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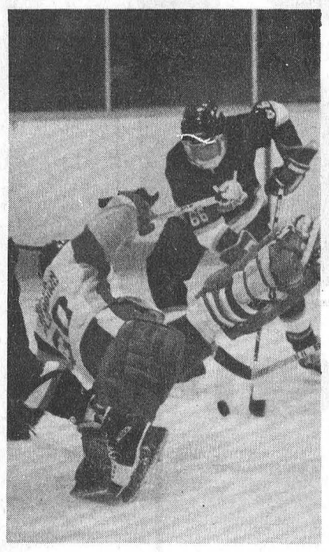
This week



Flyers lose squeakers
Come up short
in 1-goal losses .....**Page 13**

Newsbriefs

No shows

OSNABRUCK CENTRE — In a question and answer session which could be likened more to an interrogation session, Osnabruck Council members grilled Ingleside contractor David Brown, Bob Helliar of the Ontario Ministry of Environment and two ratepayers over who told the MOE not to show up for a meeting on a proposed hazardous waste site held last month.

After about a half hour of debate, Brown conceded he may have given the MOE the impression it shouldn't show up at the meeting.

Council was accused by ratepayers at the October meeting of deliberately telling the MOE not to attend the meeting. About 150 residents attended a meeting to protest council's approval of a hazardous waste storage site in Ingleside. Council ended up rescinding its motion that it had passed approving the project.

Four moons?

NEWINGTON — There could well have been an unusual lunar spectacle over the village of Newington within the last couple of years if a quote made by Osnabruck Councillor Gordon Ross Monday night has any base in fact. Speaking about the village's communal well, Ross told council: "The day they pump the well in Newington dry there'll be four moons in the sky."

Ross was then told by Bob Helliar, area supervisor for the Ministry of Environment, that the well had been pumped dry once in tests prior to the approval of the water project.

Quizzed by Ross on just how dry the well became, Helliar and Bart Whitton, township water and sewer superintendent, said they believed it was pumped right empty. "There is a finite limit to that well and that's what the tests proved," Helliar said. Ross had no reply.

Just visiting

MOREWOOD — Winchester Township Reeve Claude Cousineau had an unexpected late night visitor Saturday night at his Morewood home when a 1978 Chevrolet came in through the living room window. Winchester OPP said the three occupants suffered minor injuries when the driver, Winchester resident, Danielle Burns, 16, accidently accelerated the car while southbound on County Road Seven. She lost control of the car and crashed into the Morewood home.

Blood clinic

CHESTERVILLE — The village office will make the transition to the Nineties with the latest in communications technology, the fax machine. Council approved the purchase of a new photocopier, which will be accompanied by a fax machine, at the cost of $6,300 Nov. 8. The fax, reproduces documentation transmitted by telephone and enables businesses and government to speed up paper transactions usually handled by mail or courier service. Reeve Jim Cook said, the fax is the handiest thing to have around the office.

New hours

CHESTERVILLE — Since Monday the clerk's office has new office hours. Office hours Monday through Thursday will now be from 8:30 a.m. to 4:30 p.m. instead of 5 p.m. The office hours on Friday, 8:30 to 4 p.m. will remain the same. The new hours will be in effect on trial basis until the end of March when it will be reviewed. According to acting Clerk Glenna MacIntosh the change was made because no one from the public ever conducted business at the office between 4:30 p.m. and 5 p.m. The change is also a return to office hours that had been in place for decades until three ratepayers requested a change a few years ago, said MacIntosh.

North Dundas skeptical of SD&G economic plan

WINCHESTER — Representatives from North Dundas fear this area could be left in the cold in the planning of economic strategy for the United Counties.

About 35 representatives from the municipalities, business and agriculture communities met at North Dundas District High School last Tueday night to discuss the plan. But fears were expressed that this area may be overlooked.

"The main thing is..we don't want an investment office oriented towards Cornwall," stated Rosalind Drewery, president of the Winchester Chamber of Commerce.

She said businesses from this area would like to see their own planner.

Drewery said that while most of Stormont, Dundas and Glengarry look to Cornwall for economic spin-offs and growth, North Dundas looks to Ottawa.

She said representatives from each part of the community in North Dundas may formulate an independent plan. It would likely be presented to Prospectus Investment and Trade Partners Inc., who are preparing the county plan.

But Drewery said they would wait to see Prospectus' first draft, expected by the end of November.

Drewery was only one of a number of participants at Tuesday night's meeting to raise concerns that North Dundas could lose out in the plan.

But Nancy Mitchell, who is helping to prepare the plan for Prospectus, said fears of this area being excluded are unwarranted.

Mitchell stated the plan recognizes villages like Winchester are rapidly becoming bedroom communities of Ottawa. And she said a counties' planner, even if located in Cornwall, would work for the entire tri-counties area.

And Raymond Lapointe, SD&G's chief administration officer, reassured the crowd. "The economic strategy plan developed by Prospectus will act as a mission statement to give direction...(development planning) is going to be an ongoing process, continuously requiring your input."

Lapointe said the economic plan will not necessarily recommend a planner and he stressed a tri-county network would evolve to inform businesses to the north and south of all developments.

Lapointe said municipal organizations will be eligible for money from a $25 million Eastern Ontario fund for special developmental projects approved by county council.

Already $50,000 from the provincial ministry of industry, trade and technology's fund has been made available to conduct the strategy study.

If a project is approved, every $2 raised at the municipal level will be matched with $1 from the fund.

In addition, the province will provide part of the money to start an economic development department or position at the county level. Lapointe said 75 per cent, up to $75,000, will be provided in the first year, 50 per cent, up $50,000, in the second year and 25 per cent, up to $25,000, in the third year.

Mitchell said the region is bound to experience a boom from companies and individuals moving from the crowded, expensive Toronto area. But, she added, not all communities in the area may choose to expand.

Still, she said, municipalities must take steps to keep existing industry from relocating.

Mitchell said more companies are rationalizing, streamlining, and modernizing to stay competitive.

"If you don't have the infrastructure to support (industries), they're going to move... companies can only do so many things to stay competitive."

Among the strengths of SD&G, Mitchell mentioned location, next to the U.S. border, the St. Lawrence Seaway (tourism), and railway connections. She also mentioned the high percentage of residents under 19 compared to the rest of the province, and a high bilingual population.

Among the "gaps," she cited a lack of skilled labor, a lack of technical infrastructure and physical infrastructure (water and sewers), and no industry data base for potential investors.

Winchester Township Reeve Claude Cousineau, who was at the meeting, admitted there are gaps to overcome. But he said North Dundas has no choice but to expand.

He said local infrastructures will continue to erode, as will provincial funding.

"You can't stand on it and have taxes go up and up and up," he stated.

Cousineau said expansion will come whether municipalities plan for it or not. He cited a trend towards subdivisions being located away from villages and hamlets. In the long run, he said, it will cost the municipalities more money.

Local parents needed for drug abuse program

CHESTERVILLE — Winchester and Chesterville area parents are being sought to take part in a course aimed at teaching them how to deter their children from drug and alcohol abuse.

Brenda Toonders, second director of the Happy Face Nursery School in Chesterville, wants to gather enough parent involvement to attract the Eastern Ontario Health Unit's (EOHU) drug prevention program here.

Between 20 and 25 persons are required for each course to get the nod. Toonders is hopeful a EOHU drug prevention program, a course offered in three evening sessions of 90 minutes each, can get under way sometime in January in both Chesterville and Winchester.

"Here's something constructive to get involved in," said Toonders, explaining why she is trying to spearhead the program.

Toonders, who has three children ranging in age from 3 to 8, said it is important for parents to work towards preventing drug use by their children through early education.

Marie-Noelle Burnie, a prevention worker with the EOHU, stressed the role of parents in keeping the children free from abusing drugs and alcohol.

Burnie teaches the drug prevention program to parents and emphasizes the need to instill a positive attitude in children.

She describes the course, which is new to this area, as "a life insurance policy. You are going to leave with something. We work on strengths and weaknesses."

Some of the course's objectives listed by Burnie include:

- Sensitizing parents to the importance of parenting for prevention of drug and alcohol abuse.
- Bringing parents to realize their responsibilities to teach important lifeskills to their children (i.e. communication skills, assertiveness and coping with feelings).
- Bringing parents to realize the lifeskills must be introduced when the children are very young.
- Gathering parents and letting them share their ideas and techniques of parenting. "We want it to be a network of parents," said Burnie.
- Helping parents to give their children the opportunity to develop into balanced youths who can stand on their own two feet, resist undue peer pressures and still be accepted and respected.
- Helping parents to better prepare their children for the sometimes harsh reality of the real world.

Burnie said it is important for both parents to attend the course together since "team parenting" is a portion of the course.

There may be a small fee to cover costs of renting a location to hold the courses, noted Toonders, but there is no charge for the program itself.

Parents interested in taking the course in either Winchester or Chesterville should contact Brenda Toonders at 781-6916 or 774-3336.

Those wishing to have the course given in their area should contact Marie-Noelle Burnie at 933-1375.



Momentary silence

It was cold, rainy and windy, yet a group of 50 veterans and other Finch Township residents braved the weather and held a solemn wreath laying ceremony at the Berwick cenotaph on Remembrance Day Saturday. The march from the Finch Township Hall to the cenotaph and back was led by Finch Legion (Heather Branch 357)

Record Photo - Cossette

Showing initiative

Chesterville praised for energy saving zeal

Yves Cossette
Record Staff

CHESTERVILLE — Chesterville council has taken the lead among Ontario municipalities in its decision to trade in blue streetlights for more energy efficient orange colored ones.

According to Ron Audet, an economical energy advisor with Ontario Hydro, Chesterville is one of the first of an anticipated 94 communities to take part in a pilot project to convert to energy efficient streetlighting. The village was one of the first communities to have the conversion approved by the Ontario Hydro's board of directors, he said.

The high pressure lights provide as much light as Chesterville's existing mercury vapor light, but will cost about 30 per cent less to power them. The 189 lights are to be replaced starting Dec. 1.

Village Reeve Jim Cook wasn't aware that council had actually taken a lead in converting to the energy efficient lights. A letter received from the Ministry of Energy complimenting the village on its initiative didn't specify that the village was one of the first to change.

Ontario Hydro and the Ministry of Energy are sponsoring the light change by providing interest free loans as an incentive in an effort to save electricity.

The pilot project is being offered to small communities in Eastern and Northern Ontario and could result in the conversion of 25,000 streetlights to energy efficient high pressure sodium lights.

"It was kind of nice of (them) to have written us and to compliment us," he said Friday.

The streetlight conversion program which was announced last Spring came as a timely blessing to the village. Council had already been planning an overhaul of its streetlights over a number of years and the conversion program provided council an opportunity to actually recover the costs of converting through energy savings.

"There is a cost benefit. We couldn't see any reason not doing it," Cook said.

It will cost the village $36,000 to replace the lights, and the annual savings are estimated at $4,000 a year. The village expects its loan to be paid back in just under seven years.

The streetlight conversions program which has been available since April, is starting to take off. Eight more applications are being considered for approval and another 34 municipalities have indicated they want to convert, said Audet.

The deadline for applications is March 31, 1990. But many of the municipalities have held back with their applications until they could get price quotes and calculate exactly what kind of payback they could get with conversion. "It's a slow process...but all it takes is a few to get it started," he said.

Audet anticipates upwards of 75 per cent of the municipalities will take part in the pilot project. The province is spending $1.5 million to back the project. "The purpose of the project is to assess whether it's manageable. It's a test market," Audet said.

Osna. dep. reeve on hot seat for leaked info

Greg Kielec
Record Staff

OSNABRUCK CENTRE — The temperature in Osnabruck Township Council chambers rose a few degrees higher than normal as the issue of alleged misspending in Osnabruck Township road department took an unusual turn Monday night.

The latest chapter in the 10-week-long saga involved two councillors pressuring Deputy Reeve Carson Elliott to sign an affadavit swearing he didn't leak confidential information to the press late September.

Councillors Donald McElheran and Gordon Ross alleged Elliott leaked confidential information from an in camera meeting to the press, compromising his position as deputy reeve. They said that if Elliott didn't leak the information, he should be willing to sign a legal paper stating so.

McElheran alleged that Elliott leaked the information from an in camera meeting concerning the resignation Aug. 28 of the township road superintendent and the subsequent financial audit and OPP investigation of spending in the road department.

But Elliott refused to cave in to pressure from McElheran and Ross, telling the pair if they had a request to put it in writing and send it to his lawyer.

"You put it in writing and send it to my solicitor," Elliott fired back at Ross, after he requested the deputy reeve give council an answer on the issue.

Also entering the verbal battle were a number of township residents sitting in the audience, who came to the defence of the deputy reeve.

Township resident Dave Smith told council it is normal practice in such disputes to let each side's lawyer handle the issue. "Why not give a written request so his lawyer can respond," he said.

Joe Carboni said council shouldn't even address the issue until the investigation by the OPP into road department spending is complete.

"Why don't you wait until the (OPP) investigation is over," Carboni told council members bent on getting Elliott to give an answer.

When he was told that council was waiting till the investigation was completed, he replied: "Then why are you harassing him (Elliott) tonight."

John Dewar also backed Elliott and said many ratepayers feel recent media reports on the road department audit and OPP investigation are justified. "We feel it's very enlightening," he told council.

He was told by Councillor Jim Bancroft that allegations made in the media have not been supported with facts. But Dewar still insisted the media reports were justified and "made people think a little bit."

McElheran, however, replied, the allegations in the press haven't helped the municipality. "In my opinion there's a lot more to be said." And there was still more debate on the issue.

Ross asked that the clerk read a press release and a portion of the minutes from the previous meeting, regarding the audit and OPP investigation.

The reading of the release and minutes spurred even more debate by council, stretching the time of the total debate to almost half an hour.

The short, almost melodramatic, reading prompted Carboni to enter the fray a second time, taking exception to a portion of the pre-written release. He disputed the first part of the statement concerning the dismissal of the road superintendent and accused council of attempting to cover up the reason for the dismissal.

"That's what happened," he said, claiming it is "common fact" that council tried to cover up alleged misspending in the road department.

Township Reeve Stewart Hart, when first contacted by The Record in September, said former road superintendent Blair Watson resigned because of personal reasons. He also said the audit called into the road department spending was routine, not called because of any perceived wrongdoing.

The Record learned the following week the audit actually had been called because of discrepancies in the road department budget and that the OPP could be involved. At the time, Hart still maintained the audit was routine and there was no wrongdoing.

In The Record Oct. 4, the issue was broke open even wider when details from the audit and concerning the resignation of Watson from Carboni were revealed.

Carboni told The Record the audit had discovered misuse of funds which could reach into the thousands of dollars. He also said Watson's resignation was forced when a questionable invoice was discovered by council, contrary to claims by Hart.

Carboni's claim was later partially confirmed in a township press release. The release stated personnel were replieved of duties after questionable invoices were found. The release also confirmed an audit was done, the results of which prompted the OPP to investigate.

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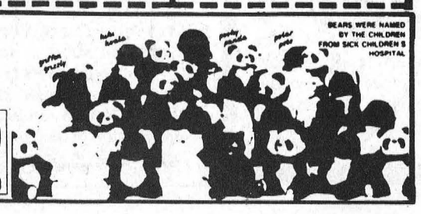


Armistice Day display pays tribute to fallen WW II soldiers

Yves Cossette
Record Staff

CHESTERVILLE — The room sized heritage centre is crammed full with mementos from Chesterville's past. But on Remembrance Day weekend, there were some extra mementos, those of World War Two.

On Sunday afternoon, Nov. 12, members of the public were invited to check out the special Armistice Day display after the Remembrance Day ceremony at the village cenotaph.

Upon entering the museum visitors were greeted by three different uniforms, those worn by Chesterville men serving in the Allied forces during the war.

There were other items too, photographs and medals. The visitors were also shown two Remembrance Day films, An Act of Remembrance, and I think of You Often, a film about a young soldier writing home from Europe.

Jack Cross, a member of the Chesterville Historical Society, said the mementos, especially the medals aren't there to glorify the war. He said he wore his medals to remember those men "who made the supreme sacrifice for our freedom."

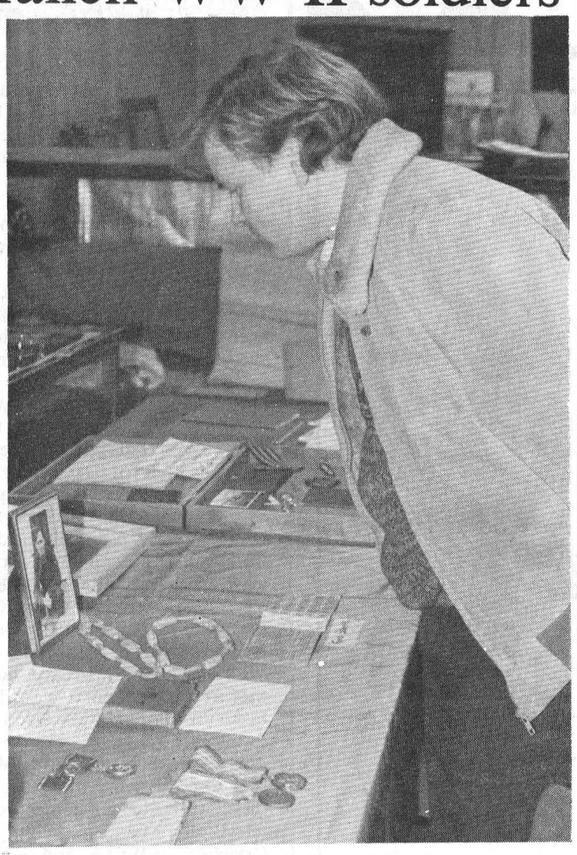
The films shown on Sunday were a first for the historical society since the heritage centre opened up in 1985. "This year we decided to have the films to give it (the Armistice Display) a bit more variety," he said.

The films were also shown to public and separate school students of Chesterville who visited the heritage centre on Friday. The heritage society used the films and display to tell the children of the importance of Remembrance Day.

Involving children in Remembrance Day ceremonies takes on a greater meaning as the number of veterans dwindle each year. "We want the people to remember. If we didn't do this people would soon forget," Cross said.

Cross, an airforce ground radar technician during the war, was stationed in England when radar was still a big secret. During the days he and other ground technicians would test the radar units and at night they were used by the night squadrons to detect approaching German fighters and bombers on their way to England.

In the early days of the war radar was so secret that fighters carrying the radar units weren't permitted to fly past the English coastline out of fear that the aircraft would be shot down and radar equipment falling into the hands of the Germans, Cross said.



War mementos

Leonard Wheeler of Chesterville takes a careful look at war mementos displayed at the Chesterville Heritage Museum on Nov. 12. Wheeler was one of a number of residents to check out the special Armistice Day exhibit at the Heritage Museum.

Hunting means extra duty for OPP

Greg Kielec
Record Staff

WINCHESTER — While the main part of their job involves patrolling traffic, each fall local Ontario Provincial Police officers have an additional duty.

Fall hunting season usually means a rise in trespass complaints directed to the OPP from people who have hunters carrying out their sport on their property.

But for local OPP members, it has been an average, if not better than average year in terms of hunting complaints.

Sgt. Jim McWade of the Winchester OPP detachment, said the force has had "a few" complaints of hunters trespassing on property. But there have been no more complaints than in other years.

He said the main offenders during the fall hunting season are hunters from the Toronto area who aren't familiar with the area. "We have a few occurrences of them trespassing."

Hunters from outside the area aren't familiar with local property owners and the boundaries of their property, and are more likely to accidentally trespass, he said.

A hunter may have permission to hunt on one person's property but accidentally go on another property because he doesn't know the property line. "Sometimes it is deliberate, but sometimes it isn't."

Local hunters get permission from a property owner to hunt, and because they knew the property boundaries, stay out of trouble with the law. "So they stay within the confines of that individual property and they don't create any problems," McWade said.

People caught hunting on property without permission to do so can be charged under the province's trespass to property act. But the difficult part of the job is locating the hunters.

"It's a matter of finding them," McWade said. "If we can locate them, we'll deal with it."

Police usually don't track hunters through the bush, instead waiting at the person's vehicle until he returns. Occasionally police will head off the hunters if they're moving from one section of a bush to another.

To make things easier for police and hunters, anyone granting permission for hunting on his property should clearly define the property boundaries to the hunters, he said.

It also helps to have "no hunting" signs at the entrances of the property and along property lines, he said. That way, if a hunter doesn't know if he has crossed onto another person's property, the signs can warn him.

But under provincial law, it isn't mandatory to have "no hunting" signs erected to prohibit hunting on a person's property. A hunter can still be charged with trespassing, even if signs aren't erected on a property, unless he has the owner's permission to hunt there.

Hunting at private waste lagoons have also been a problem in the past, but has declined in recent years. Hunting at lagoons is usually a problem during the geese hunting season.

"Some people try and hunt the lagoons," McWade said. While hunting at lagoons isn't illegal, "it's the property owners that don't want them on."

Police received a couple of complaints of hunters at the lagoon near Ault Foods in Winchester, as well as other lagoons in the area this year. Police also charged hunters after receiving complaints of hunting at the lagoon near Nestle Enterprises Ltd. in Chesterville, he said.

Jacklighting, where hunters use a spotlight to spot deer and freeze them in their tracks to shoot them, is also a problem. The illegal practice is mostly done near the "bombing range" near Harmony Corners, north of Winchester, he said.

The practice is mostly dealt with by game wardens from the Ontario Ministry of Natural Resources, who can charge hunters under the provincial Game and Fish Act.

Const. Bernie Gadbois of the Long Sault OPP, said this hunting season has actually been quieter than past seasons for the detachment.

"This year, I have found that we haven't received as many complaints as previous years." Police have received "the odd complaint", but nothing compared to previous years. "So far it has been good as compared to other years."

He said he isn't sure why hunting complaints have dropped, but it may be due to the detachments strict enforcement of trespass laws the past few years. "We were really plagued with them up in Berwick and Crysler in years past," he said.

Police retaliated to the increase by laying charges whenever a hunter was caught trespassing, instead of letting them off with a warning. "But whether it served as a deterrent," is difficult to tell, he said.

One thing that can reduce the amount of trespassing instances is hunters becoming familiar with the law. "If hunters bear in mind a landowner doesn't need (no hunting) signs erected," he can avoid accidentally trespassing on property.

But basically, if a hunter doesn't have prior permission, he is committing an offence. "He's committing an offence of trespass unless he has the owner's permission," he said. "The responsibility is on the hunter."

There are a number of reasons why landowners won't allow hunting on property, he said. A landowner may disallow hunting because he has animals on his property, or because they fear damage to fences, he said. Some who prohibit hunting may have lost animals through careless hunting.

Gadbois cited one instance in which hunters ran a deer right out onto the front lawn of a person's home in Monkland and opened fire. "That's careless hunting," he said.

McWade said he has only had one incident of careless hunting over the past four years which resulted in an injury. A man accidentally shot his hunting partner in the hand, resulting in an injury crippling the use of his hand. The man was shot when his partner fell forward and his gun accidentally discharged.

Lifelines report is expected for next summer

Yves Cossette
Record Staff

CHESTERVILLE — Early next summer has been set as the completion date for Chesterville's sewer infrastructure Lifelines study.

The contract to conduct the study of Chesterville's water and sewer infrastructure went to McNeely Engineering on Nov. 1.

The study will cost between $58,000 to $90,000 depending how comprehensive the study is, said Reeve Jim Cook. The village has set aside $18,000 to pay for its share of the project. The rest of the study will be paid for by the Ministry of Environment (MOE).

He anticipated the study won't be completed until next summer because the bulk of the study will be done in the spring. "They have to have the spring flows in the study," he said.

The spring flows are necessary to determine the capacity of the sewers during the spring run-off. However, some of the study's preliminary work will be done before the spring, said Cook.

In addition to the flow studys, the engineers will check for leaks and infiltration, like storm sewer water getting into the sanitary sewer.

The Lifelines price tag hasn't been firmly set yet because the engineers conducting the study have different ways of checking for leaks. With the help of sound equipment engineers will be listening in on Chesterville's sewer during the dead of night to detect leaks. In some instances further investigation will be required and television cameras will be lowered into the sewer to determine the nature of the leak, said Cook.

The outcome of the study will determine to what extent Chesterville's water and sewer lines have to be overhauled. But Cook anticipates some work will have to be done based on existing information. "There may be some surprises," he said.

Council is hoping to co-ordinate any construction work on the village's sewers with another provincial program, PRIDE, which involves the reconstruction of streets, so the village can get the maximum grant benefits. In Lifelines second phase, the MOE would pay one-third of the actual construction costs. The PRIDE program pays for 50 per cent of the street reconstruction cost.

In a related project, the engineering firm, J.L. Richards and Associates will conduct an evaluation of the village lagoon's pumping station to assess its capacity.

The MOE has made both the Lifelines study and the lagoon evaluation a precondition to further subdivision development in Chesterville.

Two developers had hoped to start construction on their subdivisions as early as next spring to create 125 new lots. But even if the Lifeline study turns out favorably, the MOE is only prepared to approve 40 lots for development until the pumping station's capacity is upgraded.

The developers affected by the MOE's decision are Dale McNaughton, Erik Thompson, and Martin Derks, three Chesterville businessmen who want to develop 100 lot subdivision west of Highway 43, between Forward Road and the south bank of the South Nation River.

Another subdivision proposal for 21 lots, is being put forward by Chesterville residents Peter St. Germain and Peter Van Kessel. They want to build a subdivision south of South Street.

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THE CHESTERVILLE Record Editorial / Opinion

Historic date

Saturday, Nov. 18 marks a historic date in the province of Ontario. It is the date the French Language Services Act, Bill 8, will finally be implemented.

But it won't only be a historic date for the many francophones in Ontario. The date will also be remembered equally well by many English rights groups across the province. but for a much different reason.

Despite all the doom and gloom predictions by groups such as the Alliance for the Preservation of English in Canada, the National Alliance for English Rights, the province is still functioning, the world hasn't ended.

One of the main complaints of the groups was that jobs that would normally go to English speaking Ontarians would instead go to Ontario francophones or even Quebec francophones.

As legitimate a concern as it is, neither group has been able to substantiate claims of job losses due to the passing of the bill; at least, not anywhere near the proportions first predicted by group members.

And in most local municipalities, the bill will have no effect at all, most politicians opting not to expand French services even if they are located in an area designated for provincial services in French.

Another concern stated by the groups, as well as municipal politicians, is that providing services could be a tremendous financial burden for municipalities and the province.

At a time when provincial funding is being cut for municipalities, education, health care and other areas, people are questioning whether French language services should be given priority.

Claude Cousineau, reeve of Winchester Township, summed it up best when he said former prime minister Pierre Trudeau only did half his job when he started his crusade for bilingual services in Canada.

The former prime minister should have also ensured that students came out of high school fully bilingual, or even, multilingual, so they would not lose out on jobs designated as bilingual.

Instead of complaining about a bill that is already in place, maybe residents should complain about something else; an education system which is two steps behind bilingualism requirements made by the government.

If the government wants to designate its jobs and jobs in its commissions and agencies bilingual, it should ensure Ontario students graduate from high school fully bilingual. There is no reason why they shouldn't.

Greg Kielec



Comment

The Record welcomes letters to the editor. Letters must be signed and include the writer's telephone number. Correspondence may be edited for length, grammar and libellous statements.

THE CHESTERVILLE RECORD

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From Chesterville's Past

09 From the Record Nov. 18, 1909

A trick was played on Chief of Police Edwards of Smiths Falls a few days ago. A young Syrian girl, who was a prisoner in a cell at the police station on the charge of vagrancy, asked him if he would kindly step inside and open the window to let some air in. He acceded to her request, and as he was in the act of raising the window the girl stepped nimbly outside with the remark: "Just see how you like being locked up there yourself," at the same moment snapping the lock. The chief sprang to the door, only to find himself a prisoner. He called out and someone who happened to be in the corridors heard him and released him. The girl did not succeed in making her escape and was soon in the toils again.

A collision between two Grand Trunk freight trains four miles east of Morrisburg Sunday morning caused a bad smash up and was nearly attended by fatal results. Two freight trains were going east in charge of Conducters Casselman and Grierson of Montreal. The first one broke down and the rear brakesman was sent back to flag the one approaching from the rear, which was running twenty miles an hour at the time. Owing, however, to the dense fog, the signals could not be noticed and a rear-end collision resulted. The conducter and brakesman, who were in the van narrowly escaped, while the engineer and fireman, jumped and escaped with slight injuries. Fifteen cars were derailed and more or less smashed.

29 From the Record Nov. 14, 1929

A few nights ago Lloyd McMillan, of Finch, had an automobile stripped of tires and battery while stored in a little used barn on his farm. The car had been used in a trade-in and was to be taken to a dealer in a day or two to complete the transaction.

The entire season's crop together with farm machinery were destroyed when fire broke out in a barn on the farm of Michael Baker, four miles northeast of Finch Tuesday night. The loss is estimated at $4,000. Volunteer fire fighters succeeded in preventing the flames from spreading to the dwelling nearby but were unable to save the silo. The origin is unknown.

For the Record

This weekend people in Berwick, Morewood, Chesterville and hundreds of other communities across Ontario gathered in the cold to remember those who gave their lives fighting for freedom.

The Remembrance Day crowds are a little smaller than 10 years ago. Forty years after the last great war, there aren't many veterans left.

Of the three ceremonies I covered, only in Chesterville did the officiating spiritual leader give something more than a short prayer. I must say I had mixed feelings when I heard Reverend Bert de Bruijn's short sermon.

He remembered how Christians in the free world united to fight the German Nazis who threatened the Christian foundations of Canadian society. Then he warned Chesterville residents gathered at the Cenotaph that we had to get ready for a new threat to our Christian values, namely the "Islamic Threat".

I was a little shocked by what he said because if there was something I learned from history it was that Germany's military conquest and atrocities during World War Two had nothing to do with the fact that they were Germans. It was a combination of ignorance, fear and hate that drove Germans to their Xenophobic nationalism subsequently stripped away the veneer of civilization they had prided themselves in.

What made Germany's actions so horrific was that Adolf Hitler was able to exploit man's negative inner emotions to a point that he created a nationalist drive that has been unparalleled in modern history.

However, history is abound with examples of leaders exploiting nationalist sentiment for economic and politicial gain. All the great powers were guilty of it when they plunged the world into its first Great War. Napoleon did it too when he set out to conquer Europe.

It's the same with religion too. Iranian clerics use Islam much the same way the Irish Republican Army uses Catholicism, or the way Sikh militants appeal to religion for political gain.

Last year I was acquainted with a Moslem classmate, a young woman, from Eastern Zaire. She told me the Moslems share many of the values Christians have. Indeed Moslems consider Jesus as one of their most important prophets and his teachings are incorporated into the Islamic bible, the Koran.

Like any Christian faith, Moslems deal with the enemy within to keep those negative emotions in check. I hope that when Rev. de Bruijn addresses his Sunday School students that he'll tell them that the real threat to peace is the struggle within ourselves. That's what I got out of years of going to church.

To me the reason for remembering on Remembrance Day is to remind us that we have to fight those emotions like, fear, hate, as well as ignorance to prevent us from turning into the monsters Nazis were.

In all fairness to Rev. de Bruijn, his reference to the Islamic threat raises a very important issue. Canadians, especially those of European origin, in the coming years, are going to have to reconcile their Christian beliefs with the fear and ignorance that many of them greet immigrants of non-Christian origins.

As the Germans experienced prior to and during World War II, it is easy for us to cave into our negative emotions. In the words of Canadian lyricist Neil Peart, we are "quick to judge, quick to anger, slow to understand. Ignorance and fear and prejudice walk hand in hand". (Witch Hunt, 1981).

Yves Cossette



Loonie box

Kristin Myers, 4, (right) and Jamie Roy, 4, (left) present a box full of loonies, $156 worth, to the chairperson of UNICEF for Ottawa Carleton, Marie-Marthe Dubois (middle) last Tuesday, Nov. 7 at the community hall. The two children represented the 70 children that made it to Chesterville's annual Hallowe'en party at the community hall, Oct. 31. The money donated to the United Nations Children's Fund (UNICEF) was collected at the Hallowe'en party.

Record Photo - Cossette

The Farmer's Wife

by Wyn Thompson

It is unbelievable, after such a week of Indian summer that we enjoyed such a short time ago, to now find the earth so dreary and dark. Already the crows have begun flying, as they do in winter, with a certain type of weariness, over the ploughed fields.

But, I am sure, we will still have a belated summer day, or two, snatched from the clutches of old man winter.

In fact, I still expect to find Indian summer, warm and hazy, in mid-November.

Today I went out into the November air which still held a little balm in it. A vast flock of sparrows whose conversation in my eastern hedge never ceases to amaze me, I watched for some time, with a grudging sort of admiration.

A squirrel sitting up, eating a nut; a small covey of partridge darting under the fence; bluish-tinged autumn day, full of feeling. I, too, rest in the haze of autumn.

The hunt for deer is over in our area and I am secretly pleased. Now there is the sound of the axe in the autumn woods - this I enjoy.

Remembrance Day held about the same type of uncertain weather that is a tradition with this event. At least, the real bitter weather had not appeared - the Veterans were thankful for that. They are not as young as they were in 1914 and 1939 and yet again in the Korean and Vietnam era.

They are not, perhaps, honored in the public image as they were of old, but it is good for us to pause and consider history as time and time again country after country begins to unravel.

As we each go our own way, we carry hope within us that someday wars will cease world-wide. We drive back thoughtfully to our homes, to eat supper, to turn on the television, which is telling of trouble in Africa, in Germany, in Russia, and in Poland - while the powers to be talk of peaceful solutions.

That night reading the 'Ontario Farm Women's Network' periodical, I came upon a new word as associated with the farming community - pluriactivity - and what is included under the definition of that word.

It appears there are four types of activity, in addition to farming, included in the definition: employment on other farms, para-agriculture, adding value to farm produce (wine-maker, preserves), on-farm activities not connected to agriculture (tourist accommodation, etc.), various off-farm activities, undertaken by farm family members.

Pluriactivity appears to be a new, broader term for "part-time farming." Nothing new in that. Then followed a statistical sketch of pluriactivity in Canada as compared to European figures.

It appears that over 70 per cent of farm tax filers in Ontario derive most of their income from non-farm sources. Farm income of all farm tax filers in Ontario in 1985, was $2,528, average total income of those same tax filers is $22,822.

In Europe, the picture is generally the same, 90 per cent of all farm households have at least one other source of income. Over 65 per cent of farm households in Europe derive more than 50 per cent of their income from non-farm sources.

The comment on the causes or motivations behind pluriactivity as it appeared in the article Agricultural Policy and Part-time Farming published in 'Rural Voice', was as follows:

Pluriactivity is very clearly a very common phenomenon in all rural areas and in all types of different farming communities, and it used to be explained simply in terms of economic necessity, but the more recent interpretation is that farm families are engaging in a variety of pluriactivity for non-economic reasons, and these can only be thought of as social and cultural reasons.

There is nothing new in that, I muttered, then read on only to find my mutterings substantiated by a viewing of the broad historical picture. Part-time farming or pluriactivity in Canada, and I also believe in Western Europe, has been a common feature throughout agricultural history.

The nature of the tasks is different, but the actual diversification of activity throughout the year and the differentiation of roles among family members is not really very different than it was 100 years ago. People do different things at different times while also running a farm.

Now, it appears the ramifications of the environmental lobby will drastically change the face of the countryside. In strictly economic terms, according to this article, we really do not need the production from abut 60 per cent of Canadian farmers at this point in time.

I'm sure the Canadian government will view this as a golden opportunity to limit production by insisting on environmentally sound practices in farming. Large producers, about 9 per cent, the article continues, will have to shape up, and many are already doing so. But the bulk of the land lies with the others, and here the main gains will come, it appears.

Policy will be affected if farmers can be seen as offering, in addition to good food, a safe environment, then they're going to be seen as champions rather than the enemy.

Now, if the world's industrial giants can mend their ways, as well, the '90s should see a much safer environment. Have we any choice?

In another part of this same newsletter, I had the value of a tree brought home to me once again: "Over a 50-year lifetime, a tree generates $31,250 worth of oxygen, provides $62,000 of air pollution control, recycles $37,500 worth of water and controls $31,250 worth of soil erosion." Quite a contribution!

From the Prince Edward Island Women in Support of Agriculture newsletter, I read the following good news items for we 'worriers of the world.' It was entitled "Worrying is a Waste of Time".

"In an actual study people were asked to write down everything they worried about for a period of several weeks. Then a follow-up was done several weeks later to see if the worries had been really worth it. This is what was found:

40 per cent of the time people worried about things that never happened;

35 per cent of what they worried about could not be changed by all the worry in the world;

15 per cent of the time what they worried about, actually turned out better than expected;

8 per cent of the time worries were unfounded. They simply were not worth the energy expended on them.

2 per cent of the time people did engage in legitimate worry." The authors defined legitimate worry as worrying about something one could do something about. That's simply problem solving!



Best in Dundas

The Dundas 4-H club honored its members at its annual awards night in Brinston Friday night. Pictured above are three of the top award winners with award presenter Jamie McDonnell of the Ottawa Citizen. Receiving the awards, from l-r, are Lindsay Rodger, 20, of Mountain, winning $350; Darlene vanWylick, 17, of Chesterville; and Pamela Giles, 18, Hallville. The three members were awarded for outstanding club participation and citizenship.

Record Photo - Day

Brinston woman tops 4-H awards night

DIXONS CORNERS — Tracey Henderson's banner year on the local 4-H circuit was topped off Friday night at the Dundas County 4-H Awards Night.

Henderson, 18, of Brinston was awarded the Late Mel Tomkins Award for being the champion dairy showperson in Dundas County. She took home the Eastern Breeders Inc. certificate, presented to the senior dairy calf club member having the highest number of points in his or her senior project.

Henderson, who has completed 31 projects in her seven year 4-H career, was the highest scoring member of a Dundas 4-H calf club, earning her The Lions Club of Winchester Inc. Award.

She also received the Ault Foods Award – a gold watch – for being selected fourth highest in club work and citizenship.

Currently in her first year of the Bachelor of Science Agriculture program at the University of Guelph, Henderson will be representing Ontario at the Western Agribition in Regina, Nov. 24 to 27. She qualified for the honor by placing first overall at the Central Canada Exhibition Association Judging Competition in Ottawa in August.

The Ottawa Citizen Award, presented to the three 4-H Club members in Dundas County selected highest in club work and citizenship was saved until the end of the evening.

Lindsay Rodger, 20, of Mountain took the top spot along with $350. Darlene vanWylick, 17, of Chesterville received $250 and $200 was given to Pamela Giles, 18, of Hallville for being chosen third.

Rodger is in her eighth year of 4-H and has completed 31 projects. She has won several scholarships, and is in her second year at Queen's University in Kingston.

VanWylick, a student at North Dundas District High School, has completed 10 projects during five years as a 4-H member.

Giles has spent seven years in 4-H, completing 23 projects. She is also a NDDHS student and has been involved in county and regional 4-H activities.

Martha Link received the Dundas Plowman's Award for being selected fifth highest in club work and citizenship.

Linda Vanderlaan was given the Wileaway Farms Award, which goes to the most involved 4-H Youth Leader in Dundas County.

She also received the Royal Bank of Canada Award for having the neatest and complete 4-H secretary book.

The West Dundas Dairy Club took home the Mountain Township & District Lions Club Award for being the club with the best tie stall at the County 4-H Achievement Day. The Club also won the Lannin Memorial Trophy presented to the 4-H Club in Dundas County showing the greatest interest and participation in 4-H work.

Melissa Douma won the CNE Shield for being the highest placing first-year club member in the County Judging Competition.

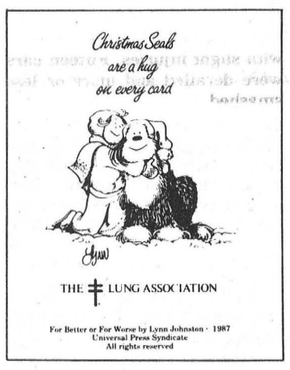
The Dundas County Milk Committee Award went to Catie Clapp as the highest scoring intermediate 4-H member in the County Judging Competition. Isabella Farlinger took the award in the senior category.

Angela Berube took the Oxford Meats Award as top 4-H sheep showman.

Marc Dion cleaned up on Friday, taking the Vandenbosh Award, Lannin Memorial Award and the Earl Cross Memorial Award for his strong showing in the 4-H Beef Club this year.

The Tenant Trophy went to Tina DeVries as the most improved member in the Dundas 4-H Horse Club.

Derek Merkley won the Ronald Thompson Memorial Trophy for being the top showman in the East Dundas Dairy Club.



Breathing apparatus temporarily put on hold

Yves Cossette
Record Staff

CHESTERVILLE — Council has taken the wind temporarily out of a proposal to provide a breathing apparatus for arena workers.

Village council decided Nov. 8 to wait until recreation director Tom Lee found out what kind of safety precautions the Ministry of Labor requires for arena workers before deciding what kind of equipment it gets.

Lee armed with a recreation committee meeting resolution, asked council to consider buying a self-contained breathing apparatus at the Nov. 8 meeting.

A routine inspection by the Chesterville Fire department during Fire Prevention Week in October found existing arena gas masks to be inadequate in the event of an ammonia leak.

"(They're) antique almost. It looks like something you wore in World War II. In our eyes its not sufficient (protection)," said Chesterville fireman Mike McMahon, last Friday.

McMahon, who is also a village councillor, said a self-contained breating apparatus would be needed to deal with an ammonia leak should one happen.

The Chesterville arena uses ammonia as a cooling agent when it makes the ice. Although there never has been a leak of the toxic chemical at the arena, Lee wants to be prepared just in case there is one. "It's in a sealed unit, but there is a chance its going to break down," he said.

Lee would like to see the arena get a Scott Airpack, the type of breathing apparatus the fire department uses. The fire department has five of them.

Lee estimates the airpack would cost between $2,500 and $2,700. However, he mentioned the Scott Airpack only because it was one he was familiar with at a previous job. There may be cheaper airpacks that perform the same task as a Scott Airpack, he said.

There was some confusion at the council meeting whether to store the breathing apparatus at the arena or at the fire department, which is next to the arena.

Deputy Reeve Roger Cole questioned the need of purchasing an additional air pack to store in the fire department when the fire department already has five of them.

But Lee said he was certain that the Ministry of Labor would require the arena to have an airpack in the building.

An occupational hygienist with the Ministry of Labor, Jean-Marc Gladu, said the question of storing the airpack depended on the arena's emergency evacuation plan. If the emergency plan calls for arena workers to deal with the leak then self-containing breathing units are needed, he said. However, Bladu said if arena workers are only responsible for evacuation, then only an escape respirator is required.

The fire department has offered to train the four arena workers how to use a Scott Airpack and will also act as a back up in the case of an ammonia leak.

Since the fire department is right next to the arena, firefighters would be able to respond to an ammonia leak within three to four minutes, McMahon said.

Morewood senior citizens hold last euchre for 1989

MOREWOOD — Morewood Seniors held their last euchre for the year with ladies winners being Amy Carruthers, Doris Steven, and Yvette Lalonde.

Men winners were Len Moran, Anatole Lalonde, Grant Swerdfeger.

Door prize winner was Yvette Lalonde with special prizes won by Edith Baker, Tressa Bazinet, Jean Mattice, Francis Bell and Gordon Baker.

There will be a special meeting at 2 p.m., held in the hall on Friday, Nov. 10, 1989 concerning where the club will hold its meetings in the future.

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A public meeting is to be held to present information regarding the above mentioned project.

An open house information session will be held between **4 and 7 p.m.** on **Thursday, November 23, 1989** in the Rothwell Gym at the Rothwell Osnabruck School in Ingleside, Ontario. A public meeting will follow the open house commencing at 7:00 p.m. in the same location.

The project is proceeding in accordance with the requirements of the Class Environmental Assessment for Municipal Sewage Projects pursuant to the Environmental Assessment Act.

For further information contact:

Township of Osnabruck
P.O. Box 340
INGLESIDE, Ontario. K0C 1M0
(613) 537-2362
14-2



Because wife assault usually happens at home, people tend to think of it as a family affair. But wife assault is not a private matter. **It is a crime.**

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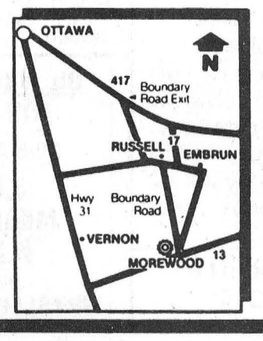

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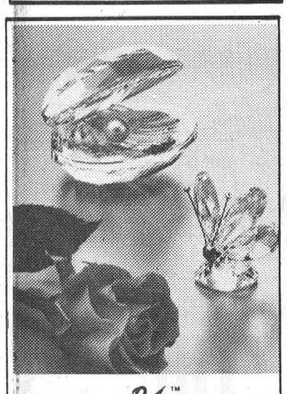

SWAROVSKI
SILVER CRYSTAL
MAKE YOUR FEELINGS CRYSTAL CLEAR... BETTER YET MAKE THEM CRYSTAL CLEAR WITH A SPECIAL GIFT FROM THE **SWAROVSKI SILVER CRYSTAL COLLECTION** Until November 25 buy a **Display Cabinet** and receive **20% Off** a crystal figure
THE BROOKSLYN
King Street
CHESTERVILLE
448-2804

FOR SALE — 1986 Excel GLS, 4 cyl., 5 speed, extra clean car with safety check, 52,000 kms, factory stereo, plus many extras. Phone 448-2607 after 7:30pm. 14

FOR SALE — General Electric microwave ovens in all sizes. Over the range micro oven with built in exhaust fan and lights. On sale now for only $689. Other models as low as $159. Come and check it out at Chesterville T.V. and Appliances Sales-Service. 448-2195 Chesterville. 13-1

FOR SALE — Used 2" stainless steel pipeline with 4 milking units; 600 gal. bulk tank with new compressor; Patz stable cleaner & silo unloader call. Divided Acres 989-5340. 15

WRAP UP YOUR CHRISTMAS SHOPPING EARLY — We have jewellery of all kinds, watches in the latest styles, 30 per cent off children's hair accessories, belts, all colors. Cards - all occasion and small gifts at good prices, good selections. Marielle's Jewellery & Gift Shop. 987-5345 Crysler. Located at Sears Office. 13-1

FOR SALE — 1985 Hyundai Pony GLS, 4 cyl. 5 speed, 4 speaker stereo, safety check supplied, very reasonable. 448-2607 after 7:30pm. 14

FOR SALE — 3 furrow Kverneland plow. 1980 Yamaha 300 snowmobile 984-2316. 13

FOR SALE — Hitachi twin tub washer with agitator for clean washings and large spinner capacity for fast drying. On sale now for only $549. Chesterville T.V. and Appliances Sales-Service. 448-2195 Chesterville. 13-1

FOR SALE — 1980 Ford Courier with cab. $200 or best offer. Call 448-3134. 14

A TISKET — A TASKET
Gift Baskets
For All Occasions
"Get More In Our Basket"
Starting at $12.
Call
THE BROOKSLYN
448-2804
AND ORDER YOUR CHRISTMAS BASKET!

B&E TOYS LTD.
Nintendo Action Sets
November Sale
$219.00
CHRISTMAS DRAW
Each $5 purchase gives you a chance to win a "GABBY BEAR"
Drawn on Dec. 22, 1989
CHESTERVLLE
(613) 448-2083

Al-Mor Ladies Wear
THIS WEEK'S CHRISTMAS BARGAIN
BUY A **SKIRT** and **BLOUSE** and receive
25% OFF YOUR TOTAL SALE
PHANTOM SILK HOSE Have Arrived! Available in Purple, Grey & Black
With every purchase over $10 enter our Christmas draw. Win a 4-piece set of London Fog luggage and a night on the town. (Hotel and dinner in Ottawa). Value $1,000.
CHESTERVILLE
448-3370

FOR SALE — 1983 Dodge Colt, 4 cyl. 8 speed transmission, clean car, sold with safety check, 88,000 kms. This car is very comfortable to drive. 448-2607 after 7:30pm. 14

APPLES
McIntsh; Snows; Tolman Sweets; Golden Russets; Cortland; Bancroft (Spy); Empire; Red Delicious & Spartan. Christmas Gift Baskets and Gift Certificates. Special 42 lbs. for $8 at Smyth's Apple Orchard. 3 miles west of Williamsburg on County Rd. 18. Open 7 days a week. 9am-5pm. 652-2477. 13tfc

FOR SALE — 1984 Mercury Lynx, 4 cyl., auto, nice radio, excellent condition. Must be seen. 60,000 kms with safety. 448-2607 after 7:30pm. 14

FOR SALE — Motor and transmission, 1980, 265 Pontiac American, runs very good, low mileage. Call 984-2035. stf

FOR SALE — Disco equipment, 4 Cerwin Vego speakers, 2 dual turntables, lots of albums and more. For more information call 984-2700. stf

FOR SALE — 1973, 18' camping trailer. Sleeps 5, stove, fridge, washroom. Excellent condition. Call 984-2095 after 6pm. 44tfs

FOR SALE — '76 Caprice Classic, a-c, p.b., p.s., some work needed, body in good condition. Asking $1500 or best offer. Call 987-5249 after 6pm. stf

FOR SALE — Maintenance free made to measure windows, also for older homes. Residential and farm roof trusses. Steel roofing. B&B Construction 1986. 984-2853 or 984-2898. 37tf

FOR SALE — Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, stand-by power supply, new and used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991. 23tf

FOR SALE — Couch and chair, floral pattern. $200. 984-2035. 14stf

FOR SALE — 1985 Ford Escort, 2 door standard, radio, safetied, $2950; Cockshutt 540 gas tractor, fully hydraulic loader, new tires, $3250. Weagant Farm Supplies, Hwy. 43, Winchester. 774-2887. Evenings 989-2927. 13-1

FOR SALE — Snowmobile, 1980 Blizzard, 7500 plus, excellent condition. Call 448-3028 after 4pm. 13

FOR SALE — Round bales of hay; 3 pt.-h circular saw; used plows & plow parts; also oats and barley. Call 346-2382. 15

FOR SALE — Snowblower, 2 stage, good condition. Asking $495. Call Bert VanKessel 448-2176. 13

FOR SALE — 1975 Dodge Coronet in good running condition. Needs body job. As is. Phone James Sargent at 448-3193. 13

FOR SALE — Mobile home, spacious 14x70, 2 bedroom, 2 additions, large kitchen area, plus extras. Must be seen to be appreciated. Call 774-5211. 14

NOTICES

NOTICE — Piano tuning, repairing, refinishing. We buy, sell and move. Specializing in restoring quality older pianos. Al's Piano Shop. 1-932-1825. 15-5

ATTENTION ALL CONSUMERS — The ultimate consumer card I.C.N. Group Inc. Independent Member Associate. Get the facts on how we can enhance your lifestyle and decrease your cost of living. Call Paul at 1-774-3484 Mon.-Sat. 7-10pm. 13

GETTING MARRIED? — Have your personal wedding story captured by an experienced photographer. We also take family, anniversary and personal photographs. Book early by calling Wayne LaPrade, Chesterville, 448-2852. 20tf

OIL UNDERCOATING FOR VEHICLES
NOW AVAILABLE AT
S.M. TIRE MOBILE SALES & SERVICE
Queen St.
CRYSLER — 987-5317

NOTICE — A person having a hospital bed belonging to the Ladies Auxiliary of the Royal Canadian Legion Branch 434 Chesterville. Please call Mary McCLoskey 448-2833. 13

McHAFFIE AUCTION HALL — Morrisburg. Open every Monday and Tuesday evening 6-7pm to receive your consignments. 23tf

TRANSPORT DRIVERS REQUIRED — Freedom, excellent pay, travel. Get your Class A licence at Ontario's oldest and largest training centre. Tax deductible, professional training, job assistance. No experience necessary. Merv Orr Transports, 1-800-265-3559. 13tf

MOVERS — Licenced and insured household moves. Call 543-2523 or 543-2226, Morrisburg. 12tf

NOTICE — A.A. Meetings. Russel Saturdays at 8pm in St. Mary's Anglican Church, Castor St. For information 445-5698 or 445-5494. 14

THE CROSSOVER — In Morewood is open Sunday, 9am-6pm. Full serve gas, full line of groceries. 29tfc



NOTICE CALF RECEIVING DATES
NO CALVES ON NOVEMBER 7, 1989 BUT WILL RECEIVE CALVES NOVEMBER 14, 21 & 28
Mutual Research Farm
Lightning St.
WILLIAMSBURG

LABELLE'S Family Hair Care
• Waxing • Ear Piercing • Manicures
System Professional
Joico - Scruples Products
ELECTROLUX VACUUMS & All Makes of Bags & Repairs
HOURS:
Monday to Friday: 9-5
Thursday: 9-8
Saturday: 8-1
38 KING ST
CHESTERVILLE
448-2223

S.M. TIRE MOBILE SALES & SERVICE
– 24 Hour Service
– Farm
– Industrial
– On Site Repairs
VISIT OUR SHOP
Located at:
Queen Street
CRYSLER
For Oil Changes & Small Repairs
STEVEN MANLEY
987-5317
After 5 p.m. **984-2886**
Mobile **936-7240**

Sandra Lea Home Care
Residential and Commercial Cleaning
Before & After Moving Cleanup
Spring Cleaning (windows)
VACATION TIME?
Need Someone to Care for Your Home?
- Daily visits
- Mail Pick-up
- Rotate Lighting
- Pet & Plant Care
- Lawn Cutting/Snow Removal
- Daily Security Check
BONDED & INSURED
448-3722

WANTED

WORK WANTED — Babysitting. Cheerful care for your child or children in my home. Nutritious lunches and spacious play areas. Lots of tender loving care. Call Astrid anytime at 448-1225. 15

WANTED — Small farm tractor attachments: backhoe, auger, brush hog, snow bucket, gravel bucket, mower, snowblowers, scraper. Call evenings 925-5884. 5tf

HELP WANTED — Kitchen help and waitress. Apply in person at Louis Restaurant, Chesterville, Ont. 448-2051. 23tf

WANTED — Babysitter to care for 4 month old and 5 year old attending school half days. Chesterville-Dunbar vicinity. My home or yours. References required. Phone 448-3322 after 5pm. 13

WORK WANTED — Want your cows clipped? Relief milking done? Or going on holidays? Call David Larmour early in morning or after 8 evenings. Phone 774-5468. 14

WANTED — Immediately, babysitter, my home for 2 children. One boy age 5 and one girl, age 15 months. Call 448-2851. 13

WANTED — Hairstylist, minimum 5 years experience. Contact Holm-El Beauty Salon, Winchester. Phone 774-3734. Evenings 774-3784. 13

WORK WANTED — Would you like someone to lighten your housework once a week? Call Frances for more information at 448-1147 after 6pm. 13

FAMILIES WANTED — To provide a caring home to a developmentally handicapped adult. Financial compensation provided. Contact: Family Home Program 937-3072. 14-2

WANT A RELIEF MILKER? Call the Agricultural Employment Service well in advance. Phone 448-2311. 13-2

NEED HELP — Young grandmother interested in babysitting at grandmother's home. Day time or evenings, ages 2 and up. Call Gramma Cameron 984-2262. 13

WANT YOUR COWS CLIPPED? Call Agricultural Employment Service now. Phone 448-2311. 13-2

HELP WANTED

Crysler Residence
We need additional personnel to care for the elderly
EVENING SHIFT
WORK 3 DAYS WEEKLY
CRYSLER
987-5562
14-2

FOR RENT

FOR RENT — Finch - 2 bedroom house on quiet street. Rent with references or for sale. Available immediately. Call 1-821-4781. 13

FOR RENT — Office space or retail store space in Chesterville, next to Sears on King St. Available immediately. Call 448-2077 or 931-1786. 14-4

FOR RENT — 2 bedroom apartment in Chesterville, 78 Mill St. Available immediately. $390 heat and hydro included. Call after 6pm. 774-5323. 12tf

FOR RENT — 2 bedroom apartment, clean, spacious, appliances and laundry facilities, parking included. Morewood, Ont. Call 728-5728 or 448-3648. 15-5

FOR RENT
1,000 sq. ft. office or store space. Air conditioned, electric heat. Available immediately.
11 Industrial Drive
CHESTERVILLE
448-2852

CARD OF THANKS

We would like to thank Dr. Slowey for his special attention during labor and delivery. Also Dr. Adamson and the entire maternity nursing staff for their excellent care during our stay in the maternity ward.
April and Brooklynn Wheeler
13

CARD OF THANKS
The Vollrath family would like to express their appreciation for all the love and support during the loss of Don. Kathy Sullivan of Ottawa who fed us, gave us a bed, cried with us and held our hands in the I.C. unit. The doctors and staff of the I.C. unit of the Civic Hospital. Rose and Sherwood Rutley, Tom and Bertha Sullivan for looking after our home during our absence. The Royal Canadian Legion, Heather Branch, Finch for the outside Fall cleanup and the service at the Church. All who sent cards, flowers, food and drivers during Don's illness and after his death. Marion Hough and Kirk Anderson for the lovely tribute. Rev. D. MacMillan for conducting the service. All the pallbearers and honorary pallbearers. St. Luke's Knox, Chalmers United Church Choirs and Ken Dunlop for the music. St. Luke's Knox Ladies Aid for serving the lunch after the interment. Brownlee's Funeral Home for their quiet, caring service. It has been said if you can't think of many words to express your feelings, a thank you which comes from deep in your heart will do.
Thank you,
Phyllis
13

CARD OF THANKS
Sincere thanks to family, relatives and friends, who visited, sent cards, gifts and flowers when I was a patient in Winchester Hospital. Special thanks to nursing staff on surgical floor, Dr. Rosenquist and Dr. Adamson.
Betty Sullivan
13stf

CARD OF THANKS
I wish to express my sincere thanks to my family, friends, neighbors and relatives for their prayers, visits, calls, cards, flowers and food brought to our home. A special thanks to Dr. Slowey, Dr. Rosenquist and nurses in the Winchester Hospital. Your many acts of kindness will always be remembered.
Pierrette Lamoureux

LOST

LOST — 2 Holstein heifers with red ear tags No. 32 and 39. Also have neck chains and yellow fly tags in ears. Call Willy Meeraakker at 989-2619. 13

LOST — Orange fibreglass 6' stepladder, between Elma and Gallingertown. Reward $100. Contact Paul Stewart 448-3415. 14-2

LOST — 1 very agile sow, yellow ear tag, 350 lbs., last seen bounding over 5 ft. trailer door in Finch area. If found place in sealed room. Call 537-2098. 13-1

FOUND

FOUND — Northwest of Ingleside black part Newfoundland dog, white chest and markings. Call 537-8537 evenings. 13

BIRTH

WHEELER-COUNTRYMAN — Creig and April are pleased to announce the arrival of their first child Brooklyn Leigh Countryman Wheeler on November 4 at Winchester District Memorial Hospital. Proud grandparents are Betty and Desmond Wheeler and George and Margaret Countryman. Brooklyn's the first great-grandchild of Mrs. Beatrice Countryman. 13

COMING EVENTS

DANCE — Nov. 18, 1989 sponsored by the Chesterville Legion Branch 434 at the Chesterville Legion Hall. Featuring Hy and Dry. 13-1

FINCH & DIST. OPTIMIST CLUB YOUTH DANCE — To conclude Youth Appreciation Week, Finch & Dist. Optimist Club will sponsor a Teen Dance Sat., Nov. 18. 8am-11pm at Finch Seniors Hall. $2 admission. 13-1

NEW YEAR'S EVE DANCE — Sponsored by Finch and District Lions Club, Finch Community Centre, Sun., Dec. 31, 1989. Dancing 9pm-1am. Good Music. Admission per couple $20 advance or $25 at the door. Buffet Lunch Served. Tickets available from any Lion's member. 13-1

RESERVE THIS DATE — Finch and District Lions Club will be holding a dance and show Sat., June 9, 1990 with Tommy Hunter and band. 13

BENEFIT PARTY — For Mark Bereza, son of Leo and Emma (Froats) Bereza Nov. 25, 1989. 8pm-1am to be held at the Hunt Club Community Centre, Ottawa. Directions - Take Hunt Club Rd. to McCarthy St. turn north near A&P Store. 14

CHESTERVILLE WI MEETING — On education and cultural activities Mon., Nov. 20, 1989 at 8pm. Please bring gifts for shut-ins. Everyone Welcome. 13

MORRISBURG & DIST. CANADIAN CLUB — Will be holding their 3rd fall dinner meeting on Nov. 20, 1989 at 7pm with a social half-hour preceding. The guest speaker will be Dr. Andrew Pipe, M.D. from the Ottawa Heart Clinic. Memberships and guest tickets are available. Please call 543-2922. 13-1

WEDDING RECEPTION — Following the recent marriage of Greg Casselman, son of Richard and Shelia Casselman, Chesterville to Victoria Gregory of St. Thomas, Friday, Nov. 24, 1989. Chesterville Legion Hall, Chesterville. 9pm-1am. Everyone Welcome. 14

CATTLEMEN TAKE NOTE
Of the following information meetings regarding the Ontario Cattlemen's Assoc. "Blueprints For the Ontario Beef Industry". **Dundas County Meeting** — Sponsored by Dundas Cattlemen's Assoc. Nov. 16 at 8pm. Winchester OMAF office. All Dundas beef and dairy farmers welcome. **Regional Meeting** — Sponsored by Ontario Cattlemen's Assoc. November 21 at 8pm at KCAT. 13

BINGOS — For Nov. 1989 at Chesterville Legion will be Sat., Nov. 18, beginning at 1pm. Sponsored by Chesterville Ladies' Auxiliary Branch 434. 13-2

FINCH & DIST. LIONS CLUB FIGURE SKATING REGISTRATION — Will be Nov. 11 from 10am-noon at Finch Arena. $35 per child. Maximum of $105 per family. Figue skating starts Nov. 15 from 5:45-7:45pm. 13-3

WEDDING RECEPTION — Mr. and Mrs. Ross Smith request the pleasure of your company at the reception following the marriage of their daughter Marilyn Diane to Chris Ireland on Saturday, Nov. 18 at 9pm in the Finch Community Centre. Everyone Welcome. 13

PRO-LIFE INFORMATION NIGHT — Guest speakers Dr. Andre Lafrance, Physicans for Life and Nancy Jahn, Political Lobbyist present "The Abortion Debate - What is really happening in Parliament and why we need a law to protect the unborn" Fri., Nov. 17 at 8pm. Kemptville in the auditorium at North Grenville High School on Prescott St. Free admission. Free refreshments. Please come. Sponsored by Winchester and Area Pro-Life. 13

CRAFT & BAKE SALE — Sponsored by Dundas Rebekah Lodge Chesterville, Nov. 25. I.O.O.F. Hall, Main St. Time 1-4pm. Baking, Crafts & White Elephant Table. Something for Everyone. 14-3

AWARD WINNING MOVIE "JESUS" — The dynamic, award-winning movie "Jesus" is being presented on Sun., Nov. 19, 1989 at Dunbar Presbyterian Church commencing at 1:30pm. Child-care available. Refreshments. Free-will offering. 13stf

BINGO — Sponsored by Morewood Volunteer Firefighter Assoc. second and fourth Saturday at 1pm at Morewood R.A. Centre. 18 Regular Games, Early Bird, Bonanza, 3 50-50 games. Winner-Take-All, Progressive JackPot for Nov. 11 will be 54 numbers for $400. 14-3

RIVERSIDE SNOWMOBILE CLUB INC. FALL DANCE — Sat., Nov. 25, 1989. 9pm-1am. Matilda Community Hall, Dixon's Corners. Music by Gary and Mickey Code. Door Prize. Lunch Served. $6 per person. Everyone Welcome. 14-2

Winchester Theatre
NOVEMBER
Friday 17
Saturday 18
YOUNG EINSTEIN
(P.G.)
Starring Yahoo Serious. Best import from Australia since Crocodile Dundee. A cheerfully inventive comedy builds to a frantic climax at the 1906 Academy of Sciene Awards.

GARAGE SALE — Sat., Nov. 18. 9am-11am. Used electric stoves, bath tubs, sinks, hot water tanks and furniture, etc. One mile east of Chesterville on Hwy 43. C.A. Graham. 13

AVONMORE ACES CAR RALLY — Sun., Nov. 19, 1989. Registration 10-11am Berwick Hotel. 13

8th ANNUAL CHRISTMAS SALE — 20 per cent to 50 per cent off every item in store. Furniture, glassware, china -- All 20 per cent off. Books, jewellery, LPs, bottles. All 25 per cent off. Paperbacks 50 per cent off. Antiques, Collectibles 20 per cent off. And much more! Free gift! Door prizes! Craigy Muir Curiosities, beside the old gristmill, Spencerville. Open 1-6 daily. 13

BAKE SALE — Sat., Dec. 2 10am-12 noon at St. Andrews Presbyterian Church Hall, Mill St., Chesterville. 15stf

LUNCHEON & BAZAAR — Avonmore Community Centre, Sat., Nov. 18. 11am-2pm. Adults $4; Children under 12 $2. Sponsored by ladies of St. James U.C.W. 13

EUCHRE — Sponsored by Morewood R.A. will be held on Sat., Nov. 18 in the Community Centre. Registration fee $5 per person. Cash prizes 50 per cent of fees. Registration 7:30pm. Games starting at 8pm sharp. Age of Majority. 13-1

BROOMBALL DANCE — Sat., Nov. 18. Avonmore Community Centre. Disco. Everyone Welcome. 13

PRE-CHRISTMAS BAKE SALE
Sat. December 2
10AM to 12 NOON
ST. ANDREWS PRESBYTERIAN CHURCH HALL
Mill Street
CHESTERVILLE

ANNUAL MEETING
MEALS ON WHEELS
Chesterville Unit
THURSDAY, NOV. 30
7:30 P.M.
at
Nelson LaPrade Centre
Guest Speaker:
Mr. Eagan
Executive Director
Winchester Hospital
Special invitation to recipients of Meals on Wheels, former as well as current and volunteer drivers and helpers.
Lunch To Be Served
14-2

Cactus Panchos

THE SIERRA GRANDE HOTEL
(Formerly Chesterville Hotel)
Featuring:
"BLUE STEEL"
FRIDAY & SATURDAY
NOVEMBER 17 & 18
9 P.M. - 1 A.M.
Tuesday the 21st
LADIES NIGHT
ONE NIGHT ONLY!
Photo I.D. Required

AUCTION SALES

AUCTION SALE
SAT., NOV. 25, 1989
10:30 AM

Village of Marionville, Ont.
Estate of Albert Marion
ANTIQUE & MODERN FURNITURE

Dishes; freezer; refrigerator; 2 TVs; antique kitchen set with 4 chairs & 1 rocker; many other pieces of furniture; butcher shop equipment; a full garage of electric & carpenter tools; approx. 50 boxes of assorted screws, bolts & nails; garden tools, plumbing supplies; International D 250 diesel tractor; New Holland spreader No. 512; set of hyd. disc harrows, 24 disc; 24' hay wagon with rack, like new; hay elevator; trailer for livestock; sheep shearer; antique turnip slicer & corn stripper; milk cans; tractor pulley; driven bench saw; 24" & 30" circular saws and hundreds more items.

Canteen on Spot
TERMS — CASH OR CHEQUE
WITH PROPER ID
AUCTIONEER
Regent Menard
443-2884

Note: In case of bad weather, auction will be held inside.

14-2

HOUSEHOLD AUCTION
THURS., NOV. 16
6 PM
McHaffie Auction Hall,
Morrisburg, Ont.
2 households will be sold

Frost free refrigerator; electric stove; washer; dryer; dishwasher; 7 cu. ft. deep freeze; 9 pce. dining room suite; sectional chesterfield; chesterfield & chair; double bed; mirrored dresser; single bed; chests of drawers; night stand; couch; coffee table; end tables; chrome table: TV stand; storage cabinet; set of 6 wooden chairs (new); picnic table; benches & chairs; Kenmore sewing machine & cabinet; child's wooden rocker; antique magazine stand; marble top tables (new); silver tone accordian; Lazy-Boy; dehumidifier; dishes; ornaments; glassware; lamps; small household appliances; pictures; Craftsman 4hp self propelled 22 in. cut mower with bag; 6hp Ariens snowblower; 2 stage electric start with chains; ice cream cooler; stereo; kitchen cabinets; velour chairs; lawn furniture; cement ornaments; sander; floor jack; Skil saw; Workmate bench; rotar & table; tool box; misc. tools; electric fan; wet & dry vac; TV; stereo; binoculars; Craftsman fertilizer spreader; Christmas decorations; records; books; misc. house & garden tools; many unlisted items.

AUCTIONEER
Sheila McHaffie
Master Card & Visa Accepted
Hall will open 5pm
day of sale

13-1

AUCTION SALE
ANTIQUE & HOUSEHOLD FURNISHINGS
Dorothy Bouchard
St. Mathew's Presbyterian Church Hall
Ingleside, Ont.
SAT., NOV. 18
11 AM
AUCTIONEER
Flora Grant Dumouchel
Ingleside, Ont.
537-2925

Setee & 2 matching chairs; Victorian fainting couch; mantle clocks; victrola & records; glass including Depression; china; dolls; dressers; pine desk; round parlor table; glass top coffee & end tables; dining room table & 4 chairs; dropleaf table; maple corner what-not; assortment of lamps; maple coffee table; hexagonal table with butterfly leaf & 4 chairs; Singer sewing machine; floor lamps; sleighs; wicker swing; 2 wringer washers; dryer; other misc. articles.

TERMS — CASH OR ACCEPTABLE CHEQUE
Lunch Available

13-1

EVENING AUCTION SALE
HOUSEHOLD FURNITURE & ANTIQUES
Contents of House &
Senior Citizen Apartment
FRI. EVENING NOV. 17
Henderson (Masonic) Hall
Church Street West,
Winchester, Ont.
West of Post Office
6 PM

Kroehler chesterfield & chair (rust color), perfect condition; maple studio couch & matching chair, perfect condition; 3-pce. solid wooden bedroom suite, plus box spring & mattress, perfect condition; rattan kitchen set, round table & 4 chairs, perfect condition; small chrome set & chairs; platform rocker; arm chair & foot stool; occasional chairs; electric portable sewing machine; Brother portable typewriter, new condition; small portable TV; coffee & end tables; electric lamps; radio, tape player & speakers; small tables; pots & pans; TV trays; odd chairs; roll carpet; dishes; bedding; guitar; ice cream freezer; child's table & chairs.

Antiques: high back sideboard; oak stacking bookcase; oak bed; pine harvest table; pine washstand; large cupboard top; china cabinet; blanket box; dresser; washstand; highboy; square table; parlor tables; small tables; butter bowl; high chair; cast iron pot; sewing basket; quilts; Depression glass, Carnival, German dishes; lamps; crocks; bone china cups & saucers; stain glass windows; tools.

Large sale must start on time. All items clean and in top condition.

Hall, Owner or Auctioneer not responsible for accidents
Hall open 4pm
Many Unlisted Items
TERMS — CASH
AUCTIONEER
Harold Ball
448-3161

13-1

BDO WARD MALLETTE

Chartered Accountants

Ward Mallette's Winchester office offers a full range of services in areas of:

- Auditing & Accounting
- Taxation & Tax Planning
- Computer & Management Advisory

475 Main Street
Winchester, Ontario
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Fax: (613) 774-2586

CHESTERVILLE HAIR STUDIO

Open 6 Days A Week

Mon., Tues., Wed. & Fri.
9 A.M. - 5 P.M.
Thursday - 9 A.M. - 8 P.M.
Saturday *(By appointment only)*
9 A.M. - 2 P.M.

Elaine
Christine
Lesley

448-3674

Dave's service tip of the week



STIFF STEERING WHEN TURNING COULD INDICATE A PROBLEM — HAVE IT CHECKED OUT!

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PONTIAC BUICK LTD.
WINCHESTER 774-2360
1-800-267-7608
Dave Coleman, Service Advisor

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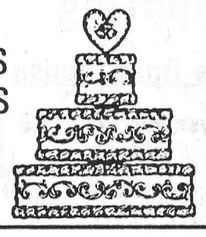
WEDDINGS
BANQUETS



PARTIES
ETC.

MARY DERUE
448-2296

CINDY DERUE
543-2124

Office hours:
Mon. to Fri., 9:00-8:00;
Sat., 9:00-12:00.
COURSE DATE:
November 27 - December 30



OSL APPROVED
(In English)

EMBRUN DRIVING SCHOOL
1028 NOTRE DAME
EMBRUN, ONT. K0A 1W0
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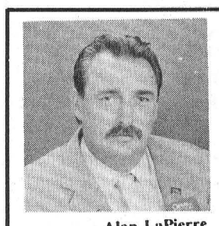
(613)443-1696



Alan LaPierre
448-3306
Residence
504 Main St.
Winchester

Buying or Selling?

Let me show you how I can assist - no obligation.

Century 21
McIntosh & Proulx
REAL ESTATE LIMITED

BRANNEN BUSLINES LIMITED

"Transportation for People"

66 MAIN ST.,
CHESTERVILLE, ONT.
448-2455, 448-3325

We are willing and able to provide charter transportation for people; from Winchester Township, including the villages of Chesterville and Winchester. Be it a group of 100 going to Montreal or Toronto, to a group of 2 going shopping in Ottawa (air conditioned station wagon available).

Being a local company we will be more than competitive.

If you have transportation needs, give us a try

We do not offer coach service

448-2455 ***448-3325***

NORDUN COMPUTERS

Your Local Source for Computers For Home or Business

IBM PC Compatible Computers

- Software
- Diskettes
- Accessories
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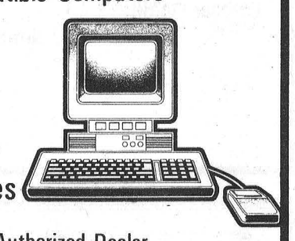

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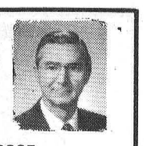

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Delburn Baker - Representative - Res.: 987-2805

$59,000.00 - Finch. 2 bedroom bungalow on double lot, full unspoiled basement, detached garage 22x24. List K18602

$89,900. - Crysler. 3 bedroom bungalow, anglestone exterior, full insulated basement, attached garage 15x28 on lot 209x209. House is immaculate. List K18601

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(30) Dinette sets (3 pc.-7 pc. sets); (20) Swivel rockers; (30) Recliner chairs; brass bed; coffee table.

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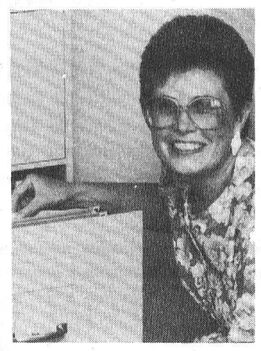

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520 St. Lawrence St.
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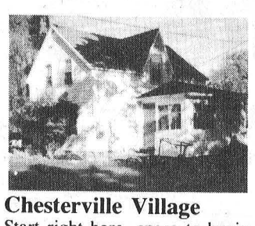
Res. (613) 448-3660

OPEN HOUSE
Sunday, Nov. 19, 1-3pm



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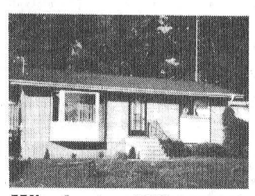

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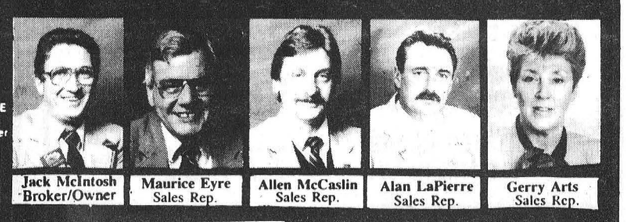

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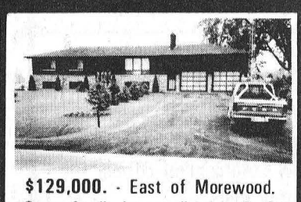
Ottawa direct line 821-3972 MLS



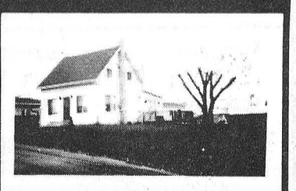
Dick Gaiser Sales Rep. | Aline Foubert Sales Rep. | Wayne Morgan Sales Rep. | Linda Fisher Sales Rep. | Helen Kennedy Sales Rep. | Edna Giles Sales Rep. | Barb Guffroy Sales Rep.



$125,000. - Chesterville. New 3 bedroom bungalow on 2 acres, features oak kitchen, 2 baths, patio doors, deck, attached garage. A must to see. R961 **Alan LaPierre, 448-3306.**



$129,000. - East of Morewood. Super family home, all brick, 3+2 bedrooms, rec rooms, double attached garage, 1/2 acre lot. Immaculate throughout. R865. R915. **Alan LaPierre, 448-3306.**



$79,900. - Crysler. Lovely starter home in quiet village, completely renovated. Nice place to raise children. 30 minutes to city. R968 **Gerry Arts, 987-5612.**

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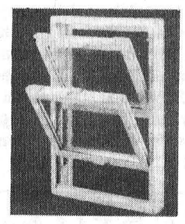

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VACANT LAND - 27 acres tiled land, on Highway 43, excellent building location. Asking $35,000.

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HOMES

NEW LISTING - Lovely three bedroom bungalow with glass sun porch, dining area and built-in applicances on attractive large lot. Detached garage, Priced at $87,000.

HOBBY FARM $150,000. - Lovely 4 bedroom, 1-1/2 storey brick home with cherry, rosewood and hardwood floors, large barn and outbuildings on 199 acres of land.

GOOD VALUE - For this income property at $59,500. One two and one three bedroom unit with new renovation done on two bedroom side. Approx. 1/2 acre lot.

$124,800. - Lancaster area. Beautifully finished 11 year old brick bungalow has three plus two bedrooms. Well maintained home.

LAND

APPROX. 60 ACRES - Fronting on two paved roads. Wooded area at back of property. Asking $35,500.

APPROX. 25 ACRES - With some mixed bush. Nice built-up area. Priced at $29,500.

$10,000. - Build your new home on this high one acre parcel.

Geraldine or Herb Schwartz
346-5721
Sales Representatives for Sauve Real Estate Ltd.

IN MEMORIAMS

IN MEMORIAM

BELL — In loving memory of my dear husband Orvil who passed away November 20, 1988.
His charming ways and smiling face,
Are a pleasure to recall.
He had a kindly word for each,
And died beloved by all.
Loving wife, Francis
13

IN MEMORIAM

RAINEY — In loving memory of our dear son Christopher who passed away Nov. 14, 1987.
Gone from the earth so swiftly,
Just like a flower in bloom,
So young, so fair, so loving,
Yet called away so soon.
Sadly missed by,
Mom and Dad,
and brother Ross
13

IN MEMORIAM

RAINEY — In loving memory of our dear grandson Christopher who passed away Nov. 14, 1987.
Two little hands are resting
A loving heart is still,
A little son we loved in waiting
For us just over the hill.
Sadly missed by grandparents,
Mr. and Mrs. Hank and
Elaine Sanders and family
13

IN MEMORIAM

WINTERS — In loving memory of a dear husband, father, grandfather and great grandfather, who passed away Nov. 16, 1983.
We do not need a special day
To bring you to our minds
For the days we do not think of you
Are very hard to find.
Sadly missed by,
Cecile, Eileen,
Leona and Families
13

IN MEMORIAM

RUSSELL — In fond and loving memory of a dear grandson and nephew Chris, who was accidently killed on Nov. 18, 1978.
There was no time to say goodbye,
The day you went away,
You left us, oh so suddenly,
Eleven years ago today.
Our hearts still ache with sadness,
And silent tears still flow.
What it meant to lose you,
No one will ever know.
Sadly missed by,
Grandpa, Nanny,
Aunts, Uncles,
and Cousins
13

IN MEMORIAM

PAAUW-RABBE — In loving memory of our dear daughter and sister, Thereasa, who died accidentally on Nov. 15, 1982.
We do not forget her, we love her too dearly,
For her memory to fade from our lives like a dream.
Our lips need not speak when our hearts mourn sincerely,
For grief often dwells where it seldom is seen.
Loved and
Remembered Always by
Dad and Mom
and Family
13



Heidi Suszczynski, daughter of Mr. and Mrs. Michael Suszczynski of Finch, graduated with her diploma for Hotel-Restaurant Management from St. Lawrence College, Brockville, Ont. Heidi is presently employed by Marriott Co. Queen's University, Kingston, Ont.

PASSPORT PHOTOS
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101 Sydney St.
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For reservations, catalogues or any information contact the sale managers.

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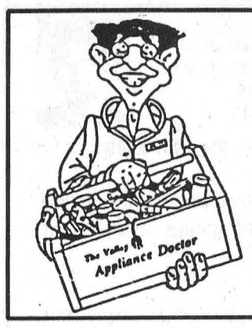
Allison 613-774-3610
Ralph 613-774-5710



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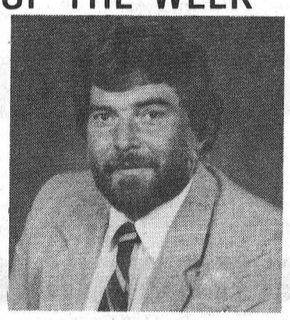
50th Wedding Anniversary

Eighty-nine year old Mrs. Kezia Wells, Williamsburg is pictured here with her daughter, Muriel Gow and son-in-law Douglas Gow and seven great great grandchildren, Tasha Maheu, Brittany Barkley, Mitchel Barkley, Derek Kelly, Chelsea Kelly, Matthew Barkley, Tanya Maheu. Mr. and Mrs. Gow just recently celebrated their 50th Wedding Anniversary.

SPECIAL OF THE WEEK

9.9% Financing on '89 & '90 TOPAZ
FREE Get-away weekend on us with the purchase of a new 1989 car or truck in stock!



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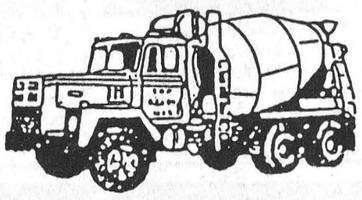

MAIN OFFICE MOOSE CREEK 538-2271
ST. ALBERT QUARRY & READY MIX PLANT 987-5377
WINCHESTER QUARRY & READY MIX PLANT 774-5277

TOWNSHIP OF FINCH

Applications For Employment

Applications will be received by the undersigned until 12:00 noon, December 4th, 1989 for the following part-time positions:

1. Chief Building Official (Building Inspector);
2. Dog Tax Collector and By-law Enforcement Officer for Dogs, including pickup of stray dogs.

Further information can be obtained from the undersigned.
A.V. Empey, Clerk
Township of Finch
Box 99, BERWICK, Ont. K0C 1G0
(613) 984-2821
14-2

COUNTRY CRAFTS & SUPPLIES
Christmas Open House
Saturday, November 18, 1989
9:00 a.m. to 9:00 p.m.
COME IN & SEE OUR COMPLETE LINE OF CHRISTMAS GIFTS
Coffee Served
Morewood Road

Eastern Ontario Health Unit
Bureau de Santé de l'Est de l'Ontario

The Winchester Office of the **Eastern Ontario Health Unit** wishes to announce the opening of a

Sexual Health Clinic
547 St. Lawrence Street
Winchester, Ontario

Any questions about birth control or fertility awareness? A Public Health Nurse is present for counselling. A family physician is available, by appointment, for consultation.

Clinic: 2nd and 4th Tuesday
1:00-6:00pm

For appointment and/or information:
774-2739, 774-3748

TOWNSHIP OF OSNABRUCK

NOTICE OF PASSING OF A BY-LAW TO NAME THE ROADS IN OSNABRUCK TOWNSHIP

TAKE NOTICE that the Council of the Corporation of the Township of Osnabruck proposes to pass a by-law on November 27, 1989 at 7:30 p.m., for the purpose of naming all roads in Osnabruck Township in accordance with the Municipal Act, R.S.O., 1980, Chapter 302, Section 210 (105).

AND TAKE NOTICE that Council shall hear any person who claims that he will be adversely affected by the proposed by-law. This person must apply, in advance, with the Clerk to be heard.

AND TAKE NOTICE a map with the proposed names may be viewed at the Township Administration Building on County Road 14, 1/2 mile north of Ingleside, during office hours (8:30 a.m. to 12:00 noon and 12:30 p.m. to 4:30 p.m.).

DATED at the Township of Osnabruck this 30th day of October, 1989.

Bonnie Dingwall, A.M.C.T. (A)
Clerk
Township of Osnabruck
(613) 537-2362
14-4

CONSEIL D'ÉDUCATION DES COMTÉS DE
Stormont, Dundas & Glengarry
COUNTY BOARD OF EDUCATION

CONTRACT CARETAKER FOR SEAWAY DISTRICT HIGH SCHOOL IROQUOIS

A contract caretaker is required to provide labour services which include cleaning, operating building systems and maintenance. The contractor must provide a staff of six individuals who work a total of 240 hours of work per week. The value of the contract is approximately $170,000 per year. All materials and equipment are provided.

A detailed fact sheet is available which provides additional information on the contract caretaking system in use in the County Board of Education. Interested individuals should obtain a copy of this sheet from the school before submitting an application.

A detailed curriculum vitae which provides information about the applicant's background and experience, as related to the information in the fact sheet, should be submitted by 12 noon, November 23, 1989 to:

DAVID PETEPIECE, P. Eng.
Controller of Plant
The Stormont, Dundas and Glengarry
County Board of Education
902 Second Street West
CORNWALL, Ontario. K6H 5S6

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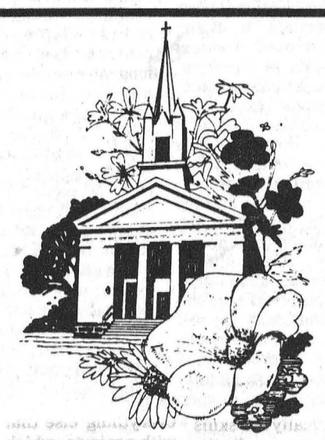


CHURCH DIRECTORY

UNITED CHURCHES
Chesterville — Morewood
Minister: Rev. Roy Harwood
448-3549
SUNDAY, NOV. 19, 1989
MOREWOOD — 9:30 A.M.
CHESTERVILLE — 11:00 A.M.
EVERYONE WELCOME
June 1989

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Rev. L. Armstrong
448-2084
SUNDAY, NOV. 19, 1989
10 A.M. — Sunday School
11 A.M. — Morning Worship
7:30 P.M. — Evening Worship
Affiliated with the Pentecostal Assemblies of Canada
May 1990

PRESBYTERIAN CHURCH
St. Andrew's, Chesterville
Morewood
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, NOV. 19, 1989
Chesterville
9:30 A.M. — Sunday Service
Nursery & Sunday School
Every Tuesday, 9:30 A.M.
Coffee Break
Nursery & Story Hour
Morewood
11:15 A.M. — Sunday Service
Nursery & Sunday School
COME EXPECTING
LEAVE REJOICING
May 1990

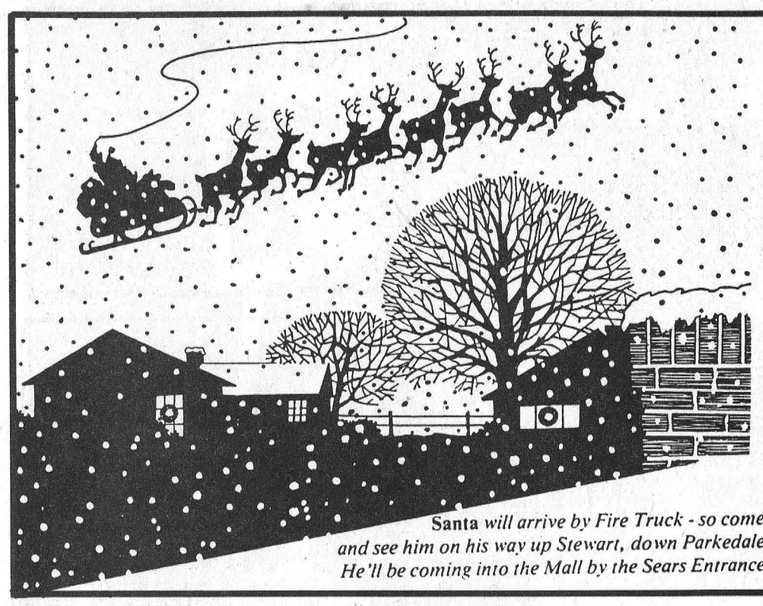
ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father Jim Esper
448-3262
SUNDAY, NOV. 19, 1989
HOLY MASS
Sunday — 9 A.M. & 11 A.M.
January 1989

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Minister: Rev. Bruce Kemp
Organist: Mrs. Marjorie Thom
543-2160
SUNDAY, NOV. 19, 1989
Bible Study — Tues., 8 P.M.
Choir — Wed., 7 P.M.
Sunday Worship — 9:30 A.M.
Sunday School & Nursery
9:30 A.M.
"A Warm Welcome Awaits All"
May 1990

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. Pat Johnston
SUNDAY, NOV. 19, 1989
9:30 a.m.
June 1989

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Yangelder
Assistant Pastor:
Walt DeRuiter
543-2597
SUNDAY, NOV. 19, 1989
9:30 A.M. — Morning Service
7:30 P.M. — Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5am on Channel 6.
May 1990

EMMANUEL-OSNABRUCK BAPTIST CHURCH
6 kms North of Ingleside
Hwy. 14 · Dickinson Drive
Pastor: Rev. Willard Warnock
984-2353
SUNDAY, NOV. 19, 1989
Bible Club — 9:30 a.m.
Morning Worship — 11 a.m.
Nursery Provided
COME TO WORSHIP
LEAVE TO SERVE
August 1990



Santa will arrive by Fire Truck - so come and see him on his way up Stewart, down Parkedale He'll be coming into the Mall by the Sears Entrance

Santa's Coming!!!

Sat. Nov. 18th
2pm

Kids . . . Come have your picture taken with Santa!

to the

1000 ISLANDS MALL

2399 Parkedale Ave. 342-1333
Brockville

Adapting to changing times

New ROS specialist stress high tech skills for the 1990's

Greg Kielec
Record Staff

AVONMORE — Communications and leadership skills are key skills needed by rural people as they enter technological and communications era of the 1990s, says Stormont County's new Rural Organization Specialist.

Judy Roussel, ROS for the area of Timiskaming-Cochrane for two years, began at the position for Stormont County Oct. 2, replacing former ROS Lise Ledoux.

Roussel, who became acquainted with 4-H, Junior Farmers and other rural organizations through the agricultural college she was at, said ROSs have a key role to play in rural areas.

With the entering of youth into the communications era, increased emphasis must be placed on communications and leadership skills, she said.

"There has to be leaders everywhere and I think no matter what you do today, you need a lot of those skills," said 25-year-old Roussel. "And basically it's skills they are going to use all the time."

Adapting to changing times is also reflected in changes made to the 4-H program to address declining enrolment, adopted this year.

The changes, detailed in a report entitled 4-H Review Executive Summary released in December, included lowering the age requirement for membership in the program, electing a 4-H council and expanding membership in local 4-H associations to include non-volunteers.

The review also recommended a provincial campaign be organized to revitalize the image of 4-H in the rural community and develop resources and workshops for local 4-H associations.

Many of the recommendations were based on a consultant's study of the 4-H program which involved a survey of club leaders, members' parents and non-members' parents.

One of the recommendations that has been adopted is that the age requirement be lowered for 4-H membership. The age will be lowered from 12 years to 11 years of age next year, and lowered to 10 years of age in 1991.

Roussel said clubs always had what they called "pre 4-Hers", but the members were not accepted into the club until they reached the age of 12.

"The 4-H I would say takes up a major part of our time. We still work with other organizations in the other areas of activity, but 4-H is about our largest area."

Judy Roussel
Rural Organization Specialist
Stormont County

The large number of "pre 4-Hers" taking part in club activities showed there is an interest among younger age groups in the program. "There is an interest there," she said. As well, children are much more mature at the age of 10 than they were in previous generations, she said.

Running their area's 4-H program is the largest role of an ROS, she said. "The 4-H I would say takes up a major part of our time. We still work with the other organizations in the other areas of activity, but 4-H is about our largest area."

The ROS must develop all the resources for the program and everything else that needs to go with projects, which can be time consuming, she said. "It's a large program. It takes a lot of time to co-ordinate the program."

The ROS plays a large role in 4-H whereas with other rural organizations the ROS is more of a resource person, consulting members and offering advice.

"We're here for questions, we can help them facilitate meetings, we can give workshops," she said. "But it's not a continous thing like 4-H is."

Roussel, a Buckingham, Que. native who has since moved to Russell, said she doesn't have new ideas or changes for her position. But once she becomes familiar with the operation and the people in the area, she may be willing to implement new ideas.

The ROSs are given "quite a bit of leeway" in their work by the province, provided they stay within guidelines set by the agriculture ministry. Any large changes an ROS proposes must be approved by the ministry first, she said.

ROSs have a general mandate set by the government with guidelines they must follow. The guidelines cover eight areas of activity aimed at developing and enhancing human resource skills in rural people and providing leadership development and experience for individuals and organizations.

The mandate of ROSs is to provide leadership and resource skills for rural people also ties in with the emphasis on leadership and communication in the 4-H program.

Those in the 4-H program are there to learn and to have fun, she said. "But it certainly is a good experience for them." And the learning is above and beyond what the youths would learn at school, she added.

She doesn't know how the change will affect the 4-H program in Stormont County. But she hopes the lower age requirement, coupled with a larger variety of projects, will attract more members to the program.

Not all the projects are specifically aimed at those interested in the agricultural industry. Other projects include ones on horticulture, lifeskills, and food and nutrition, she said. "There's quite a few every year that are offered that are not agriculture (oriented)."

Roussel does not come from a farming background, but learned about agricultural organizations and rural living through attending Mcdonald College, an agricultural college in Montreal.

She wasn't aware of the position of ROS until after she completed university and was at an employment centre. Having specialized in communications at Mcdonald, the job grabbed her interest right away and she took the position.



Learning experience
New Stormont Rural Organization Specialist Judy Roussel looks through a portion of a multitude of files she will have to become familiar with in her job at the county agricultural office. Roussel, formerly ROS for the Timiskaming-Cochrane area for two years, started her job as Stormont ROS about one month ago.
Record Photo - Kielec

"There has to be leaders everywhere and I think no matter what you do today, you need a lot of those skills."

Judy Roussel
Rural Organization Specialist
Stormont County

Things she found attractive about the job of an ROS was the variety in the work and the amount of freedom ROSs have in doing their jobs. She added, it is an interesting job but also a quite demanding one.

She said although she doesn't have a farm background, it isn't something unusual for an ROS. "You see a lot of that."

And one major plus she has going for her is her enjoyment of agriculture. "I enjoy working with the agricultural community," she said.

And so far, she is enjoying working with the agricultural community in Stormont County, she said. "I'm enjoying it. I think I really like working in Stormont County."

She said it will take a while yet for her to become familiar with all the new faces in Stormont County. But so far, it's going "not bad" getting adjusted to the new area.

One definite advantage Stormont has over the previous area she was ROS for is the county's size. He former position covered three districts, a total area about five times the size of Stormont County. "It (Stormont) is much smaller."

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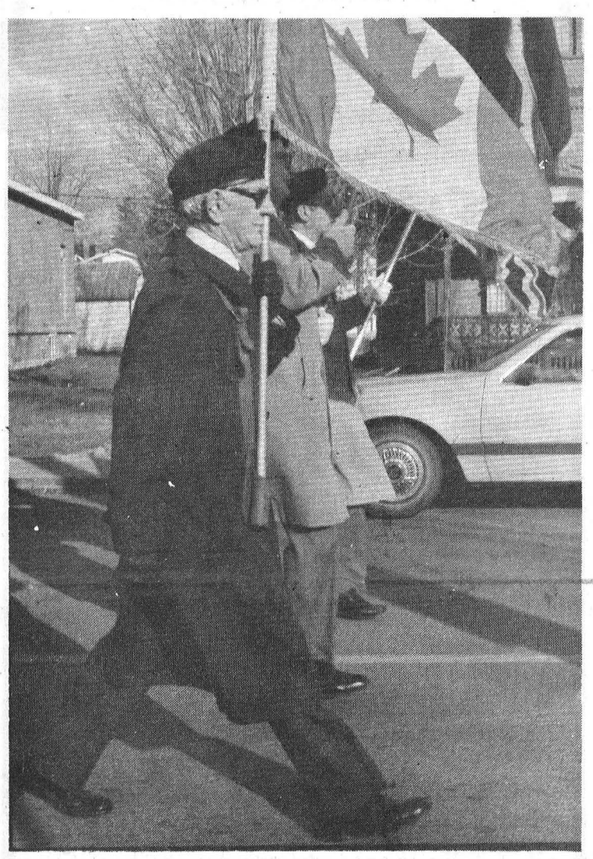

Remembrance Day 1989

Remembrance Day ceremonies were spread over three days last weekend in Morewood, Berwick and Chesterville. In Morewood, Zeta Godard lays a wreath on behalf of the Morewood Senior Citizens on Friday morning. A procession of veterans, residents and school children marched from the public school to the cenotaph for a brief ceremony there.

In Berwick, Saturday morning, Finch Legionaires marched through driving rain towards the Berwick cenotaph. About 50 people gathered around the cenotaph for the wreath laying ceremony in honor of soliders who gave their lives for Canada during World War Two.

On Sunday, Chesterville Legionaires led the Remembrance Day parade to the cenotaph. Despite a brisk wind, almost 100 people attended the afternoon wreath laying ceremony that was officiated by Rev. Bert de Bruijn of St. Andrews Church and Malcolm Feeley of the Legion.

Record Photo - Cossette

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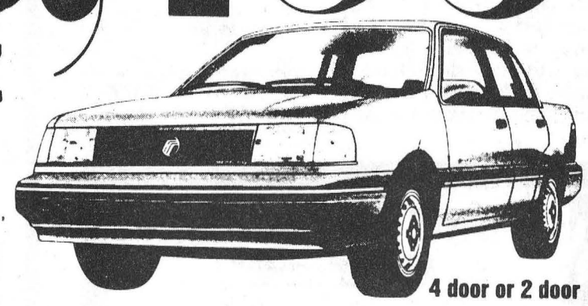

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Regional contact

Michelle Dubois, the co-host of CJOH's show Regional Contact, made contact with the United Church Ladies of Chesterville when she paid a visit to the annual Christmas bazaar Saturday, Nov. i1. Dubois said she frequently makes visits to community events like the bazaar as a sign of appreciation to her viewers. Regional Contact, broadcast Saturday evenings, enjoys its popularity because of its human interest stories on people living in the Ottawa Valley area. The church bazaar which kicked off at 2pm sold out all its baked goods in a half hour. One of the bazaar's organizers Gladys Smith said she expected the revenue from this year's bazaar to be slightly down from last year's $1,500. The annual bazaar raises money for World Development and Relief, a church sponsored missionary organization.

Record Photo - Cossette

Communal water line to be extended soon

Greg Kielec
Record Staff

OSNABRUCK CENTRE — Two Newington residents previously excluded from Newington's communal well water have been now allowed by Osnabruck Township Council to tap into the system.

Leland McPhail and Russell Presley have received permission from council to tap into the system, pending approval from the Ontario Ministry of Environment.

Both men had asked council to be hooked up to the system when it was installed last year, but said they didn't want to pay the cost of extending the water line to their homes, McPhail said. Their request for water was turned down by council.

McPhail said he hasn't had an adequate source of water from his drilled well since the village's communal well went into effect this spring. He said he has a nine month old child at home and needs a reliable water supply.

"It's the health and welfare of two individual families," he told council at a meeting Monday night. "I don't want to play a political game anymore," he said, stressing he only wants water for his family.

He said he would be willing to pay his share of the cost to extend the water line another 1,100 ft. to his property. If the line can't be extended along the county road line, he will let it be extended along his property line.

He said there is enough water capacity in the system to provide for another two homes because three properties originally slated to be hooked up, didn't tap into the system.

There are also a number of abandoned buildings not hooked up to the system, he said.

The hookups originally allocated to the buildings could be reallocated to his home and Presley's home, with still plenty of water capacity being left over.

Bob Helliar, area supervisor for the Ontario Ministry of Environment, said the Newington system has been approved for 110 water connections. There are 85 village residents currently hooked up to the system with another 10 still to hook up, leaving plenty of room for additions hookups.

He added he was confident the proposal to extend the water services will receive MOE approval, a process likely to take about 4 to 6 weeks. He said it was a "standard extension application" which has been approved in other communal systems by the ministry.

McPhail, speaking to reporters after receiving council approval to hook up to the system, said he was pleased with the decision. "It's a lot more than I heard last year."

He didn't know what caused his and his neighbor's well to run dry, but he said he believed it may have been drained by the village's own communal well. His well problems started the same time the village's well was put into use, he said. A study by the MOE has discounted McPhail's theory.

McPhail said he was told by council that there have been problems with wells in the area in the past. But he said he talked to local farmers familiar with the area that said the wells have always been good.

The decision by council to approve Presley and McPhail hooking up to the system wasn't unanimous. In a recorded vote on the water extension, Councillor Donald McElheran stated his objection to the extension, voting no to the proposal.

McElheran said the water system wasn't intended to generate growth and expansion of the village; it was only intended to solve an existing well problem plaguing residents.

He suggested council put its decision on hold until definitive boundaries can be determined for the village and the amount the water system can be extended.

"The municipality cannot provide water to the entire rural community," he said, adding a "certain onus" is on council to restrict the provision of water services outside of the village.

A line must be drawn somewhere so that everyone neighboring the village doesn't begin asking for water. "We could end up in Finch. And that's an exaggeration," he said.

New clothing store offers rental option

CASS BRIDGE — Kim and Martha Link have burst onto the local clothing scene with a difference.

The mother and daughter team has launched Classique Rentals, a unique business that offers women the option to rent, rather than buy, "special occasion" dresses.

Response to the month-old enterprise has been "amazing," the partners report.

"We're extremely happy with the way things have progressed," said Kim. "Customers are flabbergasted with what we have available."

Martha, who pans to attend university in the fall, devotes her spare time to the business.

The part-time model explained she awoke one morning with the idea for the business.

"A lot of my friends were mentioning how expensive it was to buy dresses for proms and weddings and never being able to wear them again.

"My mother was already making dresses for friends. So it just seemed like a natural thing to do," she pointed out.

Kim responded to her daughter's suggestion by going out that morning and purchasing six new dresses.

"If it didn't work out, at least Martha would have a new wardrobe," Kim joked. "Nothing ventured, nothing gained," she said on a more serious note. "Besides, men can rent tuxedos. Why should a woman have to go out and buy a $400 dress for every different occasion."

The two mentioned the support from family and friends has been positive.

"My husband was doubtful at first, but he's coming around," Kim quipped. "Our accountant was a little nervous at first too."

Classique doesn't cater to any specific age group. They have rented flower dresses to four-year-olds and party dresses to senior citizens.

Just a month after launching the business, the Links' inventory boasts close to 150 dresses, at an average $50 rental price.

Unlike a traditional clothing store, at Classique, customers are dealt with on an individual basis, by appointment only.

"They like the one-on-one contact. This allows for a very relaxed atmosphere, which is sometimes hard to achieve in a traditional clothing outlet," Kim explained.

"If the costumer doesn't see something they like right away, Martha and I will work with them until they find something they are comfortable with."

Kim added customer satisfaction is a must.

"We want them to look good when they leave here," she said. "I'll tell the customer if something doesn't look good on them. It's not good for business if someone leaves here unsatisfied."

Martha gets a lot of satisfaction out of being able to help those whose financial means makes it impossible to purchase either a prom dress or an outfit for a wedding.

"These days with the cost of schooling and other things, it's almost impossible to buy these dresses.

WI holds demonstration

FINCH — The Finch Women's Institute recently held a "Simply Scarves" demonstration in the Finch Community Hall.

The demonstrator Roberta Helpman was introduced by Vice President, Mrs. Myrna MacLean. Roberta showed several ays of wearing scarves and scarf clips.

Several prizes were given out during the demonstration. Following Roberta's demonstrator, the audience was allowed to examine and buy scarves and scarf clips.

Roberta was thanked by Mrs. Mae Price for her interesting demonstration. Refreshments were served bringing the evening to a close.

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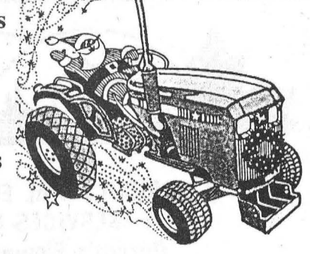

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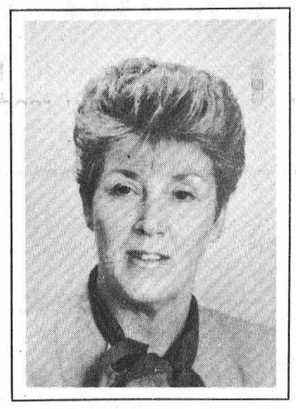

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Peer helping

In a bid to make peer helping more effective at North Dundas District High School, 24 peer helpers there will receive training from the SD&G County Board of Education psychologist this month. One peer helper, Kelly Wilson, (centre), attended a peer helpers conference in Gananoque, Nov. 1 to 3 and picked up some tidbits on how she might help fellow students in need of confidential advice. The effort to promote peer helping in NDDHS has the backing of guidance counsellor Fran Kelly (right), who also attended the conference and school principal, Don McGahan.

Record Photo - Cossette

Peer helpers aim to gain trust of fellow students

Yves Cossette
Record Staff

MAPLE RIDGE — The peer helper's biggest challenge is to win the trust of the fellow students they want to help, according to a member of the local high school group.

"They won't come to us because they don't trust us," said North Dundas District High School (NDDHS) peer helper Kelly Wilson.

A guarantee of confidentiality, is the key to winning that trust, according to Wilson.

One of the 24 student peers at NDDHS, Wilson and her fellow peers want to tell their fellow students that they can seek out one-on-one counselling with their peers without having to fear what is discussed in private will filter down the social grapevine.

One way to tell students that they can get peer help is to approach the media in the hope that parents who read the newspapers will encourage their children to take advantage of the service. Another approach resulted in a memo being sent to the student services from the school's guidance counsellors late September.

The peer helping service has been around at NDDHS now for four years and this month the NDDHS peers will receive training from one of the SD&G school board's psychologists on how to help students on a one-on-one basis, said Fran Kelly, a guidance counsellor at NDDHS.

Kelly, staff advisor to the peers, said peer counselling is an extension of the guidance department. They are, however not professional counsellors.

Wilson, having already attended a peer helping conference sponsored by the Ontario Peer Helper's Association in Gananoque Nov. 1 to 3, learned what to say to fellow students when they are seeking help and how to say it, she said.

Once the training has been extended to all the peers, they will be ready for one-on-one counselling.

Peer helping is important at high schools because many students are uncomfortable with opening up to teachers and relate better to fellow students, Wilson said.

In the memo sent to the school's student services peer helpers receive training that stresses the development of communication skills which help students seeking help make their own decisions.

Wilson, a Grade 12 student at the school, has been a peer counsellor for two years now. "I like to help people with their problems. I'm a good listener," she said.

Up to now peer counselling has confined itself to helping grade nine students adjust to high school life by offering them orientation sessions and tours of the schools.

LCBO rejects permit fee reduction request

Yves Cossette
Record Staff

MAPLE RIDGE — A Winchester Township request to have liquor permit fees for small fundraising events reduced has been unsuccessful.

Council sent a letter Oct. 3 to the Liquor Control Board of Ontario (LCBO) criticizing their decision to raise permit fees from $26 to $60 for special occasions.

In response, the LCBO justified the permit hike by saying it was unfair to burden taxpayers with the cost of the processing fees. The fee increase was imposed to recover the costs that taxpayers previously subsidized, according to the LCBO letter to the township.

Deputy Reeve Wyman Barton thought the response was unsatisfactory. "We thought it was just playing with numbers. It didn't improve anything."

The LCBO letter indicated that the fee for large fundraisers had actually been reduced to $60 from $80.

Council opposed the fee hike for small fundraisers because it targeted groups trying to raise money for community projects, said Barton.

In the township's letter to the LCBO, clerk-treasurer, Nancy Krisjanis, stressed the importance of such non-profit community groups like the Legion, Lion's Club, recreation groups and firefighters associations, who rely on small events to raise money for firefighting equipment, community hall renovations or for hospital grants.

Dundas County 4-H



The top five

Dundas County's 4-H Clubs were well represented this year by these five young ladies. The first three, from left to right, took home the Ottawa Citizen Award as top 4-H Club members in Dundas County selected highest in club work and citizenship receiving $350, $250, and $200 respectively for their successful year. Next are the Ault Foods Award winner and the Dundas Plowman's Award recipient finishing fourth and fifth respectively in club work and citizenship. They are: Lindsay Rodger, left, Darlene vanWylick, Pamela Giles, Tracy Henderson and Martha Link.

Record Photo - Day

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Record Sports

Flyers lose pair of one-goal games

Close only counts in horseshoes.

Just ask the Chesterville Flyers, who saw their losing streak extended to three games with a pair of one-goal losses in EOJCHL play during the past week.

Sunday the Flyers squandered nine powerplay chances as they lost 7-6 to lowly Clarence Creek Beavers and Monday night they saw a two-goal third-period evaporate as they dropped a 5-4 decision to St. Isidore Eagles.

The win moved the Eagles into first place in the league standings, two points ahead of undefeated Rockland. Rockland has played three fewer games than St. Isidore.

Monday night the Flyers put on a forechecking display that had the Eagles back on their heels until the 12:36 mark of the third period when they were finally allowed to develop their freewheeling style. At that point the Flyers started to take penalties and the extra space created on the ice spelled Chesterville's downfall as St. Isidore popped two powerplay goals to steal a 5-4 win.

It was quite a difference from their game of just over a week before when the Eagles shelled the Flyers 11-2 in St. Isidore.

The Flyers put their on-again, off-again work ethic back to work and built up a 2-0 first eriod lead on some solid forechecking and determined corner work.

Rod Casselman opened the scoring at 17:20 and Ken Byers skated past the Eagles defence to beat a sliding Michelle Burrell with a low shot with 4:40 left on the clock.

The Flyers had managed to stay out of the penalty box, taking only one minor through the first 18 minutes, but Don Marcellus took a delay of game penalty with 1:29 left and with only seven seconds left in the period Marc Lalonde put the Eagles on the board, beating Marc Saucier from close in front.

St. Isidore tied it 48 seconds into the second period when Paul Maisonneuve beat Henry from the slot. The Flyers regained the lead when Ian Jean converted a pass from Chris Holmes to make it 3-2, and just four minutes later, went up by two on Byers' second of the night.

The third period belonged to the Eagles due to some needless Flyers penalties.

Fifty-nine seconds after Flyer defenceman Chris Leblanc went off for slashing, Paul Maisonneuve netted his second of the game to put the Eagles within one. The Flyers sagged as though they seemed to sense this one slipping away. Less than three minutes later, and with under 10 minutes to play, Danie Vinette tied the game, completing a nifty three-on-one with Maisonneuve and Stephane Cholette. Vinette moved into the slot and beat Henry who, once again, was left unaided by his defencemen.

The Flyers frustration led to another penalty when Scot Bell used braun instead of brain and went off for roughing just fourteen seconds after the goal. The Flyers were 29 seconds away from killing the penalty when Rae Sherrer used his stick on an Eagle forward and went off for slashing.

With the Flyers playing two men short, the result was inevitable. Gilles Laplant converted a pass from Marc Lalonde with 6:24 remaining to give the Eagles the victory.

Chesterville coach Kirk Anderson pulled his goaltender with a little under a minute left, but even with the extra attacker, the Flyers could not penetrate the Eagles defence.

The difference in this game can be seen in the statistics. The Eagles had four powerplay opportunities, and came away with three goals. The Flyers were blanked on six manpower advantages.

The Eagles outshot Chesterville 36-24.

Beavers 7-Flyers 6

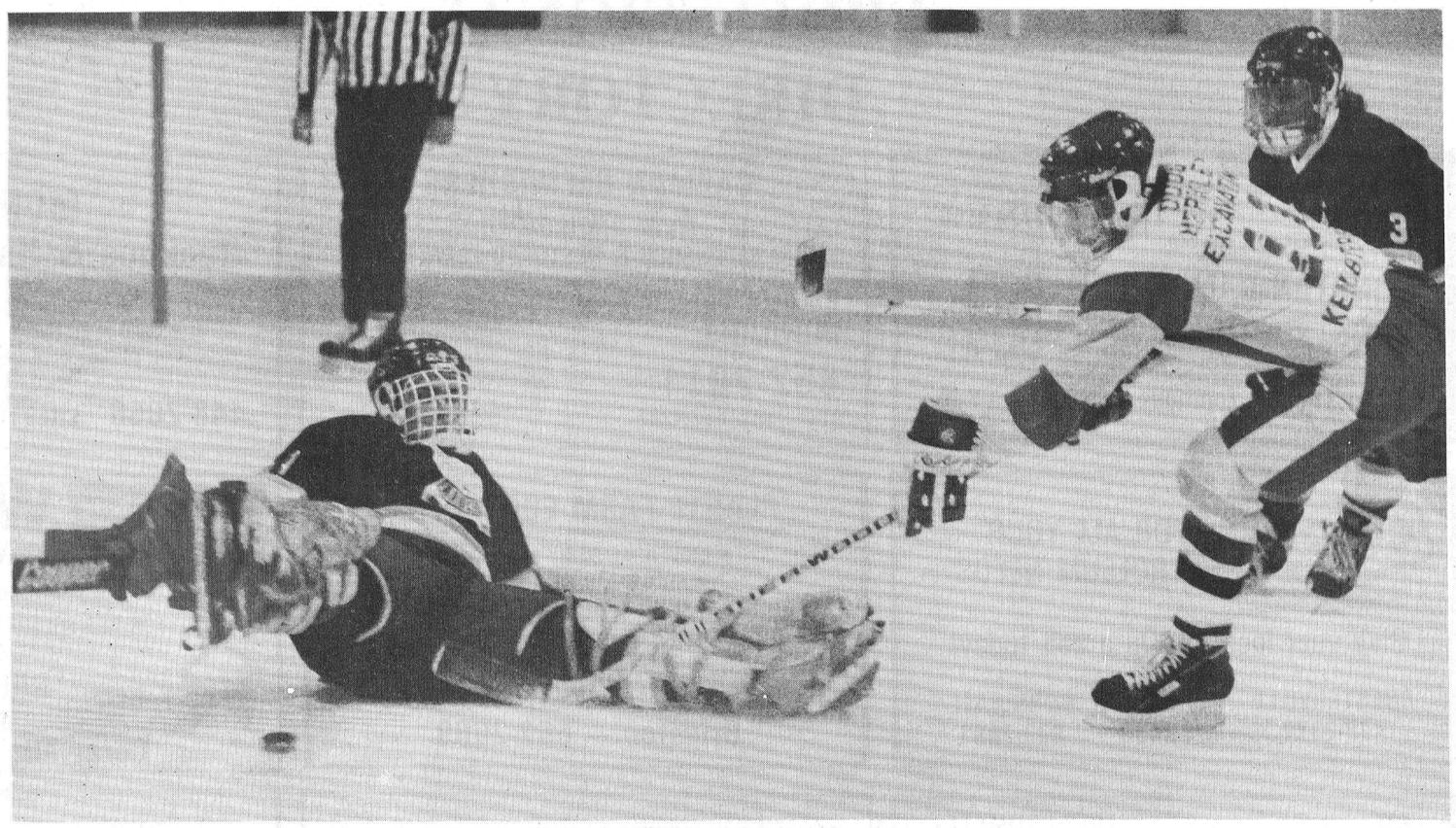
The Flyers got power play goals from Rob Meggenhart, Kevin Byers and Dan Dubois but it wasn't enough in a shootout with Clarence Township. The Beavers specialty teams worked hard, killing off nine Flyer powerplays and even scoring twice with a man short.

Chesterville opened the scoring six minutes in, when Dubois scored the first of two he would get in the game. The Flyers went up by two 31 seconds later, when Kevin Byers scored the first of his two on the night.

The Beavers tied it at two, with goals from Yvan Picard and Daniel Jean. The teams traded a pair of goals in the second to make it 4-4 with 20 minutes to play.

Third-period goals from Ken Byers and Dubois with his second kept it close, but a pair of Beaver short handed goals was the difference.

Marc Saucier started in goal for the Flyers but was replaced by Ben Henry after the first period. The Flyers were outshot, 32-31.



Chesterville's Ken Byers sends a low shot past a sprawling Michel Burelle to give the Flyers a 2-0 first period lead over St. Isidore Eagles Monday night. Too late to help on the play is the Eagles' Marc Lalonde. Byers had two goals Monday but the Flyers ran into late penalty problems and surrendered two third-period powerplay goals to lose 5-4. Lalonde helped pace the Eagles' attack with a goal and three assists. The loss was the Flyers' seventh of the season against only three wins.

Record Photo - Morris

Russell claims another victim

WINCHESTER — Russell Magnum Force edged Ormond 3-2 here Sunday to maintain their perfect Winchester and District Broomball League record.

Steve Bekkers fired his second goal of the game with 4:58 remaining in the second half to break a 2-2 tie and give Russell their eighth consecutive victory. The loss dropped Ormond to 5-3 and third place in the league's A Pool.

In other games Sunday, Morewood maintained their grip on second place as they doubled Prescott Road 4-2; Toyes Hill whitewashed Winchester 5-0 and Manotick finally got its first win of the season as they humbled Newington 6-0.

Bekkers opened the scoring against Ormond at 19:58 of the first half with his 11th goal of the season but Doug Sloan evened it up at 14:05.

Jim Feeley put Russell back out in front with 1:34 left in the half and the seesaw continued at 18:15 of the second with Bill Livingston tying it at two.

League scoring leader Brian Como figured in all his team's scoring, getting two goals and two assists, as Morewood doubled Prescott Road.

The teams were tied 1-1 at the end of the first half with Dave Holmes scoring for Prescott Road and Como evening it at 14:16.

The Vikings went into the lead at 22:02 of the second on Gerald Eby's league-leading 13th goal and Como made it 3-1 less than four minutes later. Brian Thatcher gave the Vikes a three-goal lead at 3:58 and Reg Fisher got the Road Knights' second with 31 seconds left in the game.

John Bradley led the way for Manotick with two goals and an assist as they finally entered the win column with the 6-0 victory over Newington.

Rick Cureston got what proved to be the winner for the 'Tick at 9:51 of the first and Bradley pumped in his pair, at 22:28 and 11:51 of the second. Dean Livingston then sandwiched a pair around Daryl Payne's goal at 2:56.

Manotick took four of the game's five penalties.

Toyes Hill took a four-point lead atop the B Pool standings with their 5-0 win over the Raiders.

Bill Steele did most of the damage, scoring the game's first two goals, at 14:56 and 7:07 of the first. His first goal came while Toyes Hill were playing shorthanded.

Daren Nurse made it 3-0 at 14:02 of the second; Ted Bongers got a goal to go with his two assists at 12:58 and Marvin McCormick made it 5-0 with 9:48 left in the game.

Tie gives 86ers share of fifth in EOJCHL race

FINCH — North Stormont 86ers managed only one point out of their two EOJCHL games last week but coupled with two losses by Chesterville, they managed to climb into a tie with the Flyers for fifth place in the league standings.

The 86ers' only point came in a 7-7 tie at home last Thursday night.

On Sunday they were the latest victims of undefeated Rockland, falling 5-0.

The tie, the 86ers' second of the season, gives them six points in 11 games, the same as the Flyers, who lost 7-6 to Clarence Sunday. The Flyers hold a game in hand over the 86ers.

The biggest thorn in the 86ers' side last Thursday was Embrun's Alain Gignac, who scored his third goal of the third with only seven seconds left on the clock to allow the Panthers to escape with the 7-7 tie.

Jason Flanagan had scored on a solo effort to put the 86ers up 7-6 with just 3:55 to go and it looked as if they were ready to ice their third win of the campaign in the see-saw battle, in which the lead changed hands five times, until Gignac's last-minute heroics.

The 86ers jumped out in front when Tim Ouderkirk scored at 17:32 of the first but the Panthers carried a 3-2 lead out of the period on two goals by Gignac, scored around one by Sylvain Richer. Chris Leroux scored the 86ers' other first-period goal.

The 86ers caught up to and then passed the Panthers in the middle frame, taking a 5-4 lead to the dressing room on goals by Corey Warner, Kenny Robinson and the first of two on the night by Roch Benoit. Dan Savage got Embrun's only goal of the period.

Benoit got his second of the night at 10:46 of the third to put the 86ers up 6-4 but the Panthers began their comeback at 8:44 with Savage getting his second and Mario Brisson tying it at 5:12.

Jason Flanagan put the 86ers back in front again with an unassisted goal at 3:55, but the 86ers couldn't hold off the charging Panthers and Gignac got his third of the night with 59:53 gone in the game.

Martin Amyot scored twice to lead Rockland over the 86ers Sunday as the league leaders did most of their damage in the first period, carrying a 3-0 bulge into the middle frame.

Scoring for Rockland in the opening period were Todd Giroux, Amyot and Marc Rousseau.

The teams played a scoreless second period but Rockland upped their margin to 4-0 on Amyot's second, at 17:32 of the third, and made it 5-0 on Marc Julien's goal at 10:50.

The 86ers picked up nine of the game's 19 penalties; including a butt-ending major and game misconduct to Dave Leroux.

The 86ers' next home game is Thursday night when they host winless Russell. Game time is 8:30.

Demons tie, beat Mustangs

METCALFE — Both Metcalfe's Pee Wee C teams swung into Upper Canada Minor Hockey League action last week.

The Pee Wee C No. Two Mustangs whipped South Grenville 6-1 last Wednesday, but had to settle for a 2-2 tie with the North Dundas Demons here Saturday.

Metcalfe's No. One Mustangs dropped a 3-1 decision here the same day losing to North Dundas' No. Two Demons.

In Spencerville last Wednesday the No. Two Mustangs were down 1-0 after a period of play against South Grenville.

They weren't down long, rallying with six unanswered goals over the next two periods, to claim a 6-1 win. David Schow led the Mustangs with three goals and one assist. Mike Goral, Cory Bekkers and Greg Bourbonnais supplied a goal each. Ryan Kelly, Keith Sabey, Craig Jones and Cory Cooper all earned assist. Paul Lawrence and Darren McDonald shared the Mustangs' goaltending duties.

The No. Two Mustangs needed a couple of late game goals to get a 2-2 tie out of Saturday's meeting with North Dundas' No. One Demons.

North Dundas skated into a 2-0 lead on goals by Jason MacDonald and Tim Clapp who scored on feeds from Anthony Mann and Mark VanDelts.

Demons' goalie Troy Elliott played perfectly until Dave Schow (assisted by Ryan Kelly) and Serge Scrivens shattered his shutout hopes scoring in the final three minutes of the game to tie it up 2-2.

3-1 DEMONS

North Dundas' No. Two Demons grabbed a 2-0 lead on Metcalfe's No. One Mustangs and held on for a 3-1 victory here Saturday.

Jeremy Herkens gave North Dundas a 1-0 lead, scoring from Kirk Liscumb early in period one. Minutes later Liscumb connected from Tim Clapp and Scott Verhey to beat Jean Faubert, to give the Demons a 2-0 edge.

Metcalfe got back into the game splitting the difference at 2- 1 when Riley Hatherall, on a pass from Chris Cavers, scored.

Clint Berry then scored for North Dundas late in period two to put the Demons ahead for go at 3-1.

Pee Wees cut 'Burg to size

Murray Link scored four goals, including two in a four-goal second period outburst, as North Dundas Demons dumped visiting Ogdensburg 7-1 in Upper Canada Minor Hockey League Pee Wee A action in Chesterville Friday.

Link opened the scoring from Clinton Holmes and Brent Barkley at 3:04 of the first and made it 2-0 with an unassisted goal at 6:42 of the second as the Demons exploded for four goals in a span of 6:22.

Wally Cinnamon, from Jason Desormeaux and Barry Bell, made it 4-0 at 2:28 and Link got his third, from Craig Halpenny and Geoff Hardy, at 41 seconds. Holmes finished the deluge 21 seconds later on an unassisted effort.

Ogdensburg finally got on the board at 9:36 of the third but Desormeaux, from Bell and Cinnamon, got that one back at 8:18 and Link got his fourth, and the Demons' second powerplay goal, with 42 seconds left on the clock. Brendon Shane and Holmes drew assists.

In UCMHL Pee Wee III action the night before, visiting Morrisburg scored twice in the second period to trip the Demons 2-1.

Scoring for Morrisburg were Mike Easter and Tony Francis.

Clayton Bowman got the Demons' lone goal with assists going to Jason MacDonald and Dave Dauphinee.

Morrisburg took four of the game's six penalties.

Ault leads Demons

METCALFE — Sam Ault scored twice here Saturday and led the North Dundas Atom B Demons to a 4-2 Upper Canada Minor Hockey League victory over the host Mustangs.

Tylor Copeland and Phil Carkner set up Sam Ault for his first goal early in period one.

The Mustangs roared back with a pair of goals to take a 2-1 lead in the second stanza. Jaret Nixon tied it up 1-1 and then he struck again to give Metcalfe a 2-1 edge, scoring from Cory Ross and Shawn Bakker as the period wound down.

North Dundas stormed back, scoring three unanswered goals in the final period, to pull out the 4-2 win.

Tylor Copeland, Phil Carkner and Sam Ault (with his second) accounted for the game-deciding goals.

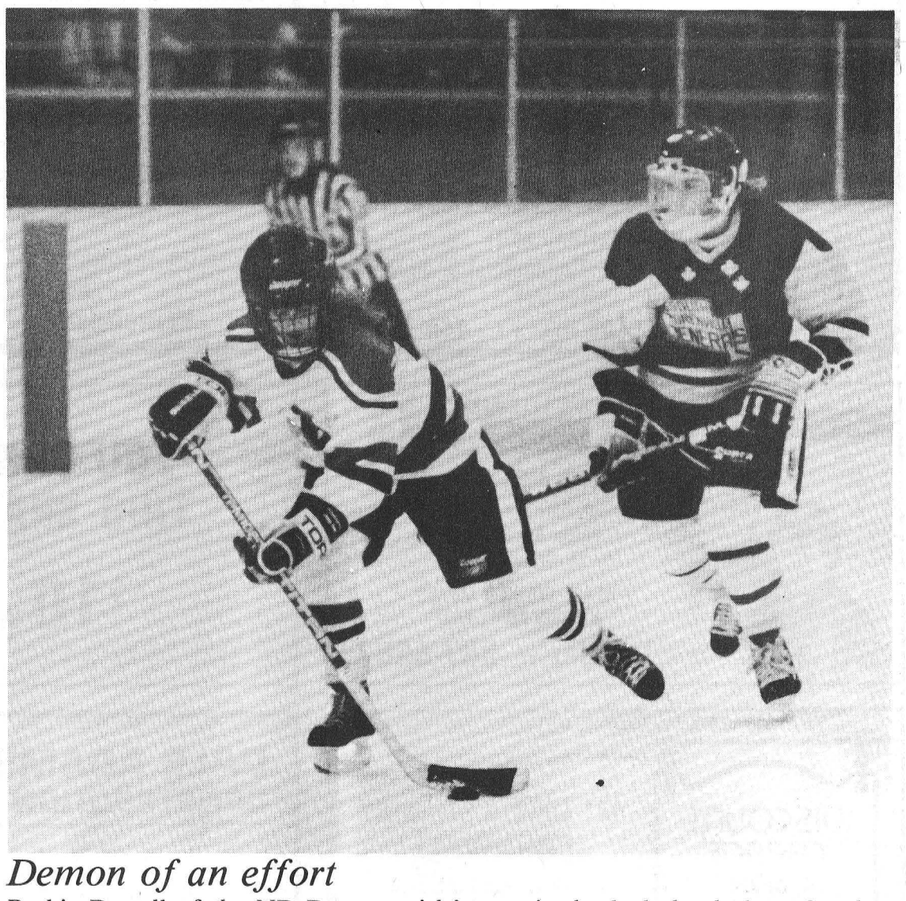
Casselman paces Atoms

Michael Casselman had a goal and an assist to pace the North Dundas J.M. Schneider Demons to a 3-2 win over Morrisburg in Upper Canada Minor Hockey League Atom B action Nov. 10.

The Demons built up a 3-0 lead by the end of two periods and then hung on as Morrisburg scored twice in the final period.

Tylor Copeland opened the scoring, from Philip Carkner and Sam Ault, at 11:49 of the first. Lance Bowman, from Casselman and Michael Francis, made it 2-0 at 12:56 of the second and Casselman scored from Francis with 1:30 left in the period to make it 3-0.

Justin Beckstead and Jason Baily scored third-period goals for Morrisburg.



Demon of an effort

Barbie Dowell of the ND Demons girls' team is checked closely by a South Grenville player in Monday night's Romeks' League play in Winchester. The Generals handed the young Demons team their third striaght loss of the season, dumping them 7-1. Dowell got the Demons' lone goal. ND lost earlier games to Embrun and Godfrey, Ont. and Thursday night they are in Morrisburg. The league is for players 12 to 18 years of age.

Record Photo - VanBridger

Devils turn up the heat

MAPLE RIDGE — North Dundas District High School's Junior Devils qualified for another round of SD&G junior girls basketball playoff action last week.

Friday the little Devils scrambled to a 28-22 win over the host Seaway Spartans in Iroquois. This week (Nov. 14) they travelled to Williamstown to challenge the Char-Lan Crusaders in a second round game.

NDDHS didn't fare as well on the senior level. Coach Deanna Corbett White's Devils were eliminated by the Panthers in a game played at St. Joe's on Friday. No score or scoring details were available.

Junior coach Patti Milne said her team was lucky to beat Seaway on Friday.

"It was a very close game. It was scrambly, rough and frustrating ball. Neither team played very smoothly. We were lucky to win it."

Milne explained that the Spartans defence forced a lot of dropped balls, bad passes and wrestling for ball control.

Her squad led from start to finish. The Devils were up 7-0 after the first eight minutes and 13-6 at the half.

"They (Seaway) made it close in the third (18-16) and then pressed us in the fourth. I think they got to 23-22 before we scored a couple of baskets and won 28-22."

Brenda Koekkoek led the Devils with 12 points. Katie Carkner added eight points to the win. Sherri James hit for three while Ellen Constapel (2), Laura Zrymiak (2) and Marg Link (1) completed the scoring.

Looking towards Tuesday's (Nov. 14) game at Char-Lan the coach said the Crusaders would be tough. They had beaten her Devils twice during the regular season but felt the Devils had the ability to win the game.

North Dundas completed their 1989 SD&G regular season here at home last Tuesday (Nov. 7) hosting Char-Lan.

The visiting Crusaders won both senior and junior matches.

The Senior Devils lost 48-20 while the juniors went down by a 37-26 count. Both North Dundas teams finished the schedule with two goals and eight losses.

Marooned atop league standings

Maroon and Blue kept their perfect records intact in Chesterville Men's Town Hockey League play last week.

Unfortunately for Blue, their perfection lies in the loss column.

Blue now sports a record of 0 and 4 following last Wednesday's 5-2 loss to visiting Maroon.

Maroon is in first place with an unblemished record of four wins, no losses. Also last Wednesday, White took over sole possession of second place with a 6-1 win over Green.

Brad Hanes had two goals and Kevin Moore collected three points to pace the Maroon attack. Moore opened the scoring at 10:19 of the first period, when he beat Blue backstop Jim Hume. Andy Windsor put Maroon up by two goals with an unassisted marker midway through the second period. But less than a minute later, Blue's Jerrold Boulanger cut the lead in half with a goal set up by Lonnie McIntosh and Todd Findlay.

Maroon assured themselves of the victory with two third-period goals just over a minute apart from Hanes and Clayton Armstrong. Lonnie McIntosh made it 4-2 with four and a half minutes remaining, but Hane's second of the night, into an empty net made the final 5-2.

Terry Barkley's hat trick and four-point night powered White over Green 6-1.

With the victory, White claimed sole ownership of second place.

The two teams had entered the game tied for second spot. White opened the scoring when Kevin Boyce took a pass from Dale Williams and beat Green goalkeeper Rob Carkner midway through the first. White exploded for three unanswered goals in the second period from Gary Kleinswormink, Dale Williams and Barkley, with the first of his three.

Wally Vandekemp put Green on the board early in the third period, but that was all the scoring Green could muster. Barkley's second tally with 7:31 remaining made it 5-1. He then completed his hat trick with three and a half minutes remaining, converting a pass from Rene Boulanger.

SPORTS SCOREBOARD

WINCHESTER & DISTRICT BROOMBALL LEAGUE

RECENT RESULTS

Sunday, November 12

Magnum Force 3, Ormond 2
Morewood 4, Prescott Road 2
Toyes Hill 5, Winchester 0
Manotick 6, Newington 0
* Teams losing in overtime (OT) receive bonus point

STANDINGS

(As of November 12)

Team	W	L	T	GF	GA	PTS
"A" Pool						
Russell	8	0	0	43	8	16
Morewood	7	1	0	53	10	14
Ormond	5	3	0	36	15	10
Prescott Road	4	4	0	21	22	8
"B" Pool						
Toyes Hill	4	4	0	15	29	8*
Winchester	2	6	0	11	31	4
Newington	1	7	0	6	45	3*
Manotick	1	7	0	8	36	3*

TOP SHOOTERS

Player, Team	G	A	PTS
Brian Como, Morewood	12	16	28
Guy Marion, Morewood	11	15	26
Gerald Eby, Morewood	13	12	25
Steve Bekkers, Russell	12	8	20
Geoff Corey, Russell	5	12	17
Doug Sloan, Ormond	7	10	17
Dave Hess, Ormond	7	9	16
Frank Bols, Russell	3	13	16
Vince Cousineau, Morewood	2	10	12
Ted Bongers, Toyes Hill	7	4	11

EASTERN ONTARIO JR. "C" HOCKEY LEAGUE

RECENT RESULTS:

Thursday, November 9

Embrun 7, North Stormont 7

Friday, November 10

St. Isidore 8, Embrun 2
Rockland 7, Russell 4

Sunday, November 12

Casselman 5, Embrun 3
Clarence 7, Chesterville 6
St. Isidore 10, Russell 4
Rockland 5, North Stormont 0

Monday, Novmeber 13

St. Isidore 5, Chesterville 4

STANDINGS

(To Monday, November 13, 1989)

Team	GP	W	L	T	PTS	GF	GA
St. Isidore	12	10	2	0	20	108	60
Rockland	9	9	0	0	18	66	30
Casselman	9	6	3	0	12	79	48
Embrun	10	4	5	1	9	64	69
Chesterville	10	3	7	0	6	47	70
North Stormont	11	2	7	2	6	55	72
Clarence	8	2	5	1	5	37	61
Russell	7	0	7	0	0	29	75

TOP TEN SCORERS

Player, Team	GP	G	A	P	PIM
Martin Hughs, Casselman	8	8	20	28	25
Daniel Savage, Embrun	8	10	16	26	8
Kevin Villeneuve, North Stormont	10	11	11	22	4
Alain Gignac, Embrun	8	12	8	20	0
Chris Leclair, Casselman	8	11	7	18	10
Chris Leroux, North Stormont	10	7	13	20	4
Geoff Seguin, Casselman	8	8	9	17	18
Marc Lalonde, St. Isidore	8	9	11	20	26
Yves Seguin, Rockland	7	7	9	16	26
Tim Ouderkirk, North Stormont	10	8	8	16	16

CHESTERVLLE FLYERS

SCORING STATS

Player	GP	G	A	Pts	Pim	+/-	S	PP	SH	GW	GT	%
D. Ouellette	10	5	6	11	36	+8	22	1	1	0	0	23%
R. Sherrer	10	5	5	10	48	+3	35	1	0	0	0	14%
K. Byers	10	9	7	16	22	+12	49	5	0	0	0	18%
E. Paquette	10	1	3	4	6	0	3	0	0	0	0	33%
T. Holmes	10	0	1	1	10	+2	10	0	0	0	0	0%
R. Meggenhart	10	1	2	3	8	-10	12	1	0	0	0	8%
I. Jean	6	2	0	2	9	-7	7	1	0	0	0	29%
K. Byers	10	4	13	17	32	+12	42	0	0	1	0	10%
C. Holmes	10	1	3	4	12	-4	11	0	0	0	0	9%
M. Cholette	10	1	2	3	0	+7	16	0	0	0	0	6%
D. Marcellus	7	0	1	1	57	+2	12	0	0	0	0	0%
S. Taggard	9	2	5	7	8	+3	17	2	0	0	0	12%
C. Leblanc	10	1	6	7	28	+3	20	1	0	0	0	5%
R. Casselman	10	1	1	2	8	-4	5	0	0	0	0	20%
S. Bell	7	8	7	15	20	+6	20	5	2	2	0	40%
D. Dubois	5	6	4	10	4	+7	26	3	0	0	0	23%

Goalies	GP	Min.	Avg.	W	L	T	SO	GA	SA	%
M. Saucier	7	365	6.74	3	4	0	0	41	169	75%
B. Henry	6	235	7.41	0	3	0	0	29	166	82%
TEAM TOTALS	10	600	7.00	3	7	0	0	0	335	79%

	Adv.	PPGF	%	TSh	PPGA	%
Specialty Teams	70	20	28%	81	27	66%

Teams	GP	GF	GA	W	L	T	PTS
Casselman	3	14	21	1	2	0	2
Clarence Twp.	2	12	10	1	1	0	2
Embrun	1	6	8	0	1	0	0
North Stormont	1	7	5	1	0	0	2
Rockland	1	3	10	0	1	0	0
Russell	0	0	0	0	0	0	0
St. Isidore	2	6	16	0	2	0	0
TOTALS	10	48	70	3	7	0	6

Bowling

Berwick Mixed League

Men's High Single, Mike Glaude 299; Men's High Triple Mike Glaude 774. Ladies' High Single, Barbara-Ann Glaude 262; Ladies' High Triple, Barbara-Ann Glaude 650.

Team Standings

Wilma 31; Barbara-Ann 30; Connie 28; Elaine 25; Allie 18; Stacy 15.

Wednesday Afternoon Ladies

High Single, Hilda Elliott 245; High Triple, Hilda Elliott 617.

Team Standings

Kathy Cinnamon 45; Debbie Hess 31; Bertha Barkley 27; Norma Cass 23.

Community League

Men's High Single, Doug Durant 304; Men's High Triple, Jack McLaren 620. Ladies' High Single, Roxanne McLaren 243; Ladies' High Triple, Roxanne McLaren 647.

Team Standings

Glenna 37; Barb 34; Edythe 30; Joyce 25; Esther 21; Neil 21.

Riverside Rollers

Men's High Single, Jim 279; Men's High Triple, Jim 651. Ladies' High Single, Gail 268; Ladies' High Triple, Gail 620.

Team Standings

Ron 42; Ken 39; Bill 29; Randy 28; Janice 26; Jim 25.

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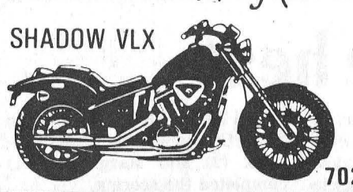
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Fitness forum

by Jennifer Gregoire, Reg.N.

IODINE:
The Mineral That's a Specialist

When most of us think of iodine, we remember the red stinging stuff our mothers put on our cuts when we were little. But if we want to feel mentally alert and sharp, speak clearly and keep our nails, skin, teeth, and hair in great shape, that same iodine is one of our best friends.

Unlike many minerals, iodine is a real specialist. It performs its great work in just one gland -- your thyroid. Although our body contains only a minuscule amount -- a mere 25 milligrams -- we couldn't live without it. Iodine helps our thyroid's development and functioning, making up its principal hormone, thyroxine. Through this hormone, iodine helps regulate our body's production of energy, promotes growth and development, and stimulates our metabolism, helps us burn off excess fat.

By keeping throxine production optimal, iodine also helps convert beta-carotene to vitamin A, aids in the synthesis of protein and the absorption of carbohydrates from our intestine -- in other words, it keeps our body's energy furnace stoked with fuel.

Iodine indirectly helps our heart as well. Because it plays a role in the chemical synthesis of cholesterol, it can help to head off atherosclerosis by making sure our body keeps its cholesterol within limits and preventing its buildup in our arteries. Some people believe it may help to relieve the chest pain caused by a lack of oxygen to the heart.

Without enough iodine, the thyroid, normally nestled invisably at the base of our neck, swells to the size of a baseball or even larger. At the same time, it shuts down hormone production, throwing all our body's other systems off balance. Fortunately, this disease is rare in our country.

The lack of this element may lead to slowed mental reactions, brittle hair, hardening of the arteries, obesity and lethargy, or intolerance to cold.

Happily, iodine deficiences are rare today because most of the salt we eat in this country is iodized -- fortified with this mineral. Japanese researchers have reported cases of toxicity resulting from too much iodine in the diet -- in their case, people ate too much iodine -- rich seaweed. For most of us in this country that doesn't seem to be too likely!

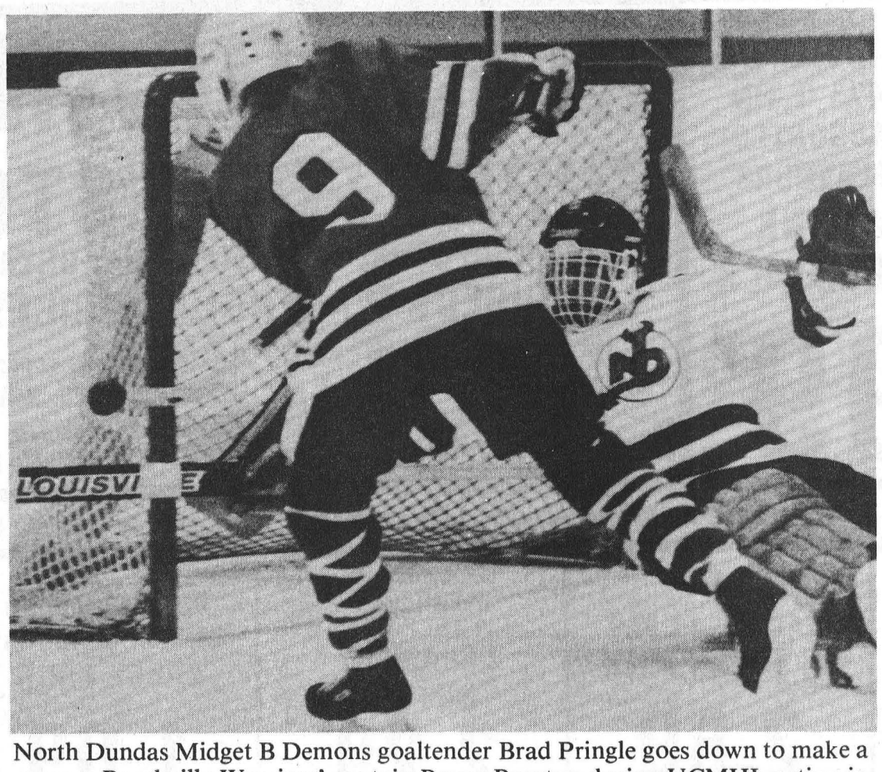
If iodine is prescribed as a medication, it is always carefully monitored by the physician.

The iodine we need in our diets also comes from delicious and healthy sources. Marine foods -- fish, shellfish, and kelp -- absorb the mineral from seawater, and are excellent sources. On dry land, mushrooms can be good sources, depending on the iodine content of the soil they are grown in. One of the other common sources is a long, cool glass of clear water -- it brings iodine with it up from the earth.

Iodine is only one of the five essential minerals; the others being chromium, manganese, molybdenum, and fluoride. They are referred to as the ready-made minerals. Ready-made because, usually, we don't have to worry about taking special supplements. They are essential to our health, but since we need them only in trace amounts, we usually get enough of them in our diet. But though our need for them may be small, their range of health-promoting effects is not. Every week, new research is showing us surprising new ways these minerals work to keep us healthy, resilient, and full of energy.

My Silent Achievers this week are the weight-lifters; all Handsome Hunks, along with Gorgeous Kathy, who responded so terrifically to the Aerobics Challenge at the Gym last week and did such a great job. Very Well Done!!

We are so very lucky to be able to do it for ourselves.



North Dundas Midget B Demons goaltender Brad Pringle goes down to make a save on Brockville Warriors' captain Roger Brayton during UCMHL action in Winchester last Thursday. Brockville held off a late ND rally and scored an empty net goal in their 6-4 win.

Record Photo - VanBridger

NGS Midgets post win and tie

North Glen-Stor Midget Braves earned an exhibition victory and a league tie in its two games last week. Saturday, the Braves got two-goal efforts from Marc Herbert and John Grady to defeat the North Dundas Demons 5-3. In the regular season game on Sunday, Paul Jackson's goal 1:39 into the game was all the offence the Braves could produce in a 1-1 tie against visiting Char-Lan.

Braves 5-Demons 3

The Braves erased an early 1-0 deficit with two goals in the last three minutes of the first period to take a 2-1 lead.

Herbert scored with three minutes left on passes from Sean Blaine and Marc Genier. One minute and fifteen seconds later, Grady put the Braves ahead when he finished off a pass from Brian Nand.

The Demons had taken a 1-0 lead 1:16 into the game on Will O'Connors' goal. Ken Wensink made it 3-1 early in the second period, before the Demons tied it on tallies from Kent Young and Scott Francis.

The Braves pulled away in the third period when Hebert and Grady each scored their second of the game.

The game was marred by 21 penalties, including the Braves' Danny MacMillan's game misconduct. MacMillan and the Demons' O'Connor were tossed out for fighting.

Braves 1-Char-Lan 1

Paul Jackson finished off a passing play with Jeff MacLean and Anson Acres 1:39 into the first period for the Braves' only goal in a game that saw them fail to capitalize on numerous power-play opportunities.

Todd Cameron scored the lone goal for Char-Lan, who took eight penalties in the game. After Jackson's goal, the Braves could not beat Char-Lan goaltender Shawn McClements, despite eight manpower advantages, including a stretch in the first period when Char-Lan took three successive penalties.

Midgets' rally falls short

WINCHESTER — North Dundas Midget B Demons ran into penalty trouble, giving up three power-play goals as they lost 6-4 to Brockville Warriors in their Upper Canada Minor Hockey League opener Thursday.

The Demons made a game of it, coming back from a 5-1 second-period deficit to trail only 5-4 with 3:51 left until the Warriors' Dave Blackwell scored his third of the game into an empty net with 33 seconds left to ice the victory for the visitors.

Down 5-1 with 5:44 left in the second, the Demons started their comeback bid when Gerry VanKessel scored unassisted with 41 seconds left in the frame.

Jayme O'Reilly got the first of his pair on the powerplay at 9:45 of the third to bring the Demons to within two and O'Reilly got his second with 3:51 remaining.

The Demons pulled their goaltender to go for the extra attacker but another penalty wiped out their advantage and Blackwell got his third while O'Reilly was off for roughing.

VanKessel and Brockville's Mike Chenier were tossed for fighting and given game misconducts at 7:09 of the second. The Demons had nine of the game's 17 penalties.

Thorburn leads Warriors

WINCHESTER — Todd Thorburn scored twice to lead the visiting Brockville Bantam A Warriors to a 4-1 win over North Dundas Demons in Upper Canada Minor Hockey League action here Nov. 4.

The Bantam C Demons didn't fare much better in their first week of UCMHL play as they lost 2-1 to Morrisburg Nov. 7 in Chesterville.

Steve Morrow scored at 8:37 of the first period to give Morrisburg a 1-0 lead and the visitors made it 2-0 at 6:14 of the third off the stick of Jeff Barclay.

Jason Ibbetson scored at 5:19 from Tommy Cinnamon and Grant Williams but the Demons couldn't get the equalizer.

Thorburn gave the Warriors a 2-0 lead before Cory VanDelst got the Demons on the board at 8:50 of the first, from Jason Ouellette and Troy McNaughton.

The Warriors then shut the door, upping their margin to 3-1 on Jason Imrie's goal with 26 seconds left n the first. Tom Darby made it 4-1 at 9:27 of the second.

2 wins in 3 starts for Atoms, North Leeds deals only loss

WINCHESTER — North Dundas' Seaway Valley Pharmacy Demons skated through a winning record posting two wins in three Upper Canada Minor Hockey League Atom A games last week.

Jason Ross netted three goals here last Thursday, powering the Demons to a 7-3 win over the Kemptville Royals.

The North Leeds' North Stars ruined the week for North Dundas, dealing them a 3-1 loss here on Saturday.

Things swung back to the positive side on Sunday as the Demons romped to a 6-2 win over the South Grenville Generals in Spencerville. Captain Warren Holmes was the big gun in that game with two goals and two assists.

North Dundas took a 2-1 first-period lead on Kemptville here last Thursday as Wes McLeod and Jason Ross each found net behind Royals' goalie Chris Crawford.

Short-handed goals at 11:30 and 8:50 of the second period inspired the Demons as they opened up a 6-2 lead. Craig Holmes and Ross netted those SHGs which put North Dundas into a comfortable lead.

Jason Ross led the winners with three goals and one assist. Craig Holmes supplied two goals and one helper. Wes McLeod scored once and set up a third goal. Ryan Holmes also dented twine. Warren Holmes picked up one assist. Darryl Beck was the winning goalie.

Here on Saturday North Leeds scored a pair of unanswered goals in the second period and held the Demons off, through a scoreless third, for a 3-1 victory.

Ryan Filions' unassisted goal at 1:24 of the first period was North Dundas' only scoring play.

Steven Sled had two goals for North Leeds.

North Dundas got back in the win column Sunday downing South Grenville 6-2.

Jim Pakenam gave South Grenville a 1-0 first-period lead, but the Demons pulled into a 2-2 tie after two frames. A four-goal third period salted the victory away.

Craig Holmes' goal, assisted by Warren Holmes and Ryan Holmes with 31 seconds left in period two, tied the game up 2-2.

Warren Holmes' goal from Stephen Henderson and Terry Wagner at 6:54 of the final frame proved to be the winner. 20 seconds later Jason Ross hit from Craig Holmes to put the Demons up 4-2.

Warren Holmes paced North Dundas' attack with two goals and two assists. Craig Holmes had a goal and two assists. Jason Ross found the target for two goals. Terry Wagner scored once and drew one assist. Ryan Holmes earned an assist. Darryl Beck was the winning goalie.

Morrisburg spoils Demons' week

CARDINAL — The Morrisburg Lions ruined the North Dundas Chesterville Co-op Pee Wee B Demons' chances for a perfect week here Sunday.

The host Lions stormed into a 4-1 first-period lead and cruised to an 8-1 Upper Canada Minor Hockey League victory on the Demons.

North Dundas, under the guidance of Neil "Smiley" Beckstead opened their schedule with a nifty 4-2 win over the Metcalfe Mustangs in Metcalfe on Nov.9.

Metcalfe gained a 1-0 lead on North Dundas when Chad Guy scored from Steven James and Damian Chiarotto at 9:08 of period one.

Brett Hillis' unassisted goal at 9:25 of period two put the Demons into a 1-1 tie, but Brian MacEachern pulled the Mustangs into a 2-1 lead five minutes later scoring from Dan Gervais and Jeff Hay.

North Dundas finally broke loose for three unanswered goals in period three. Kevin McConnell tied it up 2-2, scoring from Hillis at 9:30.

Dunbar slips farther down

EMBRUN — Dunbar Panthers saw their record slip to 1-4-1 as they lost 4-2 to Coors Lite in Embrun Broomball League action last Thursday.

In other league games, Randy Rosenthal scored twice to lead first-place Embrun Plumbing to a 6-0 romp over Independent Rad and St. Albert edged Embrun Black Hawks 4-3.

Larry Gallinger gave Dunbar a 1-0 first half lead on a power-play goal but the Silver Bullets outscored the Panthers 4-1 in the second to take the 4-2 win.

Campbell led the Lite Boys' attack with two goals and a pair of helpers. Getting singles were Peck and Desjardins. Rock Seguin got Dunbar's second goal.

Yvan Breton, on the power-play, Jacques Gagnon and Rosenthal, with his first while his team was shorthanded, staked the Plumbers to a 3-0 first-period lead over Independent Rad. Paul Peterson, Daniel Piche and Rosenthal, on the powerplay, scored in the second.

NGS fit to be tied

After opening up their Lower St. Lawrence Minor Hockey League season with a pair of losses, the North Glen-Stor Pee Wee Braves earned two points on two ties this week.

Kevin MacKillican and Danny Boszormany each scored twice as the Braves raised their record to 0-2-2.

Thursday night, MacKillican's goal at 13:39 of the first period tied NGS' game with South Stormont at one.

Julien Benoit provided the Braves with a 2-1 lead in the third period when he beat South Stormont goalie Jeff Anderson at 2:42. South Stormont captain Allister Wood's goal midway through the final frame evened the game at two.

The Braves could not take advantage of two powerplay opportunities in the third period, and were forced to settle for the tie.

Sunday, the Braves scored all their goals in the first period and hung on for a 3-3 tie against Cornwall Royals. MacKillican opened the scoring for NGS eight minutes into the first period.

Thirty-seven seconds later, Boszormany, with his first of two goals, gave the Braves an early 2-0 lead. The Royals tied it with goals from Dana Grant and Eric Fontaine. Boszormany's second tally, with 47 seconds remaining, gave the Braves a 3-2 lead after one period. Tarrett MacGillivray's goal 12 minutes into the second period knotted the game and closed out the scoring.

Sports Calendar

UPPER CANADA MINOR HOCKEY
SENIOR NOVICE
Saturday, November 18
ND at Kemptville, 4:30pm
Sunday, November 19
ND vs Morrisburg, Cardinal, 4pm
Tuesday, November 21
Metcalfe vs ND, Chesterville, 7pm
ATOM
Friday, November 17
Ogdensburg at ND, Winchester, 7pm
BANTAM
Saturday, November 18
South Grenville vs ND, Winchester, 6pm
MIDGET
Friday, November 17
Carleton Place vs ND, Chesterville, 8:30pm

EASTERN ONTARIO JR. C HOCKEY
Thursday, November 16
Russell at North Stormont, 8:30pm
Monday, November 20
North Stormont at Chesterville, 8:15pm

NORTH STORMONT INTERMEDIATES
Friday, November 17
Avonmore vs Finch, 8pm
Crysler vs Berwick, 9:30pm
Sunday, November 19
Avonmore vs Crysler, 7:30pm
Finch vs Berwick, 9pm
Finch Arena

NORTH-GLEN STOR MINOR HOCKEY
PEEWEE TRAVELLING
Thursday, November 16
NGS vs Char-Lan, Maxville 8pm
Sunday, November 19
Alexandria vs NGS, Alexandria 6pm
MIDGETS
Thursday, November 16
NGS vs Cornwall, Water St. Arena, 7:30pm
Saturday, November 18
Alexandria vs NGS, Alexandria, 6:30pm
Sunday, November 19
NGS vs South Stormont, Finch 5:15pm

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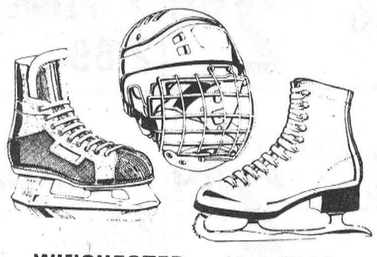
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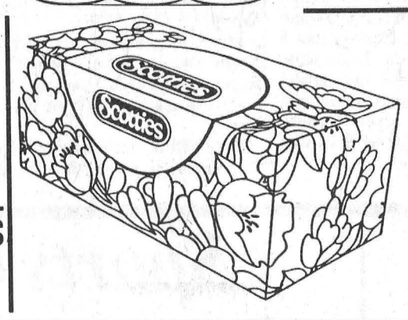

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2.49 lb. 5.49 kg

DEMPSTER'S, PKG. 12
SOFT DINNER ROLLS
1.29

NATURAL GR, PKG. 12
FRUIT BUNS
1.59

TIDE, 5 LITRE
REGULAR or UNSCENTED
LAUNDRY DETERGENT
3.99

BOUNCE, PKG. OF 36
STAINGUARD FABRIC SOFTENER
3.99

CASCADE, 1.8 KG BOX
REGULAR or LEMON
AUTOMATIC DISH DETERGENT
4.99

MAPLE LEAF SLICED
REGULAR or WAXED
BOLOGNA
2.49 lb. 5.49 kg

MAPLE LEAF SLICED
COUNTRY KITCHEN HAM
4.99 lb. 11.00 kg

DEMPSTER'S, 675 G
6 VARIETIES
CANADIANA BREADS
1.19

DMEPSTER'S, 450 G
3 VARIETIES
RYE BREADS
99¢

CHEER, 10 LITRE BOX
LAUNDRY DETERGENT
6.99

IVORY, PKG. OF 3
PERSONAL SIZE
BAR SOAP
1.19

COMET, 600 G
DEODORIZING CLEANSER
1.19

ARTEL
POGOS
2/1.29

MAPLE DALE
COLBY CHEESE
3.99 lb. 8.80 kg

BETTY, PKG. OF 12
BAKE & SERVE ROLLS
HOTEL ROLLS
WHOLE WHEAT ROLLS
99¢

DOWNY, 1.5 LITRE
REGULAR or'
SUN FRESH
FABRIC SOFTENER
3.69

BOUNCE 40+10 BONUS
REGULAR or UNSCENTED
SHEETS FABRIC SOFTENER
3.69

SPIC AND SPAN
1.2 L JUG
LIQUID CLEANER
4.49

BLUE RIDGE FARM SALADS
POTATO, MACARONI, COLESLAW
1.89 lb. 4.17 kg