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Catching air

Wesley Frobel was but one of many who took to the hill behind the Winchester Arena for a trip down the toboggan run last week. Winter weather arrived in the region just before Christmas, and more snow has been forecasted throughout the next two weeks, which should provide an even stronger base for those heading to the hill. *Press Photo — Uhrig*

CO detectors now law in S. Dundas

by Matthew Uhrig
Press staff

WILLIAMSBURG — With a new year comes a new, sweeping bylaw in the Township of South Dundas.

The new legislation — which requires all residential units in the township to have a working carbon monoxide (CO) detector — took effect on Sun., Jan. 1.

It is now the responsibility of registered homeowners of all single or multiple dwelling units to comply with the bylaw. Landlords are responsible for installing the devices in all rental units.

Fire chief Chris McDonough said the new bylaw is in conjunction with the already enforced smoke alarm program. Residents can expect a grace period in which to purchase and install a carbon monoxide detector, the fire chief added.

"A warning will be issued upon the first visit," McDonough said. "Then, if a second visit is made and there is still no compliance, a charge could be made."

The fine for not complying with the municipal bylaw could be up to $250.

To date, McDonough added, South Dundas' firefighters have visited approximately 50 homes.

> Landlords, homeowners responsible for compliance

Need to know

"Carbon monoxide is called the silent killer because it's colourless, odourless, and tasteless," said McDonough. "[Detectors] provide the best defense against serious injury or death, and will greatly enhance the safety of residents."

• see CO DETECTORS on next page

Health unit no longer handling inspections of sewage system

CORNWALL — The Eastern Ontario Health Unit is no longer administering sewage system inspections.

The directive took effect earlier this month, while an official announcement was made late last year, at which time local municipalities were left scrambling to find a new provider.

Privately owned sewage systems, including cesspools, septic tanks, and leach fields, must be installed and maintained according to the Ontario Building Code, while permits and inspections are required to install or alter a private system.

In response, the City of Cornwall and the Townships of North Glengarry and South Glengarry have opted to provide inspections through an in-house process, while other local municipalities, including both North and South Dundas, are contracting South Nation Conservation to perform the service.

Festive RIDE charges double for 2011-2012 campaign

by Amanda Smith-Millar
Press staff

WINCHESTER — The OPP has described the Eastern Ontario 2011-2012 Festive RIDE campaign results as "sobering."

The force says it didn't track how many vehicles were pulled over at roadside Reduce Impaired Driving Everywhere checkpoints. However, charges have skyrocketed since the 2010-2011 installment of the police-led initiative to crack down on roadside injuries and fatalities during Christmas.

A total of 103 Eastern Ontario drivers stand accused of impaired driving, driving with a blood alcohol concentration exceeding 0.08, and/or refusing to take a breathalyzer test this holiday season. That's double the 51 charges in 2010-2011.

> Impaired driving 'unacceptable': inspector

"It is very disturbing that so many people decided to risk not only their life, but also their family, friends, and others sharing the road this holiday season," said Insp. Dave Springer, East Region manager, Traffic and Marine Unit, in a prepared media release.

Springer also slammed the drivers who were caught having blood alcohol concentrations in the so-called "warn" range (0.05 to 0.08).

"Another 83 had their licence suspended for registering in the 'warn' range on a roadside device!" said Springer. "This is unacceptable. OPP officers across the region will continue to focus on those who have decided to endanger others on our highways."

The campaign ran from Fri., Nov. 25, 2011 to Sun., Jan. 1, 2012.

• see FESTIVE RIDE on next page

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Technology connects generations at WDMH



Elizabeth Allison (seated, at left) is just one of many of Winchester District Memorial Hospital's senior patients making use of the Nintendo Wii, a motion-activated video game system. The technology allows low-impact exercise for patients.

WINCHESTER — In recent years, Winchester District Memorial Hospital (WDMH) has seen significant improvements made to its technological system.

From the implementation of a state-of-the-art CT scanner, to the soon-to-be-completed digital patient record system, the local medical facility has blossomed with modern infrastructure.

Video games popular in continuing-care unit

Now, some of WDMH's senior patients are benefitting from a system often associated with a younger crowd.

The Nintendo Wii, a motion-activated video game system, has become a hit with many patients in the hospital's continuing-care unit, including Elizabeth Allison.

"It's an excellent example of how WDMH is placing greater focus on maintaining physical and psychosocial functioning among its senior patients," said Karl Samuelson, vice-president seniors' services. "There is a definite move toward getting people out of bed and moving around as early in their hospital stay as possible to prevent decline, promote independence, and enhance ability."

In this particular example, the medical facility is utilizing a non-traditional but senior-friendly technology that offers low-impact exercise to patients who otherwise wouldn't be able to participate in the actual sport.

"A wonderful by-product of this device is the connection that can be made between the elderly patients and their grandchildren," Samuelson said.

"A hospital can seem like unfamiliar territory to children and teenagers, but through this technology they can become totally engaged in their visit with a grandparent through something they're thoroughly familiar with and that's a win-win scenario if I ever saw one," he added.

CO detectors

• continued from page 1

Figures provided by McDonough show that more than 400 people in Canada died from 2000 to 2007 due to carbon monoxide poisoning, while hundreds more were treated for exposure to the gas.

Silent killer

Carbon monoxide is a common by-product of the combustion process. Improperly installed, maintained, or vented appliances can produce CO, including gas or oil furnaces and hot water heaters, gas appliances, fireplaces, woodstoves, charcoal grills, and space and kerosene heaters. As well, blocked chimneys and obstructed vents can result in the accumulation of CO, as can vehicles left running in an attached garage.

Homeowners, however, who do not meet the aforementioned criteria are exempt from the new legislation.

Exposure to CO can cause flu-like symptoms, including headache, nausea, dizziness, burning eyes, confusion, drowsiness, and loss of consciousness. If the detector sounds an alarm, homeowners are to call 911, and go outdoors immediately.

Festive RIDE

• continued from page 1

Throughout Ontario, OPP officers sent 1,203 drivers to court thanks to the Festive RIDE Campaign. Of this total, 652 were allegedly caught drunk or high behind the wheel, while the other 551 received warn-range suspensions. (Those numbers dwarf the previous holiday's stats of 308 impaired driving charges and 613 suspensions.)

"On one hand, I am extremely proud of the hard work on the part of our officers who made this campaign highly effective in removing these dangerous drivers from our roads over the holidays," said Chris Lewis, OPP commissioner. "On the other hand, I am disappointed that these drivers would risk their lives and the lives of others."



The new Daniels Visitation Centre is located at 19 Industrial Dr., Chesterville.

Daniels Funeral Chapels opens visitation centre in Chesterville

CHESTERVILLE — The Winchester-based Daniels Funeral Chapels has opened a visitation centre in Chesterville.

An open house took place last weekend (Sat., Jan. 7 and Sun., Jan. 8) at the 19 Industrial Dr. location.

Owner Jim Daniels — who hosted the open house in partnership with his wife, Mona — explained that it was time for his company to provide a visitation centre in the Chesterville region.

"We've owned the property for several years," added Daniels.

The centre can seat 150 people during a funeral, Daniels said. A side room, equipped with a closed-circuit television, can accommodate another 50 visitors.

"This is state-of-the-art," he said.

The new Daniels Visitation Centre in Chesterville is an affiliate of Daniels Funeral Chapels, headquartered at 472 Main St., Winchester.

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POLICE BLOTTER

Break and enter

SOUTH MOUNTAIN — On Sat., Jan. 7 around 10:30 am, Stormont, Dundas, and Glengarry OPP officers responded to a report of a break and enter on Cameron Road, North Dundas Township.

The investigation, which is ongoing, revealed that sometime between 8 to 10 am, unknown suspects entered a residence and removed various items of electronic equipment and jewellery.

Persistence pays $1,000

MOUNTAIN – For residents who have been supporting the House of Lazarus' bid to win cash through the Kraft Food for Families voting program, you can stop clicking — the ecumenical outreach mission has won.

The House of Lazarus was one of 29 food banks throughout Canada that was eligible for Kraft's cash. The 10-week voting period began in December. Kraft encouraged residents to log onto www.kraftassists.ca and show their support for one of the qualifying organizations.

The House of Lazarus, having received $1,000, is now the fifth food bank to win the donation and is no longer eligible for votes.

Blood donor clinic Jan. 26

WINCHESTER — Canadian Blood Services is scheduled to be in Winchester on Thurs., Jan. 26.

A blood donor clinic has been slated for that day, from 1 to 8 pm, inside the Winchester Public School's gymnasium.

For more information, call 1-888-236-6283 or visit www.blood.ca.

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Liberation therapy welcome Christmas present

MS sufferer to continue lobbying efforts

by Matthew Uhrig
Press staff

SOUTH MOUNTAIN — Sandra Whitaker no longer finds the walk to her mailbox excruciating.

The task, an easy one for most, was daunting for the South Mountain resident just two years ago. However, following two successful treatments, known as "liberation therapy," Whitaker's life more closely resembles that of a healthy female in her late 40s.

It has been a journey for her, having first received a multiple-sclerosis diagnosis in 2002, at which point she began dealing with the inflammatory disease's crippling symptoms, including extreme headaches, fatigue, and loss of vision.

By the summer of 2010, her limbs had begun losing strength, and she found it more difficult to lift, carry, or move anything. Her balance faltered, and she began relying on a cane. Her next option was a wheelchair, and it was entirely likely she'd be confined to the device for the remainder of her life.

However, her outlook changed in September 2010 when she travelled to Barrie, and was subsequently diagnosed with chronic cerebrospinal venous insufficiency (commonly referred to as CCSVI), a condition that compromises the blood flow in the neck veins.

In December of that year, Whitaker paid the necessary $11,000, and flew to Egypt to receive the liberation therapy. The procedure involves a physician using a balloon angioplasty to unblock the veins in the hope of alleviating the symptoms.

The therapy remains highly controversial in Canada, with some medical professionals and government officials questioning its effects in the long-term. As well, the national health-care system does not fund the treatment for Canadian residents who travel outside of the country to receive the therapy.

After her procedure, Whitaker told the *Winchester Press*, 95 per cent of her symptoms disappeared almost immediately. Yet, by late last year, she was once again dealing with the aggressive symptoms of her disease.

Fundraising began again in earnest, and in late December, Whittaker flew to California for her second round of the vein-widening procedure.

"I've been so fortunate," she told the *Press*. "Most of the money was raised through a [silent] auction and donations… A Christmas present I'll be forever grateful for receiving."

As well, Whitaker's lobbying efforts will be continuing, having made an appointment for this month with Dr. Andreas Laupacis, a member of the national CCSVI review committee. (Clinical trials of the liberation therapy, funded by the federal government, are expected to begin sometime this year.)

"I'm hoping with all my reports and good health, I may be able to sway him to our side," she said. "Hopefully minds will change this year, and everybody will be able to secure proper blood flow."



South Mountain's Sandra Whitaker has received two rounds of "liberation therapy," a controversial procedure that widens patients' neck veins in an effort to improve blood flow and reduce the symptoms of chronic cerebrospinal venous insufficiency.
Press Photo — Uhrig

Eastern Ontario prime real estate for solar farms

by Matthew Uhrig
Press staff

EDWARDS — With a region rich with expansive swaths of farmland, solar companies have targeted specific areas for large-scale energy operating farms.

The most recent is a portion of land at Parkway and Yorks Corners roads south of Edwards. A 10-megawatt installation received approval late last year, with an operating licence granted for 20 years of energy creation.

The contract is held by a partnership called GS One-Parkway Solar Farm LP, while the licence issued by the Ontario government says the solar farm will simply generate and sell power back to the provincial grid.

The Edwards area project appears small when compared to the installations planned for the Township of North Dundas.

Both the MightySolar and CityLight plans have been approved, and are now undergoing thorough studies prior to shovels going into the ground.

Toronto-based SkyPower has selected farmland between Chesterville and Winchester on which they would like to erect large-scale solar farms. MightySolar is envisioned for property between Boyne and Kittle Roads, while CityLights is expected to be located of Gibeault Road.

Each project is anticipated to create about 7,000 direct and indirect jobs, including construction, operation, and maintenance, while possibly attracting $3 billion in private-sector investment.

The two farms are expected to create roughly 872 megwatts of renewable energy, enough to power more than 200,000 homes each year. The two additions will have a combined output of approximately 20,000 kilowatts.

While the North Dundas projects are in their early stages, a bevy of others are awaiting provincial approval, including four in the Township of South Dundas, and two others scheduled to be located in Winchester and Mountain.

All of the planned projects are in keeping with the provincial government's *Green Energy Act* objective, which sees Ontario pay a premium for clean energy production from energy efficient installations, each of which are expected to take the place of coal-fired, gas, and nuclear plants.

No word yet on St. Daniel's future



Future uncertain
St. Daniel's Roman Catholic Church in South Mountain was destroyed by fire in September 2011. Since that time, both parishioners and Father Cosmas Ajawara, leader of the congregation, have been lobbying the Kingston Archdiocese in an effort to have the structure rebuilt. *Press Photo — Uhrig*

by Matthew Uhrig
Press staff

SOUTH MOUNTAIN — Catholic churchgoers in the region will have to wait a little while longer to see if their worship space will be returned to South Mountain.

Since St. Daniel's Roman Catholic Church burned to the ground in September 2011, congregation members have been meeting every Sunday morning at the village's agricultural hall.

Also in that span of time, Father Cosmas Ajawara, the church's leader, has met with officials at the Kingston Archdiocese in an attempt to convince them to agree to have the structure rebuilt.

"The parishioners, as well, made a proposal to the diocese as to their desire to rebuild," he said.

At the moment, the request is being handled by the archbishop, who will then be consulting with two diocesan bodies — the college of consultors and the diocesan finance committee.

"We are still waiting to hear back," Ajawara said.

It is unknown at this point, the father said, when the diocese will make its decision.

Despite what was lost the day of the blaze, when the 117-year-old structure was left as nothing more than a shell of its former self, community spirit has remained high.

In October, the St. Daniel's Ladies went ahead with their annual bazaar and bake sale, while the Knights of Columbus council continued its annual carolling event, near the very spot the church once stood, in December 2011.

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World of opportunity for students overseas

Youth gain perspective on cultures

by Amanda Smith-Millar
Press staff

CHESTERVILLE — It would be an understatement to say a 2011 trip to Ecuador changed Brad Bowman's life.

The Chesterville-area resident eschewed the traditional college spring break last year, deciding instead to build playgrounds and landscape schoolyards in Ecuador.

Bowman flew overseas with two professors and about 15 of his fellow St. Lawrence College students through a social enterprise program called Me to We. The young people were determined to make a difference – and according to Bowman, they did.

However, while Bowman (who was studying social work at the time) acknowledged he did improve life for a number of Ecuador residents, the biggest change occurred within his own mind.

"You have a different perspective on things," reflected Bowman.

Bowman is but one young man in a sea of his peers who have spent their free time, and money, volunteering with an overseas mission project. While these trips can be life-changing for participants and overseas communities, they're also expensive and controversial. Some critics of the so-called "voluntourism" trend argue that it's both offensive, and a waste of money, to send unskilled first-world workers overseas, when such funds should go to a charity project.

However, several local young people disagree with that line of thinking.

In Ecuador, he encountered a culture where people tended to be satisfied with less. The result? He finds himself to be more generous, less judgmental, and less materialistic.

"When you were there, you didn't see people needing to have the newest iPhone or needing a better snowmobile," he said.

Overseas trips also provide an opportunity to network and hatch new plans with like-minded youth. In fact, during his Ecuador trip, Bowman's fellow participants told him about a one-year program at Australia's Gryffith University, where qualifying college grads can obtain credit for previous post-secondary classes, spend only one year studying human services before obtaining a degree. Next month, Bowman will fly to the Land Down Under and begin his studies – along with a few of his Me to We colleagues.

With a heightened compassion for humanity, Bowman hopes to become a probation officer.

The Ecuador trip cost Bowman several thousand dollars. He remains grateful to R/T Auto in Winchester, which donated money and collected community pledges to subsidize his trip. In the end, was the Me to We trip worth it?

Absolutely, said Bowman.

"I think it's a good investment," he said.



At left: *Brad Bowman (left) sweated out his 2011 spring break by volunteering in Ecuador. The group performed landscaping and playground construction work for indigenous residents. Bowman is pictured here with fellow program participants Brian Wilcock (centre) and Aaron Bailey.*



University of Ottawa health sciences student Emily Wicks also travelled to Ecuador, where she worked to improve sanitation systems.

Water water everywhere….

Emily Wicks of Inkerman also went to Ecuador last year.

The University of Ottawa health sciences student travelled with Volunteer Eco Students Abroad in spring of 2011 to perform some seriously dirty work – improving the sanitation systems of a community that desperately needed it.

Wicks can attest to the fact that the local people were beyond grateful for the infrastructure upgrade. (One of the fathers stayed up all night helping volunteers dig a hole for a septic system.)

"It was amazing. It was one of the best experiences of my life," she said.

Wicks hopes to become a doctor after completing her undergraduate degree.

Even before medical school, she has become aware of what acute poverty and suffering looks like. She also understands the importance of hygiene as a fundamental human right.

"It just kind of showed me how much we take for granted here," she said.

Wicks said she'll always remember small details burned into her memory — such as the girl who wore a broken plastic flip-flop, because that's all she appeared to have for footwear.

Wicks thanked the community and family for donating time and money to support her trip.

Donations to charities, while important, may not change a young person's perspective in such a fundamental way, she reasoned.

"I think it means a lot more when you [contribute] personally," Wicks said. There's always TV commercials pressing Canadians for donations and exposing them to overseas footage, she qualified. "But you don't see what really goes on," she said.

Geared up greens

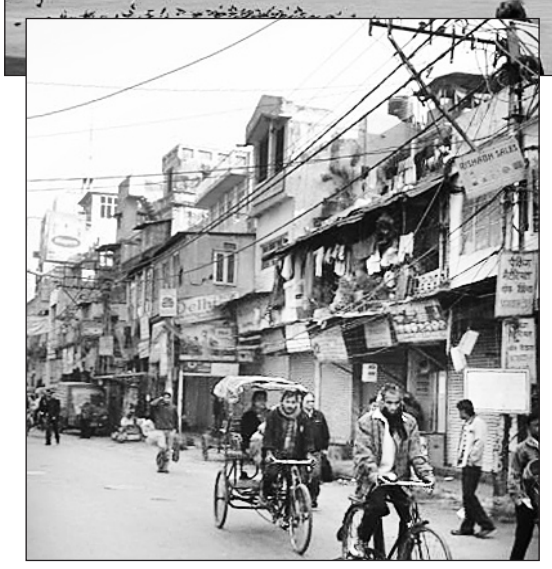
Chesterville's Andrea Bols has already volunteered in several locations, including the slums of India, but she's already starting to fundraise and go on another social enterprise program.

This time, she's cycling within Canada to promote environmental sustainability through a group program named Otesha.

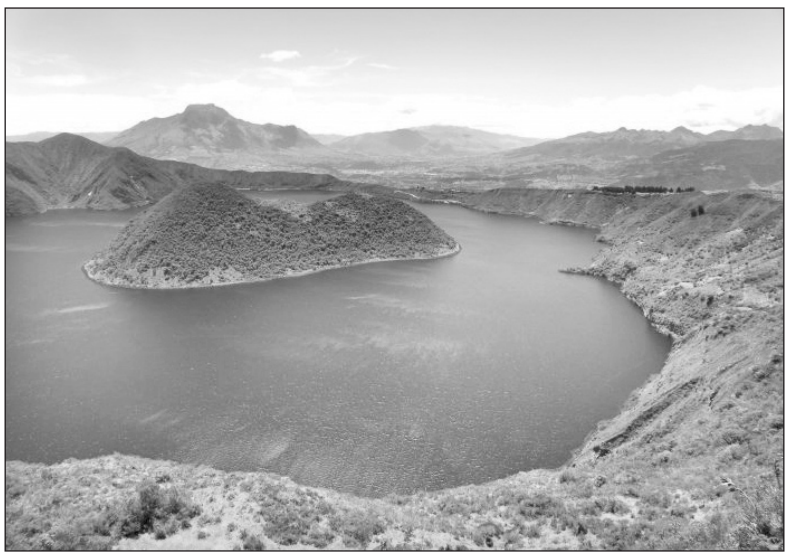
"Basically, we're a travelling theatre troupe on bicycles and we do plays to schools and community groups on the environment and sustainability," she said. The group will cycle from Fredericton, NB to Halifax, NS from Tues., May 1 to Thurs., June 21. They'll camp, cycle, sleep in tents, and make a statement about environmental awareness.

• continued on next page





Most volunteer trips come with a price tag, and participants are expected to fund their own airfare and more. Andrea Bols — who has already volunteered with charity projects in the slums of India — is beginning the fundraising process yet again as she prepares for a sustainability awareness cycling project in May.



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Above: *Tom Henbest was truely changed by his trip to Antarctica.*

At right: *A photo of wildlife observed during his voyage.*

Below: *Andrea Bols in traditional Indian garb.*



World youth

• continued from page 4

Bols is back in fundraising mode, and acknowledged that fundraising is essential if young people will continue to go on similar trips.

She's presently collecting pledges at www.canadahelps.org.

"I plan to hold a big fundraising event in February, so if anyone wants to give then, they can," she added.

Tom Henbest, also from Chesterville, fully appreciated the generosity of the local community when he went to Antarctica in February 2011. As an expedition participant on an academic trip with students, staff, professors, and researchers, he needed to raise $12,000 — and did precisely that.

"It gave a whole new meaning for that trip," he reflected.

The voyage appears to have changed Henbest's career prospects. He's no longer focused on studying physics and is now at Queen's University taking various classes, many of which apply to the environment.

Were both the environmental footprint the Antarctica voyage caused, and the money spent, worth it?

"I might change my answer, if you asked if I went every weekend, or every year," said Henbest. But the single voyage changed his life, he added. "[The trip] has such a lasting inpact on your view and appreciation of the environment…. It definitely, completely changed [me]."

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EDITORIAL
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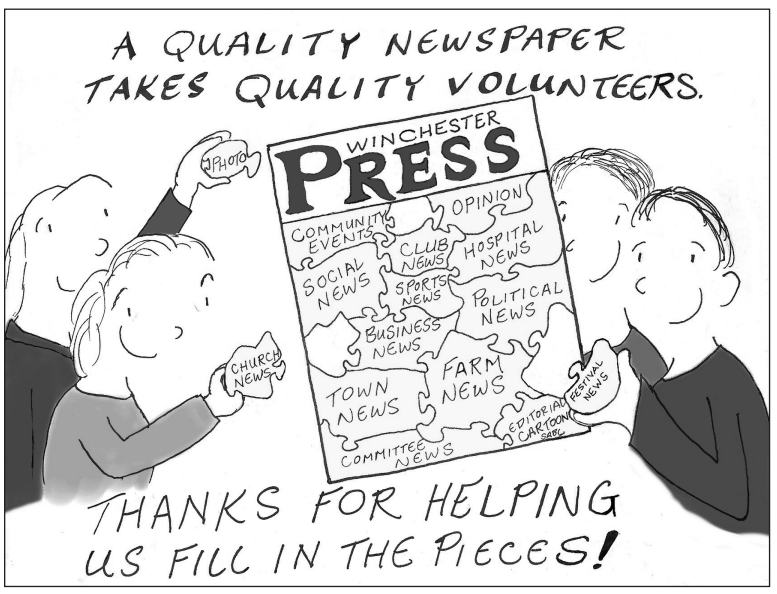


Cartoon – Bradford-Lea

Press tips fedora to roster of volunteers

A local newspaper is an interesting creature.

It's a messenger and a force of public good; a breed of publication that must beat in time with the pulse of the readership it serves.

All newspapers must, first of all, serve as both governmental watchdogs and the public's eyes and ears. Best of all for community publications, we also get to report on a larger share of the "spice of life"-type stories and events, as compared with daily publications in larger cities. The *Winchester Press* and its peers serve as forums where accomplishments are celebrated. Whether it's the local hockey team's victory, Christmas concerts, an agricultural volunteerism award, fairs or fundraisers, our newsroom staff likes to be present as much as possible to take photos or write stories. The *Press* is a kitchen fridge of local accomplishments, to a certain extent. Community events remain a small newspaper's most sacred responsibility and privilege — one enjoyed by all our employees here at the *Press*.

However, we can't attend every event. The fact of the matter is, the *Press* has three full-time newsroom workers. Two of us wear both a reporter and editor hat. We volunteer a good deal of our time each week (on nights and weekends, as well) to ensure we attend as many events as possible. Sadly, the *Press* is among a minority of fortunate publications in the industry that still employs enough warm bodies to put out a decent product every week. Larger companies in the news industry are paring their writer's fleet down to the bone, and then some – and their product visibly suffers.

So, this week, we'd like to thank our considerable volunteer base for another wonderful year. A special "*merci*" goes to folks who submit things regularly, on time, with complete and correct information (and most importantly, in-focus photos with first and last names of kids appearing in the images).

At the *Press*, we aim to bring you a top-quality newspaper each Wednesday. And we couldn't do it without the help of contributors. Our volunteer base is quite a remarkable group of people. They come from all different walks of life. We have writers from religious groups, such as the St. Paul's Ladies Aid; youth representatives, such as 4-H agricultural writers and the North Dundas District High School student council reporter; seniors and social group members; and a variety of columnists. Perhaps one of our most dedicated volunteers ever – cartoonist Sheree Bradford-Lea – is a joy to work with. Her cute and quirky cartoons arrive on-time, every week, with an amusing joke or friendly comment accompanying the email. We cannot and shall not name everyone; but please know, your efforts are appreciated.

To everyone who helps the *Press* continue what we've been doing since 1888: Thank you. Sincerely, you folks mean the world to us.

Remember when...

1922

In 1922, did men with tails exist in unexplored parts of the world? According to this week's *Winchester Press*, the answer was yes. Scientists working in Borneo apparently discovered that members of savage tribes who had stumps of tails, evidently the product of marriages with a completely tailed race, this paper said.

1932

J.P. Muller, president of the J.P. Muller Advertising Agency, stressed the influence and importance of modern advertising, the *Press* reported. He emphasized the many things the public has learned from advertising, while pointing out that more than $2 billion is spent for the service annually by various North American businesses.

1942

Seven men from the United Counties of Stormont, Dundas, and Glengarry (SD&G) were among the Canadians thought taken prisoner by the Japanese after their massive assault on Hong Kong, the *Press* reported this week. The SD&G soldiers were among 2,000 troops sent to the Asian city by the British in the hope a symbolic show of strength would deter an attack.

1952

Playing this week at the Chesterville Theatre was *I Was a Communist for the FBI*: a "smashing, shocking, sizzling motion picture that performs an invaluable public service, ripping the veil off the Communist underground menace to our country," the *Press* said.

1962

The "Know Your Canada" column this week offered marriage statistics for Canadians from the previous year. Almost half of the men who were married were between the ages of 21 to 25, and almost half the women marrying were 18 to 22. In a typical year, 92 per cent of weddings were between people who had never been married before.

1972

A completely new art medium, known as pletching, was developed by William Fleming of Ingleside, the *Press* reported this week. Pletching was the art of etching on plexiglass, a style Fleming discovered when he noticed how the material refracted light when it was scratched.

1982

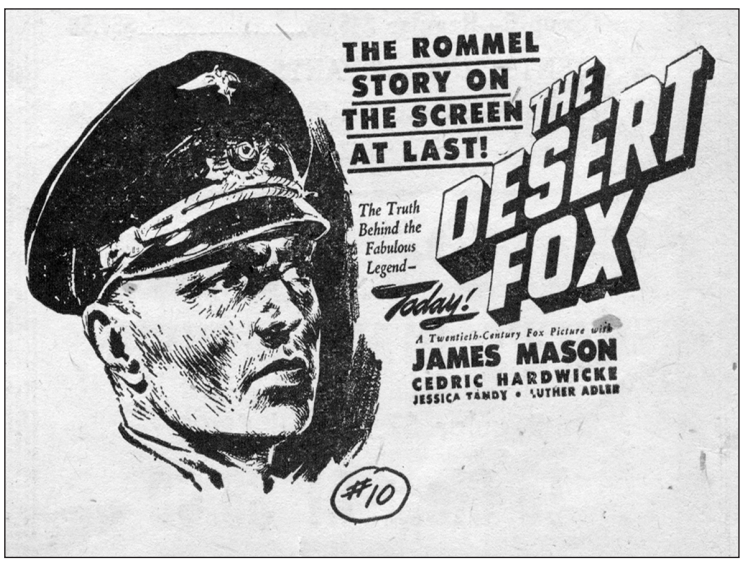
A two-day conference at Kemptville College this week gave farmers a glimpse of how devices called computers could assist their farming operations. Computers were described as an instrument consisting of mechanical switches that had only two positions, and gave answers in numbers that people could recognize.

1992

Organizers of the North Dundas Food Bank were hoping to secure a permanent home this week, the *Press* reported. The service had been operating since December 1991, and in that time, had helped a number of local families while operating out of St. Paul's Presbyterian Church's basement in Winchester.

2002

Nancy and Johnothan Bogar's infant son, Nathan, was the first baby born in 2002 at Winchester District Memorial Hospital, the *Press* reported this week. The bouncing baby boy weighed in at seven pounds, six ounces, and became the younger brother to Jocelyne, 20 months.



Playing this week in 1952 at The Winchester, dubbed Ontario's finest small-town theatre, was *The Desert Fox: The Story of Rommel*. The film featured James Mason and Jessica Tandy, and depicted the life of field marshall Erwin Rommel, a member of the German Army, during the late stages of the Second World War.

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VERIFIED CIRCULATION PAID
Canada

The politics of Tim Tebow



From the Other Side
by Jeff Morris

Did you see it on Sunday? As much as the Pittsburgh Steelers were expected to beat the Denver Broncos by about 30 or 40 points, and the Tim Tebow era would come crashing to the ground, you just knew something was going to happen.

And, sure enough, Tim Tebow once again pulled a rabbit out his hat and sent the football world and all of pop culture on a tailspin as he did the unthinkable.

And why am I talking about this in this column?

Because Tim Tebow transcends football and is having more impact on our culture than any celebrity has in recent memory.

Let's let the football experts talk about the improbability of what he is doing on the football field. We'll talk about the impact he is having on our kids, and more specifically, the political impact he is having in the U.S., which, here in Canada, we may not be aware of.

If you want to see the impact he is having on our kids, just watch them play. Kids will "Tebow" after scoring a goal in a street hockey game. I saw a kid ice fishing "Tebow" on the weekend after catching a large mouth bass. I know that I will see people "Tebowing" at Tim Hortons when they win something in roll up the rim to win.

Tebow, the verb, or Tebowing, is the early clubhouse leader as the 2012 word of the year. The action of Tebowing involves going down on one knee, resting your elbow on your knee, and bowing you head with your fist on your forehead. This is how Tim Tebow, a devout Christian, celebrates. What makes it unique is that Tebow busts into a Tebow while everyone else is celebrating, jubilant, frolicking, or just plain going berserk. Tebow.com defines the verb Tebow as "to get down on a knee and start praying, even if everyone else around you is doing something completely different."

In the U.S., much more than in Canada, Tebow is having an impact on people and families. He talks openly about his over-the-top Christian values. Because he wins, usually against the odds, and because he is a role model, people listen.

Average people watching football are watching Tim Tebow and are wandering back to the churches they grew up in, sometimes in a quest to find some kind of an emotional connection.

In the U.S., however, Tim Tebow's impact has gone a big step further. Tim Tebow has become a political lightning rod. Every miracle win has Republicans cheering and high-fiving. Every miracle win has Democrats writhing in disgust.

The Religious Right has always aligned itself with the Republican Party in the U.S. The Democrats have always been the party that promotes freedom of choice. Tim Tebow has openly talked about saving himself for marriage. He speaks out against abortion. Some accuse Tebow, wrongly, of being anti-gay or anti-Muslim, as those are viewpoints that are often associated with extreme Christianity.

I never realized how embedded Christianity was in American culture until I lived in the Bible Belt for many years, where, I often say, freedom of religion means that you have the right to be First Baptist, Second Baptist, or even Third Baptist.

Having lived in Denver for two years — the same two years that John Elway took the Broncos to back-to-back Super Bowl victories — I have seen how this city can get behind a role model quarterback and whip itself into frenzy. Even Elway, now the Broncos' GM, is giddy over his improbable prodigy.

A news poll survey that came out in the U.S. in December said that 68 per cent of Republicans view Tebow favourably, while only 39 per cent of Democrats do.

Liberal radio host Bill Press lambasted Tebow publicly last month, calling him out and telling him to STFU (I'll let you figure out what that stands for).

Press wrote on his show's website: "Jesus said a lot of strong things. But one of the strongest things he ever said was: When you pray, don't be like those hypocrites who like to stand on a street corner and pray, so everybody can see them. Somebody ought to tell that to Tim Tebow. Broncos quarterback Tebow's not only a Christian, he wants everybody to know he's a Christian. He brags about it, constantly. He wears Bible verses on his face. He kneels in prayer after every touchdown. And he thanks his Lord and Saviour Jesus Christ for every win.

There's only one thing wrong with that. By dragging God into every football game, Tebow makes a mockery of Christianity — and trivializes religion. The truth is, God doesn't care who wins an election, a bingo game, or a football game. Sorry, Tebow, Jesus is not a Broncos fan.

Now, if you're one of the silly millions of Americans who loves Tebow's in-your-face kind of Christianity, consider this. What if he were a devout Muslim, who bowed to Mecca after every touchdown and shouted 'Allahu Akbar?' Somehow, I don't think we'd be celebrating him as a national hero."

Press' words have been the rallying cry of the non-born-again left, who have loathed the Broncos with each and every Tebow miracle. Press' book, by the way, is called *Toxic Talk: How the Radical Right Has Poisoned America's Airwaves*.

Don't you think that Press sounds a little toxic or poison in his assessment of Tim Tebow?

As for the Bible verse Tebow wears on his face, it's John 3:16, perhaps the most famous verse in Christianity.

In Tebow's unthinkable win over the Denver Broncos, he passed for 316 yards.

It almost makes you think Jesus had a Pro Line ticket on that one.

LETTERS TO THE EDITOR

Dinner organizer extends thanks

The Editor:
On Christmas Day, a community dinner was provided at Winchester United Church, and I want to strongly say to you what a wonderful, generous, and compassionate community you live in.

After wonderful carolling led by Dr. Bart Steele, Shaun and Nancy Steele, and all of the children, more than 70 people enjoyed a Christmas dinner with all of the trimmings. Other meals were taken home and yet others were delivered.

Many thanks to the *Winchester Press* for its help in advertising for us, at a very busy time for them. Many thanks also to North Dundas Mayor Eric Duncan, Deputy-Mayor Gerry Boyce, and Lorna Boyce for sharing Christmas Day with us and helping as well.

The atmosphere was special, and I want to thank everyone who came and felt the blessings of Christmas.

The attendance this year was double last year, and that speaks for itself.

Personally, I want to thank the medical people who worked on Christmas Day. There's nothing like having your fracture attended to on Christmas morning. The attending physician was compassionate and worked quickly to get me back to the dinner quickly!

We were totally blessed with an abundance of food and wonderful volunteers, as well as substantial monetary donations and an overwhelming feeling of joy all day.

After all of this, we went home to welcome our children and their families, and my brother and his family, for yet another wonderful Christmas dinner. Another wonderful Christmas Day in Winchester!

Again thank you to everyone for being you.

Clara Edwardson
Winchester

'It takes more than meets the eye'

The Editor:
I was very disappointed and saddened to read in the *Winchester Press* that Simple Pleasures Baskets & More has closed.

Fortunately, although she is closing the shop, I understand Lorna Munday will be continuing to do baskets from her home in Winchester. I, for one, will continue to have her do baskets for me, and I hope others in town will continue to support her and her business.

I'm sure it must have been an extremely difficult decision to close the store. As Lorna said in her letter to the paper (Wed., Dec. 21 edition), it takes more than meets the eye to run a business — there is rent, hydro, telephone, Interac, insurance, taxes, advertising, shipping, stock, and supplies, to name a few expenses.

A business owner doesn't make a penny until everyone else is paid first — and, at the end of the month, there is sometimes nothing left. And there are still bills to pay at home for rent, hydro, telephone, insurance, taxes, etcetera. A small-business owner also has no pension, no health benefits, no annual vacation, no sick days, no weekends off, and the list goes on. You have to love what you're doing to run a business — and based on what I know and have seen of Lorna, she loved her shop!

In my opinion, Simple Pleasures Baskets & More was one of the nicest shops in town, and I'm truly sorry to see it go.

It is indeed a great loss to our community!

Debbie Revels
Winchester

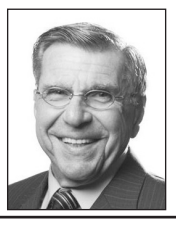
Making a difference

The Editor:
I always look forward every Wednesday to getting the *Winchester Press*, but Wed., Dec. 28, 2011 wasn't the same. Being an animal lover and reading the front page brought tears to my eyes. But, thanks to David Turner and Ian McGillis, who took the time to help an injured animal. Also, to veterinarian Dr. Michele Dutnall from Upper Canada Veterinary Services, who cared for the dog. And, to the caring daughter of Dr. Michele Dutnall, who adopted him and named him Rex.

Rex was one of the lucky ones, thanks to four caring people. God bless you all.

Jean Kennedy
Winchester

Have ideas for the federal budget?



From Parliament Hill
by MP Guy Lauzon

OTTAWA — It's not too late for constituents of Stormont, Dundas, and South Glengarry (SD&SG) to have direct input into the upcoming budget.

Recently I asked for suggestions or ideas you would like to see incorporated into the 2012 budget. I am pleased and most grateful for the many who took the time to call, write, or send an email with your ideas. We have compiled all of your submissions and they are currently with the minister of finance along with thousands of others from across the country for consideration.

Finance Minister Jim Flaherty is a huge believer in consultation. He regularly meets with 40 economic leaders from across the country for input and guidance on Canada's economy. He seeks input and ideas from the opposition parties before striking a budget. He also meets with MPs looking for suggestions to be included in the upcoming budget.

Minister of State for Finance, Ted Menzies, travels the country virtually nonstop consulting businesses, large and small, on what ideas our government should incorporate into the budget to help them grow and create additional jobs.

Shelly Glover, the parliamentary secretary to Minister Flaherty consults with other stakeholders like charities, unions, and various associations seeking their input.

All of these consultations are very important to the budget process. The whole idea of a budget is to draft a plan that will serve the average Canadian, and improve their standard of living.

Drafting a budget is a huge task. It takes months and months of hard work by bureaucrats and politicians alike. It also should include input from the general public. It is designed for them, so it is critical every Canadian has their say on what should be included in a budget.

If you have any suggestion you feel will help the country continue on its economic recovery, create jobs, or improve the Canadian quality of life, it is not too late to have it included in Budget 2012. Ideas on how the government can cut costs and save taxpayers' money are also welcome.

Please send your suggestions by email to guy.lauzon@parl.gc.ca or by mail to 449-D, Centre Block, House of Commons, Ottawa, ON, K1A 0A, before Fri., Jan. 20.

•

Stormont, Dundas, and South Glengarry MP Guy Lauzon submits regular weekly columns to the Winchester Press.



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Garlough exemplifies 'career commitment to agriculture'

by Amanda Smith-Millar
Press staff

CHESTERVILLE — The Dundas Federation of Agriculture (DFA) honoured one of its top contributors last week.

Gordon Garlough received the Ontario Federation of Agriculture (OFA) 75th Anniversary Volunteer Award.

Jacqueline Kelly-Pemberton, president of the DFA, gave Garlough a framed certificate and farm sign during a Wed., Jan. 4 meeting at the Nelson LaPrade Centre in Chesterville.

In honour of the OFA's seven and a half decades of existence, the provincial organization invited county federations to nominate one of their top volunteers.

"As OFA celebrates 75 years strong, Gordon exemplifies the word volunteer, by always demonstrating his career commitment to agriculture," wrote Kelly-Pemberton in her nomination letter. "Today when one looks back on the work that was performed and is still ongoing, one can't help but see by paving the future of this organization this volunteer has strengthened the OFA."

The OFA also issued a province-wide award; however, Donna Lunn of Elgin County received that honour. About 20 nominations came forward from supporting groups throughout Ontario.

Garlough's involvement, activism, and experience in the farming industry stretches back many decades. He's involved with the Williamsburg United Church and the Canadian Foodgrains Bank, and has hosted through the International Livestock Management Schools to co-ordinate with farming students from Russia, Ukraine, Lithuania, Indonesia, and Latvia. He has also participated with the Canadian Federation of Agriculture and AIC Agricultural Institute of Canada in two partner projects overseas.

Garlough has served as the director, vice-president, and president of the DFA and lead as the provincial director with the OFA from 1981-1992. He has served on multiple committees and written letters to the editor of various publications to bring farming issues to light.

The OFA presented its awards during an OFA convention last November. However, as Garlough was not in attendance, his fellow DFA farming professionals and activists took time out of last week's meeting to honour his commitments.



Outstanding commitment
Jacqueline Kelly-Pemberton, president of the Dundas Federation of Agriculture, presented Gordon Garlough with the 75th Anniversary Volunteer Award for Dundas County on Wed., Jan. 4.
Press Photo — Smith-Millar

Ferme Gillette-bred Holstein finalist for 2011 Cow of the Year

EMBRUN — An Embrun breeder is among Holstein Canada's Cow of the Year Award finalists for 2011.

The animal, Gillette Blitz 2nd Wind, from breeder Ferme Gillette — which is co-owned by T-Wave Holsteins of Hokkaido, Japan — is up against cows from three other breeders and owners: Smithden Holsteins of Woodstock, Ont.; Stadacona Holsteins, from Notre-Dame-de-la-Paix, Que. and Eastside Holsteins, Frenchford, PEI with Lewisdale Holsteins, York, PEI; and Lindenright Holsteins, of Antigonish, NS.

"The four finalists selected represent what the Cow of the Year competition aims to achieve — recognize a Canadian-bred animal that is well-balanced; showcases longevity, production, genetic merit, strength of pedigree; and be a good ambassador of Canadian genetics," said Holstein Canada in its official statement.

The Cow of the Year booklet with more information on each finalist and a voting card will be mailed out to Holstein Canada members in the February and March 2012 edition of *Info Holstein*.

Voting options will include mailings postage-paid, tear-off ballot; faxing a ballot; emailing a vote to cowoftheyear@holstein.ca; or voting online from a confidential online services account.



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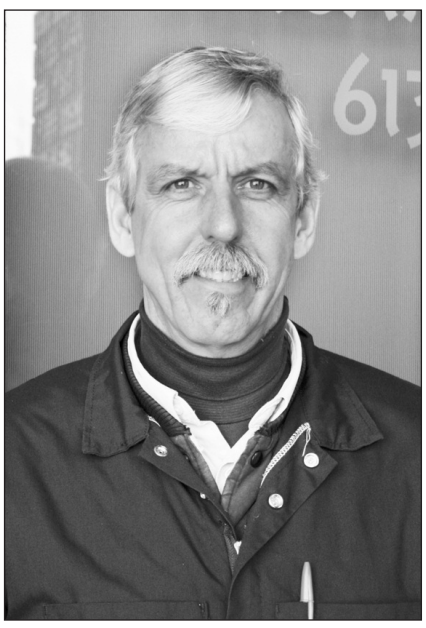
Vet receives Award of Excellence

KEMPTVILLE — Dr. Henry Ceelen from Rideau-St. Lawrence Veterinary Services in Kemptville and Prescott has received the Ontario Association of Bovine Practitioners (OABP) Award of Excellence.

Ceelen has served the dairy and beef industries throughout the last 30 years. He practices in areas such as Dundas, Carleton, Leeds-Grenville, and Prescott.

This award is presented to an individual who has made an exceptional contribution to the practice of bovine veterinary medicine in Ontario. It is presented only when a truly exceptional, highly deserving candidate is nominated.

The nominee's contributions can include: exceptional efforts in the area of continuing education for veterinarians engaged in bovine practice; outstanding achievements in veterinary practice or medicine with involvement in affiliated professional or industry associations; significant involvement representing and speaking on behalf of food animal practitioners; distinguished efforts, through formal research or activities in regulatory agencies, which has had a positive impact on members of the OABP; actions that have elevated the standards of bovine practice, the professional reputations of veterinarians and strengthened the public's appreciation for the role of the veterinary practitioner in Ontario's food production system.


Dr. Henry Ceelen

Dr. Ceelen was born and raised on a dairy farm in Dundas County. He graduated from the Ontario Veterinary College, University of Guelph in 1981, and joined the veterinary practice of Dr. John Henry in Kemptville upon graduation. He assumed ownership of the practice in 1985, and is still actively involved in veterinary practice in the Kemptville area today.

He was a graduate of the first Dairy Health Management Certificate Program in 1992. This program altered dairy practice by changing the focus from a sick cow and emergency model to one that emphasized preventative medicine and animal welfare.

Dr. Ceelen has had a long history of involvement in veterinary affairs. He has served on the Executives of the Central Canada Veterinary Association (CCVA), Ontario Veterinary Medical Association, and the Ontario Association of Bovine Practitioners. He has served as president of the CCVA for several terms in the 1990s and was president of the OABP in 2010.

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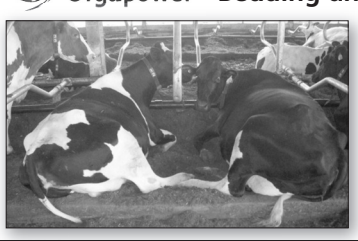
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In and around Osgoode Ward
by Councillor Doug Thompson

OTTAWA — Have you ever wondered how land-use planning is done? What those black and white signs in your community mean? How a zoning application is made? How to make a presentation to the planning committee? Or what land-use planners do for your community? Now is your time to find out.

The Planning and Growth Management Department offers the Planning Primer Program to help residents become more aware of, and more involved in, the land-use planning process. The program is a series of half-day courses, and includes two core courses and two elective courses.

The core courses, called Primer I and Primer II, describe the legislative and policy basis under which land-use planning decisions are made, the way policy documents are amended and how to make a development application. Meanwhile, the second elective course for 2012 will focus on heritage planning.

To make the most of the information being presented, residents must attend all levels of the course. The content of these primer courses is the same as those offered in previous years. The courses are offered in English only.

The first set will be offered on Sat., Jan. 21 and Mon., Jan. 23, while the second half has been scheduled for Sat., Feb. 11 and Mon., Feb. 13. The sessions will take place in the Champlain Room at Ottawa City Hall, and will run from 8:30 am to noon.

The Primer I course is a pre-requisite for the Primer II course, and complete registration is required. Space is limited, so residents are asked to email primer@ottawa.ca to have their name put on the course list.

'Rink of Dreams' update

The "Rink of Dreams," a joint project of the Ottawa Senators and the City of Ottawa, is expected to open some time this month. The rink, located on the lawn between City Hall and Laurier Avenue, will be ready for the NHL All-Star Game festivities that begin on Thurs., Jan. 26. The Senators Foundation is putting up $1.25 million, while the city is responsible for the remaining $250,000 of the cost.

The outdoor, artificial ice surface will allow public skating along with certain Winterlude activities to be held regardless of weather conditions.

Open house

The City of Ottawa has prepared design drawings of three proposed neighbourhood parks to be located in the Woodstream, South Village, and Thunderbird Cove subdivisions in Greely. Once completed, the parks will provide the community with a mini-sized soccer field, multi-use basketball court, junior and senior playground areas, shade structures, seating, open-space play zones, and a wooded area with walking trails and fitness components.

An open house, in which the public can provide comments on the proposed designs, has been scheduled for Thurs., Jan. 12 from 6:30 to 8:30 pm at the Greely Community Centre.

Ottawa 67's Coming to Metcalfe

The Metcalfe and District Hockey Association (MDHA) has teamed up with the Ottawa 67's and CAA to take part in a unique hockey promotion. On Sat., Jan. 21, the OHL team will be practicing at the Larry Robinson Arena in Metcalfe from 10 to 11 am. From 11 am to noon, the MDHA Initiation Players (ages 4 to 6) will be given the opportunity to play mini-games with the 67's players. At the same time, non-perishable food donations will be collected at this event for the local food bank.

Local sculptor among Canada's best

A record-breaking number of finalists have been selected for Canada's largest outdoor sculpture competition in St. Andrews, New Brunswick. Twenty-one finalists have been chosen from all over Canada to compete in the 2012 Canadian Sculpture Competition at Kingsbrae Garden.

"What a nice surprise just before the holiday season," said Vernon resident Gary Briggs, who is among the many finalists. "My wife and I will deliver the finished work in June and are planning a holiday in the Kingsbrae Garden area."

The finalists will be working to complete their pieces throughout the next few months, while the works will then be shipped or personally delivered to Kingsbrae Garden in time for the annual awards ceremony being held on Thurs., June 14.

The first-prize winning work from the 2012 competition will find a permanent home on display with the Kingsbrae Sculpture Garden, an honour given to the second-place finisher as well.

This marks the fourth consecutive year the Canadian competition has been held in the Maritime province.

Winter carnival time

As the cold, snowy weather settles in, our community leaders and volunteers have begun their magic of organizing events that help us enjoy our Canadian winters. These are exciting times for residents of all ages to get out and socialize, while enjoying outstanding entertainment and delicious food. Each week, I will publicize carnival events in each community.

The first such announcement takes place this week, with the Greely Winter Carnival having been scheduled for six days at the end of January (Tues., Jan. 24 to Sun., Jan. 29) at the Greely Community Centre.

More information is available at www.greelycommunity.org.

Remarks
by Mark Guy, director of recreation



Lace up those skates

WINCHESTER — The week of Jan. 16 is quickly approaching, and therefore, so is the launch of our Winter 2012 program term. This term, we are introducing a variety of new programs and bringing back everyone's old favourites as well. As usual, our lineup has something for everyone. We offer dance programs for all ages, youth programs like cupcake decorating, indoor hockey and soccer, teen and adult programs including yoga, aerobics, Zumba, and much more! New this term: introduction to square dancing, introduction to two-step dance, yin yoga, and "JiggiJump" yoga (a fun, active type of kids' yoga).

For more information or to register, please visit www.northdundas.com or call 613-774-2105. In-person registrations can also be processed at the Township of North Dundas office, located at 636 St. Lawrence St. in Winchester.

Don't abuse facilities

The Skate & Helmet Lending Libraries that has equipment at both of our North Dundas arenas, free of charge and for community use, are unfortunately being badly mistreated. We ask that all residents and visitors please respect the equipment that has been generously provided for public use. Please do not vandalize this equipment by removing any parts (such as helmet cages, chin straps, screws, etc.), walking on the cement floor wearing the skates, or any other obvious misuse. Please also note that arena staff doesn't tidy the library and therefore it is up to users to put the skates and helmets back in order of gender and size. Should items not be put back in their rightful place and order, the Skate and Helmet Lending Library will become a chaotic mess.

Please help us preserve this equipment for prolonged and continuous use, and please respect and appreciate the wonderful opportunity that has been provided to you.

Should you have any questions, concerns, or feedback, please call Meaghan Meerburg, community development programmer for the Township of North Dundas, at 613-774-2105, extension 236, or email mmeerburg@northdundas.com.



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Goal

Winchester Jr. "B' Hawks forward Dylan Chessel (No. 20) celebrates the third-period goal he set up for Nevin Guy in Friday's (Jan. 6) 6-4 victory over the Casselman Vikings. Vikings 'tender Phillippe Quesnel and defenceman Jonathan Burroughs (No. 5) reacted as the Hawks went on to win 6-4. It was their fourth victory in five meetings with the Vikes. *Press Photo – Van Bridger*

Hawks hand Vikings, Islanders losses in four-point weekend

WINCHESTER – Captain Graham Loyst and rookie "D" man Nevin Guy came up with the game-winning goals as the Winchester Hawks dealt two of the top teams in the Rideau - St. Lawrence Conference weekend losses.

Friday (Jan. 6) night on Winchester ice the Hawks (26-3-1-0) knocked off the team they are battling for first place in the St. Lawrence Division, the Casselman Vikings (25-0-1), 6-4. The following day (Sat., Jan. 7) in an Eastern Ontario Junior Hockey League Showcase matinee they handed the Rideau Division's second-place squad, the Gananoque Islanders (21-13-0-2), a 5-2 setback.

Loyst cracked in the winner against the Vikings scoring from Guy and Brock Burge with 5:21 left in the game.

Guy's second-period tally, set up by rookies Mike Evelyn and Steven Johnston at 7:50, was the deciding shot fired in the 5-2 verdict against Gananoque.

"I was pleased with the overall effort and results," said Hawks head coach Tom Kirkwood.

The coach felt that the return of veterans Jordan Moran and Brodie Boulanger certainly helped the cause.

"A healthy Moran and Boulanger along with Jesse Barbier gives us another dimension. They are not fun to play against," he said. "They never quit and are very sound defensively."

Three games

This weekend the Hawks are scheduled to play three times in as many days.

Friday (Jan. 13) they are hosting the Akwesasne Wolves (6-23-1-2) at 8:15 pm. Saturday (Jan. 14) night they will visit the third-place Glens (19-13-0-1) in Alexandria at 8 pm and on Sunday in Morrisburg the Lions (11-19-0-1) will host the Hawks in a 2:15 pm matinee.

"We are looking forward to the weekend," said the coach. "There are no easy games. Akwesasne always plays us tough and Morrisburg is fighting for a playoff position."

Hawks 6 - Vikings 4

The Hawks and Vikings met for the fifth time on Friday and it was another post-season type encounter resulting in Winchester's fourth win against their archrivals.

First-period markers by Ramsay Wheeler (PPG from Matt DiMillo and Graham Loyst at 17:01) and Evan Walker (from Dylan Chessel and Aaron Dickenson at 3:07) gave Winchester a 2-0 advantage in the opening 20 minutes.

Adam Wensink (PPG) and Sebastien Goulet tied it up 2-2 early in period two. Nevin Guy scored from Boulanger and Barbier to give the Hawks a 3-2 lead at 8:17 before Derek Widenmaier leveled the count at 3-3 at 4:55 of the session.

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Koekkoek sidelined by injury

PETERBOROUGH — Peterborough Petes defenceman Slater Koekkoek as been shut down for the remainder of the 2011-2012 Ontario Hockey League (OHL).

The former Inkerman Station resident had recovered from a shoulder injury and was ready to return to the Petes lineup last week, but his family and advisors felt he should have surgery to correct the problem.

Petes' general manager David Reid confirmed the move, saying the team respected the decision, and added, "Slater has a great hockey future ahead of him."

Koekkoek, who is about to turn 18, played 26 games with the Petes this season scoring five goals and drawing 18 assists. He also is eligible for the 2012 NHL entry draft and has the opportunity to try out for Canada's junior team.

Houle helps North Dundas Rockets roar, Wallace nets winner in win over Embrun

CHESTERVILLE – Newcomer Matt Houle didn't waste any time contributing to the North Dundas Rockets offence. The former St. Isidore Aigles potted a pair of goals and set up a pair including the winner as the eighth-place Rockets shocked the National Capital Junior Hockey League's top team the Embrun Panthers 7-6.

Houle, a 19-year-old from Rockland, joined the Rockets on Saturday for a 5-1 loss to the seventh-place Cougars in Vankleek Hill. North Dundas GM/coach Dale Murdoch also acquired 17-year-old defenceman Steven Savage who had played 11 games with the Rockland Nationals. Savage also debuted in Vankleek Hill and drew a pair of helpers in Sunday's 7-6 win over Embrun (18-5-0).

"We still have some irons in the fire for Jan. 10 [transaction deadline] but will have to wait and see," Murdoch said after he had made the latest two additions.

"The goal for the second half is to play 500 or better hockey, and to finish no worse than eighth, which will give us home ice advantage for the preliminary round," added the coach.

The Rockets now have four wins, 16 losses and two overtime losses for 10 points.

Sunday struggle

North Dundas put together a 3-1 lead in the first 20 minutes of the matinee and were nursing a 4-3 lead after 40 minutes. But they faded as Embrun whacked in three unanswered markers and went ahead 6-4 in the final frame.

John Cleary narrowed the North Dundas deficit to 6-5 when he finished a play engineered by Savage with 8:31 left in the game. Sebastian Saikley came through with the tying tally burying a PPG after taking a feed from Houle at 7:04. RJ Wallace stepped up and won the game, driving home a relay sent to him by Saikley and Houle 3:05 before the final buzzer.



Big game

Newcomer Matt Houle left a trio of Embrun Panthers (Dexter MacMillan No. 12, Matt Eberley, No. 4 and goaltender Phil Eberley) in his wake as he headed to the North Dundas bench after scoring one of his two first-period goals. The Rockets rallied from a 6-4 third-period deficit and defeated the first-place Panthers 7-6 on Sunday (Jan. 8) afternoon. *Press Photo – Van Bridger*

Embrun's Andrew Hampton put his team on the board first registering the first of his three goals at 16:30 of period one.

Houle quickly tied it teaming up with Savage and Wallace at 15:38. Tyler Jones opened up a 2-1 gap thanks to Pete Klein-Swormink and Cleary who set him up at 5:19. Houle notched his second goal (PPG) as a Rocket with 4:13 left in the same frame, cracking home a Saikley-Wallace rebound.

Klein-Swormink scored from Dylan Fawcett with 7:17 to play in the second stanza setting the stage for his squad's wild, three-goal rally.

Hampton (3), Jeremy Robert (2) and Dexter MacMillan were the Embrun marksmen.

Shawn Hunt was the winning 'tender.

Wallace, assisted by Matt Denis, cashed in the Rockets lone goal in Saturday's 5-1 loss in Vankleek Hill.

Next games

Saturday (Jan. 14) the Rockets travel to La Peche where they take on the third-place Predateurs (13-9-0). Sunday afternoon (Jan. 15) the fifth-place Gatineau Express (12-10-0) will roll into Chesterville for a 2:15 pm matinee.

Hawks

• continued from page 11

Guy (PPG) gave the Hawks a 4-3 lead finishing a play started by Chessel and Burge with 15:36 left in the game only to have Luc Forget knot the count 4-4 at 7:29.

Guy and Burge created the chance and captain Loyst buried the winner with 5:12 on the clock. Boulanger insured the win hitting the empty net 55 seconds before the final buzzer.

Winchester outshot Casselman 48-32 and went two for four on the PP. Alex Monk posted his 20th win in 23 games.

Hawks 5 - Islanders 2

Rookie Nevin Guy extended his weekend scoring spree scoring twice (goals numbers 10 and 11) in the win over Gananoque. He potted a pair in the victory against Casselman and finished the weekend with four goals and three assists and has totaled 36 (11-25-36) points in his first 30 games.

Josh Stubbings (PPG from Dickenson and Guy at 5:01) tied it 1-1.

Guy fired in back-to-back shots in the middle stanza scoring from Walker at 13:01 and from Johnston and Evelyn at 7:50.

The Islanders closed the gap to 3-2 on Bryar Hill's PPG 20 seconds into the final frame. Winchester responded with a Walker PPG (from Guy and Dickenson at 17:24) and salted the win away when Chessel hit the empty net with 59 seconds on the clock.

Monk stopped 24 of 26 shots for his league-leading 21st victory.

Hawks Happenings

Yesterday (Tues., Jan. 10) was the transaction deadline and the Hawks were contemplating making some roster adjustments.

Rookies Brent Simms and Dustin Tinkler were healthy scratches for both weekend tilts.

The Hawks had "Big" Ross Urbankiewicz (No. 6) back on their blue line for both games. They also introduced defender Matt DiMillo (No. 3) who they acquired on Friday (Jan. 6) from the Ottawa West Golden Knights for future considerations. DiMillo is 19 years old, stands 6'2" and tips the scales at 200 pounds. He played 26 games with the Knights and collected six (1-5-6) points.

"DiMillo is a big kid who fit in well," said Kirkwood.

Winchester has 12 games left in the regular season including one last meeting with the Vikings in Casselman on Thurs., Jan. 26. Their regular season will end with a trip to Cornwall Island to take on the Akwesasne Wolves on Sat., Feb. 11.

Showcase day

Saturday's (Jan. 7) Eastern Ontario Junior Hockey League's Rideau – St. Lawrence Conference Showcase results: 9:30 am – South Grenville Rangers 6 – Morrisburg Lions 3; 12 pm – Casselman Vikings 6 – Athens Aeros 3; 2:30 pm – Winchester Hawks 5 – Gananoque Islanders 2; 5 pm – Westport Rideaus 5 – Alexandria 4; 7:30 pm – Akwesasne 5 – Brockville Tikis 3.



Opening ceremonies

The official face off for Saturday's (Jan. 7) Eastern Ontario Junior Hockey League's (EOJHL) Rideau - St. Lawrence Conference Showcase was held just prior to the host Winchester Jr. "B" Hawks game against the Gananoque Islanders. North Dundas Demons' Toby Young (left); Ron Thompson, ODHA president; Gananoque captain Graeme Moore; Jeff Riddell, owner of Winchester Financial Service (showcase sponsor); Dwaine Barkley, EOJHL commissioner; Richard Sennott, ODHA executive director; John Shorey, Rideau - St. Lawrence Conference president; Winchester Hawks captain Graham Loyst; and North Dundas Demons' Robbie Sallery took part in the opening ceremonies. Ten teams took part in the five-game event.

Photo courtesy of the Chesterville Record

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Giberson perfect

Midget 'B' Demons blank NGS Braves 7-0

WINCHESTER – North Dundas goaltender Colin Giberson turned in his fifth perfect performance in 16 games backing the Midget "B' Demons in a 7-0 victory over the NGS Braves.

Monday (Jan. 9) night's Upper Canada Minor Hockey League result enabled the Demons to inflate their second-place East Division record to 14-2-0. Their 28 points allows North Dundas to close to within a point of the first-place Char-Lan Rebels (13-2-3).

The Demons will challenge the Rebels for a share of top spot in Williamstown on Mon., Jan. 16 and then play a rematch on Winchester ice on Mon., Jan. 23 at 8:30 pm. In between they will visit the South Stormont Selects in Long Sault (Tues., Jan. 17) and the South Dundas Lions in Morrisburg (Sat., Jan. 21).

Brandon Cousineau converted a play engineered by captain Ryan Byers and "AP" Evan Durant into the GWG at 13:13 of period one. Mitchell Kirkwood, "AP" Dylan Marshall and Durant also scored to give the Demons a 4-0 lead after a period. Stewart McKelvie (2), "AP" Travis Marshall (2) and Ryan Romans set up the last three scoring plays.

McKelvie, Durant and Cousineau cashed in second-period markers opening up a 7-0 lead. Byers, McKelvie, Dylan Comeau, Garret Milne and Nick Read provided the passes.

Period three was scoreless.

North Dundas has outscored the opposition 111-18 in 16 starts.

Demons 6 – Aeros 1

Giberson missed the shutout by one in a 6-1 decision over the West Division's Athens Aeros at Center 76 last week (Fri., Jan. 6).

Mark McRae and Comeau each potted a pair of goals. Josh Freake sniped the GWG in period two. Byers sniped the single and also picked up an assist. Read (2), Comeau, McKelvie, Liam Morrow and Paul Gibson provided the passes.

Demons 4 – Selects 2

Byers fashioned the hat trick leading North Dundas to a 4-2 win over the South Stormont Selects in Long Sault on Tues., Dec. 20.

Comeau and Will Fawcett drew assists on Byers' winning goal with 3:34 left in the game.

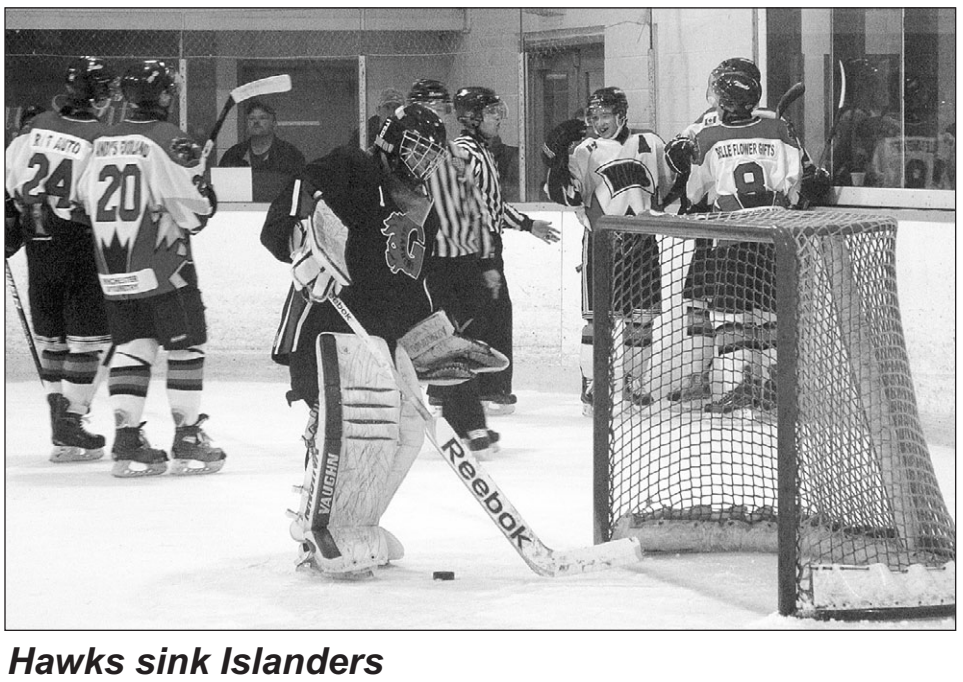
Cousineau pegged the other tally. Comeau (2), Freake, Kirkwood and Morrow also picked up helper points.



Perfect in five

North Dundas Midget "B" Demons goaltender Colin Giberson whitewashed the NGS Braves 7-0 in Monday (Jan. 9) night's Upper Canada Minor Hockey League game. It was the fifth zero for Giberson, who has allowed 18 goals in 16 starts. The Demons have scored 111 times, while compiling a 14-2-0 record.

Press Photo – Van Bridger



Hawks sink Islanders

The Winchester Jr. "B" Hawks defeated the Gananoque Islanders 5-2 in Saturday's (Jan. 7) Eastern Ontario Junior Hockey League's Rideau - St. Lawrence Conference Showcase. Ten of the conference's 11 teams played in the five-game event hosted by the Hawks. Aaron Dickenson (No. 24), and Dylan Chessel (No. 20), who earned assists on the play, join their mates following Evan Walkers' first-period goal. Islander's goaltender Drew Lawson suffered the loss.

Press Photo – Van Bridger

Marshall hat trick leads Minor Midget 'B' Demons to 6-2 victory over Selects

WINCHESTER – Travis Marshall's hat trick was a key ingredient in the North Dundas Minor Midget "B" Demons 6-2 victory over the South Stormont Selects.

Last week's (Thurs., Jan. 5) verdict on Winchester ice was the 10th of the Upper Canada Minor Hockey League season and the first of 2012 for the Demons, who moved their second-place record to 10-6-0 with the win. The Cornwall Colts lead the East Division standings with one loss in 15 starts – good for 28 points. South Stormont (2-11-3) holds down fourth place with seven points.

The Demons will be in Cornwall on Sat. Jan. 21 to face the top-ranked Colts. They then go to Cardinal on Thurs., Jan. 26 to take on the South Grenville Generals before returning home on Thurs., Feb. 2 to host the West Division's Perth Legion Wings at 7:30 pm.

Win No. 10

Travis Marshall tied the game up 1-1 when he finished a play generated by Dylan Marshall and Ryan Gruich with 5:35 left in the opening session.

Marc Thurler made it a 2-1 difference at the 4:59 mark burying a feed from Jacob Schoenfeld and Gruich.

North Dundas took over in the second stanza driving in three unanswered goals. Dakota Boulanger was first to stretch the string when he scored from Devon Byers and Patrick Gibson at 11:03. Travis Marshall followed up with back-to-back tallies. Nick Fleury and Brett Bartholomew helped him out at 8:52 while Boulanger and Dayton Kelly set up the play that made it 5-1 with 3:04 left in the period.

South Stormont put their second and final shot in behind North Dundas 'tender Matthew Ledrew at 13:20 of the final frame only to have Gibson net a relay sent to him by Travis Marshall and Schoenfeld with 12:08 on the clock to make it a 6-2 final.

Flyers edge Berets 8-7

WINCHESTER – Travis Leach's third goal of the game proved to be the difference as the McLean Flyers nipped the Green Berets 8-7 in one of the first two Winchester Town Hockey League games played in 2012.

Leach and the Flyers used last week's (Tues., Jan. 3) victory to level their record at 5-5-3 and move into sole possession of second place, jumping ahead of the Chesterville Maulers (5-6-2) who dropped into third thanks to a 7-4 loss to the first-place Sadler's Suds (10-2-1) in the other half of the Tuesday night twin bill. The Berets (3-10-0) remain in the league basement, six points out of third.

Flyer captain Josh "Champ" Mclean led his team's offence with a five-point (2-3-5) effort. Leach (3-1-4) collected four points. Will McLean potted a pair and Cody Carruthers a single goal. Trevor Gilmer (2), Matt VanDelst and Justin Heuff drew assists and Chris Currie posted the win.

Nik Paas had a big night producing six points, including three goals, in a losing cause. Dean Moore popped in a pair, while Trevor Morozuk and Derek Vingerhoeds sniped singles. Jon Nadobny (2), James Gilmer and Morozuk picked up assists.

Suds 7 – Maulers 4

Rob Thurler fashioned a hat trick in the Suds' 7-4 win over the Maulers. Aron Sherrer set up four goals and Travis Leach netted two and set up two other goals. Darrel Moore (2-2-4) also provided the league leaders with four points. Steve Decaire (2), Al Christophersen (2) and Mack MacMillan also set up scoring plays. Dan Monk was the winning 'tender.

Derek Miles was a two-goal shooter for the Maulers. Justin "Footer" Morozuk and Kelly "Rubber" Beckstead each scored once. Dean Byvelds (2), Dana Schofield (2), Mitch Scott and Morozuk drew assists.

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Miller, Gulliver lead Metcalfe Jets to 8-1 win over Almonte Thunder

METCALFE – Paced by the three-goal performances of Matt Miller and Kale Gulliver, the Metcalfe Jr. "B" Jets opened 2012 with a big bang.

The Jets ripped the visiting Almonte Thunder 8-1 in a Valley – Metro Conference game at the Larry Robinson Arena on Sunday (Jan. 8) afternoon.

The one-sided decision improved Metcalfe's Metro Division record to 12-14-4-1 and moved them seven points ahead of the fifth-place Ottawa Junior Canadians (9-17-2-2).

Miller and Gulliver, both overage forwards, split the offence in the opening 20 minutes. Miller scored from Brett Nooyen and Brandon Abraham at 18:20 and was followed to the Almonte net by Gulliver, who cashed in goals at 16:51 (from Matt Chennette) and 9:42 (from Abraham). Dawson Fisher then drew an assist on Miller's marker at 8:31.

Matt Shaheen finished a play started by Glendon Bakker and Jamie Quinn at 12:07 of the middle session and Miller finished his hat trick after taking a feed from Nooyen on a Metcalfe power play at 7:21. Andrew Rothbotham's PPG ruined Ryan McLaughlin's hope for a perfect game when he cut Almonte's deficit to 6-1 with 6:11 left in the period.

Bryan Dalrymple engineered Gulliver's third and final tally with 6:06 to go in the final frame and Fisher finished the scoring completing a play generated by Matt Caza and Shaheen 5:37 before the final buzzer.

The Jets outshot the Thunder 52-13. Both PPs went one for eight.

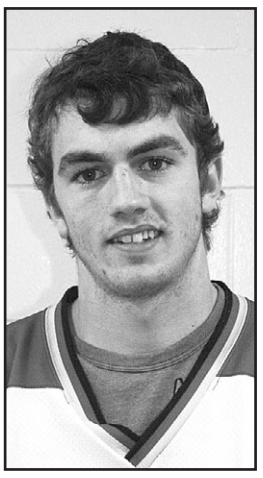
Up next

The Jets will play a pair of home games this weekend. Friday (Jan. 13) the third-place Clarence Beavers (18-11-1-0) will be in Metcalfe for an 8:15 pm start, and Sunday, the first-place Gatineau Mustangs (21-5-5-1) will take part in a 2:15 pm matinee.

Meet the Hawks

Ramsay Wheeler

No. 10
Forward



Ramsay Wheeler, who celebrated his 20th birthday last week (Thurs., Jan. 5), is another veteran who helped the Winchester Jr. "B" Hawks capture the 2010-2011 Rideau-St. Lawrence Conference championship. The Cornwall native joined the Hawks from the Char-Lan Rebels last season and accumulated 18 goals, 25 assists and 43 points in the 34 games he played. An aggressive fore checker, Wheeler stands ninth in team scoring (5-17-22) with 22 points. He has served 162 minutes in penalties in 29 games this year.

SPORTS SCOREBOARD

Eastern Ontario Junior Hockey League

Rideau - St. Lawrence Conference

RECENT RESULTS
Jan. 4: Westport 15 - Brockville 2
Jan. 6: Winchester 6 - Casselman 4
Westport 7 - South Grenville 4
Morrisburg 5 - Char-Lan 2
Jan. 7: Winchester 5 - Gananoque 2
South Grenville 6 - Morrisburg 3
Casselman 6 - Athens 3
Westport 5 - Alexandria 4
Akwesasne 5 - Brockville 3
Jan. 8: Alexandria 6 - South Grenville 0
Akwesasne 7 - Morrisburg 5
Gananoque 5 - Athens 5 SO

STANDINGS

Rideau	W	L	T	GF	GA	PTS
Westport	27	7	1	178	121	55
Gananoque	21	13	0	166	136	44
Athens	17	10	0	172	116	39
South Grenville	13	23	0	121	187	27
Brockville	1	31	0	93	249	3
St. Lawrence	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Winchester	26	3	1	169	85	53
Casselman	25	5	0	181	86	51
Alexandria	19	13	0	143	121	39
Char-Lan	11	17	0	106	164	24
Morrisburg	11	19	0	125	147	23
Akwesasne	6	23	1	108	173	15

**Teams losing in OT receive one point*

TOP SCORERS

St. Lawrence Division	G	A	PTS
C. Chennette, Cass.	30	35	65
B. Burge, Win.	24	33	57
A. Dickenson, Win.	10	45	55
J.F. Dubois, Alex.	23	29	52
A. Wensink, Cass.	24	24	48
D. Barr, Akwe,	25	21	46
D. Chessel, Win.	23	20	43
J. Adam, Cass.	23	20	43
K. Beauchamp, Cass.	19	23	42
S. Kitchen, Alex.	18	23	41
Rideau Division	**G**	**A**	**PTS**
P. Cameron, Athens	13	48	61
S. Parker, Athens	27	32	59
M. Ming, West.	24	33	57
J. Rusk, Gan.	22	29	51
T. Murray, Gan.	22	26	48
N. Terpak, West.	25	22	47
M. Byrne, Athens	25	20	45
W. Cota, Gan.	23	22	45
T.J. Burns, Brock.	19	26	45
D. Sinclair, West.	17	26	43

Metro - Valley Conference

RECENT RESULTS
Jan. 3: Shawville 6 - Almonte 1
Jan. 5: Clarence 6 - Ottawa West 4
Jan. 6: Perth 9 - Shawville 4
Arnprior 6 - Stittsville 0
Ottawa West 5 - Gatineau 4 OT
Jan. 7: Almonte 5 - Renfrew 3
Jan. 8: Gatineau 6 - Clarence 4
Metcalfe 8 - Almonte 1
Renfrew 5 - Perth 4
Arnprior 8 - Shawville 6

STANDINGS

Metro	W	L	T	GF	GA	PTS
Gatineau	21	5	5	155	97	48
Ottawa West	20	7	4	149	107	44
Clarence	18	11	1	161	130	37
Metcalfe	12	14	4	112	122	29
Ottawa	9	17	2	105	128	22
Valley	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Arnprior	23	6	3	159	97	49
Perth	16	13	1	151	139	35
Almonte	11	14	3	124	145	26
Renfrew	11	19	1	101	140	23
Stittsville	9	18	3	99	138	21
Shawville	8	22	0	129	179	18

**Teams losing in OT receive one point*

Metcalfe Jets HOME GAMES

Fri., Jan. 13 - 8:15 pm vs Clarence Castors

Sun., Jan. 15 - 8:15 pm vs Gatineau Mustangs

National Capital Junior Hockey League

RECENT RESULTS
Jan. 6: Cumberland 4 - Embrun 3
Gatineau 4 - La Peche 3
Jan. 7: Papineauville 4 - Cumberland 3
St. Isidore 5 - La Peche 3
Vankleek Hill 5 - North Dundas 1
Jan. 8: North Dundas 7 - Embrun 6
St. Isidore 5 - Rockland 1

STANDINGS

	W	L	OTL	GF	GA	PTS
Embrun	18	5	0	119	72	36
Cumberland	15	5	0	93	64	31
La Peche	13	9	0	116	82	26
Rockland	13	7	0	88	74	26
Gatineau	12	10	0	89	92	24
St. Isidore	10	8	2	74	71	22
Vankleek Hill	7	13	3	89	115	17
North Dundas	4	16	2	62	111	10
Papineauville	4	15	0	46	95	8

North Dundas Rockets HOME GAMES

Sun., Jan. 15 - 2:15 pm vs Gatineau Express

Sun., Jan. 22 - 2:15 pm vs Cumberland Bandits

Winchester Jr. "B" Hawks HOME GAMES

Fri., Jan. 13 - 8:15 pm vs Akwesasne Wolves

Fri., Jan. 20 - 8:15 pm vs Athens Aeros

Jan. 6 50/50 draw winner - Pat Doumolin - $4,405

Winchester & District Ladies Hockey League

RECENT RESULTS
Jan. 8:
Country Girls 5 - Cooper Pinks 2
KCs Maintenance 3 - Annable's Blues 1
Andy's Foodland 2 - WS Trucking 1

STANDINGS

	W	L	T	GF	GA	PTS
Annable's	7	2	2	29	12	16
Andy's Reds	7	3	1	31	21	15
W.S. Trucking	7	3	1	29	11	15
Cooper Pinks	6	5	0	15	24	12
Country Girls	2	8	1	12	30	5
KC's Maintenance	1	9	1	13	31	3

TOP SCORERS

	G	A	PTS
Amy Fraser, Reds	9	5	14
Edith Dagenais, WST	10	3	13
Lana Begg, Blues	9	3	12
A. Rylaarsdam, WST	7	4	11
Kelly Zeran, Reds	6	5	11
A. Jones, Blues	2	9	11
Trisha Leduce, Blues	4	6	10
Ashley Gilmer, WST	3	7	10
Heather McDiarmid, Reds	3	6	9
Amy Darling, Blues	3	6	9

Winchester Town Hockey League

RECENT RESULTS
Dec. 27: **Results not available**
Jan. 3: Suds 7 - Maulers 4
Flyers 8 - Berets 7

STANDINGS

	W	L	T	GF	GA	PTS
S. Suds	10	2	1	88	56	21
M. Flyers	5	5	3	62	75	13
C. Maulers	5	6	2	66	72	12
Green Berets	3	10	0	68	82	6

TOP SCORERS

	G	A	PTS
Dean Byvelds, CM	23	15	38
Steve Decaire, SS	22	16	38
Robyn Sadler, SS	18	18	37
Nik Paas, GB	15	19	34
Josh McLean, MF	9	22	31
Rob Thurler, SS	17	13	30
Adam Schofield, MF	16	14	30
Will McLean, MF	11	16	27
Dana Schofield, CM	10	16	24
Travis Rowe, SS	7	19	26

Pee Wee 'B' Demons compete in South Stormont Tournament

LONG SAULT – The North Dundas Pee Wee "B" Demons took part in the South Stormont Minor Hockey Association's 2012 Tournament in Long Sault where they compiled a 1-2-1 record.

The Demons tied the host South Stormont Selects 2-2 in their opening game on Tues., Jan. 3. The Alexandria Glens then whitewashed them 3-0 in round two. A rematch with the Selects in game three finished as a 4-1 win for North Dundas. The day finished with a 3-1 loss to Alexandria.

During the event, North Dundas entered a team of Jacob Robinson, Rhyce Sherrer, Cameron Reid and Avery Holmes in the relay race and captured the gold medal.

Demons 2 – Selects 2

Curtis Barkley netted the first North Dundas goal finishing a play set up by Robinson and Captain Kyle DeJong. He then joined Jack van Kessel in assisting Robinson who made it 2-1. Unfortunately for the Demons the Selects came back and tied it 2-2. Barkley was named the Demons' "Hustler of the Game".

Alexandria faced the Demons, in round two and skated to a 3-0 victory. Brandon VanBruinessen received the "Hustler of the Game" award.

Demons 4- Selects 1

A pair of van Kessel tallies staked the Demons to a 2-0 lead in the first period. Barkley set up the first goal and Reid engineered the second. Reid and Jack Messervey then drew assists when Sandra Morley gave the Demons a 3-1 lead. "Hustler of the Game" Reid netted a third-period shot that made it a 4-1 final.

Barkley converted a play created by van Kessel and Robinson into his team's only goal in the 3-1 loss to Alexandria. Brayden Roberts was name "Hustler of the Game".

Midget House 'B2' Demons sink Selects 10-3 in 14th win

LONG SAULT – Colton Stitt potted a pair of goals and drew two assists leading the North Dundas Midget House "B2" Demons to a 10-3 victory over the South Stormont Selects.

Sunday's (Jan. 8) Upper Canada Minor Hockey League victory in Long Sault improved the Demons' first-place record in the East Division to 14-1-1.

First-period goals by Lane Kirkwood, Devin Simzer, Stitt and Josh Jaquemet (GWG-PPG) gave the Demons a 4-2 lead. Evan Durant's goal made it 5-3 after two sessions.

Stitt, Simzer, Austin Carruthers, Patrick Speagle (PPG) and Aaron Burns (PPG) cracked in third-period shots to drive the final difference to 10-3.

Durant (2), Stitt (2), Speagle (2), Burns, Dan McSheffery, Jaquemet and Carruthers set up the scoring plays and Ryan Embury was the winning 'tender.

The Smiths Falls Bears will provide the opposition for this week's (Sun., Jan. 15) 7 pm home game.

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Hat trick for Sheldon Lafortune

Pee Wee 'B' Demons, Lions battle to 5-5 tie

WINCHESTER – Josh Perry's unassisted power play goal, scored with 3:30 left in the game, enabled the South Dundas Lions to gain a 5-5 tie with the hometown North Dundas Pee Wee "B" Demons.

North Dundas led last week's (Wed., Jan. 4) Upper Canada Minor Hockey League game 3-0 after a period and 5-3 after two. Unfortunately for the Demons, they weren't able to hold on for a win. Cal Bilmer cut the Lions deficit to 5-4 when he scored at 12:48 of period three. That play gave the visitors the opportunity to tie it, which they did on Perry's play 3:30 before the final buzzer.

The result gave the fourth-place Demons (7-7-2) a point in the West Division standings and moved them two points closer to the second-place South Grenville Rangers (9-6-0). The Smiths Falls Bears (12-2-1) top the rankings with 25 points. South Dundas improved its East Division mark to 3-12-1.

Next home game for the Demons is set for Wed., Jan. 18 (7 pm) when the Kemptville Panthers will visit Winchester.

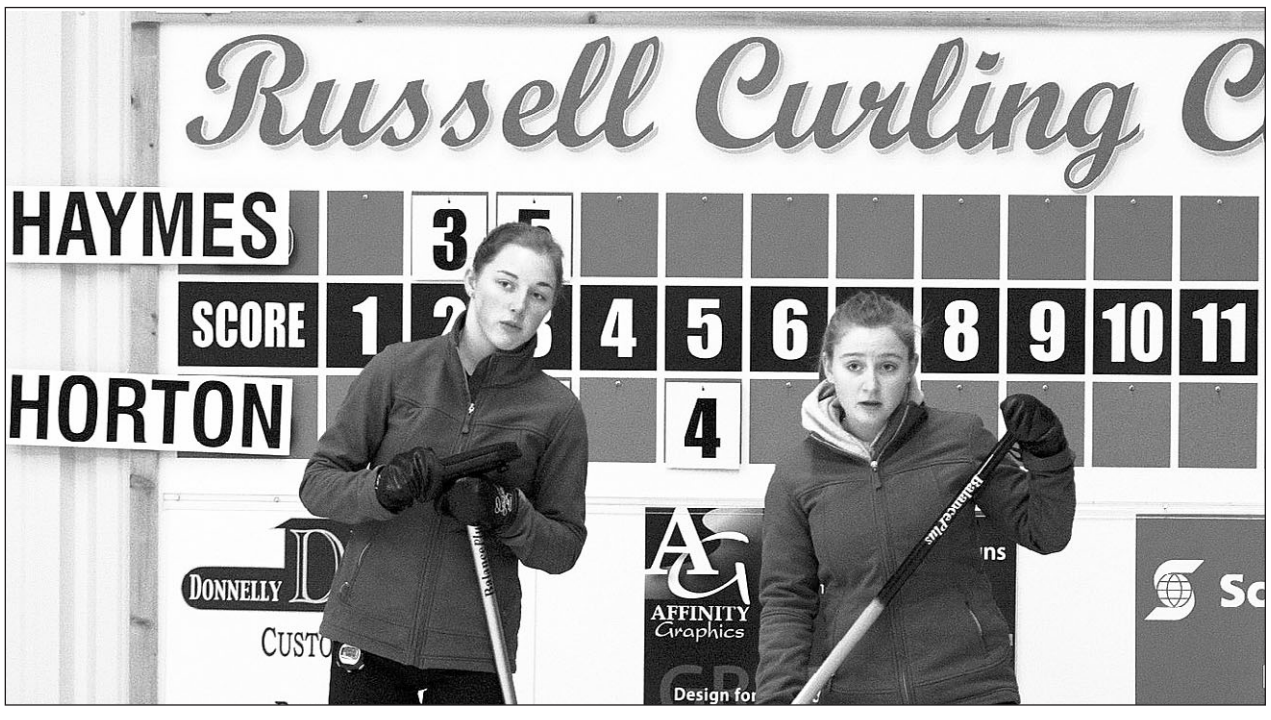
All tied up

Sheldon Lafortune got the Demons off to a solid start netting back-to-back goals. Jack Messervey and Brandon VanBruinessen set him up at 9:32 and then Cameron Reid and Rhyce Sherrer provided the opportunity at 1:49. Just 15 seconds later, Avery Holmes cashed in a relay sent to him by Kyle DeJong and Sandra Morley and the Demons were enjoying a 3-0 lead.

The Lions roared back into the game netting three consecutive markers by Matthew Woolsey, Bilmer and Adam Lapier who knotted the count 3-3.

Lafortune completed his hat trick giving the Demons a 4-3 lead after taking a pass from Brandon VanBruinessen and Kyle Findlay with 4:56 to play in the period. Lafortune and VanBruinessen then combined to set up Findlay and he opened up a 5-3 gap with eight seconds left in the session.

The Lions rallied in the final frame and left Winchester with a valuable point.



Local content

Greely's Jessica Armstrong (left) and Winchester's Jordan Mark combined with skip Lauren Horton and second Leigh Gustafson to earn runner-up status at the 2012 Pepsi Junior Women's Provincial curling championships last week (Wed., Jan. 4 to Sun., Jan. 8) at the Russell Curling Club. Horton's rink compiled a 5-2 record in round robin play and drew a bye in the semi-finals before losing 9-3 to Manotick's Jamie Sinclair in Sunday's final. The Horton rink is made up of 16-year-olds, while the competition ranges in age from 17 to 20. Mark attends Ecole Secondaire d'Embrun and Armstrong is a student at Osgoode Township High School. The Horton rink will now compete in the OCA (Ontario Curling Association) Bantam Girls Zone playdowns.

Mike Carroccetto photo

KC's Maintenance wins first game, defeat top-ranked Annable's Blues 3-1

WINCHESTER – Three different shooters fired in goals and goalie Kristie Wade allowed just one shot to get behind her as the KC's Maintenance crew posted its first win of the Winchester District Ladies Hockey League season.

KC's (1-9-1) 3-1 victory over the first-place Annable's Jewellery Blues (7-2-2) was registered on Sunday (Jan. 8) and was part of the first tripleheader of 2012.

Jennifer Wilson tied it 1-1 finishing a play started by Jane Foster and Kelly Francis with 2:26 left in the first period. Lana Begg had put the Blues up 1-0 when she scored from Trisha Leduc and Leigh Ann Dearing at 3:14.

Kelly Verhoeven cashed in a relay from Michelle Bouwhuis and Julie Drouin with 8:18 left in the second half to put KC's up 2-1. Bouwhuis (Player of the Game) then insured win number one, burying a feed from Drouin and Verhoeven 5:10 before the final buzzer.

Sunday morning's slate opened at 8 am with the Country Girls (2-8-1) upsetting Cooper's Physio Pinks (6-5-0) 5-2.

Stephanie Borden (Player of the Game) potted a pair of first-half goals as the Girls took a 2-0 lead. Annette Downey made it 3-0 and then Tabbitha Derue wrapped in back-to-back markers with 12:09 and 9:19 left on the clock. Tanya Klein-Swormink (2), Downey, Borden, Robin Berends and Joanne McMillan set up the scoring plays. Dominque Cavill posted the win.

The Pinks broke up Dominique Cavill's shutout bid when Veronique Daviault scored from France Daviault and Stephanie Scott with 7:50 on the clock and Nancy Pothier netted a pass from Sandra Cloutier and Lynda Kemp 36 seconds later.

Edithe Rivet counted a first-half marker and Marilyn Wade used a pass from Courtney Barkley to give Andy's Foodland Reds (7-3-1) a 2-1 win over the W.S. Trucking Company in the 10 am game. Ashley Gilmer was the Truckers goal scorer. The game was tied 1-1 at the half as goalies Cristal Beattie (Reds) and Carrie McCadden (WST) turned in solid efforts.

Kayla Beckstead of WS Trucking was named Player of the Game.

Atom House 'B' Demons tie 'B2' Lions 2-2

WINCHESTER – The fifth-place North Dundas Atom House "B" Demons battled the number-two ranked South Dundas "B2" Lions to a 2-2 draw in their first Upper Canada Minor Hockey League action of 2012.

"AP" Adam Barkley turned a play started by Ryan King into a 1-0 lead with 7:17 left in the first period of last week's (Fri., Jan. 6) East Division game. South Dundas pulled even when Kolbey Hamilton scored at 5:20 of the second session. Preston Shelaga counted the second North Dundas marker after taking a pass from Owen Richardson with 3:29 left in the same frame.

The Demons held on to their 2-1 lead until Hamilton knotted the final count at 2-2, 4:26 before the final buzzer.

Coach Kevin Bell reported that it was a good game with both sides having opportunities to win. He also said both affiliate players, Barkley and Delaney Johnston, played very well.

Liam Antille worked the North Dundas nets.

This week (Fri., Jan. 13) the South Dundas "B1" Lions will come to Winchester for a 6 pm meeting with the Demons.


WINCHESTER PRESS
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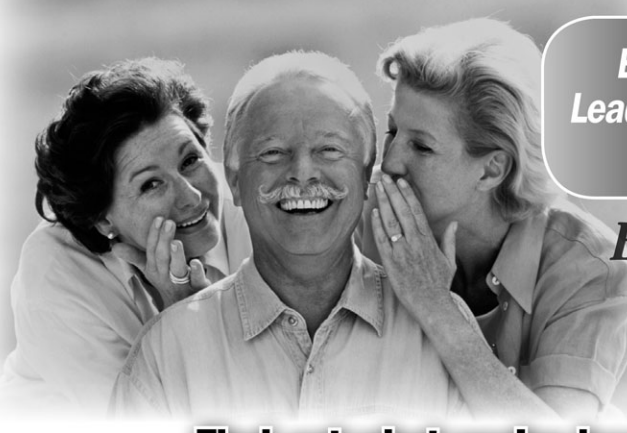
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21stf

NOTICE TO CREDITORS
In the Estate of
LILLIS JEAN PATTERSON
deceased

ALL PERSONS having claims against the Estate of LILLIS JEAN PATTERSON late of the Township of North Dundas, in Stormont, Dundas and Glengarry United Counties, who died on or about the 26th day of November, 2011, are hereby notified to send particulars of same to the undersigned Solicitor for the Estate Trustee, duly verified on or before the 18th day of January 2012, after which date the Estate will be distributed, with regard only to claims of which the undersigned will have notice, and the undersigned will not be liable to any person of whose claim they shall not then have notice.
DATED this 28th day of December 2011.
Lawrence E. Gallagher
Barrister and Solicitor
33 Renfrew Ave. E.
Renfrew, Ontario
K7V 2W6
Solicitor for the Estate Trustee
42-44c

Services

ALCOHOLICS ANONYMOUS
Help Line 613-237-6000. Meeting location info: www.ottawaaa.org
14tfc

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Tree services. Take downs, trimming, planting, stump removal, bucket truck, chipper rental. Free estimates. 613-535-2322.
45tfc

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44c

Help Wanted

HELP WANTED – On dairy farm close to South Mountain, working with cows, and some field work. Phone 613-989-4034.
43-44

HELP WANTED – Looking for mechanic's helper in garage. Possible apprenticeship for automotive or truck and coach mechanic, if interested. Fax resume to 613-445-2687 or email honeysgarage@hotmail.com. For info call 613-445-3020.
44tfc

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44tfc

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44tfc

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19tfc

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35tfc

Accommodation

FOR RENT – Newly renovated 2-bedroom apartment in Winchester, fridge and stove included. No pets. $800 per month includes hydro. Call 613-774-3694 after 2 pm Monday - Saturday.
34tfc

FOR RENT – 1-bedroom apartment 13 Joseph Street in Chesterville. $680 monthly, all inclusive. One parking space. No pets. Call Chris 613-448-1744.
36tfc

FOR RENT – Yorkview Apartments: 1-bedroom, quiet, secure building, laundry on site, no pets. Available January 1. Phone 613-614-5100 or 613-880-4503.
41tfc

FOR RENT – 1-bedroom apartment, 31 Church Street, Chesterville, $560 plus utilities, available Feb. 1. Ground floor and laundry facilities available. 613-258-6113.
43-44

FOR RENT – Heated 2-bedroom apartment in Winchester. Available Feb. 1. Call 613-774-2205.
44tfc

FOR RENT – Available Feb. 1, 3-bedroom bungalow between Morewood and Winchester. New propane furnace, appliances included, non-smokers, no pets. References required. $1,000 per month plus utilities. Call 613-448-3915.
44tfc

FOR RENT – 1-bedroom apartment, in quiet country setting, minutes from Winchester. Wheelchair accessible, mature applicant preferred, references required. Call 613-858-5034.
44

FOR RENT – 2-bedroom apartment, fridge and stove included, $600 per month plus hydro. Under new management. Phone 613-535-1149.
44

FOR RENT – Semi-furnished small bachelor, or commercial office, ground level, Main Street, Winchester. Non-smoking. References required. Call 613-774-2358.
44

For Sale

Photographs appearing in the Winchester Press are available in colour. They must be prepaid when ordered and can be paid for by VISA or MasterCard. Order at the Winchester Press office, 545 St. Lawrence Street, Winchester, or phone 613-774-2524.
7stf

FOR SALE – Firewood: mixed hardwood, has been stored inside, $75/cord. Please call Lori or Maurice at 613-258-5881 or cell 613-850-0558.
41tfc

FOR SALE – 4 Nordic P195-70-R14 winter tires on steel rims, used 2 seasons, $220, OBO. Phone 613-774-5201.
43-44

FOR SALE – Steve Thompson's latest book, the third in his spy novel series, The G-7 Murders, is now out, and is available in selected bookstores. Embracing the Arts has it in Winchester.
44

FOR SALE – Brown eggs at Deb's Fresh Eggs. Phone 613-774-3008.
44-45

FOR SALE – Thinking of buying or selling your home – I will work very hard to get you the best dollar for your property. Call for a free evaluation: Steve Summers at Coburn Realty, 613-774-3408 or 613-220-1936.
44c

For Sale

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44tfc

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9tfc

Farm

FOR SALE – Premium, kiln dried, pine wood shavings, $4.85 for approximately 3 cu. ft. Compressed. Please contact for volume pricing. Delivery available. Call Alex 613-806-5569.
20tfc

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29-44c

FOR SALE – Two 8' wooden keyhole goat feeders, excellent condition; also selection of PCV pipe mineral feeders. $300 for package. 613-258-4567.
44-45

Household

RBS APPLIANCE SALES AND SERVICE
Used appliances: fridges, stoves, washers, dryers, etc. 258-2613, 1-800-465-0874.
15tfc

Pets/Livestock

FOR SALE – Purebred German shepherd puppies: 2 males, 6 females, dewormed, parents on site, ready Jan. 5, $300 each. 613-443-5307.
43-44

FOR SALE – Very good plus dam service age bulls. Call Linus Oeschger 613-443-9072.
44-46

FREE TO GOOD HOME – 4-month old female kitten. Vet checked, first shots. Phone 613-984-1629.
44stf

WANTED TO BUY – Meat cows, meat horses, crippled livestock. Fair price. Phone 613-657-1114 Archie.
44-47

FOR SALE – Beagle pup, $150, ready to go. Phone 613-774-3105.
44

Card of Thanks

CARD OF THANKS – Thanks to my family and friends who called on me while in the hospital; for phone calls, cards, flowers and meals delivered; to everyone for caring, it was really appreciated. Have a Happy New Year.
– Edna Barkley 44

Card of Thanks

CARD OF THANKS – I would like to thank everyone who helped me celebrate my 85th Birthday on December 28. Special thanks to my family for organizing the party, making the delicious food and providing the lovely cake. Thanks for cards and phone calls and especially to everyone who managed to drop in on such a snowy day. I will always remember the wonderful time we had.
Sincerely, Kathleen Holmes
44

In Memoriam

BAKER – In loving memory of my 'big' brother, George Wm, who passed away January 16, 2006.
Another year has gone already
But you're not forgotten, brother dear
Nor never shall you be.
As long as life and memory last
I shall remember thee.
– Love Bev
44

PATRICIA DUPERRON
March 25, 1928 - January 4, 2005
So many things have happened
Since you were called away
So many things to share with you
Had you been left to stay.
Every day in some small way
Memories of you come our way
Though absent you are very near
Still missed, loved and always dear.
– Remembering you always
– Ida and Brian; Bill, Ella and Holly; Tom, Glenda and Wayde; Kelly and Jason, Earl, Abigail, Isaac and Eliza
44

ROBINSON – In loving memory of W. Clair, who passed away January 13, 2011.
When a loved one becomes a memory
A memory becomes a treasure.
– Forever in our hearts
– Jane, Lisa and Jennifer
44

Coming Events

WINCHESTER LIONS CLUB
515 Albert St., 613-774-2630
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Every Monday
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Main St., Winchester
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Monday - Friday 9 am-3 pm;
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18tfc

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A great place to shop for good used items and clothing. Unbelievable prices. Open Wed. from 1-3 pm and Thur. from 1-3 pm and 6-8 pm. St. Andrew's Presbyterian Church basement, 34 Mill Street, Chesterville. Donations greatly appreciated.
44tfc

IMPULSE ACTING STUDIOS
Young Adult Acting Classes for ages 15-19 years, 8 weeks, January 25-March 15, 2012. Tuesday evenings 6:00-7:30 pm. Cost $100. To register contact Lorne Pardy 613-774-0354 or impulseconsulting@hotmail.ca
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Coming Events

WILLIAMSBURG UNITED CHURCH WELCOMES NEW MINISTER
Please join us on Sun., Jan. 15, 2012 at 10:30 am for the first Worship Service with **Rev. Ralph Taylor**. For January and February we will hold our Worship Service at the J.W. MacIntosh Seniors' Support Centre in Williamsburg. **Please stay following the Service for a light lunch. Everyone Welcome.**
42-44

LEARN MODERN SQUARE DANCING
Morrisburg Public School, Monday evenings starting Jan. 9, 7:00-9:30 pm. For more information call Harold Moore 613-543-2341.
43-44

BOOK YOUR PARTY NOW!
Winchester Curling Club. LLBO licenced for 130 people. Kitchen and 3 sheets of ice also available. Alison Summers, 613-774-2747.
44c

HERITAGE QUILT
Community members are invited to assist with the piecing and applique of the Township of North Dundas Heritage Quilt. Contact Jill Metcalfe at 613-878-2441 for any questions. Sun., Jan. 22, 11:30 am-3:30 pm, Chesterville Heritage Centre, 14 Victoria Street, Chesterville.
44-45

WILLIAMSBURG ODDFELLOWS COMING EVENTS FOR JANUARY
Sat., Jan. 21 - Good N' Country. **Sun., Jan. 29** - This Old Heart and the Country Comrades. Supper to follow.
44

Auction Sales

AUCTION SALE
To be held at our facility 15093 County Road 18 East of Osnabruck Centre. From Highway 401 take Ingleside exit #770, turn north onto Dickinson Drive, travel approximately 1.5 km to Osnabruck Centre, turn east onto County Road 18, travel 1/2 km. Watch for signs.
SATURDAY, JANUARY 14
commencing at 9:30 am
Plan to attend on time for this Auction will not exceed 12 noon
We are pleased to have been consigned by Aviva Canada on behalf of several of their clients to liquidate by unreserved public auction a large selection of new and nearly new items. Featuring over 200 brand new automobile tires ranging in size of 15" to 17" in various models and brands including Goodyear, MotoMaster, Michelin, Hankook, Dunlop, Cooper, and more; 1 late model pneumatic tire changer, excellent condition; 2 late model digital tire balancers, good condition; John Bean E-test machine; approximately 20 new sets of kitchen and bath taps, ranging in retail price from $400 to $1,900; 3 brand new toilets in box; 11 nearly new LG flat screen TVs (4: 37", 3: 26", 4: 15"); new brown leather loveseat; new stainless steel bar fridge; new stainless steel microwave; new water cooler; new round oak pedestal table with 4 matching chairs; large assortment of high quality office equipment and materials including Xerox photocopiers (including 470DC and 460DC series), several good filing cabinets, late model up to date electric cash register, many flat screen computer monitors (Sony, HP, Dell, Samsung, LG, and more); hundreds and hundreds and hundreds of pounds of new paper and paper products including envelopes in every imaginable size; thousands and thousands and thousands of dollars worth of Xerox ink and toner for various different photocopiers and laser jet printers; boxes of other new office supplies including file folders, tape, pens, and much more; assorted tools; portable air compressor; 3 new camouflage hunting coats; Simonized pressure washer; many other articles too numerous to mention.
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44c

Auction Sales

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In the Vernon Recreational Centre, Vernon, Ontario. Turn east on Lawrence St., 1/2 mile just off Bank St. (formerly Highway 31), approximately 20 miles south of Ottawa. Watch for Auction signs.
SATURDAY, JANUARY 21
commencing at 10:00 am
(viewing from 8:30 am)
Come one, come all and enjoy the total auction experience! From quality antiques and furniture, beautiful glassware and interesting collectibles from estates throughout the Glebe, Westboro, Britannia, Manotick and Ottawa areas to the country homemade cooking and the pleasant and qualified staff to assist you, we have it all!
Antiques: Quarter sawn oak drop front desk with 2 glass doors up top, nice piece; 9-piece walnut Gibbard dining room set, top condition; hall stand; oak china cabinet; round table with 4 leaves, 6 dining chairs; dresser with mirror; chest of drawers; several parlour tables; washstands; sofa table; cedar chests; coat stand; plant stand; magazine/end table; piano bench; fancy parlour chair; vanity; smoker's stand; 7-piece solid Beechwood bedroom set with double bed, 2 chest of drawers, 2 night stands and make-up dresser with mirror; walnut dining room table; flip-top round pedestal pie crust table; wooden bookcases; 1940s china cabinet and matching buffet; fern stand; treadle sewing machine; wool winder; beveled glass hallway mirror with oak frame; living room furniture including wing back chairs; floor model radio; wicker rocker; wooden chairs, some pressback; Gingerbread clock.
Royal Doulton Figurines: Joan HN 2023; Darby HN 2024; Old Balloon Seller HN 1315; Debbie HN 2385; Lovers HN 2762; Child from Williamsburg HN 2154; Home Again HN 2167; Autumn Breeze HN 1934; Adrienne HN 2305; Soiree HN 2312; Royal Doulton Toby Jug Paddy A33; several pieces of crystal and pressed glass; cranberry glass; blue glass berry bowls; vases; candy dishes; cream and sugar sets; china set of dishes; 2 Hummels; Nakazato 8-place setting of silverware.
Collectibles: Antique hammered Dulcimer (stringed musical instrument made in eastern Europe); miniature antique rocking horse (ornamental); crocks; oil lamps; draw knife; snowshoes; wooden skiis; wooden floor lamp; child's table and chairs; cross cut saw; milk bottles; wooden plane; washboard; stove pipe ring; dairy can; child's wagon; doll carriage; egg basket; cistern pump; wooden decoys.
Miscellaneous: Linens, quilts; blankets; reclining chairs; chesterfield sets; coffee and end table sets; rattan chairs; lamps; Keirstead prints; paintings and pictures; 24" stove; fridge; new set of single pony harness; horse blankets and coolers; hoof trimmers; files; grooming equipment; old wooden carpenter's tool box; hand tools; patio furniture; oil fired hot water heater (almost new); many other interesting items.
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44-45c

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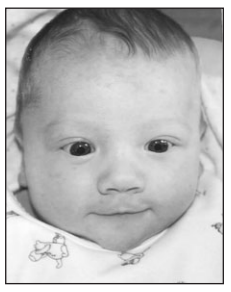
Birth Announcement



STOODLEY
Tim Stoodley and Ashley Payne are pleased to announce the birth of their daughter, Elizabeth Ellen Stoodley, born on October 20, 2011, weighing 8 lb. Proud grandparents are John and Debbie Stoodley, Barry Payne and Dianna Payne. Great-grandparents are Emerson Reaney and Sarah Payne. Very special thank you to Dr. St-Cyr and staff for the safe arrival at WDMH.

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info@northdundas.com

Township of North Dundas 2012 Council Meeting Schedule

Meetings are held at 7:00 pm in Council Chambers, 636 St. Lawrence Street, Winchester

(Changes will be advertised)

January 10 & 24
February 7 & 21
March 13 & 27
April 10 & 24
May 8 & 22
June 12 & 26
July 10
August 14
September 11 & 25
October 9 & 23
November 13 & 27
December 11

Jo-Anne McCaslin
Clerk

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RIDEAU AUCTIONS INC.

Public Vehicle/ Equipment Auction

Saturday, January 21, 2012
9:00 am

Civic #2250, County Road 31, Winchester, ON
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Primary list at: www.rideauauctions.com



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OBITUARIES

Alice Lillian Fawcett

Alice Lillian Fawcett (nee Brown) passed away peacefully at Joseph Brant Memorial Hospital in Burlington on Mon., Jan. 2, 2012. She was 88.

She was the beloved wife of the late Edison Fawcett (1990). She was the loving mother of John, Dianna Hoskins, Wayne (Alice), Maryann (John) Gearey, Roger (Nancy), and David (Linda), and a cherished grandmother and great-grandmother. Alice will be fondly remembered by her sister, Lillian. She was predeceased by her brothers, Ralph, Fred, and Robert, and sisters, Anne and Mary.

A funeral service was held at Smiths Funeral Home in Burlington (905-632-3333) on Wed., Jan. 4.

Donations to a charity of your choice would be appreciated.

www.smithsfh.com

Ruth Marion Hutt

August 27, 1925 - December 12, 2011

Surrounded by the love of her family, and in the kind care of the staff of the Kingsway Lodge in St. Marys, Ont., Ruth Marion Hutt (nee Gray) slipped into peace on Mon., Dec. 12, 2011, in her 86th year.



She was predeceased by her husband, Ralph Drury Hutt (1978). She was the beloved mother and friend of Barbara Dixon of Brampton, Beverly Beck (Tom) of Morrisburg, Nancy Hutt (Bob Miles) of St. Marys, and Mitch Hutt (Lorie) of Williamsburg. She was the cherished grandmother of Darryl Beck, Jeff Beck (Tara Taylor), Andrew Hutt, and Derek Hutt, and the loving great-grandmother of Madison and Brady Beck.

She was born on Aug. 27, 1925, at Maple Ridge to the late Austin E. Gray and Annie M. Scott. She was predeceased by siblings Donald Gray, Minnie Casselman (Levi), Neil Gray (Nelda), Pearl Smith (Mac), Jean Williams (Arthur), Lloyd Gray (Loretta), Ada Strader (Reginald), and Laura Ellis (William). Ruth will be missed by devoted sisters-in-law Margaret Johnstone (Ralph), Kay Hutt (Herman), and Loretta Gray (Lloyd). She was a dear aunt to many nieces and nephews. Her smile will be missed by her many friends.

Ruth worked in the lab at the Winchester District Memorial Hospital for more than 30 years, and will be missed by her colleagues, especially “the lab girls.” She devoted her life to raising her children, and delighted in planning family dinners. She was a protector of animals, an avid reader, and an amazing cook, well known for her black forest cakes and hand dipped chocolates.

A heartfelt thank you goes to Dr. John Burke (Winchester) for his decades of loving care and concern for our mother, Ruth. Also, a very special thank you is extended to Dr. Peter Johnston (St. Marys) for his support and care over the past few months, as well as, many thanks and blessings to the staff of the St. Marys Memorial Hospital, the Kingsway Lodge, and Dundas Manor.

Cremation has taken place. A Celebration of Ruth’s life will take place at Winchester United Church on Sat., Feb. 4 at 1 pm, with Rev. Christine Lowson and Rev. Heather Kinkaid officiating. A luncheon will follow.

In lieu of flowers, those wishing to make a donation in memory of Ruth are asked to consider the Heart and Stroke Foundation or the O.S.P.C.A.

Online condolences can be made at www.ballfc.ca, and donations may be made by calling the L. A. Ball Funeral Chapel at 519-284-1480.

OBITUARIES
which appeared in the *Winchester Press* from 2002-2012
are archived on our web site: www.winchesterpress.on.ca

In Appreciation

We express gratitude to wonderful relatives and friends for the love extended to our family following the loss of our dear mother, grandmother and great-grandmother, Doris Scharf. We appreciate the acts of kindness received through cards, calls, donations, flowers and food.

Sincere thanks to Rev. Blair Paterson for his comforting words and the bagpipes. We thank the South Mountain United Church Women who provided the wonderful food for the reception at the South Mountain Public Library.

We appreciate the care and support Mother received at the Hartford Retirement Centre, the Dundas Manor and the Winchester District Memorial Hospital from Dr. Adamson, Dr. Brossard and the nurses and staff of the medical/surgical floor.

We acknowledge the professionalism shown by Victoria Byers and staff of the Byers Funeral Home for their attention to detail.

Dave Scharf, Sue Green & Family

Metcalfe Agricultural Society NOTICE OF ANNUAL MEETING

The Metcalfe Agricultural Society will hold its Annual Meeting on

Thursday, Jan. 26, 2012 at 8:00 pm

at the Metcalfe Community Centre
(Ray Wilson Hall) Metcalfe, Ontario.

All members are cordially invited to attend.
The following change to the Constitution of the Society will be considered at this meeting:
To add: "The charity shall be carried on without purpose of gain for its members, and any profits or other gains to the charity shall be used in promoting its purpose."

A copy of the existing Constitution of the Society is available for viewing at the Society office, 2821 8th Line Road, Metcalfe, during its regular office hours, or at www.metcalfefair.com.



Come and enjoy pancake and sausage breakfasts Saturday mornings while you discover Alpha.

The Breakfast Alpha program begins

Saturday, Jan. 21 at 9:00 am

and will continue each Saturday morning for 13 weeks.

Alpha is a low-pressure, fun and informative course. It is a place to relax, share your thoughts and explore the meaning of life. Alpha is a course that seeks to explore the basics of the Christian faith.

To register, call lay pastor **Bud McKibbon** at **613-989-6078**.

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THIS WEEK’S FEATURED PROPERTIES



WINCHESTER: This 3-bedroom, 1.5 bath home features gleaming, original wide plank pine floors, renovated eat-in kitchen, updated bathroom, main-floor laundry and more, including a big, new deck overlooking the huge yard (219 feet deep!) MLS 805824 **$182,900**



FINCH: Big 4-bedroom, 2-bathroom family home on a double lot with water and sewer, 2009 H-E Nat-gas furnace, central air and shingles. Spacious family home features attached garage, wraparound deck, big eat-in kitchen and giant living room with fireplace. MLS 801418 **$164,900**



FINCH: INCOME! Super-clean duplex (or can be a single family home). Well-kept, turn key. All ready with separate up and down units occupied by owners. Set your own rents plus utilities. Electric heat with separate meters. Rent both or live in one. MLS 798887 **$168,000**



JOHNSTOWN: Scenic St. Lawrence! 3-bedroom, 2-bathroom bungalow sits back from the road on a private acre with cedar hedging and detached and insulated workshop. Enjoy the view of the river from the front yard or enjoy the sun room and deck in the back. MLS 804594 **$299,900**



MOUNTAIN: Two-bedroom bungalow on almost 3 acres. Early 2000's bungalow moved in 2010 to a new foundation, septic, well, addition, and more. Features main-floor laundry, full basement waiting for your finishes and just down the road to the apple orchard! MLS 816267 **$187,500**



WINCHESTER: This 3-bedroom, 2-bathroom bungalow on over an acre of beautiful trees has over 2,700 sq. ft. of living space, a main-floor family room, finished basement with theatre room, rec room, woodstove, attached 2-car garage and detached 24x34 ft. shop! MLS 812998 **$293,900**

‘An Oldford Goes The Extra Mile’

Want to quit smoking?

STOP Program offers free NRT, counseling

WINCHESTER — Smokers from across Ontario have the opportunity to enroll in the Smoking Treatment for Ontario Patients (STOP) Program and receive nicotine replacement therapy (NRT), free of charge, to help them in their attempt to quit smoking.



For many smokers, the cost of nicotine replacement products is a barrier to quitting. The evidence-based STOP Program provides five weeks of free nicotine replacement therapy, a practical support for alleviation of nicotine withdrawal symptoms.

Those interested in participating in the STOP program may do so by attending a STOP workshop, to be held in the local area this February. To find out if you are eligible to participate, and to register for the workshop, call the Eastern Ontario Health Unit at 613-933-1375 or 1 800 267-7120.

The STOP Program is conducted by the Centre for Addiction and Mental Health, and is funded by the Ministry of Health Promotion and Sport as part of its Smoke-Free Ontario Strategy.

In addition to providing NRT, STOP will offer educational material to encourage the program participants to make broader changes that can improve their health even more, because often smoking does not occur in isolation, but rather accompanies other risk factors for disease, such as poor nutrition and lack of physical activity.

The Centre for Addiction and Mental Health (CAMH) is Canada's leading addiction and mental health teaching hospital. Integrating clinical care, scientific research, education, policy development and health promotion, CAMH transforms the lives of people impacted by mental health and addiction issues.

Background: The STOP Program

Introduced in 2005 through a partnership between the Centre for Addiction and Mental Health (CAMH) and the Ministry of Health Promotion and Sport, the STOP Program has already provided nicotine replacement therapy such as nicotine gum and patches, as well as bupropion and varenicline, free of charge, in addition to counseling support to an unprecedented 68,000 people from across Ontario.

Baseline questionnaires and follow-up surveys, spaced over six months post-treatment will help the STOP Program researchers learn more about the long-term impact of providing nicotine replacement therapy and other smoking cessation aid free of charge to smokers Ontario-wide. To date, results for STOP participants have shown an improvement of at least two times the typical quit rates.

While smoking rates in Ontario have declined over the past 20 years, 1.6 million Ontarians continue to smoke and 16,000 die each year from the effects of commercial tobacco products. Therefore, provision of smoking cessation support to smokers in Ontario is strongly indicated.

'Neil Diamond' coming to town

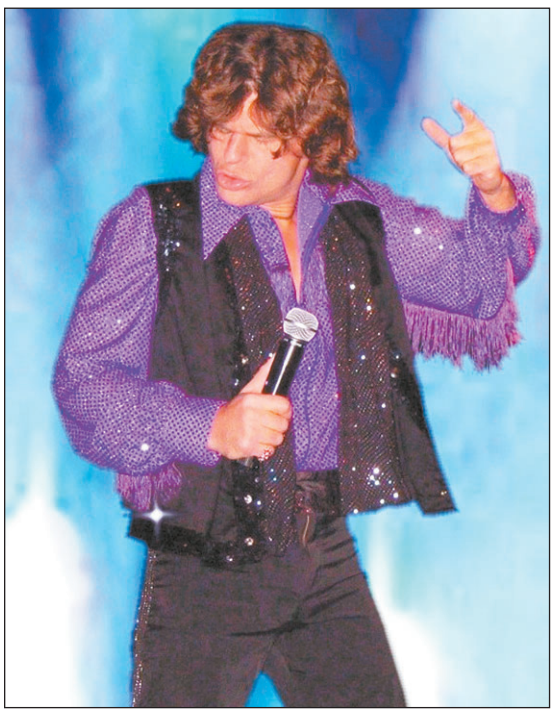
WINCHESTER — The sounds of the 70s will be found inside Winchester United Church at the end of the month.

On Sat., Jan. 28, Neil Diamond impersonator Joey Purpura will be bringing his musical tribute to town.

The evening has been scheduled as a dinner and show, with the meal to be served at 6 pm, while the show is expected to start at 7:30 pm.

Tickets are $30, and can be purchased at Seaway Valley Pharmacy, Winchester Video, and the United Church office.

For more information, contact Clara Edwardson at 613-774-2407.



Neil Diamond impersonator Joey Purpura will be bringing his musical tribute to Winchester United Church on Sat., Jan. 28.

Exam-time crunch begins at NDDHS

MAPLE RIDGE — Students are welcomed back after their two weeks of gifts and turkey, and already the stress is showing in preparation for exams.



NDDHS Notes

by Taylor Ace

Student council finished 2011 with another wonderful Christmas concert. The dress rehearsal the day before the show did not prove to be a great success; however, everybody pulled together and managed to put on spectacular performances. Everybody did an amazing job and had much fun entertaining the crowd and getting them into the holiday spirit!

Exams are only weeks away, and everybody is busy with major semester-end projects and studying.

The Grade 12 graduating class has begun its journey into the world of post-secondary education in applying to universities and colleges throughout the break, and will continue until Sat., Feb. 11.

When wanting to escape the winter blues, many people decide to go away in the early months of the year. The same goes for many North Dundas students.

The drama students will be leaving for Italy in fewer than two months, and graduating students will be leaving for Jamaica at the same time.

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