

Visitors flocked to
Crysler Farm Show
last week.

11

Metcalf Jets
host Buckingham
in game two on
Friday night
(March 13).

B-1

The final segment of the three-part
communication technology series
will resume in next week's *Press*.

Don't forget our
Ottawa Valley Farm
Show supplement in
this week's *Press*.



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Ice causes havoc

Ice was at the root of the problem in a fire call to the home owned by Bob Francis at the corner of Albert and York streets in Winchester on Monday. Deputy fire chief Richard Wubs said ice slid from the roof of the home, pulling the eavestrough with it, and crushing the chimney. The crushed pipe caused the furnace to back up, forcing the furnace to blow smoke into the house.

Press Photos — Culliton



Osgoode paramedics fear for jobs

by Jeff Brownlee

METCALFE -- Osgoode Township has lost the battle to provide land-based ambulance service to the municipality's 18,000 residents for the next two years, creating an uncertain future for the township's two advanced paramedics.

A five-member selection committee chose an Ontario-registered number company as the township's new service provider to the year 2000, when the region will assume total responsibility of the service courtesy of provincial downloading.

The contract takes effect April 1.

The new company is a consortium of three existing services that currently is responsible for the emergency service in Rockland, Richmond, Arnprior, Carleton Place and Kanata.

But the replacement of the current provider, Rural-Metro, could result in Osgoode's paramedics leaving the township.

Andy Orchard and Bruce Griffith, the municipality's two highly-touted paramedics, don't know what the uncertain future has in store. With a paramedic licence only good within the bounds of the region, the duo can either continue working for Rural-Metro or accept a position with the new company.

But Orchard, president of the Ottawa-Carleton paramedic association says it depends on the "total package" the number company is willing to offer.

While he enjoys the Osgoode community, he admits that if the offer isn't in his best interest, he may have to move on.

Blake Forsythe from the Ministry of Health, says that price wasn't the only factor the selection committee used to judge bids.

"During our exercise, we looked at both price and value," he adds.

Osgoode politicians believe that their proposal not only had both those characteristics, but much more improved quality and efficiency.

"This was an opportunity for us to serve the public in a cost-effective, efficient manner," says councillor Dale Harley.

• please see AMBULANCE on page 2

Searchers locate missing teenager

by Jeff Brownlee

MANOTICK -- After 20 hours of braving the elements in dense Marlborough Forest, Bobby Craig and his golden retriever, Jake returned home Monday afternoon, a little tired, a little hungry, but in good health.

Craig, 17, got lost in the thick underbrush left by Ice Storm '98, during a leisurely Sunday afternoon walk in the woods, located on the western edge of Rideau Township.

A massive search team involving 36 OPP officers, a barrage of volunteers, three

canine units and two helicopters scoured the area near Dwyer Hill Road in torrential rain and cold temperatures for three hours Monday morning before an OPP emergency response team discovered the Osgoode teen and the dog around 11 a.m.

He was transferred to the Canadian military training base on Dwyer Hill Road before being checked over at the Queensway-Carleton Hospital.

He received a clean bill of health from doctors.

The ordeal, which began like many other Sunday afternoon walks with Jake, turned

ugly once Craig couldn't remember which direction led to the path of his truck. Downed trees and limbs dramatically changed the once-familiar landscape.

With dusk fast approaching, the Osgoode Township High School student knew that he had to seek shelter, even though he was comfortable in his down-filled jacket and snow pants. The duo came across a hunting shack in the bush and Craig built a fire to take the chill out of the cold March air.

• please see TEEN on page 2

Managers lose jobs at WDMH

WINCHESTER -- In a shake-up in management at Winchester District Memorial Hospital, five managers were dismissed and asked to leave the premises on Monday afternoon, reported CUPE president Rhonda Acres, RPN.

According to Acres the managers affected were RPN Glassford, director of operations; Sandra Brannon, director of patient care services; Betty Guy, nursing co-ordinator; Jim Elwood, purchasing agent; and Hollie Forrester, health records administrator. "We knew there would be a shake-up in management from the beginning," Acres said. "Winchester won't stand alone in its changes... it's happening all over the province. It's not a happy place."

Acres added that lay-offs in other areas of the hospital are still unknown, as the bumping process must take place first. What is known is that seven full-time RPN jobs will be gone, along with one housekeeping position, two dietary aids, and one laboratory aid.

All systems 'go' for April 16 shuttle mission

by Lori Culliton
Press staff

WILLIAMSBURG -- Most mothers are proud of their children, but very few can boast about having an astronaut for a son. Isabelle Williams, of Williamsburg, is one proud mother whose thoughts will be in the stars come April.

Her son, Dr. Dave Williams, will blast off on the Space Shuttle Columbia on April 16. Williams, an emergency medicine specialist, will be studying the effects of microgravity on the nervous system, his mother told the *Press*.

"It's all very exciting," Mrs. Williams said. "He's pioneering a whole new frontier... you don't often get an opportunity like that."

Williams joined Canada's space program in 1992. There were 5,330 applicants for the job, and this doctor was one of four chosen for the program. He first worked with the Canadian Space Agency in St. Hubert, Quebec. He was later chosen to go to NASA as a mission specialist for the flight in 1998.

Williams will become the sixth Canadian astronaut to fly into space.

In a press release, Williams said, "This is very exciting and I am proud to be part of this Neurolab mission. It is a thrill to be



After a long day of work cleaning up the Sand Road Sugar Camp bush, the ice storm clean up team gets ready to call it a day. The workers are, in front, Jeremy Yelle of Crysler; left, Marty Lefebvre of Cornwall, Dave Empey of Chesterville, Shawn Little of Avonmore and Ryan Furniss of Long Sault.

Press Photo — Culliton

Bush Whackers clear the path for tree tapping

by Lori Culliton
Press staff

MOOSE CREEK -- After all the bad stories, it's a relief to hear good news stemming from January's ice storm. And jobs created from the aftermath of the storm mean good news.

New Beginnings for Youth is a non-profit organization in Ottawa, through the Human Resource Development Canada, under the group Youth Services Canada.

The organization has put together an ice storm team to help clean up eastern Ontario. Sometimes called the Bush Whackers, the team was developed to help put young people ages 18 to 29 to work, and to encourage community involvement and pride.

They are in the bushes of eastern Ontario, cleaning up trees, branches, dead hydro lines and other debris left over from the storm. They'll be at the job daily until August.

One such group is working in the Cornwall area. The team is made up of 20 young people from the surrounding area, including Winchester, Chesterville, Crysler and Cornwall.

Local youth co-ordinator Margaret Macdonald explained that the team is not paid a wage, but a stipend to cover volunteer expenses. Each receives \$200 per week.

"The concept started in Ottawa," Macdonald said. "The first team is a crew of 40. When we got this group together, they went into the bush with the Ottawa crew to learn the ropes."

Their first gig was with the Ottawa crew, cleaning out Drummond's Sugar Bush near Spencerville.

• please see CLEAN UP on page 2

Continued from the front page...

Paramedics

"If they definitely wanted to have it privatized, why did they bother wasting our time (getting us) to put together a proposal?"

Last month, Osgoode CAO Moira Winch trumpeted the benefits of a publicly-operated ambulance service.

"It shouldn't be privatized," she says. "In the public sector, health care isn't driven by profit, it's driven by service."

The municipality's proposal included 24-hour ambulance service to be provided out of the new Greely fire hall.

But the township does walk away from this experience with some valuable information, Harley adds.

"We quickly discovered how short-shifted we were," he says, in reference to the current 12-hour-per-day contract.

Only the rural areas of Osgoode, Rideau, Goulbourn and West Carleton do not have 24-hour service.

But Harley vows that the township will lobby for nothing less.

"If we're part of this great region and we're going to pay the taxes, we're damn well going to have quality service."

But the details remain foggy. No one knows what will occur in the future.

"It's out of our hands," he says.

Teen

Meanwhile, his worried parents called the OPP to report the missing teen and the search began.

In the morning, the OPP set up an RV command post on Dwyer Hill Road, and amassed the scene with all-terrain vehicles and search teams. Despite the adverse weather conditions, the police remained confident.

"We're optimistic," said OPP Sr. Const. Phil. "He's quite experienced in the woods."

It took approximately three hours, searching grid by grid before the two were discovered.

Craig's father Robert was overcome with emotion with the news that his son was found.

The youngster was in good spirits, but was more worried about what his parents were thinking, he added. "I knew he was bush wise," the elder Craig said.

"With all this rain, I was really worried. I had no idea they had found a hunting shack."

"But you always fear the worst."

Clean up

They spent last week on their own at Sand Road Sugar Camp near Moose Creek cleaning in the bush.

"They're getting the bush ready for tree tapping for the maple syrup season," Macdonald explained. "They're clearing branches off the sap lines, pulling broken lines out of the ice and snow... they have to make access to the trees for the buckets and tapping."

The sap was already running from many maple trees last week, several weeks earlier than normal. "Some people are already tapping, and some are waiting to see if the weather stays nice," said Julie Andre, manager of Sand Road Sugar Camp.

The warm days and cool nights were ideal for the sap to run last week, although the weather turned cold on Tuesday and is expected to stay that way for about a week, according to Ottawa meteorologist Cindy Day.

The Cornwall crew is picked up by bus in Cornwall at 7:30 am, Mon-

day through Friday. The bus returns back to Cornwall for 4:30 pm, and the team works hard in those hours, Macdonald said.

"There is one chain saw operator in our group, and the crew has learned about equipment safety and how to use the equipment," she said. "They wear safety goggles and hard hats, and they use tools such as hatchets. They are all trained in first aid and CPR, and the owner of the bush is always with them."

"They are forever getting branches in their faces."

For now, the group's goal is to clear enough of the bush so that maple syrup producers can make their way to the trees for tapping. They'll return later in the season, Macdonald said, and do a general cleanup once the maple syrup season is over.

"We had thought they would have an extra three weeks to clean up, but the sap ran early, so we had to put the other work off," she said.

After the sugar bushes are completed, the crew will move on to the task of cleaning up area farms, including repairing fence rows and cleaning up hay fields.

The group is made up of young people who love the outdoors, Macdonald said.

"The chain saw operator is a graduate of a college forestry program, and another member is going to college for forestry," she said. "Most of the people were hired because they like outdoor work."

"Some of them finished their OAC courses last semester and are waiting to go to college or university in the fall, so the timing is ideal for them. Others have taken off a semester from college or university in order to work and make money to go on to the next semester."

Youth Service Canada is a Canada-wide organization that is mobilizing community-based groups, Macdonald explained. The movement develops working opportunities through its services.

"It operates under the notion that community service is rewarding, and it builds better communities," she added.

"The ice storm unfortunately has given us the opportunity to offer more services," she said. "The kids are learning a lot, and they're seeing places they've never been to before. It's turning out to be a very rewarding experience."

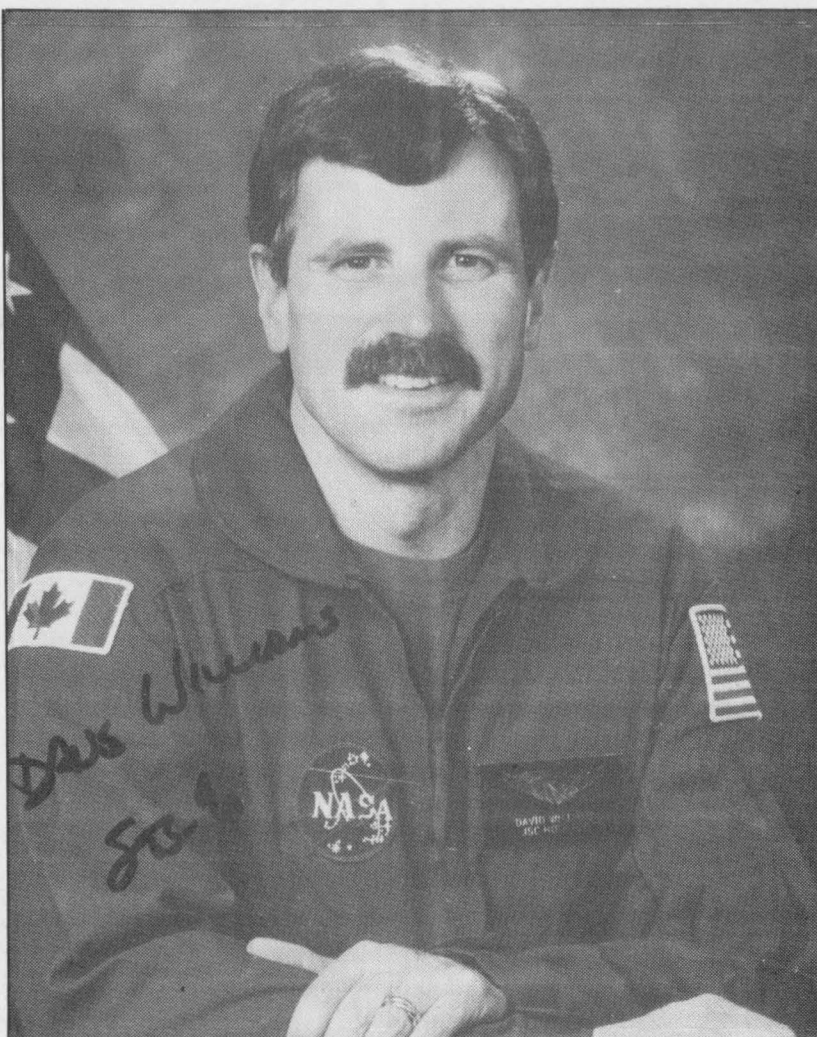
She added, "They're making friends and learning teamwork. They're having fun together and working together."

Astronaut

given the opportunity to combine my expertise in medicine and microgravity research and I look forward to it."

The purpose of the mission is to gather information on how humans and animals adapt to space and their ability to live in a microgravity environment for an extended time.

During the Neurolab mission, Williams and six other astronauts



Ready for take off

Dr. Dave Williams, son of Isabelle Williams of Williamsburg, is set to take part in a NASA space mission on April 16. He will be studying the effects of microgravity on the nervous system.

Courtesy photo

will conduct a series of 26 experiments.

The mission's investigations will study the adaptation of the central nervous system and the pathways which control the ability to sense location in the absence of gravity, and the effect of gravity on a developing nervous system.

In a recent story from Canadian Press, Williams said that astronauts returning to Earth after extended space flights experience problems with balance, weak muscles and lightheadedness, similar, he said, to what happens when people get older. He said that looking at the issue of rehabilitation in post-space flight has tremendous medical spin offs.

The mission involves two Canadian experiments that will be conducted by the crew. One experiment is the visuo-motor coordination, which is designed to better understand the dependence of motor functions on normal gravity and adaptation to weightlessness. It will help identify the limitations of human visuo-motor performance for neurological patients suffering from motion disorders on Earth.

Another Canadian experiment will determine how microgravity alters the perception of objects, including the perception of self-position. The results will seek to identify how self-orientation perception interrelates with object recognition.

Blast off is scheduled for Thurs-

April 16. Isabelle Williams will be in Houston to watch with her daughter-in-law and two grandchildren as her son blasts into space. She'll remain in Houston until he returns after the 16-day flight.

Area syrup producers off to an early start

MOOSE CREEK — Maple syrup season arrived quite early last week, to the surprise of maple syrup producers in eastern Ontario.

"We're tapping now," Julie Andre, manager of Sand Road Sugar Camp near Moose Creek said last week. "It's very early. I've never seen the sap running so early. It's so unpredictable."

She said that last year's maple syrup season wasn't ideal. "It wasn't great, but it's like farming — you never know how it's going to turn out," she said.

And this year is expected to yield a low return, as a result of the ice storm in January which left the majority of trees crippled in eastern Ontario.

Andre said they're hoping to produce about 70 per cent of their norm. The norm, she said, is about 360 gallons of syrup. This year, between 250 and 260 gallons is expected.

"A lot of sap was lost through broken branches," she explained. "And if there is 70 per cent crown damage, that's the top of the tree, you're not supposed to tap. But if it looks as if the tree will die, we might as well tap it and get as much as we can."

She added, "We'll just have to wait and see this year. We'll see how healthy the leaves are in the summer, to judge how many trees we've lost."

It's likely to be 10 years before the maple syrup industry completely recovers, Andre said. "You need a good crown on a tree for it to be healthy and produce a lot of sap. But a lot of the crowns are gone."

Maple syrup accounts for about one-third to one-half of the business at Sand Road Sugar Camp.

Police seeking indoor pot growers

CORNWALL — Crime Stoppers, in co-operation with law enforcement agencies throughout eastern Ontario, are seeking your help in locating marijuana being grown indoors.

formers and reflective materials such as aluminum foil on the walls is normal in an indoor growing operation.

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Court date set for pollution charges

VERNON — A company will make an appearance in an Ottawa courtroom on March 26 to answer to pollution charges stemming back to last year's gasoline pipeline spill in Osgoode Township.

Trans-Northern Pipelines Inc. faces two counts of discharging a contaminant under two different Ontario pollution laws. A rupture in the pipeline caused about 300,000 litres of unleaded gasoline to escape from the pipe into a pasture off Ninth Line Road, south of Metcalfe. Several hundred loads of contaminated soil had to be removed from the field.

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Fundraising will benefit storm victims

CORNWALL — A joint fundraiser for Cornwall and SD&G counties will kick off with "Melt Down '98" on Sun., March 22.

Fundraising chairperson Leslie O'Shaughnessy reported progress on plans for Disaster Relief Week, March 22 to 28 during an SD&G Disaster Relief Committee meeting last week.

Melt Down '98 will offer an afternoon of entertainment and activity at the Cornwall Civic Complex. Kerri Metcalfe, of the Morrisburg Meeting Centre outlined plans for a wind-up evening of dance, a buffet and entertainment at the Operator's Engineers Institute in Morrisburg.

Committee chairman Stephen Preston said the criteria committee of the Eastern Ontario Disaster Relief Committee is one step closer to knowing what the province will allow homeowners, small business and farms to claim from the province under the Ontario Disaster Relief Assistance program.

Jim Cook notified committee members to inform veterans who receive veterans' pensions to contact the Department of Veteran Affairs for quick assistance, particularly with clean up of yards.

Tim Turney, a poet from Maxville, presented the committee members with copies of his printed poem, "Our Icy Winter Gate". These

copies can be sold as a fundraiser throughout the area.

The committee is compiling preliminary damage estimate data and will be awaiting provincial criteria guidelines for further direction.

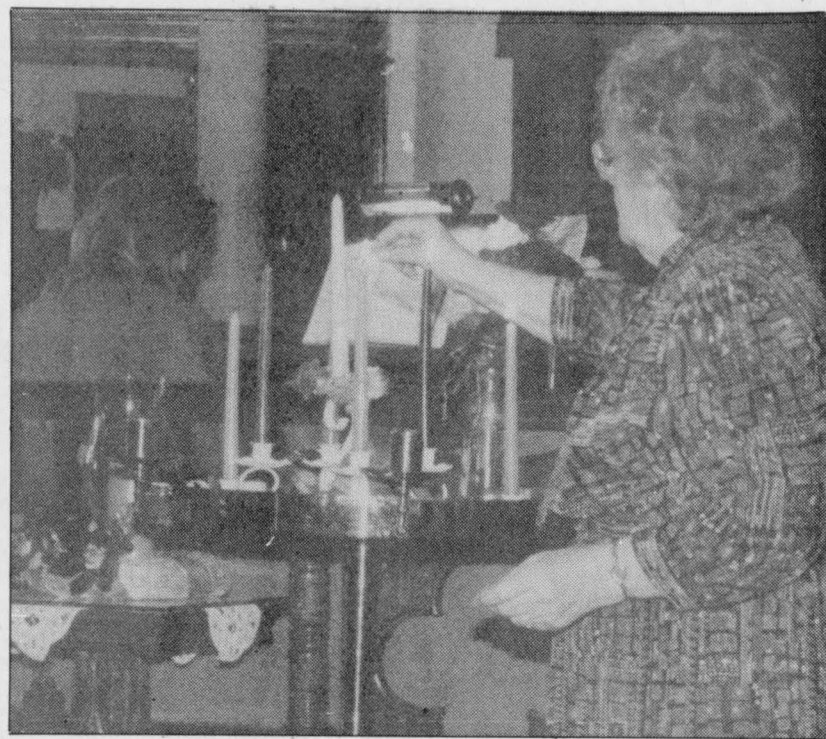
Last week, the Eastern Ontario Disaster Relief Committee (EODRC) got a new chair and a donation of \$2 million from the Canadian Red Cross. The \$2 million represents Ontario's share of the money raised by the Red Cross for the victims of the January ice storm.

With Ontario matching funds raised locally up to four to one, the gift from the Red Cross represents up to \$10 million in compensation for the over 500,000 residents in

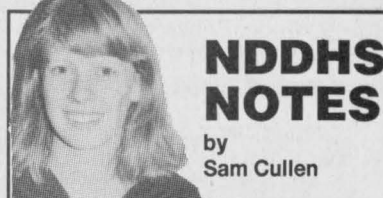
Eastern Ontario who were affected by the storm. The EODRC is the umbrella committee of the eight regional disaster relief committees set up to deal with the storm's aftermath.

The Red Cross donation brings the amount raised to date to \$3.5 million, which when matched with government funding, could total up to \$17.5 million.

New EODRC chairperson Jim Bennett of the Kingston and Area Disaster Relief Committee, replaces Andrew Brown of the Lanark Area Disaster Relief Committee, who stepped down due to other commitments.



Candles are lit at the World Day of Prayer at St. Paul's Presbyterian Church in Winchester last Friday. The theme of this year's World Day of Prayer was "Who is my neighbor?" Press Photo — Culliton



NDDHS NOTES
by Sam Cullen

Chili coming up

MAPLE RIDGE — Another week gone by. With March Break quickly approaching, anticipation is filling the hearts of many of our students who are fortunate enough to have the chance to travel.

With some of our classmates travelling to such places as Mexico, Florida and Honduras, it's hard for those of us who aren't so fortunate to not envy them.

Not that I don't like Winchester. It's just that I'm not excited about the prospect of doing the "same old" while my friends are enjoying the beautiful weather of lands afar.

But I'm not bitter, so I'll move on to other things.

Our school council has planned a "Chili cook-off" as a fundraiser for North Dundas. If you are interested in entering, you can contact Cheryl Boals or Hugh Conlin at the school at 448-2328. The entry fee is only \$10, and you have the opportunity to promote your group, support the school and win great prizes. Admission for the chance to taste and judge all these entries is only \$5 for adults and \$3 for children under 10 years of age. Tickets are available at the school for the event, which is being held on April 4 from 5 pm to 9 pm.

I hope to see all of you there. I'm sure I will see everyone over March Break.

Women's plight in Madagascar focus of World Day of Prayer

by Lori Culliton
Press staff

WINCHESTER — About 50 people congregated at the Presbyterian Church in Winchester last Friday afternoon to participate in the World Day of Prayer. This year's program featured the theme, "Who is my neighbor", prepared by the women of Madagascar.

A program was followed by the congregation, with hymns and various speakers leading prayers and reading excerpts describing the plight of women in Madagascar. About 2,000 Canadian communities and 170 countries around the world participated in the same program on Friday.

The gathering learned that Madagascar experiences severe shortages of food and potable water. Sanitation is poor, so diseases such as dysen-

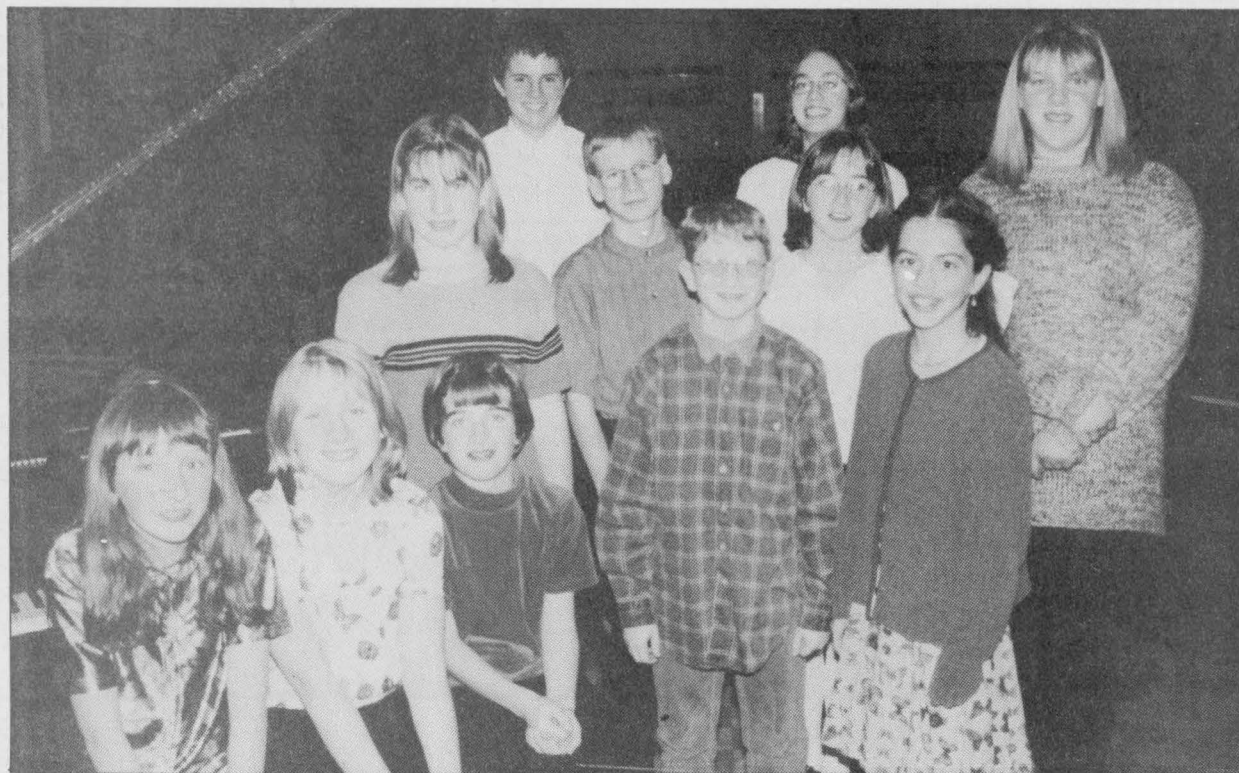
tery are endemic. Health care is non-existent in most of the villages, and both the birth rate and infant mortality statistics are high.

Nancy Assaly, wife of Reverend Robert Assaly, spoke about her experiences living in Jerusalem as a missionary for three years. To prepare for the trip, she described, she lived as a street person in downtown Toronto for two days.

She explained that she was sent by Canadian Council of Churches to work with the churches in Jerusalem.

The program explained that, although Madagascar continues to register near the bottom of the United Nations Human Development Index there may be hope that life will improve.

Next year's theme will be prepared by the people of Venezuela.



The local Village Music Academy students who performed in the First Class Honors Recital on March 1 in Ottawa pose. Back row, from left: Jake Graham and Kathryn Hoftyzer. Second row: Janna

Sanders, Daniel Campeau, Anjulee Baker and Sarah Kingma. Front row: Kaitlin Prest, Patricia Exner, Theresa Renaud, Warren Meridith and Kristi Assaly.

Recital showcase for outstanding piano students

by John Hutchinson

OTTAWA — Winchester and area piano students recently performed at the prestigious First Class Honors Recital in Ottawa at the First Unitarian Church on March 1.

This annual recital is the showcase of talent for the Registered Music Teachers' Association and pays tribute to students and their teachers who have achieved out-

standing Royal and Western Conservatory music exam results.

Of the 24 Village Music Academy students eligible to play, 11 took up the challenge of passing an audition prior to the recital and joined over 35 other students at the 3:30 pm concert.

Teacher John Hutchinson said that though his students were nervous, they presented outstanding performances to an appreciative

audience.

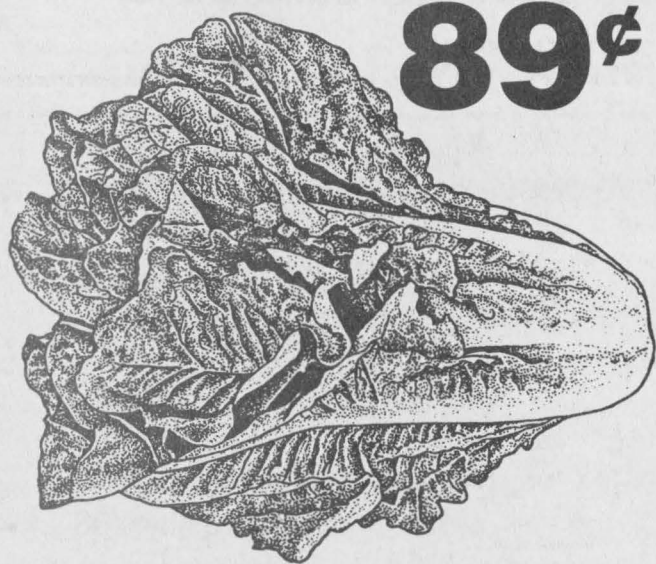
Kristi Assaly, Anjulee Baker and Patricia Exner performed for the first time at this invitational recital, while veteran Kaitlin Prest was there for her second year in a row.

Congratulations are also extended to Daniel Campeau, Jake Graham, Kathryn Hoftyzer, Sarah Kingma, Warren Meredith, Theresa Renaud and Janna Sanders for their outstanding achievements.

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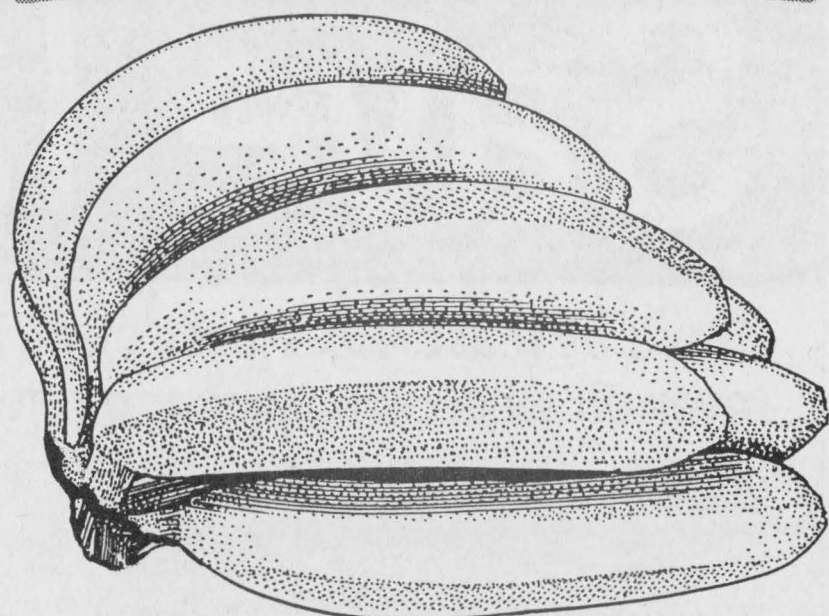


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Police blotter

Youth charged with assault

WINCHESTER — One person has been charged after an assault investigation by OPP. The incident, which began on Feb. 28, involved a 17-year-old Mountain Township female, who cannot be identified under the provisions of the Young Offenders Act. The youth was charged with two counts of assault and one count of uttering threats following the investigation of an assault on another teenage girl in the village. Young Offenders court has been set for April 7 in Morrisburg.

Assault charges laid

CHESTERVILLE — One person has been charged as a result of an assault investigation by Upper Canada OPP. The investigation began on Feb. 12 in Chesterville.

Wendy Laframboise, 31, of Morewood was charged with assault and two counts of uttering threats, following the investigation.

Assault on police

MORRISBURG — Two people were charged in Morrisburg after an investigation by OPP on March 2. Steven Ceasor, 35, of Matilda Township, was charged with assault and is scheduled to appear in provincial court in Morrisburg on Wed., March 11 to respond to the charge.

Brenda Markell, 44, of Matilda Township, was charged with assaulting police and failing to comply with an undertaking. She is scheduled to appear in provincial court in Morrisburg on March 11.

Drug charges

MORRISBURG — A quantity of marijuana and hashish was seized after OPP executed a search warrant in Morrisburg. A 16-year-old Morrisburg male, who cannot be identified under the provisions of the Young Offenders Act, was charged with possession for the purposes of trafficking. Youth court has been set for April 7 in Morrisburg.

James Hogan, 18, of Morrisburg was charged with possession of a controlled substance, in addition to charges of obstructing police and breaking probation. Hogan was held in custody pending a show cause hearing that was to be held in Cornwall on Mon., March 9.

Impaired driver update

WINCHESTER — Over the past week four criminal code charges were laid in Dundas County in relation to impaired driving and driving over the legal limit. One charge of driving while prohibited and two 90-day administrative driver's licence suspensions were also issued.

Break and enter

MOUNTAIN — Police began an investigation into a break and enter which had occurred in Mountain Township last Friday (March 6). Overnight a storage shed was broken into on a farm property and a quantity of tools was taken.

Office equipment taken

MATILDA — Police received a report of a break and enter in Matilda Township on Sat., March 7. During the day a forced entry was made into a private residence on Wallace Road. The break-in resulted in the theft of a pressure washer, home office equipment and personal items. Police are investigating.

Tractor stolen

WILLIAMSBURG — Last Saturday (March 7) Upper Canada OPP investigated a report of a break and enter in Williamsburg Township. Sometime between November and March a storage shelter on a Shannette Road property had been entered and a 1991 Deutz Allis 22-horsepower tractor was taken, along with two shelter frames.

February initiative results

WINCHESTER — During the month of February the Traffic Management Officers of the Upper Canada OPP Detachment focused their attention on speeding violations.

Over the month, 1,033 charges were laid and 179 warnings issued resulting from the stopping of 1,203 vehicles.

The primary purpose of the initiative was to affect a change in the driving habits of highway users in an effort to increase safety and reduce the incidents of collisions.

Accident statistics between February 1997 and February 1998 show a decrease of 23 per cent in injury accidents, with 17 per cent fewer injuries, as well as a 42 per cent decrease in the number of collisions resulting in damage.

Manotick OPP search for missing teen ends well

MANOTICK — Between March 2 and 8, officers at the Manotick Detachment of the OPP investigated 70 general occurrences and five motor vehicle collisions.

On March 8, sometime after 2 pm, 17-year-old Bobby Craig of Osgoode got lost in the Marlborough Forest off of Dwyer Hill Road. OPP officers, a canine unit and an emergency response team, as well as a helicopter from Transport Canada, searched the area. Bobby was eventually found on March 9 at approximately 11:45 am by ground searchers from the Emergency Response Team. When Bobby became disoriented, he found a shelter and waited for help. Bobby's dog, Jake, was also found, both in good condition. Police would like to thank everyone who provided and offered support to the searchers.

Nepean resident Sandra Ross, 35, was charged on March 3 with sever-

al counts of forgery, uttering forged prescriptions, possession of stolen prescription slips and possession of drugs contrary to the Controlled Drugs and Substances Act. She was arrested at a Manotick pharmacy on March 2 while passing a forged prescription. Police believe that she may have passed other forged prescriptions for drugs at other pharmacies. Area drug stores are asked to check their records for any similar name and notify the Manotick OPP at 613-692-2525.

On March 5 at approximately 3 pm, two men forced their way into a Dwyer Hill Road home. When they went into the home, they were met by an occupant who scared them off. The culprits fled in a dark colored van, north bound on Dwyer Hill Road. One of the suspects was described as being in his 20s, tall with a shaved head and a goatee. The other man is in his 20s, tall and was wearing dark colored jeans.

Anyone with information is asked to contact Det. Const. Don Hickey at Manotick OPP at 613-692-2525.

On March 6, a basement window of a Blue Rock Road home was smashed and there were obvious signs that someone had entered the home as some of the rooms were disturbed. It is still unknown whether anything was taken.

A similar incident occurred at a Pine Avenue home on March 8. Const. Ken Sexton is investigating.

Overnight on March 1, a mailbox on Blackcreek Road was smashed with a baseball bat. This incident is one more in the collection of cases as 50 boxes were damaged on Greys Creek Road on Feb. 12.

Shortly after 10 pm on March 7, a concerned citizen called police to report four or five teens trying to break into vehicles parked at the Osgoode Community Centre. One of the culprits was identified and police

are still investigating. The OPP are asking you to report suspicious activity immediately to the police at 1-888-310-1122.

Const. Jason Smith recovered a black 1986 Chrysler New Yorker in a pit at the intersection of Stagecoach Road and Old Prescott Road. The vehicle had been stolen from Ottawa earlier that day and was completely destroyed by fire.

On March 7, another stolen vehicle was recovered in Osgoode Township. A nearby citizen called police when he heard noises.

Const. Gulick arrived on the scene just before 11 pm and found the car wedged in between two rocks on the south side of Stone School Road. There was extensive damage done to the Pontiac. Later in the evening, the owner reported it stolen from the St. Laurent Road area.

Last week, officers issued two 12-hour license suspensions.

Upper Canada OPP report incidents up due to storm

WINCHESTER — In the month of January Upper Canada OPP responded to 219 occurrences in the Township of North Dundas. In February that number dropped to 142, according to constable Peter Valiquette.

"That's a big difference," he told township council. "There were fewer motor vehicle accidents, fires and false alarms."

Valiquette said the number of fires and false alarms counted for January could have related directly to January's ice storm.

In February, Valiquette reported, there was one sex assault reported,

seven motor vehicle thefts, including snow machines, and three stolen vehicles were recovered. There were seven reports of mischief and two sudden deaths. Two missing people were reported.

In February there were 15 false alarms, one house fire and three noise complaints reported.

"It wasn't busy, but it was a typical month," he told council. "We expect it will pick up again in the summer though."

An overview of the services offered by OPP in the municipality will be presented to council on March 16.

Leger school offers credit courses

WINCHESTER — The Winchester campus of the T.R. Leger School is gearing up for Trimester 3 Day School. Registration is scheduled for Mon., March 23 at which time adults will be resuming their studies following the March break. Adults attending school on a full-time basis can expect to complete three credits by June.

Specializing in the latest computer software applications, T.R. Leger can offer adults Simply Accounting,

Microsoft Office or the popular Introduction to Computers. The school has a full slate of secondary school credit courses from Grade 10 to 12 to choose from. Whether you are working towards a Grade 12 diploma or upgrading your skills for the workplace, the school can accommodate your needs. At T.R. Leger there are no tuition fees and no need to apply for loans. For more information or to register, call the school at 774-0222.


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March 17th 1998

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Place: Community Centre - 4 to 8pm
Price: \$7 - adults \$4 - ages 5-12**

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Ice storm relief for business

by Sandy Bierworth
Press staff

METCALFE — Small businesses in Osgoode Township may soon be compensated for lost income during January's ice storm.

Two representatives from the Ontario Government joined the Osgoode Township Chamber of Commerce meeting on March 9 to discuss disaster relief. So far, the instructions for business owners to obtain relief have been to fill out a form, submit it, and wait.

Regional manager Guy Desjardins and team leader Gisele Larocque, both representing the Ontario Ministry of Economic Development, Tourism and Trade, spoke to the chamber of commerce and answered the list of questions from the audience afterward about obtaining disaster relief.

Director of the chamber of commerce and executive Ron Newsome said he felt the meeting went very well.

"The speakers were helpful," he said. "We billed them in to talk at the meeting for mainly two reasons. First, to get information to the small business owners on how to apply for relief. But mostly, to listen to the comments from the audience and find out what they should be doing differently."

He said that the relief covers such costs as generator rentals for the number of days after the business bought a generator, but doesn't count the number of days before that time when income was lost.

"There was a two-way communication, which was what we intended," said Newsome.

The representatives, he said, got several ideas from the audience which they will be discussing with other officials in Toronto. And while the two speakers will not be coming back to the Osgoode Township

Chamber of Commerce with new information, it will be available through other sources, including the internet.

Executive for the chamber of commerce Dale Harley said he felt having the two government representatives helped shine some hope onto the crowd of small business owners.

"I was encouraged that the Ministry of Economic Development was moving quickly to get cheques into the hands of small business owners," he said. "I saw for the first time some hope that things are happening on their side. They assured the audience that they hadn't been forgotten, and at the same time, they got some great ideas about what they should do."

Businesses that are eligible for ice storm relief include urban and rural small business owners and operators in manufacturing or service industries, including tourism, retail and food processing operations.

To qualify for relief, the business must employ 100 or fewer employees, operate in communities that experienced power outages for three or more consecutive days and fall under the generally accepted definition of a full-time business (no other major source of income). Seasonal and tourism businesses are eligible. The business must also be located in one or more of the designated disaster municipalities.

Funding will be provided for expenses which would not be covered through normal business insurance. Claims will be required to prove that damages were appropriate to the scale and nature of their businesses and must provide original receipts or other acceptable documentation to substantiate claims.

Costs for the rental, operation, maintenance and repairs of alternate electrical generation facilities are

eligible for disaster relief. Also eligible are costs for pruning trees for safety; costs associated with the clean-up, disposal or replacement of damaged inventory; costs for the repair of essential equipment; and costs associated with the clean-up of facilities caused by the ice storm.

If a small business suffered a loss of potential revenue, overtime and lost time salary, it cannot claim those losses for relief money. Other ineligible costs include expenditures which would be recovered under normal business insurance including insurance deductibles and costs recoverable through any other provincial or federal storm relief.

Applications for assistance must be received prior to April 30 to be eligible for compensation. Claims forms are available in both English and French by calling the Small Business Ice Storm Line at 1-888-745-8888. Forms will also be available through the Eastern Ontario Disaster Relief Committee, Local Disaster Relief Committees, local offices of the Ministry of Agriculture, Food and Rural Affairs, Community Futures Offices and municipal and county economic development offices across the affected area.

Also at the meeting, new executives were elected. Though the commerce constitution allows for 10 executives, all nine nominees were voted in.

The new executive consists of: Pam Craig, Royal Bank of Canada; Brian Girard, Brak Services; Al Graham, Valley Food Services; Dale Harley, D.R. Harley Consultants; Ron Newsome, Pana Publications; Earl Stanley, Stanley's Olde Maple Lane Farm; James Booth, J.A. Booth Mechanical Ltd.; Ray Chartrand, R.I. Chartrand Financial Services, Inc. and Jim McClary, Motor Coach Informatics Training (MCIT).



Trust fund presented

John Stewart Estate Memorial Trust Fund grants were recently presented to area seniors' groups. The grants are distributed annually to agencies serving the needs of seniors in SD&G. This year, \$1,500 in grants were presented to, left, Beth Cleland, Dundas County Hospice (\$200); Janet

Levere, Park Lane Seniors Support Centre (\$150); Anne Parsons, Millview Apartments (\$500); North Dundas councillor Estella Rose (presenting); Bill Kurschinski, Williamsburg Non-Profit Housing Corporation (\$300); and Carolyn Rooney, Meals-on-Wheels (\$350).
Press Photo — Van Bridger

Information needed on residential B&E

LONG SAULT -- This week Crime Stoppers is asking for your help in solving a break and enter.

Sometime between 7:05 am 9:28 am on Tues., Feb. 17 various items were taken from a residence in the Industrial Drive area in Chesterville.

Various electronic equipment was taken, totalling an undisclosed amount.

If you have any information on this or any other crimes, call Crime Stoppers. If your information leads to an arrest you are entitled to a cash reward. Reward payments are set up to protect your anonymity. Call Crime Stoppers at 613-937-8477, or if long distance call 1-800-265-8477.

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Saturday, March 14

and we are bursting at the seams with stock

Come see our wonderful collection of baby's, children's, teens' and ladies' wear of all sizes, and lots of men's wear too! Our clothes are new, gently used, seconds and even the latest fashions. Check our linen closet for bedding, curtains, etc.

*Of special interest: Books, videos, games, puzzles
Some furniture: Cribs, car seats, play pens, lamps, chairs and other collectables*

See you **March 14th at SECONDS, please**
GRAND OPENING HOURS 10 AM TO 5 PM
12364 County Rd. 18, Williamsburg
(near Canadian Tire)

Dates may change

METCALFE -- In an effort to better inform residents, Osgoode Township is considering changing the dates of its public meetings.

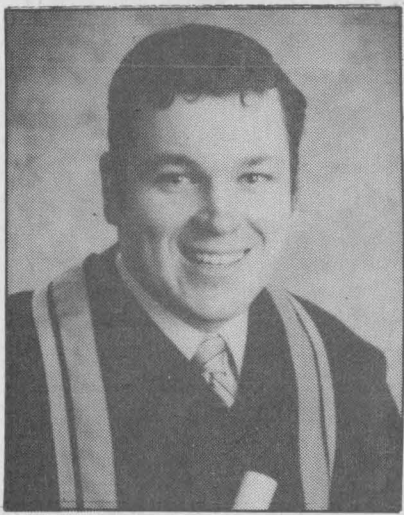
Politicians are toying with the idea of moving both the regular council and committee of the whole meetings from Tuesdays to Mondays.

Council meets the first and third Tuesdays of every month while the committee of the whole meets the second and fourth Tuesdays.

As Mayor Doug Thompson explains, the current meetings don't meet the deadlines of the *Manotick Messenger* and the *Winchester Press*, the two weekly papers that boast the largest circulation in the township, published every Wednesday. Information discussed at the weekly meetings has to wait over a week before residents can read about it at local newsstands.

"I think the move would be in the best interest of both the residents and the township," he said.

The move would eliminate this one-week lag problem. By getting the information a week earlier, residents would also have the opportunity to attend the following week's meeting to comment on any policy.



James Durant

James Durant, son of Ron and Erva Durant, Winchester, graduated with honors February 27, 1998 from the Electronics Engineering Technician program at Devry Institute of Technology, Scarborough, Ontario.

Congratulations, James, from your family.

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Wednesday, March 11

9:00 am

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Editorial/Opinion

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EDITORIAL

Truly Canadian

In true Canadian fashion strife, war and famine in other parts of the world took a back seat last week as the very important issue of the Canadian flag was disputed.

Should politicians be allowed to sing O Canada and display the national flag in the House of Commons?

How could anyone justify prohibiting such a thing?

Relenting to the Bloc on this issue is much like giving in to an insolent, spoiled child's every demand. If it isn't stopped, the demands are going to get worse.

Instead of allowing Quebec to blackmail the rest of the country by threatening to separate, Quebec should be forced to survive as any other province in Canada.

Or else be sent to its room without supper.

Charest the dragon slayer

Big bad Lucien Bouchard.

Poor Jean Charest is being hounded by the Canadian public to go to Quebec and save the country. He's "the only man" who can do it. He's "our only hope".

He's Canada's dragon slayer. And Bouchard is the dragon.

And Charest is resisting. But he shouldn't take it so personally. As a politician, he must be accustomed to being told where to go.

While the Conservative leader decides whether or not to go and save the country, he should consider what is ahead of him.

If he accepts the challenge of taking over the provincial Liberal leadership in Quebec, he will be a big fish in the small pond. He has a high approval rating, and has the charisma needed to take on Bouchard.

Career-wise, if he decides to stay on at his post as a federal leader, he will remain a small, albeit well-liked, fish in a great big pond. He will have the exposure, but his party is likely to drown before it is ever re-elected, big fish or not.

He must also consider that, since the Canadian public decided that he is the only man who can save the country, backing out will be detrimental to his approval rating in his federal post.

If he is as ambitious as most politicians are, in the end Charest will likely opt for the bigger exposure.

And why not? Who wouldn't want to be remembered as the guy who saved Canada?

L.C.

This week in...

1948

Members of the Winchester Women's Institute collected \$156 for the European Children's Relief Fund. This campaign in Dundas County was under the supervision of the Federation of Agriculture. A request from that organization for the local institute to do the canvassing in Winchester was accepted and in addition to the amount collected, several donations were handed in to the local bank.

At the March meeting of the Winchester Fire Brigade, it was decided to organize a softball team for the coming season with Harold A. Helmer as coach and manager, if this arrangement met with his approval. Sweaters for the team had already been ordered. They were to be red with a white background and would have a crest of the Winchester Fire Department and pumper design on the front.

Attended by about 35 business and professional men of Winchester village, a complimentary dinner was tendered for O.V. Stevenson, manager of the local branch of the Royal Bank, in the town hall. Stevenson, who had been transferred to the headquarters of the Royal Bank at Edmundston, NB, was to leave the following week to take over his duties there.

By defeating the Renfrew Junior Lions hockey team 6-3 in the second game of the Ottawa District Junior Finals, played at the local arena, the Inkerman Rockets captured the Citizen Shield for the third year in succession. They won the first game at Renfrew by a score of 13-5.

1958

The Boy Scout movement in Winchester received new life at a re-organizational meeting held in the Legion club rooms. The meeting, chaired by Reverend W. Sutherland, was attended by several parents interested in the formation of Scouts and Cubs in Winchester.

A last-minute rush to renew vehicle permits and buy licences was over at Winchester with the announcement that the deadline of Wed., March 12 would not be extended. Line-ups at the Winchester bureau in the previous two weeks were the greatest in the town's history, with more people and, perhaps, more delinquents, trying to make the big buy before the deadline than at any time previously. It was not unusual to see upwards of 100 cars parked along Hwy. 31 on Main Street and a big queue of buyers lined up waiting to enter the small licence buying quarters.

The regular meeting of Winchester Township council was held in the Presbyterian Hall, Morewood, with all the members present. Council decided to purchase two acres of land off Hwy. 43, on Lot 12, Con. 5, as a storage place for township equipment, snow fencing and posts. The land cost \$400. There was a possibility that a building would be erected in the future for the storage of township trucks and other machinery, which would probably contain a room where council meetings would be held.

1968

Winchester Village council announced the appointment of Raymond Annable to the village administration staff. Annable was a well known village resident who was trained municipal affairs and would be a great asset as the business had grown to such an extent that the administrative staff was unable to cope with it.

An interesting program was arranged for the wind-up of the night school classes at North Dundas District High School. Highlighting the entertainment was the high school band, a girls physical fitness display and a fashion show. Visitors could visit the various rooms and see first-hand the extent of modern educational tools.

Hon. Fred M. Cass, Speaker of the House, was guest of honor at the annual Scouts "father and son" night at Henderson Hall. Cass had an extremely interesting message for the Cubs, Scouts and Venturers and complimented the Winchester group for having the only Venturer group in the St. Lawrence District.

The semi-final round in the St. Lawrence Junior "B" playdowns tightened up with both series standing at two games to one. The picture was similar in both brackets with one team taking the first two games and then dropping the third.

1978

Winchester District Memorial Hospital administrator Bert Stel said no major reductions in services or staff were expected following approval of a \$3,457,376 budget for the hospital.

Two area youths were charged following a series of break-ins with theft in the Iroquois area. A break-in at Seaway District High School caused several hundred dollars in damage when seven fire hoses were turned on, flooding the two-storey south wing and damaging 32 rooms in the school.

The Winchester Midget Blues had to forfeit a 4-1 win posted in Manotick against Rideau No. 4. In a return playoff game, the teams fought to a two-all draw. Winchester had a one-game lead in the series, winning the opener 5-2. The 4-1 win did not stand because Rideau No. 4 protested after their referees didn't show for the game.

Metcalfe Scouts and Guides attended an impressive service at Metcalfe Anglican



Church when Reverend Lambie dedicated his inspiring sermon to the Boy Scouts and Girl Guides and their dedicated leaders. The colors were paraded by Scout George McEwan and Girl Guide Linda Hind during the processional hymn "Onward Christian Soldiers".

1988

One month after rejecting a rezoning request which would have paved the way for a mini mall west of Winchester, a majority of township councillors prepared to support the project. Morrisburg lawyer Peter Remillard and Bob Thompson, owner of the land slated for development, asked Winchester Township council how it would respond if its decision was appealed to the Ontario Municipal Board.

The grand opening of Durant's Flowers was held at 501 Church St. in Winchester with free coffee and doughnuts. The draw for a door prize of a 6' silk maple tree worth \$199 was to be made. The opening spanned three days and free flowers and balloons were given out each day.

The Russell Warriors scored five powerplay goals in Russell en route to a 6-3 Upper Canada Minor Hockey League Bantam "C" win over the North Dundas Sports Unlimited Demons. The victory was the second consecutive win over the Demons and made UCMHL Eastern Division champions of Russell. The Warriors took game one of the Eastern final 6-2 in Winchester and wrapped it up with Sunday's 6-3 decision.



Welcome to the modern world of hurry up and wait

In this world of modern technology, I realize that I should embrace all of the wonders of computers, word processors and the internet. In fact, I should also embrace less appreciated telephone features, including fax machines, call waiting and call display.

And often I do.

Often I quite appreciate the machines that are intended to make my job easier and help my day to pass more smoothly.

But face it. The more machines and technology we cram into our lives, the more likelihood there is for breakdowns, viruses, utter confusion and irritation.

Take the internet for example. What a wonderful tool. As a reporter, I find the web an invaluable source of current information when researching a feature or even checking out world newspapers for editorial ideas.

Not to mention trading stories, photographs and information through e-mail with our sister newspaper.

However, I have found that, despite the best of intentions, these technological advances only serve to take up more time in my day, instead of saving time.

I'm sure that with practice and know-how the task of downloading stories and photos will get easier. However, when the computer takes its sweet ol' time retrieving or sending stories or photos for me... modern irritation creeps up.

That modern irritation can be evident in telephoning, as well.

I purposely do not employ the call-waiting feature on my phone for the very reason that most people keep it — it beeps when you're on the phone!

The way I see it, if somebody is phoning me and they get a busy signal, they can be assured that I am home, and they can call again later. If the phone rings and the answering machine picks up, they can be assured I am not home, and leave a message and wait for me to call back.

But seriously...

by Lori Culliton

How insulting is it to be the "second choice" caller, hung up on for a "more important" call on call waiting? How frustrating is it to know for a fact that the person you are calling has an answering machine, but the phone keeps ringing and the machine doesn't pick up because the person on the other end of the phone is on a more important call and chooses to ignore the incessant beeping? I'd rather get a busy signal.

Then there are the people who call you, but don't want to talk to you. "Oh, I was hoping to get your machine," they say.

Modern irritation.

Modern irritation includes attempting to log on to the internet only to find that it's too busy. It includes waiting for the all-important fax, only to find that the machine is out of paper and you missed 10 important faxes.

Modern irritation was created at the same time as the computer. But today, there is no way to escape. The computer has weaseled its way into our lives and there's no getting rid of it.

How did it get itself so wedged into the daily routine that we can't make it go away? We put it there, that's how.

We all decided that we couldn't live without our laptops, our four-eighty-sixes, our fax machines, our internets... we created our own monster.

And face it. As troublesome and slow and confusing and irritating as technology can be, we wouldn't part with it for a minute.

We sure learned that during Ice Storm '98, when all electricity was gone and we found out what life is like with nowhere to plug in our conveniences.

We realized how much easier it is to put up with technology to get the job done, than doing the job manually.

Yikes.

The only thing worse than modern irritation brought on by computers and technology is not having computers and technology at all.

The Malawi Files

Dining can be an adventure

Editor's note: Reverend Heather Jones, formerly a minister at St. Paul's Presbyterian Church in Winchester, now resides in Malawi, Africa. She began 1998 embarking on an 18-month campaign to tutor a Canadian relief doctor's three children in the tiny, Third World country. She is also volunteering her services to her new community to help with ongoing efforts to close the poverty gap. Look forward to columns from Jones in Malawi periodically as she keeps in touch with friends and parishioners in Winchester.

by Heather Jones

One of the things that is a big part of our culture in Canada is food. We take many opportunities to eat together. Many of our happiest memories focus on holiday feasts, much of our culture is defined by the food we eat. As Canadians, a good proportion of our social lives revolve around sharing meals. One of the questions many people have asked in messages I have received here in Malawi is "What is the food like?"

The staple food for most Malawians is called 'nsima' (pronounced seema).

It is made from maize (corn) flour. The finished nsima is a bland flavoured, thick porridge-like substance, usually served with 'relish'.

I had my first nsima last weekend, when I was invited to the home of Keston and Vesta Mhango. Keston is the second in command of the Primary Health Care program which operates out of the Mission Hospital at Ekweneni. The Mhangos would be considered an upper middle class family by Malawian standards. Both Keston and Vesta have regular jobs, and they have just finished building a new three-bedroom house with a guest annex at the back of the house.

Along with their two school-age children, Vesta's three sisters live with the Mhangos. It is common for couples who have regular income to be supporting any number of relatives who are not so fortunate.

The dinner party consisted of three Church of Scotland missionaries, myself, and three of the Mhangos. Seven-year-old Vitu was a little shy around the company, so she chose to eat with her aunts in the back courtyard. Four-year-old Lusungu was happy to share the table with the guests, and to practice his already excellent English.



Heather Jones

The meal began with the hostess coming to each of our seats with a kettle of warm water and a basin. Luckily for me, I was not first, since I didn't know what to do! I watched as the other guests held out their hands and had water poured over them.

Since Malawians do not use utensils for eating, we were being washed up for dinner! I watched as others used their fingers to form small pats of nsima, and scoop some of the relish. Typical of wealthier Malawian families, our 'relish' that night was roasted chicken pieces in light gravy, leafy green vegetables cooked with some chilies, rice, and red kidney beans. In poorer families there would be only one of these relishes, sometimes none.

Nsima by itself is not particularly tasty, but it is filling! With the relishes it was a very satisfying meal.

After eating chicken with gravy, greens in light sauce, and the sticky nsima, I was glad to see Vesta coming around the table again with the kettle and the basin.

Fortunately for me, even though I am only receiving a 'living allowance' here, I can still afford to eat much better than most Malawians. My flat mate and I have made nsima once, with a lot of help from our next-door neighbor, but generally we eat meals that are more typically western in style.

There are many things that are never available in the stores here, and many other things that are available only sometimes. For instance for the first three weeks I was here, there was not fresh milk of any variety in any of the stores in Mzuzu.

For two weeks we could not find margarine anywhere. I have never seen prepared salad dressings, although I was fortunate

enough to find light vegetable oil and white vinegar on my first shopping trip, so we are able to make our own dressing. However despite the shortages, we still eat quite well.

Meat is very expensive. We pay the equivalent of Cdn \$5.00 per kilo for ground beef: the fresh sausages were Cdn \$4.00 per kilo. Other items are similarly expensive. Butter costs Cdn \$5. per pound. Fruit juice is Cdn \$10 for a 4 litre jug. Inflation is a serious problem here as well. Powdered milk has more than doubled in price in six months. While we can afford the inflated prices, it is very hard on most Malawians: wages are not increasing at anything near the rate of inflation.

Some varieties of vegetables are relatively plentiful and so affordable right now. At the market I can buy four or five tomatoes for Cdn \$.75. Pineapples are Cdn. \$1. Lemons (which are deep green, though fully ripe) are less than Cdn. \$.05 each. Bananas are available all year. Right now it is possible to buy 15 to 20 bananas for about 75 cents Canadian.

Another interesting aspect of cooking here in a tropical country is dealing with the bugs. After my first experience of cooking rice, when the larva hatched as the water heated up, before being killed in the boiling water, I went through the package of rice and removed all the bug larvae. Similarly, all flour must be sifted before use to remove the weevils. Cockroaches are everywhere, and keeping them out of food is an ongoing struggle. I have sent home for a supply of zip lock bags to help deal with this challenge.

Many aspects of cooking and eating are different here than they were in Canada, but there are many similarities. Our next-door neighbor has come in for afternoon tea a few times, and we have enjoyed the opportunity to get to know one another.

The pot luck dinners I have attended have been much like the same dinners at home in the bounty and variety of foods. And everywhere that I have been to eat, recognizing the blessing of food, and the fellowship that comes from eating together, meals are blessed and God is thanked, in the bounty and especially in the scarcity. I may live half way 'round the world, but some customs and some aspects of culture are much like home. Thanks be to God!



Generated revenue

The Metcalfe and District Lions club presented a cheque for \$1,500 to the Osgoode Township Care Centre last Friday (March 6). The money will go toward upgrading the facility's generator. Staff at OTCC discovered during the ice storm that there were vital implements not connected to the gener-

ator and that will be updated for future emergencies. Making the presentation: Murray Munro, OTCC administrator (left) and Claire O'Brien, chair of community relations for the Board of Directors (right) accept the donation from Lion President Gerry Ross. Press Photo — Culliton

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LETTERS
TO THE EDITOR

Ministry thanks ag community

The Editor:

A word of appreciation to the agricultural community of eastern Ontario.

Staff of the Ontario Ministry of Agriculture, Food and Rural Affairs wish to express their thanks to the citizens of eastern Ontario for their support and cooperation during the ice storm of January 1998.

The efforts of staff resulted in nearly 1,000 generators being provided to farmers in eastern Ontario. The cooperation of the farming population during this crisis has been both remarkable and honorable as most generators have been returned and are now being shipped back to the United States and to western Ontario.

If you are still in possession of a generator, please call one of our offices to be directed to the appropriate depot.

The Disaster Relief Fund for Farmers announced on Jan. 29 has also kept our staff extremely busy. Many citizens who visited our offices in response to this program found that they had to wait in line or wait while the appropriate connections were made to our head office in Guelph. We thank you for your understanding, comprehension and cooperation as we struggled to flow approximately 1,000 cheques out of each of our eastern locations.

As citizens of eastern Ontario, we have all experienced a great crisis. Most of us have difficulty recalling individual days of the storm. Unfortunately the winter programs planned by the ministry for the area are no longer appropriate. Preparation days were lost in January as staff concentrated their efforts on the immediate crisis needs of clients.

We thank you in advance for your patience and understanding as everyone takes time to recover from what has been an incredible six weeks.

Joanne Newman
 Field Services Manager
 Alfred, Avonmore, Nepean and Winchester


GREENPEACE
Green Kids
5 Green March Break Ideas
(one for each day of the week!)

1 Make "new" paper from used paper: This is an easy and fun way to see how recycling works. The public library, a craft store or "environmental" store near you will have books on how to make recycled paper at home.

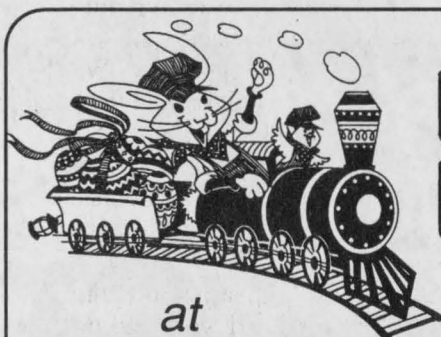
2 Take a "Signs of Spring" walk: Go for a walk in the park, in the neighbourhood, even your backyard, and look for the ways in which nature gets ready for Spring.

3 Find some of the environmental World Wide Web sites: Even if you don't have access to the World Wide Web at home, it may be possible to get on-line at a nearby cafe or photocopy shop (your mom or dad can probably help you with this). There are a lot of great environmental sites on the WWW. The Greenpeace site has a special kids' section which can be reached via: <http://www.greenpeacecanada.org>

4 Rent a nature documentary from the video store: Most video stores have a selection of documentary videos, some of which will have fascinating stories about how creatures of the oceans or creatures of the forest live.

5 Get ready to start an environment club at your school: There are all sorts of fun things that an environment club can do. One thing you could do is help make your school more environmentally friendly. To give you some hints about how to do that, we'd like to send you a free copy of the brochure entitled "Stepping Lightly on the Earth." If you would like a copy, just write the Greenpeace Information Office, 250 Dundas Street West, Suite 605B, Toronto, Ontario M5T 2Z5.

NC


Easter supplies
have arrived!

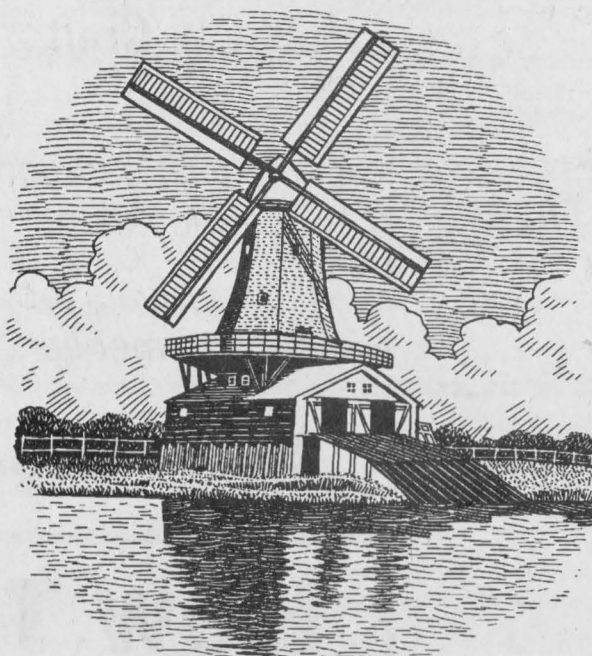
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GOUDA - MEDIUM	\$14.95 kg	\$12.50 kg
GOUDA - OLD	\$16.95 kg	\$14.00 kg
GOUDA - SPICED	\$13.95 kg	\$11.50 kg

Bolletje Rusk (beschuit)	\$1.19	\$0.99
deRuyter speculaas	\$1.95	\$1.49
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High school bands collect gold medals

CHESTERVILLE — The bands at North Dundas District High School have been playing the tune of musical champions recently as the school won two silver and two gold medals at two competitions in the past two weeks.

For the fifth year in a row, the senior concert band won gold at the regional level competitions last weekend. The junior concert band took home the gold for the second year in a row at the same competition. Both bands were given an invitation to compete at the national level. The invitation extends over two years, and because this year's competition takes place in Vancouver, the band will be competing next year in Toronto.

"There were 20 schools involved," said music teacher and band conductor Greg Prest. "There were six bands in the senior category. It was tough competition."

The school's two jazz bands both took home silver medals on the last weekend in February from the eastern Ontario regionals at Woodroffe High School. This music festival invited high school bands from all over the area to be rated on their performance. Because of the rating systems, Prest said, more than one band was able to get gold.

"I'm very, very proud of the bands," said Prest. "It's a lot of hard work to get here. Some of the members practice five days a week, getting to the school at 7 am. All the practice is outside of school hours."

But, Prest said, all that hard work does pay off in the end.

"These competitions are a great opportunity for the kids to go to different schools and see what's going on, and know that they're on an equal level," he said. "They know they stand right up there with the best."

Mountain Musings

by Shirley Mills

There will be a benefit concert at the Shanly United Church on Sun., March 15 at 7:30 pm. This is to assist the Elwyn and Linda Millar family of Shanly, whose son Shawn will be undergoing a kidney transplant with Elwyn as the donor. The operation is scheduled to take place in late March. This musical evening will include inspirational music by the South Mountain Gospel Singers; the Messenger; Janice and Paul McIntyre and the Shanly Church choir. A freewill offering will be received during the evening and forwarded to the Millars. Should you wish, donations may be sent to: The Shawn Millar Fund, c/o Inkerman Wesleyan Church, Inkerman, KOE 1J0.

A St. Patrick's Day Euchre will be held at St. Daniels Catholic Church in South Mountain on Tues., March 17 at 7:30 pm. The cost is \$2 per person and lunch and prizes will be provided. Everyone is most welcome to attend.

Now we know that spring is almost here - we have seen (and heard) the geese. Unfortunately, some of them seem confused and not all of them are flying north. Still I imagine they'll get it sorted out soon.

Naturalist to lecture on wetlands

CORNWALL — You can tell that spring is almost here when you hear words like fauna, ducks, geese and red-wing blackbirds. All are part of the wetlands.

Spend some time at the Cornwall Public Library and get into spring as talented writer, photographer, naturalist and teacher Michael Runtz delights you with his slide presentation and discussion of the beauty and the wonder of the wetlands.

The library, in partnership with Resource Stewardship of SD&G, Raisin Region Conservation Authority and South Nation Conservation, is presenting "The Hidden World of Wetlands" on Thurs., March 12 at 7 pm in the library's multipurpose room on the second floor.

Runtz has worked as a professional naturalist in Canada's national and provincial parks and has conducted biological surveys on rare species such as the peregrine falcon.

The author of three previous best-selling books, Moose Country, Algonquin Seasons and The Explorer's Guide to Algonquin Park, Runtz teaches Natural History at Carleton University in Ottawa.

He will be hosting a national television show on the Life Network titled Wild Things with Michael Runtz.

Filming begins in late April and the show will be on air by September of this year. For more information about his presentation at the library, call 613-932-4796.



Kim Backes is now running Chatter's, formerly Corner Books and Crafts, and has installed a sub counter in the room adjoining the book store.

Press Photo -- Bierworth

New owner adds subs to books, craft lines

by Sandy Bierworth
Press staff

WINCHESTER — Be careful when you're reading your new book — you don't want to get a piece of your fresh sub on it.

The former Corner Books and Crafts, beside Dundas Veterinary Services at County Roads 31 and 43 West, is under new ownership. Kim Backes took control of the store on January 26 and recently installed a sub counter and tables into the room adjoining the books and crafts store. Ownership of the store was handed to her by Dundas Veterinary Services veterinarian Bill (Willy) Armstrong.

The sub shop opened on March 2, and Backes said she has received several compliments from customers.

Backes, who formerly worked at Winchester Video, said running the store is a dream come true.

"I've always wanted to own my own business," she said. "I came in here and knew exactly what I wanted to do."

She said that while many people didn't know the store had changed hands, community support has been good.

"I think it's a fairly good location," she said. "It's right on the highway, so that draws a bit more business, and once the good weather comes, I'm hoping some people will make the short walk from town."

The sub shop offers 10 different kinds of subs and a variety of soft drinks. Backes said she hopes to add soft ice cream to the menu in time for summer, but "that's still in the works."

The familiar books and crafts section of the store which offers new and used books, pet food and supplies and handmade crafts will remain the same, she said, but she is hoping to add to the selection.

"More books are being brought in and if someone wants a book that they can't find here, I'll order it for them," she said.

Backes said so far she has enjoyed running the store.

"No headaches," she said. "I enjoy coming to work every day."

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Kathleen Scott



191 Castor St., Russell



South Dundas discusses policing payment options

by Sandy Bierworth
Press staff

WILLIAMSBURG — South Dundas council got another dose of the amalgamation changes at their last council meeting, Feb. 26 when Mike Hopkins, Inspector for the OPP Long Sault detachment, reminded them they must now pay for policing services in the township.

Hopkins joined the meeting to discuss payment options with the council. The costs were downloaded from the province at the beginning of the year.

"I've prepared the costing for North Glengarry, but I never did that for South Dundas," Hopkins told council. "I need to get costing from you. Where our office is located is your decision. What level of policing is required is up to you. Right now, you're paying a provincial averaging cost, but it might not be like that in two or three years."

Hopkins suggested several options to council, including a quarterly bill, a contract with the OPP,

teaming up with other area townships to join policing forces and draw a joint contract, or to create their own, separate police force as North Glengarry has done.

Mayor Johnny Whittaker was open to most of the options, though he said he didn't think the county would accept the contract option.

He said he would discuss the options at a county level to see how the surrounding municipalities are handling the policing costs.

Hopkins told council he would work out the cost of police service in South Dundas based on what it is now, and said he would bring those figures to the next meeting.

Whittaker said he didn't think any changes to the police service in the township were necessary.

"Personally, I'm satisfied with the level of policing we have today," he said. "Give us the level of service we have. The problem with public meetings is people say they want more service, but when it comes time to pay, they wonder why their taxes go up."

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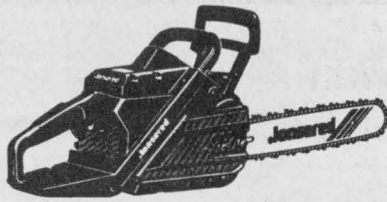
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Gas coming to Osgoode and Greely

METCALFE — It isn't a pipe dream anymore; natural gas is coming to both Greely and Osgoode.

Consumers Gas confirmed that the village of Greely should be on-line by the end of the year, while Osgoode will have a pipeline in operation sometime in '99.

This confirmation is much better than earlier forecasts that didn't confirm a date for Greely and had Osgoode years away from tapping into a pipeline.

"We have re-examined the methodology," says Lisa Lawlor, Consumers Gas manager of distribution expansion. "We're committed."

And this commitment is very good news not only for both villages, but for the township as a whole and especially the Greely Industrial Park, says Councillor Dale Harley.

"It's great," he says. "This is part of our economic development strategy and as a result of the lower cost of heating, it will be easier to attract businesses to the township."

The price tag for bringing source of heat energy to both villages will top well over \$1 million for each project. Piping natural gas into Greely became a reality last year with the realization of a multi-million dollar senior's centre on Manitowick Station Road.

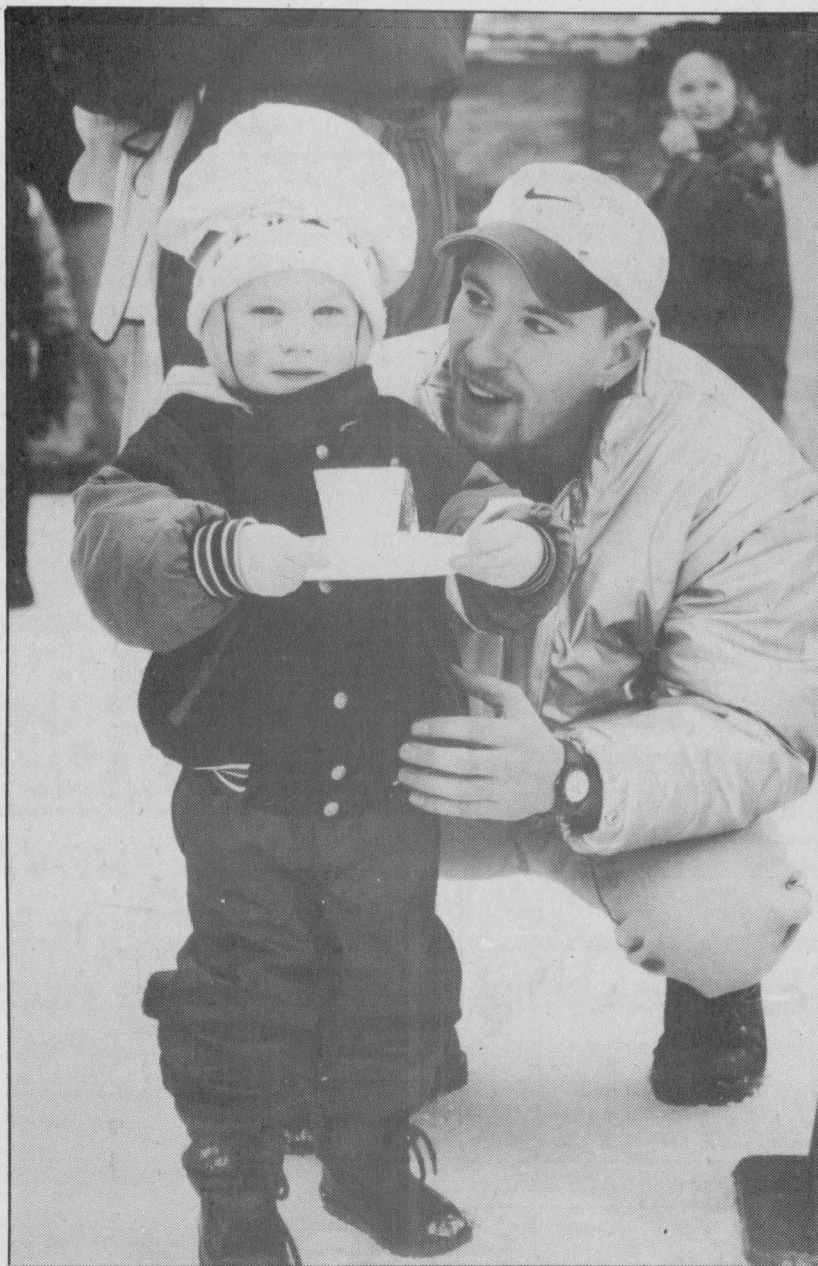
Osgoode's chances looked very bleak last fall, despite an enormous public demand for the service. The lack of an industrial base was one of the reasons Consumers Gas officials gave residents as to why natural gas hadn't made its way to the village.

Now, the pipeline will be brought into Osgoode, but residents can expect to pay at most a \$15-per-month periodic contribution charge (PCC) for the next five years.

That's the maximum ceiling the Ontario Energy Board will allow gas companies to charge residents, to aid in the financing of construction work, bringing the pipeline into the village limits.

But Lawlor says more work is needed before a PCC charge is determined for Osgoode.

Currently, a survey to see how many residents are interested in converting to gas is under way. A similar exercise will be conducted in Osgoode later this spring.



Fun in the rain

The Hallville Winter Carnival had a wet start on Sun., March 1, but there were plenty of children and parents on hand to make the most of it. Clockwise, top left: Brody Collins and Paul Brennan get ready for the waiter/waitress race; Amanda Thompson sings O Canada; Marnie and Erin O'Farrell in the waiter/waitress race; Greg Erwin, Linda Dumoulin and Paul Brennan participate in the egg toss.



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No. 1

4 lbs Chicken Breast
4 lbs Back Ribs
4 lbs Center Cut
Pork Chops
4 lbs Rib Steak
4 lbs Medium
Ground Beef

20 lbs \$69.00

No. 2

4 lbs Chateaubriand
3 lbs Boneless Sirloin
Pork Chops
4 lbs T-Bone Steak/
or Roast
5 lbs Chicken Breast
4 lbs Medium
Ground Beef

20 lbs \$59.00

No. 3

3 lbs Rib Eye Steak
4 lbs Pork Side
Ribs
3 lbs Butterfly Chops
or Roast
5 lbs Chicken Breast
5 lbs Lean
Ground Beef

20 lbs \$59.00

Steak Pkg.

3 lbs Rib Eye Steak
3 lbs New York
Steak
5 lbs Chateaubriand
Steak
5 lbs T-Bone Steak
4 lbs Top Sirloin
Steak

20 lbs \$99.00

Roast Pkg.

6 lbs Cross Rib Roast
3 lbs Sirloin Tip Roast
6 lbs Pork Leg Roast
3 lbs Pork Shoulder
Roast
6 lb Roasting Chicken
5 lbs Lean Ground
Beef

30 lbs \$75.00

Chicken Pkg.

2x3½ lb Frying
Chickens
(whole or split)
6 lbs Chicken Breast
4 lbs Chicken Wings
Split
3 lbs Chicken Drums
5 lbs Chicken Thighs

25 lbs \$49.00

No. 1

4 lbs T-Bone Steak
4 lbs Centre Cut Chops
5 lbs Rib Steak
2 lbs Minute or
Sandwich Steak
6 lbs Sirloin Tip or Rump
Roast
5 lbs Chicken Breasts
4 lbs Pork Leg Roast or
Steak
5 lbs Chateaubriand Steak
5 lbs Medium Ground
Beef

**40 lbs
\$149.00**

No. 2

4 lbs T-Bone Steak
4 lbs Rib End Chops
5 lbs Sirloin Steak
3 lbs Back Ribs
5 lbs Sirloin Tip Roast
5 lbs Chicken Breasts
4 lbs Pork Butt Roast or
Chops
5 lbs Chateaubriand
Steak
5 lbs Medium Ground
Beef

**40 lbs
\$145.00**

No. 3

6 lbs T-Bone Steak
4 lbs Sirloin Chops
3 lbs New York Steak
4 lbs Side Ribs
3 lbs Blade Roast
5 lbs Chicken Breasts
4 lbs Butterfly Chops or
Roast
6 lbs Chateaubriand
Steak
5 lbs Lean Ground Beef

**40 lbs
\$159.00**

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Chicken Breasts
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Chicken Legs
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10 lb Bag or more **\$2.19/ lb**

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5 Chicken 4 Beef 3 Pork
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Sausages...**\$1.99lb**
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10 lbs Chicken
Breast.....**\$2.29lb**

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New medical deductions

by Virginia Pastway
(NC)—There are a number of tax changes which have been announced in the federal and provincial budgets over the past several months, including medical expenses.

The new Refundable Medical Expense Supplement will be available to low income Canadians who have earned income of at least \$2,500, and is reduced by 5% of net income in excess of \$16,069. The refundable credit will be the lesser of \$500 and 25% of allowable portion of medical expenses that can be claimed as a medical expense, and is claimed on page 4 of the T1 return.

Revenue Canada has announced several new medical expenses that will qualify for the medical expense credit. They are:

1. 50% of the cost (to a maximum of \$1,000) of an air conditioner necessary to help someone with a severe chronic ailment, disease or disorder.
2. 20% of the cost of a van that is adapted or will be adapted within six months for the transportation of an individual who uses a wheelchair. Expenses can be claimed to a maximum of \$5,000.
3. Sign language interpreter fees.
4. Expenses incurred for moving to accessible housing.

5. Reasonable expenses for alterations to the driveway of a principal residence if the inhabitant has a severe and prolonged mobility impairment and alterations were necessary for bus access.

6. Up to \$5,000 for respite care may be claimed as a medical expense. Also, up to \$10,000 of attendant care expenses can be claimed as medical expenses.

A good tax software package can help you through the maze of tax rules and changes, and costs around \$40. Tax calculations in such software packages are handled for you automatically, based on the tax information you enter. Some software packages also include extensive on-line tax help for you to reference when you have a question about your tax return. If you have a CD-ROM drive, look for a tax software package on CD-ROM which includes tax tips and advice by a noted Canadian tax authority.

Virginia Pastway is Manager of Communications at CANTAX, a leading developer of Canadian income tax software for individuals, small businesses and tax professionals. She is based in CANTAX's Calgary head office at 1-800-265-3800.

Tax rate changes in effect

by Virginia Pastway
(NC)—Tax changes which have been announced in the federal and provincial budgets over the past several months will affect many Canadian taxpayers in one way or another. Here's a brief overview of the changes you can expect when calculating your 1997 income tax return.

The 1997 federal tax rates are unchanged from 1996. Provincial tax rate changes have been made in four provinces.

1. The provincial tax rate in British Columbia is reduced from 52% to 51%.
2. The Ontario provincial rate is reduced from 56% to 48%. In 1998 it will be reduced to 45%.
3. New Brunswick provincial tax rate is reduced from 64% to 63%.
4. Nova Scotia provincial tax rate is reduced from 59.5% to 58.5%.

The provincial surtax calculations were changed in British Columbia, Prince Edward Island and Ontario (now called the Fair Share Health Care Levy).

—The British Columbia surtax is now calculated at 30% of the excess of provincial tax over \$5,300 plus an increase from 21.5% to 24.5% of the excess of provincial tax over \$8,745 (this is a reduction from \$8,915).

—The Prince Edward Island 10% surtax threshold has been reduced from \$12,500 to \$5,200.

—The Ontario Fair Share Health Care Levy will be calculated on 20% of provincial tax in excess of \$4,555 (down from \$5,310 in 1996) plus 26% of provincial tax in excess of \$6,180 (down from \$7,635 in 1996).

Newfoundland has introduced a new Provincial Sales Tax Credit, the

amount of which is \$40 per adult and \$60 per child. The credit is reduced by 5% of net family income over \$15,000.

Ontario has introduced a refundable Child Care Credit. This credit consists of up to \$400 for each child under seven for whom child care expenses are claimed on your tax return. The credit is reduced by 4% of family income in excess of \$20,000.

Ontario has also introduced a new refundable credit called the Ontario Graduate Transitions Tax Credit. This credit is available to proprietorships and corporations who hire qualifying unemployed post-secondary graduates after May 6, 1997. The credit applies to qualifying expenditures up to a maximum of \$4,000.

A good tax software package can help you through the maze of tax rules and changes, and costs around \$40. Tax calculations in such software packages are handled for you automatically, based on the tax information you enter. Some software packages also include extensive on-line tax help for you to reference when you have a question about your tax return. If you have a CD-ROM drive, look for a tax software package on CD-ROM which includes tax tips and advice by a noted Canadian tax authority.

Virginia Pastway is Manager of Communications at CANTAX, a leading developer of Canadian income tax software for individuals, small businesses and tax professionals. She is based in CANTAX's Calgary head office at 1-800-265-3800.

Embrun show ready

EMBRUN — The Embrun Spring Fair and Seed Show kicks off tomorrow, promising something for everyone.

Presented by the Russell Soil and Crop Improvement Association, the show runs from Thurs., March 12 to Sat., March 14 at the Embrun Community Centre.

Exhibitors are invited to bring in their entries for the seed and feed show on Thursday from 9:30 am - 11:30 am. Ladies exhibits are to be brought to the hall from 10 am - 12 noon. Judging will take place on Thursday afternoon.

Booths will be set up on Friday morning and the hall will be open to the public from 11 am to 10 pm.

The hall opens to the public on Saturday from 10 am - 5 pm.

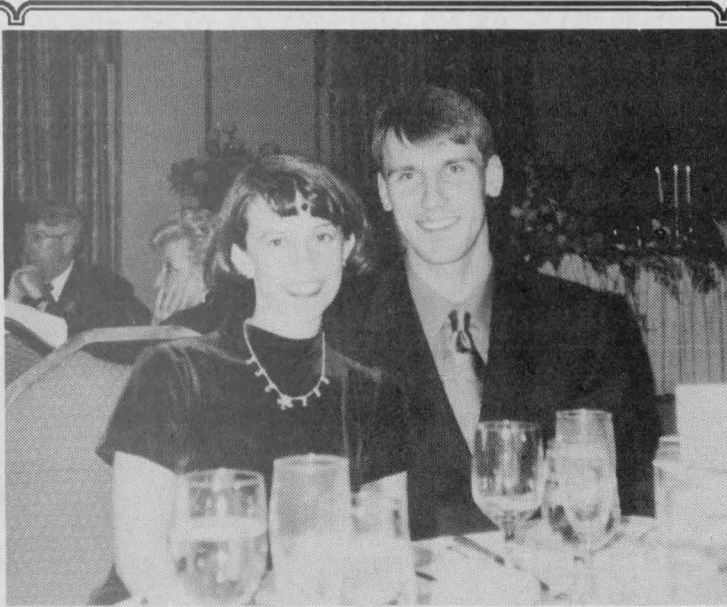
The spring fair and seed show winds up Saturday evening with the presentation of trophies and the Award of Merit to Andre Chabot and Rachelle Chabot.



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Hendersons top Crysler show

Dianne Fetterly
Agricultural editor

CRYSLER — Lorne and Francis Henderson of Brinston were named premier exhibitor in the SD&G Seed and Forage Show held in conjunction with the Crysler Farm Show last week.

The Hendersons also received premier forage exhibitor honors.

Wenalt Holsteins of the Crysler area was reserve premier exhibitor, showing reserve champion haylage, reserve champion shelled corn, champion ear corn and champion soybeans.

Jean-Charles Landry was named premier first-time exhibitor, while Claude and Marc Patenaude were reserve first-time exhibitor.

Reserve champion forage exhibitor honors went to Glaudale Farms of Berwick.

The champion forage was exhibited by Marc and Claude Patenaude with reserve forage exhibited by Rob MacDonald.

Glaudale Farms had the champion haylage as well as the champion shelled corn.

George Jackson exhibited reserve champion ear corn and Threeloos Farms had champion corn silage.

The Neville Brothers exhibited champion cereal.

There were 100 exhibits by 24 exhibitors.

In the Innovations '98 competition Doug Sovo placed first for his hydraulic-powered elevator. Second place went to Douglas MacLennan for his planter filler innovation.

Farm update



Farm show attractions

Nice weather welcomed visitors to this year's Crysler Farm Show held March 4 - 6 at the Crysler Community Centre. Besides displays set up inside the centre, sunshine attracted show-goers to the

displays outdoors as well. The SD&G Seed and Forage show and the Innovations '98 competition were held in conjunction with the show.

Press Photos — Fetterly



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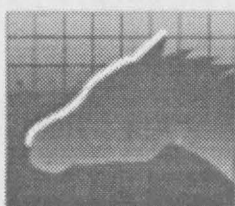
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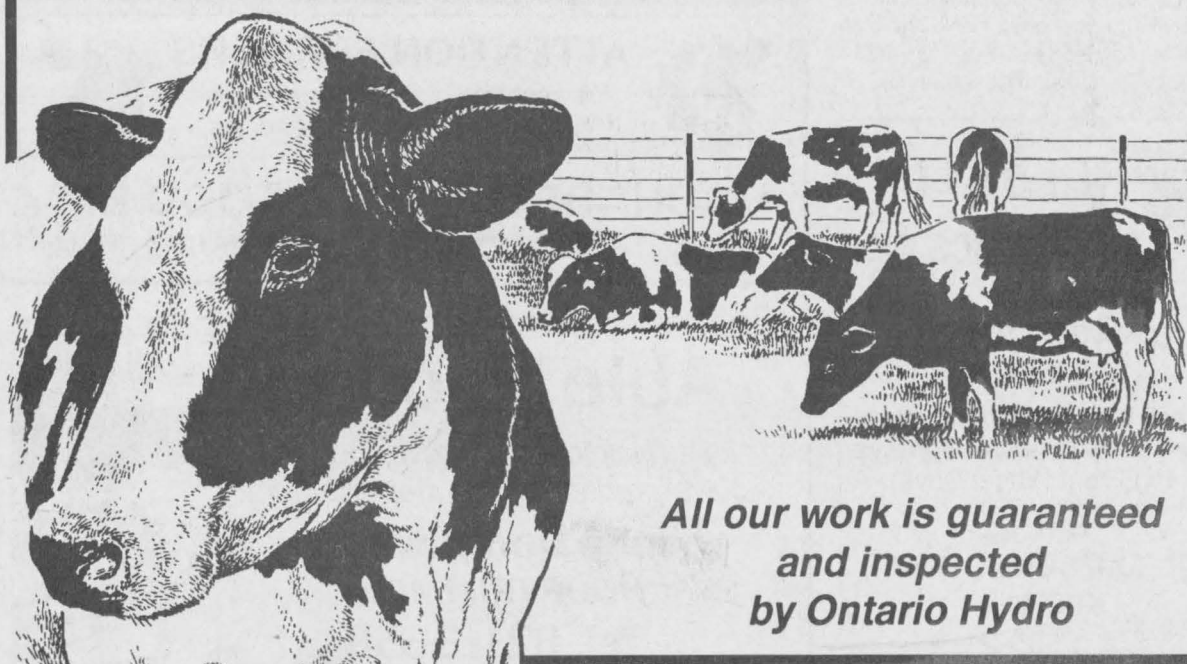
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250 exhibits pack grounds of farm show

by Lori Culliton
Press staff

OTTAWA — The 71st annual Ottawa Valley Farm Show is set to begin on Wed., March 18. The show boasts 250 exhibitors, which will take up most of the facilities at Lansdowne Park, including outdoor exhibits.

A wide variety of exhibits from all levels of farming will be on hand for viewers to check out.

Cindy Day, general manager of the farm show, said that the newest machinery and equipment will be on display during the show, which lasts Wednesday through Friday, March 18 to 20.

There will be a champion seed show and sale, which was how the show began 71 years ago. A cattle ring and breed displays will be available, and a simmental sale will take place on Wednesday starting at 1 pm.

"Since the ice storm in January has had such a huge effect on farmers," Day said, "we invited Metcalfe Wind Electrics to demonstrate alternatives to electricity for powering your home."

From financial services to seed companies, from agricultural books to toy tractors, there will be something there for everyone at the Ottawa Valley Farm Show.

The show will be open on Wednesday and Friday from 9 am to 5 pm, while Thursday's festivities will go from 9 am until 9 pm.

There will be a chocolate making demonstration by caterer Margaret Hobbes, which promises to draw crowds, as well as another display which will seem very timely to those who suffered through the ice storm: a group of artists will demonstrate how to build furniture out of twigs.

"With an abundance of twigs after the ice storm, we figured this might give people an idea for what to do with the twigs in their yards," Day said.

FSA to target tractor safety

Dianne Fetterly
Agricultural editor

GUELPH — The number of farm work-related fatalities in Ontario was down 25 per cent in 1997. But the Farm Safety Association won't be happy until the numbers drop to zero, so it has launched a campaign to target one of the worst dangers — the tractor.

"The theme for this year's farm safety week (March 11 - 18) is tractor and machinery safety... We (Farm Safety Association) want to try to prevent rollovers and encourage safe use of tractors on roadways," explained Steve Zronik, public relations co-ordinator for the Farm Safety Association.

Fifteen people were killed on Ontario farms last year, compared to 20 fatalities recorded in 1996 and 1995.

Of those 15, five of those were children under the age of fifteen. Six deaths were directly related to the operation of tractors.

"(The 1997) figures are the lowest in 25 years... since we started keeping track in 1975, but what we'd like to see is zero (fatalities)," Zronik added.

As part of its campaign to promote tractor safety, the Farm Safety Association has announced the safe tractor operation program.

The program consists of a training manual and tractor safety video aimed at new operators and as a refresher for experienced operators. It includes: the types of tractor-related accidents; how to reduce the risk of an accident; an operator's checklist; tips on starting, operating and stopping the tractor; how to avoid rollovers; roadway travel and more.

The cost of the program is \$25. For information contact the Farm Safety Association at 22-340 Woodlawn Road West, Guelph, Ontario, N1H 7K6; telephone: 519-823-5600 or 1-800-361-8855; fax: 519-823-8880; or e-mail: info@fsai.on.ca.

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4-H executive

The Dundas 4-H Association chose its executive for the upcoming year at a meeting held last Thursday evening in Winchester. The executive includes, left to right: Ron Wilson, vice-president;

Mary Fisher, president; and Linda Porteous, secretary/treasurer. Porteous will also serve a three-year term as area rep to the Ontario 4-H Council.

Press Photo — Fetterly

Dundas to use donation for trees

Dianne Fetterly
Agricultural editor

WINCHESTER — Dundas County could be a little greener this summer thanks to efforts of the Ontario 4-H Council.

The council raised \$7,200 for 4-H families in eastern Ontario affected by the ice storm. Recently, it presented cheques for \$600 to each of the 12 county associations — to benefit 4-H members and their families as the associations deem fit.

At a meeting last Thursday in Winchester, Dundas County 4-H Association board members voted to use the funds to purchase seedling

trees since trees were hardest hit by the storm. It was suggested that each 4-H member in the county receive a tree to plant and possibly a couple of larger trees would be donated to the townships of North and South Dundas.

Donations to the fund poured in from 4-H members in Nova Scotia, Prince Edward Island, New Brunswick and from 4-H clubs and 4-H associations in Ontario as well as from concerned individuals.

Also proceeds from the Ontario 4-H Council's conference and annual meeting silent auction went towards the fund.

The donations were presented to representatives of Dundas, Frontenac, Glengarry, Grenville, Lanark, Leeds, Lennox and Addington, Ottawa-Carleton, Prescott, Renfrew, Russell and Stormont.

The aim of the 4-H program is to foster personal development of youth. A registered charitable organization, the Ontario 4-H Council provides leadership to 4-H in the province.

Anyone still wanting to donate to the Ontario 4-H Council's ice storm relief fund can do so by calling 1-800-937-5161 or sending a donation to the Ontario 4-H Council, RR1, Thornloe, Ontario, P0J 1S0.

DFA chooses executive

MORRISBURG — Members of the Dundas Federation of Agriculture chose their executive for the upcoming year during the federation's annual meeting and banquet held Fri., Feb. 27. The executive is as follows: president, Corry Martens; vice-president, Wray Holmes; secre-

tary-treasurer, Marilyn Johnson; OFA director, Alvin Runnalls; Mountain director, Leo Loughlin; Matilda director, Carole McDermott; and Williamsburg director, Andrew Geertsma. A representative for Winchester will be selected by the board.

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update

Members practice healthy eating

by Patty Duke

ORMOND — On Feb. 7, the "Ormond Happy Healthy Eaters" held the first meeting of Healthy Eating Around the Clock.

The first meeting "Start your Day the Healthy Way" discussed healthy breakfasts which included members making oatmeal pancakes and orange Julius.

The executive of this club is as follows: president, Stephanie Sheldrick; vice-president, Christopher Toonen; treasurer, Emmanuelle Sheldrick; press reporter, Patty Duke; youth leader, Melissa Stoodley; and secretary is roving.

Members include Andrea Brydges, Kelly Kleinswormink and Shannon Toonen. The leaders of this club are Mary Deeke and Tammy Duke.

The club also met again on Feb. 14 for meeting two, "Munchable Lunchables". At this meeting, the club discussed healthy lunch ideas, especially when packing for school. All members were able to participate in making birdseed bars and Orient Express chicken. Both were enjoyed by all the members.

The third meeting, held on Feb. 27, was called "Snacks — Anytime, Anywhere". Members and leaders discovered interesting facts about fibre and fat intake. At this meeting cooking involved making Fully Loaded Carrot Muffins, popcorn au parmesan, and Nuts and Bolts. At the meeting adjournment, all members and leaders could not have eaten another bite of the tasty snacks.

The next meeting will be held on March 13 at 7 pm.

Bread Maniacs learn breadmaking

by Stephen Sunderland

WINCHESTER — An exciting new 4-H Club is under way in Dundas County — "Bread Maniacs". Club members are learning the finer points of bread making as taught by leaders Rose Hennin and Denise Sunderland.

During the first meeting elections were held and the new president is Sarah Sunderland, vice president is Laura Vingerhoeds, secretary is Shannon Cossette and treasurer is Laure Bossel.

We have been learning about different breads and the correct techniques for making them taste great.

On March 15 we will be visiting the bakery at the Red and White store in Finch.

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- Ask questions at the electronic farming display
- Visit the cattle ring for a Simmental sale on Wednesday
- Take your best guess at the 'cattle weight' guessing contest
- Learn how to build 'twig furniture'
- And if you time it just right, you can sample some sweets at the chocolate demonstration!

Wednesday, March 18, 9 am-5 pm

Thursday, March 19, 9 am-9 pm

Friday, March 20, 9 am-5 pm

ADMISSION IS ONLY \$6

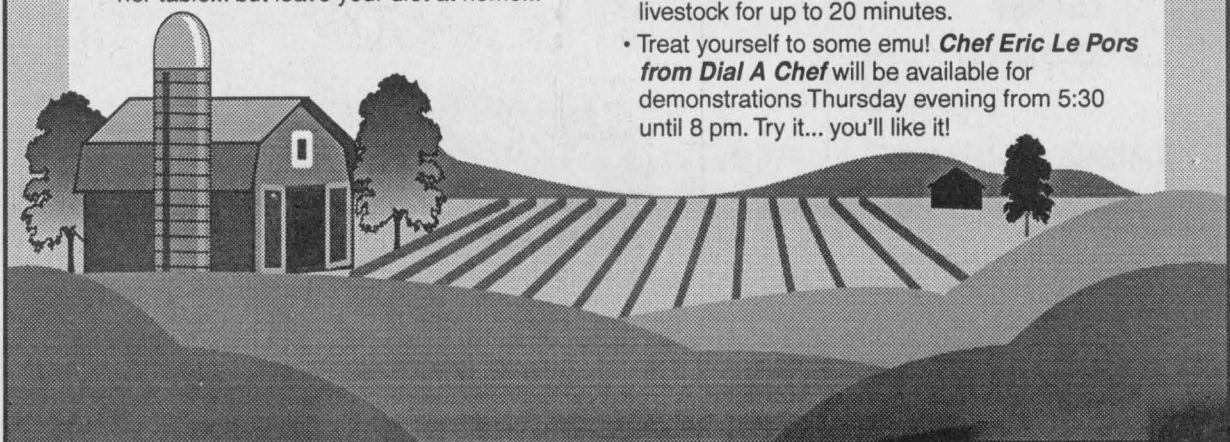
Branches... we've got branches!!

What to do with all those twigs lying around this spring... Why not make furniture?

- Cheryl Evans from Shilo Rustic Furniture will be on hand to show us how!
- And with Easter only weeks away, learn to make your very own chocolate turtles. Margaret Hobbs invites you to her table... but leave your diet at home...

In the Lansdome

- The face of farming is changing! You'll find more than a dozen breeds of cattle on display. Don't miss the **Simmental Cattle Auction** on Wednesday at 1 pm.
- New this year, following the devastation caused by the ice storm of the century, Metcalfe Wind Electric will be set up to demonstrate and discuss an **alternate, renewable energy source**.
- Everybody's talking about it... "Little Selze'er"... the hot new livestock immobilizer. See how you can safely immobilize healthy livestock for up to 20 minutes.
- Treat yourself to some emu! **Chef Eric Le Pors from Dial A Chef** will be available for demonstrations Thursday evening from 5:30 until 8 pm. Try it... you'll like it!



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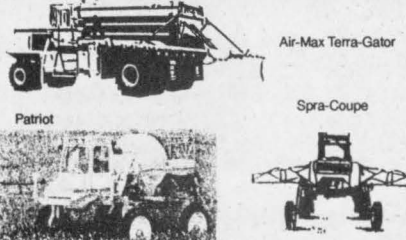
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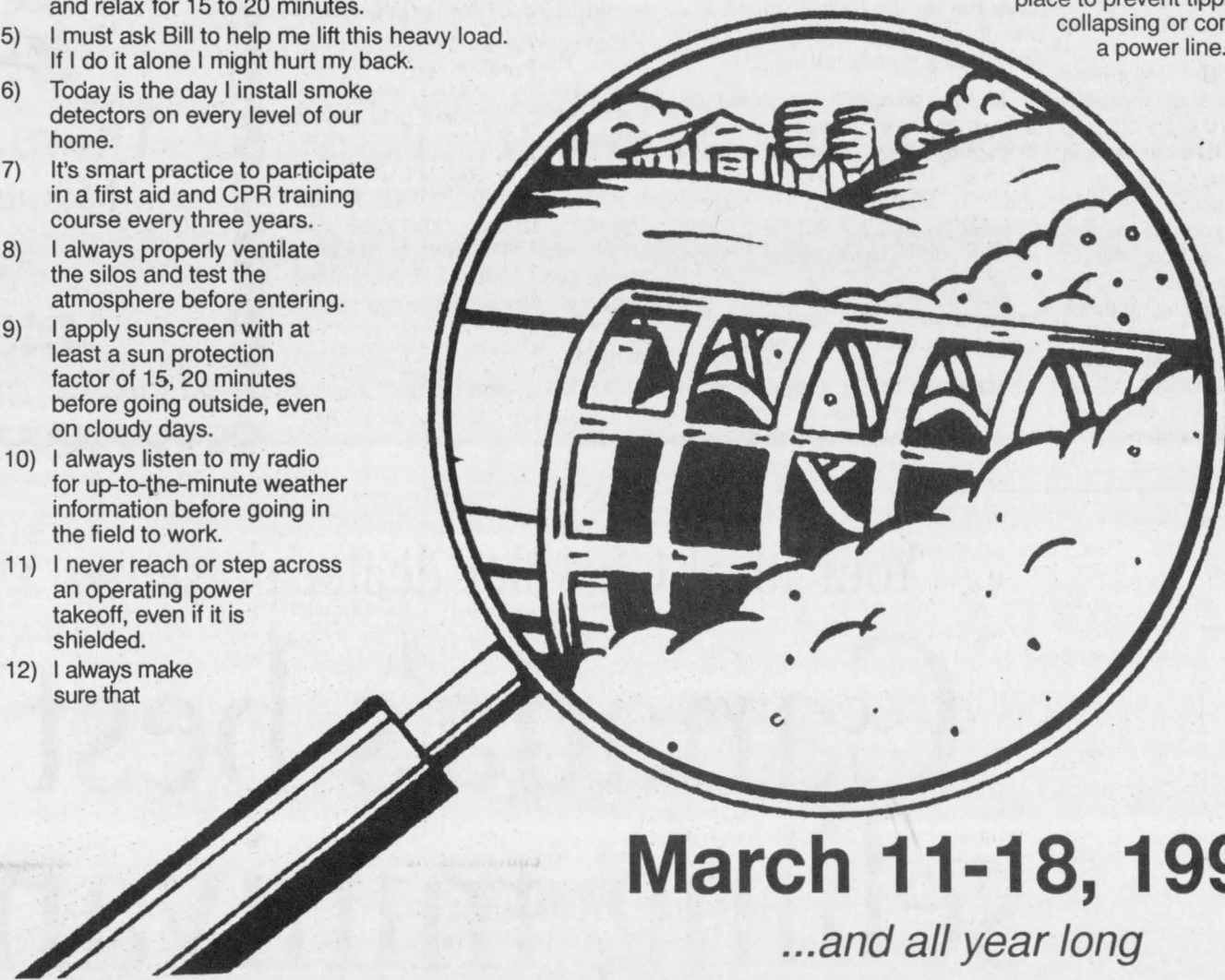
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SAFETY THOUGHTS FOR THE DAY

- 1) The safety boots I got for Father's Day are great. The treads on the old ones were worn out. The new ones reduce my chances of slipping and falling off the combine.
- 2) I always shut off the power takeoff (PTO) and pocket the ignition key before repairing farm equipment.
- 3) Short breaks in the late morning and late afternoon help relieve fatigue.
- 4) It's time for lunch. I think I'll climb down from my tractor and relax for 15 to 20 minutes.
- 5) I must ask Bill to help me lift this heavy load. If I do it alone I might hurt my back.
- 6) Today is the day I install smoke detectors on every level of our home.
- 7) It's smart practice to participate in a first aid and CPR training course every three years.
- 8) I always properly ventilate the silos and test the atmosphere before entering.
- 9) I apply sunscreen with at least a sun protection factor of 15, 20 minutes before going outside, even on cloudy days.
- 10) I always listen to my radio for up-to-the-minute weather information before going in the field to work.
- 11) I never reach or step across an operating power takeoff, even if it is shielded.
- 12) I always make sure that
- 13) I keep my hands and feet away from the intake areas of augers and elevators.
- 14) I only operate conveying equipment with guards placed over the belts, chains, intake areas and driveshafts.
- 15) When moving equipment, I always maintain at least 10 feet of clearance around all power lines.
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March 11-18, 1998

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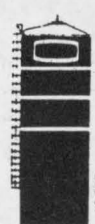
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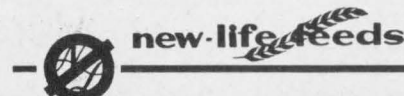
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Osgoode artists' tour

OSGOODE — An Open House and Artist's Tour is scheduled to take place in Osgoode Village on Sun., March 29 from 10 am to 4 pm. Visitors will be able to see the works of many local artisans as they demonstrate their craft. The first stop on the tour is Emerald Interiors where you will be able to choose from over 30 affordable home decorating courses.

As you enter the village of Osgoode, Country Bows invites you to stop by and view their antiques and unique gift selection. Diane Rowsome will be demonstrating parchment crafting. Julee's will inspire you to arouse your creative spirit with her selection of fabrics, quilting, beads, tole and craft supplies. Janet Gomboc will also offer a free lesson in parchment crafting.

Victoria Vanderlinden and Lesley Wilson will have a display of textile artistry.

Across the street, Sweet Peas Pantry, Cafe & Gifts invite you to celebrate the "Joys of Good Taste." Artisan Melanie Major will showcase her array of classic hats.

Just a step away is a new arrival to the Village, Paula's Presents. She makes gift giving much easier with her customized gift packages in "anything but a basket." Steve Driscoll, who specializes in pencil illustrations, will be joining Paula at the store.

The aroma of fresh baked bread from B&L Bakery will catch you next. Drop by for a sandwich in their country cafe. Kathleen Cooper will

be displaying her creations of sleepware and clothing for kids. Home decor items, totes and stained glass jewellery will also be available.

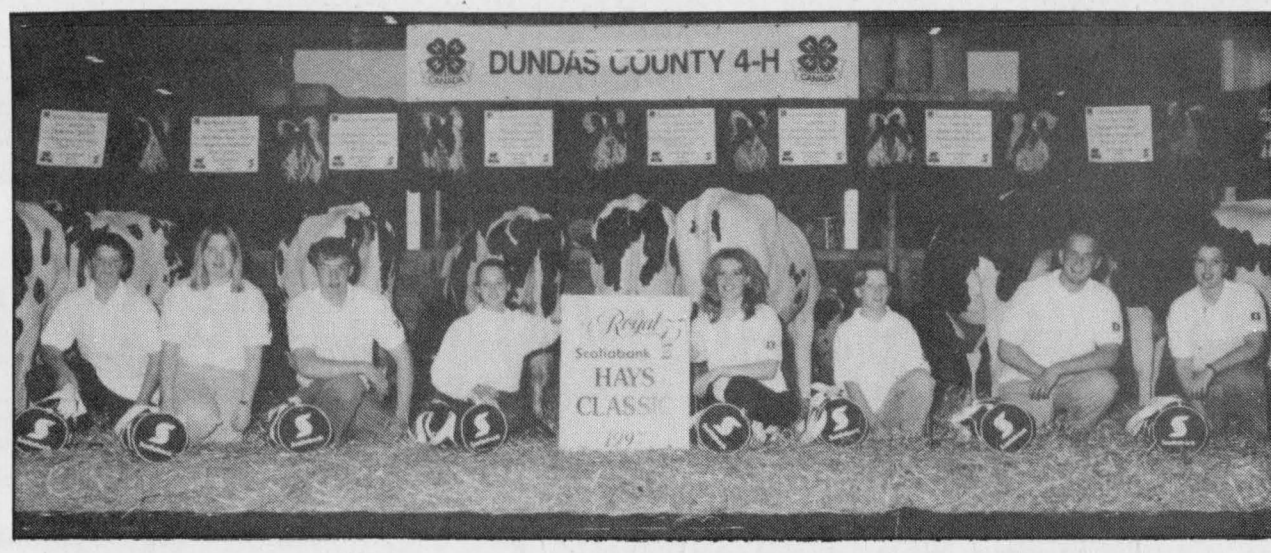
A favorite of both kids and adults is Pebble's Pets with their variety of critters to pet. The people at this store are experts when it comes to questions on animal health. They will be available to take you on a trip around the world with a display of 3-D puzzles.

Main Street Cafe and Pizzeria offers Greek, Italian and Canadian Cuisine, and scrumptious desserts. Featured will be an exhibit with artist Margaret Bremner. Classical guitarist Mike O'Brien will be there to entertain you from noon to 3 pm.

Original Kids' Clothing has something special for your baby, child or teen. Tole painted bunnies will be hopping by to brighten your Easter. Decorative artist Laura Harvey will demonstrate her unique creations of tin, glass, canvass and wood.

Quality, value and affordable Canadian-made clothing for children six months to 10 years old, and women's apparel will be available at Please Mum Children's Clothing.

Mary Kay Cosmetics will help you to take time for yourself and feel pampered before you hop over to Moir's Rabbitry to visit Leo the Lop, see chicks hatching, indulge yourself with peanut butter filled rabbit suckers and luscious cream filled eggs. Bernice Watkin will be there to answer all your questions about making memory albums.



Dundas reps

Representing Dundas County at last fall's 4-H Scotiabank Hays Classic held during the Royal Winter Fair in Toronto were left to right: Dan Meiers, Jodi Gannon, Dan Schuler, Jessica Edwards, Kelly Fawcett, Darrin Guy, Evan Porteous, Korine Hutt. Courtesy Photo

OTHS runs for heart

METCALFE — The Osgoode Township High School runathon team raised \$3,025 in the 1998 24-hour run for the Heart Institute. For the third consecutive year OTHS was the top money-raising school.

In total \$16,000 was raised by nine high school running teams. Osgoode, Sir Guy Carleton, Merivale, JS Woodsworth, AY Jackson, St. Mark's, Earl of March, Colonel By and Sir Wilfrid Laurier all took part in last weekend's event.

Kirsten Leng was the top money raiser on the OTHS squad and second overall with \$610 in pledges.

Members of the Osgoode team included Leng, Sean Coghlan, Vanessa Collins, Mike Elliott, Jason

Fee, Gavin Franklyne, Adam Harp-er, Sam Huskison, Thea MacDon-ald, James Mallette, Ken McWilliams, Jake Miall, Jenny Mosher, Jordan Nesbitt, Shayne Smith, Tracy Tattire and Keith Van-Ryswyk. The coaches are Russell Catt, Steve Sheppard and Jackie Chambers.

Coach Catt, on behalf of the team, expressed thanks to the Ottawa Senators for the great seats at the game. The staff at Marshy's for the good food, the Heart Institute for a great service to the community and the donors for their generous support.

"OTHS demonstrated great sportsmanship and had a great time," he added.

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More blood donors needed

WINCHESTER — Almost 200 donors came out for the Red Cross Blood Donor Clinic held at Winchester Public School last Wednesday (March 4).

The clinic collected 175 units of blood in the one day effort, as 198 donors gave to the cause.

Clinic co-ordinator Margaret Reynolds pointed out that there is an urgent need for blood donors in the area. The next clinic will be held on Wed., July 8 at the Winchester arena.

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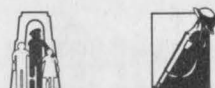
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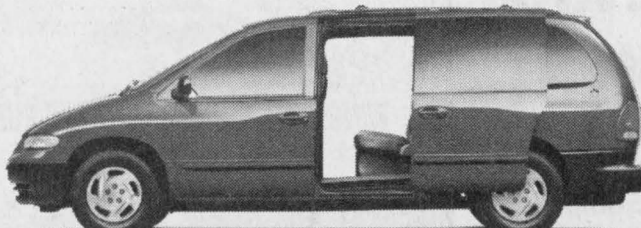
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