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Mediators enter Nestle's dispute

Elizabeth Moreau
Special to the Press

CHESTERVILLE — The Ontario Ministry of Labor will try to get Nestle Canada Inc. and its 215 locked-out production workers talking again at a meeting this morning (Wednesday) in Ottawa.

The ministry's office of mediation called the meeting to see if the two sides were willing to resume negotiations.

"Because of the importance of 220 people in a small community like Chesterville, (who have) been out for two weeks now, we decided it's time," said Romain Verheyen, the office's director.

There have been no discussions since Nestle locked out the workers on March 27, five days after members of the Retail, Wholesale and Department Store Union voted 63 per cent to reject the company's final contract offer.

Verheyen said mediators will meet with both sides separately "to see if there's any movement to be had." If the company and the union indicate a willingness to talk, mediation will begin immediately, he said. That process could take anywhere from a few hours to days.

But there's no guarantee that the two sides will go back to the bargaining table.

"If both sides say it's up to the other side, there is no reason to be encouraged," Verheyen said.

Union president Dwayne Hall said Monday the workers are pleased to see a break in the labor dispute.

"Maybe it's a step forward," he said.

"We're going there with a positive attitude to see if we can work something out," Hall said. "We don't want to be out on the street."

A Nestle Foods spokeswoman said the company hopes the meeting will lead to the end of the two-week- old labor dispute.

"We're just hoping for a resolution," said Marianne King-Wilson. "We just want to get the situation resolved and go back to work."

Any resolution will centre around the company's plan to change the way it pays its workers overtime. Nestle wants to introduce a continental work week, where workers would be scheduled on five-day work weeks — which could include Saturday and Sunday — at regular pay rates.

The company says it needs to change its overtime pay scheme to stay competitive in North America. The union counters that weekend work disrupts family life, and that members should be compensated when they work Saturday and Sunday.

Nestle says much of the Chesterville factory would not be affected by the continental work week — it would be introduced only in departments with high levels of production.

Under the previous contract, which expired Jan. 31, workers were paid time-and-a-half for Saturdays and double-time for Sundays.

Under the proposed contract, workers would continue to receive time-and-a-half after working more than 40 hours in a week.

The proposed four-year contract also calls for a two-per-cent pay increase this year, and increases in the next three years in line with inflation.

Village learns to be green

by Michelle Valiquet
Press News Editor

WINCHESTER— Staff of the Village of Winchester will be among the local business people learning to cut their garbage output at a half-day seminar entitled "Workplace Waste Reduction".

"The people who are looking after the day-to-day operations for the municipality are the people who should go and learn. We don't always have to send councillors to these seminars," explains Reeve Bruce Kerr. "This way the information gets to the source a lot quicker."

Councillor Mary Jane Bertrand will also attend the seminar to represent and report back to the village council.

The Dundas Environmental Awareness Group is sponsoring the workshop being held on Wed., April 28 at the Guest House at Upper Canada Village.

"The Province of Ontario is very committed to significant waste reduction by the year 2000," says Maria Thompson of the Dundas Environmental Awareness Group. "Companies have to realize new "3Rs" regulations are going to be announced this spring. And it will have a significant impact on industrial, commercial, institutional and municipal waste management operations.

"They might as well start now learning how to cut."

The seminar has been designed to help local businesses, industries and municipalities take a "new look" at garbage as a commodity which, when managed properly, can generate revenues and reduce costs.

Speakers will focus on new provincial "3Rs" regulations and will walk delegates through an easy "how to" session on conducting waste audits and preparing waste management plans.

"A growing number of companies have completed voluntary audits and implemented procedures," explains Thompson. "It has resulted in waste reduction levels of 50-90 per cent —that's impressive."

Not only does waste reduction make economic and environmental sense, according to Thompson, but it can be accomplished in-house at low cost.

Registration for the seminar will be accepted on a first come, first served basis until mid-April. The cost per delegate is $25.

For more information, call the Dundas Environmental Resource Centre at 613-543-4505.



Tangled train

Members of the Mountain Township Fire Department were among the earliest on the scene following last Wednesday's train derailment at Mountain. Gerry Boyce, left, and Kevin Barkley and others worked their way through the wreckage in the top photo. In the accompanying photo Ed Duncan and Dave Tremblay took a quick break to look at some instant photographs of the crash.

Press Photos—Van Bridger

Second crash for Johnstons

by Michelle Valiquet
Press News Editor

MOUNTAIN— When Lori Johnston felt the earth shaking last Wednesday night she first thought it was an earthquake.

Johnston was finishing a family dinner party at approximately 5:30pm and about to light the candles on her sister's birthday cake when the ground began moving beneath her feet. She glanced up to look out her kitchen window in time to see an eastbound CP freight rock violently and begin to leave the tracks.

"It was all crunching metal, the twisting and friction of the metal and the cars hitting the ground," describes Johnston, who was in the kitchen with her mother, sisters and brothers. "We thought it was going to come right in the house. We didn't think we had a chance."

Johnston's fears were founded in the fact that this is the second derailment she has lived through in the last 11 years. In 1982, a 24-car freight train carrying chemicals, wood alcohol, batteries and oil derailed and exploded next to her house one July morning. "For years afterwards, when it rained there was a strong chemical smell."

Wednesday's wreck caused 19 cars to leave the tracks, spilling linseed and corn meal into the ditch beside the Johnston home.

Johnston's mother, Marion was the first one to spring into action. "I said, 'we've got to move, everybody move' so we grabbed the three grandchildren in the other room and headed out the door," recalls Marion Johnston. "I couldn't believe it was happening again."

When the Johnstons got outside they could see the train still moving down the track about 150 feet below their front window.

"The smell of burning rubber and oil filled the air and sparks were flying," says Marion.

Lori Johnston adds, "Coming into town, trains have to go up a hill, around a sharp curve, then downhill and straight away. It puts a lot of stress on them.

"I think they go too fast."

She says the trains woke her up several nights during the last month with unusual sounds and banging noises.

CP Rail officials still aren't saying what caused the derailment, which blocked both lines, east and westbound, forcing the company to arrange a detour using the CN track.

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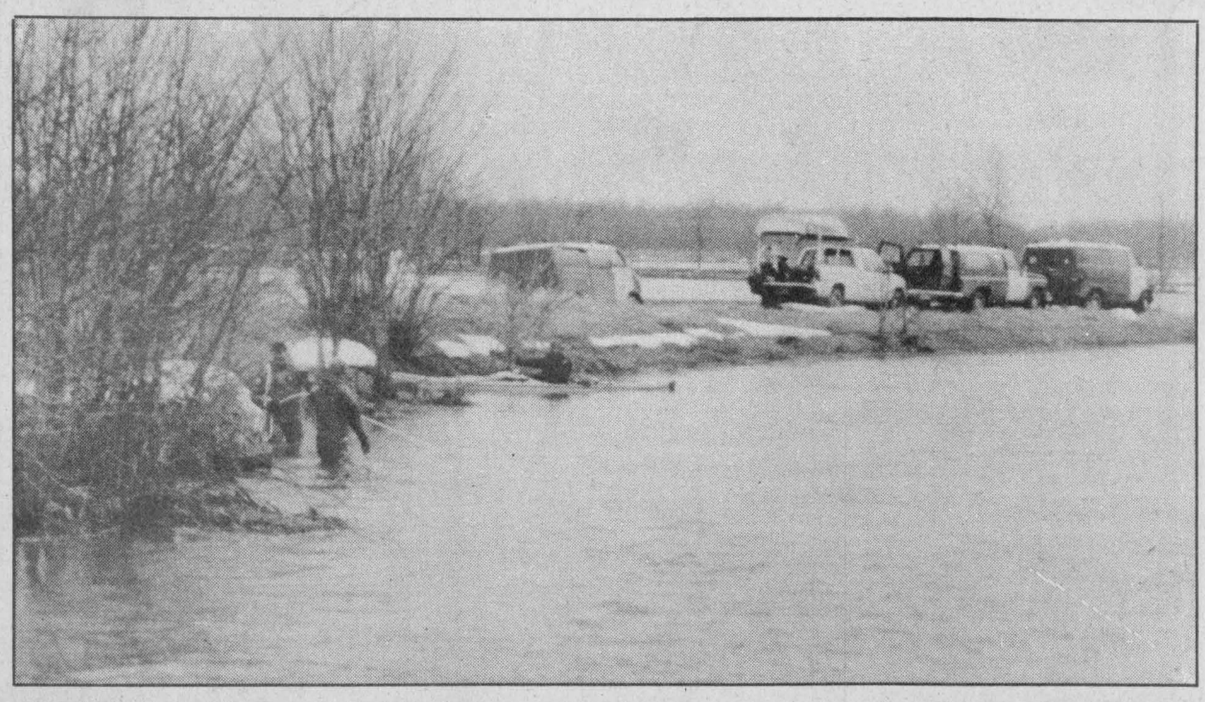
Search continues for missing brother



OPP search for the Dugan brothers. Press Photo — Quail

OSGOODE — The body of one man was found but police continued to search yesterday for his older brother, believed drowned near the Winchester Bog in the Vernon area.

Andrew Dugan, 28, of Waterloo was last seen Friday night with his brother Mark, 27, of Osgoode Township, when they took their jeep for a drive into the bog. After they didn't return that night, police found the vehicle buried up to its windshield in mud and water in the marshland.

The body of the younger brother was pulled from nearby Silver Creek, north of the bog and one kilometre from the stranded jeep, around 11:30am Monday. Ontario Provincial Police divers, a hovercraft, a kayak and a small fixed-winged aircraft searched the area Saturday. On Sunday, the OPP helicopter was added.

Police announced later the same day that one of Andrew's hiking boots had been found as well.

At press time, police were moving east down nearby Silver Creek, located north of the bog.

They will continue "until they're satisfied that everything possible which can be searched, has been searched and searched completely," said Sgt. Kevin Corcoran of the Manotick detachment.

Andrew, a city editor with the Cambridge *Reporter*, had been visiting his brother when the two decided to do some

• continued on page 2

Fee hikes considered

Liz Edwards
Press Staff Reporter

MOUNTAIN — Mountain Township residents wanting to build, sever or rezone land may have to dig deeper into their pockets.

At the recommendation of its building inspector Richard Sharkey, council may consider doubling the cost of its building permits as well as adding its own charge for severances and planning reports for rezoning.

Existing building fees are lower than other municipalities and people who want the other services should have to pay for the added work it causes township staff, Sharkey said Monday at a council meeting..

Currently the township charges 12 cents per square foot for a building permit. Residents applying for severances now pay

• continued on page 2

Recession takes toll on youth

Elizabeth Moreau
Record Staff

CORNWALL— Stormont, Dundas and Glengarry's two school boards hope the province can find $9 million to help area children and families wearied by the effects of the economic recession.

Board officials are to meet with Education Minister Dave Cooke later this month. It's a meeting they've been planning for five months.

The Catholic school board's director of education, Roger Davidson, and his public board counterpart Jim Dilamarter drew up a plan last November to ask the provincial government in emergency funding over three years.

They met with area social service agencies to fine-tune the proposal, determining they would need $3 million in each of three years, or $9 million.

"I realize that times are very tough," said Dilamarter. "But I realize that we are very unique in the province of Ontario in the massive unemployment and the massive problems we are facing."

Davidson said the economic recession, or depression as some in the area have called it, is affecting children in unprecedented ways.

Children go to school under-fed, not properly clothed, and unable to concentrate because of family problems at home, which range from witnessing violence, alcoholism to seeing both parents out of work, he said.

"This is not going to solve the problem. This is only going to address the symptoms," he said in an interview.

The root of the problem, Davidson said, is the Cornwall area's battered economy, where more then 2,600 workers have been laid off since 1990 and where 37 per cent of the population rely on some form of social assistance.

"It's not an education problem, it's a community problem." But many children desperately need help before they can even begin to learn, he said.

About $2 million each year would be used for direct care — paying for salaries of social workers, behavior specialists and other professionals. They would provide a range of services both in schools and in the community, and provide links with other agencies.

"It's the family unit that is the essential focus of the project," Davidson said.

Another $600,000 annually would be directed toward administrative and professional services, including secretaries, two co-ordinators and two psychologists, who would be called in to deal with severe cases and emergencies.

"When a problem explodes, it doesn't help to sit down with people and say, this is how we're going to work at it in the future," Davidson said.

The proposal also earmarks $250,000 a year to operate a sexual abuse therapy centre for children and their families. Although another Cornwall-area group has been trying to get provincial funding for this project, it has so far been unsuccessful.

The remainder of the funding, $150,000 annually, would pay for emergency housing, food, and other services needed in cases where a family member had to be taken out of the home.

Davidson said the entire project would be run by a board of directors made up of people from various social service agencies to avoid duplication of existing programs.

While he realizes there is probably not $9 million worth of provincial funds to be spared, Davidson said perhaps some money could be redirected from existing resources.

"Our chances? I hope they're good....For the sake of the kids, I hope there's something out there."



Cookie season

The Winchester chapter of the Girl Guides of Canada begins its annual cookie sales on April 16. Ready to go are Spark Mandy Suffel, 5, Brownie Diane Wicks, 8, Girl Guide Alison Levere, 11 and Pathfinder Mary Clare Struthers, 14. Press Photo — Edwards

Continued from the front page...

Derailment

Wrecking crews, working with cranes and heavy equipment brought in from Toronto and Montreal, pushed cars away from the track alignment. Engineers then worked to replace the track, ties, balances and signals.

The eastbound track was finally opened Friday morning at 4am with the westbound line opening Saturday at 5:30pm. However, some clean-up work is still being completed.

Mike Spenard, a CP Rail information officer, Quebec division, says it will be two or three weeks before the company will know the cause of the derailment or the cost of the clean-up.

"Our investigation is ongoing and we don't want to speculate before the reports are in," says Spenard.

"We made some money from selling the feed grain that spilled out on the ground," reveals Spenard. "But we had to scrap 18 of the 19 cars."

Fee hikes

$150 to the United Counties but nothing to the township.

The severance process often takes him on average 15 to 20 minutes of consultation and paperwork for each application, according to Sharkey. As well council reviews the applications at its meetings.

"We should be charging...for the amount of time we've been spending on those severances," he said.

Sharkey suggested an appropriate fee might be $30 per application.

Residents who apply for a zoning or official plan amendment pay fees to the counties but Mountain Township, like other municipalities, is considering asking applicants to pay for a planning report.

The report, which would be completed by the county planner, would outline whether or not the amendment request is feasible before council agrees to start the process.

No amount for the fee was proposed at the meeting last Monday.

Council will need more information before they make any decisions, said Reeve Ewart Simms, but he added the matter will likely resurface within a month.

"These are all proposals. Everybody's short of money and you're starting to look for where you can user-pay and bring in a little bit more," said Simms.

"I think the costs have gone up so we may have to go to some increase. But whether we go as much as he was saying or not that's the next thing (to consider)."

Bog search

off-road driving in Mountain Township just south of Belmeade Rd.

Police evidence shows the brothers had gotten stuck earlier but managed to free the vehicle from the muck. When police found the jeep it had apparently become too badly mired to be moved a second time. At this time of year, the bog is cold, wet and swampy, according to area residents.

The pair may have tried to walk for help in a north-westerly direction when they fell in the creek.

Mark Dugan was the general manager of the Majestic Electronics Superstore on Merivale Rd. in Ottawa. He was to be married this summer to Tracy Goodwright of Ottawa. Andrew Dugan is married with a four and a six-year-old daughter.

They are the only children of Ray Dugan, a French professor at the University of Waterloo, who identified Mark's body from his clothing. A positive identification will be made later.

Seat belt safety blitz

LONG SAULT — The Ontario Provincial Police will conduct a province-wide seat belt campaign from April 18 to 30.

The goal is to increase seat belt use to 95 per cent. During the campaign, OPP traffic officers will spot check drivers in towns and villages as well as on rural routes.

Statistics indicate seat belts are used as much 98 per cent of the time on major highways but as little as 50 per cent in rural towns and villages. With the majority of accidents occuring within 16 km from home, motor vehicle collisions are one of the leading causes of death for those under 45 years of age.

The fine for not wearing a seatbelt is $90.

Police blotter

Driver scares girl

MORRISBURG — Morrisburg OPP are on the lookout for a driver wearing a mask who frightened a 14-year-old girl in Morrisburg Wed., April 7 around 8:10am.

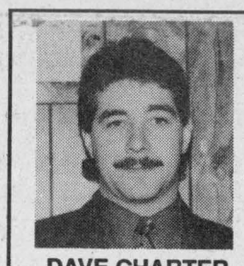
The girl was walking near the St. Lawrence Medical Centre when a driver wearing a mask and operating a small sky-blue car pulled up and stopped beside her. The driver, who was also wearing a beige coat and brown gloves, did not leave the car or talk to the girl.

The girl ran east to a friend's house and the vehicle moved west behind the medical centre. Police were on the scene within five minutes but did not find anything.

Forces manoeuvre

MORRISBURG — Personnel from the First Canadian Division Headquarters and the Signal Regiment of the Canadian Armed Forces will conduct manoeuvres from Kingston to the Quebec border April 16 to 18.

The exercises will involve forces vehicles and generators operating on a 24-hour basis. The purpose of the manoeuvres is to familiarize the military with operations in a built-up area.



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Tragic rail history haunts Mountain Station

by Michelle Valiquet
Press News Editor

MOUNTAIN— Last Wednesday's 19-car derailment was not the first time Mountain Village has been the scene of rail disasters.

Four derailments have occurred in the last century, two within yards of the Johnston family farm.

"When I first realized it was a train coming off the tracks, I first thought 'oh no, not again'" says Lori Johnston, who lives adjacent to the Canadian Pacific rail lines which run next to Mountain Village.

Pointing to a book called *The Tweedsmuir History of Mountain Women's Institute*, Lori says, "Once everything died down Wednesday night, we got out this book and began remembering the other derailments too."

A head-on collision between two trains just west of Mountain Village on March 1, 1906 claimed two lives.

A second derailment occurred when a train heading west went off the track in 1916. The engineer was killed. In 1917 at the west end of Mountain, a freight train loaded with grain derailed in a nearby field. One man, Tom Coughler, was killed.

"My great-granduncle Harry Storie used to tell us stories of one of those early crashes," recounts Johnston.

"He said as a boy he stood near the train crash and could hear the conductor caught in the wreakage screaming that his legs were crushed, that he was trapped and for someone to shoot him before he burned to death."

"No one had the guts to shoot him. He said the screams were terrible before the man finally did burn to death."

The Johnston family homestead is on the site of one of the two log houses standing in Mountain when the railroad first started travelling through the hamlet back in 1884.

John Loftus originally owned the log home, replacing it with the existing structure in 1900. His son Edwin also operated the farm until his death when it was sold to Russell Baker in 1956.

Arnold and Marion Johnston sold their farm near Iroquois 37 years ago when the St. Lawrence Seaway project began and moved to Mountain to assist in the operation of the Baker farm. After Baker's death, they became owners of the historical farm.

A neighboring building located on the Johnston property north of the track also ties in with the area's railroad history. It was the station house in Inkerman which was bought and moved to Mountain by Arnold Johnston as a residence for his hired man and family.

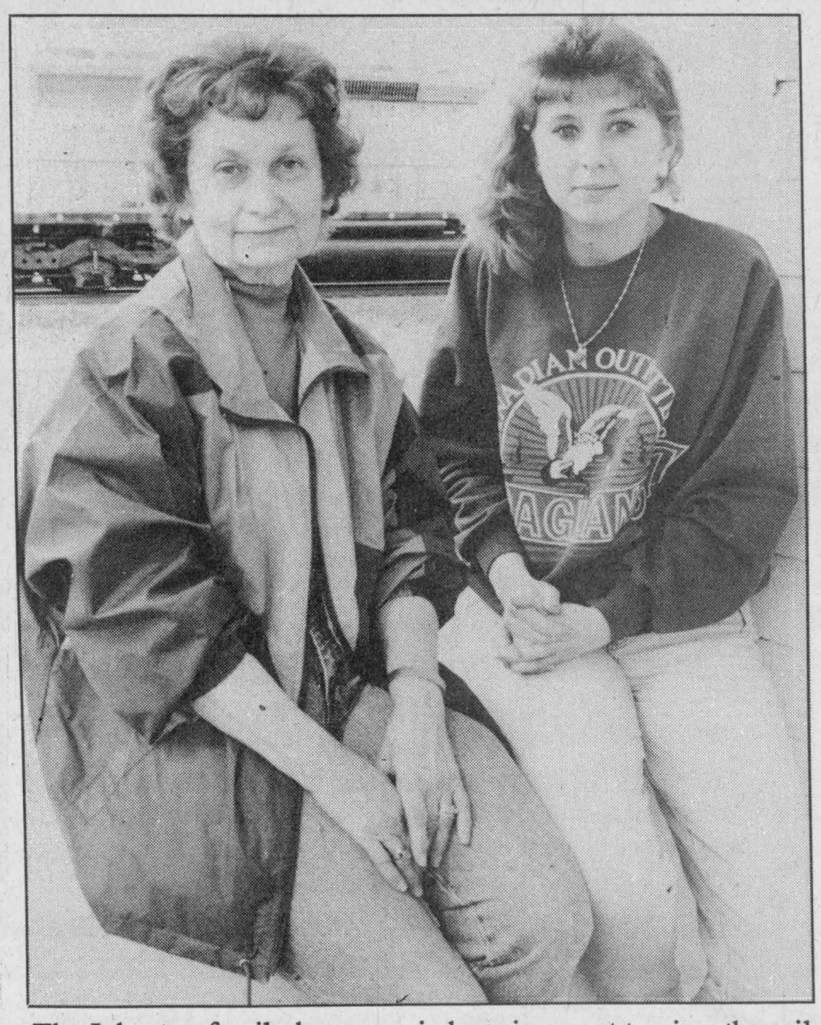
On July 10, 1982, village residents received a rude awakening when 24 cars from an 81-vehicle Canadian Pacific train detrailed.

Firefighters from Mountain Township, Winchester Village, Kemptville and Spencerville were called to battle the blaze that broke out when four or five cars exploded. At the height of the fire 40 men worked to keep it under control.

The train had contained hazardous commodities including propane which were not involved in the derailment.

The derailed cars were strewn over 500 yards along the track adjacent to the Johnston farm. Lori Johnston said she vividly remembers a large steel control box "slammed into a maple tree on the front lawn, just missing our house."

"I remember a terrible dark, evil smelling haze hung over the farm for several days from the burning cars. We even had to move our cows to a neighbor's barn to avoid it."



The Johnston family has occupied a prime spot to view the rail disasters which have befallen the quiet community of Mountain. Marion Johnston (left) and her daughter Lori Lee sit on their porch where the family could view Wednesday's derailment in the background.







Above, the 1916 train crash killed the engineer and below wreckage from the 1982 crash smolders away.

Video contest

LONG SAULT— Budding, young video producers better get busy.

April 30 is the deadline for submissions in a contest which could give some lucky Eastern Ontario high school students the opportunity to see their video televised on CJOH-TV.

The Mayor's Task Force for Healthy Lifestyles Drinking and Driving Committee is looking for a video commercial (maximum 29.5 seconds) aimed at reducing impaired driving.

Entries would be required to target the two highest-risk groups for drinking and driving: males aged 16-24 and males aged 25-34.

Almost 90 per cent of drivers involved in alcohol-related accidents were male, the age 25-34 group representing the largest proportion of impaired driver crashes with drivers aged 16-24 coming in second.

The winning entry will be aired as a public service message on CJOH-TV and will contain a credit to the group or high school which produced it. Videos must be on VHS tapes.

For more information contact 932-6252, ext. 374. There is no limit to the number of entries.



50th Anniversary

Open House for Clarence & Verl (Byrd) Levere on **April 24, 1993,** Allan Hall, Lakeshore Drive United Church, Morrisburg, 1:00pm to 4:00pm.

No gifts please.



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Labor leaders blame NAFTA proposal

Elizabeth Moreau
Special to the Press

CHESTERVILLE — The Nestle lockout took on a national dimension last week as labor leaders marched through the streets of Chesterville with the company's union workers, blaming free trade for the dispute over weekend overtime premiums.

They said the dispute is an example of how the North American Free Trade Agreement is jeopardizing Canadian jobs.

Nestle, which has factories in the United States and Mexico, says it needs concessions from the 215 members of the Chesterville union to compete with its other plants. The workers were locked out on March 27 after rejecting the company's final contract proposal.

Labor leaders, nationalists and members of other unions gathered in front of the factory last Wednesday in support of the locked-out workers.

Mohamad Alsadi, president of the 44,000-member Ottawa Labor Council, said NAFTA is "going to hurt workers in this community and it's going to hurt workers somewhere else in this country."

He said Nestle is blackmailing the workers by pitting them against lower-paid workers in U.S. and Mexican factories.

"I think they've already made their decision to shut this company down and I don't think they care about this town or this community."

Factory manager Jim Cummings said much of what was said at the rally was "more emotion than fact." He said the Chesterville plant won't be competitive without changing its overtime payment scheme.

"All we're trying to do is give this factory a fighting chance for survival in the future."

But Maude Barlow of the Council of Canadians contended that Nestle's plan to eliminate overtime pay for weekend work is an "abusive system ... an example of what happens under the free trade agreement."

She told the workers that the rally was a "sign that you are not alone," and saluted them for "the courage you have had in fighting Nestle."

The company wants the right to schedule its workers on five-day work weeks, including Saturday and Sunday, at regular wages. It would continue to pay overtime rates to employees who work more than 40 hours a week.

Cummings said the provisions in the company's contract offer would allow the plant to bid for more work, and possibly create more employment.

Jean-Claude Parrot, vice-president of the Canadian Labor Congress said the Nestle workers were sending a clear message to other multi-national companies.

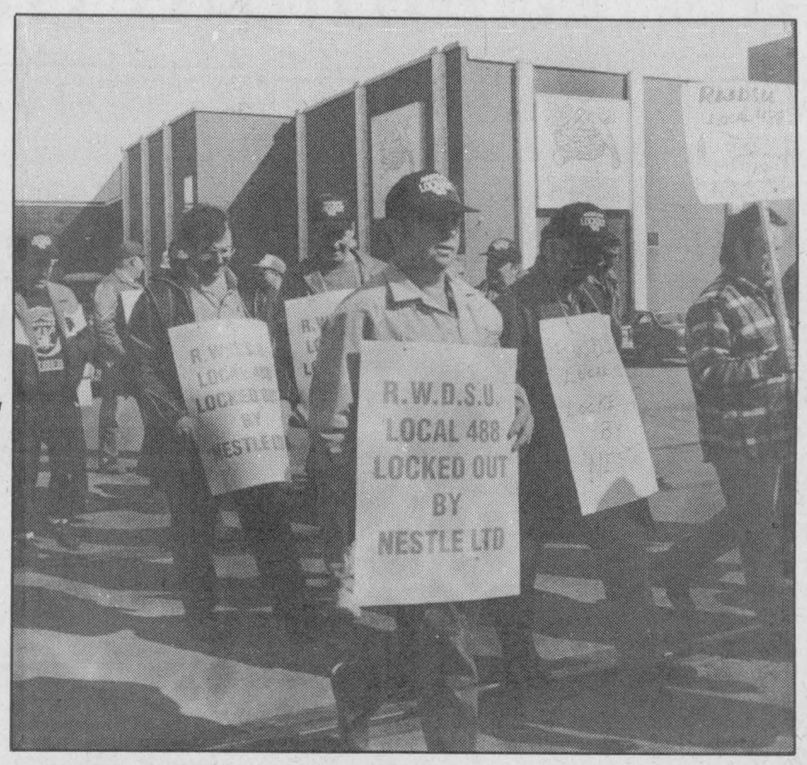
"What is important is that people like you stand up in front of a company like this," he said. "It's not by giving up that we're going to see these companies staying in Canada."

But Cummings said Nestle's Chesterville plant, which exports 70 per cent of its production to the United States, profits from the company's international ties.

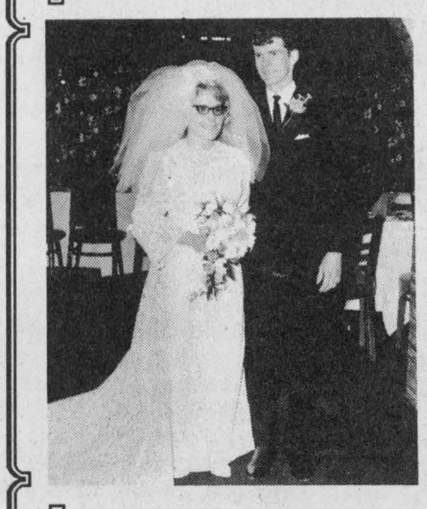
"This factory has benefitted from Nestle's capital investments and expansions."

Union president Dwayne Hall said the rally, which attracted national and Ottawa media, could be just the first such demonstration if the dispute is not settled soon.

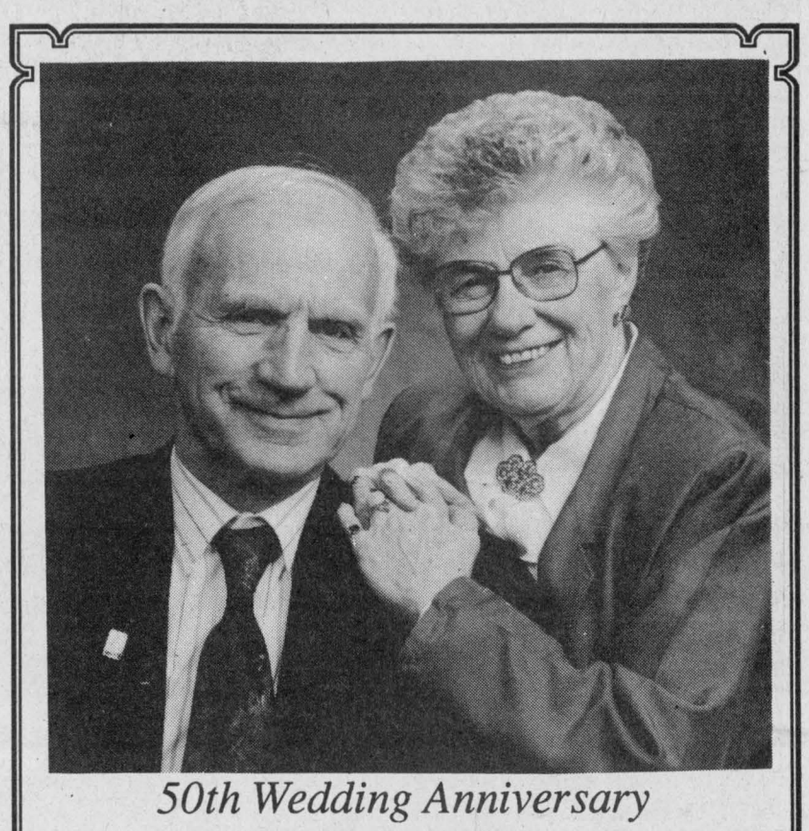
"We're set to go with something bigger and better," he said.



Protest march
National representatives joined locked out workers from Nestles in Chesterville for a protest march last Wednesday morning.
Press Photo — Hewitt



Michael & Lynda Thompson
celebrate their
25th Anniversary
APRIL 27TH
Michael is the son of June Thompson, Winchester and the late Lorne Thompson and Lynda is the daughter of Vivian Strader, Winchester and the late Harry Strader.



50th Wedding Anniversary
Gerald & Doris Holmes
April 24, 1943-1993
Congratulations to Mom and Dad as you celebrate this very special occasion. Thank you for your many years of love, support, and the fine example you have set for us all.
Love and best wishes, your children and grandchildren.

Auction Sunday

WINCHESTER — Winchester Scouts are getting in the swing of things — rake swinging that is — to raise money for the Canadian Jamboree this summer.

Scout Leader Kim Stoodley said the boys will auction off their lawn raking and spring-cleaning skills at a special Scout spring auction this Sunday. "We'll have the boys organized in special teams so they can take care of any job", she said.

The auction at the Lions Hall on Mill Street will also feature house, garden, auto antiques, car and sport goods and services donated by local merchants and supporters. Wayne Hutt will provide the auctioneer service.

Highlights include get-away hotel packages at Ottawa hotels and Ottawa Lynx, Blue Jay, Expo and Rough Rider tickets.

Stoodley said six members of the Winchester group have qualified for a week of camping, mountain-climbing, white-water rafting and badgework with thousands of other Canadian Scouts at Kananaskis in the Alberta Rockies. "It's the high point of every Scout's career."

The spring auction is the latest in a long line of efforts to raise the $1,500 it will cost in air, food, registration and other costs for each participant.

"We've received great support for our bottle drives, garage and popcorn sales, spaghetti dinner, chili dinner and Easter chocolate bunny sales," said Stoodley. "We're pretty sure everybody will find something they need at the auction and help us too."

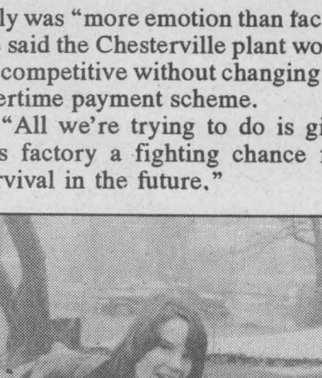
For more information or sale donations, please call Bert Hill at 774-2047. The Scouts plan a garage sale in May and welcome any contributions as well.



Cleaning up
Gabriel Dale Hill, left, and Joshua Murray practice their raking for what they expect will be a successful Winchester Scout goods and services auction this Sunday. Hotel rooms, sport tickets, yard clean-ups, house, garden and antique goods will be auctioned off for the Canadian Jamboree event.

SCOUTS CANADA
Super Spring Scout AUCTION
- Hotel getaways
- Lynx, Expo tickets
- Yard clean-ups
- Home & personal goods
- Antiques
- Gift certificates

See complete list in auction ads.
Winchester Lions Hall
Sunday, April 18
1:00pm



To the coach who has more penalty minutes in his career than most of his players.
Happy 40th Barry
From the guys in stripes

Bruce R. Kerr
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9:00am and 11:00am - Sunday
2tfc

BAPTIST CHURCH SERVICES
B.C.O.Q.
Pastor: Rev. James Mills
774-3574
Sunday
Ormond
9:30am - Worship Service
Winchester
11:00am - Worship Service
44tfc

CHRISTIAN REFORMED CHURCH
Williamsburg, Ontario
774-5096
9:30am - Morning Service
7:30pm - Evening Service
Nursery provided during both services. You are invited to worship with us. Faith 20 can be viewed every morning at 5:30am on Channel 6.
52tfc

WESLEYAN CHURCH
Winchester
Rev. Eldon F. LeRoy
774-3137
Sunday, April 18
9:30am - Kids Club and Discipleship
10:30am - Morning Worship
7:30pm - Evening Service with Mr. John Hayes, Speaker
Tuesday, April 20
7:30pm - "The Law of Communication"
EVERYONE WELCOME
2c

WINCHESTER UNITED PASTORAL CHARGE
Rev. Dr. Will Walker
Laurie McKnight-Walker
774-2071
Sunday, April 18
WINCHESTER UNITED CHURCH
11:00am - Morning Worship
11:00am - Sunday School and Nursery
WINCHESTER SPRINGS UNITED CHURCH
Sunday, April 18
9:30am - Morning Worship
9:30am - Sunday School
2c

PARKWAY ROAD PENTECOSTAL CHURCH
10 minutes north of Winchester, corner of Highway 31 and Parkway Road, Greely
Sunday
9:45 am - Sunday School
11:00am - Sunday Service
7:00pm - Praise Gathering
EVERYONE WELCOME
Rev. Les Burton: 821-1056
23tfc

WINCHESTER BETHANY CHAPEL
Main Street, Winchester
Everyone Welcome
10:00am - Worship Service
11:00am - Family Bible Hour and Sunday School
7:30pm - Prayer and Bible Study
16tfc

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy. 31 & Ormond Rd.
Pastor: The Rev. Laurie A. Taylor
774-5170
10:30am - Celebration Service
10:30am - Sunday School
7:30pm - Healing Service
Wed., 7:30pm - Prayer Meeting
2c

NATIONSIDE PENTECOSTAL CHURCH
Pastor:
Rev. Harold J. Morden
13 Albert St., Chesterville, 448-2084
Sunday
10:00am - Sunday School
11:00am - Worship Service.
7:30pm - Evening Praise
Wed., 7:30pm - Home Bible Study
46tfc

ST. PAUL'S PRESBYTERIAN CHURCH
Winchester
Knox Presbyterian Church
Mountain
Rev. Heather L. Jones, B.A., B.Ed., M.Div.
Tel.: H.-774-0316 C.-774-3923
11:00am - Divine Worship, Sunday School and Nursery
A warm welcome awaits everyone
Knox Presbyterian Church
Mountain
7:30pm - Evening Worship
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10:00am - Metcalfe
11:15am - Greely
51tfc

THE ANGLICAN PARISH OF WINCHESTER, CHESTERVILLE, CRYSLER AND SOUTH MOUNTAIN
Sunday, April 18
8:00am - Chesterville
9:30am - Winchester
11:15am - South Mountain
ALL WELCOME
Rev. George Bruce: 774-2236
2c

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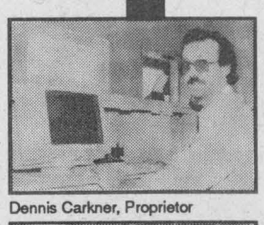
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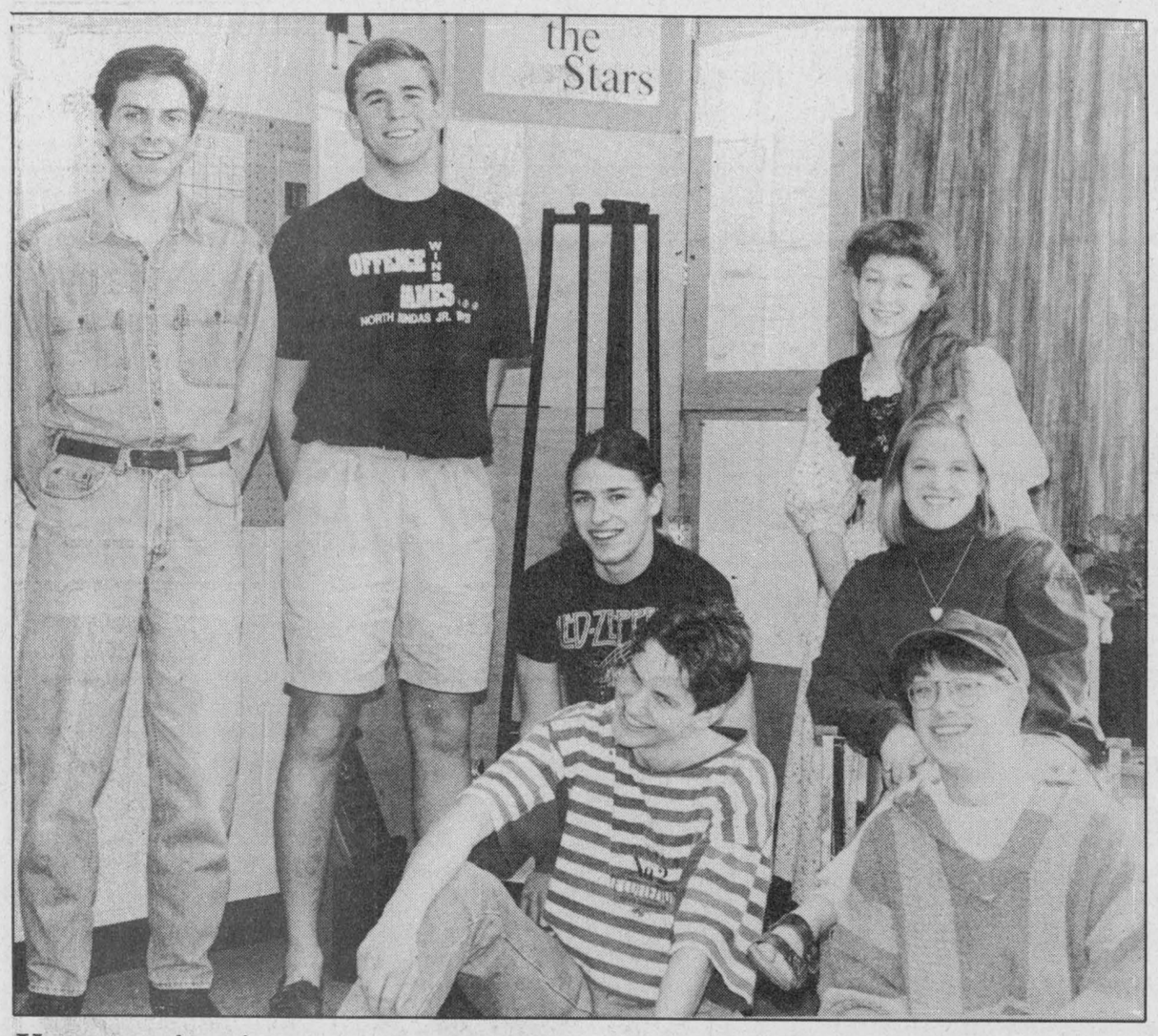

Young scientists

North Dundas District High School had its share of winners at the United Counties Science Fair April 3. In the front row are Cees Roosendaal and Ian Matthew. Sitting in the second row are James Grant and Catie Clapp. Jim Carruthers, Rodney Merkley and Rachel Heide are in the last row.

Press Photo — Edwards

Science students rocket to gold

Liz Edwards
Press Staff Reporter

MAPLE RIDGE — A cartoon is tacked up along with the diagrams of a science experiment belonging to Ian Matthew and James Grant.

It depicts Gary Larson's Far Side characters standing beside a twisted rocket with the leader of the group proclaiming: *It's time we faced reality my friends, we're not exactly rocket scientists.*

It's a current slang term used to describe people who possess above average intelligence. But, in both its figurative and literal meaning, *rocket scientist* likely can apply to the two North Dundas District High School students.

Matthew and Grant won a gold medal at the United Counties Science Fair on April 3 for designing and building two rockets as part of their "To the Stars" project. The gold medal for excellence was awarded by the Association of Professional Engineers of Ontario. In addition they received a research award of $250 from the RCAF Association.

One of their rockets will run on liquid fuel — a mixture of liquid oxygen and ethyl alcohol. A remote control opens the rocket's valves to ignite the fuel. The other rocket is powered by three-quarters of a pound of gun powder or black powder as it is technically called.

The two students, who both want to be mechanical engineers one day, researched the design and mechanics themselves using information from the school library.

BOOK LEARNING

"You can find out how to make black powder in any encyclopedia. There's lots of books on rockets in the library," says Grant, a Grade 11 student. "You just have to know where to look. I've been looking for a couple of years."

The rockets aren't quite functional yet. The liquid model cannot be fired, only the combustion chamber and the injector are built so far. Matthew and Grant are still looking for the right mixture of black powder for the other rocket so they can measure its thrust without blowing up the test stand.

The two students tested the black powder rocket at 6am in a field the Friday morning before the fair. The rocket exploded, shooting about 300 feet into the air.

"It wasn't supposed to go anywhere but it did. It was a static test. It should have just fired and stayed where it was, says Matthew, a Grade 12 student.

"My dad was in bed and he said from about 500 feet, it sounded like someone dropped a log on his floor," says Grant.

Other NDDHS students also were recognized for their achievements. Grade 12 students Cees Roosendaal and Jim Carruthers also experimented with engineering, receiving an honorable mention for their project "Space Rocket Propulsion."

Grade 12 students Catie Clapp and Rodney Merkley were named recipients of the Chiropractic Award for the top health sciences project at the fair. They examined the range of home fitness projects available to consumers.

After winning a bronze medal for her project on phlebitis (an inflamation disease) at last year's science fair, Grade 12 student Rachel Heide bettered her performance this year winning the Silver Medal of Excellence, a cash prize of $75 and the Rohm and Haas plaque for designing a computer program that teaches trigonometry.

RATIOS

"It goes through and explains in great detail all the trigonometric ratios and then gives examples," says Heide. "The user can try these examples and the computer will tell you if you're right or wrong."

Heide used her notes from her Grade 12 math course as the basis of the program. The project is written in Turing, the basic programming language she learned in her computer courses, but Heide would like to convert it to a more advanced language that could incorporate better graphics.

Her teachers at the school's mathemathics department have asked for a copy of the program and Heide says she has had other requests.

"I had one person at the science fair look at it and she said she would like to have a copy of it when I finished the alterations. She was really impressed," says Heide.

"It would be nice if other math departments in other schools and boards would be interested too."

OTHS scene

by Patrick Kenny

METCALFE — As the snow starts to melt away, the winter depression seems to fade with it. Now that March break and Easter have passed, Osgoode Township High School students look towards the warm weather as the next relief from their day-in day-out struggles.

OTHS in general would like to congratulate Mr. Houle, Mr. Ross and the entire hockey team for defeating Carine Wilson and proceeding to play at OFFSA in Dryden.

Although not every game was won in Dryden, Osgoode supported the team's efforts and accomplishments.

Students Council is planning to join the 30-hour famine from 1pm Fri., April 16 until 7pm Sat., April 17. Students are asked to go without food for 30 hours to collect pledges for famine-stricken countries. Financial aid from the surrounding township will, as always, be appreciated.

In tandem with the famine efforts the grad committee is hosting a Battle of the Bands contest Sat., April 17. Students who participate in the 30-hour famine will receive battle tickets at $2.50, everyone else will pay $5. Co-ordinator Casey Lawrence anticipates a promising turnout.

The grad committee is also searching for financial support on April 23-24. Students will have an opportunity to rock to the music for a whopping 24 hours. Pledges will be collected and be used to reduce dinner tickets and band prices.

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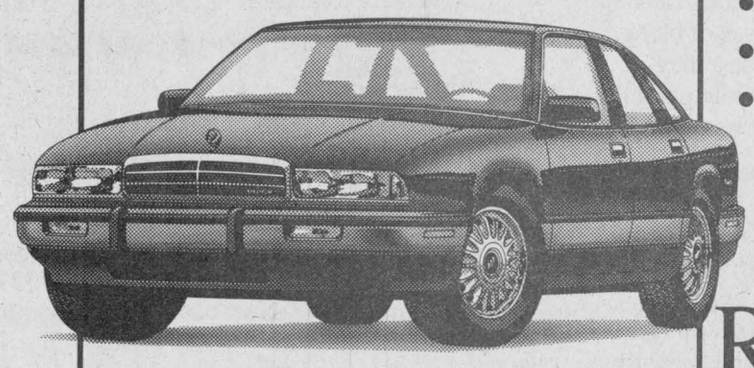

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Editorial/Opinion

E D I T O R I A L

Social contract indeed

Ontario Premier Bob Rae has been working fast and furious these past couple of weeks trying to hammer out a "social contract" with labor, business and government officials.

The New Democratic Party is touting itself as the party that must shoulder the burden of the austerity and ecomomic restraint required to get the province's growing debt problem under control.

Drastic budget cuts rumoured to weigh in between $7 and $9 billion in the next year are being discussed to keep the deficit below $10 billion.

In order to do this financial "dirty" work, the government needs the cooperation of its 950,000 public sector workers — everyone from doctors and teachers to police and government office workers — to save billions of dollars.

If Rae and his followers fail to reach a consensus with workers, the not-too-distant future could hold a legislated range of wage freezes, roll- backs, cuts or other money-saving strategies workers may have trouble swallowing.

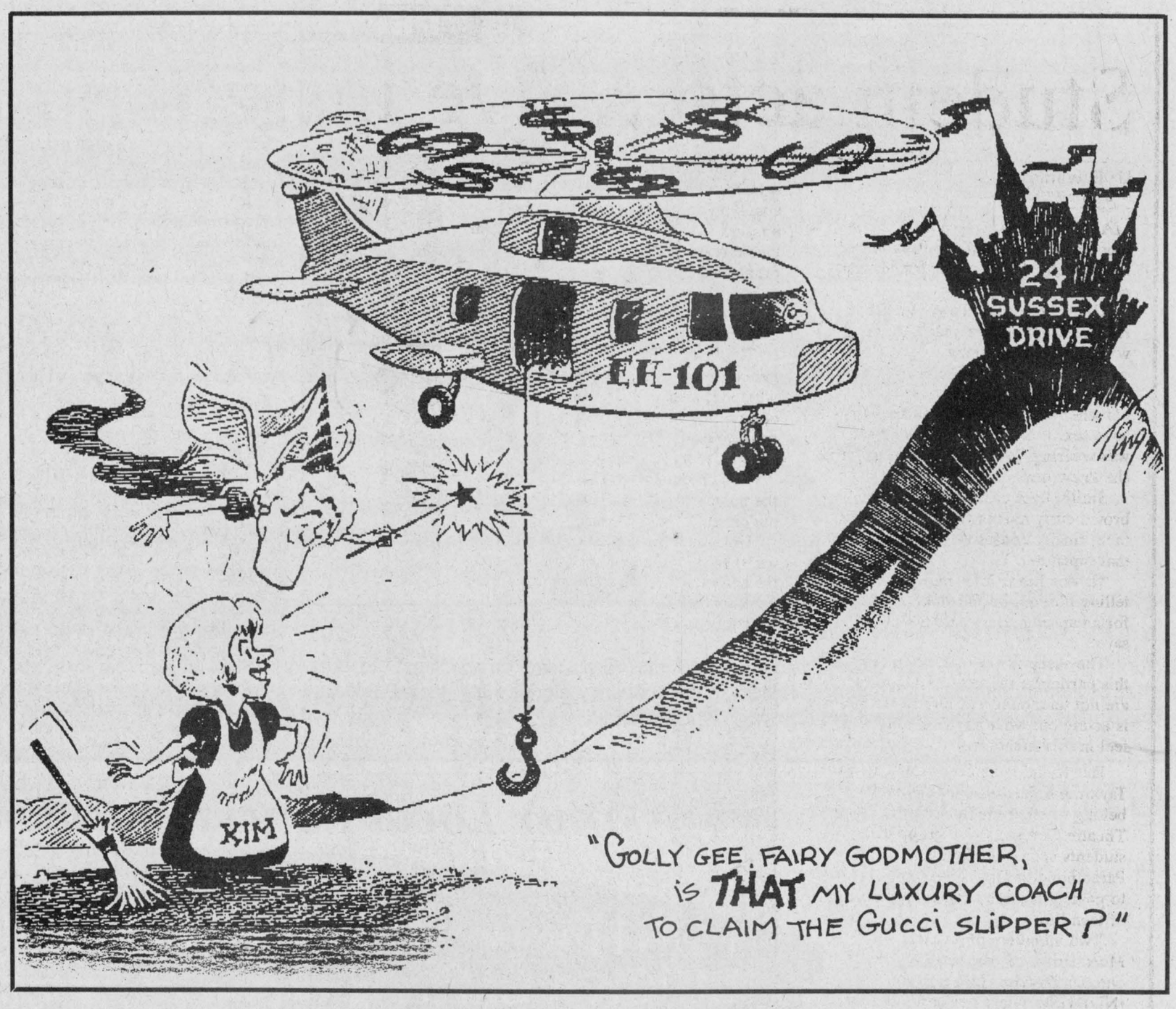
Rumblings of province-wide strikes can be heard in the distance if that "social contract" turns out to be nothing more than a parcel of government edicts.

With all this jousting between government and public sector unions being played out on the larger stage of Queen's Park, it seems almost certain that the needs of Stormont, Dundas and Glengarry's two school boards will be lost in the shuffle.

The boards are continuing their five-month odyssey for $9 million to help area children and families wearied by the effects of economic recession. Later this month they are to meet with Education Minister Dave Cooke to go over their proposal.

Despite the obvious need in these communities, who are dealing with massive unemployment and the attendant social ills that accompany that condition, it's a meeting that has been on-again, off-again, depending on the whims of Queen's Park.

In his rush to strike "social contracts" with his workers, Rae might do well to remember their dependent children as well. Children who are under-fed, not properly clothed, abused or unable to concentrate because of problems at home are as important as balancing the provincial debt.



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Beware: the Spring Crazies are here again

About this time of year as I get ready to emerge from my various layers of clothing, pack away for another winter my ice scraper and electric hand warmers, and wash the salt-encrusted leavings of countless snowstorms from my car's body, I begin to hear the approaching hum of the Spring Crazies.


Michelle Valiquet

I don't know what it is about this time of year, but it's almost as if the snow melting process that releases all the months of mold and mulch on our lawns, also releases all our inhibitions and good sense at once.

I'm sure if you consulted experts they could find some scientific basis for this aberrant behavior, but what it boils down to is that as the temperatures become more temperate and the buds bud, people get down to doing some pretty crazy things.

How else would you explain the fact some diehard U.S college football fans are taking their team loyalty to the grave with them this spring?

The Loretto Casket Company will drape a $2,000 casket with the colors of the deceased's school. Team logos are in full color on a white velvet panel that fits inside the lid.

Ken Abercrombie, company owner says the reception has been "tremendous". The sportsman's special coffin was unveiled at a morticians' convention in Alabama where the company is situated.

The response to the red casket with the white lining ("That color scheme sets off the Crimson Tide— University of Alabama team logo best," says Abercrombie,) was quick with 10 samples sold the first day. He's expanded the line to include coffins for Auburn, Georgia and other Southeastern Conference teams.

I guess he shouldn't stop with just football teams; soon rabid hockey, basketball and baseball fans will be demanding equal time for eternity.

A quick look at the tabloid headlines shows they too have a touch of the Crazies (situation normal?) this spring.

Baby who glows in the dark baffles doctors; They both wanted kids of opposite sex, so...twin sisters swap babies; Three-legged man is high-jump champ; Half-man half-dog baffles doctors; Most Americans have skipped lunch for love in the afternoon; and giant city found under ice at South Pole.

The Spring Crazies must have definitely hit a London, England thief who decided to break into a home and steal everything including the kitchen sink.

A new home owner who checked out his two-storey luxury abode after the Easter weekend was surprised to discover an industrious thief had switched off the burglar alarm, stolen not only the kitchen sink, but made away also with the kitchen units, baseboards, doors, radiators and two bathroom suites, including bathtubs, toilets and bidets.

A police spokesman said he had never seen robbers make such a clean sweep of a house before.

He should have talked to Sudbury Air Duct Cleaning Systems which believes in taking tidiness to new highs.

The firm was doing some spring cleaning at the home of Kristina Anderson, using its industrial strength vacuum to suck up dirt from the air ducts, when it discovered that it had picked up more than a few dust bunnies under the bed.

Colin Firth, owner of the cleaning firm said he had received a call from one of his men that the company truck was meowing. He thought his workers were joking until Anderson called to say her cat Pebbles had been missing since the ducts were cleaned.

A quick investigation of the situation put Pebbles back in her owner's arms and sent the cleaning firm onto its next job with a few red faces and a resolve to avoid suctioning up any further family pets.

Well, I am off to prepare my entry for this year's Crazy Boat Race in Georgetown.

For 25 years the annual race has been held each spring on the Credit River, with the only requirement being a competing "boat" must float down a stretch of river.

Previous years' winners have included a floating tank and a 16-foot locomotive, complete with smoke stack, whistle, a roof that lifts off to accommodate low lying bridges and a tape recorder blaring "I've Been Working on the Railroad."

Crazy you say....but then it is spring.

Felton Marsh comes alive in spring

OUT MY WINDOW
by Tony Welland

Atop the highest hill in this flat, flat land hides Felton Marsh. In the long, warm evening air, mist shrouds and obscures the ground. From my deck, perched on a tongue that pokes daringly into the cattail marsh, I watch.

It seems so quick this change to spring. I think it is the blackbirds. The evening trees scream with their raucous calls; empty branches hang with leaf-like fullness as waves of black shift to closeby treetops. When their songs are loudest they obscure the whirring overhead flight of the snipe. Only geese, as they search for cornfield resting spots, can call above them.

The sky above is full of hawks; harriers flash their white rumps in acrobatic sky dances, roller coaster flips. Wind catches the tipped-up wings and throws the graceful hawks back and forth like newspaper gliders, like teetering children, arms outstretched on a skinny log. The ghost-grey male entices a speckled brown mate to build her nest, to join his harem. Nearby, red-tailed hawks on board-straight wings drift in circles inviting gangs of crows to their sides in angry escort.

Below the hawks on daytime roosts sit the owls; many live here. Great horned owls hoot their gentle song, dine on the cottontails and snowshoe hares, and on the ruffed grouse which parade along spring snow trails like barnyard chickens. Tiny screech owls bellow their horrifying whinny on the still night air. Long-eared owls breathe single, whispered hoots, peer down at noisy passers-by, invisible. The short-eared owl will soon leave I think. All winter she has hunted over the cattails, swooping low in search of mice, perching high by day in a thick cedar clump on the small, solitary island. Now she is harassed on every mission by a crow or three, noisy, menacing protectors of their own nesting grounds.

The fox with straight line tracks through the deep, wet snow makes its daily rounds, a quiet predator able to find its place in peopled country. One dawn not long ago the lithe vixen led her strong-shouldered mate past my window on a ritual run together. Their den is in the old hidden quarry, full now I guess with the mew of pups.

The cardinal sings loud and clear from perch to perch. He is marking out his territory. Robins yap and chase each other quickly through the trees. Ducks swoop close in pairs, fast, like fighter planes. With night the nasal peet of the woodcock jars the silence.

I wait now for the ice to melt and the evening to fill with the peeps of a thousand frogs.



ExPRESSion

PERSPECTIVES

Student actors give insight on teen problems

Liz Edwards
Press Staff Reporter

MAPLE RIDGE — Her voice quietly breaking while she fights back tears, Janet Smith, 19, asks her friend what rape is.

The friend stumbles giving his response, not understanding at first why she wants to know.

The answers slowly come from a variety of voices in the background — it's when one person forces another to have sex, it doesn't matter what she was wearing, how she was acting, or if she knew him.

Smith, eyes cast down and long brown curly hair partly covering her face, finally confesses it was her date that raped her.

"It was John, John raped me. I kept telling him no, but he wouldn't take no for an answer. He would not stop," she says.

The scene is not real, at least not this particular scene as real date rapes are not uncommon occurrences. Smith is acting out what any teen might do or feel in this situation.

Her friend is student actor Chris Taylor and the voices in the background belong to other members of the Insight Theatre Company — a group of students sponsored by Planned Parenthood of Ottawa who use theatre to portray the concerns and pressures of teen life.

Two members of its cast, Smith and Marc Dion, 18, are from North Dundas District High School (NDDHS), where the group put on its hour-long show last Friday. Like the other actors, they each are receiving a cooperative education credit for their participation in the group's performances once or twice a week at schools in Ottawa and the surrounding area.

The scenes are quick and simple. There are 20 to 25 skits in each hour-long performance, no props except for a few chairs and the costumes are jeans and green t-shirts.

ISSUES

They deal with anything they think is an issue for people their age. Meeting girls, the environment, birth control and pregnancy are only a few of the topics they speed through in a sometimes serious, sometimes humorous but always very frank way.

"Today we were a little bit flat because we didn't have as many funny scenes as we usually do," says Smith after Friday's two shows. "We usually mix them in so people just aren't in tears all the time or laughing."

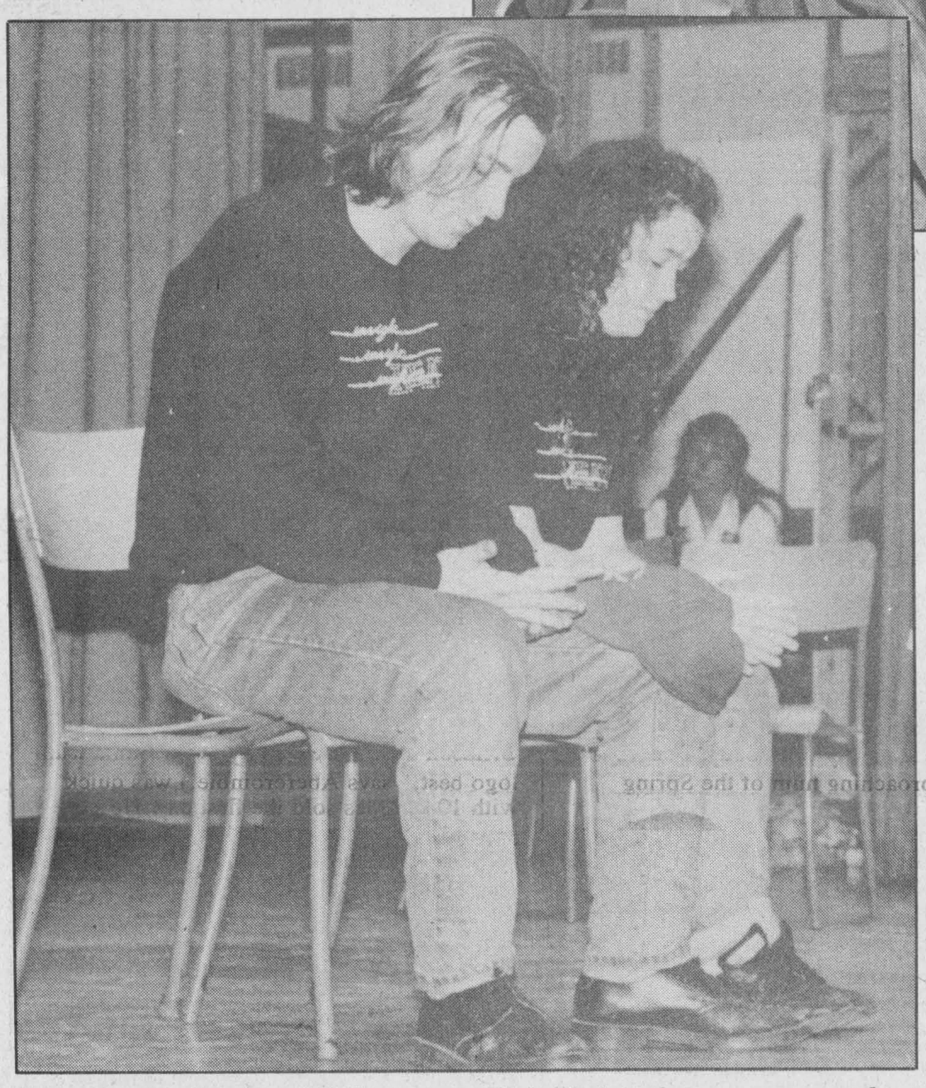
In one skit, Dion is General Jiz, a soldier in an army of sperm plotting its attack on an unfertilized egg. The mission is not without peril. The sperm face threats from the dreaded "p.e." — premature ejaculation, as they explain in horrified tones, or hitting the wall — the sometimes fatal encounter with a diaphram.

The Insight Theatre actors don't mince words when it comes to saying what they mean. They don't use obscenities but they speak with a mixture of the proper terms and the slang used by people their age.

"It's on our level. You have to be to the point and make sure that people understand," says Smith.

The situations are based on reality — whether or not they actually pertain to the actors' experiences is confidential. Performances usually finish up with questions from the audience. The cast answers first in character and then as themselves but they never reveal whether they are really the people in the skits.





Janet Smith, right, with fellow actor Chris Taylor play out a scene about date rape. The students are members of the Insight Theatre Company that addresses teen concerns and pressure through theatre. Above, North Dundas District High School students Smith and Marc Dion ham it up for the camera. *Press Photo — Edwards*

However a lot of people are curious about their own experiences, says Smith. Her date rape scene illicits the strongest reaction from any of her performances. Even her parents were a bit concerned after they saw her act.

CHALLENGING ROLES

"My dad's with the OPP so for him he's dealing with these issues every day. But for the rape scene, he and mom were both like 'you'd tell us wouldn't you if this sort of thing happened, wouldn't you'. They were all upset and everything," she says.

Dion's role as a sperm, among others, didn't seem to faze his parents, he says. Still he was a little nervous when they were in the audience — partly because he's a bit shy about acting in front of them and partly because of the subject matter.

"It's kind of like when you're watching T.V. with your parents and something sexy comes on, it's like okay I'll go get a drink now."

Smith and Dion, who had both taken school drama class and were members of NDDHS's improvisation troupe, auditioned for their places in the company last summer. They were chosen with nine other Ottawa area students from an original group of 50.

During the summer, the group wrote the show with help from a number of social service agencies. Sometimes getting to the bottom of the character's feelings can be difficult, according to Dion, especially when they know there are people who are really dealing with these problems.

"We went to this school, it was like an alternate school for kids who had been roughed up— you know they had lived their lives, their parents had been divorced, they had drug addictions.

"I felt kind of funny trying to tell them about life because nothing really bad has happened to me. I just felt...uncomfortable."

And sometimes the students aren't comfortable with what they see in the skits. When one character reveals she is gay, students are often shocked, says Smith.

"In our show today you heard the audience when (actress Kari Cox) said I'm a lesbian. You heard them go 'oh my God and oh no'," she says. "When we do it in colleges they don't really have much of a reaction."

Like many of the scenes, the skit didn't have a resolution. It left the audience to discuss what they think.

"It's just to make them more aware of issues," says Smith.

LETTERS TO THE EDITOR

Non-traditional roles

The editor:

On March 3, the *Winchester Press* ran a story about two local ladies, Holly Hebert and Kim Moran, who are employed in jobs that are traditionally work for males.

The SD&G County Board of Education asks teachers to promote the concept that females may choose non-traditional work; therefore, the article was placed on our bulletin board.

I congratulate you for doing this story. Thanks.
Sincerely,

Larry Berry
Principal, Morewood PS.

RNs concerned

The editor:

As community based Registered Nurses of Ontario we are greatly concerned over the gradual elimination of registered nurses from the community health care system. Our concern is further elevated by the consequences of the new Long Term Care Reform.

It appears that under the Reform the registered nurse's position in the community will be almost eliminated to provide for more cost effective and diversified health care provision to the elderly population.

We realize that the mandate of the governments, both provincial and federal, is to lower medical costs and to bring in a multidisciplinary approach to community care but does this have to be at the cost of thousands of jobs lost by registered nurses who have been providing excellent services in the communities of Ontario for decades?

People who are educated, counselled and cared for by registered nurses with a high level of medical knowledge make fewer visits to the physician and are hospitalized less due to the use of preventative medicine and early diagnosis of potential problems, thus saving the health care system millions of dollars per year.

The registered nurses of Ontario have laid the foundation and set the standards for community care at all levels for decades. They recognized the benefits of community care and education of the public, long before it became the trend.

We believe that the registered nurse should continue to play a major role in community health. Without our leadership, dedication, knowledge and standards of practice, the ultimate goal of a healthier community will be much less attainable if at all.

Remember, lowering of standards and medical services goes hand in hand with the mandate of lowering medical costs. Perhaps this "cost effectiveness" should start at a higher level, rather than at a level that affects the general public.

As registered nurses in Ontario, our future is growing dimmer with each passing day. We believe in our health care system but we need the continued psychosocial and economic support to maintain "our" level of care as well as, ultimately, our jobs!
Sincerely,

J. Vandewint
On behalf of Ont. Nurses Assoc., Local 42.

Information sought

The Editor:

(This is a copy of a letter received at the Winchester library.)

Dear Sir or Madam:

I recently read the diary of Miss Emma Laflamme which is kept at the Metropolitan Toronto reference library. Miss Laflamme spent her long life in Winchester, dying in the 1950s.

I would like to get in touch with someone who knew her, or knew about her. I realise that you may not be the person, and I am not asking that you do any research for me, but from your knowledge of the community, you might be able to suggest someone who could help - a local historian, an older lady of your acquaintance who may have known her, or so on.

We intend to publish excerpts from this interesting diary in an upcoming book, and our hope is to find out more about Miss Laflamme for that purpose.
Yours sincerely,

Ryan Taylor
303 - 75 Hazelglen Dr.
Kitchener, Ont. N2M 2E2

(Anyone with information on Emma Laflamme is asked to send it to the Winchester library.)

OPINIONS

The Press welcomes letters on subjects of interest to the community. Letters must be signed and include the writer's telephone number. Letters may be edited for length, grammar and libellous statements.



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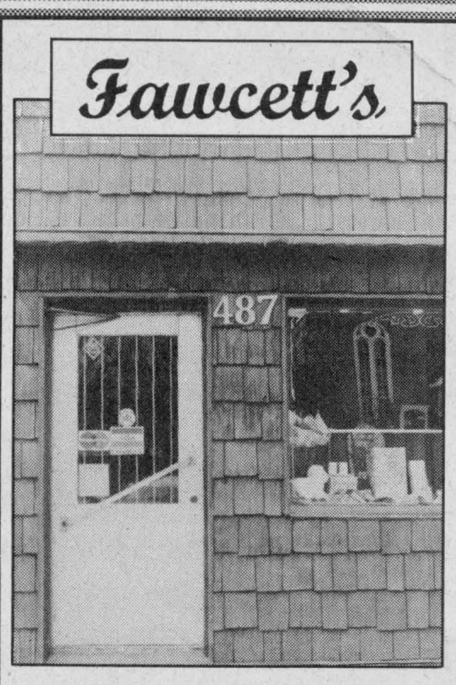
Who's Who in Dundas County

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.



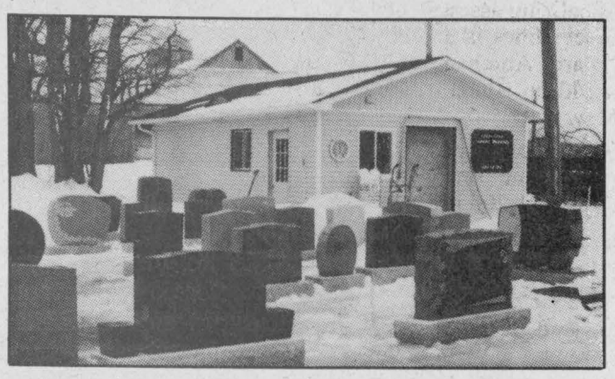
Fawcett's Jewellery was established in August 1949 by Roy Fawcett in the former Dr. Byers' office, and shortly thereafter he was joined in business by his new bride, Shirley Raistrick. Fawcett's has always been a family enterprise, taking pride in their village, and supporting many worthwhile community events.

This store continues to specialize in jewellery repairs and resetting of stones. Many of the lines carried are classics, offering long-lasting appeal and value. These include: Royal Doulton, Oneida, fine gold jewellery, Bulova watches, a large selection of lead crystal, plus ever-popular diamond engagement rings and wedding bands.

Fawcett's Jewellery extends a warm welcome to second-generation brides and grooms, whose parents may have purchased their rings from this family store. Shirley Fawcett is a "Graduate Jeweller", having completed a 2-year retail training course to attain this achievement.

Whatever your needs, Fawcett's is ready to fill your requirements with a very personal touch - and as always, free gift wrapping.

Fawcett's Jewellery
487 Main Street, Winchester 774-2205



Personal involvement

Eastern Ontario Cemetery Memorials is owned and operated by a Hallville couple, Kevin and Patricia Allen.

Kevin apprenticed for his uncle in Brockville for ten years before he decided to go out on his own.

The Allens complement one another's working styles. Patricia tends to do all the preliminary work, such as stenciling the pattern and copy onto the stones. Kevin then takes over and engraves the piece.

All work is done solely by the Allens, from selling to erection in the cemetery.

Kevin and Patricia feel that the personal involvement they have with every aspect of the business has contributed to their success.

Eastern Ontario Cemetery Memorials
RR2, Mountain, Ontario
258-2927



The Angus family opened their first garage in 1977, having been in business in Winchester since 1950. The most recent expansion of facilities was in 1990. They have four "Class A" mechanics on staff to provide you with all aspects of services: mechanical, air conditioning, fuel injection, computer analysis, oil guard. They are fully trained in the repair of all new cars and trucks. If you are looking for a used vehicle, come see Doug & Jim's Used Cars. D&J Motors extends a special thanks to all customers for their continued support through the years.

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D&J MOTORS
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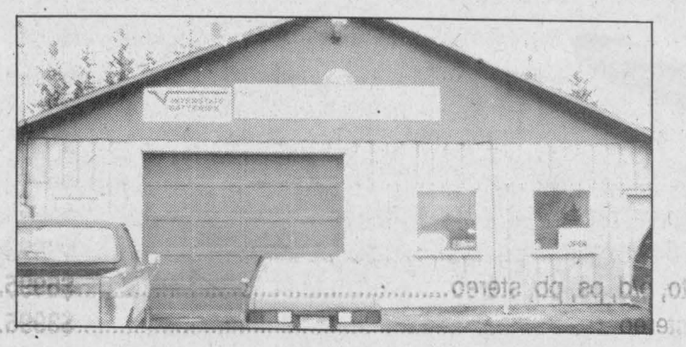
Dawley Drive, Winchester 774-2703



In 1982 a revitalized Queen and Main Street corner building opened its doors under Petro-Can colours calling itself Nationview Service Centre. Nationview Service Centre owned and operated by Judy and Frank Heerkens, supplied gas and automotive service to the community for seven years before relinquishing the gas part of the company to the MacEwen franchise. The operation then moved to 20 South Street east (behind the bowling alley) specializing their services in the automotive, heavy truck, equipment and hydraulics services.

Drop by, or call and make an appointment. Our two qualified Class A mechanics will find the problem and fix it quickly.

Nationview Service Centre
Frank & Judy Heerkens
Chesterville - 448-3600



April 30, 1993 will complete the 14th year of operation for this company situated in the heart of Dundas county. With offices in Ottawa, Perth and Chesterville area, the company has grown from a 2 truck, 3 man operation serving the local area to 25 trucks and15 employees performing contracts from Niagara Falls, to North Bay to the Quebec border. The company specializes in all types of Hydro powerline contracts, overhead or underground , to bring necessary service to your home at reasonable costs. No job is too small, from placing a clothesline pole for your wife to supplying a 10MW (megawatt) distribution substation.

Owners Frank & Judy Heerkens along with their friendly staff are always willing to give you the necessary information you need on any of your hydro-electric needs.

Dundas Power Line Ltd.
Chesterville - 448-3400
Ottawa - 737-3025 - Perth - 264-8438

NUTRITE Semico

Now in its 23rd year of operation, the Nutrite plant in Chesterville offers a complete crop fertilization program including a wide variety of materials, from the regular N-P-K ingredients to sulphite products.

Their sulphate products are considered environmentally-friendly and are the base of the company's premium fertilizer program.

Their three- and five-star premium program provides up to 10 nutrients including magnesium, sulphur, boron, zinc, copper, manganese and calcium.

The "salt index" in all premium analysis is lower than regular analysis, therefore they represent a lower toxicity level to plant roots when applied in a band at planting time.

A complete line of forages, cereals and seed corn is now available. Custom spreading and spraying are part of the services offered locally by trained staff.

For more information on Nutrite products and services, call Joe Jackson, Chesterville Plant Manager, at 448-2318 or Paul Bourgeois, Cornwall District Manager, at 932-0275.

SWENSSONS

formerly Charlie's Sport Shop

"Swensons" has been in the works since new owners Dr. Gerry Rosenquist and Bill Morrow, of Morrisburg took over Charlie's Sport Shop. The yellow and blue colours of the new logo hint of a Swedish theme they will blend throughout the store, and tie in nicely with the new image presented in Morrisburg. "Swensons" will signify what the store really is, and always has been . . . so much more than a sporting goods shop. Renovations will bring all of the convenience goods, lottery tickets, propane service, car wash and gas sales into one area of the building, leaving the large easterly portion free for lines of top quality sporting equipment and clothing. "Swensons" will feature the new "Marshlands" line soon!

Truly, someone new has taken over . . . but the same friendly small town service the business was originally built on, will always be there at . . .

SWENSSONS
Hwy. 2 Morrisburg 543-5726

Kawasaki

"Let The Good Times Roll!"

Seaway Cycle has developed their reputation around the calibre of service rendered. Their philosophy is to extend your satisfaction beyond the initial sale. On-going service after the sale will ensure you remain a satisfied customer for years to come.

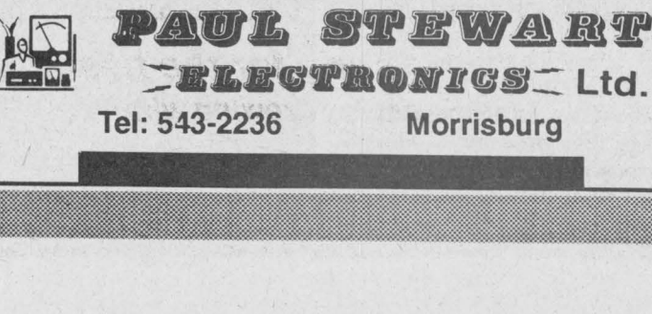
Seaway Cycle, was started in 1983 by Tony Cummins and Roger Stitt as a motorcycle repair shop in Tony's garage. In 1984 business had flourished enough to move it into a separate sales and service location on Hwy. 2. Within a few years Linda and Tony Cummins purchased the business outright and continued to make it grow. In January of 1993 they moved into their brand new building on Hwy. #2 in Morrisburg.

The new showroom features Kawasaki Motorcycles, ATVs, Generators, as well as Homelite Lawn & Garden Equipment, Lawn Boy products and power golf carts. This year **Seaway Cycle** will also stock the ever-popular Kawasaki Jet Ski for lots of fun on the water. They also carry a large inventory of accessories for all these products.

The service bay at **Seaway Cycle** offers a full inventory of parts for most products and repairs can be carried out on just about any kind of small engine or vehicle.

Drop into **Seaway Cycle** today . . . you'll be one of their many happy customers.

SEAWAY CYCLE
Hwy. #2 Morrisburg 543-3420



In Sept. 1993, we, Paul Stewart Electronics Ltd. are celebrating our 16th anniversary. In 1977 we opened our fledgling business at Elma. We soon outgrew the premises and built a new shop and service centre at Elma in 1979.

In 1983, we spotted a vacancy in Morrisburg Village Plaza to accommodate our growing business so we moved once again. In the spring of 1993 Stewarts will be once again on the move as we relocate to the front of the plaza.

Paul Stewart Electronics & Radio Shack Asc. employs 10 full-time and part-time employees as well as Paul & Henny's three children, who are often called upon to help out. Tony, their qualified in-shop service technician provides service after the sale.

Along with Radio Shack franchise and video rentals we sell and service **Inglis & Crosley Appliances, Panasonic T.V.'s, VCR's, Micro-wave Ovens, Vaccuum Cleaners, Telephones, Fax Machines, Pioneer Home & Car Audio Equipment and for your viewing pleasure state of the art satellite T.V., first in Eastern Ontario since 1980.**

We're open 9-5:30 daily including Sat. and 9-9 on Fri., and remember *"We're Expecting You"*

PAUL STEWART ELECTRONICS Ltd.
Tel: 543-2236 Morrisburg

Public Board still trimming budget

Elizabeth Moreau
Special to the Press

CORNWALL — Taxpayers in Stormont, Dundas and Glengarry shouldn't be in for any unpleasant surprises when the SD&G Public School Board brings down its budget early next month, says chairman Brock Abraham.

And unlike last year, Abraham says, trustees probably won't have to cut programs or staff to balance the budget.

"We've been working really hard at it," he said in an interview Monday. "And we're not finished yet."

At the outset of budget planning, all administrative departments were told to trim five per cent from their 1992 budgets.

"The instructions were sent to administration to come in with a budget as lean and mean as it could be," Abraham said. "I believe they followed the instructions."

Abraham said trustees hope to keep the mill rate increase under those of other area school boards.

"We're aiming for as low as possible," he said.

In 1992 the average mill rate increase was less than 3 per cent. But the board slashed $1.3 million from its $89-million budget, including 38 jobs. It was expected that the moves would help save $2.3 million this year.

Abraham said those cuts have helped make the current budget process easier.

"We looked at (the budget) over two years, and we'll be feeling the decrease in spending from some of the cuts made last year," he said.

The board raised more than $34 million through local taxes last year.

Ontario school boards are supposed to submit their budgets to the Ministry of Education by April 30. But a delay in finalizing assessments for SD&G municipalities is holding up the school board, Abraham said. The budget should be tabled in the first week of May.

The public school board has 13,000 elementary and secondary students and employs 1,200 people.



Quilt donation

The Upper Canada Quilters' Guild donated a quilt for a raffle at the Winchester District Memorial Hospital's annual fall bazaar. Holding the blanket are guild member Verla Perrin, bazaar convener Carol Allan and guild member Inez Gurnhill. The quilt was made by Perrin, Gurnhill and Eva Jackson. Tickets for the raffle will go on sale this month.

Area students win awards

CORNWALL — A number of the other winners at the United Counties Science Fair April 3 were either students from or residents of the Winchester area.

The following St. Bernard's students won honors in the competition. For having one of the top projects in the fair, the team of Diane Derooy and Sheena McBean won an all-expense paid trip to the Canada Wide Science Fair in Riviere-du-Loup, Quebec on May 16 to 23.

They also won the St. Lawrence College Technology and Trades trophy, a chemical trophy, and a gold research award from the RCAF Association Wing 424.

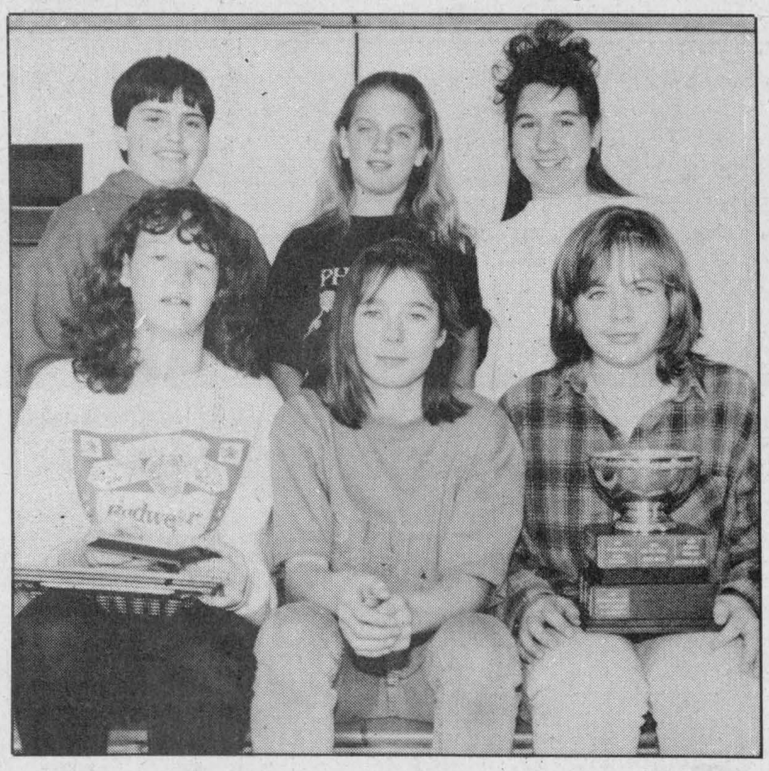
Kristi Murphy and Dara Ferguson won best in botany, the St. Lawrence College Health Sciences trophy and a bronze award for an 80 to 84.9 per cent mark.

Meghan Shane received a plaque from the SD&G Women Teachers' Association for excellence in an experimental project and a silver award for a project with marks of 85 to 89.9 per cent.

Jennifer Giesel and Robyn Blom took home a trophy from Bergeron Electric for excellence in the atom division, along with an honorable mention for a project with marks of 78-79.9 per cent.

Jill LaPierre and Heather McLeod of St. Bernard's School were recipients of the bronze award for projects with marks of 80 to 84.9 per cent.

Maple Ridge Senior Public School students Julie Byvelds and Moira Klein-Swormick also won bronze.



St. Bernard's scientists

St. Bernard's Catholic School students made an excellent showing at the April 3 SD&G science fair, held in Cornwall, bringing home awards and medals. They are front row Meghan Shane, Jill Lapierre and Dara Ferguson. Back row are Kristie Murphy, Robyn Blom and Jennifer Giesel. Missing was Heather McLeod. Press Photo — Valiquet

Municipalities taking orders for composters

MORRISBURG — The Dundas Environmental Resource Centre wants to remind people not to forget to order a composter this week from their municipal offices.

Also, there are a few spaces remaining for those businesses wanting to take part at the DERC's Workplace Waste Reduction Seminar on Wed., April 28. Participants must register ($25 fee for course) by Mon., April 19 by calling 543-4505.

Make bedtime story time.

ABC CANADA
THE FOUNDATION TO PROMOTE LITERACY IN CANADA.

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OVER 60 EXHIBITORS
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Come early for the best choice
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86 Suzuki Samuri JX Rag Top 4x4, 5 spd, stereo.....$3995.
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87 Chev Monte Carlo, 2/d, auto, tilt, pw, ps, pb, stereo.....$5995.
87 Plymouth Voyager SE, 5/pass Van, air, tilt, cruise, stereo.....$6995.
87 Ford Aerostar XLT, 7/pass, pw, pl, stereo, loaded.....$6995.
87 Olds R/brm Delta 88, 4/d, air, pw, pl, stereo, loaded.....$7595.
87 Pontiac Firefly Wagon 5 spd, stereo, cass.....$3495.
87 Dodge Caravan SE, 7 pass, auto, V6, ps, pb, pri glass.....$7995.
87 Dodge B350, Window Van, auto, ps, pb, propane , radio.....$4995.
87 Dodge Mini Ram Van, auto, ps, pb, radio.....$4995.
87 Lincoln Continental 4/d, air, moon roof, loaded.....$8995.



88 Plymouth Sundance, 2/d, auto, ps, pb, stereo, cass.....$4995.
88 Chev Cavalier, 2/d, std, ps, pb, stereo, cass.....$4995.
88 Dodge D150, pickup, V8, auto, ps, pb, radio.....$5995.
89 Mazda 323, wagon, auto, pb, stereo, cass.....$5995.
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89 Chev Corsica, 4/d, air, pw, pl, ps, pb, stereo.....$7995.
89 Ford Aerostar XL 5 pass, 5 spd, ps, pb, stereo.....$5995.
90 Chev Lumina, 2/d, air, auto, ps, pb, stereo.....$7995.
90 Ford Aerostar, XL 8/pass, air, ps, pb, stereo.....$12900.
91 Ford Taurus L, 4/d, air, tilt, cruise, stereo.....$8995.
91 Pontiac Firefly 2/d hatch, 5 spd, stereo, cass.....$5398.
91 Glendale Golden Fal 32' Trailer, sleeps 8, sep' bedroom.....$19500.

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Chesterville - 448-2488

OBITUARIES

Armand Antoine Patenaude

Armand Antoine Patenaude of Morewood died at home on Mon., April 5, 1993. He was 75.

A retired farmer, he was born in Winchester Township on June 8, 1917, the son of the late Albert D. and Ida M. (nee Taillon) Patenaude.

He is survived by his wife Irene (nee Gauthier); children Hector (wife Marie-Claire), RR2, Chesterville; Fernand (wife Brenda), Winchester; Richard (wife Deborah), RR2, Winchester; Rita (friend Adrian), Hamilton; sister Yvette (Anatole) Lalonde, Crysler; Irene (late Alcide) Gibeault, Chesterville; 12 grandchildren; three great-grandchildren; many nieces and nephews and special friend and companion Donat Gagnon.

Funeral arrangements were conducted by J.R. Vice Funeral Home, Chesterville with funeral service performed at St. Mary's Church, Chesterville on Wed., April 7, with Fr. James Esper officiating.

Spring interment is planned at St. Mary's Cemetery. Pallbearers were Philip Patenaude, Michel Patenaude, Andre Patenaude, Jacques Patenaude, Les La Corde and Paul Patenaude.

Steven Charles Shaver

Suddenly at home, on Sun., March 28, 1993, Steven Charles of RR1, Iroquois, at 41 years of age.

Born in Brockville on Nov., 23, 1951, Steven lived his entire life at Stampville, north of Iroquois.

Atending Stampville Elementary School and later, Seaway District High, Steven also went to Carleton University in the '70s. St. Lawrence College in Cornwall was where Steven found his niche in life, as he worked and reached First Class Ontario Honors on his licensing papers becoming a Class "A" Mechanic. Apprenticing with his grandfather, Steven gained a reputation in the area for sound mechanical work and honest dealings with everyone he encountered. During his lifetime, he had driven school buses and dump trucks for his father's business, Lee Shaver and Sons, Sand and Gravel, R.R. 2, Iroquois. He operated heavy equipment as well.

Steven owned and operated his own busines, Shaver's Fabrication and Repairs at RR2, Iroquois, the past number of years. He also was a partner in the Seaway Survival Paintball Games Field at R.R. 2, Brinston. Teaching was something Steven enjoyed and he found that he could combine this with his love of nature and safe firearms handling. Certified by the MNR as a Hunter Education Instructor, he taught *Hunter Safety* for a number of years in the area. He had also attained his certification as a Club level Pistol Instructor and Range Officer, licensed by the Ontario Handgun Association and taught Course Level Handgun classes. He was knowledgeable on numerous topics and was ready and willing to pass on what he knew to others. Teaching the Inuit in the north of Quebec was a rewarding experience for Steven, as he helped the people of Great Whale River to better understand the workings of their mechanical vehicles.

Dearly beloved husband of Beverley (Standring), who he wed at St. James Anglican Church on July 12, 1974, he also leaves to mourn, two daughters at home, Kaitlyn, 10, and Samantha, five. Surviving as well are his loving parents, Lee and Jean; his grandfather, Charlie; sister, Sandra Lee Johnston and her husband, Roger; and three brothers, Michael and his wife Debbie; David and his friend, Kathy; and Mark and his friend Charlene, all of the Iroquois area. Also saddened by their loss are nieces; Wendy and Sherri Shaver, and nephews; Ryan and Jeremy Johnston; the Jim and Doug Millard families of Iroquois, the Davies families of western Ontario, and the Byrne and Ridsdale families in England.

Predeased by his fraternal grandmother, Doris Shaver, and his maternal grandparents, Leonard and Norah Ridsdale, Steven will be missed in the community he loved.

Friends called at the Marsden and McLaughlin Funeral Home in Iroquois where the family gratefully appreciated the large number of donations to CHEO.

Service was held at St. John the Baptist Church in Iroquois with Reverend Harry Brown officiating on Wed., March 31. Steven's father-in-law, Bert Standring and his brother-in-law, Roger Johnston spoke separately as they eulogized a young man who was many things to many people and will always hold a special place in an infinite number of hearts.

Interment was at St. John's Cemetery, Iroquois.

Pallbearers included his brothers; Mark, David and Michael, brothers-in-law, Robert Standring and Andy Burrell and friend, John Bailey. Honorary Bearers were Roger Johnston and Wayne "Duke" Prunner.



New windows

As part of the ongoing renovations at the Winchester District Memorial Hospital new windows were installed recently by Clear Cut Installations of South Mountain.

Press Photo — Van Bridger

Merchants help outfit remodelled Gift Shop

by Carol Allan

WINCHESTER — The April 8 meeting of the Winchester District Memorial Hospital Auxiliary began with a round of congratulations for Rose Campbell who had just celebrated her 50th wedding anniversary.

Hospital administrator, Don Smith, announced in accordance with Volunteer Appreciation Week, there will be a tea for all hospital volunteers, past and present, on April 19 at 2pm in the hospital cafeteria. He hopes that you will all make a special effort to attend.

Volunteer co-ordinator, Edna Levere, reported 244 hours worked by volunteers in March. She made a special salute to those doing a great job in admitting amidst the disruption of renovations. Nurse managers will be making new duty rosters for the volunteers which will include phone work.

Due to concern regarding safety during reconstruction, the auxiliary members present voted unanimously to shelve the Teen Volunteer Program until further notice.

Dorothy Houze announced Morrisburg's rummage sale on April 30 and a luncheon on Wed., May 12 at 11:30am, both in aid of the hospital.

Lil Lancaster reported on the new look in the Gift Shop now open again during the day and closed at night until the surgical floor is completed. Special thanks to Joel Steele for the clothes rack and Clara Edwardson for the velvet fabric for display purposes.

Sunshine Circle reported 27 hours for March and good attendance by patients and families for the St. Pat's Day special.

Arrangements for the dessert and card party on Wed., April 21 at the Park Lane Seniors Centre in Williamsburg are all set.

The annual meeting will be next month. Reports will be expected.

Blue boxes big in Russell Twp.

RUSSELL—The results are in: Russell residents receive an "E" for their participation efforts in the township's new blue box recycling program.

"A good 80% of Russell people had their blue boxes out on garbage day," says Laurier Bertrand, whose Embrun firm handles the recycling for the township.

For the most part, Bertrand says, local residents adhered to the recycling instructions which Township passed out with the blue boxes - with one notable exception. At this point cardboard is not one of the items acceptable for recycling.

Bertrand also reminds residents that blue boxes should be full before they are put out for pick- up.



Happy 2
KRISTI ROBIN
Love Grandma and Grandpa

RAPA on stage

RUSSELL— Remember the Perils of Pauline? The mustachioed, top-hatted villain, the pale-as-the- dawn heroine, the stouthearted hero - the inevitable railway tracks?

Well, hang on to your top hats - the Russell Association for the Performing Arts (RAPA) is preparing a real old-fashioned melodrama and it promises to be oodles of fun for adults and kids alike.

Director Joanne Wallace overflows with enthusiasm for RAPA's latest offering.

"We have a great cast, some excellent musical support from our pianist Ken Little, and a dynamite production team that is gearing up to bring you one of the best shows you've ever seen," Wallace says.

The Mumberley Inheritance will be performed Thursday, Friday and Saturday, April 22, 23 and 24 at the Russell arena, with a first-time extra matinee performance on Saturday afternoon.

Come out and join the fun!

CONTINUING EDUCATION

at St. Lawrence College

College courses can make a difference. The extra knowledge you receive from studying part-time can be the knowledge you need to land your next job.

Check the Standard Freeholder on Saturday, April 17 for the complete list of Spring courses.

Registration begins on Monday, April 19, 9 - 4 p.m.
Convenient evening hours begin April 26.
Most classes begin the week of May 3.

Pick up your FREE Continuing Education flyer at the College, at local libraries and Canada Manpower. Or, call 937-1520 to have one sent to you by mail.

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MAY CLASSES

Heartsaver: May 12, 6:30pm-10:30pm
Heartsaver Plus: May 18 & 19, 6:30pm-10:00pm
Basic Rescuer : May 25, 26, 27, 6:30pm-10:30pm
(12 hours)

Basic Rescuer, Infant & Child or Heartsaver classes can be arranged for groups or individuals.

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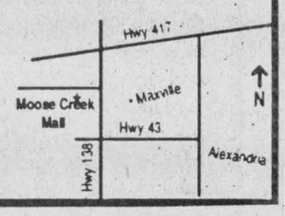

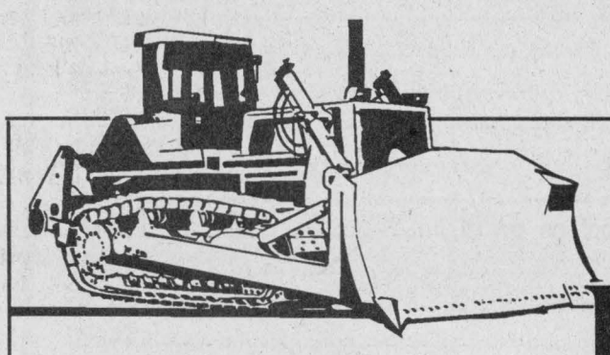

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Rockets soar to North Dundas Novice title



Rockets soar

The Rockets enjoyed celebrating their NDMHA Novice House League play-off victory. Front, left, Colin Bowie, Chris Thompson, Bryan Verhoeven, Michael Thompson, Nicholas Sproule, Timothy Johnson. Back, left, assistant coach Paul Helmer, Terry Morrow, Brodie Spratt, Timothy Gilmer, Spencer Dawson, Trevor Hunter, Matthew Gibeault, coach Jeff Pfanner.

Courtesy photo.

Thompson earns hat in 3-1 win

CHESTERVILLE—Michael Thompson scored all three goals as the Rockets defeated the Mighty Ducks 3-1 to become the 1992-93 North Dundas Minor Hockey Association's Novice House League champions.

Thompson did all of the scoring for the Rockets while Jason Locke-McIntosh was able to pump in the lone Duck goal in the March 31 championship final.

Each of the five squads played four round-robin games with the two teams (Rockets and Ducks) sporting the best records advancing to the title match.

The Rockets defeated the Lannin Lumbermart Demons 2-1, the Wolves 5-1, the Blackhawks 5-3 and tied the Mighty Ducks 2-2 in round robin play.

The Ducks qualified for the championship match by posting two wins and two ties in their round robin games. The Ducks blanked the Wolves 6-0 and doubled the Lannin Demons 6-3. They tied both the Blackhawks and Rockets at 2-2. Jason Locke- McIntosh provided both goals as the Ducks held the soon-to-become champion Rockets to that 2-2 draw.

Novice convenor, Lynn McBain, reported the House League teams played 28 regular season and four play-off games this season. The five squads also took part in a Fun Tournament on March 17, won by the Wolves.

"The players were on the ice at least three times a week (games and practices) and also took part in some out-of-town tournaments."

McBain also noted there were 58 Junior Novice (7,8,9 years), 14 Senior Novice players as well as four groups of initiation level players (aged 5-6 years as well as those 7 or 8 who are just beginning to play the sport).

"Our (NDMHA) novice level is very strong, which speaks well for the future of minor hockey," she explained.

"We have found through the results turned in by our teams competing in other association tournaments that our Novice players are very competitive," she added.

McBain explained that the novice program uses player assessments and a player draft to even out the disbursement of talent.

"I think we (NDMHA) have a very good novice level program," she stated.

"The House League was very even and each team took a turn winning. The Wolves won our Fun Tournament and the Rockets were the play-off champions. No team really dominated. I think the players all enjoyed the season."

Although all of the play-off records aren't reported the Blackhawks tied two and lost two of their games. They tied the Ducks 2-2 and the Wolves 1-1 but lost 4-3 to the Lannin Demons and 6-3 to the Rockets.

The Wolves tied one and lost three of their post- season games.

Sr. Novice Demons ousted

ROCKLAND—The competition was just a little too strong for the North Dundas Winchester Valu Mart Demons.

The 1992-93 Upper Canada Minor Hockey League's Senior "A" Novice champions played their usual close-to-the-vest game stressing relentless checking, stellar goaltending and solid defence but managed just a tie in three round robin games in the Eastern Ontario Novice Tournament of Champions here over the past weekend.

All three games were close but North Dundas couldn't find enough points to qualify for the play-offs.

Friday they dropped a heartbreaking 2-1 decision to the Cornwall Royals, the team they had defeated four points to two in the UCMHL championship series in March. The same day they battled Clarence Creek to a 2-2 tie and Saturday finished up the event with a 4-2 loss to Nepean.

Demons team trainer Kevin Smail reported the caliber of the opposition was very high, "We were up against some very strong competition, especially Clarence Creek and Nepean, in our division."

The competition was stiff but luck, according to head coach Gerry McBain also played a part in the results.

"With a little bit of luck we could have won all three of those games," coach McBain said. "Unfortunately we didn't get it."

"But I wouldn't trade my team for any other one there. Those kids played with a lot of heart."

If North Dundas needed an omen that things might not go according to plan they got it when they lost 2-1 to Cornwall Friday afternoon.

"It was tough to play Cornwall in the first game," admitted McBain. "We'd never lost to any team twice this season and it was a little bit of a letdown."

"We had played Cornwall in our league (UCMHL) championships and knew what to expect and that game (North Dundas lost 2-1) certainly could have gone either way," Smail added.

The trainer felt the first period in each game cost his team but in each game they did come back and finish with a strong kick.

"The boys certainly can hold their heads up. They had nothing to be ashamed of, they played very well. It (Tournament of Champions) was a good experience for them."

TOURNEY OF CHAMPS

North Dundas defeated the Cornwall Royals four points to two in their UCMHL championship showdown clinching the title with a 3-1 victory after playing to a pair of ties (1-1 and 2-2) but came out on the wrong end of a 2-1 count here on Friday.

Cornwall's Tim St. Jean and Jeff Laframboise gave the Royals a 2-0 first-period lead.

North Dundas cut the count to 2-1 with Shawn Smail's unassisted goal at 4:19 of the second period but could come no closer as period three was scoreless.

North Dundas used their third-period punch to hold Clarence Creek to a 2-2 tie in their second encounter.

Coach McBain described that tie game as his team's, "best of the tournament."

Alain Charbonneau and Derek Roy put Clarence up 2- 0 with their second-period goals.

North Dundas got into the game at 6:00 of the final frame when Aaron Kelly scored from Stefan Gravelle.

The Demons evened it up at 2-2 with 3:13 left on the clock as Aaron Kelly and Bryce McBain set up the tying goal by Shawn Smail.

Saturday morning the Demons faced the Nepean Raiders and after giving up three goals in the first period dropped a 4-2 decision.

"The guys showed a lot of character in that game," McBain said. "It was much closer than the score indicates."

A pair of second period goals pulled the Demons to within one (3-2) but Nepean secured a 4-2 win scoring into the empty net with 0:09 left on the clock.

Alexander McDonell, Casey Daillaire, Stephen Swan and Jeff Meullershen notched the Raider goals.

Francis Dagenais scored North Dundas' first goal with help from Dean Byvelds on a powerplay at 7:43 of the second stanza.

Dean Byvelds made it close (3-2) scoring from Bryce McBain with 5:04 left in the second.

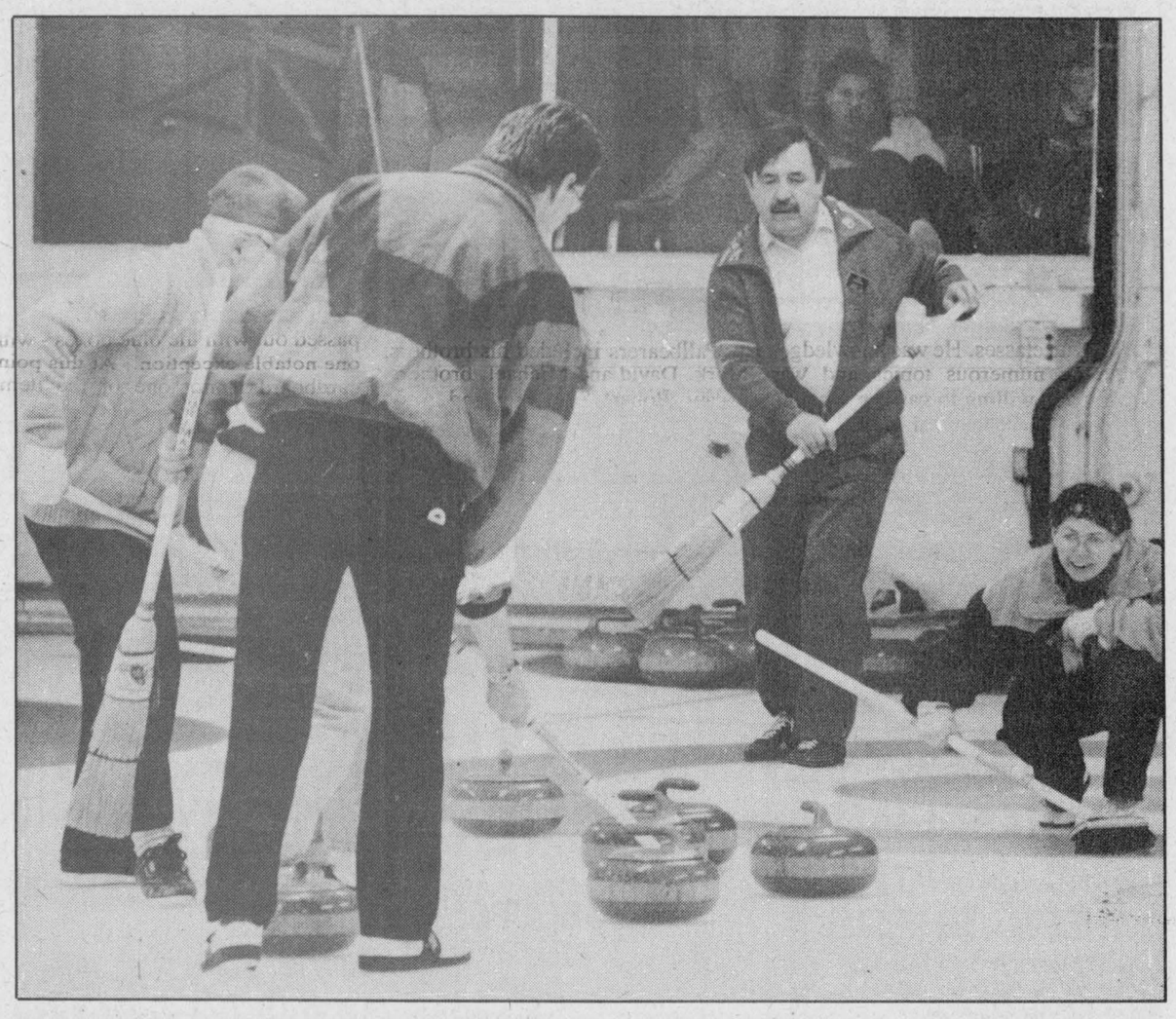
Chris Currie and Alex Last shared all of the Demons' goaltending duties.

GOOD YEAR

Demons coach Gerry McBain described the team's season as "unbelievable."

North Dundas' Senior Novices went undefeated at home in the Chesterville Arena. They won the UCMHL's Western Division championship, the UCMHL's overall championship, qualified for the Tournament of Champions and earned the "Most Sportsmanlike Team" award.

Sports '93



End of the season

Percy Armstrong (left), Dan MacMartin, Nick Zrymiak and Kim McInnis were part of the 32 curler field who took part in the Winchester Curling Club's Closing Bonspiel on Saturday. Lester McInnis' rink finished on top with 29 points.

Press Photo—Van Bridger

Shane, Robinson strike gold for NDDHS

CORNWALL—Kelly Rombough of R-O and the doubles team of Brendon Shane and Matt Robinson of North Dundas won gold medals at the Stormont, Dundas and Glengarry Secondary School Junior and Midget badminton championships last Wednesday.

Rombough, a Grade 10 student at Rothwell-Osnabruck High School, won the Junior girls singles title defeating St. Lawrence's Jeannie Studnicki.

Rombough's performance helped the Lancers place third overall among 11 schools in the Junior division.

Shane and Robinson teamed up and won the Junior boys' doubles as NDDHS finished the event in seventh place

R-O finished with 30 points, behind the La Citadelle Patriots (51) and the St. Lawrence Saints (36). Tagwi (16) and North Dundas (12) placed fifth and seventh respectively.

"It was a very good season for us," R-O coach Krista Simonett said. "We had nine teams reach the quarter-finals. That was our only competition —it was our one and only chance.

There are no Eastern Regional playdowns at the Junior and Midget level.

The SD&G Senior badminton championships will be held today (Wednesday) at St. Lawrence, La Citadelle and Cornwall Collegiate.

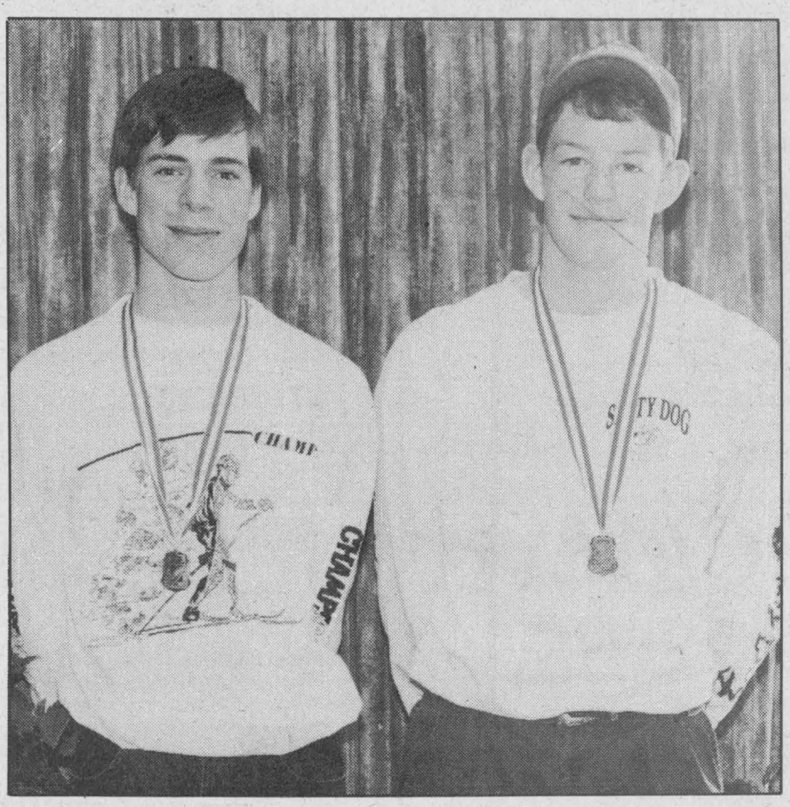
In the Midget division, the Patriots and the Saints also claimed the top two spots with 48 and 35 points. Char-Lan placed third with 27, and Tagwi (16), R-O (14) and North Dundas (12) took fifth, sixth and eighth respectively.

In Junior competition, North Dundas' Brendon Shane and Matt Robinson won the boys' doubles event, downing Jack Spooner and Rob Watters of St. Lawrence.

Lancers' Brendan Simpzer settled for the silver medal in the Junior boys' singles final after a loss to La Citadelle's Janik Ouellet.

Christine Salzer and Ingrid Wells, also of R-O, reached the semi-final in the Junior girls doubles event.

In the Midget mixed doubles final, Tagwi's Rob Barkley and Gaby Speck earned a silver medal after a loss to La Citadelle's Shawn Mertle and Rachel Fournier.



Gold medalists

Matt Robinson and his partner Brendon Shane defeated all comers to win the SD&G Junior Boys doubles badminton gold medals.

Press Photo—Edwards

Gymnasts earn top marks

OTTAWA—Janice Cook and Jenny Castle are only Grade 9 students, but inexperience was not a factor in their first high school gymnastics competition.

Cook and Castle were two of four North Dundas District High School athletes to finish with first place awards at the St. Pius X Invitational Gymnastics meet here in Ottawa last Wednesday.

Cook won the Level I beam event while Castle earned gold in the Level II vault competition.

Senior Wendy Leslie picked up where she left off last season, winning the Level III floor event —Leslie won gold at the Eastern Regional last April —while Stephanie Page took the Level II beam event.

For North Dundas, the meet was the team's one chance to prepare for the Eastern Ontario Secondary School Athletic Association championships this Friday in Nepean.

(Because North Dundas is the only school in Stormont, Dundas and Glengarry with a gymnastics team, there is no Board championship.)

Although it was her first opportunity to assess the team in competition, coach Fran Kelly was encouraged by the results.

"We're just beginning but it was a fine exhibition," she said. "It gave the girls a chance to compete and now they know what they have to work on (for EOSSAA).

"There were only five girls in Level V but three have won medals at OFSSAA in the past. It was a good experience for Tarama (Bond), but she usually doesn't see that kind of competition until OFSAA."

AND THEN THERE WAS ONE

Gymnastics has been a hard sell in SD&G. And it's getting harder.

Two years ago, five high schools participated in a board-wide competition and split the cost evenly. Last year, only North Dundas and Glengarry entered teams.

Kelly says the reasons for the decline vary, but coaching and money are two key ones.

"When I started, there was a (core) group of coaches, but many have retired or moved on to other sports," she said.

"It's very demanding. Unlike basketball, where you have one system that everybody works in, we have four events at four different levels — 16 different systems —so it's time consuming.

"Also, financially schools are cutting back —equipment is expensive."

Because of the abbreviated season, Kelly and her two assistant coaches emphasized commitment. Attendance is recorded for each practice and only those with at least a 75 per cent mark can compete at OFSAA —even if their numbers at the Eastern Regionals are high enough.



FRANKLY SPEAKING

by Frank Morgan

THE BIG TRANSITION BUT IS IT SPRING

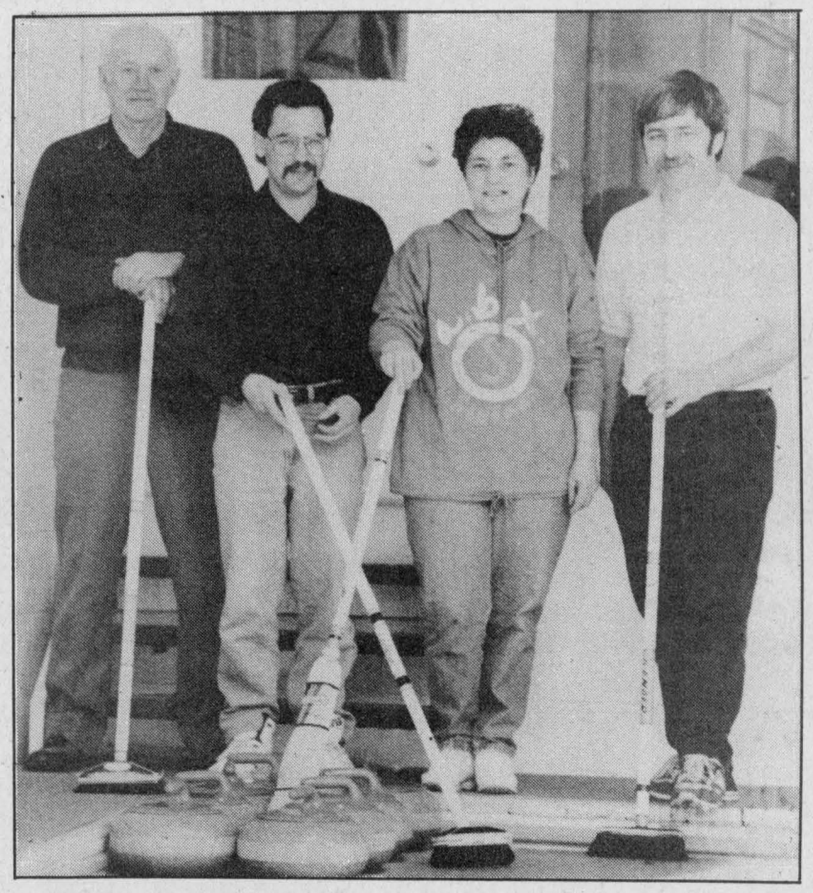
The ice is gone and the big (and we do mean big) farm equipment has been moved into the arena for the John Deere Days presentation which goes all day Wednesday and again on Thursday this week. Now it should be spring with nice warm rain and warm summer days, however after a couple of days to tease us, the old thermometer has dropped down again and if you have faith in the Farmers Almanac we still have a snow storm coming. However, around the park and the arena we are still looking down the road to those nice summer days which they say are just around the corner. The ball teams have had their registrations and meetings in preparation for the season ahead and we have a meeting planned for 7pm next Monday at the arena for all of the teams to arrange their diamond times for the coming year. Next Wednesday, school buses by the dozen pull in with their cargos of elementary school age children. They will spend the day with us seeing first-hand many farm animals and learning a little about life around the farm at the Agriculture in the Classroom program scheduled for that day. Then we clean up the ice surface again in preparation for the big annual merchants sale. Each year it brings out hundreds of bargain seekers who turn up for the great buys made available by many of the downtown merchants. The sale is scheduled all day Saturday May 1st. Last week's warm weather combined with the weekend rain has sure made a big dint in the snowbanks and only a few piles are visible on the perimeters of the diamonds which are still covered in water. It will be a couple of weeks down the road before the locals hold their home openers. Construction of new fencing and a bigger backstop for number two diamond will also have to wait for drier conditions, but before long we will be cleaning up outside and mowing the grass in preparation for another busy summer just around the corner.

LOTS OF ACTIVITY IN THE HALL

After a few rather quiet weekends we are starting to see lots of dancing and party time planned for the summer, with teams winding up their seasons, and brides and grooms being honored along with the many summer weddings which take up most of the summer weekends. This Saturday the men's broomball league winds up their season with a banquet with the public invited to attend the dance following the dinner. Next Friday the Hawks will be holding their annual awards night dinner and dance followed by the local Lions Club who are celebrating their club's 25th anniversary. Winding up the month will be the pre-teen party planned for April 30, followed by a party for Tania Hansma and Terry Tapley on Saturday night.

GREAT TIME FOR THE SPORT FAN

Renfrew Juniors defeated Athens to win it all in Junior B play and the green jacket was awarded at the Masters which is played on the beautiful course at Augusta, Georgia. Fear not, oh ye sport fans, the race for Lord Stanley's silver chalice begins this weekend and ball season is now underway. With the Lynx off to wins in their first three outings and those Jays sporting four wins over the past week, to say nothing of the Expos who we know will be in there all summer in spite of their bad start, we will have a great summer's entertainment on the tube regardless of the weather and before we realize it the pool will be opening. So come ahead summer, we can hardly wait.



The Lester McInnis rink collected a winning total of 29 points winning the Winchester Curling Club's Closing Bonspiel on Saturday. Posing with their eight-ender are Glenn MacGregor, Lester McInnis, Doris Tinkler and Mervin Patterson.

Press Photo—Van Bridger

McNaughton plays on provincial team

WINCHESTER—Jada McNaughton, a product of the North Dundas Minor Hockey Association, will be playing hockey until the end of April.

McNaughton, a Winchester resident and student at Maple Ridge Senior Public School, is a member of the ROMEKS Bantam girls all-star hockey team made up of 14 players from the South Grenville Minor Hockey Association as well as players from the Morrisburg, Embrun and North Dundas organizations.

ROMEKS recently defeated teams from both Belleville and Kingston to claim the Eastern Ontario Bantam "B" championship in four games. ROMEKS defeated Kingston 2-1 and 5-1 and blanked Belleville twice, 5-0 and 3-0.

The Eastern Ontario champs will now compete in the Ontario championship tournament in Mississauga on April 23. Their opposition will include Stoney Creek, Burlington and Mississauga.

The team initially was playing "C" calibre hockey but moved up to the "B" level and posted an impressive record of 30-3-1. The three losses came against Midget teams from Cornwall and Potsdam New York.

ROMEKS also took part in four tournaments and won top honors in Cornwall, Kingston, Belleville and Brockville. During tournament play they displayed strong defensive tendencies posting nine shutouts.

Unorthodox spiel closes year

WINCHESTER—Norm "Percy" Armstrong came up with the system and to say the scoring here in Saturday's closing bonspiel was unorthodox would be an understatement.

When the final tabulations had been made Lester McInnis and his team of Glenn MacGregor, Merv Patterson and Doris Tinkler had managed to accumulate 29 points and an eight-ender (all of their rocks ended up in the corner storage area and they took top points for putting them there).

The eight-team spiel completed the 1992-93 season here at the Winchester Curling Club and was strictly for fun.

The second place prizes went to Gary Munro, Phyllis McIntosh, Lee Ann Merkley and Nancy Trumper who finished with 26 points and tied with Brian Clement and his rink of Norm Tinkler, Cynthia Whetter and Alison Levere.

The tie was broken by a corner to corner (across three sheets) draw.

Howard Merkley, Tom Trumper, Allan Hrynyshyn and Angie Castle finished fourth with 22 points.

Finishing one point back at 21 was the combination of Janet LaPierre, Harry Castle, Bonnie Ralko and Marg Dalgleish.

Janet Levere (19), Dan McMartin (19) and Laurie McMartin (15) finished in that order.



Winchester Men's Lob Ball League

Anyone interested in playing this season, register by calling

Greg Erwin 989-6145
Garth Hansma 774-3596
Wayne Edgerton 448-2958

Players from teams which have folded will receive first priority.

$25.00 deposit required before draft April 20
(refunded only if you are not drafted).

Wildlife watch

BROCKVILLE — Ministry of Natural Resources officials would like to take this opportunity to warn motorists to be on the lookout for wildlife. As the weather warms up, and the days get longer, many wildlife species begin to move about.

Large animals, such as deer are particularly hazardous to unsuspecting motorists.

If you do hit a deer, remember to notify both the OPP, if you estimate the damage to be over $700, and the MNR if you plan to keep the animal.

The Game and Fish Act requires anyone who obtains a carcass of a deer, moose and a variety of other game species to report it to the nearest MNR area office.

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Recreation Department

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REGISTRATION:	Chesterville Community Hall
DATE:	Thursday, April 15 7:00 pm - 8:00 pm

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IF LANDFILLS ARE THE QUESTION, WHAT'S THE ANSWER?

IN SD&G THE ANSWER IS WASTE REDUCTION

The SD&G Waste Management Master Plan invites SD&G residents to attend Open House Information Nights April 19, 20, 21, 1993 from 7 to 9pm to learn about proposals to reduce waste going to landfills in SD&G. An Open House is scheduled in each of the three United Counties.

The SD&G Waste Management Master Plan is a long-term, shared, co-operative strategy to manage our waste in an environmentally sound, economically efficient way. Participating municipalities are: Cornwall Twp., Roxborough Twp., Finch Twp., Osnabruck Twp., Village of Finch, Williamsburg Twp., Winchester Twp., Mountain Twp., Matilda Twp., Village of Morrisburg, Village of Iroquois, Village of Winchester, Village of Chesterville, Charlottenburgh Twp., Lancaster Twp., Lochiel Twp., Kenyon Twp., Town of Alexandria, Village of Lancaster, Village of Maxville.

After hearing what the public had to say they thought was important about choosing a waste diversion system, the Master Plan is now presenting some consultants' proposals for comments from SD&G residents before any decisions are taken.

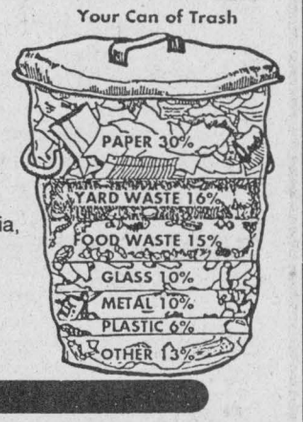
This Master Plan is funded by the Ministry of Environment and Energy and the United Counties of SD&G. Come and tell us how you think our tax dollars should be used to protect and preserve our environment. In keeping with SD&G residents' input and Ontario's waste reduction goals, the target for waste diversion is a 50% reduction in waste going to landfill by the year 2000.

Here are some of the ideas for our 22,260 households beginning in 1995. Costs are given **WITHOUT** grants:

1) Municipal Waste Reduction Program to actively promote individual and community-based waste reduction initiatives. Estimated cost in 1995, $3-$4 per household.
2) Exchange facilities at landfill sites or elsewhere to allow for the reuse and/or exchange of items that might otherwise end up in a landfill. Estimated cost in 1995, included in item #1 estimate.
3) Aggressive county-wide promotion and support of home composting. (Some municipalities may wish to provide limited leaf and yard waste collection followed by the outdoor composting of the collected materials.) Estimated cost in 1995, $4-$5 per household.
4) The collection of source-separated dry recyclable materials at curbside, in both urban and rural areas. Estimated cost in 1995, $50-$60 per household.
5) The processing and marketing of the collected dry materials at EXISTING facilities, including the RARE plant in Alexandria and the Cornwall Recycling Centre. Estimated cost in 1995, included in item #4.
6) Periodic county-wide special collection of items such as Christmas trees, leaves and white goods (e.g. discarded stoves and refrigerators). Estimated cost in 1995, $2-$3 per household.
7) Education and promotion of waste reduction, reuse and recycling in the industrial, commercial and institutional sectors. Estimated cost in 1995, less than $1 per household.
8) Institution of economic incentives and regulatory measures including tipping fees and possible material bans at landfill sites.
9) The promotion of the use of environmentally friendly alternatives to household hazardous wastes (HHW). Estimated cost in 1995 included in item #1.
10) The establishment of three permanent HHW depots to receive materials not diverted by environmentally friendly alternatives. Estimated cost in 1995, $2-$3 per household.
11) Industrial, commercial and institutional sector recycling. Estimated cost in 1995, $1-$2 per household.
12) Dry materials processing and marketing of recyclables. Estimated cost in 1995, $9-$10 per household.

Diversion system total cost in 1995 per household, estimated in the order of $80.

Your Can of Trash



STORMONT OPEN HOUSE
Mon., April 19
7 to 9pm
Cornwall Township Municipal Office
Cornwall Centre Rd. West between Hwy. 138 (Eamers Corners) & Power Dam Drive

DUNDAS OPEN HOUSE
Tues., April 20
7 to 9pm
Chesterville Municipal Office
1 Mill Street, Chesterville
Downtown
(beside the bridge)

GLENGARRY OPEN HOUSE
Wed., April 21
7 to 9pm
Alexandria RARE Recycling Plant
265 Industrial Blvd., Alexandria, off MacDonald Blvd., west of the arena

For more information, call Study Co-ordinator Anne MacGillivray at 938-6112 or if that's long distance, toll-free in SD&G only at 1-800-267-2538.





Blackhawks

The NDMHA Novice House League's Blackhawks, front, left, coach Andy Laneville, Jamie Wyatt, Ryan Laneville, Danny Marion, Scott Moran, Cody Pelkey, Matthew Baker, coach Brian Moran. Back, left, Trainer Mark Wheeler, Kyle Stewart, Josh McLean, Carl Dejong, Chris Wheeler, Kevin Dejong.

Courtesy photo



Lannin Demons

Skating for the NDMHA Novice House League's Lannin Lumbermart Demons in 1992-93 were: front, left, Brett Bird, Brendan Flowers, Jonathan Bradley, Derek Vingerhoeds, Tyler Panchuk, Michael Zubatuk. Back, left, coach Denis Hamelin, assistant coach Anthony Mann, Jason Vingerhoeds, Bruce Hamelin, Michael Ryan, Cory Waugh, assistant coach Ed Ryan. Absent - Mark Harrison.

Courtesy photo



Mighty Ducks

Members of the NDMHA Novice House League Ducks, front, left, Jason Locke-McIntosh, Ryan Guy, Devon Carruthers, Rory Clement, Robert Lacelle, Nathan Thompson, Darren Guy. Back, left, Trenton McBain, Stewart DeJong, Ryan Erwin, coach Stephen Guy, Chris Kelly, Matthew Baker.

Courtesy photo



Wolves

The Wolves tied one of their four NDMHA Novice House League play-off games. Front, left, Andy Wesley, David Gallant, Adam Sylvester, Justin Morozuk, Tyler Burke, Blair Petersen. Back, left, assistant coach Garth Hansma, Philip Hansma, Kerri Petersen, Ashley Moloughney, Brady Stephenson, Jason Klassen, coach Ron Sternberg. Missing: Chris Baker, assistant coach Glen Stephenson.

Courtesy photo

Black squad earns trophy

CHESTERVILLE—Team Black won the Chesterville Town Hockey League championship with a 5-3 victory over Team Green here last Friday (April 2) night.

Green's ride in the driver's seat of the best-of- five series was short-lived.

Green took a two-games-to-one lead last week, but Black staged its comeback Wednesday night, tying the series at 2-2 with a 7-3 win, and forcing the fifth and deciding tilt.

Pat Kelly and Mark Smith scored two goals apiece and added an assist in Friday's final.

Smith tapped in a Kelly feed for Black's first goal and buried the winner late in the second half on a Chris Guy pass.

Kent Trolly finished a Craig Smith and John Mackler play to give Black a 2-1 lead at the half, after Ray Sherrer put Green on the board. Kevin Byers assisted.

Kelly extended Black's lead in the second, capping a Trolly and Brad Holmes play, and added an insurance goal late in the contest, directing a Mark Smith pass into an empty net.

Gary Geertsma and Ray Sherrer cut Black's lead in the second frame, but could not sink the equalizer with the extra-man advantage.

Dean Williams set up Geertsma's goal and Don Imrie engineered Sherrer's second marker.

GAME FOUR

Dan Dubois scored a pair and set up two more in Black's 7-3 victory Wenesday night.

Kelly also netted two and collected one helper and Craig Smith, Mackler and Jamie Utman added singles.

Utman (2), Mark Smith (2), Trolly, Mackler, and Holmes also drew assists.

Ken Byers scored Green's first goal to cut Black's first-half lead to 3-1, rifling in a Sherrer and Dereck Hyndman pass.

Hyndman and Dean Williams added early second-frame goals to close the margin. In the last seven minutes, Green fired everything but the kitchen sink at Black goalie Jim Hume, but could not finding an opening.

Chesterville Rotary Club

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McInnis rink claims Lady Gilmour Cup

WINCHESTER—One of the Royal Caledonian Curling Club's most historic and prestigious trophies now graces the display case here at the Winchester Curling Club.

The Lady Gilmour Trophy, established in 1912-13, and presented as the top award for Ladies Curling until 1915; for Charity Bonspiels from 1920-32; for Men's Curling from 1944 to 1955 and from 1956 until now as the top level award for the Canadian Branch Mixed champion, has been won for the first time by a Winchester team.

The combination of Lester McInnis - skip, Kim McInnis - vice, Brian Clement - second and Donna-Lynne Clement - lead made WCC history by winning the District "A" Event championship.

To reach the Lady Gilmour Main Event, Winchester first claimed the Canadian Branch of the Royal Caledonian Curling Club Centre 27 playdowns in Morrisburg on Feb. 28.

Victories over Morrisburg and Gananoque qualified the McInnis foursome for the Lady Gilmour Mixed Curling District Finals (March 19 - 21).

Sixteen teams from Ontario and Quebec qualified from previous centre playdowns and competed for the coveted Lady Gilmour in rinks at Ste. Anne de Bellevue, Hudson Whitlock and Hudson Legion Curling Clubs.

Second Brian Clement reported the curling was, "very competitive. All four games at the District Final were come-from-behind wins."

Skip Lester McInnis explained, "we have been curling as a competitive team for three years and this was the toughest competition yet."

Winchester was seeded in the top eight team draw which produced four of the six finalists for the "A", "B" and "C" events. Winchester had to beat two of the teams that qualified for the finals of the "B" event (Vankleek Hill) and the "C" event (Glenmore) to win the "A" event trophy.

Lead DonnaLynne Clement added, "it wasn't easy we had to win the last two games in the final end. We were down coming home."



Skip Lester McInnis, left, and his Winchester Curling Club team of Kim McInnis, Brian Clement and Donnalynne Clement were eager to show off the 81-year-old Lady Gilmour Cup. The Cup goes to the top mixed team in Ontario and Quebec and 1993 marked the first time a WCC team has claimed the silverware.

Press Photo—Van Bridger

Kim McInnis described the team's weekend as both hectic and tiring when combining the on-ice and social aspects of curling in the District Finals.

Winchester, Vankleek Hill (two teams), Richmond, Navan, RA Ottawa, Hawkesbury qualified from Ontario. Ste. Anne De Bellevue, Town of Mount Royal, Glenmore, Thistle, Outremont, Howick, Valleyfield, Hudson Whitlock and Pointe Claire were the Quebec Centre representatives.

FOUR WINS

Winchester opened the Lady Gilmour by defeating the Town of Mount Royal's Chris Bale 6-4 in nine ends.

Game two produced a nine-end 10-7 victory over Mac Baines of Glenmore.

Changing venues from Ste. Anne de Bellevue to the Hudson-Whitlock club didn't throw the McInnis squad off of their game. They posted a thrilling 10 end win (9-8) over Sid Burwash and his Vankleek Hill team.

The championship-clinching win came back on Ste. Anne De Bellevue ice as Winchester nipped John Rothwell of Navan 8-7 in 10 ends.

The 1993 champions received RCCC badges and pins as well as possession of the Lady Gilmour Trophy for their victory.

CENTRE 27 RESULTS

Three rinks from Morrisburg, Gananoque and Winchester took part in the Centre 27 playdowns in Morrisburg in late February.

Winchester posted two straight wins to earn a berth in the Montreal Quebec District Final.

McInnis defeated Morrisburg's Robert Houze 9-4 in eight ends in game one and downed Grover Clare of Gananoque 12-5 in another eight end contest.

BROOM BEATS

The competition at the Lady Gilmour included Glenmore vice Lois Baines and lead J. Feltham who won the 1993 City of Ottawa Crystal Pebble Grand Aggregate, Baines was skipping.

Second Bruce Feltham, Glenmore, skipped one of the six regional winners in the Quebec Provincial Tankard.

The McInnis/Clement combination has a competitive record of 18 wins and five losses in 1992-93.

Winchester earned second place points in the Morrisburg Mixed Invitational (2-0 record).

They won the "C" Event at Schenectady New York with a 5-1 record and were the "B" Event winners at the Rockcliffe Mixed Invitational with a record of 4-1. Their only losses in those bonspiels were to the "A" Event winners.

Final registrations

CHESTERVILLE—Player registrations for both the Chesterville/Winchester Mens and Ladies Ball Hockey Leagues continue this week.

Tonight, Wed., April 14, both the C/W Mens and Ladies leagues will hold their final registrations here in the Chesterville Arena lobby.

The ladies can sign up from 7-9pm and the men from 7:30-9:30pm.

The opening registration was held on Wed., April 7.

The fee for the 1993 ladies' season has been pegged at $40 while it will cost the men $60.

Play is expected to get underway the next week (April 21 and 22) with ladies playing each Thursday and the men each Wednesday evening.

Organizers are hoping to fill six teams in each league and are saying there is still plenty of room for players. Both organizations are still looking for referees and goalies and are asking last year's players to return their team jerseys.

Those interested in more information for the ladies league can contact: Kim Simms at 448-3664 (home) or 448-2852 (work) or Jackie Boulanger at 448-2141 (home) or 448-2383 (work).

For more information on the mens league call either Jerrold Boulanger at 774-5574 (home) or 448-2383 (work) or Donnie Marcellus at 448-3328.

Ross pots pair to win final Pee Wee outing

CHESTERVILLE—Wes Ross scored a pair of second period goals here as the North Dundas Ault Foods Pee Wee "A" Demons doubled the Metcalfe Jets in their final exhibition hockey game of the 1992-93 season.

Darryl Burns and Jeff Esposito shared the netminding duties for North Dundas who out shot the Jets 27-19. Esposito handled 12 of the 19 Metcalfe shots, including 10 in the third period when his Demons were out-gunned 10-6.

Kris Rous and Jason Lavergne worked the Jets' net.

North Dundas gained a 1-0 lead when Chris Mann completed a play engineered by Mike Casselman and Rob Graham with 3:11 left in the first period.

Wes Ross scored his first of two at 8:47 of period two finishing off a play started by Chris Mann and Sean Williams.

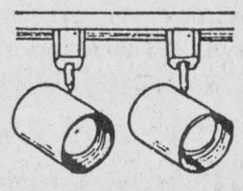
Metcalfe cut their deficit to 2-1 when Sean Gehring scored from Tom Hall and Craig Stanley at the 3:42 mark but the Demons snapped in two goals before the end of the period and led 4-1 after two periods.

Andrew Bradley used a feed from Craig Holmes to open up a 3-1 lead and Wes Ross hit from Sean Williams and Rob Graham with 0:58 left in the frame to give North Dundas their 4-1 lead.

The Jets cut the final difference to 4-2 when Chris Juneau scored from Craig Stanley and Sean Gehring at 8:34 of the final period.

North Dundas took six and Metcalfe three minor penalties.

And there was light.



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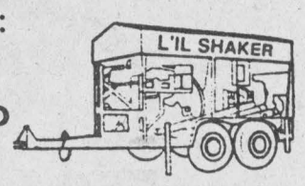

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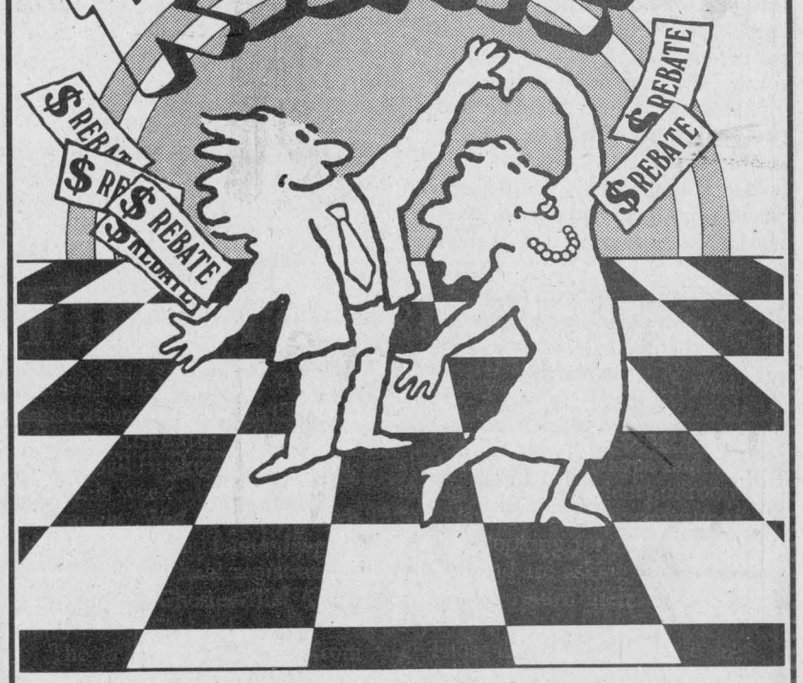

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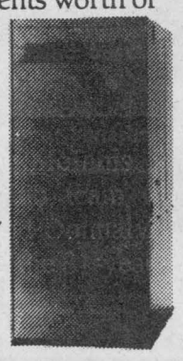

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Morewood youngsters help save rain forest

Elizabeth Moreau
Special to the Press

MOREWOOD — None of the children in Nancy Barton's Grade 5/6 class at Morewood Public School have ever seen the rain forests of Central and South America. But pretty soon, they'll own 20 acres of the lush forests.

Over the last month, the 32 students raised $500 through events that they conceived, planned and ran themselves.

"I thought maybe, at most, we'd get $100," said Barton, whose class bought two acres at $25 each from the World Wildlife Fund two years ago.

After learning about the rain forests in a unit on the Mayan civilization, the students formed five committees to organize fundraisers.

They held a bake sale, craft sale, raffle, sponsored a "slave day" during which older students did odd jobs for younger students and teachers, and put on a mini-concert including air bands and piano performances.

"We're trying to save the rain forests because they're cutting it all down," said student Jennifer Banks.

"Every time people cut them down it looks like a bald spot on your head," added Curtis Hutt.

Even though the forests are thousands of miles away, the students know how important they are to the planet.

"Without the rain forests there'd be no life," said Adam Hebert.

Not only do the trees in the forests help consume pollution, but the forests provide a home for hundreds of species of plants and animals.

Student Sarah Stephens explains that the canopies formed by the trees let just the right amount of rain through to allow the many species to flourish.

While the students did some of the work for their fundraisers in the classroom, much of the planning and the actual events had to be done during recess and lunchtime.

"It was a lot of work but it's worth it," said student Steve Mattice.



Sea-Doo winner

Mike Casselman, Williamsburg, held the winning ticket on this 1993 Bombardier Sea-Doo. The draw was held Feb. 20 at the Ottawa Sportsman Show. Casselman accepts the keys for his prize from Marcel Loiselle of Loiselle Sports, Embrun.

Fitness professionals hone teaching skills

WINCHESTER— If there seems to be new energy being expended at Donnaerobics chalk it up to some recent professional development by owner Donna McBean.

Local fitness instructor McBean sweated it out with scores of fitness instructors from all over North America at a three-day leadership conference recently in Etobicoke.

The 1993 IDEA Fitness Leadership Conference provided educational sessions on everything from exercise science to funk aerobics, says McBean, aerobics instructor and owner of Donnaerobics on Main Street.

"It was an opportunity for me to meet and learn from some of the top Canadian and American fitness and health professionals," explains McBean, adding she particularly found informative lectures concerning leadership and motivation, and small town business.

The conference was the first held in Canada by IDEA, the leading international association of fitness professionals, which has 20,000 members worldwide and over 1,000 members in Canada.

IDEA brought in top presenters from both sides of the border to give educational sessions an international perspective and offering 1,500 fitness professionals a supplement to the training they receive through their provincial certifying organization.

McBean says it is extremely important for fitness instructors to stay abreast of what is happening in the industry especially with all the new research being done in areas such as exercise safety.

"The bottom line in attending something like this," states McBean, "is to be able to return and share what I've learned with my members.

"After three days of workouts, workshops and lectures, I feel re-energized and anxious to implement some of the teaching strategies and new ideas to provide a wider variety of exercises in my classes."

News in brief

Foster home

OTTAWA— The Children's Aid Society of Ottawa-Carleton is looking for a couple or a single person to live in and operate a CAS receiving foster home.

In this family setting, the society is looking for some individual to provide 24 hour care for up to four adolescent girls between the ages of 12-17.

The successful candidate should have a professional background such as a Child and Youth Counsellor diploma or equivalent and five years experience in direct care of children.

The CAS would provide accommodation, relief and support, and a generous compensation to cover your expenses as foster parents. For more information contact Jim Humphrey at 613-737-1704.

Meeting cancelled

BRINSTON— A support group meeting, organized to help women deal with the "change of life" on Thurs., April 15 at 7:30pm at Brinston United Church, has been cancelled.

No date for rescheduling of the meeting, which was to feature guest speaker Public Health Nurse Jane Sacks, has been announced.

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RIB STEAK 9.90 kg lb. 4.49

BLADE STEAK 7.25 kg lb. 3.29

HAMBURGER PATTIES 1/4 lb., lean BBQ READY ea. .79

TOP SIRLOIN 10.78 kg lb. 4.89

CROSS RIB STEAKS 7.91 kg lb. 3.59

MAPLE LEAF WIENERS 450 g 2.69

CHICKEN BURGERS Family Gourmet, all white meat, 1 kg 10.99

PC BURGERS 100% LEAN Packed in 16s 7.99

DELI & CHEESE:

POPULAR LOAVES Schneiders, 3.99 lb. 100 g .88

POLISH SAUSAGE Schneiders, 2.99 lb. 100 g .66

SCHNEIDERS BOLOGNA Blue Ribbon, 3.49 lb. 100 g .77

JUMBO SUMMER SAUSAGE Schneiders, 6.99 lb. 100 g 1.54

OKTOBERFEST SAUSAGE Schneiders, 4.49 lb. 100 g .99

ALL-BEEF SALAMI Maple Leaf, 3.99 lb. 100 g .88

CHICKEN BREAST Maple Lodge, 4.49 lb. 100 g .99

FRESH FRUITS & VEGETABLES:

NAVEL ORANGES Product of U.S.A., size 138s Dozen 1.49

FRESH BROCCOLI ea. .99

P.E.I. POTATOES 10 lb. bag 1.49

SPARTAN APPLES Product of B.C., extra fancy, 2.18 kg lb. .99

KIWIS Product of Italy 5/.99

CABBAGE Product of U.S.A., no. 1 ea. .99

CARROTS Product of U.S.A., no. 1, 2 lb. bag ea. .99

SPINACH Product of U.S.A. pkg. .99

TUBE TOMATOES Product of U.S.A. pkg. 1.49

CAULIFLOWER Product of U.S.A. ea. 1.99

MIXED BOUQUETS or Carnations ea. 2.99

REIGER BEGONIAS 4" pot ea. 2.99

TROPICAL PLANTS Assorted, 4" pot 1.99

POTTED MUMS 6" pot ea. 5.99

SAVE MORE WITH OUR WIDE SELECTION OF CLUB PACKS - BRAND NAMES & No Name™

TIDE LAUNDRY DETERGENT 12 litres or 6 litres ultra 8.99

BATHROOM TISSUE President's Choice™, G•R•E•E•N, 24 rolls 5.99

BOUNCE FABRIC SOFTENER 70 sheets 5.99

GARBAGE BAGS Stuart House, 40s 4.99

CHOCOLATE CHIP CHEWY BARS Quaker, 3x225 g 4.99

KELLOGG'S BRAN FLAKES 1 kg box 4.99

SNACKS & DRINKS:

FRUITÉ FRUIT DRINKS 2 litres 1.69

TORTILLA CHIPS Garfield, 500 g 1.99

DEL MONTE JUICES 1 litre tetrapack 1.29

MAPLE LEAF CHIPS/SNACKS 400 g 1.99

CLOVERLEAF TUNA Skipjack in water, 184 g .99

PRINGLES POTATO CHIPS 200 g 1.99

PEANUTS Vaconut, 1 kg, Spanish, BBQ, regular 2.99

QUICK LUNCHES:

PRIMO DRY PASTA Assorted, 900 g .89

SPAGHETTI SAUCE Primo, original, 680 ml .99

AYLMER KETCHUP Jar or squeeze, 1 litre 1.89

AYLMER VEGETABLES Assorted, 19 oz. can .99

KRAFT BBQ SAUCE 455 ml 1.59

KRAFT SALAD DRESSINGS Select variety, 250 ml 1.99

BICK'S PICKLES Assorted, 1 litre jar 2.99

POST BRAN FLAKES CEREAL with coupon 400 g Additional quantities 1.64 .79

DAIRY SPECIALS:

MARGARINE SOFT 2 lb. tub, Niko 1.49

ST. ALBERT'S CHEESE SPREAD 500 g 2.89

ALL SEALTEST YOGOURTS 175 g .59

CHEESE SLICES Blossom, 500 g 2.99

FREEZER DEPT.:

PIZZA POCKETS Deluxe, McCain's, 400 g 2.99

FROZEN ORANGE JUICE Old South, 341 ml .89

KELLOGG'S EGGO WAFFLES 312 g 1.99

FISH & CHIPS SEA FRESH 750 g 2.99

BREAKFAST TIME:

PEANUT BUTTER Skippy, 1 kg Additional quantities 3.74 2.99 with coupon

PURE MAPLE SYRUP 540 ml 3.89

QUAKER HONEY-NUT OH'S Cereal, 385 g 1.99

NO SUGAR CANNED FRUITS Del Monte, assorted, 14 oz. 1.59

KELLOGG'S RAISIN BRAN Cereal, 800 g 3.99

DEL MONTE PINEAPPLES Assorted, 14 oz. .99

SPRING CLEANING

WINDEX GLASS CLEANER REFILL 900 ml 1.99

PAPER TOWELS Atlantic, white, 2 rolls .69

MR. CLEAN LIQUID CLEANER 800 ml 2.69

FOIL WRAP Stuart House, 25 feet .99

FANTASTIK SPRAY CLEANER 700 ml 3.49

JAVEX LIQUID BLEACH 3.6 litres 1.79

GREAT BUYS OF THE WEEK:

ROYALE FACIAL TISSUES 100s or 150s .69

FREE 900 g PASTA WHEN YOU BUY 2 CANS OF DEL MONTE **STEWED TOMATOES** 796 ml

SOCKEYE SALMON Cloverleaf, 213 g 2.99

PURE JUICE TETRAPACKS Apple, orange or assorted, Del Monte, 3x250 ml 1.29

Save at Andy's — Save 85¢ — cereal **POST BRAN FLAKES** with coupon .79 400 g box Additional quantities 1.64
Limit one coupon per family purchase. Coupon valid until Sunday, April 18, 1993 at Andy's only. MFR #7114

Save at Andy's — Save 75¢ — creamy or super chunk **PEANUT BUTTER SKIPPY** with coupon 2.99 1 kg cont. Additional quantities 3.74
Limit one coupon per family purchase. Coupon valid until Sunday, April 18, 1993 at Andy's only. MFR #7116