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WINCHESTER PRESS

Publications Mail
Reg. No. 1555

VOL. 110 NO. 44 • ESTABLISHED IN 1888 • WINCHESTER, ONT. • WED., JANUARY 28, 1998 • 26 PAGES 75 CENTS GST INCLUDED

Ice crushes dairy farmer's livelihood

by Jeff Brownlee
Press staff

VERNON — The roof has literally come crashing down on Peter Raats' livelihood, freezing Osgoode Township's planned lift of the state of emergency indefinitely.

A thick build-up of ice left by the worst storm of the century combined with last week's 25-centimetre snowfall is being blamed for the collapse of the dairy farmer's barn roof last Friday afternoon.

The mishap has also spurred Osgoode Township Mayor Doug Thompson to keep the state of emergency in force in the township for fear of similar incidents occurring elsewhere. He planned to lift it last Friday.

"We're concerned about everyone's homes," he said.

Raats and his son, Michael were working in the four-year-old dairy barn at the junction of Eighth Line Road and Regional Road 4, when the roof caved in, sending lights, wood, strips of white tin and yellow insulation crashing to the floor. Both escaped unscathed as did the 200 head of Holstein cattle.

"I heard a crack and ran to the closest wall," said Raats. "It took just two seconds and it was all over."

He moved his cattle to temporary shelter at farms in the Burritt's Rapids area for the weekend. Now he's trying to find a home for the livestock for at least five weeks — without much luck.

As of Monday, he was exploring options in Alfred and Brockville.

NO INSURANCE COVERAGE

Being out of business for at least a month-and-a-half is just a minor problem. Raats' insurance policy won't cover the repairs as damage caused by ice and snow is exempt. Even his business interruption insurance policy is void because the cause of the impediment is ice and snow.

And he's not sure just how large the repair will be. While there is a lot of salvageable material, he expects that labor costs and new roof trusses could hike the price tag to as much as \$200,000.

This leaves the farmer, who admits he was "just scraping by" before the storm, wondering what kind of future he has in the industry.

It could break his 17-year career.

"I need help," he says. "If I don't get any financial help from the government, I guess I'll have to sell everything and cash crop."

Lyle Vanclief, federal minister of agriculture announced last week that there would be a special relief fund set up for farmers like Raats. The details of the capital fund, how much is available and when it will be accessible are yet to be hammered out.

MILITARY ASKED FOR ASSISTANCE

Thompson asked the military to help the Raats family rebuild, only to find that they didn't have the proper equipment nor the expertise to pitch in.

But the Osgoode mayor has issued a final plea for help to Gen. Rick Hillier.

"We've put some things in action," he said. "Surely they could spare some troops."

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Dairy farmer Peter Raats stands in front of a gaping hole in the roof of his barn as a result of collapse due to heavy snow and ice. Raats had to find temporary shelter for his 200 dairy cattle and expects to be out of his barn for at least five weeks. Press photo — Brownlee

Patience key to obtaining storm relief

by Jeff Brownlee
Press staff

NORTH DUNDAS — Early indications point to a hurry up and wait process to file a claim with the SD&G disaster relief committee.

The process to access the estimated \$75 million, how much of the capital fund will be available to local residents and when the relief money will be available are yet to be confirmed.

But the 15-member advisory body, whose responsibility is to analyze all financial claims in the county resulting from damage of the ice storm of the century, was struck earlier this week. The committee is comprised of two representatives from each of the six municipalities in SD&G in addition to three county-appointed representatives.

Jim Cook and Gord Smith are North Dundas' delegates on the committee.

All claims will require an estimate of loss. Forms will be available at all municipal offices and banks, maybe as early as Feb. 3.

North Dundas deputy mayor Bob Riddell says that there are many uncertainties surrounding the process, but one that is of great concern is that municipalities must match aid dollars, penny for penny.

"Where will we get the money? That's a real good question," he said. "It's going to be difficult to try and raise funds in the hard hit areas."

"It's like giving money to your right hand and then taking it away with your left."

An Eastern Ontario Disaster Relief Meeting later today will clarify that issue.

Still, Riddell warns people not to be in a hurry to get financial help from the government.

"I believe that this is going to be a very long standing committee," he added. "I was talking to the Red Cross and they said that claims from the Manitoba flood are still ongoing."

ND DISHES OUT \$75,000

SD&G's \$500,000 emergency relief fund may have dried very quickly, but North Dundas still has a few dollars left in its bank account.

The municipality stopped handing out emergency funds on Monday, bringing the total to \$75,000 in financial aid.

Riddell expects the state of emergency to be called off in the township by Monday.

While things are getting back to normal, the deputy mayor urges people making claims to be patient.

"There's not much we can do at this point except wait," he said.

Proposed bank merger prompts angry reaction

WINCHESTER — Last Friday's announcement of a proposed merger of two of Canada's largest banks — and Winchester's only banks — made Winchester residents, business people and bank employees alike sit up and take notice.

Bank of Montreal and Royal Bank of Canada shocked the country on Friday with their announcement of a planned merger between the two banks.

Their plan is to combine the two corporations to form a mega-bank that will

be competitive in the world market.

The merger remains a proposal, as approval must come from the federal government before any such transaction can take place.

Winchester, like several other small communities, is home to branches from both banks.

Local business reaction to the announcement was anger at the proposed loss of competition and service.

• continued on next page

Carnival another storm victim

WINCHESTER — The Ice Storm of '98 has claimed yet another victim.

The annual Winchester Winter Carnival has been cancelled.

Slated for early in February North Dundas Director of Recreation and Culture Matt Krisjanis reported time had become a factor and people trying to recover from the effects of the storm had personal matters on their minds and weren't prepared to organize a carnival.

"The storm created an unusual situation this year. Perhaps we can try and put together a North Dundas 'Mega Carnival' for next year and go with it

every two years," Krisjanis suggested.

In any case Krisjanis said he will be looking for volunteers to sit on a carnival committee.

"If people are concerned about not having a carnival... let's get involved now. We need people to help out. Maybe everyone will appreciate it more if more effort is put into it," he added.

CURL ON

Area residents will still have the opportunity of avoiding the winter

• continued on next page

Storm victim heartsick over loss of antique

by Lori Culliton
Press staff

MOUNTAIN — Life hasn't been easy for the past three weeks, since the ice storm hit eastern Ontario. And nobody knows that better than Valerie Wilford.

Wilford, who lives on Clark Road in Mountain Township, lost her power along with everyone else in that region on Jan. 7.

On Jan. 10, things got a lot worse.

The vibrating generator that was giving power to the house next door slid on the ice and hit the garage at the back part of Wilford's house. Wilford, talking on the phone at the time, noticed the generator had turned off, and went to see what the problem was.

Flames were already shooting out of the back of her home.

Wilford has no idea how much damage was done the back part of her home, and she had no tenant's insurance.

Since the fire, she has spent time in hospital due to illness, and returned home this week.

When Wilford began cleaning up, she realized that a prized antique banquet table lamp was missing.

• continued on next page



Valerie Wilford holds the globe and chimney from her antique lamp that was stolen from her home sometime after a fire damaged much of the house. She hopes that whoever took the lamp was in search of heat and warmth during the blackout of the ice storm.

Fire department earns kudos

by Derek Puddicombe
METCALFE — Gerry Bennett, Osgoode township's fire chief, is too modest to say he was the key element in the success of the township's state of emergency during the worst ice storm to ever hit the Ottawa-Carleton region.

However, a few township officials and firefighters jumped at the chance to praise the person who headed up the emergency measures task force in Osgoode Township.

Moir Winch, the township's chief administrative officer, said without hesitation that if it wasn't for Bennett and the volunteer firefighters, who spent countless hours and days on the job, sometimes

sleeping at the station to make sure things were running smoothly and people were being taken care of, the township would have been in much worse shape.

"Gerry Bennett and the firefighters and their emergency preparedness has been the key to the success of this operation," said Winch.

In the early stages of the disaster, it was Bennett's uncanny prediction that something big was on the way, added Winch.

This resulted in the township getting prepared early. Even before anybody realized the damage the ice was about to do.

When many of the lights first went out Jan. 6, Bennett met with

the CAO, mayor Doug Thompson and Tom Lee, director of recreation.

"I told them the township should start to get into emergency mode," said Bennett from his emergency measures room at the Metcalfe fire station.

After almost three weeks since the township declared a state of emergency, things are beginning to wind down. The fire station that was used as the central point of deployment for emergency equipment and food is beginning to look like a fire hall again. The number of emergency services employees has dwindled and township staff who used the facility for special council meetings are back on their home turf.



Go Sems, go!

Rick Gilmer, LCBO, manager of the Winchester Branch of the LCBO, hands over a \$600 cheque to Dr. D. Justus, chair of the hospital fund. Gary Armstrong is there on behalf of the LCBO. The money was raised through tickets sold at the store. Brenda Logan, of Almonte is the winner of two tickets

for a Senators hockey game at the Corel Centre Feb. 5 to see her favorite team play against the Toronto Maple Leafs. Her son, five-year-old David, is looking forward to the game. Crystal Rowland, right, back, works at the store.

Press photo - Bierworth

Continued from the front page...

Barn

But even if the military doesn't offer its services, a group of Menonites from Southern Ontario may come to the rescue.

The township is also willing to pitch in.

"We're looking at what kind of heavy equipment we have and where we can get other machinery," Thompson said. "We're going to help any way we can."

Merger

"If (the merger) means losing a bank in town, it's not good at all," said local business person Gary Annable of Annable's Jewellers. "As a businessman I can see the advantage for them, globally. But when I see it in my own backyard, it can only be bad."

He added, "Competition is what makes the world go around. With a merger there would be no choice for consumers. Shopping for a bank is the same as shopping for shoes — you go where you can get the best deal."

Joel Steele, owner of The CountryBoy on Main Street in Winchester, voiced his own opinion. "Something like this is hard on any small town," he said. "I can't believe that they (banks) will make a branch twice as big in order to handle the people. The service won't be as good as it is now, and if there are lay-offs of employees there will be fewer people working and spending money in town."

"It's not good, I can tell you that," he continued. "I feel that both banks don't want to do business with small businesses now, so it will only be worse after."

Royal Bank has been in Winchester, in one form or another, for 110 years. It was formerly Union Bank, until Royal took it over. At the Winchester Royal Bank branch, manager Scott Peterson told the Press that it remains to be seen if the deal will even be approved.

"It is still subject to regulatory approval," he explained. "And it won't be until early to late fall when the Minister of Finance makes a comment."

He added, "If the banks merged there would be changes, but we have

no idea what they would be."

Peterson said that jobs may not be lost, as customer need will still be there. "There are 10 people on staff to take care of client base, and there's a lot of work for them," he said. "In my view, we will still have clients, and it will still take the same number of people to serve them. There are a lot of bank functions that have already been centralized, so the staff here are strictly for client service."

A phone information recording for Bank of Montreal stated that the merger is taking place in order for the banks to compete with the best in the world. There are no changes in the immediate future, the recording said, and the bank is continuing to operate accounts and to assure smooth transactions.

"It's business as usual," it said. And after the merger, the recording said, the bank is committed to continuing access and face-to-face service for its clients.

Carnival

blaahs because one of the village's most popular winter events, the Winchester Curling Club's Carnival Funspiel will be held this year.

Action will start on Friday (Feb. 6), continue on Saturday and wind up on Sunday (Feb. 8). Play will consist of two games of six ends each and the entry fee is set at \$20.

Organizers report they will present plenty of prizes and have food and refreshments available throughout the three days.

Call the curling club after 7 pm (774-2129) and leave a message or call Robert St. Pierre at 774-5892 for more information.

Lamp

"I hope that it was someone who was heatless and lightless who took it," she said of the kerosene lamp.

"If someone needed it, I fully understand. But it's a part of my family history, and I want it back."

The lamp, which stands about 3.5-feet high, weighs about 40 pounds. The base has four brass legs, and a square marble piece sits on top of the feet. A pole stretches

up from the marble, and a marble cup for the kerosene sits at the top.

The lamp also has a glass globe and a chimney, which were left behind when the lamp was taken.

"Lighting the lamp without the globe or the chimney would be very smoky," she pointed out.

After the fire, there were people going in and out of her house, Wilford said, trying to save her belongings. People remembered seeing the lamp at that time.

"I'm just heartsick over this. I can't believe someone would take it," Wilford said. "It wasn't kids; it's not something that kids would take. I just think it was someone who wanted it for light or heat."

She explained that the lamp's value is mostly nostalgia, as it belonged to her grandfather who was once a chauffeur for millionaire J.R. Booth. The lamp came from the Booth estate.

"I don't want to cause anyone grief," she said. "There will be no questions asked. I just want it back."

Anyone with information about the lamp is asked to call 821-4435 or the Winchester OPP detachment at 774-2603. A reward will be offered to anyone who can lead to the recovery of the lamp.

15 still without hydro

WINCHESTER — Winchester still has 15 year-round customers without power following the ice storm that hit three weeks ago. Ontario Hydro reported Tuesday that supply was already to the service entrance and six customers were expected to be connected at press time.

The remainder will be connected when electricians advise that work is completed and ready for connection.

On Monday, 846 Hydro cus-

tomers in eastern Ontario were re-connected, leaving 1,106 customers still without power. It was estimated that 655 customers would be re-connected on Tuesday.

According to Hydro staff, the field staff numbers totalled 1,250 on Tuesday, with 14 military personnel assisting.

Hydro reported that staff continued to work double shifts for the 22nd day in their effort to return cus-

tomers to service as quickly as possible. Spill clean-up efforts to deal with the hundreds of downed transformers are ongoing.

On the material side, to date, over 84,482 insulators and 2,804 km of wire and cable have been delivered to the restoration area. The pole shipment number was at 11,447 and the number of transformers shipped had reached 2,151 as of the end of Tuesday.

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Request for Public Opinion on the Proposed Nursing Home Annual Licence Renewal of Dundas Manor Nursing Home, Winchester

In accordance with the Nursing Homes Act, public opinion is being requested prior to a final decision being made on the above.

If you have comments or opinions and wish to bring them to the attention of the Ministry of Health, you may submit them in writing by addressing them to:

Director, Long-Term Care Division
Ontario Ministry of Health
56 Wellesley Street West, 15th Floor
Toronto, Ontario M7A 2B7
(416) 327-7345, by March 2, 1998

Please include the name of the nursing home and quote Project #224-98 on all written submissions.

The Director will consider all submissions before making a final decision.

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IMPORTANT NOTICE FROM THE GOVERNMENT OF CANADA ON THE RECENT ICE STORM

Following the ice storm that affected Eastern Ontario, the Government of Canada wants to ensure that Canadians in hard-hit areas have access to information and services they may need.

Toll-free lines are available to answer your questions and offer assistance.

Employment Insurance claims and payments
1-800-206-7218 (English)
1-800-808-6352 (French)
(Monday to Friday 8:30 AM to 4:30 PM)

Canada Pension Plan, Guaranteed Income Supplement and Old Age Security applications and payments
1-800-277-9914 (English)
1-800-277-9915 (French)
1-800-255-4786 (TTY)
(Monday to Friday 8:30 AM to 4:30 PM)

Revenue Canada
1-800-661-6121
(Monday to Friday 8:15 AM to 5:00 PM)

Assistance available to agricultural producers and processors
1-800-410-7104
(Monday to Friday 8:00 AM to 5:00 PM)

Assistance available to small businesses
Canada-Ontario Business Service Centre
1-888-745-8888
Info entrepreneurs (Québec residents)
1-800-322-4636
(Monday to Friday 9:00 AM to 5:00 PM)

For all other questions you may have related to the ice storm please call
1-888-665-2266
1-800-465-7735 (TTY)
(Monday to Friday 8:00 AM to 8:00 PM)

NOTE: The telephone numbers for all Government of Canada offices are also listed in the blue pages of your local telephone book.

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Ice storm of 1998

Ice storm survivors share stories of goodwill

WINCHESTER — The stories of goodwill and survival that emerged from the ice storm ordeal are numerous.

In last week's edition, readers were invited to contact the Press to recount their experiences to share with other readers. That invitation still stands; meanwhile, here is one of the stories that has surfaced as the ice starts to thaw.

LEN AND TRAUDY STECK

Len and Traudy Steck, who live on Hwy. 43, wanted to issue their sincere thanks to all of the people who helped them out during the ice storm. The Stecks had been visiting relatives in British Columbia, and arrived home on Tues., Jan. 6. The next day, an ice storm knocked out power throughout Winchester and area.

Les and Gleniss MacDonald of Oshawa and their son, Walter made sure that the Stecks had a generator to keep warm by Saturday of that week. Steck met Gleniss MacDonald on the street in Winchester and told her about his problems. "Before long we were offered a generator brought down from Bowmanville," he said.

Paul Morgan, Ron Coom and John Lane rewired the Stecks' furnace to adapt to the generator and made sure that the family had water and some heat.

"Jill Lane and Elaine Morgan made sure we had a hot meal during

the trying time," he added.

Blake and Mary Taylor also stopped by and made sure that the Stecks were fed a hot meal and invited them to shower at their home. And Ron and Phyllis Workman made sure they had bread and milk.

"We stayed at home with our fire place," Steck said. "John Adams made sure that we had enough fire wood, and we bailed the sump pump every hour, 24 hours a day and removed five five-gallon pails each time until a generation arrived on Saturday (Jan. 10)."

He also expressed his thanks to the Van Noppen garage for staying open, as well as Andy's Food Town.

MILLVIEW APARTMENTS

Winchester's senior citizen population was well taken care of during the ice storm. Caroline Rooney, director of NorDun Senior Centre said that Meals on Wheels cooked and delivered breakfast and lunch to seniors in the village.

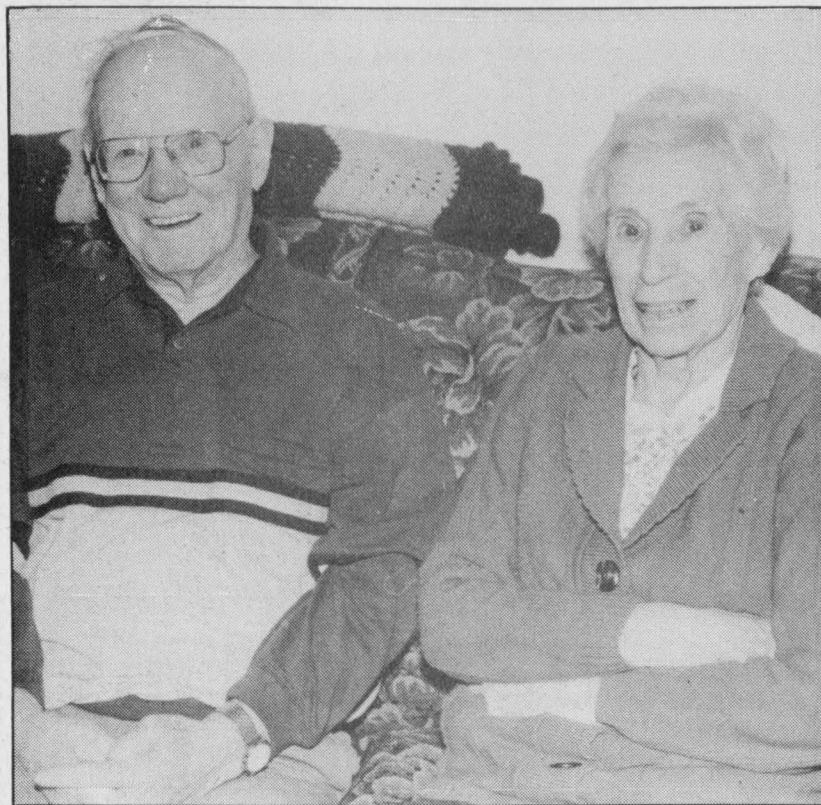
When the situation became worse with the ice storm a decision was made to evacuate the residents of the seniors' residences. But 18 residents at Millview wouldn't leave.

"When they gathered in the common room during the day, their body heat helped to keep the room warm," Rooney said.

Meals on Wheels also checked to make sure residents were okay, and checked to see that spoiled food had been discarded from refrigerators.

"A lot of people came in to volunteer and help with Meals on Wheels," Rooney said. "The volunteers were just out of this world."

BILL AND ADA MCROBERTS
Beachcroft Seniors Apartment residents Bill (89) and Ada (86) McRoberts said they got through the



Weathering the storm

Bill and Ada McRoberts spent the first two nights of the ice storm trying to keep warm in their residence at Beachcroft, and then spent a night at the shelter set up at NDDHS.

Press Photo — Culliton

ice storm "marvellously".

"The first two nights were okay," Bill McRoberts said. "Someone brought food in for us, and we stayed in the common room with everyone else. There's a gas fire place in there, and it kept us warm. Then we huddled in bed at night."

"It was cold in the apartments, but warm in the common room," Ada added.

On Saturday morning of the week of the storm (Jan. 10), the McRoberts' son arrived and took them to North Dundas District High School where a shelter had been set up. The couple stayed there until Sunday morning, when the heat came back on in Winchester.

"They wouldn't let us come back home until the heat was on," McRoberts said.

The pair slept on army cots, which they described as high, but comfortable.

"It was amazing how everyone rallied around and did what they could," Ada McRoberts said.

The former farmers said that when they heard about the suffering of the cattle in eastern Ontario during the crisis, they cried.

They recalled the last such storm they'd seen in their lives was in 1942. They were living on a farm in Mountain Township then, and had no power but they had wood stoves to keep them warm.

"That storm was bad, but not as bad as this one," McRoberts said.



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Tanya

(JAN. 29)

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Emergency remains in effect

METCALFE — The military has left, community centres that turned into shelters and fed thousands of residents are now closed, and life seems to be getting back to pre-ice storm levels in Osgoode Township. However, the state of emergency remains in effect.

Although the state of emergency was declared because the ice storm that battered the township left thousands of people in the cold and without electricity, mayor Doug Thompson said he still has some concerns.

He said he doesn't want it lifted until he and township staff feel everything is safe and secure. Osgoode is the only municipality in the region that remains in a state of emergency. Rideau ended its emergency last Monday morning.

He hopes that it will be lifted today or by the end of the week. After the roof of a barn that housed about 200 head of cattle collapsed under the weight of ice and snow on Jan. 23, Thompson wants to make sure that all the municipal buildings are safe from any such build up.

Although the township has been told by the school boards that the school roofs are safe, he wants to contact them again to be absolutely sure.

There are also a number of large branches hanging down close to some township roads that he would like the township roads crews to go and check on to make certain there is no immediate danger to drivers.

Maintaining the state of emergency may also help in getting additional relief money from the region, said Thompson.

"And it will also make it easier to get assistance," he said.

Thompson said the township has already handed out \$20,000 of the \$40,000 to residents in need. The money is being handed out in \$100 blocks. The township set up its emergency relief office Jan. 19 and is open seven days a week.

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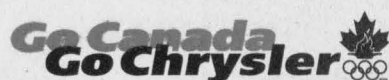
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Top left: Tpr. Orson Martinez prepares the boxes of french fries. Above: Pte. Steve Giroux (back) and Cpl. Trevor Hughes serve free hot food to students at North Dundas District High School.
Press photo - Bierworth

Quarters shared by students, army

by Sandy Bierworth
Press staff

MAPLE RIDGE — Students at North Dundas District High School never thought they'd be sharing space with the Canadian Army. But in the two weeks following Ice Storm 1998, nearly half the school was dedicated to the Reconnaissance Squadron of the Royal Canadian Dragoons.

One side of the school's parking lot was filled with army trucks, tanks, wagons, and cabins. Inside, the troops set up sleeping quarters in the gym, where cots filled the room to each corner, and personnel commanded several other rooms as different posts.

Of course, the students were quiet when they walked past the gym, respecting the soldiers who were sleeping inside.

The troops often worked 16 hours during the day, and may have slept five hours before being called on again.

Captain Fernando Martins said the school was very receptive to the

sudden change.

"We've had a phenomenal outpouring of support from the school," he said. "It's been really wonderful. And we're helping them out in whatever ways we can, too. We've got some soldiers cooking free hot meals for the students, and others are talking to classes about being in the army and teaching them winter survival. It's a big novelty for the students. It's been great."

He admitted when he was assigned here, he didn't think the damage would be this bad.

"I'd seen the broken trees and poles on TV before we got here, but it's something you have to see first-hand. It's amazing, though, the power of nature."

Other soldiers said they only expected to see a few fallen trees, but nothing like the snapped poles and large, metal hydro towers crumpled under the weight of the ice.

The presence of the army was a definite change of pace for students at the high school. Conversations in the hallways were filled with stories of classes being interrupted because a tank had just gone by the window

or the helicopter had just landed, and a few students set their hopes on getting a ride in an army truck.

Michael Flowers, an OAC student, said he admires the army for their hard work.

"It's pretty neat. You get to see what the Canadian army is all about," he said. "And everyone seems to be working together really well."

ANOTHER PERSPECTIVE

Ray Besharah, also in OAC, looked at the situation a little differently.

"I think it's really good that they're helping out, and they seem to be working very well with the school," he said. "We gave them space and kept quiet by the gym, and they gave us food and talked to classes. But hopefully, this whole thing will make people think of the less fortunate. We have to think of those who never had a TV or a computer, when everyone here is complaining that their's didn't work for a few days."

"And yes, there were some people who were stealing generators and looting the empty houses," said

Besharah, whose home was without power for about two weeks. "But I think it's important to emphasize the giving part of it, the communities coming together and helping each other out."

North Dundas principal Connie Provost saw the army base at the high school as a positive experience for the students.

"I have nothing but admiration for the soldiers," she said. "And when they came here, they were really concerned about interfering with the classes and the routines, but instead they've contributed so much. It's really a wonderful learning experience for the students. I think there's a great feeling on both sides. Hopefully, the phenomenal range of careers in the army will open up new doors for students trying to decide where to go in life."

Last week, the army had no idea how long they would be living at the high school.

"We're prepared to move back at any time," Martins said. "But we won't leave until there's nothing else we can do here."

They moved out last Friday.

Chopper makes patrols of storm ravaged area

by Sandy Bierworth
Press staff

MAPLE RIDGE — The metal door slides shut, and slowly the ground falls further and further away as the army helicopter is lifted 200 feet above the ground. North Dundas District High School becomes a toy-sized building amid the surrounding graveyards and fields.

This is hardly what many would consider a normal landing place for an army helicopter, but from Jan. 11 to 23, the Reconnaissance Squadron of the Royal Canadian Dragoons used the high school as a base. The 120 soldiers came from Petawawa to help hydro workers pull fallen lines from the snow, install new poles and strip the still-standing poles of ice.

For anyone who has never been in a helicopter before, this ride would seem very exciting. But to the small group of soldiers and the two pilots who occupy the chopper, there's a purpose. They're surveying the area for hydro poles still down, trees blocking roads, power outages or problems that Hydro might not yet know about, and any other hazards they could find. The chopper was also used to transport supplies and generators to those in need during the disaster.

The helicopter seems to turn on its right side for a moment as it swoops around Russell, giving win-

dow-seat passengers a direct view of what's going on more than 200 feet below.

Less than two minutes later, the chopper crosses Hwy. 417 near Casselman, before it swings around again and heads in the direction of Osgoode. So far, so good, the soldiers report. Repairs are ahead of schedule in some places and no new or previously unseen damage is viewed. A few minutes later, Hal-lville comes into sight, and the chopper swings around again, this time to the left, giving those on the opposite side a look at the clear sky. As the chopper nears Kemptville, it swings around again, barely reaching the edges of the town, and makes its way back to the high school. The entire trip takes about 30 minutes: the chopper is travelling at about 210 kilometres an hour.

As the helicopter lands on the icy field behind North Dundas, the rotors blast snow around a student trying to get into a car in the nearby parking lot.

The troops go back inside to plan their next route. They must also decide which routes to take at night to get a clear view of the areas still without power.

Most of the destruction from the ice storm has been cleared, but for now, the soldiers run into the school to let the next team know the chopper is waiting for another route.

Happy 30th Anniversary

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January 27

Love Mom & Dad

HAPPY 30TH!

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SCHEDULE OF EVENTS FOR FEBRUARY 1998

Nor-Dun Seniors Centre - Winchester Seniors' Programs

The staff at the Nor-Dun Seniors' wish to extend a big thank you to all those who helped out during the power outage in assisting those who needed help. We are so fortunate to live in a small community where everyone knows everyone and each neighbor looks after the other. January usually seems to be a long month but this year it flew by. Look forward to February events. Get out and get rid of the winter blues!!! Come and visit us at the centre.

Tuesdays & Thursdays 9-11:00 - Drop in for coffee and conversation

Wednesdays 10:30-11:15 - Exercise Class \$3

11:45 - Diner's Club - \$4.50 for a nutritious full-course meal

Thursdays 12:30 - Diner's Club at the IOOF Hall in South Mountain \$4.50

Fridays 11:45 - Reserve by noon the day before

Bruce Kerr is having **RRSP seminars on Feb. 4 & 11** at the centre from 7-10 pm. For more information call Bruce Kerr's office.

Come on out for our special entertainment for the month. Gio George, our accordion player, will be here to entertain you on Feb. 25. Lunch will be at 12:00 noon and entertainment will follow. Don't be disappointed - book now! Bring a friend along. Remember to do something special for that friend for Valentine's Day.

For more information call the Nor-Dun at 774-6109.

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Police blotter

Drug charges laid

MORRISBURG — Randy Thompson, 30, was charged with public mischief and possession of a controlled substance as a result of a police investigation last week. Thompson will appear in provincial court Feb. 16 to respond to the charges.

Car smash and grab

WINCHESTER — A vehicle parked on Victoria Street was entered Jan. 20 and culprit(s) took a red tool box full of tools.

Liquor and smokes taken in theft

WINCHESTER — Thieves broke into a Duffering Street residence Jan. 19 and lifted liquor and cigarettes. The investigation is still ongoing.

Young offender charged in B&E

MORRISBURG — A 16-year-old Morrisburg male has been charged with possession of stolen property in connection with a theft here earlier this month. The teen is scheduled to appear in young offenders court Mar. 3 to answer to these charges.

\$200 damage in B&E

MOUNTAIN — A forced entry into a Kerr's Ridge Road residence Jan. 13 resulted in \$200 damage to the house. The extent of any theft from the incident is still undetermined.

Second theft in as many weeks

WINCHESTER — A Church Street garage was the target of thieves, again. The forced entry was reported Jan. 13 while an earlier break and enter last week resulted in the theft of tools.

Chain saw lifted

IROQUOIS — A Jan. 16 theft at a Broken Second residence resulted in office equipment and a chain saw being stolen.

Theft by snowmobile

MATILDA — A Chess Road residence was the victim of a thief on a sled Jan. 18. The culprit(s), travelling by snowmobile, stole a number of personal items and fled.

Man slapped with weapons offence

MOUNTAIN — Brian Hamilton, 33, has been charged with careless storage of a firearm in connection with the seizure of a 410-gauge shotgun by police. Hamilton was slated to appear in provincial court in Morrisburg Jan. 20.

Tractor stolen, found in Kemptville

CHESTERVILLE — A Massey Ferguson tractor stolen from a local farm was recovered in Kemptville Jan. 12. During the early morning hours of Jan. 11, the tractor was seen attempting to remove a vehicle from the ditch along Bailey Road.

Two charged in drug bust

WILLIAMSBURG — Christopher Lee, 20, and a young offender were charged with various narcotic offenses resulting in a police investigation Jan. 14. Lee was charged with possession of a narcotic while a 16-year-old male was charged with possession for purposes of trafficking. Another man, Robert Snyder, 31, was also charged with assault on a peace officer as a result of the incident.

Three more generators lifted

NORTH DUNDAS — Just three generators were stolen from the area the past week. On Jan. 12, a Honda generator, which had been chained to a television antenna tower, was stolen from a Steinburg Court residence. Two days later, another generator theft occurred in Williamsburg Township. A third generator was taken from another Williamsburg Township residence Jan. 15.

Emergency called off in SD, recovery phase well under way

WILLIAMSBURG — The state of emergency in the Township of South Dundas was terminated by mayor J. C. Whitteker at noon on Monday, Jan. 26.

At their Monday morning meeting, the South Dundas Community Control Group recommended that mayor Whitteker terminate the state of emergency in the township of South Dundas. The control group saw no reason for extending the emergency since all response activities were completed and response agencies were back to providing their regular services.

Mike Waddell, operations officer of the control group, said the state of emergency was no longer necessary.

"We felt that now, with us well into the recovery phase, termination of the emergency was justified," he said.

Waddell said the community control group was still concerned about

the situation in the township and had created a recovery committee to assist the return of the community to its pre-emergency conditions.

The community control group will reconvene one more time on Friday of this week to carry out a post-emergency evaluation. The aim of the evaluation is to ensure that the lessons learned during the emergency are not forgotten. Emergency Planning Officer Bill Shearing is preparing a report for council to record the information shared at this meeting.

"What we learned in this emergency must be incorporated into an emergency plan for the new township," he said.

With the termination of the emergency, most people who helped coordinate the response efforts in South Dundas during Ice Storm 1998 can now return to their regular jobs.

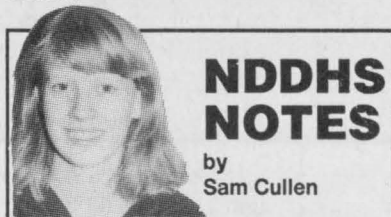
UCP hosts fashion show Feb. 15

MORRISBURG — The Dessert and Fashion Show, put on by Upper Canada Playhouse, has two more additions. Biba, of Morrisburg, and Classique Bridals, of Winchester, with Kim Link's designs have joined the show, which is being held Feb. 15 at 2 p.m. at the Morrisburg Civic Centre.

Lionel Tessier will be master of ceremonies for the event.

The decorations will be displayed by Margie Lauren and Terry Martell, and a cookbook will be sold which will include the recipes of the desserts served during intermission.

Tickets are \$10 and are selling quickly.



NDDHS NOTES

by Sam Cullen

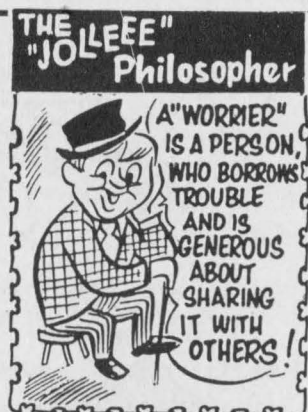
MAPLE RIDGE — Well, things have finally returned to a situation which can be considered somewhat normal, normal being a relative thing.

Students are back to class; OAC students are back to so-stressed-out-I-think-I'm-going-to-explode-and-if-I-do-I'm-finding-a-way-to-take-you-down-with-me-somehow syndrome.

Grades nine through 12 are thoroughly enjoying the knowledge that exams are cancelled; whereas, OAC students are counting down the days to that oh-so-stressful time that can make or break your mark — semester one exams.

After round one of Saturday morning tutorials, I'm assuming that many students felt a little more confident about the whole process.

Spirits in the school are generally up; however, with shortened lunch hours and reduced (if at all existent) extra-curricular activities, anticipation for the end of the semester is high.



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Sandra Laneville presents John Redsell of Orleans with a \$500 first class Via Rail trip to Montreal with two nights' accommodation for the final draw of the second annual Community Heart Project.
Press photo - Bierworth

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RRSP SEMINARS

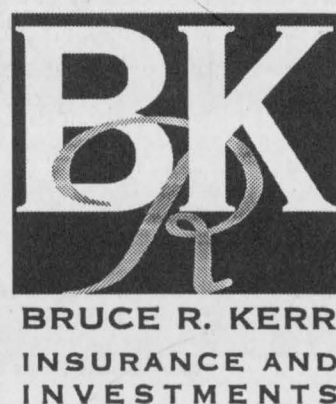
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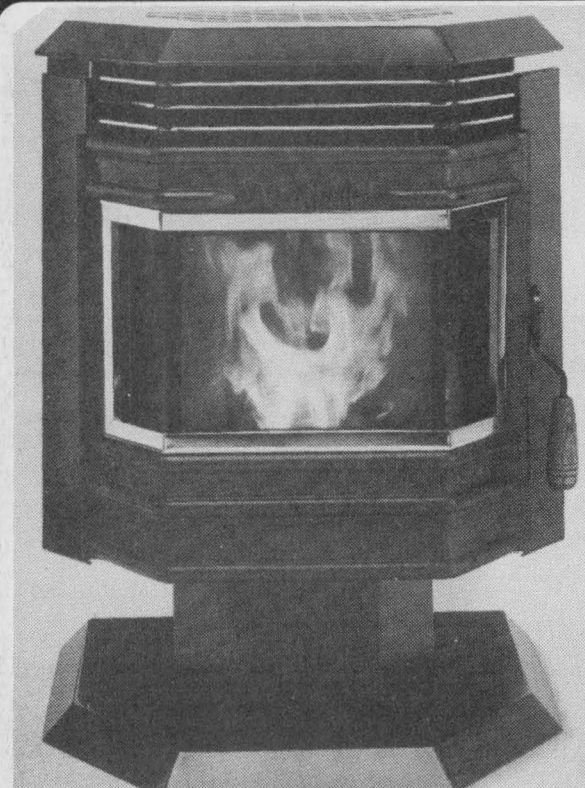
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Editorial/Opinion

This week in...

1948

In one of the best exhibitions of intermediate hockey in the 1948 season, the Chesterville Legionnaires edged Winchester by a one-goal margin, the final score being 6-5. The Legionnaires jumped into a three-goal lead in the first period when they scored three goals in succession. Before the period ended, Winchester counted to make the score 3-1. Winchester took two more goals in the second, and took the lead with another goal in the third. Chesterville turned on the power and scored three more goals in succession.

Fred H. Broder, veteran reeve of Morrisburg, was elected warden of the United Counties of SD&G at the inaugural session at Cornwall. He succeeded Kenzie MacGillivray, former reeve of Finch township, who retired from municipal politics.

1958

South Mountain village was the setting for one of the most daring robberies ever reported in this area. Five masked thugs armed with revolvers re-enacted big city crime in a small country town. The robbery took place at the Bank of Nova Scotia branch. Three men, silk stockings over their faces and loaded revolvers in hand, barged into the home of bank manager Ivan Keays. Told he wasn't home they waited and terrorized the Keays family. Keays was confronted two hours later when he returned home, and was taken by one of the thieves to the bank, where they were joined by two others. A quantity of money and valuables were taken from the vault and safety deposit boxes.

1968

Members of the Community Centre Board, encouraged by the possibility of a new Community Centre, were already at work. Members of the board travelled to Perth, Lanark, Kingston and Brockville, and carefully examined the modern structures, returning home with information that would prove valuable if the proposed plans proceed.

The lack of information available concerning the Ontario Government's proposed new school administration system was sharply criticized at a joint meeting of the school boards of Osgoode Township. Chairperson of the high school board, Barbara Ingram, explained that dissatisfaction was being voiced by school boards across the province. Since no information was available as to whether Osgoode Township would eventually become a part of Carleton County for education purposes or possibly a part of Ottawa, the board representing the ratepayers of Osgoode Township expressed fear that such a new system might leave the township with no representation.

1978

Stormont-Dundas MP Ed Lumley said that the provinces should clamp down on minimum wages. While labor officials, business representatives and politicians condemned Manpower Minister Bud Cullen for making the minimum wage suggestions and saying unemployment insurance benefits should be tightened, Lumley

partially agreed with the stand. Cullen said the government believed UIC programs should be further reviewed. He also suggested clamping down on minimum wages, adding that provinces have increased the minimum rates in recent years to the point where they often exceeded those in the United States.

Members of the St. Regis Mohawk band near Cornwall were to stand watch over the reconstruction of Hwy. 31 at Williamsburg in an effort to prevent disturbance of an ancient Indian burial ground that lay underneath. The band agreed to not oppose the highway widening. The ancient St. Lawrence Iroquois village site was located on the outskirts of Williamsburg. The ministry had delayed work over the 500-year-old site until paving was done in the village.

The Winchester Junior Hawks won their annual match-up with the Town League All-Stars by a 4-2 score. It was the first time in several meetings that the Juniors came out on top in the yearly contest. The exhibition match-up gave Hawks team officials a chance to look at new player prospects. Forwards Mike LaBadie and Scott Jennings and defenceman Jerry Smith all saw plenty of ice time for the short handed Hawks.

1988

A controversial proposal to eliminate village names from mailing addresses in Osgoode and area had officials from Canada Post scrambling to cover an inadvertent leak. "The postal service in rural Canada has been in place for over 100 years and serves people well. We have no plans on paper to change the current system at this time," said a Canada Post spokesman. However, Canada Post rural services representative Jean Pierre Sarault

was previously quoted in the Citizen saying a proposal to eliminate village names from addresses would improve mail service.

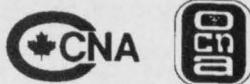
Four months after residents in Winchester began recycling their garbage, Guy LeClair had to cut back operations, saying he had more work than he could handle. In fact, about 70 per cent of Winchester residents were actively involved in the program, meaning about 350 households were being serviced at least once a month. But the backlog was being caused by local businesses, LeClair said, because the response had been so overwhelming.

Winchester Hawks won the first and third periods of their Eastern Ontario Junior B Hockey League contest against the visiting Tikis and eventually picked up their 10th win of the season, edging Brockville 5-4. Kirk Barkley scored twice in the third period to bring the Hawks back from a 4-3 deficit. The previous game in Cardinal saw the Hawks' two-game winning string snapped by the first-year Cardinal Spencerville Combines who doubled them 4-2.



WINCHESTER PRESS

Published by TwoMor Publications Inc.
545 St. Lawrence St., Box 399,
Winchester, Ontario, K0C 2K0
Tel: 613-774-2524, fax: 613-774-3967
E-mail: winchester_press@ccna.org



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The Winchester Press was established in 1888 and is published Wednesdays at Winchester, Ontario.

Subscription rates: \$26.75 per year within 40-mile radius except door-to-door delivery; \$32.10 per year outside 40-mile radius plus door-to-door deliveries; \$69.55 per year outside Canada. GST included.

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EDITORIAL

See ya

Good-bye.

As of today, I'm moving to our sister paper in Manotick. My time at the *Press*, although short, has been an extremely busy two months chock full of good memories.

First were the municipal elections. Then Christmas. And finally, the biggest ice storm in the history of the nation.

What's amazed me the most through all of this is the hospitality of the people. A close second however, is the newsroom and working atmosphere at the paper.

At all assignments, it seems that everyone follows the unwritten golden rule to feed reporters.

I think I've gained 10 pounds since November.

I have mixed feelings leaving the area and saying good-bye to some of the new friends I've made. I must recognize the efforts of mayor Claude Cousineau for giving me a crash course in North Dundas politics and Councillor Bob Riddell, who during the past month, has been a pipeline of information for me.

But I can't forget the big guy, my boss, Al and of course my cohort and partner in news, Lori for making the *Press* such a fun place to work.

I must mention Dianne too. She's been the target of many of my jokes in what can be described as a sometimes boisterous newsroom.

Then there are the "girls" at the back with the bright, red editing pencils, the ladies at the front and of course, the ad gals, Karen and Heather.

I will miss them all.

I think it's safe to say that the sights, sounds and smells in the newsroom will be much different.

Good-bye.

Hurry up and wait

Many Eastern Ontario residents could be left waiting in the cold for money from the proposed \$75 million disaster relief fund.

No one knows yet just how it's going to work and it appears that it will likely be later than sooner before many residents see that government-issued cash.

That's fine if you are one of the lucky people whose lives haven't been turned upside down by the storm of the century and who likely can afford to wait.

But others are depending on that relief money to put their lives back together.

The news doesn't look good, especially if you take the victims of the Manitoba Flood Crisis as an example.

It's been almost a year since the Red River flooded its banks and some victims still haven't seen any money.

Time won't be of the essence as far as local disaster relief committees in Eastern Ontario are concerned either.

What is more troubling, is the government's intention to make municipalities match cash thrust into relief coffers, penny for penny.

Actually, it's ridiculous.

How can an area like North Dundas generate the estimated hundreds of the thousands, maybe even millions of dollars in revenue?

Fundraising -- good luck.

Doesn't the government realize that they are actually taking the money from some of the worst-hit areas?

It's like taking money from your left hand and giving it back to you in the right.

Let's hope that clause changes. The livelihood of many Eastern Ontario residents hinges on it!

Jeff Brownlee



Truth is stranger than fiction

There have been moments when life has imitated art. But never has it been quite as ironic as right now.

The publicity surrounding the President Bill Clinton sex scandal couldn't be more widely broadcast in Canada if it had been our own prime minister at the centre of such a scandal, however remote (or absurdly laughable) the idea may be.

"Fornigate" has been spread across every Canadian newspaper for the past week, titillating readers in pure tabloid fashion as detail after detail of the case is exposed. In fact, one reporter admitted on a news show Monday night that the Clinton scandal has turned the American news media into tabloid journalists.

Let's, for a moment, set aside the president's adamant denials of the accusations of "that woman", former White House intern Monica Lewinsky.

If you've been saying to yourself, "Hey -- this would make a great movie!" -- you're right.

Have you seen the movie "Wag the Dog" that was recently released from Hollywood? If not, you're watching it now.

The movie, loosely sketched, is about a sex scandal involving the American president (purely fictional, of course) and a girl scout, or the equivalent.

(So far, it sounds nothing like the real affair.)

But seriously...

by Lori Culliton

In the movie, aides to the president decide that some damage-control is needed, so they call in the world's best spin-doctor to distract the media in the days before an impending election.

The first ploy by the spin-doctor is to create a story that the media would fall for, forgetting about the original sex scandal. What does he come up with? A war.

Back to the Clinton saga: On Monday night on the news, amidst reports of Clinton's lurid past, Lewinsky's lurid past

and Hilary's strong "stand by her man" act (what could possibly be in it for her?), there were reports that the United States was sending warnings to Iraq that they'd better shape up, or else.

In the movie, the spin-doctor (Robert DeNiro) hires a movie producer (Dustin Hoffman) to help him to produce a scam to take the American media and the minds of the people off the current scam.

Here's my question: how much is Lewinsky being paid by Hollywood producer Barry Levinson to bring forward this story now, just as his movie with the same theme -- a similar story line! -- is released?

Never before has a movie received so much free publicity. It couldn't have been planned better for timing.

Meanwhile, we grab some popcorn, sit back, get comfortable and get ready for the next scene, played out on the six o'clock news.

I wonder how long Hilary can hold out with that frozen smile of support for her alleged philanderer of a husband?

Dr. Graham Jacques, our Honorary Chairperson, has given many dedicated hours to the Heart and Stroke Foundation of Ontario. He recently served as Co-Chair and Chair of the Health Promotion Committee and is now Chair of Stroke and the Medical Advisor for the Dundas Chapter.



Above: Acting Mayor Bob Riddell of North Dundas, and at left, Mayor Johnny Whitteker of South Dundas, assist Dr. Jacques in hoisting the Heart and Stroke flag in preparation for Heart Month and the 1998 Campaign.



**HEART
AND STROKE
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Produced in association with the Dundas Chapter of the Heart and Stroke Foundation of Ontario

Regional variations in death rates focus of new study

DUNDAS COUNTY - The Heart and Stroke Foundation of Ontario has partnered with the Institute for Clinical Evaluative Studies (CES) to look at what, if any, role the delivery of health services within Ontario communities plays in heart disease deaths.

This investigation was prompted by the Foundation's announcement last February that 13 Ontario communities have disturbingly high heart disease death rates, with Kent County topping the list.

"This will be the first time that the issue of regional variations in death rate, and the possible links to health services will be looked at, on a community-by-community basis," explains Dr. Monica Caverson, the Foundation's vice-president of research. "This particular research will be produced as Ontario's first Cardiac Atlas. It will examine everything from emergency and acute care, to access to specialists, diagnostic technologies and surgical procedures across every Ontario census division. The intent is to see whether significant differences exist between the so-called 'hot spots' compared to census divisions that are not experiencing excess heart disease death rates."

Dr. Caverson further explains that other critical factors such as community health status and environmental factors will be the focus of additional research to be conducted within identified heart disease hot spots.

Overall, the Foundation's commitment for this entire research project is \$600,000 over three years. While the research project's intent is to clearly understand why excess death rates exist within the 13 hot spot communities, the research findings will be of benefit to every Ontario community. According to the Foundation, the research will provide the most detailed picture ever of health services as they relate to heart disease. For more information, call Elissa Freeman at 416-489-7111 Ext. 423 or Susan David at 613-938-8933.

Triple bypass gives Wynands second chance

by Sean McKibbin

For Gerald Wynands, a healthy lifestyle was the key to detecting and mending his heart problems.

"I used to like to really lean into the broom and sweep harder than anyone when I was curling, and that's when I would feel the pain in my chest," says Wynands, remembering back to 1995, when his heart troubles seemed to start.

Always a physically active man, Wynands also noticed the pain (later diagnosed as angina) when he went on his daily walks.

Prompt action by Wynands and his doctors has meant a full recovery and allowed him to pursue that same active lifestyle.

"I think because I got on top of it right away it was better," Wynands explains.

His doctor at first did some cholesterol tests and a stress test, but was not satisfied with the results. He referred Wynands to a cardiologist at the Ottawa Heart Institute who found blockages in the left anterior artery of Wynands' heart.

"I wasn't a smoker, I worked on a farm all my life and walked every day ever since retiring," says Wynands. He says he does not have a family history of heart disease.

However, Wynands does point to his weight as a contributing factor.

"I was about 25 pounds overweight," says Wynands and recalls how he used to eat a lot of cheese and whole milk.

"What I realize now is that when you are young and working on a farm you can take a lot more of those kinds of foods," he says.

His doctors decided to do an angioplasty — an operation in which a tiny balloon is inserted between blockages in an artery. The balloon is then expanded to widen an opening for blood to flow through.

Unfortunately for Wynands, the angioplasty didn't work.

"I couldn't walk from here to there," Wynands says, gesturing from a chair in his living room to a nearby window, "without feeling the pain in my chest."

"They said that in about 30 per cent of patients the operation fails," he says.

A second angioplasty was planned, but was decided against because of the location of the blockages. Wynands pulls out a diagram of his heart with ominous black dots marked along the sides of the arteries in ballpoint pen.



Gerald Wynands was in hospital only four days after his bypass on August 30, 1996. Shortly after going home he was walking, by winter he was curling.

"You see where the blockages were, they said it was too dangerous to do an angioplasty." Wynands points to the blockages. They are close to where his artery branches out in a "V" shape.

"The doctor said it was very dangerous and if something went wrong they would have to rush me immediately into open heart surgery. I could die. He said it was better to prepare for open heart surgery. So when a doctor tells you that, and he is thinking about you in that way, you appreciate that kind of reasoning."

He accepted the doctor's advice and was scheduled to have a triple bypass.

"Of course you are concerned but I was never really frightened," he recalls.

"We are farmers, we take life as it comes," Wynands' wife, Anna, adds.

"These are the doctors. They know what they're doing. They do these operations all the time, so if they say you are going to be fine, I believe them," Wynands says.

And he is fine. His doctors took veins out of his left leg and out of one of his mammary glands to complete a bypass around the blocked artery.

"I feel as good now as I did before — better than I did before," he says. "I have nothing but praise for my doctors."

He was only four days in the hospital after his bypass on Aug. 30, 1996. Shortly after going home he was walking, and by winter he was curling again.

"They give you (an exercise) program to work through. It went very quickly. I was walking farther than they said to. I always healed well," Wynands says. He adds that what hurt the most was getting out of bed after the operation. With a split sternum for the open heart surgery, getting up takes a bit of practice. But with pain killers, he says he barely felt it.

"The worst part is that the anesthetic throws your system completely out of whack. You feel awful."

But it seems he feels great now. Sure he misses the junk food and "extras" that he and his wife have cut out of their diets, but it is a good trade for good health.

"I don't want to clog up these new veins," he says.

His blood pressure is good, Wynands reports, and since the operation he has only been given an anti-cholesterol drug by his doctors.

Prevention is key to maintaining heart health, Wynands says, and he means to make sure to prevent it this second time around.

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President's message

**By Dorothy Houze
President, Dundas County
Chapter, Heart and Stroke
Foundation of Ontario**

We are approaching February — Heart Month — when more than 350 dedicated canvassers will be knocking on doors throughout the county collecting donations for the Heart and Stroke Foundation of Ontario.

Thanks to the donors and volunteers of our county, 1997 was a record year at the foundation. Locally, in the United Counties, we reached a milestone by raising more than \$500,000. Provincially we surpassed all our fundraising records by breaking through the \$50 million barrier for the first time.

We have been able to allocate significant new funds into research, including \$6 million to create three endowed research chairs. We are also very proud of our continuing increase in research funding to a record amount of \$23 million this past year. Our first province-wide multi-million dollar lottery enabled us to raise these record revenues.

Our ongoing challenge is to motivate the at-risk members of our communities to modify their lifestyles to help prevent heart disease or stroke. Stroke, often cited as Canada's forgotten disease, has remained a foundation priority. A Stroke Care Ontario plan was developed to improve medical care

standards and is under review by the Ministry of Health.

We introduced several new resources for stroke patients and caregivers and continue efforts to increase the public's ability to recognize and react to stroke's warning signs.

We are also making great strides in raising awareness among women about their risk of developing heart disease, too often thought to be a man's disease.

Much of this success lies in our ability to let our communities know what the issues are and what we are doing about them.

Through the many health promotion and fundraising activities we organize, the members of the communities continue to learn about the foundation's work for raising money for lifesaving heart and stroke research.

It is the wonderful partnership we have with our loyal volunteers, donors and the community that has made our successes possible. We are truly grateful for your enthusiasm and commitment and we ask for your continued support of our activities.

We are looking for new volunteers, whether to sit on the board, assist at special events or to help with fundraising. If you are interested in volunteering, please contact me at 543-2048 or any other board member.

Identification program implemented

WINCHESTER - In response to community feedback, the Heart and Stroke Foundation has taken proactive measures to ensure easy recognition of its volunteer canvassers during February - Heart Month.

"A new canvasser identification program has been implemented to take the guesswork out of door-to-door giving," says Helen Summers, Person-to-Person Co-Chair for North Dundas.

Every Heart and Stroke canvasser will be wearing a Foundation identification button and carrying an information kit with the Foundation's

logo. Should you make a donation, look for the logo and charitable registration number printed on the receipt.

Last year, more than \$4.7 million was raised from the Foundation's province-wide door-to-door campaign. Close to 65,000 volunteers don their boots during one the coldest months of the year to raise money that funds lifesaving heart and stroke research.

For more information, contact Susan David, Heart and Stroke Foundation of Ontario at 613-938-8933.

The doctor's visit

**by Dr. Graham Jacques
Chair of Stroke and Medical Adviser
Dundas County Chapter, Ontario
Heart and Stroke Foundation**

"Thank-you, Mary. Why don't you get dressed, and I'll be back in a few minutes to discuss the results of your exam?"

Mary hopped off the bench as the doctor left the room and began to dress. Her mind raced. In her mid-forties, she hadn't had an exam for several years. Several friends developed medical problems recently, prompting her to book this exam. There were so many questions she had!

Soon after she was dressed, the doctor reappeared, and they both sat down. "Now Mary, I can't find any major physical problems." Mary sighed with relief. The doctor went on, "There are, however, some lifestyle issues I'd like to discuss with you. You are mildly overweight, and your cholesterol is a little bit higher than perhaps it might be. There is also a family history of heart problems in that your father died in his mid-sixties from a heart attack. Fortunately, your blood pressure seems to be quite normal, and there does not seem to be any evidence of diabetes either."

"I suppose that means I have to go on a diet - I've done that before, and the weight sometimes comes off, but always seems to come back on again - twice as fast!" Mary said wryly.

"Certainly diet is important, but perhaps you might think of eating a healthier diet, as a permanent change, rather than being on a diet just to lose weight. This is what I mean by a lifestyle change. Also, do you get much exercise?"

"Well, doctor, as you know, I work at the nursing home as an aide. It's very heavy work, the shifts are long, and I'm usually too exhausted to do much when I get home. Too, with the cutbacks it seems we're expected to do twice as much in half the time."

"I know, Mary, I know." The doctor shook his head ruefully. "But you know, a brisk walk is as much for your mental health as it is for your physical health. Just start with a half-hour walk in the evening after supper. You may be surprised at how good you can feel

after - and you'll probably sleep better, too!"

"I'll give it a try." There was a note of skepticism in her voice. "But what about my diet - I hate going on diets! Although I must admit, we've started eating less fat and more fruits and veggies lately."

"That is certainly a good start, Mary, and in fact your diet may be modified less than you think - when you leave, my nurse will give you some information on a reduced fat diet. I've heard, too, that you're a good cook, and I'll give you a list of cook books from the Heart and Stroke Foundation of Ontario. Most of the recipes are low-fat, and I can tell you from personal experience that they are quite tasty! Your husband, Jim, probably won't even know that he's eating low fat!"

Jim's battle with his waistline was of ongoing concern to both Mary and the doctor, who secretly felt that the key to Jim's weight reduction lay in educating the cook of the family. "Also, I'm going to give you some information on hormone replacement therapy. At the present, you're still having normal periods, and you don't seem to have any symptoms of hormonal deficiency. Hopefully you won't get any, but you are coming into that time of life called the perimenopause, and forewarned is forearmed. There is a lot of misinformation about hormones. This should give you a better handle on what's happening. When you go by the front desk ask the receptionist to book you for fasting blood work in six months, and then to see me about a week later. If your cholesterol are improving, then we stay the course, but if not, then we may have to make you an appointment to see a dietitian. We can discuss any questions about hormones at that time, too. Are there any further questions today?"

"No, I don't think so, doctor."

"Good. Your Pap smear will be back in about a week, and if there are any problems with it, I will be in touch with you. Otherwise you can assume it's all normal. Thanks for coming in, Mary, and if all goes well I will see you in about six months."



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Winchester

Heart institute made life better – and longer

by Lori Culliton
Press staff

WINCHESTER — “I keep healthy, I walk every day and I help with work around the house. I keep busy.”

But, admits Stanley Marriner, 70, of Winchester, “I shovel snow now and then, but I know I shouldn’t.”

Despite his tendency to do a bit more than perhaps he should, this heart attack survivor knows his limitations.

Marriner had his heart attack on Aug. 25, 1978 while he was at work at the Winchester District Memorial Hospital. In May 1993, he had two bypasses and an aortic valve replacement.

A doctor found a murmur in his heart in 1950, the same year Marriner and his wife, Laura, moved to Winchester. There was a history of heart disease in his family.

“The doctor said that I wouldn’t have trouble with the murmur until I was 65, and he was right,” Marriner says.

After the heart attack, Marriner continued to work for another 10 years, with difficulty, at WDMH as an X-ray technician. He worked at the hospital from 1950 until 1988.

“There were times when my wife could hear my heart during the night, when I began to have valve trouble,” Marriner recalls.

Since the surgery, life is better for him, Marriner says, although he tires easily. “I have bad days, but I make regular visits to the doctors at the heart institute and to my cardiologist. I’m not short-winded now, but the stress gets to you. You just have to keep going.”

He adds, “At one time I couldn’t go up six steps without getting short-winded.”

The Marriners were happy with their treatment at the heart institute in Ottawa. “The day of the surgery, I knew that he’d had the best care, and I didn’t worry. They called every morning after the surgery to let me know how he was,” Laura says.

Marriner was in the Ottawa Civic Hospital for eight days. “The staff followed up after the surgery to make sure things were okay. And there were sessions for both of us about diet and what to expect in surgery,” he says.

Meanwhile, life goes on for the couple. A good eater, Marriner tries to adhere to his diet. Their son is diabetic, so Laura is careful to cook healthy meals.

“I guess the heart attack changed my life, because it forced me into early retirement. I had plans for fixing up the house, too, but I know I can’t now,” Mariner laments.

“But the heart institute made my life better — and longer.”



Better, longer living

Stanley Marriner, of Winchester, was given a new lease on life after double bypass surgery in 1993 at the heart institute in Ottawa. “At one time,” he says, “I couldn’t get up six steps without getting short-winded.”

Press photo — Culliton

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Into Africa: Osgoode MD inspired by Ethiopian fortitude

by Jeff Brownlee
Press staff

OSGOODE — A war where the enemy is not human, the ammunition is not bullets, but the battles are still judged in loss of life.

Ethiopia. Famine. Struggle for survival.

It is this human element that touched Dr. Terry Brennan the most during a recent 20-day relief tour in the African country as part of a contingent of doctors with Canadian Physicians for Aid and Relief (CPAR).

The 11-member team representing the non-profit, humanitarian organization dedicated to the promotion and development of healthier communities, wasn't sent to perform medical miracles.

The best medical training in the world is useless there, says Brennan, who took a three-week sabbatical from his Osgoode clinic in November and early December to participate in the tour. Ethiopia doesn't have the basic resources like permanent electricity and the medical structure in hospitals to cope with many treatable illnesses.

Instead, the doctors went to the landlocked African nation that is plagued with harsh geography, deforestation and severe erosion with both open minds and eyes to assist in the creation of a vision for future sustainable development.

And that vision works on a lone premise — everything is connected.

That's why the nucleus of CPAR's efforts just doesn't include handing the country millions of dollars in relief.

It starts with education. And letting the people help themselves.

"We work with people and what they see as priorities," he adds.

Using new methods to tap clean-water wells, innovative farming practices and promoting resource management, sets off a chain reaction with the end result being better health.

But as Brennan points out, change takes time.

"We're talking about development that will take a generation," says Brennan. "It can't occur overnight."

But the path to better health must be accompanied by a change in the mind set of the Ethiopian people. Large families have been the norm for generations due to death by malnutrition and other diseases. Even

today, the average male life expectancy is just 47.

And parenting takes on a new role once food becomes scarce. In many cases, the mother and father have to make a decision on what children to sacrifice, he adds.

To us, this might seem abhorrent, but that's just a means of survival, says Brennan. But this is exactly the scenario CPAR is trying to eliminate in Ethiopia. As development occurs, parents will learn that they won't need as sizable families.

Brennan's tour was also productive, on two levels. Not only did he help the Ethiopian people, but they helped him.

During the general practitioner's career, he's been to many struggling nations, but none like this impoverished country.

Visually, it's beautiful, he says.

But looks can be deceiving. Ethiopia is at war with hunger.

Death and disease are all around and life is not measured in years, but with every new sunrise.

Despite this adversity, Brennan was amazed at the people's zest for life.

"These people don't have anything, but they are just happy to be alive," he says. "All of their prayers focus on thanks for food and life."

This fortitude touched the Osgoode doctor — not only his heart, but his soul. It also inspired him to ink a poem that humbles even society's most affluent:

Humanity in meager existence,

Food the culture,

The pale skin on display

Out shone by the ivory of the Ethiopian smile,

The carnage of human procreation

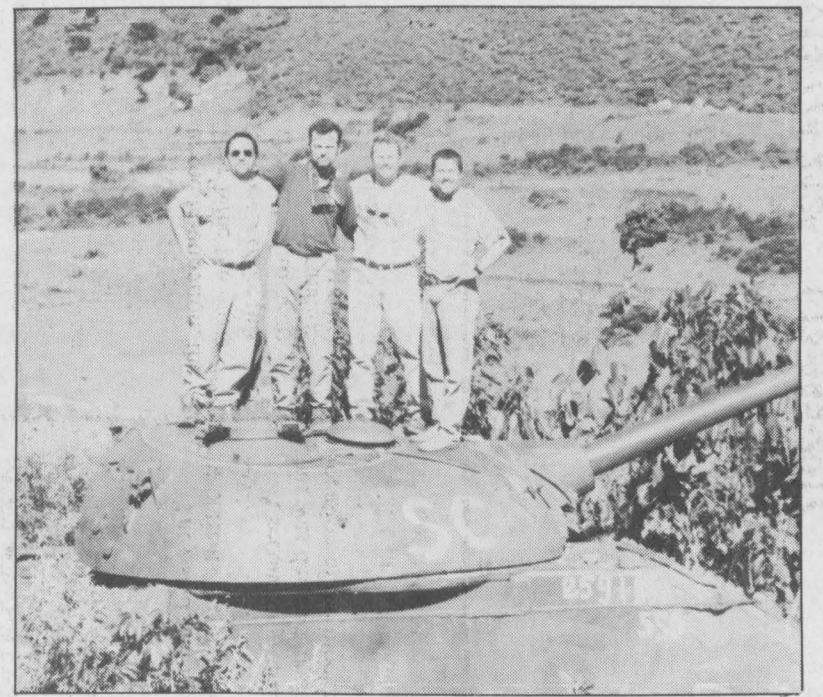
In unison with the expansion of humanity,

The indefensible suffering

The spread of souls to honor God and yet,

I'm part of this with it in some way.

"I went with intent to see how I could help and what I could do," says Brennan. "I learned that development doesn't mean better roads and electricity. Development is about better appreciation for life."



Development: appreciation of life

Osgoode Dr. Terry Brennan spent 20 days touring Ethiopia in the latter part of November and the early part of December. He was part of a contingent of doctors belonging to CPAR — Canadian Physicians for Aid and Relief — that aims to improve the lives of rural Ethiopians.

LETTERS TO THE EDITOR

Thank you to people of South Dundas

The Editor:
To the citizens of the Township of South Dundas:

At 10:20 am on Thurs., Jan. 8, when your newly elected council should have been celebrating their inaugural council meeting, a state of emergency was being signed in the Township of South Dundas. At 1 pm the same day, in Morrisburg, Bill Shearing was briefing a room full of people who, at the time, could not have dreamt of the magnitude of the events for the coming days.

During a time such as this, it is essential that all volunteers sign on whenever they are assisting the municipality in any role. It is our wish to list all of you by name, but that is not possible. Space in the paper is not available for such an outpouring, and also because many more provided much-needed help and didn't leave a name. To miss even one person would be unforgivable.

To all of you who:

— arrived at the emergency headquarters, civic centres, municipal halls and offices during the early hours of the emergency and hung in there to the end, guiding and keeping us on track;

— organized and were ready at the call to open a shelter at the Operating Engineers Training Institute and Seaway High School;

— co-ordinated the door-to-door checks and went to each home in the township;

— co-ordinated food for all the outdoor workers from Hydro to volunteers, thus enabling the drop-in centres to be up and running at a moment's notice;

— heard of the drop-in centres and brought food, and to those who took charge and made sure that we did not have to worry about what was happening in the kitchens;

— manned phones throughout the day and night to answer questions and offer reassurance;

— offered their labor and equipment to help clean up municipal property and citizens' homes; your help saved the citizens thousands of dollars;

— delivered messages when phones were down and delivered supplies to those in need, from batteries to wood.

— made sure that our seniors were being cared for so that we could concentrate on other details;

— offered their homes for anyone who needed warmth, a bed, pet-sitting or a precious shower;

— offered their vehicle to transport whatever was needed;

— at a call, came out at night and repaired town equipment so that many would not suffer more hardship;

— called and offered assistance in so many ways, fed the military personnel so that they would see how much we appreciated them;

— helped their neighbor, found generators, lent equipment, pumped basements;

— offered help and were not called upon, your offer did not go unnoticed and we will remember you all;

— to local newspapers and staff for great coverage of all aspects of the storm;

— to the staff and employees of South Dundas that worked extended

hours, kept the office running, were willing to answer all of our questions and do whatever we asked, when they, too, were starting a new job. The citizens should be proud and grateful to you all;

— to the many organizations that brought in many more volunteers, we say thank you to the Neighborhood Watch, churches, youth groups, Lions, Masons, Odd Fellows, Legion; the list goes on and on;

— to the Hydro, fire departments, OPP, military, Bell telephone workers, and their families;

— to all merchants and businesses who donated and gave what they could to help;

— to the ham radio operators who assisted us so that we could communicate when phones were down;

— to all of you who called us and said thanks.

By allowing us to witness your generosity, concern, stamina, thoughtfulness, guidance, support and time, you have all become our heroes.

Johnny Whitteker
Mayor, South Dundas

Government's ice storm give-away

The Editor:
Well, our tax dollar is at work again. Did you hear about Chesterville's big ice storm giveaway?

Two-hundred dollars, just for the asking!

I have been told this money has been given to each municipality that has been affected by the ice storm, to be given out to the respective communities by means of first come, first serve, and when the money is gone, there is no more.

This means that more than 50 per cent of the residents in our communities will receive nothing. I have been told by a local politician that if we didn't use this format we simply wouldn't receive any money.

This makes no sense.

Why couldn't our local politicians be given this money to use as

they saw fit and allowed to distribute it equally amongst those hardest hit.

Or, why couldn't it be given to the three local fire departments and be distributed by them as they were involved more than anybody and knew where the money should go.

But no, somebody in Toronto came up with this bright idea and instructed us how the money should be given out.

I personally went down Monday morning and picked up \$200 and donated it to the Mountain Fire Department — my way of protesting the criminal way that Toronto has told us to distribute this money.

My biggest pet peeve is that everybody should have been entitled to an equal amount of this money, regardless of how small it was.

Leroy Empey



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NOTICE
Due to the
ICE STORM
The Hallville
Winter Carnival
is being re-scheduled to
SUNDAY, MARCH 1, 1998
to be held in conjunction with the
PANCAKE BREAKFAST
Come out and join the fun



LETTERS TO THE EDITOR

Thank you, those who helped seniors

The Editor:
(Open letter to all citizens in eastern Ontario)
On behalf of the Government of Ontario I would like to thank everyone who offered their time and energy to older adults and disabled citizens in eastern Ontario during the recent ice storm.

Community Care Access Centres (CCACs), long-term care facilities, care homes, various community agencies as well as individuals demonstrated compassion and team work as they pitched in to provide basic needs to seniors to help them endure through difficult circumstances surrounding the storm.

My office is aware of several examples where generosity and community-spirit towards seniors should be acknowledged and commended:

— a woman in Lanark County welcomed into her home three seniors who left their retirement home when the power went out — she got up at 5 am every morning to ensure the house was warm for her guests;

— another woman near Vankleek Hill took 14 seniors, whose seniors' residence had lost power, into her home and cooked their meals and entertained them during the storm;

— near Brockville a municipal retirement home took in as many additional seniors as it could handle to feed and provide for;

— people volunteered generators to pump flooded basements, donated food and drink, delivered blankets to shelters and firewood and hot meals to those seniors who insisted on staying in their homes;

— CCAC staff manned hospital floors on 24-hour shifts and long-term care facilities added shelter space for those in need;

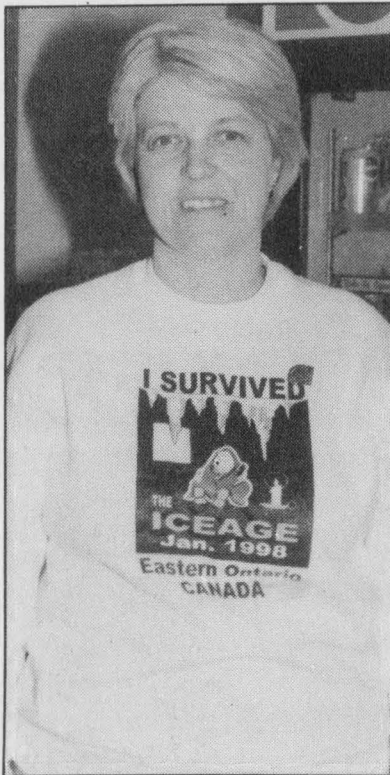
— private corporations have been donating supplies and dollars to agencies which are helping those in need;

— residents of Long-Term Care facilities were transferred to other facilities where power was maintained; members of the community were also able to take shelter in these facilities to escape the storm.

Clearly, the ice storm tested all emergency systems: personal, community and government wide. Seniors have expressed their appreciation for the help they have been receiving through these difficult times. As one 88-year-old widow stated, in some respects, she wished the crisis would continue as she has had fun meeting new people.

Once again, thank you to all citizens for the thousands of hours devoted to their communities. Your efforts and hard work will be remembered in years to come, long after the visible damage of the storm is repaired.

Cam Jackson
Minister Responsible for Seniors



Carnival time

Matilda Carnival was held last week, one week later than originally scheduled, thanks to the ice storm. A pancake brunch was served at Matilda Hall in Dixon's Corners on Sun., Jan. 18 to kick off the carnival. The hall was used as a drop-in centre during the state of emergency, so the brunch was well-attended by Matilda residents, soldiers and those seeking warmth and a good meal. At left: Barb Scott of Brinston models a sweatshirt commemorating the ice storm at the carnival. The shirt reads: "I survived Ice Age 1998".

Press Photos — Culliton



Albert Gale Real Estate Ltd. was named a finalist for the 1997 Company of the Year at the Ottawa-Carleton Board of Trade's Fourth Annual Business Achievements Awards Gala. Albert Gale Real Estate Ltd. is owned by Jonathon Ralph, left, and Philip Downey.

Gale finalist in competition

OTTAWA — Albert Gale Real Estate Ltd., was named a finalist in for the 1997 Company of the Year at the Ottawa-Carleton Board of Trade's Fourth Annual Business Achievements Awards Gala last month.

This huge media event celebrates companies and individuals throughout the region who have demonstrated exceptional achievements in their business and contributed to the prosperity of the Ottawa-Carleton region.

For half a century, Albert Gale Real Estate Ltd. has been dedicated to giving old-fashioned service to its clients.

The company founder Albert Gale started the business in 1948 by selling some waterfront farm property he owned. His attraction to the real estate business grew and so did the company.

Proud to be eastern Ontario's largest independent realtor, Albert Gale Real Estate Ltd. will mark its golden anniversary this month.

Established on family values and community spirit, the tradition continued and the business was eventually turned over to Albert Gale's son, Alan, who managed it in partnership with Philip Downey — Albert's son-in-law — and Jonathan Ralph.

Today, the company is still owned by Downey and Ralph.

With 10 offices operating throughout the region, 130 real estate sales representatives and approximately 20 employees, the owners take a proactive approach to management of their business. They view the relationship between themselves and their sales representatives as a partnership.

"If they don't succeed, we don't succeed," is the management philosophy.

This consultative approach to running the business was one of the numerous reasons that Chuck Dowdall, senior account manager at the Royal Bank, nominated Albert Gale Ltd. for Company of the Year 1997.

"They have an open-door concept at Albert Gale," he explained. "Everyone works together in a group. Phil and J.R. make it an essential part of their agenda to meet

with all of their sales representatives on a continual basis, they have a strong alliance with their representatives," he added.

The sense of partnership does not end with management. The sales representatives at Albert Gale Ltd. make it a point to treat their clients as they, themselves would like to be treated.

Fifty years of experience in the business has taught the sales representatives at Albert Gale that they are in "partnership" with their client. They are guiding them through what is probably the most important financial and emotional decision of their lives. Quality of life is what they are assisting their client to achieve, and it is the "key" to the success of the company and the sales representatives.

The dedication to customer service demonstrated by the sales representatives and management at Albert Gale has not gone unnoticed throughout the region.

As Dowdall pointed out, "They make sure that the client is number one. They do all of the things necessary to make this so. Everyone is really proud and excited that they were finalists for this award, that they reached the plateau. They were in the running with companies like Nortel — now that says something."

The company's philosophy and strong feelings of commitment toward the community were best described by Phil Downey at the awards celebration.

"Ottawa-Carleton is really one of the most beautiful areas in Canada. We are large enough that we have anything anyone could ever ask for in quality of life, yet small enough that we are still a community."

"We at Albert Gale are tickled to have been here for 50 years. We have lived here most of our lives. We have grown up here. We work in the community and it's great to be able to serve the hi-tech industry, government people and small business people in all their real estate needs."

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in the Winchester-Mountain area
Mr. Don Wilson - 774-2728



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7:00 pm - Evening Service
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11:15 am - Chesterville
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- | | |
|--------------|--------------------------------------|
| 1) February | Betty Goodman, Banff |
| 2) March | Hunter McCaig, Washington |
| 3) April | Larry Berry, Puerto Vallarta |
| 4) May | Rideau Auctions, Las Vegas |
| 5) June | Sheldon McLeod, Calgary |
| 6) July | Willy Armstrong, New York |
| 7) August | Claude Cousineau, Dominican |
| 8) September | Brenda Mead, Toronto Theatre Package |
| 9) October | Andy Hamel, Dream Cruise, Aruba |
| 10) November | Ada & Laurie Hume, Cancun, Mexico |
| 11) December | Dr. Charles Adamson, Acapulco |
| 12) January | John Redsell, Montreal Getaway |

Thank you to the Winchester Press and photographers for
their assistance in advertising the winners each month.



Destruction

Some maple syrup producers won't tap the trees at all this year, according to Art Stanley of Olde Maple Lane Farm near Edwards. The destruction from the ice storm that hit three weeks ago will reduce this year's maple syrup production by 30 to 100 per cent.

Press Photos — Fetterly

Farm update

Maple industry hit hard by ice

Dianne Fetterly
Agricultural editor

EDWARDS — A walk through the sugar bush at Stanley's Olde Maple Lane Farm tells the story.

Sixty-year-old sugar maples snapped off at the trunk; huge branches hanging by the bark; and debris littering the forest floor. Some paths are still too dangerous to venture down because of fallen trees and falling ice. Even the younger trees, planted in the 1960s, were damaged.

Art Stanley is attempting to clean up the mess, but says it's hard to know where to start.

The situation is similar over at Sanders Pancake House outside Finch. Albert Sanders, a director with the Eastern Ontario Maple

Syrup Producers Association, estimates 50 - 60 per cent damage to his 1,300 maple trees. Across the storm-ravaged area, damage to maple bushes ranged from 25 per cent in to areas, to 75 per cent in other areas.

The destruction will reduce this year's maple syrup production by 30 to 100 per cent, he added.

"Some producers won't tap at all this year. (Pipe)lines are broken and it will take a lot of work before they're ready to run. There are also broken trees and branches to clean up before (producers) can get back into production," said Sanders.

Sanders. Pancake House will open March 1st as usual, however Sanders isn't sure how much sap there will be.

"There's a lot of damage to the trees... Sap will run out of the bro-

ken branches... Some trees will never come back and it may take anywhere from five to 40 years to recover," he said.

And while the industry has suffered a great loss, Sanders says maple syrup producers will make it through the tough times.

"We're not quitters in this industry. We'll be there for people in the future."

Ontario Minister of Agriculture Noble Villeneuve and federal agriculture minister Lyle Vancilief toured the area last week and surveyed the maple bushes for damage.

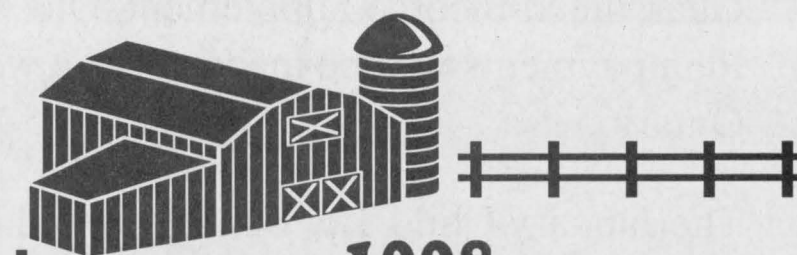
An announcement of a compensation package for maple syrup producers and others affected by the storm is expected as early as this week.

DFA meeting rescheduled

MORRISBURG — Due to the ice storm and its aftermath, the Dundas Federation of Agriculture has rescheduled its annual meeting and banquet originally slated for this Friday (Jan. 30) at the Operating Engineers in Morrisburg.

The annual meeting and banquet will now be held on Feb. 27. All tickets given out and sold are still valid for the new date, but ticket holders are asked to confirm their attendance before Feb. 20.

Keynote speaker for the evening will be Sharon Rounds, OFA vice-president.



1998 FARMERS' WEEK & TRADE FAIR

Winter Woodlot Conference....Feb. 12
Money Matters.....Feb. 13
Ecological Day.....Feb. 14
Beef Evening.....Feb. 16
Dairy Day.....Feb. 17
Accent on Living.....Feb. 18
Crops Day.....Feb. 19
Pork Day.....Feb. 20
Sheep Day.....Feb. 21
Horticulture Day.....Feb. 21

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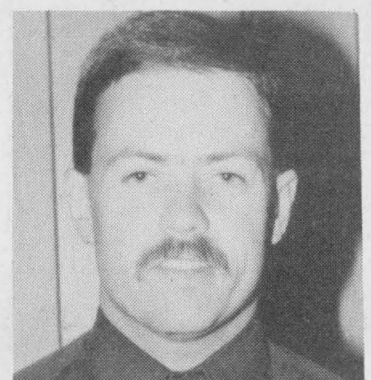
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OBITUARIES

Gertrude Helen Becksted

Gertrude Helen Becksted, former of Elma, died peacefully at her residence at Dundas Manor Nursing Home on Mon., Jan. 26. She was 93.

The beloved wife of the late Bur-rill Becksted, Mrs. Becksted was born in Matilda Township on June 23, 1904 to the late Samuel Smyth and Cathleen Rose.

She was dearly loved by nieces Elizabeth Marshall of Morrisburg, Barbara (John) Simpson of Brockville, and nephews Smyth Johnston and Robert (Theda) John-

ston, both of Morrisburg, Mac (Isla) Smyth of Iroquois and George (Betty) Johnston of London, Ontario.

She was a member of the United Church in Williamsburg.

At Mrs. Becksted's request there will be no funeral home visitation or service. A spring graveside service will be held at Spruce Haven Cemetery, Brinston.

Arrangements have been entrusted to the Parker Funeral Home, Morrisburg.

Dora Belle Dillabough

Dora Belle Dillabough of Chester-ville died on Tues., Jan. 20 at the Winchester District Memorial Hospital. She was 86.

A housewife, Mrs. Dillabough was born in Westville on April 13, 1911 to the late Wilbur Morrell and Chloe Dillabough. She was also predeceased by her husband Arnold David Dillabough, who died on May 7, 1988.

She was the dear mother of Kenneth (Shirley) Dillabough of Brockville, Cecil Dillabough of Chesterville, Lloyd (June) Dillabough of Morewood and Betty (Erik) Thompson of Chesterville. She will be fondly remembered by

her 16 grandchildren and 20 great-grandchildren. She was the dear sister of Lula Dillabough of RR 3 Chesterville.

She was predeceased by sons Gerald and Carl.

Family and friends at the Daniels Funeral Homes Inc. in Chesterville.

Funeral services were held there on Thurs., Jan. 22.

Reverend Roy Harwood officiated. Interment was at Maple Ridge Cemetery, Chesterville.

Pallbearers were Mark, John and Daryl Thompson and Arnold, Richard and Robert Dillabough, all grandsons.

Doris Elizabeth Fetterly

Doris Elizabeth Fetterly (nee Fraser) of Dundas Manor, formerly of RR 2 Mountain, died on Mon., Jan. 26. She was 76.

A former secretary for the government, Mrs. Fetterly was born in McNab Township, Renfrew County on Dec. 13, 1921 to the late Alexander H. Fraser and Christina Robertson Wallace.

She was predeceased by her husband, Glendon Fetterly, in 1996.

Mrs. Fetterly will be lovingly remembered by her children Carol Fetterly, Gordon (Denise) Fetterly, Ian (Eleanor) Fetterly, Sandra (Bill) Shaver, Brian (Greta) Fetterly, Dianne Fetterly, Donna (Darryl)

Graham and Scott (Annie) Fetterly. She will also be missed by 11 grandchildren.

She was the sister of Alma Chisamore, Anne Hubbert, Thomas Fraser, Moodie Fraser and R.A. Fraser.

She was a member of the United Church.

A private family funeral took place at Byers Funeral Home Chapel in South Mountain. Reverend Marion Milnes officiated. Interment was at Maple Ridge Cemetery.

Pallbearers were Albert Koekkoek, Gary Hoy, Reg Hyndman, Bruce Hough, Douglas Blaine and Dennis Blaine.

Douglas John MacIntosh

Douglas John MacIntosh of Spencerville died of cancer after a valiant struggle, on Sat., Jan. 24 at St. Vincent de Paul Hospital in Brockville, surrounded by loving family. He was 71.

Born in Winchester Township on Oct. 15, 1926, Mr. MacIntosh was raised in the Ormond area. He was predeceased by his parents, Kenneth MacIntosh and Helen Dillabough.

He moved to the Spencerville area in 1958, working as a transport driver for a number of different trucking companies.

He was the loving husband of Mildred E. Porteous, whom he married in Ottawa on July 16, 1949.

He will be fondly remembered by his son Peter (Lee) MacIntosh of RR 2 Prescott and daughter Nancy MacIntosh-Hooper and her husband Bill of Shanly.

He'll also be missed by grandchildren Abby, Doug, Susan, Jim, Cassandra, Sarah and Andrew.

He is also survived by his brother Murray and his wife Nellie of Winchester, and sisters Betty (Lyle) Robinson of Winchester and Mary (Brian) Murphy of Ottawa, and brothers-in-law and sisters-in-law

Neil and Marion Porteous of Winchester, Laura and Bob Noonan of Brockville, Bill and Agnes Patterson of Nepean, Joan and Dave Kelly of Ottawa and Barbara MacIntosh of Greely.

He was predeceased by one brother, Kenneth, in Jan. 1988.

Mr. MacIntosh was a member of the United Church of Canada. He loved spending time with his family and his grandchildren, and he enjoyed being with people and his antique steam equipment.

Family received friends at Grant Brown Funeral Home Purcell Chapel in Spencerville on Jan. 27 and 28. Funeral services were held at Spencerville United Church on Wed., Jan. 28.

Reverend Doug Warren and Patricia Swann officiated. Interment will take place in the spring at Ormond Cemetery.

Pallbearers were Don Ferguson, Bill Dillabough, Jim Hooper, Jack McIntosh, Ron Lewis and Bill Hutton.

Memorial donations to St. Vincent de Paul Hospital Palliative Care or the charity of your choice would be appreciated by the family.

Thora Jessie Wood

Thora Jessie Wood of Winchester died on Tues., Jan. 20 at Dundas Manor in Winchester. She was 90.

A housewife, Mrs. Wood was born in Williamsburg on Feb. 10, 1907 to the late George Robinson and Sarah Buchan. She was predeceased by her husband, Burnice Elisha Wood on Nov. 8, 1984.

She was the dear mother of Marjorie (Garnet) Barkley of Kingston, Bert (Edith) Wood of Chesterville, Don (Muriel) Wood of Lyndhurst, Earl (Janet) Wood of Morrisburg, Linda Helmer of Morrisburg, Gary (Moya) Wood of Whitby and Paul (Debbie) Wood of Winchester. She was predeceased by a daughter, Eve-

lyn.

Mrs. Wood will be fondly remembered by 21 grandchildren, 27 great-grandchildren and eight great-great-grandchildren.

She was a member of Dunbar Presbyterian Church.

Family and friends were received at the Daniels Funeral Homes Inc., Chesterville, for visitation. Funeral services were held there on Fri., Jan. 23. Reverend Gregory Blatch officiated. Interment was at Maple Ridge Cemetery, Chesterville.

Pallbearers were Robert Wood, Kenneth Wood, Steven Helmer, Kevin Wood, Dana Wood and Patrick Wood.

**Marking two decades**

Mary Schoones (left), secretary of the Chesterville Agricultural Society awards secretary of the society's home craft division, Marilyn Johnson a memento for 20 years of dedicated service. The presentation was made at the society's annual meeting Jan. 24.

Press photo - Brownlee

**Rewarded for dedicated service**

Chesterville Agricultural Society president George Ennis congratulates North Dundas Councillor Martin Schoones (left) for an award recognizing years of volunteer work with the Chesterville Agricultural Society. The presentation was made at the society's annual meeting Jan. 24.

Press photo - Brownlee

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Guaranteed Income Supplement, Old Age Security and Canada Pension Plan payments will be made about a week early in Quebec and Eastern Ontario.

The January Child Tax Benefit should have been received by now. Anyone expecting a payment who has not received it by January 27 should contact Revenue Canada at 1-800-387-1193.

Direct deposits to financial institutions are being made on schedule.

Employment Insurance cheques are being delivered without delay.

Most ice storm victims claiming Employment Insurance will be able to receive their first cheque as soon as their claim has been approved and they will not be required to fill out claimant report cards.

Mail is back to normal in Ontario. Information about mail delivery can be obtained by dialing 1-800-267-1177.

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Saying thanks

Many Metcalfe residents lined the streets to say good-bye and thanks to the Canadian military troops stationed in the Metcalfe area. Pictured

above are Aaron and Brianna Vedder giving the soldiers a nice send-off.

Press photo - Brownlee

Canadian military packs it in as community extends thanks

by Derek Puddicombe

METCALFE — After spending two weeks in Osgoode Township, members of the Canadian armed forces, which at the height of the ice storm numbered about 150, were given a heroes' send off.

Members of the township's volunteer fire department, dressed in uniform, met the military unit at the Metcalfe Community Centre on Jan. 21 for an exchange of flags and to say thanks.

Adults and school children, some visibly emotional, lined the streets of Metcalfe to say goodbye as firetrucks with sirens blaring led the troops and their vehicles out of the township.

When they reached the Metcalfe firehall, the firetrucks stopped and firefighters jumped out to line the side of the road and salute the soldiers as vehicles passed.

The community centre became the military's command center for their two-week stay during the most devastating natural disaster in Canadian history. All military operations that took place in the township started at the centre. It's also where soldiers slept, ate and socialized. Sleeping quarters were also set up next door at the Metcalfe Curling Club.

Military helicopters taking off

and landing behind the community centre were a common sight. The helicopters were used to give politicians a bird's eye view of the damage done by the storm and to ferry federal politicians like defence minister Art Eggleton and industry minister John Manley into the township so they could get a first-hand look at the damage.

The helicopters were also used at night to conduct random flight patterns to help the Ontario Provincial Police look for criminal activity on the ground. Flights started about a week after the military's arrival and continuous complaints by residents that generators were being stolen.

Complete with night-time vision goggles, which gave police and pilots the ability to track someone without using lights from the helicopter, two OPP officers accompanied pilots to keep the peace.

"The idea was to increase the military presence to make people know we were out there to prevent criminal activity," said Capt. Tim Workman. "It gives us the ability to respond quickly to suspicious activity."

For Cpl. George Anthony, who arrived from Petawawa, it was a chance to feel good about what his unit was doing to help people try and get their lives back to normal.

This was Anthony's second chance to lend a hand at home. He was in Manitoba last spring to help homeowners there fight the flood waters.

"It is such a good feeling to help out Canadians," said Anthony, who left his wife and two young sons at home as part of the largest peacetime mobilization of Canadian troops.

Osgoode Fire Chief Gerry Bennett and Mayor Doug Thompson said the military was crucial in getting the township back on its feet after the storm brought down lines and trees, leaving thousands of residents without power.

"We just didn't have the staff to do what the soldiers did," said Thompson. "What they did in two or three days would have taken us a month."

Soldiers were spread throughout the township cleaning up the thousands of branches that were brought down by the storm, checking on the elderly, bailing out basements and helping to clear hydro poles and towers for Hydro workers.

Almost more important than the physical aid the military provided, said Thompson, is the sense of security to residents.

"I don't know what we would have done without them," he said.

Ice Storm 1998

Gone to the city to do laundry and shower

'Cause out in the country, we're out of power.

A state of confusion to say the least,

If I were a Catholic I'd be calling my priest.

From lugging in wood, to chopping the ice

The situation is far from nice.

But we'll survive for another day

'Cause don't forget — we're Canadian, eh!

And though I may appear to be thinner,

Please don't invite me for a candlelight dinner.

J. Wilkie, Metcalfe



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CORRECTION NOTICE

WE WISH TO DRAW YOUR ATTENTION TO THE FOLLOWING IN OUR CURRENT "Great Savings Great Values" flyer

Page 2, item 1: HiTop Rough Tote Container, 83L, 42-3734-6. Copy reads: \$3.00 off, 42-3734-6, after mail-in rebate. Should read: Purchase 2 of 42-3734-6 and receive \$3.00 mail-in rebate.

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Writers guild reschedules Tim Gordon

SPENCERVILLE — Due to the recent ice storm, the Jan. 11 meeting of the Valley Writers' Guild was cancelled.

The guest speaker for that evening, Tim Gordon, will again be on hand to present his insight of the publishing industry at the next monthly meeting on Sun., Feb. 8. The meeting opens at 2 pm and will be held at St. John's United Church on Prescott Street in Kemptville.

Non-members are welcome and pay \$4 at the door. The meeting concludes at 4 pm.

Gordon is the publisher of General Store Publishing House in Burnstown, Ontario. He returns for his second appearance before the guild and will present valuable insights for both novice and experienced writers on getting published and offer tips on breaking in with General Store.

He has launched and enhanced the writing careers of several authors such as Vicki Cameron (Don't Tell Anyone But... UFO Experiences in Canada); E. Russell Smith (Felicity Papers); Elizabeth Irving (In Good Company); Ruth Latta (A Wild

Streak) and Roy MacGregor (Roy MacGregor's Valley Christmas).

For those seeking to launch a new career in writing and/or journalism this meeting is a must-attend. VWG generally holds meetings on the second Sunday of the month from September to June and all meetings are open to the public. Membership in VWG is \$30 for single and \$45 for family and includes free entry to meetings.

For more information contact Joy Hewitt Mann (chairperson) at 613-658-5245.

UCW plans party for octogenarians

by Norma Wylie

WINCHESTER — New president Doris Ennis welcomed the Winchester United Church Women on the evening of Mon., Jan. 12 by repeating the proverb, "I can complain because the rose bushes have thorns or I can rejoice because the thorn bushes have roses." Everyone repeated the motto.

The president extended a special welcome to the new corresponding secretary, Marilyn Cinnamon.

Marion Renwick used the theme "Travel Stains (end of year)" for the worship service, referring to Bible texts Matthew 25:10 and John 13:10, and ending with a New Year's prayer.

All annual reports were read and approved.

Committees were set up for the 80 and over birthday party in June and prices set for all catering.

The meeting closed with all singing "Go Now In Peace".

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Sunlight, 4 L
Laundry Detergent

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Folgers, 300 g
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\$2.99

10 lb.
P.E.I. Potatoes

\$1.79

225g box

Kraft Dinner

69¢

Family Pack
Pork Chops

\$1.99 lb.

White Swan, 8 rolls
Bathroom Tissue

\$1.99

1.89 L
Sunny Delight

\$1.99

Chiquita
Bananas

48¢ lb.

**DON'T FORGET THE SWEETHEART RALLY & DANCE
FEB. 14 FEATURING AMBUSH**

February is Heart Month



HEART
AND STROKE
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Upcoming Events for Heart and Stroke Research

ROSES FOR HEART BLITZES

January 30-31 in Morrisburg, Winchester, Chesterville, Williamsburg, South Mountain area.

February 6-7 in Iroquois.

Proceeds from the Roses for Heart Blitz will support cardiovascular research in Ontario. The roses are sold by local youth groups and last year more than \$1,000 was collected.

DRESS RED FOR HEART AND STROKE

February 13 and/or 14 - in all communities.

This campaign asks businesses and organizations to invite employees to wear RED, usually on Valentine's Day, and to donate a \$2.00 minimum for heart and stroke research. Companies are encouraged to match their employees' donations and to adapt the program to suit their needs. Almost \$2,400 was raised last year. IF YOUR RETAIL OUTLET OR COMPANY IS NOT REGISTERED, PLEASE CONTACT MARGARET REYNOLDS AT 543-2547.

DARTS FOR HEART

February 14 - Iroquois Legion.

FOR INFORMATION CALL JOYCE FADER, 652-4619 OR JIM LOGIE, 652-2308.

SAY IT WITH HEARTS

Win prizes at local participating businesses - Watch for posters.

VOLUNTEER APPRECIATION EVENING

The Volunteer Appreciation Evening will be held on Tuesday, May 19, 1998 at 7:00 pm at the Park Lane Senior Support Centre, Williamsburg. The guest speaker will be Dr. Peter Stys of the Ottawa Civic Hospital Loeb Research Institute. Dr. Stys will speak on research in the area of oxygen shortage in conditions such as spinal cord injuries and stroke.

FIT FOR HEART

Pat Kelly will conduct fitness classes in late February or early March. Come out and enjoy two hours of fun and fitness.

EXERCISE EVENTS - SCHOOL BASED

Hoops for Heart competitions are being planned at North Dundas District High School and Seaway District High School.

Jump Rope for Heart events are being organized at Chesterville Public School, Winchester Public School, Nationview Public School and St. Mary's in Morrisburg.

Two other schools - Maple Ridge Senior Public School and Elma Public School are considering participating as well.