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3 Alcoholics Anonymous Hosts 14th Round-up

11 Chubbs Tournament A Community Tradition

Annual Darts for Hearts Tournament
February 9
Iroquois Legion
Starting at 11:00am

The Iroquois Chieftain

Wednesday, February 6, 2008 — *"Serving the Seaway Valley"* — Vol 27 No. 6 Price $1.00

Pancakes the order of the day at St. Mary's/St. Cecilia's

BY ANDREA CARTIER
SPECIAL TO THE CHIEFTAIN

St. Mary's/St. Cecilia's Catholic School held its 7th annual pancake breakfast at the Royal Canadian Legion in Morrisburg this past Sunday. "This breakfast is a wonderful community builder. It generates parent involvement and gets extended families out together. Everyone is made welcome," stated the school's principal Margaret Benke.

The breakfast is special for a number of reasons. The student participation is unique, and helps the students understand the link between their labour and benefits to the school. Not only do the students create individualized placemats, they play a big part in running the breakfast. Student volunteers collect tickets from customers, and after seating them, the boys and girls deliver breakfasts to the table. Some of the older students even take on roles in the kitchen, flipping pancakes and keeping the breakfast running smoothly.

BREAKFAST SEE PAGE 2



Shannon van Moorsel, Jane van Moorsel, Madison Race, Christyn Veinotte and Paige Morris were busy on Sunday morning serving breakfast at the St. Mary/St. Cecilia 7th Annual Pancake Breakfast.
CHIEFTAIN PHOTO - A. CARTIER

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BREAKFAST
CONTINUED FROM THE FRONT

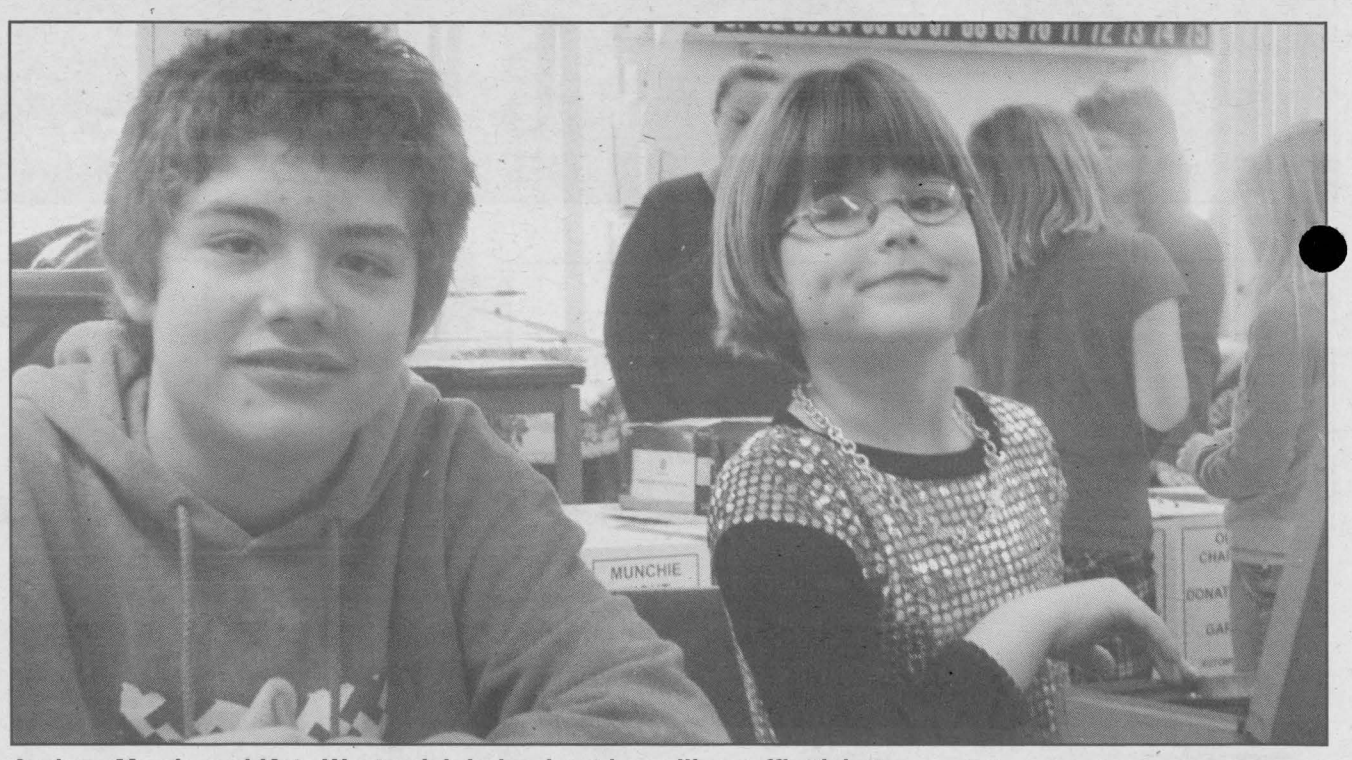
Another reason the breakfast is special is the number of items donated for the silent auction. "We have wonderful support from the community," explained Margaret Benke indicating the tables full of items generously donated by individuals and business in the area for the auction.

Over $4000 was raised at last year's breakfast, and all the funds were dedicated to enriching education at the school.

Last year's funds helped out with school trips, purchased a radium sound system and an apartment sized washer and dryer among other things. "School council has decided that this year's money will again be put towards class trips and some hands-on science equipment," explained the principal.

Each child at the school was given a book of tickets to sell for a raffle which featured gift certificates from local businesses as prizes and these tickets were also available at the breakfast.

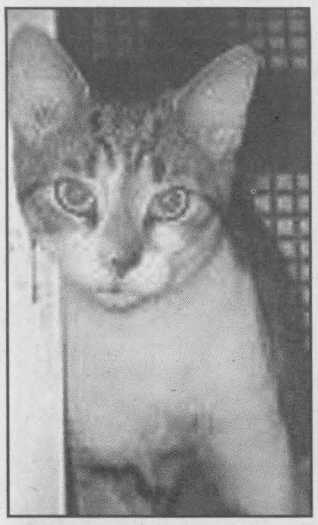
Along with eating breakfast, the younger clientele could partake in fun activities included guessing the number of candies in various jars for the low cost of 25¢ a guess. Good weather, good cooking and great company combined to make this year's pancake breakfast a real success!



Andrew Morris and Kate Waytowich helped out by selling raffle tickets.

CHIEFTAIN PHOTO - A. CARTIER

OSPCA Adopt a Cat



Formidable

"Formidable" is a male domestic short hair brown tabby and white cat.

He is a year old, and is very playful. He would be a great family companion!!

He is one of many cats patiently waiting for that special someone to come adopt them.

If interested you can call 613-936-0072 or visit them at the OSPCA at 550 Boundary Road in Cornwall.

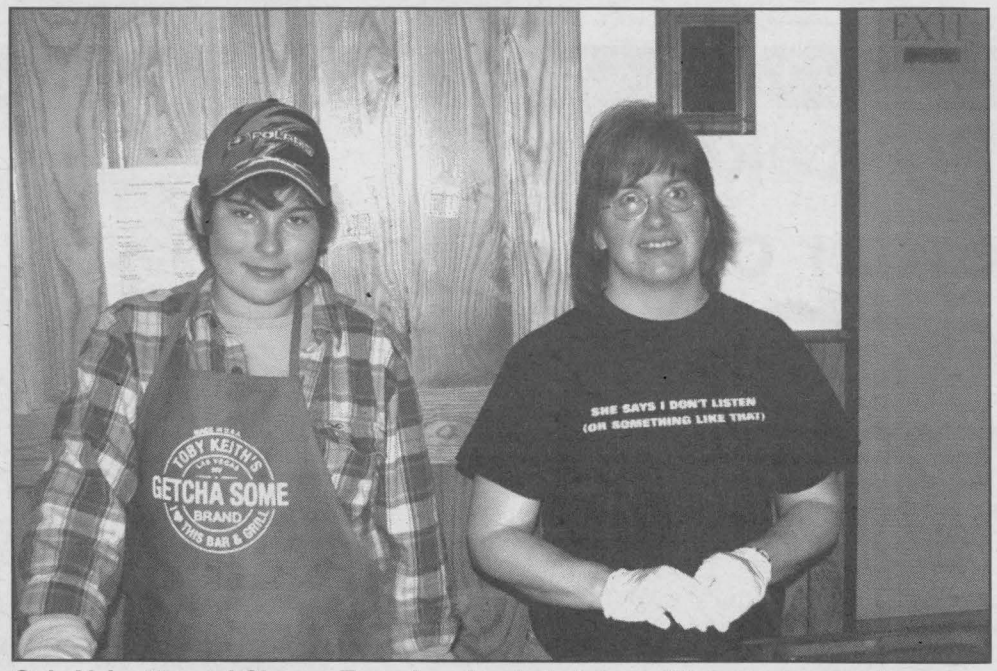
On Saturday February 9th, 2008 there will be a fundraiser held at the Knights of Columbus (Amelia St.) From 6pm to 8pm wings and fries will be served.

From 8pm to 12 am there with be a Live band "Systems Edge". Admission is $10 per person. All proceeds go to the SPCA.

There will be a silent auction and prizes.

Tickets for the event are available at:

- Chantal Comtois (Organizer) - 933-7148
- Comet's Pet Salon 932-4994 330 First St E
- Big Luke's Rest. 347-1541 152 Military Rd. Lancaster
- La Siesta Hair Salon 938-2819 429 Water St E -
- Knight of Columbus 932-7600 205 Amelia St Tickets also available at the OSPCA 550 Boundary Rd.



Cole Veinotte and Sharon Toonders loaded plates with pancakes and sausages. The many hungry customers at the breakfast kept them busy.

CHIEFTAIN PHOTO - A. CARTIER

Bicycle found at library

Have you lost a bicycle? A bicycle was found at the Iroquois Public Library. Anyone who believes that this could be their missing bicycle is welcome to drop by the library and talk to Library staff. The library is open from Tuesday to Saturday. The hours are: Tuesday 2 to 8, Wednesday 10 to 2, Thursday 2 to 8, Friday 2 to 4, and Saturday 10 to 12 .

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Alcoholics Anonymous hosts 14th Round-up meeting at Civic Centre in Iroquois

Every February for the past 14 years, members of Alcoholics Anonymous gather in Iroquois for a full day of sharing, meeting and celebration.

This past Saturday the Iroquois Civic Centre was home to several hundred members of the organization that is considered one of the most successful organizations for taking on addictions world-wide. The occasion was the 14th Annual District 48 Seaway Valley North Roundup.

The guest speaker for the day-long meeting drove all the way from Toronto to meet with fellow members. His name is Robb W.

"When I first came to AA, eleven years ago I was sleeping in a bus shelter and couldn't stop drinking," he remembers. Robb is wearing a suit and is eager to share his experiences with fellow members. Thanks to AA and the support that he received there he recovered and works for an engineering firm in Toronto. "The problem was that I was in a hopeless place. I had no hope," he says. "My life was nothing more than what I had, day to day."

"My life today is beyond my greatest expectations," says Robb, adding, "due to AA and the people who have supported me."

Robb is quite candid about why he made the long trip to Iroquois to be the guest speaker at the round-up. "I like being here today. I enjoy sharing my story. My purpose in being here is that my story may be one that someone needs to hear."

Robb believes that helping others stay sober helps him to stay the same way.

All of the people at the Iroquois meeting according to Robb are there because they want and need help. Robb follows the 12 step program promoted by AA and has incorporated those steps into his private and professional life. "This is a very simple program but it is the hardest thing I have ever done," he says. "It gives hope to the hopeless."

The twelve Steps are:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

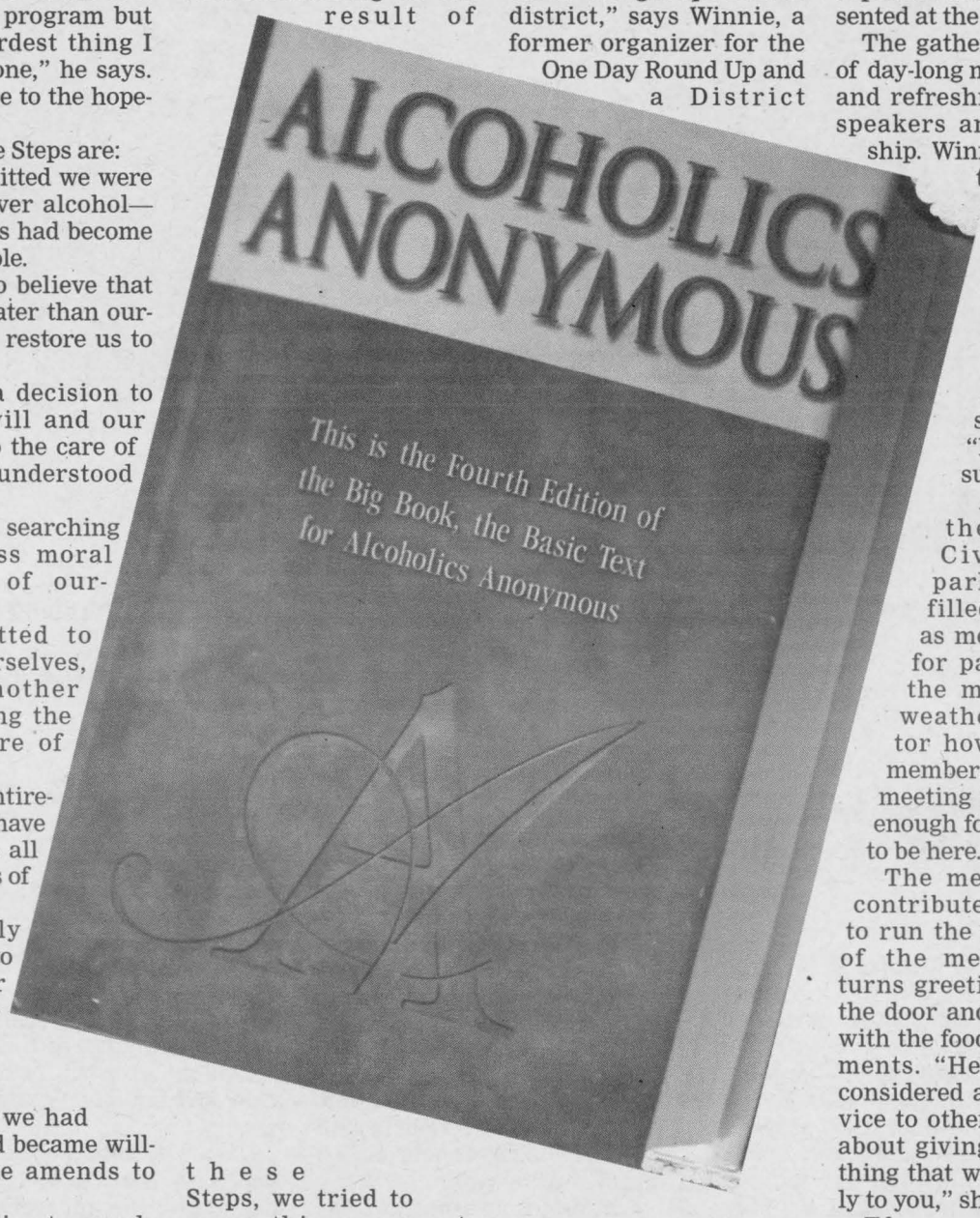
8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



Members of AA come from as far away as Montreal and Perth to take part in this annual event. "We bring together all of the groups in our district," says Winnie, a former organizer for the One Day Round Up and a District Committee member. "It's really a day of fellowship," she adds. There are members from the United States who come across the river especially for the round up. There are 28 separate districts represented at the meeting.

The gathering consists of day-long meetings, food and refreshments, guest speakers and comradeship. Winnie describes the meetings as very open and informal. "People will tell their stories," she says emphasizing that "It is all about support."

All day-long the Iroquois Civic Centre parking lot is filled with cars, as members come for part or all of the meeting. The weather is a factor however, many members feel that the meeting is significant enough for them to try to be here.

The members have contributed the funds to run the meeting. All of the members take turns greeting people at the door and helping out with the food and refreshments. "Helping out is considered a kind of service to others. Service is about giving back something that was given freely to you," she explains.

The concept of Alcoholics Anonymous was conceived in 1934. The organization began when its co-founder Bill Wilson, himself an alcoholic, who had destroyed a promising career on Wall Street, was introduced to the concept of a spiritual cure by one of his drinking buddies, Ebby Thacher. Bill Wilson was undergoing treatment for his drinking problems by a doctor named Dr. William Silkworth who looked at alcoholism as a disease. One day in 1934 Bill was on a business trip to Akron, Ohio when he was overtaken by the urge to drink. He sought help from another alcoholic. He teamed up that day with a Dr. Bob Smith. Wilson and Smith co-founded Alcoholics Anonymous through word of mouth. By 1937 they realized that they had helped at least 40 other alcoholics become and stay sober. Bill wrote the book about the addiction called Alcohol Anonymous which the organization took as its name.

By 1946 the group had grown and resulting different approaches to the drinking problem prompted Wilson to create some guidelines that all of the different groups could follow. The result was the Twelve Traditions. In 2001 the number of AA members worldwide was estimated at two million.

For more information about Alcoholics Anonymous, please go to www.aa.org or call 613-342-8452 in Brockville or 613-237-6000 in Ottawa.



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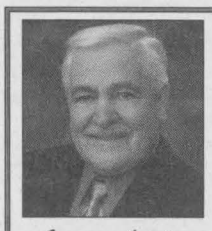

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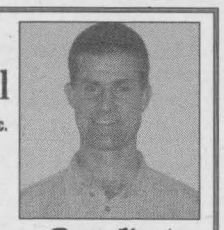

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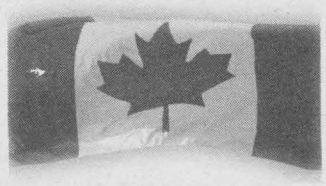
Editorial Page



These two deer are able to ignore the harsh winter weather. They were spotted foraging at the Upper Canada Migratory Bird Sanctuary.

CHIEFTAIN PHOTO - DAWNA LEBLANC



Salute

My encounter with the folks who came to Iroquois on Saturday for the AA Round-up was very interesting.

Imagine all of these people, as many men as there were women, all coming together from all walks of life because of a promise they made to themselves.

In one way the alcoholic situation is deplorable but at the same time these AA members seem to have found a kind of fellowship that most of us can envy.

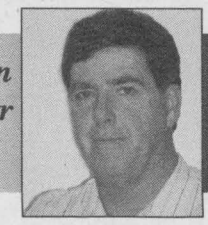
The Iroquois Civic Centre was crowded with people inside and cars outside. The feeling of goodwill was almost something that you could see as members who do not know each other behaved like old friends. The common fact with all of those here that day was that they were going head to head in battle with a condition that most of us can only imagine.

We all accept that alcoholics are around and we all hear tales of how destructive the alcoholic life can be to loved ones and families can be. What we do not see or hear about are the alcoholics who have decided that they have had enough and are willing to do something to change their lives. We should all salute these AA members for taking on that difficult demon.

J.M.

A thought...

by Joseph Morin
Editor



From me to you

When the events that are happening around you do not jib with your own intuition you may start to question your sanity.

The decision by the Toronto District School Board to permit black focused schools is just one of those events.

I have to assume that the people who are on that school board are rational, normal, hard working successful people who have the kind of judgment that you have no problem accepting.

Next comes their decision, and all of my numerous social alarm bells start to go off. At first I assume that these people know more about their business than I do and that my negative response is the result of my own lack of information or brain power. After spending a moment or two on research about the issue my antennae are still quivering and my intuition is still sounding off alarms. The idea of having black focused schools does not make sense to me.

If anything, I believe all such an idea would promote is segregation. Perhaps the real motivation of the school board is to build a fence around this particular group so that the results of poverty and their own social breakdown will not happen in the regular schools. Sounds sort of like taking aboriginal Canadians and putting them in special schools so that the symptoms of their particular malaise will be hidden away and not affect the rest of us.

I am refereeing to the shootings last year in a Toronto school and the apparent existence of gang related problems. Such problems are connected to family behavior and values and to poor economic circumstances according to many experts.

I am not going to apologise to anyone that I was born white. The fact that my ancestors arrived here in Canada from France and Ireland is not my fault. The fact that my genetics afford me the intelligence that I have and enable me to make my way in the western world is again not my fault. If I was an immigrant in Jamaica, or Africa, fleeing from a Canada that was torn by civil war, tribal justice and economic corruption, would that society at some point allow me to set up my own schools so that I could preach my own brand of reality. Not in a second.

The poorer countries of the world all seem to want to have what you and I have worked for, inherited and have fought for. Unfortunately you cannot buy peace and justice or buy the right to have your children safe. Until these other countries embrace the kind of democracy that allows for the graceful evolution of a society into what we have in Canada, they can just stop complaining about it.

My intuition is screaming at me that the Toronto School Board, for whatever reason, has just broken one of our sacred vows. All Canadians have pledged to help those that it can, make room for them in our society and allow them to learn how wonderful peace can be.

Creating a black focused school is not the answer here. Our existing school system can do the job we are all expecting it to do.

Racism has never been a Canadian issue. Of course if you segregate children based on their colour you are going backwards instead of forwards. My intuition tells me this decision by the Toronto School Board is nonsense and a mistake we will all regret, both black and white.

Take a look at the reasons why black parents want to have this kind of a school. The reasons do not make any kind of sense.

The extremely high drop out rate among black students is not my fault either.



The long and overwhelming winter storm at the end of last week left a mess to clean up. Township plows made short work of the snow that threatened to bring motorists to a stand still. This is a photo of the Brinston Road looking south on Saturday afternoon after the plows had made their passes. The wind took the snow from the nearby fields and dropped it right back on the road after the plows had made their pass.

CHIEFTAIN PHOTO - J. MORIN

Iroquois Legion Newsletter Branch 370

By Dar

Due to our Branch hosting District Cribbage on Saturday past and that most of the regular Crib League players were in this event the Saturday Crib League play was cancelled but will be resuming next Saturday. Seely's Bay had a total of thirteen wins out of eighteen therefore coming in first place. They will be hosting this large event next year. Coming in second was Orleans with twelve wins and Kanata as well had twelve wins putting them in the third spot. In fourth place was Smiths Falls with eleven wins, Almonte in fifth place with eleven wins as well as Iroquois in sixth place and Kemptville in seventh place both with eleven wins. All will be competing in Provincial Cribbage sometime in March (not sure of date) in New Liskard, Ontario. Congratulations to all who participated. Special thanks to the volunteers who managed to help make this event the success that it was. You all are true comrades.

The Pot of Gold winner was Carl Banford who was NOT signed in.

The Friday meal for this week will be pork chops, mashed potatoes and gravy with veggies. Apple crisp with sauce will be the dessert.

Due to the inclement weather last week, Euchre was cancelled, but will be a go for this Tuesday coming.

This coming Saturday February 9 our annual Darts for Hearts will be taking place with all proceeds for the Heart and Stroke Foundation. All are invited to join in for a fun filled day and for a very worthy cause. Registration is from 11:00 am till noon and play starts at 1:00 pm. Hope to see you there.

Until next week – take care.

Ontario Weather Review

The great January thaw of 2008 is gone, but its effects lingered on in the record books.

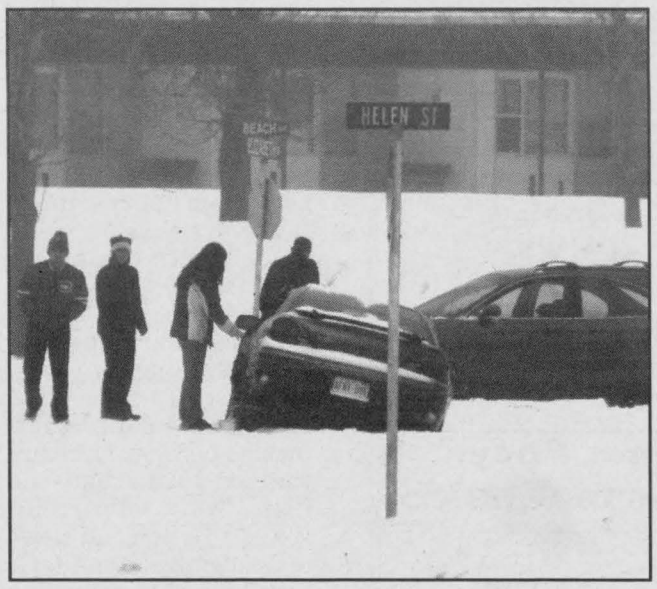
After the month started on a cooler note, then the thaw arrived. Record-breaking temperatures were reported across the province and the snow did disappear in Southern Ontario. Central Ontario and some Northern Ontario areas did continue to have a snow cover, but by mid month it was half of the amount that was on the ground in the beginning of the month.

The mild temperatures were extremely warm in many cases – as was also the case in January 2007 – but the values could not break the previous records established in 2006.

There was a record for precipitation reported in Elliot Lake. Elsewhere, precipitation tended to be near normal or drier than normal in many areas. A few exceptions were noted in Central Ontario, with some areas recording precipitation values well above normal.

Severe Weather

The gales of November in January...each winter, Ontario normally experiences a few large wind events that can have steady winds of 60 kilometres per hour or more, with gusts to 90 kilometres per hour or more. These types of large-scale wind events can also cause minor structural damage and scattered power outages. These events tend to occur with a number of weeks in between them; however, this January, we had two such events exactly three weeks apart.



Friday afternoon was the last day of exams for students at SDHS. This car went in the ditch as it came out of the school yard.

The first such event occurred on January 9, as a very sharp cold front moved through Ontario from the west and ushered in colder air that brought an end to double-digit temperatures which had been occurring through much of Southern Ontario. Numerous localities in Southern Ontario experienced very strong wind gusts that caused a number of power outages and minor damage. In Central and Northeastern Ontario, this cold front also brought a rapid change in precipitation from rain to snow as the temperatures dropped behind the front. As the precipitation changed over to snow, there were many reports of significantly reduced visibilities in snow and blowing snow.

On January 29, many people in Southern Ontario went to bed with temperatures of around 7 or 8 degrees Celsius, only to wake up the next morning to temperatures of minus-7 or minus-8 Celsius and a howling west wind. Yet another sharp cold front that moved through Southern Ontario during the morning hours of January 30 was to blame for the sudden drop in temperature. Impacts from this cold frontal passage and a low pressure system in Northeastern Ontario were felt across the province. Wind chill warnings were in effect for much of Northwestern Ontario as the combined effects of the plummeting temperatures and brisk northwest winds created wind chills of minus-40 to minus-45. Much of the Northeast was treated to very poor visibilities in snow and blowing snow, cold wind chills and driving west winds. These conditions also occurred to the lee of Georgian Bay, Lake Huron, Lake Erie and Lake Ontario. Strong winds in the South again led to sporadic reports of damage and a number of power outages, with the strongest wind gust being reported at Port Colborne on the shores of eastern Lake Erie at 126 kilometres per hour.

Letter to the Editor

Dear Participants, Contributors and Supporters

I thank you most sincerely for your enthusiastic support of the Heart and Stoke Fundraiser Dance Event on Feb 2 in the Morrisburg Legion ... So many were so generous with your time, money, baking, enthusiastic participation, and moral support, and we can be justifiably proud of our success, both for The Dance as a heart-healthy activity, and for The Heart and Stroke Foundation for whom we raised around $2600.

Yours in appreciation,
Sara Lawson

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Greener Lifestyle Fair in Prescott

In keeping with the times, the Grenville Land Stewardship Council is hosting a Greener Lifestyle Fair in Prescott on Saturday, February 9.

The environmentally friendly fair will be held at the South Grenville District High School on Edward Street in Prescott from 9 am till 4 pm.

This will be the fourth fair that the council has sponsored and each year the response from residents and business increases.

The purpose of the fair is to educate the public about energy conservation as well as the latest information about alternative energy sources. And, how the impact of energy reducing process can have a very real effect on the entire environmental picture.

Organized by the Grenville Land Stewardship Council, Jack Henry the fair coordinator, is excited about the upcoming fair.

"We had three fairs in Kemptville at the W.B. George Centre and we thought that we would try one in a different location," he says. "Last year we had 385 people who came to the fair." Mr. Henry explains that a great many of the visitors to the fair are residential homeowners who want to find out more about energy conservation. Getting the message across is not always easy, says Mr. Henry.

There are five guest speakers slated to speak at the fair. MPP for Leeds and Grenville, Gord Brown will be leading off the event. In a press release he said, "I am particularly pleased to see events such as this. Individuals have a large role to play in protecting the environment through lifestyle choices and actions. There is a great deal that individuals can and must do to reduce their own emissions and events such as this can help focus their approach."

The stewardship council has added an extra special feature to their fair. They will be tracking through postal codes the distance that visitors to the fair had to come. That information will be used to calculate the carbon footprint that they fair will have created. Then, organizers will calculate the number of trees that will have to be planted to offset the amount of carbon produced by the visitors to the fair. The council has plans to purchase 1,000 trees for the "Trees for Peace" program to be planted by schoolchildren in the spring. "We are trying to make this a carbon neutral event," said Mr. Henry.

Connecting homeowners and vendors that offer environmentally positive ideas and products is part of the awareness program that fair organizers what to promote. Jack Henry says, "We have 15 vendors this year, business and industry is on side."

The fair will also be encouraging recycling. Mr. Henry says, "We are asking everyone to being their old eyeglasses, cell phones, ink cartridges and household batteries for collection. We have made arrangements with local business to rec[illegible] these items."

The fair will also feature a chili lunch for $5. Admission to the Greener Lifestyle Fair is only $5. Visitors can also look forward to door prizes, giveaways and much more.

Food Freedon Day arrived last Sunday

/CNW/ - Food Freedom Day arrives early this year. On February 3rd, the average Canadian will have earned enough income to pay their grocery bill for one full year. The Ontario Federation of Agriculture (OFA)reports that it has taken the average family just 34 days from January 1st of this year to acquire the income needed to cover annual food expenses (on a per capita basis). However what makes this year's Food Freedom Day special is that it has been reached three days earlier than in 2007, and five days earlier than in 2005.

Geri Kamenz, OFA President, explains what Food Freedom Day means for Ontario farm families and consumers.

"As farmers in Ontario and across the country celebrate the vital role they play in feeding a growing population, they remain as committed as ever to providing consumers with one of the most affordable food supplies in the world. Ontario consumers can be confident that from farm gate to the table,the safety, quality and value of Ontario-produced food is second to none."

In 2003, Canadian consumers spent on average, just 10.5 percent of their personal disposable income on food. Compare that to 1998 when the figure was 12.4 percent. While this is good news for consumers, the OFA highlights that according to research, 30 years ago the farm prices and retail prices were more closely aligned. However, The Farmer's Share: Compare the Share Update 2006 report reveals that despite rising retail prices, the prices farmers received for their products has not increased significantly over the past two decades.

"Farm prices indices show that since 1992, the cost of energy, hired labour, machinery, chemicals and taxes has increased anywhere from 10 to 73 percent which puts a lot of pressure on farm families, particularly when the money they receive for their food products is not increasing at the same level," Kamenz says. "In fact, the average cost of food has increased 13 percent while the increase in the price farmers receive is just two percent. That means the prices paid by consumers increased six times more than the prices farmers received."

Food Freedom Day is designed to raise awareness of the contributions made by Canadian farmers, and to also serve as a reminder to Ontarians of the value, safety and quality of Ontario-grown food. Buying properly labeled Canadian products can preserve this advantage. Visit http://www.youtube.com/watch?v=yn66penoMKU for farm footage.

The Ontario Federation of Agriculture will work collaboratively

towards a profitable, sustainable future for Ontario farmers.

Fast Fact Sheet
Food Freedom Day

- Food Freedom Day has moved up a week from previous years due to an increase in disposable income yet food prices have not risen to the same degree.

- By February 3rd, 2008 the average Canadian family has earned enough income to cover food costs for the entire year.

- By mid-January the average Canadian f[illegible]ily has earned enoug[illegible] pay the farmers' share of their food costs for the year.

- The average cost of food has increased 13 percent, while the increase in price farmers receive is two percent. That means the prices paid by consumers increased six times more than the prices farmers received.

Community Calendar

IROQUOIS AND DISTRICT

A public service provided by the businesses listed here in co-operation with your Iroquois Chieftain

JANUARY 2008

		1	2	3	4	5
6	7	8	9	10	11	12
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FEBRUARY

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Ottawa Region Media GROUP — A division of Metroland Media Group Ltd.

The Iroquois Chieftain

February 8 - Lunch. The Friday lunch at the Iroquois Legion is pork chops with mashed potatoes, gravy and veggies. Dessert will be apple crisp with sauce. Everyone welcome!

February 9 - Darts for Hearts. The Iroquois Legion will be hosting the annual Darts for Hearts tournament. Registration is set to go at 11:00 am with play starting at 1:00 pm. Everyone welcome.

February 20 - Information Session. The Community Diabetes Information Session will be on Hypertension. The information session starts at 7:00pm at the Dillabough Board Room (across from the WDMH parking lot). Nancy Graham, RN and Deidre Cooke RD, CDE are the speakers. All welcome.

Every Wednesday 1 – 3 PM, Friends of St Cecilia's & St Mary's invite everyone to participate in Cards, Crafts, Games, or even a Gab session. Come out and make new friends, and enjoy the refreshments at St. Cecilia's Hall (school) in Iroquois. For information call Carole 652-1771 or Margaret 625-1645.

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Hang this handy calendar on your refrigerator every week!
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Snowarama for Easter Seals' on the weekend

ANDREA CARTIER
THE CHIEFTAIN

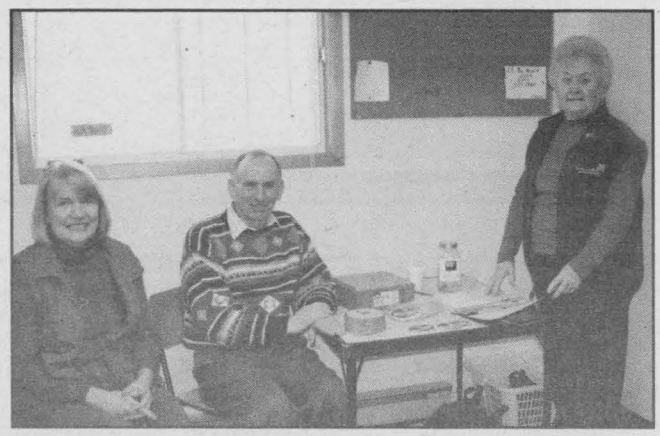
Although last Friday's weather made driving difficult and caused the cancellation of many events, it was perfect for the annual Easter Seals' Snowarama. The morning of Saturday, February 2 dawned with a fresh blanket of snow, providing the Nation Valley Snowmobile Club a great ride as they raised money for a good cause.

After their ride, the women returned to the Riverside Community Hall to partake in a pancake breakfast and meet a couple of the youth who benefit from the fundraising they do on a yearly basis for Easter Seals. Last year the event realized over $2800, and organizers were hoping to raise over $3000 this year.



Snowmobilers, volunteers and Easter Seals recipients gathered together for a group photo at last Saturday's Snowarama. Pictured here in the front row from left to right are Heather Irwin, Jean MacDougal, Alexander Smellink, Timothy Moat and Marya Smellink. In the back from left to right are Debbie Strader, Tracy Quenneville, Meghan Hester, Jennifer Ruston and Elaine Whitteker.

CHIEFTAIN PHOTO - A. CARTIE



Events like Snowarama that raise funds for Easter Seals wouldn't be possible without many volunteer hours. Pictured here are volunteers Sue Emmis, Ron Gillard and Marg Reynolds.

CHIEFTAIN PHOTO - A. CARTIER

According to Easter Seals volunteer and secretary of the South Dundas Snowmobile Club, Jean MacDougal, Easter Seals is the charity of choice of the Ontario Federation of Snowmobile Clubs, and the Dundas branch of Easter Seals has been hosting Snowarama events for many years. "Initially it was held by the Rotary Club in Chesterville but for the past 8 years it has been organized by Marg Reynolds in South Dundas."

All the money raised by Snowarama and the pancake breakfast is dedicated to helping the 21 Easter Seals children who live in Dundas County. Timothy Moat of Chesterville and Alexander Smellink of Iroquois are just two of the young people who benefit from Easter Seals and they were happy to take part in the events in Riverside. Marya Smellink, Alexander's mother, is the parent representative on the Easter Seals board, and she explained how Easter Seals helps children in the community. "All the money raised in this community stays in this community. And if we don't have enough money for a ramp or a wheelchair, we get help from the larger organization. Easter Seals paid for Alexander to go to camp." In her role on the Easter Seals board, Marya Smellink tries to present the concerns of parents to the executive, and helps the members see things from a different perspective.

Pledges collected by the women in the Snowarama event are just part of the fundraising done by the Dundas chapter of Easter Seals. A mixed Bonspiel is planned for the Curling Club in Morrisburg on Saturday, March 1. Other fundraisers include a bowlathon, a blooper ball tournament and a ball hockey tournament. According to the chapters' treasurer, Easter Seals in Dundas County raise approximately $20,000 a year, all of which goes to enhancing the lives of community youth and young adults with physical disabilities by helping them achieve their full individual potential and future independence.

WE WILL BE THE COMMUNITY HOSPITAL OF CHOICE

Total Joint Assessment Clinic

If you have arthritis of the knee or hip and are in need of assessment or treatment, talk with your Family Physician about a referral to **Queensway Carleton Hospital's Total Joint Assessment Clinic.**

This one of a kind service in eastern Ontario opened in 2007 and is designed to improve access to services and ensure that our patients are getting the most appropriate care for their medical conditions.

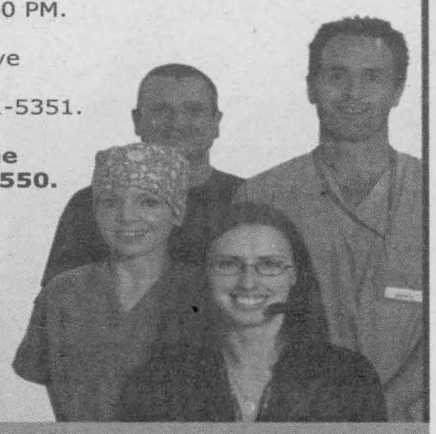
Within two weeks of receiving your referral, you will be scheduled for an assessment by an Advanced Practice Nurse and/or Physiotherapist to assess your need for surgery or other treatments.

If you require total joint replacement surgery, you will be scheduled with one of QCH's seven Orthopaedic Surgeons for a follow-up visit and surgical consult. Patients assessed as not requiring surgery or those individuals who choose to not have surgery, will receive counseling and education on options available through the Clinic's Conservative Management Program.

The Queensway Carleton Hospital's Total Joint Assessment Clinic is open Monday through Friday, 8:00 AM until 4:00 PM.

If you are a candidate for this service, have your Family Physician fax a referral to the Total Joint Assessment Clinic at (613) 721-5351.

For more information, you may call the Clinic at (613) 721-2000, extension 3550.



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Energy Conservation is everyone's responsibility

Be an Active Participant

Greener Lifestyle Fair

Saturday Feb. 9, 2008

9:00 am to 4:00 pm

South Grenville District High School

Edward St. Prescott, Ont.

Speakers and Information Sessions

10:00	Gord Brown, MPP UCLG- Welcoming Remarks
10:15	Jeanne Warnack- Living a Greener Life
11:15	Cam Mather- Reducing our Ecological Footprint
1:30	Ross Elliot- R2000 & Government programs
2:15	Sevag Pogharian- *Alstonvale* Net Zero House

Admission $5 per adult

Energy Conservation vendors will be available to discuss the many options the average person has for living a greener lifestyle.

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With help from Environmental Connections and generously funded by the *"Ontario Ministry of Energy's Community Conservation Initiative Program"*

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1,000 trees will be planted to "offset" this event

Sponsored by ***Grenville Land Stewardship Council***

For further information contact: Jack Henry-Stewardship Coordinator
Grenville Land Stewardship Council, Brockville 613-342-8528

Coffee, Tea, snacks and lunches will be available.

South Grenville District High School- Take Hwy 401 to Exit 716. Turn South on Edward Street. SGDHS will be on left hand side

186531

Township of South Dundas
4296 County Road 31, P.O. Box 160, Williamsburg, Ontario K0C 2H0
Tel: 613-535-2673 Fax: 613-535-2099 email: mail@southdundas.com

South Dundas Economic Matters

Anne Marie Young, a local resident for over forty years, is the economic development officer for the Township of South Dundas. edo@southdundas.com

Community Improvement Plan

Ontario's economy continues to be shaped by global economic trends. Over the past several decades there have been shifts from traditional manufacturing to knowledge, service and creative-based economies.

Where manufacturing continues, reinvestment is needed to adapt, retrofit or construct new buildings to make them suitable for employment uses typical to new economies. In other places, municipalities need to move from single industry and resource dependency to a more diversified economic base.

Fiscal, economic and population-based pressures differ from region-to- region in Ontario and municipality to municipality. Common to all is the need to build, reinforce or reshape their engines of growth to achieve well-planned and economically sound communities over the long term.

From a land use and planning perspective, many believe that more can be done to ensure that development contributes to improving the live-ability of communities. Strategies involving car-dependent, single-use, low-density development spreading far from core areas are being reassessed as these patterns of growth and development and their negative impacts are not socially, economically or environmentally sustainable.

To increase the benefits from development, municipalities are using community improvement planning as one means of planning and financing development activities that effectively use, reuse and restore lands, buildings and infrastructure. The objective is to continually invigorate communities through the realization of environmental, social, cultural and economic benefits achieved from more sustainable growth management and development practices.

It is this self-rejuvenating foundation that allows municipalities to decide how they wish to position themselves within a fluid and highly competitive global marketplace.

Reasons for Community Improvement Planning

Community improvement planning and activities are shaped by local needs, priorities and circumstances.

Municipal council may determine that improvement within a designated community improvement project area may be desirable because of "age, dilapidation, overcrowding, faulty arrangement, unsuitability of buildings or for any other environmental, social or community economic development reason", as set out in subsection 28(1) of the Planning Act.

Whether the reasons are physical, social, economic or environmental, a community improvement approach is a flexible, comprehensive, coordinated and strategic framework for dealing with lands and buildings.

Through community improvement plans municipalities can:

- focus public attention on local priorities and municipal initiatives
- target areas in transition or in need of repair,
- rehabilitation and redevelopment
- facilitate and encourage community change in a coordinated manner
- stimulate private sector investment through municipal
- incentive-based programs

Community Improvement Plan Objectives

Over the years, community improvement plans have been used for a broad array of priorities aimed at rehabilitating and revitalizing targeted areas.

Project areas range from specific properties to streets, neighbourhoods and entire communities, while program coverage can span a wide spectrum of municipal objectives including, but not limited to:

Municipally Driven Programs

- infrastructure works
- municipal property acquisition, land assembly and sale of lands
- municipal facilities construction and rehabilitation
- public space, parks and recreation works
- signage, streetscape and landscaping improvements

Incentive-Based Programs (grant, loan and property tax assistance)

- preservation and adaptive reuse of heritage and industrial buildings
- brownfields environmental assessment, remediation and redevelopment
- commercial building façade improvements
- downtown/core area and waterfront revitalization
- project feasibility studies
- space conversion for residential and commercial uses
- structural improvements to buildings (e.g., building code upgrades)
- property tax assistance for remediation purposes

Many of these programs support sustainable planning principles relating to more compact land uses, intensification, mixed uses, proximity of residential uses to employment areas, restoration and reuse of vacant or underused buildings, reclamation of contaminated lands, and strategies that integrate and link built form with open spaces.

Common to all these programs is the alteration of the physical landscape of communities so that, in the medium and long term, public benefits can be achieved that result in more socially cohesive, environmentally friendly and economically sound communities. In short, municipalities are finding ways of becoming more sustainable through the use of community improvement plans.

Source: www.mah.gov.on.ca.

Reflecting on two years in Government

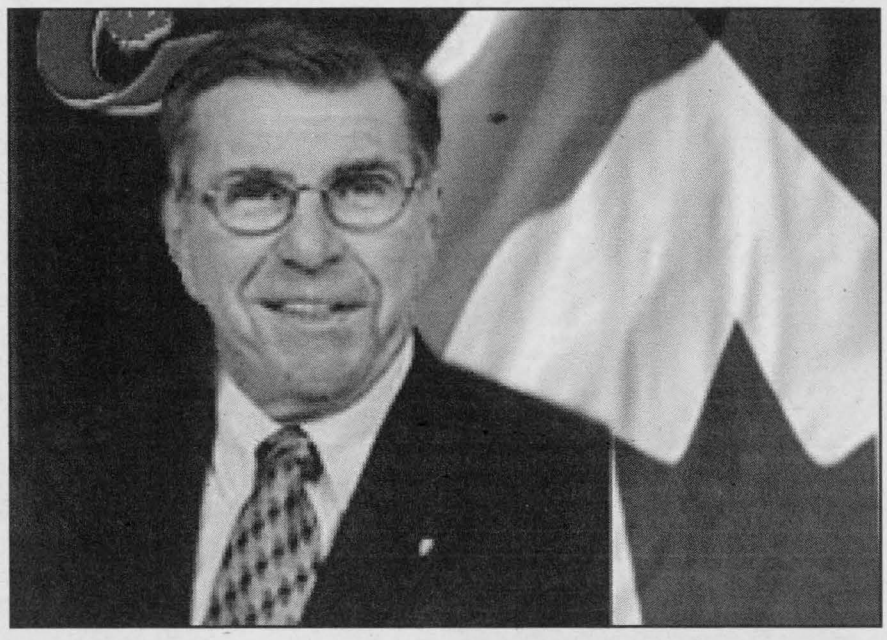
BY GUY LAUZON
MP STORMONT DUNDAS SOUTH GLENGARRY

Two years ago, Canadians opened a new chapter in the history of our country. Canadians voted overwhelmingly for change, and they entrusted this Conservative Government with the responsibility to lead.

It has been a tremendous honour to serve in Canada's 39th Parliament, and I am very fortunate and privileged to serve as the MP for the community of Stormont-Dundas-South Glengarry. On January 23rd 2006, Canadians faced a choice: they chose change.

Tired of government that focused on its own interests, ordinary Canadians demanded attention to their interests. After years of being stood up by politicians, ordinary Canadians told government to stand up for them. Canadians replaced an agenda designed to make the government strong with a government committed to making the country strong.

Conservatives heard the desire for change. We understood and we responded. To working parents, we said: we get it. To the over-taxed, we said: relief is on the way. To our soldiers: we back you. To veterans: we do not forget. To crime victims: never again.



Guy Lauzon MP for Stormont Dundas and South Glengarry

To seniors: you will be respected. To those unrepresented by lobbyists and special interests: we hear you. To those who long for reform of our democratic institutions: your time has come. To the provinces: results will speak for themselves. To all Canadians: take pride. And to the world: Canada's back.

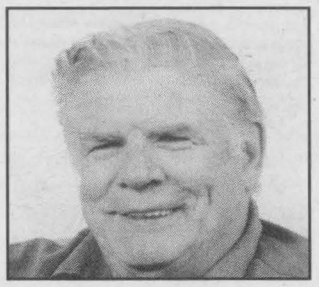
Unlike our opponents, we sought to govern, not to rule. Not to rule over Canadians, but to work for and with Canadians. And we believe that governing is not about what you get; it's what you give. Because our country has seen that leadership without service is self-serving. Just as leadership without priorities goes nowhere and leadership without discipline brings decline. We sought election not to rule but to serve. Government is not about presuming entitlements; it's about delivering the goods. Since taking office, we have kept our word.

We have done what we said we would do. Now, sometime between now and October 2009, and none of us knows exactly when, the work of the 39th Parliament will be drawn to a close.

In the meantime, we will govern. We shall continue to lead. We will keep our word. We will stand up for millions of Canadians who work hard, pay their taxes and play by the rules. And then, when the time comes, we will run on our record, our clear direction and on confidence in the future, and offer a stronger Canada for all of us.

Steve Thompson Writes...

"I never saw a Purple Cow
I never hope to see one.
But I can tell you, anyhow
I'd rather see than be one."
—Gelett Burgess



Steve Thompson

Those G. D. Cows

My late mother always loved flowers. She inherited this affection from her own mother, who maintained beautiful beds around her home in Winchester. When we visited there as children, wandering around the property to admire her flowers was a most pleasant part of our Sunday afternoons. We learned the names of many of the plants, did a little weeding, and were occasionally even allowed to pick a few flowers for the table.

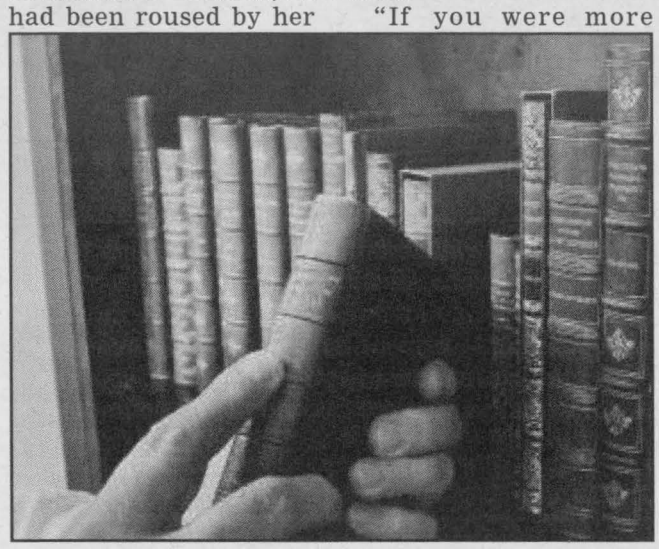
At our home, Mom cultivated most of the plants her mother had—tiger lilies, lilacs, roses, mums, snowballs, snow-on-the-mountain, and many others.

One of her complaints during visitations at funeral homes concerned the huge floral displays around the casket. "If only they had given that woman some of those flowers when she was alive," was a frequent complaint. She deplored their short lifetime, and living in tough financial times as 'she did, fussed over the amount of money they cost. Mother was happy to encourage the trend in her later years of donations to a charity of choice rather than the purchase of increasingly expensive flower arrangements.

Mom's flower gardens in the early years on our farm were a source of joy to her and things of beauty for visitors to enjoy. They surrounded the house, of course, and wild rose bushes acted as a hedge at the front of our property. A bed also ran the length of the driveway. Mom, a transplanted city girl, was seldom happy living on our isolated farm and alone with the children for long days while Dad was away. Working among these flowers helped her forget her concerns and problems. I remember her in tears from time to time,

but the saddest (and angriest) I ever saw her was when some of a neighbour's cows arrived at our household one morning and began eating and trampling her precious flowers.

We awoke to shouts of dismay from our mother and grumblings from her sleepy husband. "Lorne, wake up. Those G. D. cows are eating my flowers! Can I not have anything nice around here?" Like us, he had been roused by her



outcry; unlike us, he was expected to do something about the problem. Dad pulled on some clothes and hustled downstairs to drive away the offending animals. He shouted at them, tossed pebbles, and finally drove them down the road towards the fields from which they had escaped.

The flowerbeds were ruined, and Mom was inconsolable. "Lorne, that's the last straw. I want a gate at the end of our driveway. If your careless neighbours can't keep their animals fenced in, the least you can do is keep the stupid beasts out of my flowers."

"But June, be reasonable. A farm gate will make this look like the entrance to a field of hay. I'm sure the cows won't be back."

"If you were more concerned with my feelings and the work that I do around here, and less about how we look to those G. D. neighbours, we'd be a lot better off. I want a gate at the road before the end of the week, or you can look for somebody else to take care of things around here while you're away working God knows where."

One look at his wife's tear-stained face, and an assessment of her tone, made Dad decide this was an argument he was not going to win. He took the day off, went to town and returned with the gate and necessary hardware. By suppertime he had the barrier in place and relative peace returned to the Thompson household. Most nights somebody remembered to latch our gate, and any neighbour's cows that visited in future were kept at bay.

Unfortunately for the peace in our family, Fergie, the pride of Dad's herd, ran afoul of Mom next. That cow never saw a challenge she couldn't meet, nor a field she couldn't break out of. She would come up to fences, lean her neck over and then her chest, until she judged the obstruction low enough to clear. Dad had constructed a large triangular wooden collar for her, and this, combined with a strand of barbed wire atop the page fences we had, generally kept her confined.

Her wandering ways were troublesome enough on the back forty, but when Dad turned the cows out in a field of second-cut clover next to the house one August day, the challenge was on—especially since there was no barbed wire to discourage his wayward Fergie. Why any cow in a field of clover would look into our yard and decide the grass was greener there, heaven only knows. But by noon, that cow was over the fence and nibbling Mom's nasturtiums.

Mom had had enough, and when she was upset, things happened. Within the hour, Lome Irven, who bought cattle to resell at auctions, was backing his truck into the barnyard where we had penned Fergie. Truthfully, Dad had threatened to sell the cow more than once, but when he returned that evening from his work as an electrician, he was stunned at what Mom had done. In no way was he mollified by the high price Mom had gotten for the animal. Fergie had been a fine milker and it took several days before my parents made up. From then on, no cattle were turned out to pasture close to the house, there was a strand of barbed wire atop every fence on the farm, and an electric fence had been strategically placed to further discourage escape from pastures. It didn't pay to trifle with Mom's flowers.

From Steve Thompson's book of short stories called "Doesn't That Hurt the Cow's Back".

The stories are courtesy of the General Store Publishing House.

HEAL WITH PRAYER

Seaway Community Church Directory

Harmony Community Church
Missionary Church of Canada
Celebration Service *- 10:30 am*
Evening Service *- 7:30 pm*
Bible Study *- Wed. 7:30pm*
Hwy. 31 & Ormond Rd,
Winchester 774-5170

United Church of Canada
Matilda Pastoral Charge
Brinston and Hulbert Valley Worship -
Regular Sundays Contact office
for worship times - 652-4997.
Clergy: Yvonne Willis

Roman Catholic Churches
St Mary's, Morrisburg
Saturday - 7:30pm
Sunday - 11:00 am
St. Cecilia's Iroquois
Sunday - 9:00 am
Rev. Father R.J. Chisholm
Phone 543-2544

Community Christian Reformed Church
Sunday Worship
10:00 am
Evening Service - ***6:30 pm***
Dixon's Corners, Ontario
Pastor: Rev Clarence Witten Phone 652-2400

The Presbyterian Church in Canada
St Andrew's, St James, Cardinal*, - 9:30*
Knox Church Iroquois *- 11am*
Sunday School - 9:45 am
Rev. Geoffrey Howard
652-6215

United Church of Canada
Cardinal-Johnstown
Johnstown United *- 9:30am*
St. Johns Cardinal *- 11:00pm*
Rev. Melany Cassidy-Wise
657-4702

Community Family Church
Iroquois Civic Centre
Every Sunday *10 am*
Pastor A.R. Leavit
Anglican Church of Canada
Parish of Morrisburg/Iroquois/
Riverside Heights
8:00 -9:15 *St. James*
11:00 am *- St John the Baptist*
11:00 am *- Holy Trinity*
1st & 3rd Sunday of the month
The Reverend Craig Bowers , Rector
543-3904

Lutheran Churches
St Peter's - Williamsburg
Sunday Worship Service 11:15
St. Paul's - Morrisburg
Sunday Worship Service 9:30
Everyone Welcome
The Rev Norine Gullons
Tel: 535-2569

Anglican Parish of All Saints
St. Paul's Church - Cardinal
9 am Services
Rector: Rev Canon Claude Delorm
925-0987

United Church of Canada
Iroquois Pastoral Charge Every Sunday - 10:30 am
Sunday School - 10:30
Rev. Janet Evans
652-2056

Philadelphia Pentecostal Church
Cardinal, Ontario
Invites you to come and worship with us!
Sunday School - 10:00 am
Morning Worship - 11:00 am
Evangelistic Service - 7:00 pm
Rev. David Gogolin

Morrisburg Pentecostal Church
Sunday 10:30 am -
Family Worship &
children's bible hour
Worship the word - 6 pm praise
Gathering Youth Aflame
- Fri 6 pm
Pastor: Duncan Perry
Church 543-2681

Immanual Fellowship Rowena
Full Gospel Tabernacle
Iroquois , On
Sunday School *- 10:00 am*
Morning Worship *- 11:00 am*
Evening Service *- 7:00 pm*
Bible Study *- Tuesday nights*
Watch TBN Channel 20
Pastor Marcel Charette 535-2029

Living Word Ministries
A Bible Believing
Christian Church
Worship: *Sunday - 10:00 am*
Morrisburg Meeting Centre
Pastor: Larry Cromie 340-6252

Call The Chieftain at 613-652-4395
to be listed in this directory.

146079

He said to them, 'go into the whole world and proclaim the gospel to every creature.'- Mark 16:15

Dance Expo swinging fun at Morrisburg Legion

ANDREA CARTIER
THE CHIEFTAIN

The Dance Expo poster warmly invited the community to take advantage of the opportunity to watch and participate in the many forms of dance offered in and around our community, and many members of the public did just that.

There was a full house in the hall at the Royal Canadian Legion on Saturday, February 2 as community members and dancers took part in an exhibition of dance and raised funds for the Heart & Stroke Association.

The event, organized by Scottish dancer and local resident Sara Lawson, began at 1 pm with a demonstration of Round and Square Dancing.

The Harbour Lites of Prescott swirled to the music and encouraged members of the audience to get up and give Square Dancing a spin. Alfie Marin of the Harbour Lites was on hand to show off his experience. He has been dancing for more than 33 years and he described Square Dancing as friendship set to music. He dances 3 or 4 times a week and claims, "It's the most fun you can have with your clothes on."



English Country Dancing would look very familiar to fans of Jane Austen's Pride & Prejudice. These folk were lined up preparing to dance.

CHIEFTAIN PHOTO - A. CARTIER

After a brief demonstration of Scottish Country Dancing, the audience was again invited to take part in a dance.

English Country Dancing instructor Michelle Sutherland then led the dancers and community members through a dance which Miss Elizabeth Bennet and Mr. Darcy would have found familiar.

Clogging, Swing and Line Dancing were all represented at the Dance Expo and were sure to have found some new recruits amongst the eager audience.

The event was wrapped up with a Grand Finale Circle Dance.

During the afternoon the participants could avail themselves of healthy snacks and refreshing tea, as well as placing bids on a number of items generously donated to a silent auction by community individuals and business. The organizers were hoping to realize over $2000 for the Heart & Stroke Association by combining a love of dance with a great cause. As Sara Lawson put it, "Dance is heart-healthy. Come and enjoy."



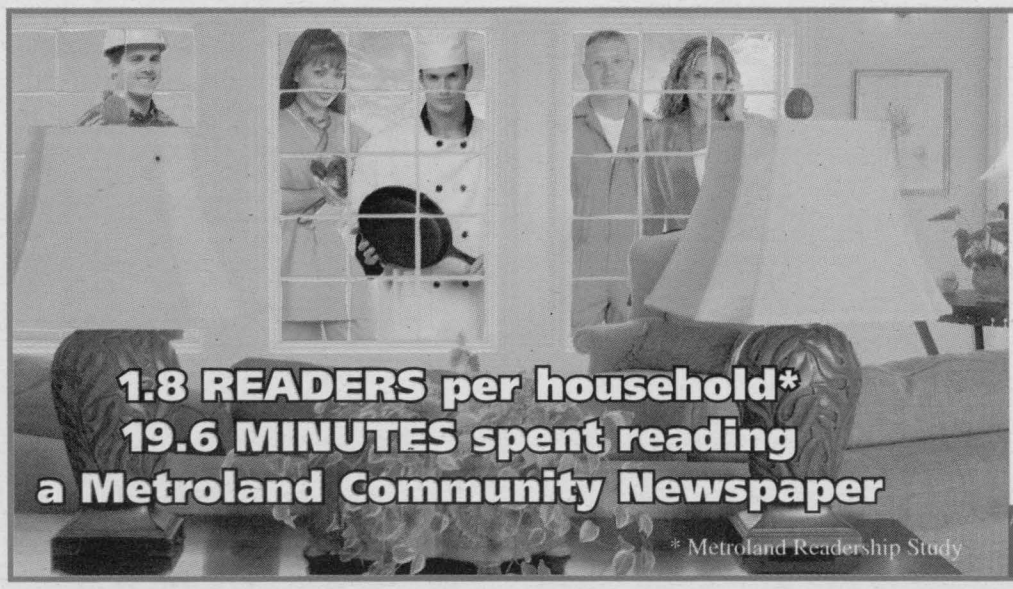
Dancing is not only good fun, but it is 'heart-smart'. Dance Expo organizer Sara Lawson was hoping that visitors would get hooked on one of the many styles of dancing demonstrated at the event.

CHIEFTAIN PHOTO - A. CARTIER



Alfie Marin and Pearl J. King demonstrated Square Dancing on Saturday at the Dance Expo. They also took the opportunity to try some new dances.

CHIEFTAIN PHOTO - A. CARTIER



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SPORTS
The Iroquois Chieftain

Chubbs Tournament a community tradition

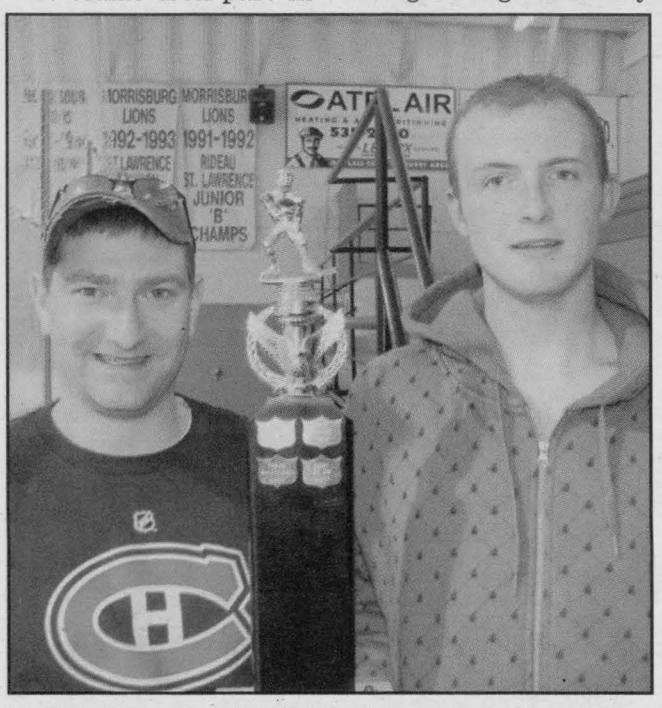
A[redacted]REA CARTIER
THE CHIEFTAIN

17 teams took part in last weekend's 30th annual Chubbs tournament at the Morrisburg arena providing some great hockey and a wonderful venue for socializing. All the teams were local, but some drew players from as far away as New York City (Rob Domanko travelled from the Big Apple to play for Cooeye's Crew). Play began Friday night and concluded with four finals played on Sunday. The open division was secured by team Grumpy when they defeated the Wolves by a score of 4 to 1. In the Bud final, the Boulders defeated the Snappers 6 to 4, with the final goal being scored in an empty net. The Blue Light title was captured by Happy's Hasbeens as they defeated Cooeye's Crew by a score of 4 to 0. Froats defeated ESPN 4 to 2 to be crowned best team in the Bud Light division.

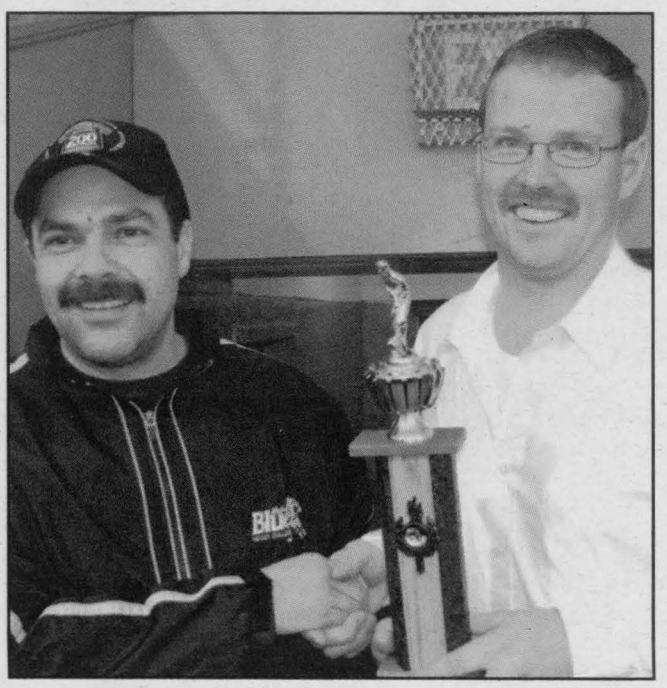
All division winners were presented with coats from CARHA, the Canadian Adult Recreational Hockey Association.

Three special trophies were awarded at the end of the tournament. The Cam MacLennan Memorial Trophy was awarded to the tournament MVP, Greg Edale who played for Grumpy's. Jesse Whyte from the ESPN team won the Joe Billings Memorial Trophy for his outstanding goaltending, and Dave Lapier of the Boulders was awarded the Mike Steward Memorial Trophy for being the Most Valuable Defenseman in the tourney.

Every year the organizers of the tournament donate some of the money they raise at the tournament to good causes. This year $500 was given to Volley for Cancer.



Bobby Boulerice is pictured here awarding Jesse Whyte with the trophy for best goalie.
CHIEFTAIN PHOTOS - A. CARTIER



Doug Casselman presented an injured Dave Lapier with the Mike Steward trophy for most valuable defenseman.

SOUTH DUNDAS NEWS

"Your Town, Your News!"

FEBRUARY 2008

- Regular meetings of Council are held the first and third Tuesday of the month at 7:00pm in Council Chambers.
  Upcoming meetings are February 19 and March 4.
- March 2008 Interim Tax Bills are calculated at 50% of the 2007 tax rate using 2008 current assessments. Should your bill be substantially higher than 50% of last years taxes please feel free to contact our office to discuss this matter.
- 2008 Dog Tags are now available at the Township office. Tags are $15 each and kennel licences are $50 each. Door to door sales will commence shortly.
- Please be advised that the Winter Parking Regulation is now in effect. During the Winter Maintenance Program any vehicle that is hindering the removal of snow along roadways or parking lots could be towed at the owner's expense.

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Fax: 613-535-2099
Email: mail@southdundas.com
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NEWS & EVENTS

New User Fees: Treasury Fees
Under By-Law 2007-73 new Treasury User Fees were adopted as of January 1, 2008. The new fees are as follows:

Tax Certificates -	$35.00
Compliance/Zoning Certificates -	$35.00
NSF Cheques -	$25.00
Tax Information Requests – Real Estate/Lawyers etc. Verbal/Written/Fax/In Person	$10.00/account
Previous Year Tax Account Printouts – Real Estate/Lawyers/Public etc. Verbal/Written/Fax/In Person	$10.00/year/account
Prior to year 2005 Tax Account Printouts or History – Real Estate/Lawyers/Public etc. Verbal/Written/Fax/In Person	$50.00 hourly rate with a minimum $50.00 fee

Reminder: Water Plant Capital Levy Surcharge
As of January 1, 2008 the Water Plant Capital Levy charge of $0.75/$m^3$ was imposed on every cubic meter of water used and was included on your monthly Rideau St.Lawrence Utilities billing. If you have any questions or concerns please contact the Township office.

DID YOU KNOW...

Congratulations!!! The Township's Treasurer, Lorna Seibert, will be retiring as of February 29, 2008. Lorna has worked in the Municipal field for 29 years. Good Luck Lorna!!

Have an Idea?!

Comments or suggestions are always welcome! Please contact the Township office.

186500

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30 Insurance Companies Quoted – Lowest to Highest Rate

Driving Record	Vehicle	LOW	HIGH
Good Record	Pontiac Grand Am SE 4DR	$1,313	$4,698
2 Tickets	Chevrolet Blazer S Series 2DR 4WD	$1,588	$5,509

The probability of you being insured, right now, with the insurance company that has the best rate for you is low.

InsuranceHotline.com directs you to the best priced insurance company.

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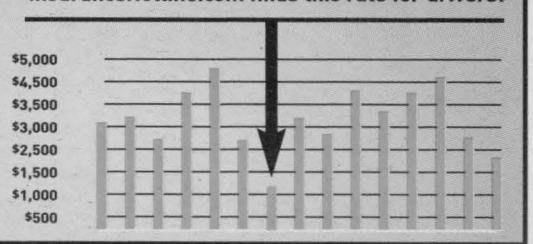
InsuranceHotline.com finds this rate for drivers!



Go to www.InsuranceHotline.com and get your money back now.

Morrisburg Curling Club News

First, a news flash for long-time curling enthusiasts in the area. The Morrisburg Curling Club is scheduled to play for the Quebec Challenge Trophy, probably Saturday, February 9th, against either the Dalhousie Lake or the Sherbrooke Curling Club. Our team of eight men would have to travel to one of these clubs to play for the oldest continuously-competed-for team trophy in North America, and if they win, the trophy comes to Morrisburg –for a while. Stay tuned!

Sid Morrell, Peter Zeran, Neil Williams and Raymond Benoit split their games in Navan in the Grand Masters' Zone Playdowns last week against Cornwall and R.C.M.P. This is a double knockout competition, and only one of teams in our zone advances to the Provincial final, which is made up of winners from the 16 zones across the province. Our men play again next Thursday against Maxville. The Winchester foursome has already been eliminated.

Dave King ran a very successful Senior Mixed Invitational Bonspiel last Thursday. Teams from Cornwall, North Grenville, Richmond, Navan, Winchester, the R.A. Centre, Cityview, Manotick, and Russell competed for the Peabody Trophy. I guess that makes this the Groundhog Day Bonspiel. Thanks were expressed to Mike's Valu Mart for providing several prizes for the event, and to the many volunteers who helped Dave on the day, including Alice Thompson and her committee, who catered the delicious meal, and those who looked after the ice and donated food.

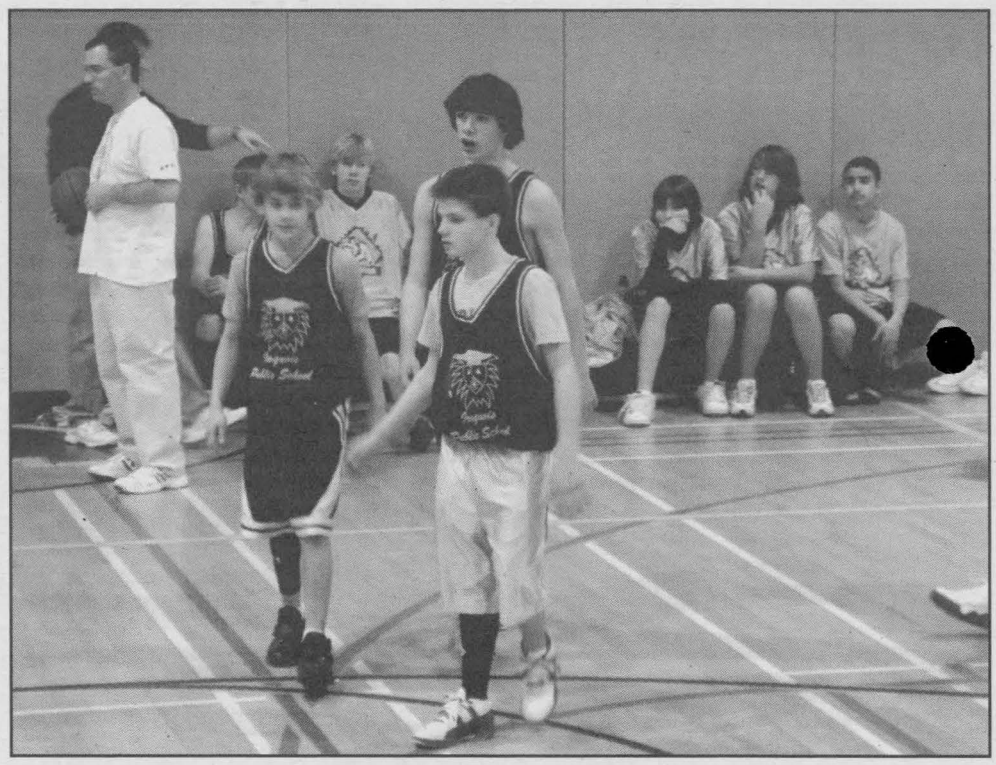
The first draw saw the Richmond foursome emerge victorious, while in the second, Manotick came out on top. The format was slightly different this year, and curlers enjoyed the changes. Apologies to Dorothy, our ageless curling sensation, who replaced a sick curler on the R.A. team, and helped get the foursome get to the prize table. We inadvertently subtracted four years from Dorothy's age in announcing her escapades last week. Sorry!

We had another fine rental last weekend, as the Saver Road neighbours played here in their annual funspiel. Many of these folks are club members, and with the combination of curlers involved, it makes for a delightful day, and a fine way for friends to get together. By the way, the entire club, or just the clubhouse, is available for a variety of rentals, staff parties, etc., especially on Saturdays, Sundays, and Monday nights through the curling season, and, for the lounge, every day from April on. The lounge can seat up to eighty people in comfort, and is ideal for staff parties or other get-togethers. Our rental manager is Walter Reid at 613-652-1628.

A local ladies' team competed in a Russell bonspiel last Saturday. Alice Thompson, Betty Locke, Sharon Van Allen and Yvonne Mabo dropped two tight games to Ottawa Granite and Prescott, but enjoyed a fine day, with breakfast, lunch and dinner provided, the latter served by men in red bow ties. Several Ottawa teams were there, as well as Winchester, Maxville, and Ormstown.

Finally, our stove has reached retirement age, and we're looking for another gently-used model to replace it. If you're getting anew one, and you'd like to get rid of yours, just give an executive member a call, and we'll take it off your hands.

That's about it for now. Good curling to all!



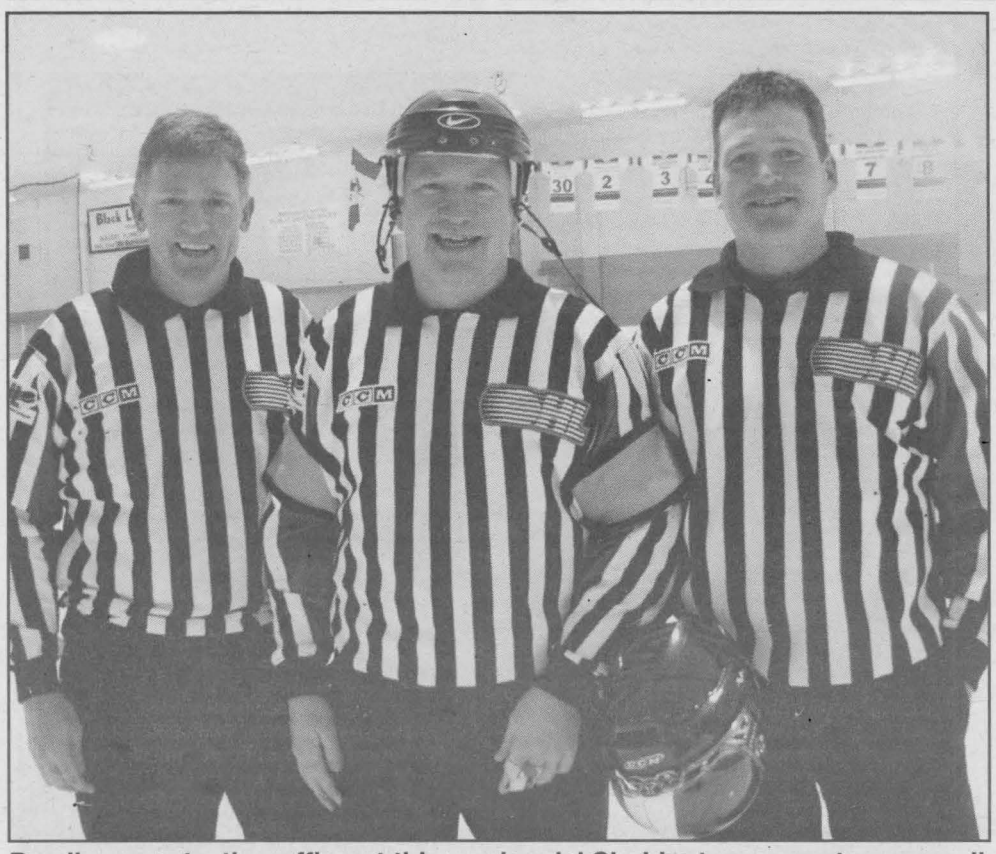
Iroquois Public School competed at the St. Michael's Invitational basketball tournament last Friday and had a succesful day against some tough competition. Iroquois defeated St. Joseph's by a score of 22-21, they easily defeated Kemptville Public and then lost to the host team St. Michael's by a score of 33-31. Iroquois players Marc Beckstead (left), Jeff McLaughlin (right) and Art Visser in the back head onto to the court as their teammates look on.

Bantam House Lions Defeat Demons in Chesterville

On Thursday, January 31, the South Dundas Bantam House C Lions beat their closest rivals, the North Dundas Demons, by a score of 4 to 3.

The first goal of the game was scored by the Demons at 11:41 of the first period. However, the Lions soon tied the game with a goal from Zack Lalonde, assisted by Phil German and Luc Plamondon. The Demons then scored two more goals to put them ahead and then some. The Lions' Andrew Beatson scored the last goal of the period on a pass from Cole Veinotte to make the score 3 – 2 for the North Dundas team.

In the second period, Eric Saddlemire scored at 13:04 on a pass from Jared Gibson, making the Lions even with North Dundas. Less than three minutes later, with 10:08 remaining in the second period, Eric scored once again (with assistance from Brendan Gallivan and Andrew Beatson) to put the Lions ahead. Throughout the rest of the game, the Lions defended their lead spectacularly against the relentless Demons, and ended up victorious. Hunter Jones was in nets for the Lions.The Lions had four penalties throughout the game, while North Dundas had five penalties.





By all accounts, the reffing at this weekends' Chubbs tournament was excellent. Pictured here are three of the officials. From left to right are Scott Corden, Sean Boulerice and Steve Corlyon. They all shared the same number.

Junior B Lions split weekend games

With just two games to play in the regular season the Morrisburg Lions are looking at winning both games this coming weekend and hoping for two Char-Lan losses to propel them into third place in the St. Lawrence Division.

The Lions were able to stay two points back of the third place Char-Lan Rebels this past weekend as they split their games.

Saturday had the Lions in Akwesasne to play the fourth place Wolves. On the strength of a six goal third period the Lions came away with an impressive 9-2 win. There was only one goal scored in the first period as Marcel Groulx scored his eighth of the season from Matt Walsh.

Both teams scored two goals in the second to give Morrisburg a slim one goal lead heading into the third period. Chad Galipeau scored on the power-play from Kyle Legace and Tyler Maxwell. Kyle Legace notched his thirty-seventh of the season to give the Lions that one goal lead. Brock Bissonette and Jonathan Fitzpatrick collected the assists. The Lions offense exploded in the third as six different shooters found the net. Scoring for the Lions were Cody Casselman, Brock Bissonette, Chad Galipeau, Dan Viau, Cory Royer and Matt Walsh. Drawing assists were Kyle Legace (3), Tyler Maxwell (2), Chad Galipeau (2), Brock Bissonette, Marlon Cowboy, Cory Royer, Marcel Groulx and Jonathan Fitzpatrick. Josh Loney tended the Lions goal and earned the win.

Sunday afternoon had the high flying Alexandria Glens in town and despite a strong effort by the Lions they fell short on the scoreboard by a score of 6-4. The Lions had a strong first period as Kyle Legace and Chad Galipeau scored to put the Lions up 2-1 after one period of play. The Glens were able to regroup in the second as they outscored the Lions by a count of 4-1 and give them a 5-3 lead going into the third. Kyle Legace scored his thirty-ninth of the year in the middle frame. Chad Galipeau and Cody Casselman set up the power-play marker. The teams traded goals in the third to give Alexandria the 6-4 win.

The Lions will place host to the Char-Lan Rebels Friday in what will determine where they are seeded heading into the play-offs. A Char-Lan win will give them third place and a date with the Wincehster Hawks in the play-offs, while Morrisburg would face-off against the Akwesasne Wolves in best of five play-off.

Game time for Friday is set for 8:30 pm. Morrisburg will travel to Winchester Saturday night to finish off their regular season. The puck drops at 7:30 pm.

SOUTH DUNDAS MINOR HOCKEY SCHEDULE
FEBRUARY 5 - FEBRUARY 12

DATE	TIME	ARENA	HOME	VISITOR
Novice B House				
Wed. Feb. 06	6:00 pm	Spencerville	South Grenville 2	South Dundas
Thu. Feb. 07	6:00 pm	Chesterville	North Dundas 2	South Dundas
Novice C House				
Sun. Feb. 10	4:30 pm	Prescott	South Grenville 3	South Dundas
Atom B House				
Fri. Feb. 08	6:00 pm	Winchester	North Dundas 1	South Dundas 1
Sat. Feb. 09	3:30 pm	Morrisburg	South Dundas 2	South Dundas 1
Peewee B Rep				
Sat. Feb. 09	7:00 pm	Morrisburg	South Dundas	Cornwall
Peewee C House				
Sat. Feb. 09	4:30 pm	Morrisburg	South Dundas	Athens
Major Midget House				
Thu. Feb. 07	7:00 pm	Kemptville	Kemptville 2	South Dundas
Minor Midget				
Sat. Feb. 09	8:00 pm	Morrisburg	South Dundas	NGS

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EOJBHL Scores

Sunday Feb. 3

Alexandria 6 at Morrisburg 4

South Grenville 6 at Athens 3

Saturday Feb. 2

Westport 2 at South Grenville 4

Morrisburg 9 at Akwesasne 2

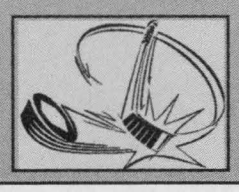
Winchester 5 at Char-Lan 4

Friday Feb. 1

Char-Lan 7 at Alexandria 8 (OT)

Wednesday Jan. 31

Char-Lan 7 at Akwesasne 4



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J.W. MacINTOSH SENIORS' SUPPORT CENTRE
SCHEDULE OF EVENTS ~ FEBRUARY 2008 ~ Call: 613-535-2924

Feb. 13/08 – DINERS CLUB followed by "Cardinal Red Songbirds" – Valentines

BREAST CANCER SUPPORT GROUP: Last Thursday of every month at 7:00 pm

COFFEEBREAK	DINERS CLUB	EXERCISE CLASS	FOOT CARE	HOME HELP
Every Wednesday morning ~ *a day of crafts, games, etc. plus lunch* $ 15.00	Monday, Tuesday, Wednesday, Friday of each week at noon $5.00	Thursdays at 1:30 pm No charge	Wednesday February 13, 20, 27 $18.00	House cleaning assistance $11.00 / hr
MEALS on WHEELS	**MENS= CLUB**	**MOVIE**	**RESPITE CARE**	**INFORMATION**
Monday, Wednesday, Friday of each week *Extras can be ordered for other days* $4.50	Wednesday mornings, February 6 & 20 *~ 1/2 day of games, speakers, etc. plus lunch* $15.00	Friday February 8 at 1:30 $1.00	Sitters for convalescents are available upon request and assessment $7.00 / hr	*On many organizations ~* Lifeline, Heart & Stroke, CNIB, Alzheimer, etc. FREE

VAN & CAR Transportation - Reasonable rates for groups or individuals needing transportation for medical appointments or social events, in this area and to the cities. B *rates vary according to destination*

IROQUOIS DINERS CLUB - 535-2924
held at Iroquois Royal Canadian Legion
Thursday, Feb. 14 - noon - $5.00

MORRISBURG DINERS CLUB - 535-2924
held at Morrisburg Royal Canadian Legion
Thursday – Feb. 28 - noon - $5.00

STAMPVILLE CENTRE - 535-2924
Hours of Operation - Mondays - noon to 3:00 pm and Thursdays - 10:00 am to 3:00 pm
Diners Club - Thursday, Feb. 7 & 21 - $5.00
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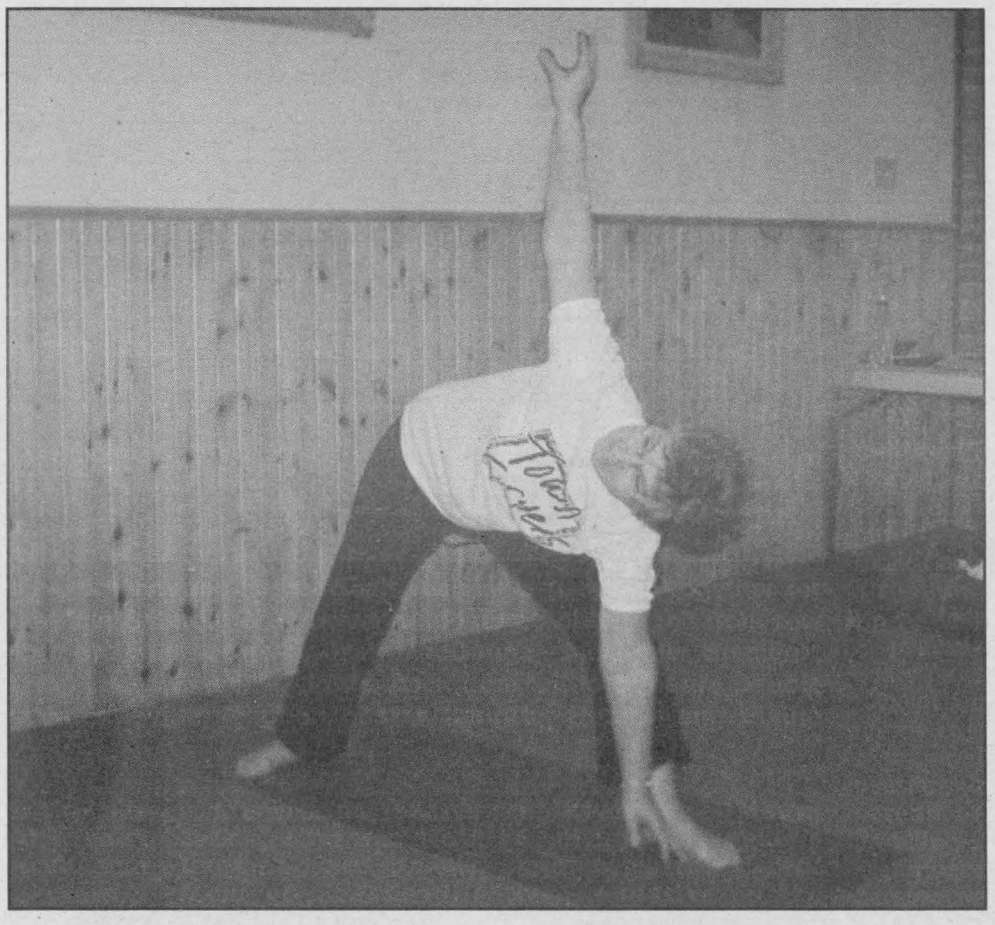
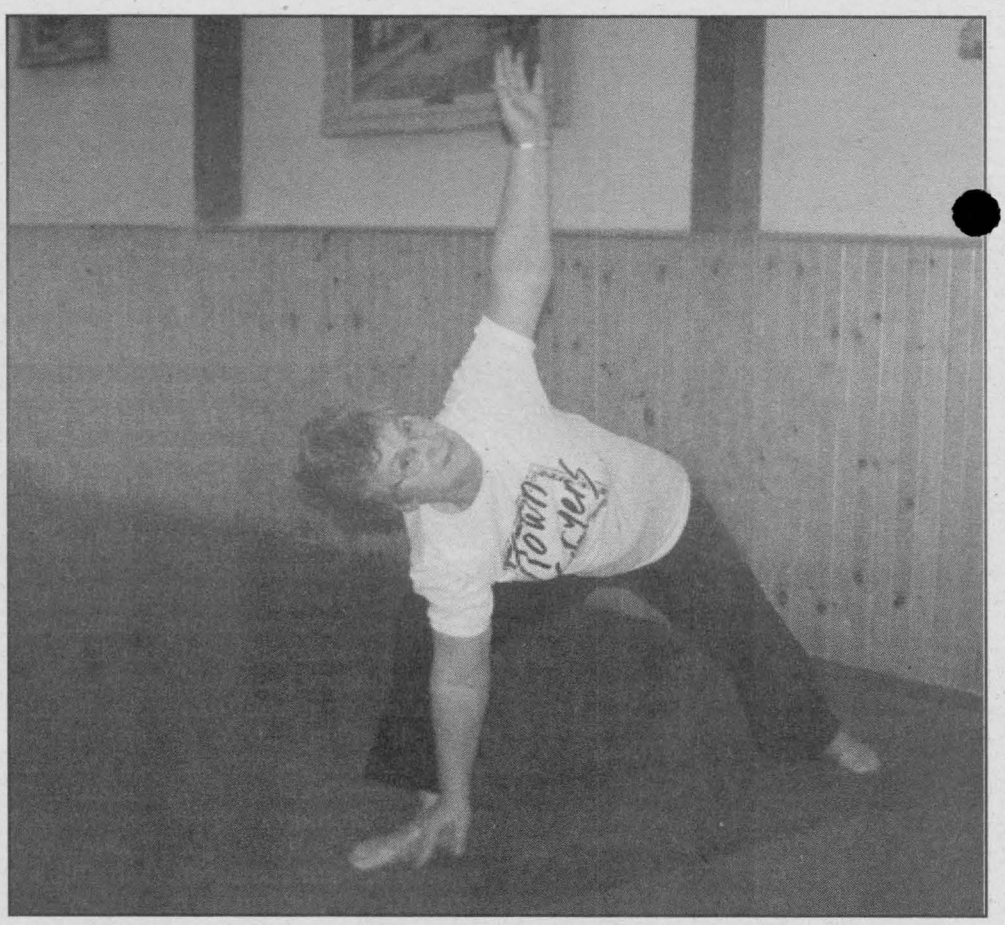
Yoga Pose of the Week





This week's Standing Postures are demonstrated by Brenda Lyon. The Triangle pose (Trikonasana) strengthens all muscles and joints throughout the body, particularly the legs, hips, and lower back. It also provides a lateral stretch for the muscles supporting the spine. The Extended Side Angle (Utthita Parsvakonasana) also strengthens the legs, groins, hamstrings while opening the chest and shoulders. Being aware of your body alignment keeps your posture safe; awakens energy in the internal organs, and allows freedom of energy flow. To Contact the Iroquois Yoga Group call Flo 613-652-1980.

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Some things are just beyond human comprehension



Mary Cook

BY MARY COOK

Have you ever stopped to wonder why, even though everyone else seems to have a ready explanation, for you there is no earthly reason for certain government rulings, some people's actions, and why when there is a logical and simply way of doing things, bureaucrats take the longest, most complicated, and unreasonable route?

Perhaps as we get older, we become more cynical. Just reading the daily newspaper, or listening to the late news, starts an eye twitch of annoyance, or my hiatus hernia starts to kick up., and once again, I say to myself "what is the world coming to?"

Here are just a few of the things that stuck in my craw in the last week or so. Take the newly regulated Family Day the Ontario government foisted upon us. I know several working parents who will have to take the day off work because their children won't be at school that day. Some employers will have to give their workers the day off with full, or maybe time-and-a-half holiday pay. And some of these are small industries which are just squeaking by as it is. It is very doubtful if Family Day, will turn out to really be "a family day."

And what about that member of the military who refused to pledge allegiance to the Queen, and launched a court case to defend his position? Whether or not you like the Queen, can't bear to look at her in her outlandish hats and strings of pearls, think she has no relevance to us in Canada, or even if you think she is the greatest thing since the invention of potato chips, none of this is important. Pledging allegiance to the Queen is the LAW for the military. And until the law is changed, probably only through an act of parliament, or a change in the Constitution, the law stands. So our discontented soldier has two options, obey the law, hold his nose, and pledge his allegiance, or quit the forces and go find other employment.

Now, lets take a minute to consider what is going on down in the Russell area. The idea of imposing a law on all businesses to have their signs in both French and English is so outlandish that it fringes on the ridiculous. It is inconceivable that such a law is even considered. Surely, if a business owner wants to erect his signs in both languages, or even in Swahili, that should be his choice. No council has the right to bring in a law that compels a business to erect costly signs against his will. The question begging to be asked is, if this becomes law, then should not the same law prevail in Quebec?

Now, this is a touchy one. Banning handguns. I think it is a noble idea, but I also think it is doomed to failure. Do you honestly believe that the hoodlums running around with handguns in their possession now, when they are about to shoot someone, stop dead in their tracks and say, "oops, better go and register this handgun before I blow this guy to pieces"?

Like the gun registry, the innocent law-abiding gun owners will be the ones penalized. Illegal guns will always find their way into the hands of criminals, and no law is going to put a stop to it. What we need is stiffer laws, much stiffer laws, to deal with those who use handguns to harm or kill.

I'm on a roll. My next pet peeve is companies which use answering machines to avoid talking to customers. You know the drill: "Your call is important to us. Please stay on the line until our next available agent is free to assist you."

The problem with that is that for the next 37 minutes you are still waiting on the next available agent. Or you go through 11 push-buttons, and end up back at the main menu. Oh, for the days of the receptionist who answers the phone, connects you to the proper person, and thanks you for your call. I couldn't get along without my answering machine, but I'll never be guilty of not returning a phone call, or of putting someone on hold until the seasons change.

My complaint is with government agencies and departments, large companies, and the service industry, whose job it should be to serve the public as quickly and efficiently as possible.

Everyone who knows me, knows that I am a very upbeat person, slow to anger, and generally with a positive attitude. If I want to keep that reputation, I think I will have to give up reading the daily newspaper and listening to the news on television, and rely only on the weeklies, like the newspaper you are reading now.



These are the the winners of the Knights of Columbus Basketball Freethrow Competition, held at St. Mary-St. Cecilia Elementary School in Morrisburg on January 31. The winners now have an opportunity to compete at the District Level Basketball Freethrow to be held on February 16, 2008 at St. Joseph Elementary School in Prescott. Those who win at the District level will be eligible to go on to a Regional competition in March. The winners were as follows: Boys age 10- Randy Fawcette, Girls age 10- Julia Mullin, Boys age 11- Brody Picotte, Girls age 11- Shannon Van Moorsel, Boys age 12- Brandon Mullin, Girls age 12- Mariam Mwai, Boys age 13- Jacob Whelan, Girls age 13- Ashley McNalty, Girls age 14- Melissa Toonders. The teacher co-ordinating the event at the school was Mrs.. T. Wouters of St. Mary-St. Cecilia School. Knights of Columbus assisting were Peter Peppers, Len Bisson and Bruce Mackenzie. PHOTO COURTESY OF KNIGHTS OF COLUMBUS

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Pandemic preparedness



Linda Cleroux

BY LINDA CLEROUX, COORDINATOR OF HEALTH EMERGENCY PREPAREDNESS EASTERN ONTARIO HEALTH UNIT

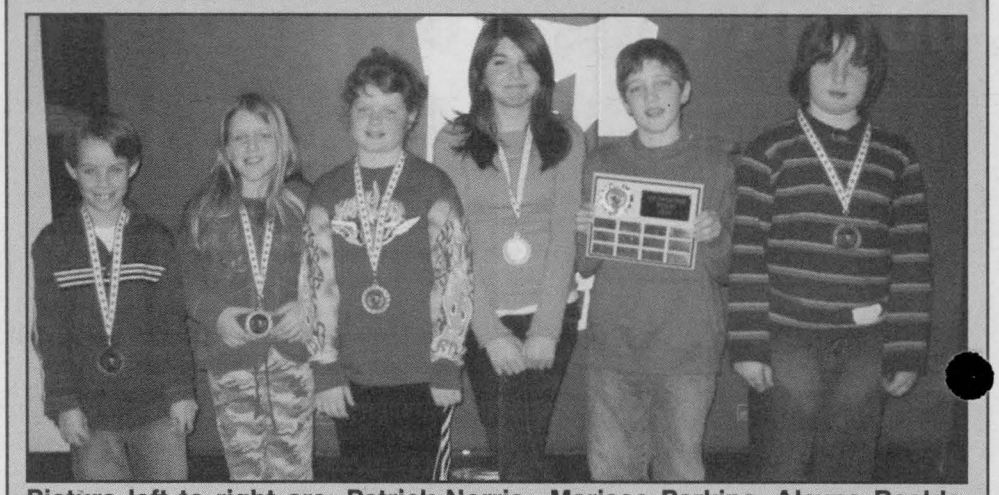
A pandemic is a worldwide outbreak of a disease which affects a large portion of the population. Although nobody can predict how or when a pandemic will occur, there are some important facts to consider. According to Health Canada, depending on the severity of the season, the number of deaths due to influenza and its complications could reach as high as 8,000 during a regular influenza season. In a moderately severe pandemic, it is estimated that between 11,000 and 58,000 deaths may occur in Canada.

Many of the steps you can take to prepare for a pandemic are the same steps you can take to protect yourself everyday! In other words, if you get your family to regularly practise the following activities, not only will they reduce their risk of developing the flu, but they'll also be better prepared in the event of a pandemic.

- Use a tissue, or raise your arm to your face to cough or sneeze into your sleeve.
- Stay home when you're sick.
- Wash your hands often or use an alcohol-based sanitizer.
- Get your yearly flu shot.
- Preparing an emergency kit

Keep in mind that when you're preparing your emergency kit, that it needs to be stocked with enough supplies to keep your family self-sufficient for at least 72 hours. Why 72 hours? During a pandemic, you may become very ill, you may not be able to leave your home, or you simply may not want to visit high traffic areas. In your kit, consider including non-perishable food items, a can opener, water, first aid supplies, matches, a flashlight, a battery-operated radio, extra batteries, cash, etc.

While there is no influenza pandemic activity anywhere in the world at this time, experts agree that we are overdue for one. By thinking ahead and by taking the necessary precautions, you can help better prepare your family in the event of a real emergency. For more information on pandemic preparedness, call the Eastern Ontario Health Unit at 613-933-1375 or at 1 800 267-7120. Ask for the Health Line.



Picture left to right are: Patrick Norris, Marissa Perkins, Alayna Baelde, Hannah Greenough, Jed Vanderlaan, Brad Stitt

Spelling Bee at Nationview School

Jed Vanderlaan outlasted 11 other students to win the second-annual Nationview Spelling Bee. Now the grade 7 student will attempt to qualify for the CanWest CanSpell regional competition to be held in Ottawa next month.

Vanderlaan was the only competitor to spell a word correctly in the fourth round of the oral competition. His final word was "unique". A three-way tie for second-place meant the bee lasted four more rounds after Vanderlaan had already won. Hannah Greenough spelled "autobiography" correctly to finish second in the open division, edging out Jadon Constable.

Grade 5 student, Brad Stitt, finished first in the junior competition (grades 4-6). He topped 12 other spellers in the competition. Marissa Perkins, a grade 4 student, was second. Perkins and Stitt moved on to compete in the open competition, where Perkins finished fourth.

Patrick Norris won the primary bee for students in grades 1-3. He beat out 13 other spellers. Alayna Baelde finished second and Karlee Ouellette was third.



Obituary
Allan Armstrong

Allan Armstrong, a lifetime resident of the Iroquois area passed away after a short stay at Winchester District Memorial Hospital and The Ottawa Heart Institute on Saturday, January 12, 2008. He was 76. He was the beloved wife of Ethel (nee Merkley) Armstrong and loving father of Barry (Christine) of Ottawa, Brian (Kimberly) of R.R#1, Iroquois, and Arlene of Iroquois. He was a loving grandfather to Brianna and Serena Armstrong. He is survived by a dear brother, Clare (Nancy) of Mar, Ontario, and dear sister, Dorothy Guillimette of Cornwall. He was a brother-in-law to Doris Armstrong of Brockville, Ontario and Donald (Christina) Merkley of Ottawa, Ontario, He is also survived by several nieces and nephews. Allan was born in Iroquois on April 1st 1931 to his parents, Charles and Carrie (nee Merkley) Armstrong. He attended Stampville Public School. Following school he worked on the farm with his parents. During the construction of the Seaway he worked on the building of the railway. On September 12, 1959 he married his beloved wife Ethel. They moved to the 2nd Concession where they farmed and raised their three children. He loved the farm and expanded the buildings and bought land several times. He spent time with his family ski-dooing, picnicking and getting lost on country roads during Sunday afternoon drives. Later on, lawn tractor trailer rides, special outings, and treats for his two grand daughters. He loved to stop and visit with all his friends and strangers too. Allan and his wife spent many a summer taking bus trips with family and friends, traveling throughout the country and visiting with everyone he met. Allan lived life to the fullest creating many memories and caring for everyone around him. Family and friends called at the Marsden-McLaughlin Funeral Home in Iroquois on Tuesday, January 15, 2008. The funeral service was held at St, John The Baptist Anglican Church in Iroquois on Wednesday, January 16, 2008 with the Rev. Craig Bowers officiating followed by interment at St. John's Anglican Cemetery in Iroquois. A reception in Allan's honour was held in the church hall following burial. Pallbearers were Robert Thompson, Bob Dowson, Dave Evans, Ron Baker, Gerald Casselman and Gordon Empey. Donations to St. John's Anglican Church and The Heart & Stroke Foundation are appreciated by the family.

186532



Obituary
Hendrik "Hank" Zyp

Suddenly and peacefully in his sleep at his son's home in Wardsville, Ontario on Sunday January 20, 2008. Hank Zyp was born July 5 1932 in Holland. Hank was raised and educated in Holland before immigrating to Canada in 1954. Hank always wanted to be a farmer but couldn't do so in his homeland. In Canada he worked for 3 farmers to earn a living. In 1959 he met a lovely woman Helena Vanderydt and in 1960 they were married. Two years later he moved his family now with 2 children to Morrisburg and settled on the farm he worked for 42 years. Here they added another child to the family. In September of 2007 Hank and Helena sold the farm and bought a home in Iroquois to enjoy their retirement. Hank enjoyed being with family, playing cards both with family and friends. Hank loved to camp and travel. He and Helena logged many miles in the Van travelling. Hank was a hard worker, a loving husband, a dedicated father and one heck of a great man. He always had to time for us no matter how late he worked. Hank leaves behind his loving wife of 48 years of Helena Zyp. His children; Kenneth of Wardsville, Susan (David) Lewis of Morrisburg and Karen Zyp of the Bahamas. Hank will be sadly missed by his grandchildren Tommy, Tyler (Stephany), Joshua and his great-grandchildren Dawson, Lukas, Arizona and Cheyenne. Survived by 3 sisters Corry, Riet, Tina and 3 brothers Jan, Cees and Dirk all in Holland. Predeceased by his parents Nicolas Zyp and Catrina Appel and by 3 brothers Piet, Nic, Martin and 1 sister Bets Van fliet. He is also survived by many nieces, nephews and many many friends considered as family.

Friends called at the Marsden McLaughlin Funeral Home Williamsburg on Wednesday, from 2-4 & 7-9 pm. Mass of the Christian Burial was held at St. Mary's R. C. Church Morrisburg on Thursday January 24, at 11am. Donations to Winchester Hospital were be gratefully acknowledged by the family.Interment at St. Mary's Cemetery, Morrisburg.

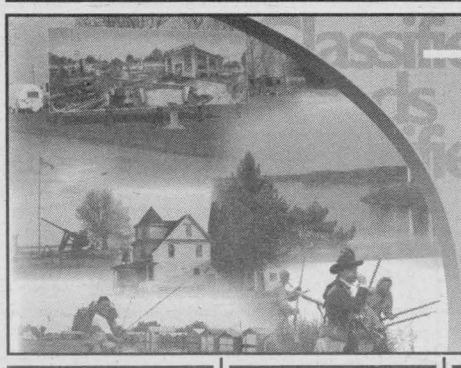
185333

2008 Ontario Budget must replace revenue from illegal fees

/CNW/ - Today the Canadian Federation of Students-Ontario launched an email campaign to stop illegal ancillary fees that are being charged by the province's public post-secondary institutions. Students and their families are being encouraged to use the www.StopUnfairFees.ca campaign website to email their letters to Minister of Training, Colleges and Universities John Milloy and Premier Dalton McGuinty.

"Premier McGuinty has known about the illegal ancillary fees for 14 years and his government has already been in power for one full-term," said Jen Hassum, Chairperson of the Canadian Federation of Students-Ontario. "It's time that this self-proclaimed 'activist' government takes action to fix the problem."

The campaign calls on the Minister to enforce his long-standing Binding Policy Directive that prohibits universities and colleges from charging "tuition-related" ancillary fees. Ancillary fees are costs that are additional to tuition fees. Legitimate ancillary fees are only allowed to be charged for things such as the student centres, athletic facilities, extended health plans, or other services that are supplementary. However all 24 of the public colleges in Ontario continue to charge prohibited tuition-related ancillary fees for services such as information technology or libraries that are already funded by tuition fees and government operating or capital grants. According to the Ministry's own internal documents, the colleges' illegal ancillary fees for I.T. alone were costing students $131.68 on average in 2005-2006.



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BIRTHS

Boyd-Snelgrove
Ray and Terry Boyd are proud to announce the safe arrival of their first grandson Liam Ray Boyd, born January 21, 2007 at Markham, weighing 9lb., 8oz. Excited parents are Vicky Boyd and Greg Snelgrove. Proud great grandparents are Ruby Boyd (Kemptville), and Evelyn McDermott (Gatineau, Que.)

It's a Boy
Jeff and Jamie Adams and big brother Liam are proud to announce the newest addition to their family. Evan James arrived on November 23, 2007 weighing 7lbs. 14oz., 19 1/5 inches long. Special thanks to Dr. Rosenquist, Dr. Houze, Dr. Mousette and the maternity staff at Winchester District Memorial Hospital.

IN MEMORIAMS

KEEBLE: In loving memory of a dear Dad and Grampa Robert (Bob) Keeble, who passed away five years ago, February 7, 2003.
We think of him in silence,
His name we oft recall;
There is nothing left to answer,
But his picture on the wall.
Lovingly remembered by Christine, Chris, Rob, Michelle and Darren.

PRUNNER: In memory of Willie Prunner, February 6, 2007.
Dear Lord,
Please take this message, to my friend Willie up above,
Tell him that I think of him and give him my love.
Although years had gone by, and words went unspoken,
There was a bond that went unbroken.
My heart still aches with sadness, and no eyes can see me weep,
But still within my heart,
Your memory I will always keep.
Always in my thoughts, Me.

CARD OF THANKS

ARMSTRONG
The family of the late Allan Armstrong wishes to express sincere thanks for the kindness shown by our wonderful neighbours, friends, and relatives. With messages of condolences, floral tributes, donations in Allan's/Dad's memory to St. John's Anglican Church and The Heart and Stroke Foundation and food brought to our homes. Your support and acts of kindness provided us with much comfort during this difficult time. Thanks to the doctors and nurses of Winchester Hospital and the Ottawa Heart Institute for excellent care and compassion, to Marsden McLaughlin Funeral Home for help and professionalism, and the Pallbearers. Special thanks to Rev. Craig Bower for comforting visits and a very touching funeral service. Thanks to St. John's ACW ladies for the luncheon. Your kindness and thoughtfulness will always be remembered.
Ethel, Arlene, Brian, Kim, Brianna & Serena, Barry & Chris.

FITNESS SERVICES

LMR COUNTRY FITNESS INC. provides one-on-one personal training, also studio rental times are available if you want to workout on your own or with friends, rental times are listed on our web page. We are also excited to share that we are planning for March Break our 'Fitkids Full-Day Workshops' for children 5-10 years of age, registration dates are February 23 and 24. For more information about any of these programs and studio rental times, please visit our web page at www.lmrcountryfitness.ca, or call 613-989-3626.

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DEATH ANNOUNCEMENT

USHER, ROBERT SEATON

CAPTAIN C.D. (Retired)
(October 7, 1930 - January 25, 2008)

After a brief stay in the Winchester District Memorial Hospital, Bob died on Friday morning, January 25, 2008. Beloved father of Dean Usher (Lorraine Dignard) of Metcalfe and Shelley Usher of Ottawa. Grandfather of Seaton and Nelson Usher of Metcalfe. Survived by his brother John Usher (Betty) of Vancouver, his sister Beth of Colborne and nieces and nephews across Canada. Predeceased by his parents Nelson and Blanche Usher (nee Kerr), by his son Robert McKenzie Usher, his brother Richard and his sister Alice. He is also survived by Bonnie Foster of Oxford Mills, his life partner, and her children Kris, Karen and Emily Abel of Toronto. He will be missed by his life long friends Doug Clark (Barbara) of Kingston and also by the many good friends he has made in the Kemptville area. Well known in this area for his love of reading, bookstores, poetry, dogs, horses, agriculture and people. He is beloved by us all. Bob joined the Canadian Armed Forces in 1951 to 1953 where he served in Korea, retired in 1979 and was called back to serve another term of duty until 1984. During his military tenure, he achieved the rank of Artillery Captain. Bob was a farmer, a poet, an author, a teller of stories and the best of mentors. Visitation was held at Grant Brown Funeral Home Rolston Chapel, Kemptville on Friday, February 1, and Saturday, February 2. Those who wish may make a memorial donation to the Children's Hospital of Eastern Ontario Foundation (CHEO). For condolences and on-line guest book please visit: www.grantbrownfuneralhome.com

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LEGAL NOTICE

NOTICE TO CREDITORS
AND OTHERS

ALL persons having claims against the Estate of **Sheldon Lee Tryon**, late of 10545 English Road, Iroquois, Ontario K0E 1K0 who died on or about the 31st day of December, 2007 are hereby notified to send particulars of the same to the undersigned on or before the **17th day of March, 2008**, after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice and the undersigned will not be liable to any person whose claims he shall not then have notice.

Dated this 6th day of February, 2008

Gorrell, Grenkie, Leroy & Remillard
Box 820, Morrisburg, Ontario, K0C 1X0
Solicitors for the Estate Trustee

CL8151

NOTICE TO CREDITORS AND OTHERS

Claim against the Estate of
Michel Toufic Nesrallah,
late of Burritts Rapids, Ontario
(who died on December 24, 2006)
must be in our hands by
February 18, 2008, after which the
Estate will be distributed.

SOLOWAY, WRIGHT
Attention: Kenneth J. Webb
Barristers & Solicitors
900-427 Laurier Avenue West
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Solicitors for the Estate Trustee
Leila Nesrallah

CL7857

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HOMEWORKERS NEEDED!! To assemble products, stuffing envelopes, mailing/processing circulars, on-line computer work available. Up to $1,500/week, no experience needed! Free information at www.Jobs-WorkConnection.com Reference 3-100.

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HELP WANTED

BUSY AUTOMOTIVE shop requires tire technicians for both in-shop and road service departments. Experienced technicians only. Please contact Samantha at 613-821-2953. You can also fax your resume to 613-821-4082 or email it to:
osgoodetire@storm.ca

SWAN ON THE RIDEAU is now hiring experienced cooks, servers, and bartenders. Call 613-692-4550 or FAX 613-692-3693, George or Georgia.

HELP WANTED

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BUSY AUTOMOTIVE shop requires licensed service technician. Please contact Phil at 613-821-2953. You can also fax your resume to 613-821-4082 or email it to:
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HOUSE CLEANING Company presently seeking supervisor-manager, full-time. Must have car. $11.00/hour + $250/month car allowances. 613-860-0436. Career and franchise opportunities available.

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PART-TIME Office Staff required for evenings and weekends for Distribution department duties. Must have reliable vehicle. $9.00 per hour. Please call Caedi Zaine at 613-224-3330 ext. 226.

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QUALIFIED, experienced chef/cook specializing in Asian, I[illegible] Pakistan prepar[illegible]. Experience in fast food environment an asset. Must be able to work weekends, evenings, and holidays as required. Must speak English. Candidate should be familiar with all facets of restaurant operation. Salary negotiable. Coachouse Restaurant (Howard Johnson - Kemptville), P.O. Box 1499, Kemptville, ON K0G 1J0. No phone calls please.

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HOME BASE TRAVEL AGENTS WANTED. Work from home. Travel Agent experience is required. Must have own clientele. For further information contact Lynda at Marlin Travel Port Hope. Telephone 1-800-387-8747.

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Office Help

Small Trucking Company, looking for full time Dispatch and office help for a small fleet. Computer, phone skills are required Located in South Mountain

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CL8198

CAREERS

Tradeshow Specialist

Ross Video has an opening for a Tradeshow Specialist. In this role you will be working with our demo equipment and preparing for tradeshows. You will maintain the demo inventory, set-up and test demo systems, maintain records, etc.

You should have an Electronics Technical Diploma with 2 years Television Broadcast or Video Experience or Broadcast Technology diploma, a general understanding of video production for news/sports, and a strong knowledge of MS Word and Excel. You will require a valid Passport and Driver's License.

Please send your resume to Human Resources.

ROSS
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E-mail: hr@rossvideo.com
Fax: (613) 652-4425
8 John Street, Iroquois, ON K0E 1K0

CL8190

www.rossvideo.com

CAREERS

Are you a Registered Nurse looking for a unique career challenge?

Dundas Manor currently has a Regular Part-time Day/Evening position available for a **Registered Nurse** beginning in March 2008.

This opportunity allows the Registered Nurse to provide and supervise care of our residents in a home-like environment.

Dundas Manor is a 98 bed long-term care facility located in the friendly, small town of Winchester, Ontario.

The Registered Nurse works 8 hour shifts and is responsible for all unit activities, provides & supervises Nursing care in accordance with physician's orders, the Standards of the College of Nurses, the Ontario Long Term Care Act & MOHLTC Standards, while following the mission, philosophy, vision & values of Dundas Manor Ltd. Long term care experience would be considered an asset.
Previous experience credit will be granted to the successful applicant.

Qualified RN's please submit a current resume in writing or electronically by February 14, 2008 to:

Human Resources Department
Attention: Mrs. Susan Poirier, Director of Nursing
533 Clarence Street
P.O. Box 970
Winchester, ON
K0C 2K0

Fax: 613-774-4015
Email: susan.poirier@dundasmanor.ca

Only applicants selected for an interview will be contacted. No phone calls please.

CL8199

CAREERS

Star Media GROUP — Metroland

Metroland Media Group and Star Media Group Ltd.

POSITION VACANCY

Job Title: Systems Analyst – Desktop and Server
Department: Corporate IT
Job Summary: Level 1-3 desktop support and Level 1 server support in Ottawa Region

Metroland/Star Media's Group IT department has a full-time opening for a knowledgeable, energetic, technically skilled team member based mostly at the Nepean office location in Ottawa.

Competencies/Skills and Experience:
- Strong knowledge of Windows XP Pro
- Strong knowledge of Microsoft Office, particularly Outlook (2003+)
- Strong knowledge and proficient in troubleshooting and resolving hard ware and software issues
- Strong practical knowledge of Active Directory and user and computer administration in AD
- AN\WAN TCP/IP configuration knowledge to work with network team
- Ability to organize, schedule tasks and prioritize work, and work independently with minimal supervision
- Strong interpersonal skills, phone and remote support, desk side hands-on support
- Vehicle required
- A+ Certification
- MCP XP/2003 certification
- Basic member server installation experience
- 5-7 years IT workstation hands-on support experience
- Excellent oral and written communication skills
- Experience with both Dell desktop, laptop server hardware and clone systems

Nice to have skills:
- MCSA2000/2003 certification. MCSE
- Experience in corporate standards and medium to large corporate environments

Responsibilities Include:
The incumbent will be responsible for computer support (level 1 to 3) for 150 workstations in 11 locations, as well as level 1 support for 25 servers and requires very good client facing skills as 85% of the activity will be dealing with user support issues. Extensive travel throughout Ottawa region is required. Position will be based 4 days in Nepean and 1 day in Renfrew. Weekend and off-peak work may be occasionally required (for emergencies or scheduled outages). The position is salaried with mileage and expense reimbursement. Metroland's IT Group offers a fast-paced, friendly, diverse environment. Salary range is $45-55k depending on experience.

apply by e-mail (attach PDF or list URL) with subject: "Ottawa tech support" before Friday, February 15, 2008 to: itresumes@metroland.com.

CL8172

CAREERS

Career Opportunity

Advertising Sales Representative

Full-Time & Part-Time, Stittsville and Area

Job Summary:
The Advertising Sales Representative is responsible for servicing and growing our existing clients and will increase sales revenue through new business development. This is an outside sales position.

Position Accountabilities:
- Provide our valued customers with creative and effective advertising solutions and will play a key role in the overall success of our organization
- The successful candidate will be responsible for ongoing sales with both new and existing clients and must be able to concurrently manage both sales and administrative processes
- Prospect for new accounts including researching advertisers in competing publications and reviewing new businesses in the area
- Create proposals for prospective advertisers through compelling business cases
- Assist clients in ad designs and co-ordinate with Production dept
- Negotiate rates with clients within acceptable guidelines
- Attain and/or surpass sales targets
- Address client concerns in a timely and professional manner

Competencies/Skills and Experience:
Action oriented, Drive for Results, Composure, Customer Focus, Creativity, Learning on the Fly, Time Management
- Excellent product and industry knowledge
- Superior customer service skills
- Ability to build and develop effective relationships within the team and with clients
- Strong sales, presentation and telephone skills
- A proven history of achieving and surpassing sales targets, an unprecedented drive for results
- Solid organizational skills and time management skills with the ability to multi-task
- Ability to work in a fast-paced, dead-line oriented environment
- Must be able to concurrently manage both sales and administrative responsibilities
- A minimum of 2 yrs experience in advertising print sales preferred

What we can offer:
- We offer rewarding opportunities for development and advancement
- Base salary plus commissions, unlimited earning potential, sales incentives & contests
- Benefit Program, including pension plan and three weeks vacation per year
- Flexible work hours

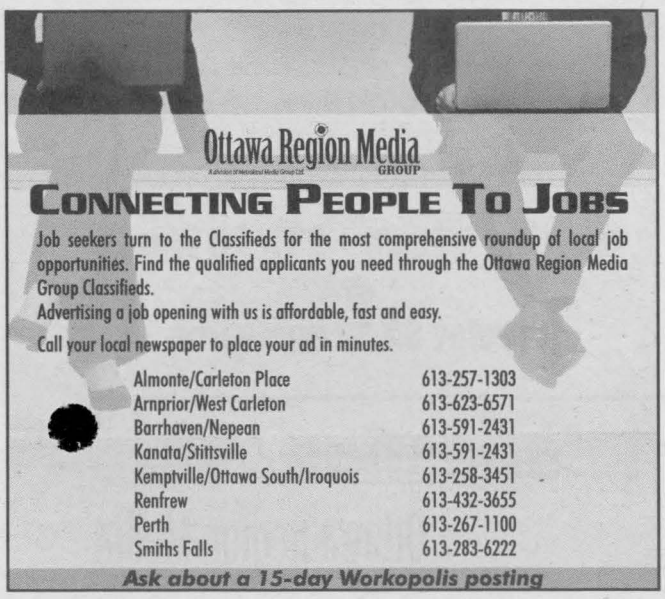
We employ talented people who draw on a broad range of knowledge and experiences to support Ottawa Region Media Group's mission, values and strategic objectives. If you have what it takes to compete-to-win, we want to hear from you!

This is a challenging role that requires an enthusiastic and energetic individual who is a self starter with strong communication, organizational, computer and problem solving skills. Experience is not necessary as on-the-job training will be provided for the right candidate.

Interested and qualified candidates should forward their resume and cover letter to the attention of Rachel Henry no later than Friday February 15, 2008 to rachel.henry@metroland.com. **Late submissions will not be accepted.**

Ottawa Region Media GROUP
A division of Metroland Media Group Ltd.

CL8188



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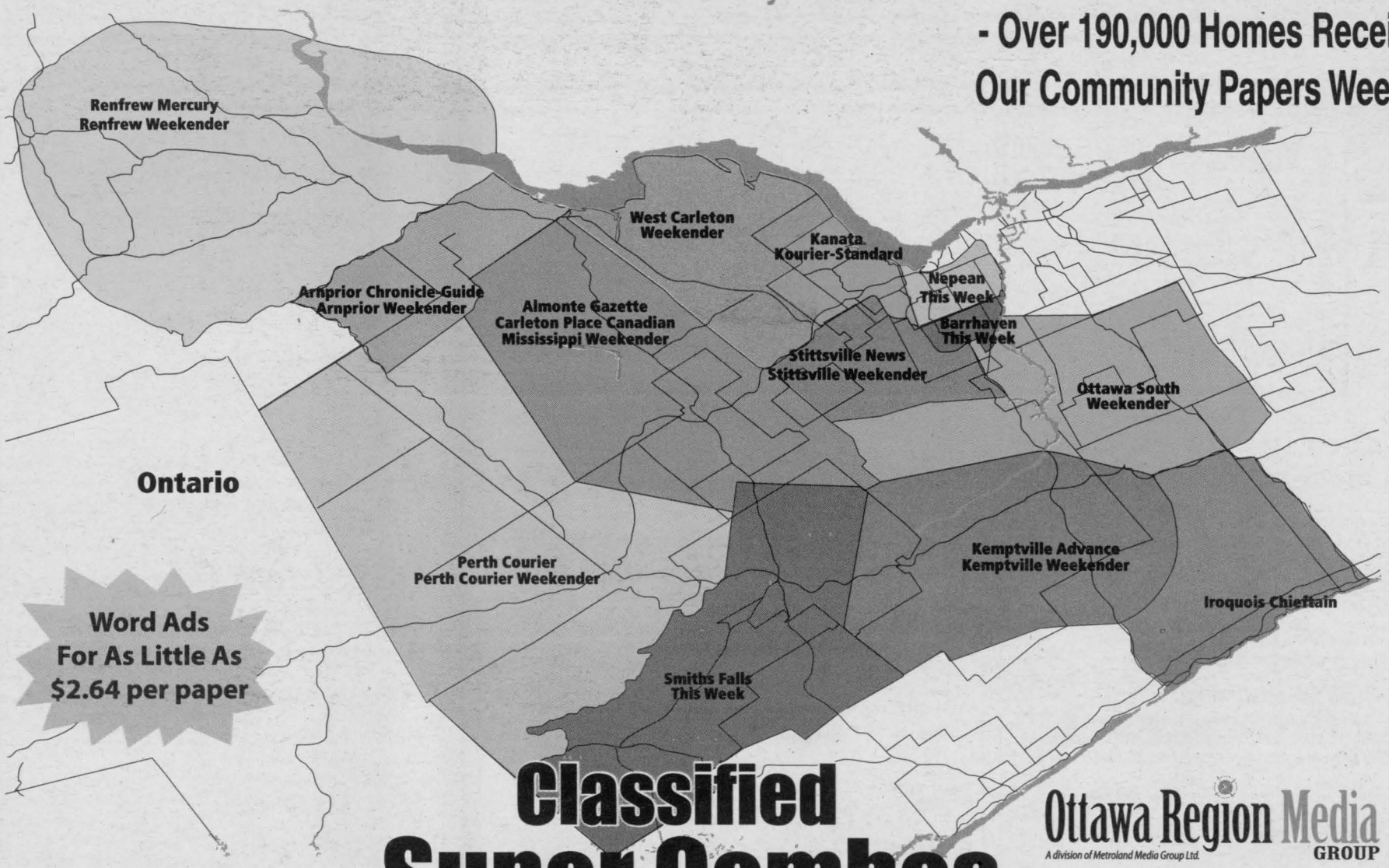

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Word Ad $57.14+ GST/ 25 Words
or
Display $5.20 agate line

Total Weekender Market
12 Newspapers
Over 169,000 Homes

Arnprior Weekender, Barrhaven This Week, Kanata Kourier - Standard, Kemptville Weekender, Mississippi Weekender, Nepean This Week, Ottawa South Weekender, Perth Courier Weekender, Renfrew Weekender, Smiths Falls This Week, Stittsville Weekender and West Carleton Weekender

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Display $3.29 agate line

Ottawa Market
9 Newspapers
Over 125,000 Homes

Barrhaven This Week
Kanata Kourier - Standard
Kemptville Weekender
Mississippi Weekender
Nepean This Week
Ottawa South Weekender
Stittsville News
Stittsville Weekender
West Carleton Weekender

Word Ad $26.25 + GST/ 25 Words
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Display $2.32 agate line

To place your advertisement or for more information contact our Classified Offices:

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Kanata/Stittsville:	613-591-2431	**Email:**	tara.reid@metroland.com
Nepean/Barrhaven:	613-591-2431	**Email:**	pat.laninga@metroland.com
Kemptville:	613-258-3451	**Email:**	connie. seguin@metroland.com
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