St. Lawrence St., Winchester. Available immediately. Fridge, stove, heat included. Hydro extra. $450 monthly. Phone 774-5323.

28tfc

FOR RENT

FOR RENT - 2 bedroom apartment, 23 Moffat St., Morewood. Fridge, stove, parking included. On site laundry facilities, $397/month. 448-1224 or 1-800-561-8151.

33-4

COMING EVENTS

CHESTERVILLE LEGION DANCE - Sat., April 3, 1993 at 9pm. Featuring Vern and Judy. Everyone Welcome.

33-1

BINGOS - At Chesterville Legion Hall, Sat., April 3 and Sat., April 17, 1993 at 1pm. Sponsored by Chesterville Legion Auxiliary Branch 434.

35-3

RUMMAGE SALE - Good used summer clothing and many useful items. Something for everyone. Sat., April 3 from 1-3pm. Morewood Presbyterian Hall.

33

40th WEDDING ANNIVERSARY - Come celebrate the 40th anniversary of Lois and Walt Moak on April 4, 1993 from 2-5pm at the Osnabruck Hall. Everyone Welcome. Best Wishes Only.

33

CHESTERVILLE/WINCHESTER LADIES BALLHOCKEY (Thursday Nights) REGISTRATION - Wed., April 7 and 14, 1993. 7-9pm, $40. For more information call Kim Simms at 448-3664 (home) or 448-2852 (work) or Jackie Boulanger at 448-2141 (home) or 448-2383 (work). Please return team shirts from last year. GOALIES ARE NEEDED.

35-3

MIXED PARTY - In honor of Colleen Wheaton and Brent Winters, Lakeside Inn, Ingleside, Sat., April 3, 1993. 9pm-1am. Light Lunch. D.J. Leisure Sound.

33

INTRODUCING SWEET PEA CHILDREN'S CLOTHING - Nelson LaPrade Centre, Friday, April 2, 1993 at 7pm. 100% cotton, totally reversible outfits. Sizes ranging from 6 months to 4 years. Come see what's new in children's wear.

33-1

DUNDAS DHI ANNUAL AWARDS NIGHT & BANQUET - Friday, April 16 at the Matilda Township Community Hall, Dixon's Corners. Tickets are available from any director or from the Agricultural Office in Winchester before April 11.

34

NORTH VALLEY PLOTHOLDERS ANNUAL MEETING - Thurs., April 8, 1993 at 8pm at the home of Clifford Middleton.

33

WELCOME WAGON BABY SHOWER - For mothers-to-be Sun., May 2, 1993 at Freddy's Banquet Hall, Cornwall. For a free invitation to our upcoming show please call your Welcome Wagon Hostess Hazel Givogue 938-9645.

33-1

CHESTERVILLE MERCHANTS' MEETING - Tues., April 6, 7pm, Nelson LaPrade Centre. Discussion on village revitalization plans. Everyone Welcome.

OPENING "SNACK SHACK"
FRIDAY, APRIL 2ND
11:00 am - 8:00 pm
7 days a week
Chesterville - 448-2703

FASHION SHOW CANCELLATION
Due to no fault of our organization the
EASTERN STAR FASHION SHOW
which was to be held
April 14, in Avonmore
has been cancelled.
We apologize for any inconvenience this may have caused.

COMING EVENTS

Winchester Theatre
FRI. APR. 2, SAT. APR. 3
7:30 P.M.
"HOME ALONE 11"
Rated: P.G. Rebooked for the many who did not get inside in January.
Playing Fri. & Sat., Apr. 9 & 10
"ALIVE" by Disney

OPEN HOUSE - The family of Mrs. Claude Carr wish to announce an Open House to celebrate her 80th birthday on Sat., April 10 from 2-4pm in the seniors room of the Morrisburg Civic Centre. Best Wishes Only. Your presence will be her most treasured gift.

34-2

MILK PRODUCERS INFORMATION MEETING - On single pool quota conversion and other producer concerns at the OMAF Office, Winchester on Tues., April 13 from 1-3pm. Phone 774-2313 to register. Note: Monthly milk committee meetings are open to producers.

34-2

DFA MEETING - The regular monthly meeting of the Dundas Federation of Agriculture will be held on Wed., April 7, 1993 at the OMAF Board Room, Winchester, 8pm. Guest speaker Guy Patterson will discuss O.F.A. Health Plan.

33-1

N.D.D.H.S. PARENT-TEACHER INTERVIEWS - Thursday, April 1, 7-9pm.

33-1

BINGOS - At Dunbar Recreation Centre Sunday nights. License #M074535. Jackpot given every Bingo. Doors open 5:30pm. Bingo starts 7pm. All players must be 18 and over.

39-11

WINTER CLEARANCE SALE - For the month of March reduction on all Winter clothing and boots. Secondhand Shop, Anglican Church, Chesterville. Open Thursday 1-3pm and 7-8:30pm. Please leave donations of clothing and small household items at the Church.

33-4

SANDERS MAPLE PRODUCTS AND PANCAKE HOUSE - Hwy. 43, Finch, Ont. Will be open for 1993 Maple season daily in March and April 1993. Taking group bookings now. Tel. 984-2368.

33-5

DAILY RUMMAGE SALE - At House of Lazarus Monday to Friday 8am-4pm in South Mountain (behind General Store). All welcome. 989-3830. We gratefully accept clothes, toys, books, bedding, canned food and money. We are a registered charity. Receipts available.

33-4

KNOX PRESBYTERIAN CHURCH (Moose Creek) SPRING SUPPER - In Moose Creek Community Hall, Sat., April 3, 4-8pm. Adults $7; 6-12 yrs. $3; 5 and under Free. Everyone Welcome.

33

St. Lukes Knox Presbyterian Church
Good Friday Breakfast
April 9
7:00 am - 11:00 am
Finch Community Centre Upstairs
Everyone Welcome!

What's on at
THE
SIERRA GRANDE HOTEL
Chesterville.
April 2nd, 3rd
"TO THE LIMIT"
April 8th, 9th, 10th
"JIM COCHRANE AND THE DEAL"
NO COVER
Proper I.D. Required
OPEN SUNDAY 12 - 6 P.M.



Allan Ross Livestock Trucking

to Leo's Livestock Exchange, Greely
every Monday & Thursdays
Phone - 448-2250

KOOL STYLES

Certified Pet Grooming In Your Home Or At The Shop



Brenda 984-2911

RIDEAU AUCTIONS INC.

Winchester, Ontario

Household, Estate, Farm, Industrial, Real Estate Auctions

Hunter McCaig, Auctioneer

Days: 774-2735; Evenings: 258-5095

DR. STEVE ZAJACZ & ASSOCIATES
DR. BEV. McKEOWN
DR. ROBERT SEGAL
13 Church St., Chesterville
FAMILY DENTISTRY
We provide the following services for both children & adults

- *preventive*
- *root canal therapy*
- *crown & bridge*
- *restorative*
- *periodontics*
- *orthodontics*
- *oral surgery*

We Welcome New Patients
For an appointment, please call
448-3389

OPENING APRIL 1ST
"BUDDIES"
New & Used Books
Gifts, Crafts, Wreaths and more.
38 King St., Chesterville
Open: Mon. - Sat. 9 am - 5 pm
Friday 9 am - 9 pm

Lorilea's Clip Salon & Kennels
Since 1975
Boarding & Grooming of all Dogs & Cats
Chesterville
448-3507



If you're thinking about building, renovating or additions call:

FRED LOBB CUSTOM HOMES

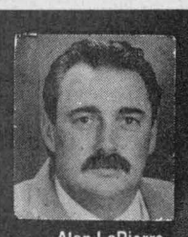
"Recipient of the "Excellent" rating administered by the Provincial Government under the Ontario New Home Warranties Plan Act."

ONTARIO NEW HOME WARRANTY PROGRAM

448-2192 Chesterville

FEATURE PROPERTIES

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



Alan LaPierre
448-3306



$159,900

FOX FIRE RIDGE – It's all so beautiful, sunken living room, fireplace, family room, California kitchen, formal dining, nestled in the trees. Alan LaPierre 448-3306 **R1898.**



$94,500

FINCH – Country dreamer, family room, plus rec. room, bar, and wood stove, country size kitchen, deck to pool, new oil furnace. Alan LaPierre 448-3306 **R1894.**



$96,900

CHESTERVILLE – Decor plus, features sunny kitchen, formal dining, patio doors to deck, rec. room, treed/hedged yard. A must to see. Alan LaPierre 448-3306 **R1880.**



$62,900

BERWICK – First time buyers delite, immediate possession on this super family home situated on large treed lot. Alan LaPierre 448-3306 **R1850.**

BUY OR SELL WITH CONFIDENCE • ASK FOR ALAN

MORTGAGE BACKED SECURITIES NOW AVAILABLE

Bruce R. Kerr
Insurance & Investments



GICs

1 year	3 years	5 years
5.75%	6.65%	7.375%

1 year Cashable GIC 5.25%

Some minimums may apply. Rates subject to change.

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

MOTOR HOME RENTALS

Call

Get Away Rentals



RR1, Winchester
Morewood Road
448-3562

Book your "Get Away" now.
To inquire call
Susan Hanson-Johnstone,
Ron Johnstone

Chesterville Recreation Department
AEROBICS REGISTRATION



First Class - March 29
9 weeks of Instruction

Class Times - Monday & Wednesday
7:30 p.m. - 8:30 p.m.

Location - Chesterville Community Hall

Cost - $42.00 - 2 nights a week participation
- $28.00 - 1 night a week participation

Complete Twinventure Dispersal



Registered PB Holstein and Ayrshire herd of Ed and Estella Rose, Mountain, Ont.

Friday, April 2
12 noon
at Fawcett Cattle Sales Arena, Winchester, Ontario

SELLING: 40 Holsteins, 20 Ayrshires

This is a completely homebred herd with BCAs: 155-157-170 Holstein, 171-165-177 Ayrshire.

SALE MANAGED BY:
FAWCETT CATTLE SALES SERVICE LTD.
WINCHESTER, ONT.

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

OPEN HOUSE: THURS., APRIL 1 UNTIL 4PM ONLY
Catalogues available upon request

TONY WELLAND REAL ESTATE

Real estate sales is about mutual trust and respect as much as it is about houses. My livelihood depends upon me providing you with accurate, no-garbage advice, and upon you and I reaching conclusions together.

TONY WELLAND REAL ESTATE offers you my professional, reliable service. In my new office I have FAX for the instant communication of offers, and a computer connection to the daily listings on the Ottawa Real Estate Board, of which I am a Senior Member. And when I come to inspect your place, to evaluate it, I can show you on my laptop computer all the sales and listings on your street and in your neighborhood - on the spot.

I know this area; I've lived here almost twenty years and driven every side road dozens of times. I love this countryside and its people; you're a part of me. When my phone rings, the call is handled by my voice with 11 years of real estate experience in this area. I welcome newcomers to join us here.

Your property is a part of you; let me handle the sale of it for you. Together we will prosper. Call me.

TONY WELLAND REAL ESTATE

201 FELTON CRES.
RR2, RUSSELL

445-TONY

North Dundas Minor Hockey Association

Annual Meeting

on **Wednesday, April 14**
at 7:15pm
at North Dundas District High School
Library Annex

All motions on the constitution, bylaws, rules and regulations to be put forward at this meeting are to be submitted to the
Secretary: Karen Holmes, 774-2494
no later than midnight, Tuesday, April 13, 1993

Everyone welcome

AUCTIONS | HUGH FAWCETT | AUCTIONS

WINCHESTER, ONTARIO, K0C 2K0 613-774-3363

Eastern Ontario Spring Classic

Saturday, April 10
11:00am
A. M. Barr Arena, Kemptville Ont.

100 Head Sell Including
50- Show age calves with full pedigrees and top sires.
40- Springing or fresh young cows.
10- Big, fancy bred heifers calving from April through November .

SALE FEATURES:
15 daughters of RONNYBROOK PRELUDE.
Also daughters of BROKER, STARBUCK, INSPIRATION, LINCOLN, LINDY, RAIDER, etc.

***Note:* The cattle in this sale deserve your attention. The breeders of Eastern Ontario have supported this sale with outstanding calves, potential show cows, and good commercial milkers.**

OPEN HOUSE FRIDAY EVENING
FOR OFFICIAL CATALOGUES CONTACT:

Hugh Fawcett Auctions	Pedigrees
Winchester Ont. K0C-2K0	Don Johnston
613-774-3363, fax 613-774-5537	613-528-4331

SALE RING PHONE 613-762-5642

QUINTAN PRODUCTS INC.
P.O. Box 690
Winchester, Ontario K0C 2K0

Attention Farmers

Call now for your agricultural lime needs.
We sell, deliver and spread agricultural lime.
LIME SPREADER RENTAL AVAILABLE



Call for more information
Tel. 774-3320
Fax 774-5854

CHURCH DIRECTORY

NATIONSIDE PENTECOSTAL CHURCH
13 Albert St.
CHESTERVILLE
Pastor: Rev. Harold J. Morden
448-2084
SUNDAY, April 4, 1993
10 A.M.- Sunday School
11A.M. - Worship Service-
7:30 P.M. Evening Praise
WED. 7:30 P.M. Home Bible Study
Affiliated with the Pentecostal Assemblies of Canada
May 1993

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY, April 4, 1993
10:30 A.M. - Morning Celebration
10:30 A.M. - Sunday School
7:30 P.M. - Evening Fellowship
Wed. - 7:30 P.M. - Prayer Meeting
Dec. 1993

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

COME EXPECTING LEAVE REJOICING
May 1993

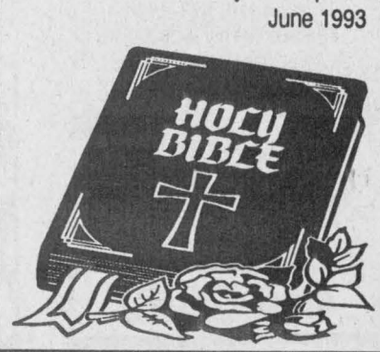
ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, April 4, 1993
HOLY MASS
5:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1994

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
9:30 A.M. - Sunday Service
Everyone Welcome!
May 1993

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
448-3580
SUNDAY, April 4, 1993
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, April 4, 1993
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, April 4, 1993
9:30 A.M. - Sunday Worship
June 1993



AUCTION SALES

FARM AUCTION
FARM MACHINERY & SILOS

6 km southwest of Cumberland on the Frank Kenny Rd., or from Navan travel 6 km north on the Trim Rd., turn right on Innis Rd., to Frank Kenny Rd. Watch for Signs.

SAT., APRIL 10
12 Noon

Deutz-Allis 7120 4-wheel drive tractor with cab and air, 145hp, 600 hrs., like new; Deutz-Allis 7080 tractor with canopy, 85hp, 1248 hrs.; New Idea unisystem, 4-wheel drive, 801 power unit with cab; New Idea 818 combine; New Idea 844 corn head, 4-row; New Idea 813 flex head for grain and beans; New Idea 14558 feederhouse; New Idea super chopper; Kongskilde 21 ft. vibra cultivator with folding wings and double row rolling harrows; Kverneland plow, 4-furrow, semi- mounted, auto. reset; Norcan plow, 3-furrow; NI 904 corn planter, 4-row with monitor; Turnco land packer, 14 ft.; Vicon sprayer, 300 gal. sprayer with 40' self levelling boom with newly overhauled hyd. pump and motor; 2 Gehl 970 forage boxes, 3- beater with roofs on 12-ton wagons, new; New Holland forage box, 3-beater with roof on 10-ton wagon; Dion forage box, 3-beater with roof on 10-ton wagon; 2 Killbros 350 gravity grain tanks on 12-ton Martin wagon with high truck tires; Brandt 52' 8" grain auger with pto; Gehl 1560 forage blower, 1000 rpm; Gehl FC 72 flail chopper; Patz manure irrigator pto driven; Butler Nesseth manure pump/agitator with shredder; approx. 300 ft. of 5" aluminum irrigator pipe in 30' lengths; straw chopper with 5hp electric motor; small hoof trimming chute; Patz 262 feed conveyor, 12'; flex feeder pipe; moisture tester for grain and haylage, digital readout, new.

Silos: Feedstore silo, 20'x60' with Laidig unloader for high moisture corn, relatively new, in top condition; Harvestore silo, 20'x80' with Goliath unloader, in good working order; slab silo, 25'x60' with Butler unloader.

TERMS - CASH OR CHEQUE
With Proper ID
PROP.
Heinz Rohling
833-3052

Note: Plan to attend this auction on time as there are very few small items. The machinery is all in good condition as it has been purchased in the last few years.

AUCTIONEERS
Carson Hill 821-2946
Stewart James 445-3269

33-1

FARM AUCTION
FARM MACHINERY, DAIRY EQUIP. & FEED

Travel 2-1/2 miles north of Vernon on Hwy. 31, turn west on Springhill Rd. and travel 2 miles to the farm or from Ottawa travel 20 miles south on Hwy. 31 and turn west on Springhill Rd. Watch for Auction Signs.

MON., APRIL 12
11 AM

As we are selling our farm the following will be sold:

AC 180 tractor, gas; AC D15 tractor with hyd. loader and snow bucket; AC D14 tractor, gas; JD 2020 tractor with front end loader and chains; AC disc, 13 ft. hyd.; Weber Lane cultivator, 10 ft.; crop cultivator, 2 row; Kongskilde plow, 3 furrow, semi-mounted, hyd. reset, 12-18"; JCB sprayer, 200 gal. plastic tank with 30 ft. booms; Teagle fertilizer spreader, 3 pt.-h; Diamond harrows, 5 section, 15 ft.; chain harrows, 8 ft.; older seed drill; land roller; JD 335 round baler with silage kit, makes 4'x4' hard core bales; MF 10 sq. baler; NH 489 haybine, 9'; NH 56 side rake; IH side rake; Inland windrow turner; NH pipe hay elevator, 25'; 90' of Silver Chief mow conveyor in 40' and 50' lengths; Ideal hay drying fan, 4'; IH mower, 7 ft. cut, 3 pt.-h; 3 hay wagons with racks, 2-5 ton and 1-8 ton; NH 23 forage blower; NI 362 manure spreader, 230 bus.; NI 214 manure spreader, 175 bus.; Meteor snow blower, 7', single auger; trail type snow blower; scraper blade, 3 pt.-h; Winpower pto stand-by generator, 25 kilowatts; Shaver post hole auger, 3 pt.-h; Smale hoof trimming rack; Co-op hay feeder, 8'; pasture pump, 1 yr. old; 2 Co-op mineral feeders; 2 stock tanks; stock racks and cattle ramp for 1/2 ton truck; Lanborn 1hp air compressor, new; Honda F401 rotor tiller, 4hp, new; Homelite XL12 chainsaw; 2 electric fencers; bench grinder; jackall; battery charger; assorted tools, shovels, forks, grease guns, etc.; 2 sets of clippers; round bale fork; Rupp snowmobile.

Dairy and Farm Equip.: DeLaval pipeline with auto. wash for 35 cows; DeLaval vac pump and vac line for 35 cows; Zero bulk tank, 1900 litre cap.; 30 DeLaval Blue Water bowls and pipe; Wick round bale hay unroller with 8hp Honda engine; Patz stable cleaner with 300' chain and unit; Agri Metal grain roller with 5hp motor, 220 v; auger, 12'x4" with 3/4hp motor.

Feed: Approx. 650 4'x4' hard core round bales consisting of approx. 230 haylage bales and 420 hay bales, 1st, 2nd and 3rd cut, all stored under cover. 1500 square bales of straw; approx. 12 tons of barley. Many unlisted items.

TERMS - CASH OR CHEQUE
With Proper ID
PROPS.
Brian and Brenda Waddell
AUCTIONEERS
Carson Hill 821-2946
Stewart James 445-3269

PASSPORT
PHOTOS
WAYNE LAPRADE PHOTOGRAPHY
448-2852

AUCTION SALES

AUCTION
SAT., APRIL 3
1PM Sharp
6 miles from Casselman or 5 miles from Limoges on Route 300 at Hwy. 417 exit Limoges. Look for auction signs

To be Sold: 2 tractors and line of farm machinery as listed below. Straw, Farm Tools, etc. and few pieces of furniture.

Machinery: Case tractor No. 1490 (cab, air conditioned & FM radio, heater, fully equipped, 80hp only 2,600 hours); International tractor No. 584 (61hp, 3,245 hours); John Deere 4- row corn planter No. 1240 (plateless); Massey Ferguson hay mower 7' cut; Farm Hand Feed Master (feed mill) capacity 1-1/2 ton No. 810; Niagara weed sprayer (spray 18' wide); tractor bars; Massey Ferguson baler No. 124, like new; set of dual wheels 18.4-34 snap-on; John Deere 4-furrow brand new plow No. 1,000 (16" wide each furrow); ditcher; Massey Ferguson disc 11' wide with cylinder; set of buster bars 12' wide; Massey Ferguson feeder 17 drills (for oats, grain, seeds, fertilizer); rake tedder No. 254 New Holland, almost new; tractor bale front loader; stooker; preservative sprayer Agri Master, 20' long auger with motor; John Deere 1209 mower conditioner 9'3" wide; New Idea 1-row corn picker, very good; Knight manure sprayer 180 bus.; Ideal bale elevator 150', 1 yr. old; 3-furrow hyd. plow; 2 Dion silage wagons 16' long, like new; Massey Ferguson No. 35 combine; Dion No. 750 harvester, corn and hay head; John Deere No. 65 silage blower 8" pipe; 2 hay wagons, new platforms 16' long; 1 feeder wagon 16' long; gravity box Turnco; 2 silo unloaders Silo Matic 16' wide; 460' of barn cleaner chain; quantity of straw; farm tools; few pieces of furniture, etc.

Note: Rain or shine auction starts at 1pm sharp, canteen and washrooms on site.

TERMS - CASH, CERTIFIED, TRAVELLERS OR PERSONAL CHEQUES
With Proper ID
PROP.
Serge Charbonneau (613) 443-2048
BILINGUAL AUCTIONEER
Regent Menard (613) 443-2884

PUBLIC AUCTION
FARM MACHINERY, STABLE EQUIP., FEED GRANERIES, HOUSEHOLD EFFECTS & CAR
3 miles north of Winchester and 5 miles east on Morewood Rd. (2 miles west of Morewood)

SAT., APRIL 3
10 AM

Machinery: IH 574 diesel, overhauled, ex. condition; NH 519 spreader & top beater; Case IH plow, 3-furrow, auto. reset, new; IH 80 pull type combine; 3 hay wagons, good with painted plank racks; Turnco gravity wagon; NH 479 haybine; NH 268 baler; IH side rake; NH mower; 3- pt. hitch; IH No. 10 seed & grain drill; New Idea 50 ft. solid elevator; Westfield 7"x51' transport auger; 12 ft. chain harrows; post hole auger; S- Tine cultivator; IH 10 ft. hyd. disc; drag disc; seed cleaner c/w motor & bagger; Roto tiller; 2 walking plows; IH plow, 3-furrow; sprayer, 3 pt. hitch; electric chain saw; tractor radio; 2 wheel barrows; electric welder; steel gates; roller; seeder for ATV; trailer; air compressor; round bale feeder; cow trainers; 2 clippers; round bale spear; log chains; wire stretchers; cement mixer; electric fencers.

Feed: 3000 bales of hay, 1st & 2nd cut; 1500 bales of wheat straw.

Graneries & Stable Equip.: 19'x18' steel granery with full floor aeration, fan, unloading auger, hopper bottom; steel granery & auger; De Laval pipeline for 48 cows, 2" stainless line, vacuum line, 4 milkers; Surge 5hp vacuum pump with oil reclaimer; De Laval 600 gal. bulk tank, flat; wash sinks; milk meter; 2 Surge buckets; 48 stanchions; water buckets; 60 ft. mow conveyor; Patz stable cleaner chain, LH 18"; air manure pump system; feed cart; milkhouse heater; tank heater; hot water heater; pressure washer; water conditioner; 10-ton jack; calf puller; milk cans.

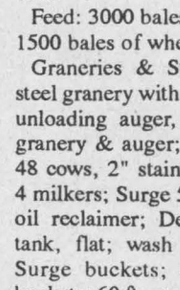
Car: 1969 Olds Cutlass, as is, runs well.

Household Effects: 2 fridges; electric stove; Whirlpool auto. washer; 2 TVs; treadle sewing machine; baby carriage; stereo; rocker recliner; apt. size freezer; double bed; 2 school desks; 2 sets of dishes; bookcase & Books of Knowledge; chesterfield; space heater; 8 place set of dishes; wringer washer; humidifier; 2 radios; Whipper Snipper; electric guitar & amp.; many unlisted items.

PROP.
Estate of Robert Brown

NH 1012 Stackliner auto. bale wagon; IH 275 diesel tractor & loader; NH 519 manure spreader; NH 7 ft. haybine; Kuhn rotary rake, new; Little Giant 42 ft. elevator; IH 46 baler; IH 10 ft. hyd. disc; IH 10 grain & seed drill; fibreglass sprayer, 3 pt.-h; IH plow, 3- furrow; drag disc; Springtooth cultivator; seed cleaner & bagger; feed cart; quantity of small unlisted articles.

PROP.
Ralph Dillabough
TERMS - CASH OR GOOD CHEQUE
Lunch Available
AUCTIONEERS
Hugh Fawcett 774-3363
James Cooper 652-4145


CARPENTRY
Darren Chambers
987-2058
Crysler, Ont.

WANTED

WANTED - Newborn beef cross calves. Will pick up, pay cash. Doan 987-5408. Also H.M. shelled corn for sale, $100/T.

36

PRESTIGIOUS SALES OPPORTUNITY - Sales or Agricultural background? Sell Canada's Finest Forage Seeds and Hybrid Corn in your community. All varieties are recommended by the Ministry of Agriculture and registered by Agriculture Canada. Ideal for sales people with current farm network looking to expand commission earnings. Training provided. Great opportunity to build an annual business. Sales agent is needed for the areas of the lower Ottawa-Carleton County, Stormont and Glengarry Counties. Please send resume to: Henry De Jong, District Sales Manager, RR2, Baltimore, Ont. K0K 1C0. Phone and Fax: (416) 349-2429. Car Phone: (416) 720-0906 or Pickseed Canada Inc., Box 126, Richmond Hill, Ont. L4C 4X9.

34-3

WANTED TO BUY - 30 Holstein close springing or fresh cows or heifers. Phone Ralph J. Fawcett 774-5710.

33-2

WORK WANTED - Child care in my home, 1 mile west of Morewood. Lots of TLC, meals, references, receipts. Call Dianne 448-1930.

33

HELP WANTED - Work available: Meal preparation, laundry and light housework for family of three. Edwards/Metcalfe area. Call 821-1266.

35-3

HELP WANTED - Timothy Christian School requires a part-time French teacher for the 1993/94 school year. If interested and qualified please send resume to Mr. Gary Postma, Timothy Christian School, RR1, Williamsburg, Ont. K0C 2H0.

35-3

POSITIONS OPEN - Weagant Farm Supplies of Hwy. 43 Winchester, Ont. has the following positions open for full-time employment: (A) Experienced farm machinery mechanic. (B) Truck driver with AZ classification. Must be capable of mechanic work as well. Apply in person.

33-1

WORK WANTED - Mother of one will care for your child Monday to Friday year-round, 1/2 days welcome. Located on bus route. Kathryn 448-2111.

34-2

WANTED

WANTED TO BUY - Secondhand grain silo, 100 ton and over. Call 987-5680.

33

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

30tfc

CARD OF THANKS

CARD OF THANKS

I would like to thank everyone for cards, gifts and visits. Special thanks to all of you who brought my wife and sisters to visit me while I was a patient in Winchester and Ottawa Civic Hospital but best treatment is home.

Lyle McMahon

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Township of Osnabruck

Closing Date - April 13, 1993 4:30 p.m.

Wood may be seen at Township Landfill site

April 2nd, 3rd, 10th, 1993

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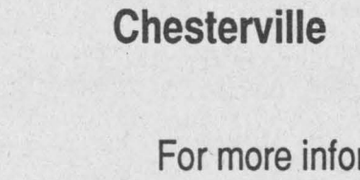
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Recreation Department
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Thursday, April 1/93
6:30 p.m. - 7:30 p.m.
at
Nelson LaPrade Centre
Chesterville



For more information call the
Recreation Department at 448-3285

33-2

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Travelling the wrong way down a one way street can often lead to disaster. Follow the sign and play it safe!!!

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For a no obligation FREE market evaluation on your home
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WINCHESTER, ONTARIO, K0C 2K0 613-774-3363
Spruceside Dispersal
Monday, April 12
12:00 Noon
Selling at the farm, South Mountain, Ont.
Follow signs. 8 miles west of Winchester
80 Head Registered Holsteins Sell
Top production herd for last three years in Dundas County
FEATURES:
Natasha G.P. Top production 4 yr. old in Dundas 91, BCA 228-243-252, sells due in June to "Astre".
Her Sebastian daughter with 244-235-276 BCA is on the Elite cow list, also sells.
Natasha's Lindy daughter sells fresh in March.
Astro Sue Q.E. 226-251-220 B.C.A.
Maternal sisters sell by Tab. B.C.A. 194-227-181 and Inspiration B.C.A. 201-193-217; their dam is a GP Allah with 219-260-233.
Service sires include Astre, Prelude, Broker, Grand, Lincoln, etc.
Open House at the farm Sunday, April 11
Herd will be reclassified
SALE IN TENT
FOR INFO OR CATALOGUES CONTACT:
Hugh Fawcett Auctions
Winchester, Ontario
613-774-3363, fax 613-774-5537
Owners
Malcolm & Marion Graham
613-989-6167
SALE RING PHONE 613-762-5642

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CALABOGIE FLEA MARKET. Open Sunday 10-5. Nostalgia advertising, tins etc. Antique furniture, lamps, bottles, tools, glassware, crocks, books, crafts & collectibles. Vendors welcome. Call (613) 752-2468.

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SAWMILLS - Enercraft offers 5 models of Bandsaw Mills, Portable Edgers and related equipment. Open House Saturday, April 24, 1993 - All are welcome - for details (705) 734-1211.

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The Record Sports



The North Dundas Demons claimed the 1993-94 Upper Canada Minor Hockey League senior "A" novice championship over the Cornwall Royals Thursday. The Winchester Value Mart team is, left to right (back row):Kelly Beckstead, Kevin Smail (trainer), Aaron Kelly, Travis Rowe, Scott Baldwin, Jeff Lafrance, Bryce McBain, Stephan Gravelle, Dean Byvelds, Ron Gravelle (assistant coach) and Gerry McBain (coach). Front: Francis Dagenais, Chris Currie, Alexander Last, Eric Toonders, Mike Thompson, Shawn Smail and Billy McRoberts. Below, Demons Byvelds watches first goal.

Demons make final stand on home ice

Chris Thatcher
Record Staff

Unlike most coaches, when the going gets tense, Gerry McBain does not get nervous.

At least not when the North Dundas senior novice Demons are on home ice.

The Chesterville Igloo —heating in the stands is virtually non-existent —has become a haven for the Winchester Value Mart team.

Through the 1992-93 Upper Canada Minor Hockey League regular season and playoffs, they did not lose a game in the barn-like building.

But, with the last period winding down in the third game of the four-point championship final —and both teams deadlocked at two points each in the series —McBain began to pace.

North Dundas's 3-1 lead was established in the first stanza and the Cornwall Royals had been persistently trying to break it. Now they were pulling out all the stops.

So was McBain nervous?

"No, not in the third. We've never lost with a two-goal lead and we haven't lost on home ice this year," he said.

For the last time this season, that pattern held.

North Dundas claimed the UCMHL crown with a 3-1 victory, taking the championship series 4-2 Thursday night.

In two previous meetings, the West and East division champions skated to low-scoring draws. The first game ended 2-2 and, on Wednesday night in Cornwall, the Royals rallied for a 1-1 tie.

Part of North Dundas' success lies in the strength of its defense and its goaltending —the tandem of Alexander Last and Chris Currie.

While the forwards constantly harrassed the Cornwall defensemen, forcing two turovers that resulted in goals, the Demons' blue line corps bottle-necked the middle of the rink.

Cornwall's only hope was up the boards, but the poor-angle shots were little trouble for Last and Currie.

"Our defense did a very good job," said McBain. "It's been good all year, and so has our goaltending. Tonight, we played really well as a team.

"It's been an unbelievable year. First we won the West championship, then we were named the most sportsmanlike team overall. Now this."

The game opened on a controversial note.

North Dundas struck less than 20 seconds into the 10-minute period when captain Dean Byvelds flipped a shot over goalie Greg Fargo. The puck appeared to deflect off a teammate's glove, but Cornwall's protest fell on deaf ears.

Pat Turcotte evened the score at 4:49 of the first, tapping in a Jamie Smith rebound. Smith carried the puck from his own blue line, weaving through the North Dundas defense, but Last stopped his low shot.

It was the only time the Demons' blueliners folded under pressure.

Please see BYVELDS on page 14



Lawsuits force fee increase

Chris Thatcher
Record Staff

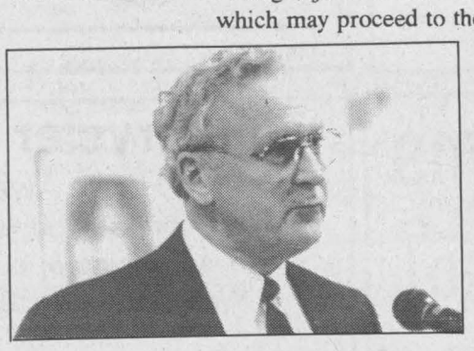
Beginning with the 1993-94 season, all players in the Canadian Amateur Hockey Association will pay a $20 premium for insurance.

The fee is a considerable increase from the $4.30 paid last year, but several recent events have forced the CAHA to re-examine its insurance program.

The $20 premium will also apply to all on-ice participants, such as officials, coaches and trainers.

Volunteers who participate in the week-to-week operations of the team —scorekeepers and others directly involved —will be required to pay a premium assessment of $5.

For 75 administrators, coaches and officials with the Ottawa District Hockey Association and its minor association, the news was a painful pill to swallow.



Murray Costello, CAHA president

Murray Costello, president of the CAHA, and Hal Lewis, manager of rules and regulations, spent over two hours explaining the reasons behind the insurance increase to ODHA and ODMHA officials at the Richmond Arena Monday night.

"It is, by far, the most serious issue the CAHA has faced since I've been involved," Costello said. "The future of amateur hockey will ride on how we handle this."

In October of 1992, the CAHA's liability fund received a massive jolt when a B.C. court judge awarded Mel Unruh, a 17-year old player, $3.7 million after a check from behind rendered him a quadripelgic.

Action against the CAHA and the B.C. Branch was dismissed, leaving Steven Webber as the lone defendant in the case. However, Webber is covered by the CAHA's insurance policy.

The CAHA intends to appeal, to the Supreme Court of Canada is necessary, and hopes the decision will be overturned. But it cannot proceed until it puts up $3 million of the $3.7 million in escrow.

And there are four other law suits still pending, all of which could be influenced by this decision.

"If we don't get it overturned or significantly reduced, it's going to change the way the game is played," Costello said. "We are finding we have to protect the game in the courts as well as on the ice. If we can't protect it, we are going to lose our volunteer base."

The CAHA estimates that as many as 1.5 million games and practices are scheduled each year in Canada. On average, just 12 serious incidents occur, one or two of which may proceed to the courts.

But even less than one per cent is too high.

Though 45 per cent of the $20 premium will go to rebuilding its equity fund, the CAHA is placing its emphasis on risk management and education. It believes that, through better communication, education and better training, it can eliminate some of the miscellaneous accidents that occur due to carelessness on the part of players and team officials.

Several ODHA officials questioned why 30 per cent was needed for mangement of the insurance program and communication and promotion of better risk management. Costello argued that the amount spent in the past had not been enough, because "the message was not getting through to the grass roots."

ODHA representatives also requested that the increase be spread out over several years. Hal Lewis said that the CAHA has been "underfunded and underreserved" due to a decision taken several years ago to "pay later rather than now. Well, later is now."

Costello, who is touring Canada to explain the insurance package to each branch, was impressed with the response from the ODHA.

"I like the fact that they understood that the premium is necessary, but they were interested in how the funds were going to be used," he said.

"We had a very good cross-section of hockey people here from the branch," said ODHA president Don Brown. "Now we have more accurate information —it's not second or third hand —and we won't respond with a knee-jerk reflex to the problem."

Spring fever league may hit SD&G -- next year

"That's the great thing about baseball —you never know exactly what's going on."

Ralph Kiner, longtime New York Mets broadcaster, was not known for the clarity of his statements —Kiner is also the man who gave us, "And the ball is hit deeeep to right field. Way back. Waaay back. Going...going...it is gone...and it is caught" — but he had the right idea.

Baseball can be an exciting, unpredictable game.

But it is also unpredictable how the game will be received by eastern Ontario high schools.

"We'll be looking at the possibility of starting a baseball league next year."

Yvon Mayer, SD&G phys-ed consultant

Ottawa's recent acquisition of a triple "A" franchise, and the success of the Toronto Blue Jays, has prompted the Ottawa and Carleton Boards of Education to start a high school baseball league this spring.

The Stormont, Dundas and Glengarry Public School Board has yet to decide if it will follow suit, but the interest is there, according to SD&G physical education consultant Yvon Mayer.

"It will be brought up to the SD&G Athletics Association," he said. "We'll be looking at the possibility of starting a baseball league next year."

Depending on the number of schools interested, the OBE and CBE will field either an interlocking league or two separate ones, with the winners meeting for the National Capital title, said CBE athletic co-ordinator Susan Flemming.

The decision has not been without its critics, however.

Both school boards are facing severe budget cuts this fiscal year and some schools are questioning the need for another league, Flemming said.

"We're going to run it for a year and then assess it in June," she said. "With the (triple "A" Ottawa) Lynx coming to town, we thought it would be a fun, PR idea."

Unlike the two Ottawa school boards, SD&G does not have the financial burden of football and hockey programs.

"It would be a good sport for high school," said Mayer. "It's a good team sport, and not a lot of equipment is needed."

At a meeting Wednesday, several athletic directors from area high schools discussed the possibility of a league and, according to Mayer, some "are quite excited about the idea."

"Something new takes time, but there are some people who would be interested in setting it up," he said. "The secret is to find volunteers who really believe in it."

Rules of sport go out the window

Out of left field
Chris Thatcher

The rules governing amateur sport were turned on their head last week.

A court injunction granted a 13-year-old hockey player the right to participate in the Stittsville's championship series with Carleton Place, despite the fact he had received an automatic three-game suspension.

In a peewee "B" game on March 15, Craig McFarlane was assessed a match penalty for butt-ending an opponent and subsequently handed an automatic three-game suspension.

His father, Ottawa lawyer John McFarlane, claimed the Ottawa District Minor Hockey Association refused to grant Craig an appeal, and sought an injunction deferring the suspension until after an appeal is heard.

Mr. McFarlane has argued his case in the Ottawa Citizen. He states that he was not questioning the referee's decision, merely the ODMHA's appeals procedure —or lack of —in his mind.

Mr. McFarlane cites the case of another player at a different age level who also received a match penalty on the same night as his son and received a hearing two nights later, March 17.

He failed to mention that his letter requesting a hearing was dated March 18, according to the ODHA.

The rules are quite clear. A match penalty carries an automatic suspension, no ifs, ands or buts.

Whether the ODMHA followed its rules and procedures properly will undoutedly be debated for some time. Particularly if the association decides to fight the injunction.

However, the incident has far greater ramifications.

At its extreme, the rules of amateur sport go right out the window.

Though Mr. McFarlane undoubtedly had the best interests of his son in mind when he took these steps, he has set a dangerous precedent.

He has thrown into question the validity of all rules governing amateur sport.

What is the point of establishing associations and leagues, and allowing them to set rules under which teams or individuals will compete, when anyone —or more specifically, anyone with access —can challenge those rules in court?

Anyone attending a hockey game, at any level, has heard coaches, parents and other spectators question the judgment of the referee (zebras are one of the most abused species on this planet), but now they may have another recourse besides their vocal cords.

Hal Lewis, manager of rules and regulations for the Canadian Amateur Hockey Association, joked that maybe baseball will be next in line.

But few will be laughing if a parent with a skillful legal mind begins questioning balls and strikes.

Ultimately, a challenge such as McFarlane's could make a mockery out of referees and other officials.

Insurance is already a problem for the CAHA, but it could be a time bomb if every decision was disputable.

"Where would our insurance be if the kid came back and did it again," said Murray Costello, president of the CAHA.

Costello made a telling point in a meeting with ODHA officials Monday night:

"We used to chuckle at the ridiculous law suits we read about in the US. Now it is happening to us. We are seeing things in Canadian courts that we never thought were possible. We are paralelling the U.S."

If that's not alarming, take a gander at an American tabloid the next time you're in a grocery store; Americans are suing Americans over just about everything.

Devils turn practice into perfection with title

When the Seaway Valley Devils registered for the Russell Invitational Broomball Tournament, it was for one purpose —practice.

In February, the juvenile women's broomball team qualified for the Canadian National Championships in Cornerbrook, Nfld. And playing against senior competition is the only way to improve, according to co-coach Brian Rombough.

In two previous appearances in the women's division of the high-calibre tournament, Seaway Valley had never survived the preliminary round.

So coaches Rombough and Jim Bancroft were somewhat surprised to find themselves in sudden death overtime of the championship game Sunday evening.

After a scoreless tie in regulation time, and a 1-1 draw following the first overtime session, Kelly Rombough scored her second goal of the game, giving the Devils a 2-1 win over the Chesterville Classics.

"I don't know what the time of the goal was," Bancroft said. "We were all so nervous."

The win followed a tense semi-final game with Kemptville. Seaway Valley rallied from a 1-0 deficit to send the contest into overtime, where it posted a 3-1 win.

Kelly Rombough scored twice, the tying goal and the first goal of overtime, and Wendi Lawson added an insurance marker.

"Chesterville out-played us in parts, but the girls didn't fold and got a couple of lucky breaks," Bancroft said.

"I know we surprised a few people in the ladies division," Brian Rombough said. "Many thought we were going to be knocked out.

"We knew we were the underdogs and the girls never gave up."

The pressure of playing in two overtime games was all for the best, according to Bancroft, who has seven rookies on this year's team.

"The girls haven't had a lot of exposure to overtime this year. For us, it's a good tune up. We did go into a lot of overtime games at the Nationals last year."

Seaway Valley posted three straight wins Saturday, mercying its opposition 4-0.

"They were very good games but I knew we needed stronger competition and on Sunday we got it," Rombough said. "The other teams have more experienced players — they can't run as fast as us so they use their heads —and that forced us to play smarter. In those last games, our defense played super."

Goaltender Kim MacLean earned the MVP award for five standout performances.

"She saw a little bit of rubber in that final, but kicked it all out," Rombough said.

In the men's division, the juvenile boy's team reached the championship final before bowing out. The Russell based-team will also represent Ontario at the Nationals later this month.



A Seaway Valley forward (left) pokes ball past goalie and defender during Russell tournament.

Green puts Black on the spot with 4-3 win

If any one thought that Team Black's crowning in the Chesterville Town Hockey League championship was a *fait accompli*, think again.

Black and Team Green finished at opposite ends of the four-team league, but the old addage —playoffs are a whole new season —is holding true.

Team Green took a 2-1 lead in the best-of-five final Wednesday night, posting its second straight win with a 4-3 victory.

After Black's 6-1 victory in the opening contest, Green has held a slight edge in play, taking the second encounter 3-1.

Black posted a 13-5 record during the regular season, finishing 10 points ahead of Green. (Green, in last place most of the year, edged out Team Red for third with a late-season rally.)

Despite the differing records, the teams were not that far apart.

Green handed Black two of its five losses during their six meetings, and lost a 7-6 decision in the final minutes.

On Wednesday night, Derek Hyndman and Jeff Holmes set up two goals apiece to pace Green's attack.

Hyndman fed Jeff Moore for the winning marker with eight minutes left in the game.

Black took a 1-0 lead early in the first period when John Mackler completed a Brad Holmes and Aaron Sherrer play.

Hyndman collected his first point of the game minutes later when he combined with Ken Byers to set up Kevin Byers for Green's first goal.

Doug Sherriffs and Dan Dubois staked Black to a 3- 1 lead midway through the first frame. Mark Smith and Pat Kelly set up Sherriffs and Kent Trolly and Mackler fed Dubois.

Don Imrie cut the margin to 3-2 in the last minute of the first, capping a Holmes and Greg Sullivan play. He then teamed up Homes to feed Dale Williams five minutes into the second.

Green could wrap up the series tonight (Wednesday) at the Chesterville Arena. Game time is 7:15 p.m. Game five, if necessary, will be played Friday, April 2, at 7:30 p.m.

Rockets storm to crown

Fortunately, the perils of driving in extreme winter conditions mean nothing to 8-9 year-old boys.

Otherwise, concentrating on a hockey game might have been the farthest thing from the minds of the North Dundas Rockets.

As the Storm of the Century began to howl around the arena in Alexandria Bay Mar. 13, the Rockets were on their way to winning the Brockville Minor Hockey Association senior novice house league tournament.

Worrrying about road conditions was left to the parents in the stands.

Terry Morrow scored two goals, one with 24 seconds left in first and another at 7:09 of the second, as North Dundas doubled Brockville City 4-2 in the championship final.

The win capped a undefeated outing at the one-day event. The Rockets posted first and second round victories over the Kanata Hawks and Brockville Cable TV.

In the final, North Dundas jumped to a 3-0, first- period lead before Brockville mounted a comeback in the second.

Michael Thompson put the Rockets on the scoreboard at 7:52 with an unassisted goal, and Timothy Gilmer finished off a Colin Bowie and Spencer Dawson play at 1:49.

Morrow closed out the frame with his first of two, slapping in a Christopher Thompson pass.

Less than three minutes into the second, Morrow struck again with a solo effort.

Brockville scored twice in the last six minutes, on goals by Jason Aubrey and Neil Poulson, but it was too little, too late.

North Dundas opened the tournament against the Kanata Hawks, posting a 5-3 victory. The Rockets fell behind 3-2 early in the third period, but rallied with three goals in the final five minutes to pull off the win.

Dawson netted a hat trick, including the winner at 2:20 of the third, and Morrow added two goals and two assists. Bowie and Gilmer also drew helpers.

Both teams traded goals in the first and second frames, with Stephen Papousek scoring twice for the Hawks.

Morrow continue his streak into round two, scoring twice as the Rockets ousted Brockville Cable TV 4- 1.

The forward struck for a pair of unassisted goals, once in the first and again in the second, as North Dundas took a 2-0 lead.

Michael Thompson set up Christopher Thompson at 7:19 of third frame and Tim Gilmer tipped in a Morrow pass at 5:14.

Jason Epping spolied Bryan Verhoeven's perfect game, beating the Rockets' goalie on unassisted effort with 32 seconds left.

Byvelds backhands winner

Continued from page 13

Byvelds restored the lead seven seconds later. After winning the face off, the centre battled his way down the right wing before cutting toward the net. His backhand shot squeezed between the Cornwall goalie's stick and chest protector.

Aaron Kelly hiked the count to 3-1 at 2:18 of the first, floating a shot from the top of the left face-off circle that eluded Fargo, dropping over his shoulder and under crossbar. Francis Dagenais earned an assist after breaking up a clearing attempt at the blue line.

Last and Currie exchanged places midway through the second period, with the latter holding off a third-period onslaught.

Kelly scored North Dundas' lone goal in Wednesday's 1-1 tie in Cornwall. Stephan Gravelle drew an assist. Turcotte netted the Royals' marker.

Bowling

YBC Peewee - Boy's High Single, Matthew Bird 155; Boy's High Double, Matthew Bird 300. Girls' High Single, Kim Fife 101; Girls' High Double, Kim Fife 197. **Team Standings** - Adam 82-1/2; Matthew 64- 1/2; Kim 47; Shannon 46.

YBC Bantam - Boy's High Single, Ryan Burtenshaw 188; Boy's High Double, Michael Sanders 313. Girls' High Single, Natasha Glaude 169; Girls' High Double, Natasha Glaude 279. **Team Standings** - Michael 96; Tyler 87; Tasha 81-1/2; Sherry 81; Daniel 80-1/2; Lisa 78.

YBC Junior - Boy's High Single, Alex Middleton 210; Boy's High Double, Alex Middleton 406. Girls' High Single, Wendy Jacques 235; Girls' High Double, Wendy Jacques 370. **Team Standings** - Richard 93; Shanna 73; Amanda 68; Andrea 64; Kristy 63.

YBC Senior - Boy's High Single, Bradley Madore 216; Boy's High Double, Colin Sanders 422. Girls' High Single, Carrie Amell 209; Girls' High Double, Carrie Amell 363. **Team Standings** - Colin 53; Joel 48; Tonya 43.

Williamsburg Mixed (Friday Night) - Men's High Single, Leo Sabourin 271; Men's High Triple, Glenn Meldrum 663. Ladies' High Single, Dianne Hoogeveen 238; Ladies' High Triple, Ottie Goulet 619. **Team Standings** - The Gamblers 110; Alley Cats 108; Bowleroos 106; Silver Bullets 102; Alley Oops 91; Pin Heads 83.

Riverside Rollers - Men's High Single, Terry Poapst 245; Men's High Triple, Tom Benjamin 579. Ladies' High Single, Carol Irvine 246; Ladies' High Triple, Carol Irvine 616. **Team Standings** - Terry Poapst 112; Janet Douma 97; Bruce Ray 91; Jim Irvine 88; Mervin Patterson 87; Gary Burns 71.

Busy Matrons - High Single, Jean MacKenzie 226; High Triple, Debbie Linton 566. **Season Winners** - Sharon 2306; Jean 2274; Mary 2235; Debbie 2209; Betty 2198; Elsie 2174.

Wednesday Afternoon Ladies - High Single, Norma Cass 236; High Triple, Virley Edwards 606. **Team Standings** - Liz Spiller 2872; Norma Cass 2863;

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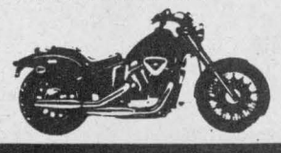
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Casselman topples 72's

The Casselman Stars hold a 3-2 lead heading into game six of the Eastern Ontario Junior C Hockey League finals this week.

The Stars took two of three encounters last week with the Embrun 72's, breaking a 1-1 deadlock in the best-of-seven championship series.

Casselman pounded the 72's 8-3 at the Embrun Arena Wednesday night and clipped them 6-4 on home ice Friday.

Embrun staved off elimination Sunday night with a 4-3 victory.

Casselman's Martin Hughes hiked his playoff-leading scoring total with seven goals and seven assists in the three tilts, giving him 21 goals and 23 assists in the post-season. Teammate Geoff Seguin picked up a goal and five helpers.

Marc Patenaude has been Embrun's top sniper. The forward added three markers and five assists during the week, giving him 30 points for the playoffs. Yvan Levac scored three and set up three more for 24 points in 12 games.

Aeros startle Lions in championship series

MORRISBURG—Their Rideau-St. Lawrence Division championship title is on the line.

One more loss and the St. Lawrence Division champion Morrisburg Lions will not repeat as Rideau-St. Lawrence title holders.

The upstart Athens Aeros, who claimed their first-ever Rideau Division championship this season, have carved themselves a healthy 3-1 series lead and could've become the EOJBHL's best southern team with a win last night (March 30) here in Morrisburg.

The Lions took game one by an 11-6 count but have been frustrated to a standstill ever since losing 5-3, 12-3 and 10-2 decisions to Athens.

Lions' head coach Doug Casselman says it isn't the first time he has been down 3-1 in a series in his sporting career and says nobody is the winner until that fourth game has been won.

"Maybe we will get a few breaks and get back in this thing. Don't count us out yet," he said.

Casselman and his team have been frustrated by the hook, clutch, grab and interference style of play the Aeros use. It has impeded his club's run and gun offence and kept them off balance.

He says the officiating has been a big disappointment to him noting Athens has been on the receiving end of most of the calls but adds when the Aeros are given the opportunity on the powerplay they have come through.

"It is so frustrating on our part. We have lost our composure because the guys know they aren't going to get many breaks from the referees."

"Friday night the ref throws Bes (Yvon Besner) out of the game and won't tell me why. I finally found out after the game it was for interference from the bench. He throws Besner out. He then disallows a goal and won't tell me why. It looked like a perfectly good goal. That would have made it 4-3. Instead a few seconds later Athens goes up ice and makes it 5-2 and we are out of it in the second period."

As period two turned the game around Friday in Morrisburg the play took the same swing in game four in Athens Sunday as the Aeros scored eight times (three powerplay goals) enroute to a 10-2 win.

"We managed to regain our composure in the third period. It was a 1-1 period and we didn't take a penalty so we will try and carry that into the next game," the coach said.

Casselman knows his team is down 3-1 in games because the opposition is also playing well.

"You have got to give Athens credit. They are hungry and playing well. They have had a little bit more drive than we've had. We definitely need some intensity and a few breaks."

Geoff Hare netted the Lions' two goals in Sunday's 10-2 loss.

Demons cap season with wins

WINCHESTER—North Dundas' second-year Novice Demons put everything they had into their final two games of the 1992-93 season and came up with a pair of impressive victories.

Saturday North Dundas skated to a 10-2 win over Metcalfe and Sunday they downed Crysler 14-2.

The victories lifted the Demons' seasonal record to 19-5-2. Coach Tom Mellan reports his young squad had a knack around the net out-scoring their opposition 186-75.

Devin Kelly and Fady Mahfouz were the offensive stars in the 10-2 win scoring four goals each. Kyle Kloosterman and Tory Baldwin pegged the others. Matthew Gilmer (2), Kloosterman (2), Baldwin, Craig Moran and Scott Brennan all earned assists.

Sunday Devin Kelly led the charge scoring five times in a 14-2 win over Crysler. Kelly also helped out on three goals.

Kyle Kloosterman earned seven points, four goals and three assists. Fady Mahfouz scored twice and set up a goal.

Adam Guy netted a goal and assisted on four others while Tory Baldwin and Scott Brennan each scored once and assisted on another marker.

Matthew Gilmer (5), Travis Leach (2) and Dale Dellaire also earned assists.

Dundas novice team nips Crysler

WINCHESTER—Fady Mahfouz broke up a 3-3 tie when he scored from Craig Moran in the final three minutes of the game.

Mahfouz's goal gave the North Dundas first-year Novice Demons an exciting 4-3 win over Crysler's first and second year squad.

Fady Mahfouz got the game going scoring the Demons' first and second goals on passes from Kyle Kloosterman and John Suffel.

Derek Kelly made it 3-1 with help from John Suffel forcing Crysler to tie it up scoring twice in the last 10 minutes of the game.

But North Dundas' hard work eventually broke the tie and gave them a 4-3 victory.

On Saturday North Dundas blanked Russell 3-0. Ben Collins took care of the scoring firing in all three goals. Blaine Moran, Shawn Gilmer and Danny Lapier supplied the assists.

Coach Tom Mellean reported the remainder of the squad played hard and had fun earning the shutout.

North Dundas' first-year Demons finished their exhibition season with a record of seven wins, no losses and two ties.

Calendar Draw

Winner of the North Dundas Minor Hockey Calendar Draw on March 5 was Valerie Flowers, Winchester, with ticket #1348. On March 12 John Kleinswormink of Winchester was the winner with ticket #1417. Each ticket holder was the winner of $50.

Fitness Forum

Our own reactions to stress



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

The single most important thing we should know is how to measure our own stress tolerance by becoming more sensitive to our own stress symptoms. While no one is immune, some people react more strongly to stressful situations than others and have more powerful biochemical changes that ultimately do more to harm their bodies.

There have been many books written about how to quantify the effects of stress on our bodies, and we've all seen at least one version of a "Stress Rating List" that categorizes stress by number, giving, say, 100 points to the death of a loved one, and 60 points to divorce, etc. These studies can be useful because they help point out the varieties of stressors in our lives and the ways in which different people react to them. But sometimes they aren't very practical. You have only to pause and reflect for a moment to realize that the "mortgage over $10,000" stressor which is often stated on these lists may be nothing for someone with a six-figure income and a source of ulcers for someone who's unemployed.

Perhaps more important than adding up the quantities of stress in our lives, is finding out the role stress plays.

These are some typical reactions which are often part of a "Type A" personality:

1. Scheduling more and more activities into less and less time.
2. Failing to notice or be interested in the environment or things of beauty.
3. Hurrying the speech of others.
4. Becoming unduly irritated when forced to wait in line or when driving behind a car you think is going too slowly.
5. Gesticulating wildly when you talk.
6. Frequent knee jiggling or rapid tapping of your fingers.
7. Explosive speech patterns or frequent use of obscenities.
8. Making a fetish of always being on time (oh- oh!).
9. Having difficulty sitting and doing nothing.
10. Playing nearly every game to win, even when playing with children.
11. Measuring your own and others success, or worth, in terms of numbers. i.e. number of business deals, projects, money, etc.
12. Lip clicking, head nodding (not in sleep), fist clenching, table pounding, and sucking in air when speaking.
13. Becoming impatient when watching others do things you can do better or faster.
14. Rapid eye blinking or tic-like eyebrow lifting.

Do you see yourself in this list? (who doesn't!?) These symptoms, if allowed to accumulate and continue are signs that stress may be winning in our life, and could lead to something as serious as heart disease and other illnesses. We should act now.

My Silent Achievers this week are the beautiful women of the Chesterville Widowed Support Group who kindly and bravely asked me to speak to them last week! They are wonderful willing and able victims of the exercise routines I threw at them. Thank-you, ladies, and I loved my fruit basket!

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

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Compliments of:
RECREATION DEPARTMENT
VILLAGE OF CHESTERVILLE

Nestlé Canada Inc.
Chesterville

WELL DRILLING
Donald Gauthier
Box 143
CRYSLER - 987-2973

Daniel Wathier Aluminum
Exterior Renovations
Aluminum - vinyl - siding
Soffit - Fascia
Crysler, Ont. *Free Estimates*
(613) 987-5464

JAMIE CHENEY
Tel. 989-3246
J & M'S EXCAVATING AND SNOW REMOVAL
Reasonable Prices
Licensed Septic Bed Installer

MIKE DEAN'S SUPERFOODSTORE

19 KING ST. CHESTERVILLE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

OPEN: MON.-FRI. 8AM - 9 PM, SAT. 8 AM - 6 PM

PRICES IN EFFECT UNTIL CLOSING TUES. APR. 6/93

CATELLI 900G PKG
SPAGHETTI MACARONI SPAGHETTINI
88¢

LEONARD GUARANTEES FRESH PRODUCE EVERY DAY OF EVERY WEEK

PRODUCT OF U.S.A. #1
LARGE CRISP CELERY 99¢

PRODUCT OF MEXICO #1 FRESH
ASPARAGUS 1.99 LB 4.39 KG

PRODUCT OF CANADA SNOW WHITE
FRESH MUSHROOMS 1.99 LB 4.39 KG

PRODUCT OF CANADA #1 GREEN
CABBAGE 89¢ HEAD

PRODUCT OF CANADA #1 ENGLISH
CUCUMBERS 99¢

PRODUCT OF U.S.A. #1
NEW WHITE POTATOES 89¢ LB 1.96 KG

PRODUCT OF U.S.A. #1 LARGE SIZE
CAULIFLOWERS 1.69

PRODUCT OF U.S.A. #1 FRIM RIPE FRESH
TOMATOES 89¢ LB 1.96 KG

PRODUCT OF U.S.A. SIZE 138 DOZEN
SEEDLESS ORANGES 1.99

PRODUCT OF CANADA FANCY 10 LB BAG
McINTOSH APPLES 2.99

FLOWERS OF THE WEEK

BEAUTIFUL 6" POT
EASTER LILIES 4.99

SOFT DRINK OF THE WEEK

24X355 ML TINS
CANNED SOFT DRINKS 6.99

SNACK OF THE WEEK

MAPLE LEAF 400G BAG ASSORTED FLAVOURS
POTATO CHIPS 1.99

A WIDE VARIETY OF YOUR FAVOURITE BREADS, BUNS, PASTRY

VACHON PKG 6
JOE LOUIS 1.99

DEMPSTERS PKG 8
HOT CROSS BUNS 1.59

DEMPSTERS PKG 8
KAIZER BUNS 1.49

DEMPSTERS PKG 6 BLUEBERRY OR BRAN
MUFFINS 1.89

DEMPSTERS 675G WHITE OR BROWN
TEXAS TOAST 99¢

DEMPSTERS 675G
KIDS BREAD 89¢

DEMPSTERS 675G 6 VARIETIES
CANADIANA BREADS 1.39

BAMBY PKG 12 HOTDOG OR HAMBURGER
BUNS 1.39

DEMPSTERS 675G 100% WHOLE OR CRACKED
WHEAT BREAD 99¢

DEMPSTERS 675G ORIGINAL WHITE
SLICED BREAD 69¢

CHRIS GUARANTEES FRESH MEAT EVERY DAY OF EVERY WEEK

FULLY SKINNED **SMOKED LEG HAMS**

BUTT PORTION	CENTRE CUT	SHANK PORTION
1.69 LB 3.73 KG	1.99 LB 4.39 KG	1.79LB 3.95 KG

ALL SIZES
UTILITY TURKEYS 1.09 LB 2.40 KG

BURN'S 375G FOR STUFFING
SAUSAGE MEAT 1.89

PRINCE BONELESS
SMOKED TOUPIE HAM 2.69 LB 5.93 KG

COUNTRY KITCHEN
HALF SMOKED HAM 4.49 LB 9.90 KG

SIMON DE GROOT, OCTOBERFEST
SAUSAGE 2.79 LB 6.15 KG

BURN'S 450G PKG
B.B.Q. WIENERS 1.69

GROUND FRESH DAILY IN PKGS OF 8 OR 12
BUTCHERS QUARTER POUND
BEEF BURGERS EACH 59¢

FREEZER BUY OF THE WEEK

BURN'S 500G 4 VARIETIES
PARTY STICKS 3.49

CATCH OF THE WEEK

FRESH TURKEYS FOR EASTER
NOW TAKING BOOKINGS PLEASE SEE OUR MEAT STAFF

3 LB BAG 51-60 COUNT
FROZEN SHRIMP 25.99

FRESH FILLETS
BOSTON BLUE 3.49 LB 7.69 KG

PIZZA OF THE WEEK

14" WITH PEPPER FULLY LOADED
COMBINATION 5.99

CHEESE OF THE WEEK

MAPLE DALE
FARMERS OR COLBY 4.49 LB 9.90 KG

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

• MAPLE LEAF SLICED
MOCK CHICKEN OR MACARONI & CHEESE 2.99 LB 6.59 KG

SIMON DE GROOT SLICED
GENOA SALAMI 5.99 LB 13.21 KG

BURN'S SLICED
KOLBASSA LOAF 4.49 LB 9.90 KG

MAPLE LEAF SLICED REGULAR OR WAXED
BOLOGNA 2.99 LB 6.59 KG

MAPLE LEAF SLICED
PICKLE & PIMENTO 2.99 LB 6.59 KG

MAPLE LEAF SLICED
DELICIA LOAF 3.39 LB 7.47 KG

CLEAR VIEW FARMS SLICED
TURKEY BREAST 4.99 LB 11.00 KG

YORK SLICED
COOKED HAM 1.99 LB 4.39 KG

DIRECT WAREHOUSE PRICES + PLUS + EXTRA WEEKLY SPECIALS

CATELLI 225G PKG
MACARONI & CHEESE 49¢

FIVE ROSES 10 KG BAG WHITE ENRICHED
FLOUR 6.99

PREGO 750 ML ASSORTED
SPAGHETTI SAUCE 1.69

CAMPBELLS 1 LITRE V-8, TOMATO, CAESAR
JUICE 99¢

HABITANT 28 OZ TIN ASSORTED
SOUPS 99¢

CAMPBELLS 10 OZ TIN CHICKEN NOODLE OR VEGETABLE
SOUP 59¢

AYLMER 1 LITRE JAR OR SQUEEZE
TOMATO KETCHUP 1.49

GARFIELD 500G BAG PLAIN OR CHEESE
TORTILLA CHIPS 1.69

MAPLE LEAF 1 LB PKG TENDERFLAKE
PURE LARD 99¢

MAPLE LEAF 142G
CHUNKS OF TURKEY OR CHICKEN 1.49

BEATRICE DAIRY PRODUCTS EVERY DAY OF EVERY WEEK

175G ASSORTED FRUIT BOTTOM **YOGURT** 69¢

125G ASSORTED LACREME **YOGURT** 69¢

175G ASSORTED DIET **YOGURT** 69¢

175G ASSORTED STIRRED **YOGURT** 69¢

500G TUB ASSORTED **SOUR CREAM** 1.79

2 LITRE JUG APPLE, ORANGE, GRAPEFRUIT **COUNTRY JUICES** 2.49

500G TUB ASSORTED **COTTAGE CHEESE** 1.79

250G PKG ASSORTED **CHIP DIPS** 1.19

2 LITRE CARTON **CHOCOLATE MILK** 2.89

2 LITRE CTN. **ORANGE JUICE** 1.89

250ML PKG **WHIPPING CREAM** 1.49

BEATRICE 4 LITRE BAG
2%
FRESH MILK 2.99

A WIDE VARIETY OF QUICK AND EASY FROZEN FOODS

GOOD HUMOUR PKG 6 GREAT CANADIAN **CONES** 3.69

GOOD HUMOUR PKG 6 **ICE CREAM SANDWICHES** 2.99

BEATRICE 1 LITRE ASSORTED FLAVOURS **FROZEN YOGURT** 2.99

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

GOOD HUMOUR 4 LITRE PAIL ASSORTED FLAVOURS **ICE CREAM** 4.69

GOOD HUMOUR PKG 12
FUDGESICLE
CREAMSICLE
FROSTICLE 2.99

BEATRICE 2 LITRE ASSORTED FLAVOURS OLD FASHIONED RECIPE **ICE CREAM** 4.69

CAVENDISH 1 KG BAG ASSORTED CUTS
FRENCH FRIES 99¢

POST CLUB PACK
SUGAR CRISP
1100G BOX
6.99

KRAFT 1.5 LITRE JAR
REGULAR OR LIGHT
MIRACLE WHIP
3.69

OLD SOUTH 355 ML
ORANGE JUICE
89¢