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Veterans protest Lauzon, Harper at N. Dundas debate

by Matthew Uhrig
Press staff

WINCHESTER – There was only three, but the message from the ex-military members was clear – "Harper-man has got to go."

The notably small protest went ahead prior to the North Dundas Chamber of Commerce-hosted debate at the Joel Steele Community Centre in Winchester Tues., Oct. 6.

Ex-military members accuse government of "disdain" for veterans

"We're here as a show of support for all our brothers and sisters who have been denied benefits from the Harper government," Gary Samler, president of the local Friends of Vets support group, said. "They have been very unfair to those who offered to give their services to our country."

Samler noted the nearly $700,000 spent in legal fees to fight against disabled Afghan war veterans, or the $1.13 billion returned by Veterans' Affairs to the federal treasury; funds meant to support those who have been to war.

"And they say they support veterans? The Harper government has done nothing to show anything but disdain for veterans," Samler said.

• see DEBATE on next page



Looking into history

Winchester's Polly Hill said she was "dumbfounded" when she removed the back cover of this antique mirror that has long hung in her home to find "M.F. Beach Co." stamped on the back side of the glass portion. Hill purchased the mirror 30 years ago in Sault Ste. Marie, and has lugged it with her since then, hanging it in many different homes. She only moved to the village five years ago, noting that she had never heard of Winchester before coming here, and had no knowledge of the Beach factory. The wire that hung the mirror came loose, causing it to come crashing down. While the frame broke in four spots, the glass did not shatter. "I nearly threw it out because it is hard to mend something oval," Hill said. "I thought the frame was [ruined], but I glued the seams one at a time [to repair it]… I truly believe this mirror wanted to come 'home' or it would never have fallen off the wall."

Press Photo – Uhrig

Eight Saturdays 'til Santa arrives in Parade of Lights

WINCHESTER – The countdown is on for the 19th annual North Dundas Country Christmas Parade of Lights on Sat., Dec. 5.

Beyond the nighttime light show, vendors, crafters, businesses, and local organizations are invited to take part in the vendor and trade fair, which will again be held at the Joel Steele Community Centre.

Tables are $15 each, and are available on a first-come, first-served basis. Volunteer and non-profit organizations can reserve a table at no cost. (Space is still available. Contact Gina Welch at the township office, 613-774-2105, for more information.)

Youngsters will be able to visit with Santa Claus, having their picture taken with him throughout the day.

• see PARADE on next page

Sand, gravel pit plan has residents crying foul

by Matthew Uhrig
Press staff

WINCHESTER – Lafarge Canada's plans for a sand and gravel pit on French Settlement Road has residents in that rural portion of the municipality up in arms.

The company has highlighted a 94-acre parcel of land, currently used for agricultural practices and woodlot management, as the site of its latest mineral extraction efforts.

To do this, Lafarge requires both a zoning amendment from the Township of North Dundas, and a change to the United Counties of Stormont, Dundas, and Glengarry's official plan, shifting the land's use to allow for a licensed pit and quarry.

Concerned homeowners stormed the municipality's council chambers earlier this month crying foul about the impact on property values, the region's environment, and other issues.

"It is protection of their long-term mineral supply that [Lafarge is] after," Calvin Pol, North Dundas' director of planning, building and enforcement, said.

Within 30 kilometres of the proposed site, there are a number of current sand and gravel pits in operation. In North Dundas, a new pit, near the corner of French Settlement Road and County Road 1, was recently approved, though isn't yet active, and others, including one owned by Lafarge, are being used on Loughlin Ridge Road.

This, Pol noted, is indicative of the short supply of mineral material in Dundas County.

Rod Price, Lafarge's land manager for Eastern Ontario, noted that the company purchased the land in 2008 and has been putting together technical studies since then.

"We've been out trying to engage with neighbours [of the property], and have tried to implement comments and concerns, including higher berms, trucks off the road, an updated entrance and offsite truck route," he said.

TransCanada, meanwhile, has underground infrastructure running through the property, which would ultimately be part of the yet-to-be-approved 4,600-kilometre Energy East Pipeline. A number of residents expressed concerns about the possibility of an oil spill or any kind of damage to the pipeline that would impact groundwater and other resources.

Price said Lafarge has a commitment to stay 100 feet back from the line – "We can't go near it… We have to play by the rules given to us."

• see LAFARGE on next page

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At left: *All four election candidates – incumbent Conservative MP Guy Lauzon (left), NDP Patrick Burger, the Green Party's Elaine Kennedy, and Liberal Bernadette Clement – took part in the North Dundas Chamber of Commerce-hosted debate Tues., Oct. 6 at the Joel Steele Community Centre in Winchester.*

Press Photos – Uhrig

Debate

• continued from the front

Having spent eight years in Canada's army and another 15 in the navy, Samler now dedicates his time to helping veterans and their families and friends deal with the after-effects of war, including post-traumatic stress disorder (PTSD).

"I fought for freedom, spent many years in the military and served my country proudly, and Mr. Harper is taking my rights away," he said. "It's time that the veterans stand up and say that we've had enough, and that Mr. Harper has to go."

Denis Labbe, who admittedly suffers from PTSD, joined Samler on the picket line, and rallied against Stormont, Dundas, and South Glengarry's incumbent MP.

"Guy Lauzon doesn't like the vets, he likes himself," he said. "The Conservatives took [our money away], and have spent money to fight injured Afghan vets… It's a lack of respect."

Once the debate started, Lauzon was grilled about his party's treatment of veterans.

Gary Taylor, himself a 21-year military member, accused the Conservatives of "stabbing soldiers in the back," noting it is "Harper in the bushes with the knife."

Lauzon, clearly agitated by the accusations, went on the defensive.

"Since 2006, expenses to veterans is up 35 per cent… [Veterans' Affairs] offices in Cape Breton were closed to allow for better services, [veterans] do deserve respect and there are 6,000 Service Canada offices to help with tax information… There has been a 70-per-cent increase in funding," he said.

This was met with jeers from the audience, with some catcalling Lauzon by name.

Liberal candidate Bernadette Clement, meanwhile, was asked about her party's stance on those who have served the country's military.

"The veterans' portion of the Liberal platform is one of the best things in there," she said. "We would reverse the cuts and make different types of investments, reinstating the lifetime pension and make it easier for veterans to access services, including for their mental health. We have to do more to support families of Canada's veterans. These people have given years of their lives in service, and we have a sacred obligation [to them]."

Other topics of discussion during the debate included youth unemployment and rural poverty, the Trans-Pacific Partnership, the Energy East Pipeline, and the pressure felt by small business owners

Election day is Mon., Oct. 19.



Gary Samler, president of the local Friends of Vets support group, led the protest against the Harper government's treatment of military veterans.

Police Blotter

ATV, trailer stolen

MORRISBURG – On Mon., Oct. 5, at approximately 6 am, Stormont, Dundas, and Glengarry (SD&G) OPP responded to a report of a theft of an all-terrain vehicle from a residence on Smiths Road.

When officers arrived, it was indicated that sometime between Sun., Oct. 4 and Oct. 5 a 2009 Green 700 Polaris Ranger ATV on tracks, a SUVE Trax trailer (plate number H8097P), and a Honda 5000 generator was removed from the property.

Police continue to investigate.

Impaired driver

WINCHESTER – On Oct. 5, at approximately 7:30 pm, SD&G OPP officers intercepted a vehicle on County Road 43. The investigation revealed that the adult male driver was under the influence of alcohol.

Dave MacFeely, 61, of North Grenville was arrested. He faces charges of care or control of a vehicle with more than 80 milligrams of alcohol in his blood, and driving a motor vehicle while impaired.

He is to appear in Morrisburg court Tues., Oct. 20.

•

Details published in the police blotter are provided by the OPP. All suspects are considered innocent in the eyes of the law unless proven otherwise in court.

Parade

• continued from previous page

Meanwhile, there is a plenty of room left for parade float entries, and prizes will again be awarded for the best business float, best non-profit organization float, and best decorated farm equipment.

As well, volunteers are needed to help with parade day activities, and any students requiring the hours for high school graduation are encouraged to take part.

Keep watching the *Winchester Press* for Parade of Lights updates.

LaFarge

• continued from previous page

To ensure a buffer zone between Lafarge's pit and TransCanada's pipeline, the company will be leaving roughly 14 acres out of its application. The land will remain fit for agricultural use.

Current estimates, meanwhile, show that three to five years worth of mineral remain at Lafarge's Loughlin Ridge Road site, giving the company an ample supply in the region.

Happy 25th Anniversary



Barry & Shelley Waddell

A very happy 25th wedding anniversary to one of the strongest and most committed couples out there. Wishing you all the best in the next 25 years!

Much love, Claudia & Craig



Council notes from
South Dundas

SOUTH DUNDAS

Dundela Rink to get permanent trailer

MORRISBURG – After several back-and-forth discussions between South Dundas council and Dundela Recreation members, it was decided at Tues., Oct. 6's meeting that the municipality would purchase a used, 480-square-foot ATCO unit as a seasonal warming structure for the hamlet's outdoor rink.

The 12x40 trailer will cost $57,265 to be permanently installed, with $54,000 of that coming from the 2015 allotment of the South Branch Community Fund (SCBF). The rest of the funds will be allotted from a working reserve.

Another $30,000 is expected in the SCBF in 2016. As part of the approval process for the South Branch Wind Farm, EDP Renewables Canada is required to contribute $30,000 to the fund annually, for a term of 20 years.

Dundela Recreation members first put forward an application to the SBCF requesting a permanent structure estimated at $120,000, but with the lack of immediate funds, council members did not see the option as feasible. The other option included the rental of an ATCO structure for five months estimated at $51,710.

The exact location of the structure on the proposed property will be decided at Tues., Oct. 20's meeting, with council members predicting installation complete before winter.

New SD recreation intern

It was announced at Oct. 6's meeting that Michaela Morrow, a fourth-year student at the University of Ottawa, would be joining South Dundas Recreation for the 2015-2016 school year to complete a 100-hour internship.

The internship will grant her a credit in her Honours Bachelor of Arts with a specialization in Human Kinetics program.

Morrow is no stranger to the South Dundas community, as she attended Seaway District High School, and participated in a variety of sports, including hockey, soccer, volleyball and basketball. Outside of school she was also involved in hockey and soccer organizations within South Dundas.

Some of the projects Morrow will be working on throughout her internship include assisting with the Dundas County 50+ Wellness Day, the spring and summer Community Guide, education-based events, and youth engagement initiatives.

Industrial Park upgrades still going

South Dundas council members are a few steps closer to figuring out how to complete infrastructure installations at Morrisburg's Industrial Park.

At an earlier meeting, council requested an updated reconciliation of the services in the Industrial Park, which has been undergoing upgrades for the past two years.

The project hit a standstill in 2013 when eight endangered butternut trees were determined as in the way of construction.

At Oct. 6's meeting, Chris Bazinet, manager of public works, advised council on the estimated costs toward the infrastructure changes and suggested that council opt for completing the project "in one shot."

The water and sewer service tie-ins have been completed at the south and east ends of the road, with tie-ins located in the back slopes of the west and north ditches that allow for the installation of water and sewer lines without affecting the paved portion of the road. A base lift of asphalt will also be added this year, with the final course to be reviewed as development within the area occurs.

Bazinet estimated that the cost for completing the water and sewer loop would be $500,000, with land clearing estimates at $5,000 per acre, not including any unforeseen issues, for a total estimate of $700,000. Hydro servicing was not included in the estimate as it's based on usage.

Council decided to send out a request for proposal for immediate water and sewer services, with further investigations into costs for hydro and options for a three-phase project, before moving forward.

Bass tourney catches tourist traffic

by Alicia K. Gosselin
Press staff

MORRISBURG – Morrisburg has the resources to be considered the "fishing capital" of the St. Lawrence River – and professional anglers throughout North America are more than willing to pay big bucks to cast their lines along the seaway.

At least that was the message Paul Shibata from the Renegade Bass Tournament Association (RBTA) brought to South Dundas council Tues., Oct. 6 during his economic impact report on the association's most recent catch-and-release championship that took place in the village Sept. 12 and Sept. 13.

"We feel very strongly about the fishery that you guys enjoy in your backyard," said Shibata. "We think it's something that should be broadcast and people should know about. We strongly believe this is a resource that is under utilized here…The best fresh water fishing in the world."

After receiving a request for support in early September, the Municipality of South Dundas quickly contributed $3,000 to the event; along with waiving the waterfront boat launch fees (estimated at $1,500) for the two days during the Renegade Bass Classic XX. The South Dundas Chamber of Commerce (COC) also put $2,000 toward the championship.

With some council members originally leery about putting taxpayers' money toward the event, the purpose of Shibata's report was to show council the return on their "investment."

According to the report, a regular tournament will see 80 teams of anglers directly spending in excess of $75,000 within the community, which goes toward lodging ($12,000), tow vehicle fuel ($16,000), boat fuel ($24,000), food ($24,000), and launch fees ($2,240).

Shibata also noted that the financial impact of hosting a Renegade Bass tournament goes beyond direct spending, and comes in the "invaluable" form of a national platform for Morrisburg.

As part of the tournament package, RBTA features the host community on their national radio show on TSN1200, reaching close to 60,000 listeners who are looking for the latest on the fishing scene. RBTA also gives out municipal promotional material at all the trade shows they attend, while giving the municipality a place on their website.

> Market as attracting big fishermen to a small pond

"For many years, we never requested support prior to the radio show… That was also prior to communities approaching us, requesting our presence, realizing that the direct investment was there, but, more importantly, that our circle of influence is huge," said Shibata. "One of the things [RBTA] has earned [through] the years is a very strong reputation with all the anglers in North America, and though we spent $75,000 over the course of two days here, I firmly believe in the long-term impact of people realizing how incredible the fishery is here, and that it certainly will create much bigger dividends for the community."

According to a research project carried out by Queen's University, the St. Lawrence River has some of the best numbers in Canada for small-mouth bass, musky, and walleye fishing.

Geraldine Fitzsimmons, the COC's general manager, as well as Tom Morrow, co-owner of the McIntosh Inn and Conference Centre, acknowledged during the meeting that the community saw an increase of traffic to the area during the event.

"Radio advertising – invaluable. People hear about us, and the potential is there that they will come, visit someone, and live here in our beautiful community," said Fitzsimmons.

"Fishing tournaments are a substantial financial benefit to our community, and all of our Chamber members recognize this."

While Renegade Bass tournaments generally attract around 80 boats, the Classic XX was a championship event with 40 of the best fishermen from across North America competing in the finale.

Fishermen pay around $1,200 for a Renegade Bass membership, which allows them to compete in four qualifying tournaments throughout the year, and one final championship at the end of the year.

Shibata noted that the RBTA wanted to put Morrisburg on the radar for one of next year's qualifying tournament locations, with another request for $3,000 to support the event.

However, council members decided they wanted to see the official financial impact report from the COC at the next council meeting (Oct. 20) before making a commitment to donate in 2016.

RBTA will choose the qualifier location on Mon., Oct. 26.

Federal election day is Monday



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Hospital shares technology spotlight, national award with regional partners

WINCHESTER – Having partnered with a group of healthcare providers, Winchester District Memorial Hospital (WDMH) is sharing in the success of a recent award.

The regional team received a national technical innovation award from Canada Health Infoway for the implementation of e-requests for services.

The award recognizes the influential impact of the Champlain BASE (Building Access to Specialists through eConsultation) service.

Having been implemented, it is helping to reduce patient wait times for specialist care, as well as the related costs and stress associated with multiple doctor visits.

The eConsult computer system is housed in WDMH's data centre.

Champlain BASE is working to improve patient access through a secure web-based tool with primary care providers getting patient-specific advice in place of face-to-face specialist consultation.

To date, more than 800 primary care providers throughout Ontario have access to 80 different specialty services with upwards of 9,500 patients receiving advice within an average of two days.

The service is easily accessible for healthcare providers who need only a standard computer and 30 minutes of virtual training.

Physicians in the Winchester area have used the service more than 500 times to date.

"[It] has lead to quicker access to care," Sean O'Brien, WDMH's chief information management officer, said. "In almost half of the cases, patients have also avoided unnecessary referrals and trips to Ottawa to see a specialist."

Area doctors are, to date, impressed with the service.

"As a family physician, I am able to get rapid advice and reassurance to support my patients instead of waiting months," Clare Liddy, primary care lead with the program, said. "Everyone feels good about that."

WDMH shares the award with the Bruyere Research Institute, the Ottawa Hospital, and the Champlain Local Health Integration Network.



The Winchester District Memorial Hospital-located Champlain BASE (Building Access to Specialists through eConsultation) service was recently the recipient of a technical innovation award from Canada Health Infoway. Pictured are Chantelle LeClerc (left), Clare Liddy, Sean O'Brien, Erin Keely, Michelle Blouin, Melanie Rebelo, and Amir Afkham.



Shroomfest 2015 generated $36,200, and $3,000 of that was donated to the Winchester District Memorial Hospital Foundation. Pictured are Al Graham (left), one of Shroomfest's founders, and Kristen Casselman, the foundation's managing director.

WDMH benefits from Shroomfest success

WINCHESTER – Six hundred men filled one of the exhibit barns at the Metcalfe Fairgrounds this spring, and now a series of local organizations are benefitting from the effort.

This year's Shroomfest event generated $36,200, which was divided among 20 area charities.

One of 2015's beneficiaries? The Winchester District Memorial Hospital Foundation.

The hospital's fundraising arm received $3,000, bringing its total Shroomfest allotment from the past few years to $22,000.

It is quite a feat, considering Shroomfest's humble beginnings a decade ago.

"We realized that there were lots of ladies' nights, and now it was time for a men's night," Al Graham, one of the event's founders, said.

The annual evening features a social hour, entertainment, live and silent auctions, and a dinner provided by AJ's Catering.

"What's near and dear to us are seniors and children," Graham said. "For me, I've made my living here for 40 years and it's a great way to give back to our community."

Shroomfest supports everything from safety equipment for local kids' clubs to summer flowerbeds, and Metcalfe's annual Santa Claus Parade.

"We are grateful to be one of the many beneficiaries of Shroomfest," Kristen Casselman, the foundation's managing director, said. "This group of community-minded men is truly making a difference."

WDMH patients, families heard

WINCHESTER – In an effort to provide patients and families more of a platform for their perspectives on big decisions at Winchester District Memorial Hospital (WDMH), the Patient and Family Engagement Committee (PFEC) was created this year.

The committee has only met twice, but its impact is already being felt throughout the hospital and ensuring that the patients' voices are heard.

At a recent meeting, PFEC members offered several ideas on how to get the message out that the hospital has a new no-balloon policy, which was implemented due to some patients and staff having severe latex allergies.

"It was great," said Lynn Hall, senior vice-president of clinical services. "We have an amazing group of patients, families and community members who are helping us improve the care we provide."

In an interview earlier this year, CEO Cholly Boland said the committee has established themselves as part of the culture at the hospital, and provides input to the hospital in order to support the best patient care.

Co-chair of the committee, David Wattie, agrees.

"I believe that this committee has the opportunity to build new relationships and foster a greater level of communication between the hospital and the community it serves," he said. "We are regularly having in depth conversations about topics that effect many people at potentially stressful and difficult times in life. I'm very glad that the hospital has started this program, and I'm proud to be able to help where I can."

Advisors reflect on their own experiences, or those of their family members, to offer meaningful input on all aspects of care.

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Policy Update for Pupil Accommodation Review Process

The Ottawa-Carleton District School Board currently undertakes school accommodation reviews in accordance with Policy P118.PLG, School Accommodation Studies.

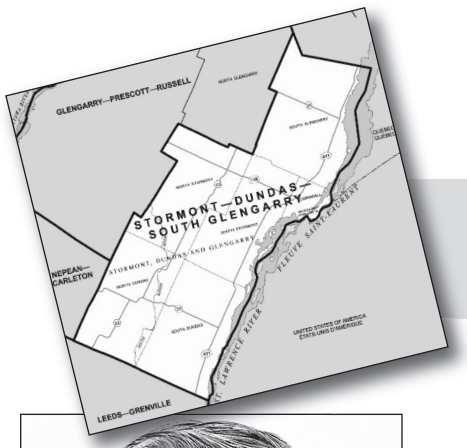
The Ministry of Education has recently released an updated Pupil Accommodation Review Guideline (March 2015) and requires school boards to amend their policy documents to incorporate the requirements of the new guideline. These changes came about as a result of comments provided to the Ministry of Education from parents, schools/communities and school boards.

In an effort to develop a more streamlined and efficient accommodation review process, policy amendments include minimum standards required to ensure that valuable school and community input is heard when addressing the need for the movement of students, relocation of programming and/or the consolidation of facilities.

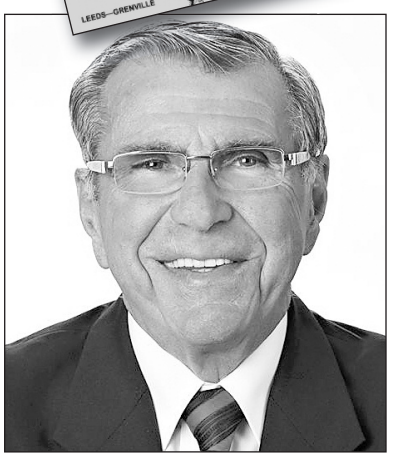
Details about this consultation can be found on the OCDSB website at: *http://goo.gl/9fJpqP*
Comments may be submitted to: *commentsPARpolicyupdate@ocdsb.ca*

The consultation will be web-based and will take place until October 28, 2015. We look forward to your consideration of the updated material and feedback.

Focus On FEDERAL ELECTION 2015



STORMONT – DUNDAS – SOUTH GLENGARRY



Guy Lauzon

Party:
Conservative Party of Canada

Address:
St. Andrew's West

Political experience:
Incumbent MP, first elected in 2004

Key issues:
Balanced federal budget; keeping taxes low; making permanent the Home Renovation Tax Credit; seniors tax credit incentive; ensuring citizenship of convicted terrorists is revoked; appealing court ruling to ban face coverings during citizenship ceremonies



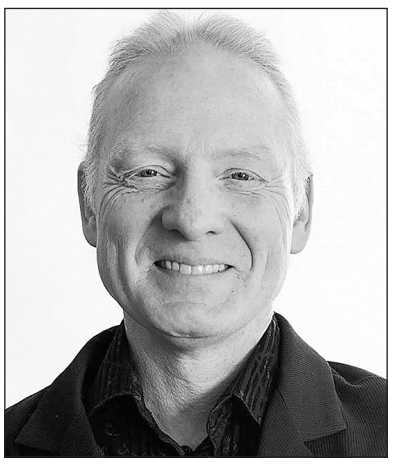
Bernadette Clement

Party:
Liberal Party of Canada

Address:
Cornwall

Political experience:
Party candidate in 2011 election

Key issues:
Creating jobs by investing in infrastructure; cutting the middle class tax bracket by seven per cent; investing in affordable housing and child care; lowering the age of retirement back to 65; protecting income-splitting for seniors; preserve and protect supply management; increase investment in skills training and create 400,000 youth jobs every year for the next three years



Patrick Burger

Party:
New Democratic Party of Canada

Address:
Lunenburg

Political experience:
N/A, though is executive member of party's local riding association

Key issues:
Creating good jobs in small business and manufacturing; improving public healthcare, pensions and child care; reducing income inequality and providing a fairer tax system; supporting agriculture and rural communities; protecting the environment and tackling climate change; abolishing the Senate and repealing Bill C-51



Elaine Kennedy

Party:
Green Party of Canada

Address:
St. Andrew's West

Political experience:
Party candidate in the 2007 provincial election

Key issues:
The need to ensure the future of a healthy environment, and sustainable economy in Canada



CARLETON



Pierre Poilievre

Party:
Conservative Party of Canada

Address:
Greely

Political experience:
Incumbent MP, first elected in 2004

Key issues:
Tax relief for families; a strong economy and balanced budgets; a tough on terror stance; low tax plan for seniors' retirement



Chris Rodgers

Party:
Liberal Party of Canada

Address:
Kars

Political experience:
N/A

Key issues:
Investment infrastructure; pension splitting; targetted tax reductions; a new tax-free Canada Child Benefit; helping the struggling middle class



Kc Larocque

Party:
New Democratic Party of Canada

Address:
Ottawa

Political experience:
N/A

Key issues:
Creating jobs and turning around the economy; balancing the federal budget; stopping financial handouts to big corporations and cutting small business taxes; working with the provinces to create $15-per-day childcare



Deborah Coyne

Party:
Green Party of Canada

Address:
Ottawa

Political experience:
Federal Liberal candidate in Toronto-Danforth, 2006, and candidate for that party's leadership, 2012

Key issues:
Taking action on climate change; investing appropriately in not only environmental issues, but creating jobs; pushing for electoral reform

If it is change you're looking for, go vote!

Another week, another opportunity, though this is the final one, to wax poetic about the federal election.

As it is, the mountain climb, which since August has been ongoing high above the valley below, ends next week.

A funny thing election campaigns are. Even funnier nowadays because they never seem to truly end, no matter a minority or majority government in power.

Election day is set for Mon., Oct. 19 and the final push of candidates across the country is on.

In Stormont, Dundas, and South Glengarry, residents have had plenty of opportunities to hear from the four seeking our vote. (Credit here must be given to incumbent MP Guy Lauzon who, unlike fellow Conservatives seeking re-election, attended each debate held in the riding, no matter how many times he was on the receiving end of a verbal attack.)

Meanwhile, the hustings have been ripe across the country as numerous ridings (some more than once) have been treated to a visit from one of three main party leaders.

It is, of course, important to rally the troops.

So now it comes to this — who will be the recipient of your "X" in one of the circles listed on the ballot?

If the wait times at numerous stations is any indication at all, advance polling was a popular option for many during the recent Thanksgiving long weekend.

It is an optimistic sign of things to come, and perhaps Canada as a whole will see an increase from the dismal streak of low percentage numbers that has been the result of elections, at all levels of government, of late.

Canada is at a crossroads, it seems. The country's economy weathered the storm of the last decade's global economic downturn, appeared to rebound well, but is at a standstill now.

Jobs were gained and lost, youth unemployment remains a contentious issue, and the rate of poverty (on large scales in many sectors of the country) is climbing ever higher.

Veterans' are angry, dairy farmers fear the Trans-Pacific Partnership, postal workers fear the loss of Canada Post, and people are (literally) crying about the CBC.

Vote for change if you want it.

Remember when…

1935

An advertisement from Lannin's Garage, featuring an owl, was placed in this week's edition: "The wise old bird says 'there's no better proof than your own ears'… Try the RCA Victor Globe Trotter Radio in your home tonight at our expense."

1945

"The first annual Fireman's Ball, sponsored by the Winchester Fire Brigade, which was held at Lannin's Hall on Wednesday evening last, was not only a very enjoyable affair, but was an outstanding financial success," the *Winchester Press* reported. "There was a large crowd present and the tidy sum of $300 was cleared."

1955

In sports news: "Running and jumping their way to the senior boys and senior girls championships at the annual field day last Wednesday, Mac Steinburg and Patsy Steele have been crowned top athletes at Winchester High School (WHS), and will head the contingent of WHS hopefuls at the first Osgoode North Dundas Athletic Association track meet."

1965

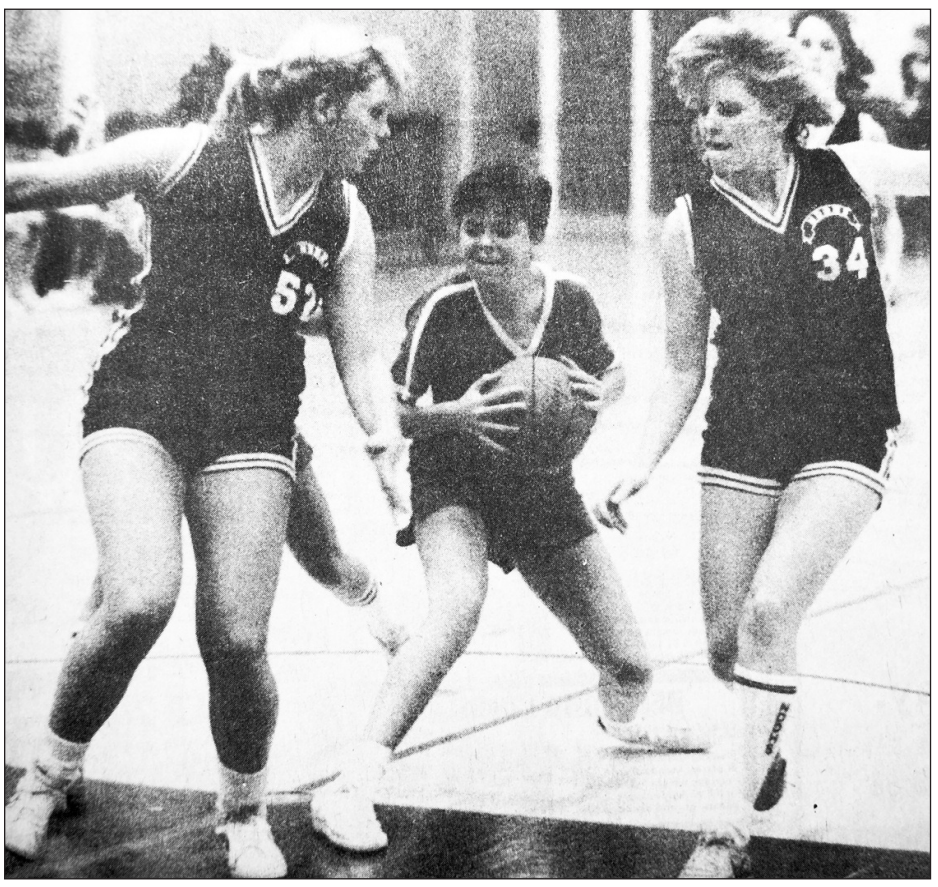
"A revamped St. Lawrence Senior Hockey League will operate with six teams, all but one new to the league," the *Press* said. "Morrisburg Combines, last year's finalists, will be the only team returning to the hard-hitting league. New entries are Maxville Highlanders, Smiths Falls-Perth, Hawkesbury, Ottawa-Carleton, and Lake Placid Roamers."

1975

"Mary-Jean Halpenny and Edward Rooney earned the distinctive honour of being chosen as the outstanding female and male students at Seaway District High School during the 1974-75 term," the *Press* reported. "The two, chosen by their teachers for their contribution in both academic and extra-curricular activities, received awards symbolic of their achievements at the school's commencement exercises."

1985

"While on the subject of education, we wonder if you know who made this apparently timely statement: 'Our young people now love luxury; resent authority; are impolite to older persons; contradict their parents; and make their teachers' lives miserable,'" this week's Seventh Column said. "If you think it was one of the teachers at your school, you're wrong. It was, in fact, Plato – and the year was 329BC. Maybe we haven't changed that much after all."



This week in 1985, "the diminutive Bishop McDonell had absolutely nowhere to go as Cindy Cholowski (left) and Shannon O'Reilly (right) of the North Dundas Devils teamed up to provide the defence on the play. North Dundas beat the Ravens 45-20."

1995

Lori MacDonald's was the winning logo chosen this week to be the new marker for the Winchester District Memorial Hospital Foundation. The logo, which is a tree, will be used on the foundation's letterhead, envelopes, and official receipts.

MacDonald's submission was picked from 28 entries.

2005

There was no indoor swimming pool included in the proposal, but the Township of North Dundas' new recreation plan called for more programs for residents of all ages and a full-time township recreation program co-ordinator to help deliver the new additions.

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The Warrior doing backflips to meet his fans



From the Other Side

by Jeff Morris

He walked into Epic Bike Park off Merivale Road like a rock star, high-fiving kids and chatting with all of them.

The average person may not know who Jed Mildon is. But these kids from Barrhaven, straddling their BMX bikes, knew exactly who is he is. He's "The Warrior," a BMX God. In 2011, the New Zealand native became the first person to ever land a triple backflip on a BMX bike. The YouTube clip of his stunt generated 10 million views. Last year, he raised the bar to ridiculous levels and landed a quadruple back flip.

Mildon will be part of the Nitro Circus Live show at Canadian Tire Centre Thurs., Oct. 15. Mildon is a star of the show, along with 17-time X Games medallist Travis Pastrana and Jolene Van Vugt, the first female to backflip a motorbike. The show will feature "unbelievable tricks, record-breaking feats, insane stunts and crazy contraptions, plus a new repertoire of daredevil fun."

Mildon, as he meets the kids, is as excited to ride with them at a park as he is to be performing in front of thousands of fans.

"I love to see the kids out riding," he said. "This is a great facility for them. I have a BMX park back home in New Zealand, but in Canada, I understand why you would want it indoors with the short summer."

The tour will mark Mildon's third trip to perform in Canada since joining the Nitro Circus Tour.

"I love coming to Canada," he said. "I love meeting the people here. Whether it is Vancouver or any of the other cities we have performed in, the people have been really supportive and very welcoming and friendly. It's a great place."

Mildon is on his third year with the tour. He joined Nitro Circus for their tour of New Zealand in 2013, and quickly became a marquee fixture for the show.

Earlier this year, Mildon landed the first ever quadruple backflip. The jump was seen on the NBC special, "Revolution Day: The Chase for the Biggest Trick in Action Sports History." The program chronicled the nine-month battle between Jed and fellow Nitro Circus teammate James Foster to see who could land the world's first quadruple backflip. For his historic jump, Mildon rolled in 100 feet to launch off a 21-foot high, 75-degree takeoff ramp. Exceeding 40 miles per hour, he flew more than 50 feet in the air in order to complete four full rotations before coming down on a wooden landing area. During his quest to land the quad, Mildon made more than 50 jumps – both from his setup outside Taupo, New Zealand and at Pastranaland – risking life and limb each time.

Remarkably, Mildon has never suffered a serious injury.

"I have never really been hurt," he said. "I eat well and train, and I really work on my flexibility. There have been some bumps and bruises along the way, but I have never suffered an injury like broken bones or anything that would keep me off my bike."

Mildon grew up in New Zealand and got into BMX riding as a kid. "I had great mates growing up," he said. "We were always freestyling in some way or another. Whether it was building tree huts, jumping off cliffs into water or bushes, yeah it all contributed. I found my instrument to truly express myself, and how I feel, through BMX."

Mildon built his own ramps and his own facility in his hometown of Taupo. His growing stardom is something that often gets in the way of his passion. He has no concern for money and fame. He lives for the adrenaline rush.

"Every bit of money that I have made from BMX riding has been put back into BMX riding," he said. "I want to grow the sport and give more and more kids a chance to ride."

During the show, it is the kids in the audience that keep him focused.

"Some entertainers will say that they make eye contact or get a connection with a kid in the crowd," he said. "For me, that connection is with every kid. I look in the crowd and I see their faces. It really motivates you to put on a great show for them."

The highlight of the show, for The Warrior, is meeting the fans after the event.

"I love meeting the kids," he said. "I love talking to them and hearing about what they are doing and what tricks they are doing on their bikes. I was a kid just like them at one time. Sometimes security makes us stop talking to fans and pack up, but if we had a chance, we would be there all night meeting everyone."

Mildon says that if he was not riding BMX, he would love to play rugby for the New Zealand All Blacks national team. It's a dream that every kid in New Zealand has. Before the shows, he even leads the famous All Blacks "Haka" cheer.

It's all part of what makes The Warrior larger than life, and fearless.

Well, almost fearless. There is one piece of mental kryptonite that gets hung around his neck every now and then.

"I'm afraid of being in front of a lot of people without my bike," he said.

The Warrior is only human after all, even if he is 50 feet in the air and upside down on his bike.

Letters to the Editor

Editorial accurately assesses democracy

The Editor:
Thank you for a very perceptive and accurate assessment of democracy in Canada, and in Stormont, Dundas, and South Glengarry (SD&SG).

Your sentence, "Residents need the riding's issues brought to Parliament Hill, not Ottawa's issues brought to SD&SG," is a summary in a sentence. So, thanks.

I have to respect Guy Lauzon's efforts to be a top-notch MP and for keeping in touch with constituents, but the other side of the experience of the last four years is the sense that constituent political concerns – even when submitted through Mr. Lauzon – are valued at near zero when it reaches the level of caucus, cabinet minister, or the PMO.

The editorial's sentence covers the situation in a precise statement.

Democracy does require a two-way path between an individual riding and Parliament. Stephen Harper seems to believe he has the only right answer. Consultation with constituency or province is a waste of his valuable time and talents.

In Harper's reign, I can recall only one instance where a grassroots concern (submitted from many ridings in unity) may have resulted in a positive response by our government. All other inquiries have been met with a deafening silence or a ministerial reply that comes back six to nine months later spouting positive generalities and nothing more.

It is my hope that after Mon., Oct. 19 the "two way link to democracy" will gradually return to Canadian ridings.

So, again, thank you for the insight.

Gordon Garlough
Williamsburg

Reader has message for 'traditional voter'

The Editor:
Driving about Cornwall, I am amazed by all the Conservative signs and it had me wondering – what goes on in the mind of a Conservative voter?

Do they listen to the news? Do they research at all?

My experience when talking to them – most are traditional voters.

While other Canadians are taking their time to make an informed decision, the traditional Conservative voter has made their decision way back when their parents told them to vote Conservative or when they became of age to vote. They ignore all that the Harper Government has done for them.

So, allow me to list a few.

Fact: The Harper Government has been accused of cheating on the elections *every* election they have won. In 2006, Elections Canada charged four of the senior officers for overspending; after 2008's campaign Dean Del Mastro was convicted of four counts of fraud, being convicted in 2014, and is now serving a jail sentence; and in 2011 it was voter suppression with robocalls. Michael Sona went to prison for it. And now we have the Mike Duffy scandal, and 31 total senators under RCMP investigation.

How do we trust the Conservatives with this type of record?

Let's not forget the prorogations of Parliament to avoid "no confidence" votes.

This is the party you are voting for?

If you have a car that has had its time and no longer works for you, what do you do? Trade it in? Or let it sit in your driveway to rust away? Now, what do we do when a government is not working for us anymore? Trade it in or put up with it just as you put up with that rusty car sitting in your driveway?

What has Harper done for you and your children?

Lifted the *Protection Act* on our fresh waters and rivers, gagged our environmental scientists and ordered them to destroy their data on their findings. Oh, did I mention the *Canadian Elections Act*?

Making it harder to vote will discourage many voters.

Then there is Bill C-51, which takes many of our citizens' rights away, secretly negotiating the TPP deal during the elections – a deal that just might change our currency. Bill C-24, the right to revoke Canadian Citizenship. Balanced budget? Surplus? Why are we in a recession now?

Harper boasts of a surplus. Where did the surplus come from? He closed nine essential Veteran Affairs' offices, made cuts to the CBC, and cuts to the national childcare program.

This is just a snapshot. Next will be cuts to EI, once re-elected.

That, my friends, is what Harper has done for you. Are you going to get rid of the old car that doesn't work or are you going to trade it in?

Happy voting.

Diane Marshall
Cornwall

NDDHS Notes

by Patricia Barlow



NDDHS attire ready for sale

MAPLE RIDGE – After a relaxing Thanksgiving long weekend, North Dundas District High School (NDDHS) students are back to school and working hard.

This week, school clothing sales will be taking place at lunch. Pick your style, pick your colour, pick your size, and pick your logo! Forms will be available outside of the guidance offices.

For more information on student clothing and styles, see the bulletin board in the main hallway.

Red twins tops

Twin Day at NDDHS was a huge success. We saw lots of participation throughout the school! The winning house team for this spirit day was Beijing (red team)! Thank you to all who participated.

Your opinion counts

The *Winchester Press* values your opinion. Letters must be signed and include the writer's telephone number. Letters may be edited for length, grammar, and libellous statements. Op-ed content does not necessarily reflect the views of the *Press*.

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Never too young for novel accomplishments

by Alicia K. Gosselin
Press staff

SOUTH MOUNTAIN – When you start something, you finish it – even if it's a 395-page book that began in the imagination of your 12-year-old self.

At least that's how Zachary Jacques, a Grade 9 student at North Dundas District High School, stayed motivated to complete his independently published fiction novel titled *EPOS* throughout two years of solid work.

The book just recently became available on Amazon, Kobo, iBook, and Barnes and Noble's Nook Book.

"I started writing it when I was 12, and finished the book two hours before I turned 14," said Jacques, a South Mountain resident. "I had to keep writing; I couldn't leave it half done. It was my goal to finish before I turned 14, so I committed to writing 1,000 words a night, and did that for a long time."

The premise of *EPOS* – the Greek word for "epic" – is based on a 14-year-old boy named Justin who wakes up one morning to find himself on a completely different planet, "sent by forces unseen," to a realm similar to Earth. Justin must navigate the strange world in order to find out his purpose for being there amongst lost souls, alien invasions, and medieval police forces.

> Disciplined young author wrote 1,000 words a night to complete work of fiction

According to Jacques, his story began with a "skeleton that needed a heart," in the form of an imaginary land map. He drew the *EPOS* map out of boredom one night, picturing what the characters would look like, what kind of world it would be, and what adventures could take place there.

Jacques had taken a recent interest in writing, even joining his school's writing club that year, and began to put his thoughts on paper. It was in the spur of the moment that he decided to take his thoughts further than just a few scribbles.

When he came to his mom, Christine, shortly after and told her he was going to write a book, she was enthusiastic – even promising to have it published (or at least binded) when he was done.

And after reading the book's first 20 pages during a family camping trip, she was intrigued by the depth of her young son's thoughts.

"I thought, 'This is really good, it's worth reading, I want to see where it's going,'" said Christine. "There were parts that I didn't expect, that made me think, 'How did this come from a [13-year-old]?' He's always seemed to have an old soul, and our conversations have always been quite deeper than what a child should be asking."

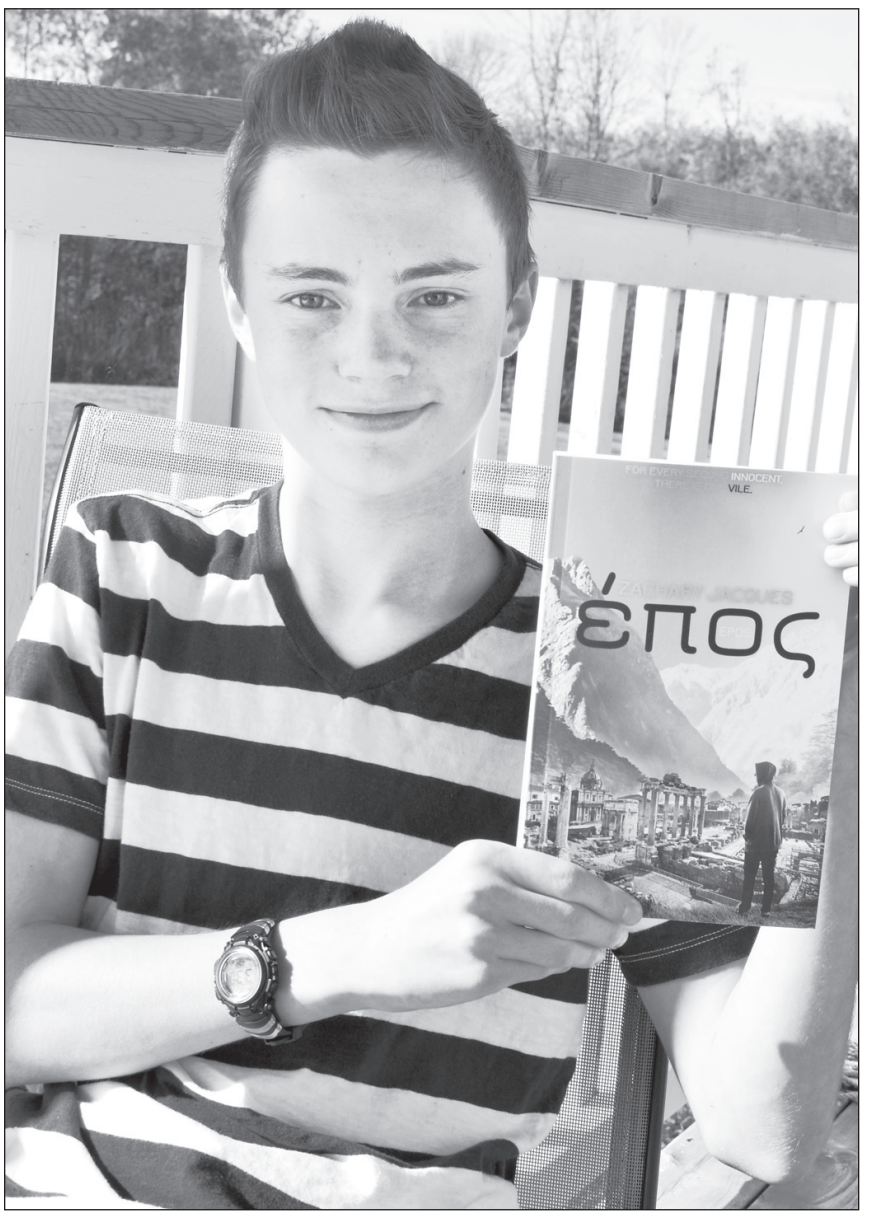
With his family's support, and his mother's interest, Jacques took a break from his love of video games, and focused his creative energy into developing *EPOS* throughout a two-year journey.

"I made it up as I went along, but it evolved as I got older," said Jacques. "I tried to stay true to my 12-year-old mind, even looking back to read some parts just to see what I was thinking at the time, but it evolved."

Christine noted that she was surprised by how committed her son was to completing the book, and originally didn't know if he'd finish it within his self-set deadline. But, when he finished the book two hours before his birthday, she realized: "If you have inspiration, you can do anything – regardless of your age."

So far, Jacques has sold 60 paperback copies and three online versions in the first few months of publishing *EPOS* – but that wasn't even part of his goal. For Jacques, the entire process – from imagination to pagination – was just a cool experience.

And when his mom asked if he would ever write another book, he just shook his head, saying, "This was only another chapter in my life… Now it's time to move on to the next one."



North Dundas District High School student Zachary Jacques published his first fiction novel *EPOS* before his 14th birthday this year. The book took him almost two years to write, but is now available on Amazon, Kobo, iBook, and Barnes and Noble's Nook Book. *Press Photo – Gosselin*



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ON OCTOBER 19
Re-elect a Hardworking MP Who Gets the Job Done!

Guy has delivered results with $175+ million in local federal investments while lowering federal taxes to the lowest level in 50 years.

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- ✓ Winchester Centennial Pool
- ✓ Nor Dun Seniors Support Centre
- ✓ Morrisburg Arena
- ✓ Royal Canadian Legion Branch 370 (Iroquois)
- ✓ Iroquois and Morrisburg Wastewater Treatment Plants
- ✓ Chesterville waterfront improvements
- ✓ South Mountain Agricultural Hall
- ✓ Morewood playground equipment
- ✓ Winchester-Chesterville Water System
- ✓ Iroquois tennis courts
- ✓ St. Lawrence Acoustic Stage Performances
- ✓ Upper Canada Bird Sanctuary Trail system
- ✓ Winchester Curling Club
- ✓ Cass Bridge Park improvements (Winchester Springs)
- ✓ $6 million annually in gas tax funds to fix dozens of local roads and bridges

Our plan going forward

- Balanced budgets- not unstable Liberal/NDP deficits and debt
- Lower taxes- not higher taxes proposed by Justin and Thomas Muclair
- Make permanent the home renovation tax credit
- Revoking citizenship for convicted terrorists
- Appeal Court ruling to ban face coverings during citizenship ceremonies
- Single seniors tax credit of $2000 for single or widowed seniors who have pension income

"We have worked hard together to make sure our community gets its fair share of federal funding. We've made good investments while lowering taxes to historic low levels, not raising taxes like the Liberals and NDP. Let's keep moving Canada forward. We don't need massive deficits and tax hikes. Our plan is working and we want to keep lowering taxes and protecting Canadians."
– Guy Lauzon

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In the winner's circle at the Metcalfe Fair

METCALFE – There were countless winners throughout numerous events held at this year's Metcalfe Fair, which took place at the village fairgrounds earlier this month.

The dairy cattle contest, broken down into two categories, had a full slate of winners.

In the Holsteins bracket, the grand champion was Hendercroft Holsteins, with Breeze Hill Holsteins coming in second place. The junior champion was Delcreek Holsteins, and the reserve winners were Justin Velthuis and Connor Sikma.

Premier exhibitor status went to Hendercroft Holsteins, which also took the premier breeder and top breeder's herd titles.

In the dairy special class (pre 4-H), Ashlyn Cooper finished in first place.

The grand champion for Ayrshires was Ayrvale Farms, followed by Sunny Mead Farms in second place.

The junior champion was West Meadow, with Dave Bergeron coming in as runner-up.

Premier exhibitor went to Ayrvale Farms, while Glen Robert Farms was premier breeder and Sunny Mead Farms took the top breeder's herd trophy.

The best udder prize went to Glen Robert Farms.

Beef cattle

Aberdeen Angus: Champion bull – Curtis and Heather Munro; reserve champion bull – Tyler Fulton; champion female – Rob Faubert; reserve champion female – Barry Stewart; and premier breeder – Barry Stewart.

Shorthorns: Champion bull – Michael Meehan and family; reserve champion bull – Steve and Joyce Bartlett; champion female – Tyler Fulton; reserve champion female – Elmer and Mary Ellen Evans; and premier breeder – Elmer and Mary Ellen Evans.

Sheep show

Grand champion ram – Gregory Bell (Hampshire)

Grand champion ewe – Kyle Seguin (Suffolk)

Champion get of sire – Kyle Seguin (North Country Cheviots)

Heavy Horses

Four-horse tandem hitch – Shawn Findlay

Four-horse heavy draft tandem hitch – Pana-Len Percherons

Six-horse heavy draft hitch – Pana-Len Percherons

Light Horses

Eastern Ontario open road horse to bike championship – Sebastien Hebert



At left: *Metcalfe's Craig Matthews (left) looked on as fellow club member Cassidy Reaney received direction from judge Patrick Leahy during the senior beef showmanship portion of the Carleton 4-H Championship Show. Matthews would end up taking reserve honours, while Reaney finished third.*

Open parade horse stake – Brenda James

Open English pleasure stake – Brynn Marie O'Reilley

Single Hackney pony stake – John and Karen Brunton

Single fine harness show pony stake – Harold Wallace

Shetland pony stake – Harold Wallace

Open child's Western parade pony stake – Lisa McGowan

Miniature four-horse hitch stake – John Cundell

Single roadster pony stake – Kirk & Catherine Douglas

Saddlebred three-gaited pleasure horse stake – Brenda James

Hackney pleasure pony stake – John and Karen Brunton

Roadster to wagon stake – Steve McLean

Single miniature horse stake – Barbara Downer

Field crops and produce

Grand champion grain – Brenden Holmes (ear corn)

Reserve champion grain – 1906 (ear corn)

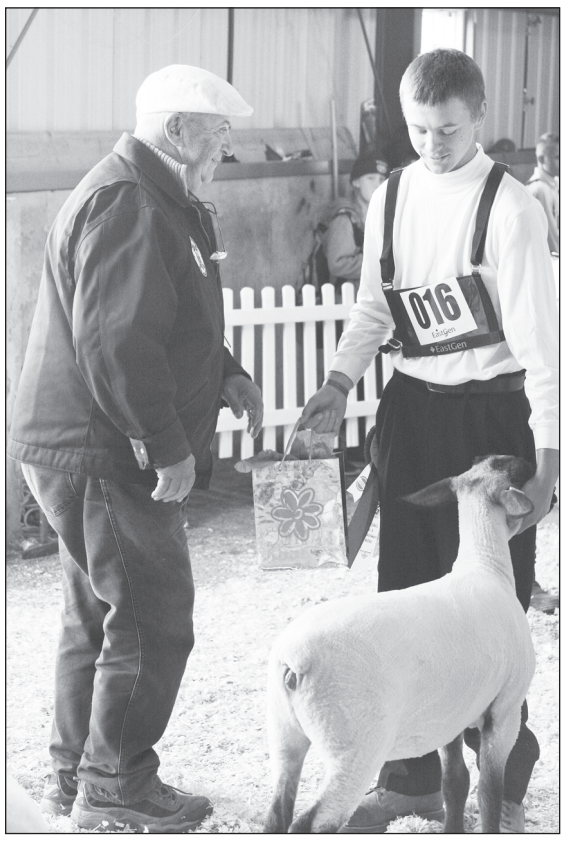
Champion hay – Brent Taylor

Reserve Champion Hay – Kelly Little

Largest Pumpkin or Squash – Trevor McDiarmid

Tallest Sunflower – James Ferguson





At right: *East Carleton Sheep Club member Rhiannah Gallagher competed in the Carleton County 4-H Championship Sheep Show's junior showmanship division.*

Far right: *Dwayne Acres (left) presented East Carleton Sheep Club member Mitchell Bazinet with his prize after the young showman finished first in the intermediate competition.*

Press Photos – Uhrig

Antiques

Grand Champion Tractor – Doug Goodfellow

Reserve Champion Tractor – Bill Zandbelt

Grand champion gas motor engine – George Zandbelt

Reserve champion gas motor engine – Colin Patterson

Best display of old tools – Colin Patterson

Family division

Flowers: Best arrangement in show – Erin Holtz; best potted plant in bloom – Anita Modderman

Homecrafts: Grand champion hand quilt of show – Victoria VanderLinden; grand champion machine quilt of show – Victoria VanderLinden; and judge's special – Cathy Hamilton

Culinary arts: Grand champion bread – June MacMillan; grand champion cake – June MacMillan; and grand champion pie – Phyllis Desnoyers

Fall culling underway at SNC properties

WINCHESTER – It's harvest time, and not just for the many farmers in the region.

Currently, South Nation Conservation (SNC) staff is busy inspecting a few of its many treed sites culling lower quality trees, while also promoting sustainable management and improved forest health.

Harvested trees will be sold, with a significant proportion of an estimated $46,000 in revenues to be reinvested into forested public lands through improved access and ongoing silvicultural activities.

Tendered in 2013, the winning harvesting bid came from Lavern Heideman and Sons of Eganville. The Heideman operation produces lumber for national and global sale.

> Revenue to be mostly reinvested into forested public properties

Sites now receiving attention are within Warwick Forest along County Road 9 five kilometres east of Berwick, and along Sand Road five kilometres north of Monkland.

The harvest areas comprise 217 acres of red and white pine, white spruce, and hardwoods.

Trails within Warwick Forest will be improved following harvesting operations.

Culled trees were previously marked and measured to determine total harvest volume, estimated at 3,400 cords. According to Jim Hendry, SNC team lead for property, 30 to 40 per cent of the trees will be harvested by the end of March 2016.

As well, Hendry added, individual selection of trees affected by disease, invasive insects or damage is the focus. This, he said, improves the overall state of the forest by providing more sunlight, water, and nutrients to the higher quality trees that remain.

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Seeing double (and triple, and quadruple)

It was a day of double takes Fri., Oct. 9 when students from North Dundas District High School found a partner (or two!) and showed their school spirit for Twin Day. The event is just one of many school spirit days planned throughout the year in order to determine what students have accumulated the most participation points for their "house teams." The winning "house team" will be awarded with a prize at the end of the year.

Press Photos – Gosselin



Alyssa Cooper (left), Caroline Sommerville, Jaclyn Crump, and Alexis Henderson got to the root of co-ordinating their team in some comfy attire.





Above:
Sisters Erika Suttle (left) and Destiny Workman-Suttle already knew what each other owned in her closet.

At left:
Plaid-clad Aly Bagshaw (left), Alison Kerr, and Calla Brugmans organized their triple threat team the night before.

Seniors-themed event planned for Morrisburg

MORRISBURG – Area seniors have an event coming up for them later this month.

The Municipality of South Dundas' newest group, Seniors for Seniors, is hosting a lunch event Tues., Oct. 20 from 11 am to 1 pm at the Royal Canadian Legion Morrisburg Branch 48.

In addition to a complimentary lunch, guests will be given an opportunity to see what South Dundas already has in place for the growing sector of the population. Services, resources, activities, recreation, and social events are on the agenda.

As well, seniors, those aged 50 and older, will get a chance to voice their opinions about what they would like to see more of in South Dundas.

Lorne Strader, president of Helping Hands, a seniors group that meets monthly at Dixon Corners' Matilda Hall, will emcee the event.

Seniors for Seniors was created by the South Dundas Chamber of Commerce after receiving $2,978 in funding from the Ontario Seniors Community Grant Program.

Since being awarded the grant, the group has grown to include local residents, as well as members from Morrisburg's Chartwell Hartford Retirement Residence, J.W. MacIntosh Seniors' Support Centre in Williamsburg, and Linking Hands Dundas County.

Mat makers continue to help those in need

WINCHESTER – The latest shipment of milk bag sleeping mats has left the village.

Early last week, a truckload was packed up and earmarked for impoverished countries. This brings the total to 2,262 locally created sleeping mats.

Project organizer Olive Hutchinson gives credit to the many who have been part of the process, including DeJong Enterprise, which delivers the goods to the mission in Mississauga.

She is especially happy with the support of the group's youngest mat maker, her 12-year-old granddaughter Esther. The youngster has woven 16 mats on the loom.

Winchester Seniors' euchre winners

WINCHESTER – The white-card winners at the latest Winchester Seniors' euchre event held Thurs., Oct. 8 were Percy Armstrong and Bill Cinnamon. The yellow-card winners were Ross Casselman and Cecile Ashton.

Phyllis MacIntosh and Kathy Crump won door prizes, while June Armstrong, Jim Robinson, and Gary Malowsky took home the "share the wealth" offerings.

The seniors' next euchre is set for Thurs., Oct. 22.

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NDDHS midget boys finish second in Turkey Trot

KEMPTVILLE – For the eighth consecutive year, more than 1,000 athletes from intermediate and secondary schools around Eastern Ontario ran for a turkey in the St. Michael Catholic High School cross country invitational meet.

As is the event's custom, any runner finishing first in their respective race on Thurs., Oct. 8 was presented with a turkey, just in time for their families' Thanksgiving dinner.

Although the North Dundas District High School's 11-person squad wasn't able to take a turkey home, the Devils did have the midget boys team of Jacob Holmes, Cam Cotnam, Chase Holmes and Dylan Barkley earn second-place status in their division.

Racing against a field of 79, Jacob Holmes placed 16th (21:35.88), Cotnam 19th (21:39.51), Chase Holmes 21st (21:53.16) and Barkley 28th (22:44.94). The winner was clocked in a time of 19:17.57.

In the overall midget boys team standings, Perth and District High School finished first with 69 points, a total time of 1:26.15.72 and an average time of 21:33.93, slightly better than the Devils who accumulated 86 points, a total time of 1:27.53.49 and an average time of 21:53.38.

Will Lutes was the lone junior competitor from North Dundas and he came in 39th of 51 runners in a time of 28:42.10.

Senior Devils

Patricia Barlow and Jamie Quinton ran against 112 other senior girls with Barlow garnering a 44th (28:04.22) and Quinton a 62nd (28:48.83) finish.

Quinn Chambers (51st 29:39.7), Thomas Gutknecht (72nd 31:57.15), Jack Messervey (78th 32:38.10) and Kyle Batten (81st 33:28.18) lined up against 95 other senior boys in the seven-kilometre run and combined to get their team into 13th place with a total time of 2:07:43.13 and an average time of 31:52.79.

Coaches Andrea McDonell and Joe Groeneveld are now preparing the Devils for the SD&G cross-country championship meet, which will be held in Cornwall on Wed., Oct. 21.



Get set

North Dundas District High School assistant coach Joe Groeneveld gives a thumps up as the Senior Devils team of Jack Messervey, Kyle Batten, Thomas Gutknecht and Quinn Chambers get set to start the seven-kilometre cross country run in last week's (Thurs., Oct. 8) eighth annual St. Michael Catholic High School Turkey Trot in Kemptville. The annual event, featuring Thanksgiving turkeys as prizes for first-place finishers, attracted more than 1,000 intermediate and secondary school athletes.

Press Photo – Van Bridger

Devils sidelined by injury in Rockland

ROCKLAND – An injury knocked the North Dundas District High School Devils out of the Rockland High School girls 7s rugby tournament.

Payton Halpenny suffered a dislocated shoulder as the Devils were playing and leading the Tagwi Warriors 20-0 (four tries) in the consolation semi-final of last Thursday's (Oct. 7) event.

Two North Dundas rookies, Kara Turcotte and Desiray Clemen, had each scored a try and Mallory Hutchinson had crossed the goal line twice establishing the Devils lead when Halpenny was injured. North Dundas coach Deanna Corbett-White reported the team then forfeited the match.

"With the exception of the injury, we had a super day," explained the coach. "Mallory [Hutchinson], Lynette Klein-Boonschate and Jessi Zandbelt, our leaders played amazing offence and defence. And our rookies are starting to get the hang of it."

Corbett-White noted that the three veterans, the two rookies [Turcotte and Clemen] and Olivia Gibson supplied the tries during the day.

"We were missing Julia Gibson, who was competing at the National Cycling Championships," added the coach.

"We definitely learned a lot and continued to improve as the day went on," she said. "Looking forward to hosting our own tournament next Monday [Oct. 19]."

North Dundas opened the tournament losing 15-10 to Kanata's Holy Trinity, but bounced back with a 21-10 win over the Gloucester "A" Gators. A 21-20 last-play loss in game three dropped the Devils into third place in their pool setting up the consolation meeting with Tagwi.



Getting ready

Jessi Zandbelt and her teammates are continuing to prepare for the 2015 North Dundas District High School field girls 7s rugby tournament. The Devils, coming off a tournament in Rockland, are hosting their event on Monday (Oct. 19)

Press Photo – Van Bridger

Hawks earn just one point

Weekend woes for Winchester

STITTSVILLE – Their weekend woes continued Sunday in Stittsville where the Central Canada Junior Hockey League Tier 2 leading Royals roughed up the Winchester Hawks 5-2.

Friday (Oct. 9), the Hawks flew into Perth and earned a single point in a 5-4 shoot out loss to the Blue Wings. Last night (Tues., Oct. 13), Winchester's road trip took them into Ottawa for a game against the Ottawa Junior Canadians (4-6-0-0).

The Hawks (3-3-0-3) return to the friendly confines of the Joel Steele Community Centre on Friday (Oct. 16) when they will host the winless Char-Lan Rebels (0-9-1-1) at 8:15 pm.

Stittsville (9-1-0-0) charged into a 4-0 lead in the opening 20 minutes of Sunday's Richardson - Martin Division interlocking contest.

• see HAWKS on next page

North Dundas Jr. Devils win three of five volleyball sets

IROQUOIS – A trip to Seaway District High School for matches against the St. Joe's Panthers and La Citadelle Patriotes netted the North Dundas District High School Junior Devils three wins in five sets of SD&G junior boys volleyball.

Last week's (Thurs., Oct. 8) tournament opened the 2015 schedule for the Devils who hosted their only home court tournament of the season yesterday (Tues., Oct. 13).

North Dundas swept St. Joe's in two sets 25-23 and 25-18 and took one of three from the Patriotes losing 17-25, winning 25-12 and losing 9-15 in the tiebreaker.

"Obviously we were very pleased beating St. Joe's, a 'AAA' team," reported coach Cheryl Williams. "We easily beat La Citadelle then kind of fell apart."

"We have much to work on at the net, defensive wise and coverage," added the coach.

Williams noted that Jeremy Gutknecht and Jarrett Williams' hard serves were difficult for the opposition to return and pointed out that Gutknecht served 13 consecutive times. She also said Caleb Jaquemet provided great court coverage.

"We need to practice more and are looking forward to doing that," she said.

Week five in the CCHL2

Alexandria Glens victimize Vikings

WINCHESTER – The Winchester Hawks managed to earn just a single point in a 5-4 shootout loss in Perth in a pair of weekend Central Canada Hockey League Tier 2 (CCHL2) road games. They were also trimmed 5-2 in Stittsville by the Richardson Division leading Royals (9-1-0-0) on Sunday (Oct. 11).

Meanwhile, the Alexandria Glens ripped the Casselman Vikings 7-5 on Saturday and moved into a tie for first place in the Martin Division with the Vikings. Both squads own 7-2-1-0 records and have collected 15 points. The Ottawa West Golden Knights (6-3-0-0) are third with a dozen points, three more than both the Clarence Beavers (4-5-0-1) and Winchester (3-3-0-3).

Recent Results

Oct. 6: Ottawa Canadians 6 – Ottawa West 2
Oct. 7: Stittsville Royals 7 – Prescott Flyers 6
Oct. 8: Renfrew Timberwolves 5 – Ottawa West 3
Casselman Vikings 6 – Clarence Beavers 2
Oct. 9: Perth Blue Wings 5 – Winchester Hawks 4 SO
Prescott Flyers 5 – Westport Rideaus 2
Alexandria Glens 3 – Metcalfe Jets 1
Arnprior Packers 6 – Ottawa Canadians 4
Oct. 10: Brockville Tikis 4 – Clarence 3
Ottawa Canadians 3 – Prescott Flyers 2
Westport 6 – Char-Lan Rebels 3
Alexandria 7 – Casselman 5
Oct. 11: Renfrew10 – Metcalfe 5
Clarence 5 – Char-Lan 2
Stittsville 5 – Winchester 2
Perth 6 – Athens Aeros 1

STANDINGS

Richardson Division

Stittsville 9-1-0-0 = 18 pts.
Perth 8-1-0-1 = 17 pts.
Arnprior 7-2-0-0 = 14 pts.
Westport 5-6-0-0 = 10 pts.
Renfrew 5-3-1-0 = 11 pts.
Athens 4-4-0-0 = 8 pts.
Prescott 3-7-0-2 = 8 pts.
Brockville 3-6-0-0 = 6 pts.

Martin Division

Casselman 7-2-1-0 = 15 pts.
Alexandria 7-2-1-0 = 15 pts.
Ottawa West 6-3-0-0 = 12 pts.
Clarence 4-5-0-1 = 9 pts.
Winchester 3-3-0-3 = 9 pts.
Ottawa 4-6-0-0 = 8 pts.
Metcalfe 3-5-0-1 = 7 pts.
Char-Lan 0-9-1-1 = 2 pts.



Final push

Thomas Gutknecht, representing North Dundas District High School, made a final push for the finish line during last week's (Thurs., Oct. 8) Turkey Trot cross-country meet. Kemptville's St. Micheal Catholic School Mustangs hosted the event. Gutknecht finished 72nd of 95 senior runners.

Press Photo – Van Bridger

Hawks

• continued from previous page

Jordan Boutiller (one PPG) potted two of those markers while Matt Allan (PPG) and Troy Hass (PPG) beat Hawks started Brandon Lowry. Colin Baggio made it 5-0 in the second stanza.

Winchester finally got untracked in the final frame on goals by Isaac Barr (Joey Driscoll, Justin Cyr at 9:54) and Tanner Schroeder (SHG, unassisted at 15:51). The Hawks served 94 minutes on 20 infractions in the rowdy contest. Stittsville drew 61 minutes on 13 infractions.

Blue Wings fly

The score was tied 2-2 after 40 minutes and 4-4 heading into overtime in Perth. Schroeder cashed Winchester's first shootout marker only to have the Blue Wings tie it on a Danick Genest shot and win it on a Mathew Labrosse effort.

Logan Gauthier played 38:24 and suffered the SOL. Lowry worked the first 26:36 of the game.

Down 1-0 after a period the Hawks rallied on second-period shots fired by Bryden van Kessel (Erik Starcevic at 1:13) and Driscoll (Kris Johnson, Barr at 7:49). Genest knotted the count 2-2 cracking Perth's second goal of the game at 18:24.

Johnson (unassisted at 4:47) and David Ouellette (Niko Roy at 18:02) put Winchester on the board in period three only to have Karson McCartney and Labrosse reply for the Blue Wings and send it to OT.

Winchester drew four minor penalties and Perth just two.

Top guns

Leading Winchester's point parade are: Isaac Barr 7-4-11; Bryden van Kessel 4-7-11; JD Samson 3-6-9; Tanner Schroeder 5-3-8; Joey Driscoll 2-5-7; Shawn Simms 5-1-6; Franco Gagnon 3-3-6; Niko Roy 2-3-5; Liam Morrow 0-5-5: and David Ouellette 2-2-4.

Meet the Hawks

Kyle Richardson

Captain
Defence No. 17



Kyle Richardson is now a four-year veteran member of the Winchester Junior Hawks. Hailing from Pontypool, he has replaced Josh Stubbings (graduated) as the team captain. Richardson is a smooth skater and versatile member of the team, who has also played forward. The former assistant captain was named the Hawks Top Defenceman last year after finishing third in team scoring with 11 goals (5 PPG, 1 SHG, 2 GWG), 23 assists (2 PPA, 2 SHA) and 43 points in 36 games. He appeared in all 11 of Winchester's post-season games producing three PPGs, eight assists (1 SHA) and 11 points. The Hawks captain missed four of his team's first seven games due to injury and has earned one assist. Mr. Mozzarella and W. O. Stinson & Sons Ltd. co-sponsor Richardson's No. 17 jersey.

Friday's (Oct. 16) home game will feature a visit from the Char-Lan Rebels.

The opening face off at the Joel Steele Community Centre is set for 8:15 pm.

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Metcalfe Jets shot down by Renfrew, Alexandria

OTTAWA – Two goal efforts by Colin Bradbury and Scott Conroy paced the Renfrew offence as the Timberwolves doubled up 10-5 on the Metcalfe Jets.

Sunday's (Oct. 11) loss at the Fred Barrett Arena was the second of the weekend for the Jets who were beaten 3-1 by the Glens in Alexandria on Friday (Oct. 9).

The loss lowered the Jets Central Canada Hockey League Tier 2 (CCHL2) Martin Division record to 3-5-0-1 and left them in seventh place in the eight-team group. The Casselman Vikings (7-2-1-0) and Alexandria (7-2-1-0) top the rankings with 15 points.

At home

This week, the Jets will play at home, in Metcalfe at the Larry Robinson Arena for the first time this season.

Tonight (Wed., Oct. 14) they are in Brockville to take on the Tikis (3-6-0-0), but Friday (Oct. 16) at 8:15 pm they will host the Richardson Division-leading Stittsville Royals (9-1-0-0) in Metcalfe. The Jets also have a Sunday (Oct. 18) afternoon matinee (2:15 pm) against the Westport Rideaus (5-6-0-0) set for home ice.

Glens 3 – Jets 1

Metcalfe's Carter Malette (PPG) buried a feed sent to him by Conor Rolland and Nathan Peters for a 1-0 lead at 9:57 of Friday's contest but that was the only puck eluding Glen's 'tender Nick Campbell who made 30 saves for the victory.

Ben Poirier tied it 1-1 at 8:21 of the sandwich session. Bradley Gabbour's PPG won it 44 seconds into the final frame and Connor MacLeod made it a 3-1 final at the 6:56 mark. Wade Kropp and Poirier set up the final two goals.

Renfrew 10 – Jets 5

The Timberwolves stormed into a 4-3 lead in the opening 20 minutes of Sunday's meeting and cruised into the final frame leading 8-3.

Brayden Laidlaw, Josig Rochon, Joey Fargo, Carter Malette and Nick Rowan cashed Metcalfe's markers. Rolland (2), Ryan Lafranchise, Wade Cass, Rochon, Andrew Burke, Eric Turner, Cory McCrudden and Carter Mallette earned helper points. Nathan Peters took the loss and shared the Metcalfe net with Kenneth Nichol.

Each team recorded 32 shots on net.



Game on

The North Dundas Minor Hockey Association's 18 teams (including five "B" rep) are about to open the 2015-2016 Upper Canada Hockey League season, several as early as today (Wed., Oct. 14). The Novice House "B1" and Novice "B" Rep and Atom House "C" Demons all see action today. These Novice Demons showcased their talents during the Winchester Junior Hawks Minor Hockey Day on Sun., Oct. 4. The Hawks have scheduled two more minor hockey days later in the season. *Press Photo – Van Bridger*

Wade hangs up third zero

KC's shuts out Blues 1-0

WINCHESTER – Kristie Wade has a stranglehold on the best shutout total in the Winchester District Ladies Hockey League.

Wade posted her third flawless result backing the KC's Lawn Maintenance crew (1-0-1) as they whitewashed the Annable's Jewellery Blues (0-2-0) 1-0 in Sunday morning's (Oct. 11) 8 am game.

Katrina Holmes cracked the GWG finishing a play engineered by Brina Whitley and Natalie Boulianne with 6:02 left in the first half.

KC's Jane Foster was named the player of the game.

Wade has now recorded a shutout win, a scoreless tie and a third goose egg playing as a substitute for Cashelle Baldwin. Lindsay Chambers suffered the one-goal setback.

Bridals by Al-Mor shot stopper Jenna James and WS Trucking Company goalie Sonja Bradley squared off in the 9 am contest that finished in a scoreless 0-0 tie. It was the second perfect result for both goalies.

Natalie Brundige was deemed to be the player of the game.

Bridals (0-0-2) moved into a three-way tie for second place with Andy's Foodland Reds (1-1-0) and the Cooper Physio Pinks (1-1-0). All three squads have two points. WS Trucking (1-0-1) is tied for top spot with KC's at three points.

Pinks 4 – Reds 2

The 10 am match between the Cooper Pinks and Foodland Reds produced some offence with the Pinks skating to a 4-2 win.

Isabelle Dagenais, who finished the game with a goal and an assist received the nod as the player of the game. She opened the scoring getting assistance from Natasha Jamieson and Cinnamon Boulanger with 5:00 left in the first half. Boulanger (Jenna Warren at 0:10) opened up a 2-0 lead before the intermission.

Second half tallies by Chantal Penk (GWG Edith Dagenais, Kaitlyn Hay at 14:00) and Karen Benoit (Isabelle Dagenais, Boulanger at 6:30) completed the Pinks' offence. Sam Benoit was the winning 'tender.

Stacey Murphy (Alyson Erwin at 9:15) and Amanda Rylaarsdam (Nancy Pothier, Heather Cooke-Erwin at 3:06) registered the Reds goals in the second half.

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Ennis scores in second overtime

Embrun edges Rockets in home opener

CHESTERVILLE – Shawn Ennis was able to beat North Dundas Rockets goaltender Emil Lamontagne in the second period of overtime and lift the visiting Embrun Panthers to a 6-5 decision in the Rockets debut at the Chesterville and District Arena.

North Dundas (1-3-0) remains in a tie for third place in the National Capital Junior Hockey League's South Division with the St. Isidore Eagles (1-3-0) at two points. The Morrisburg Lions (0-5-0) are looking for their first win while Embrun (5-0-0) is perfect after five games. The Vankleek Hill Cougars (4-0-0) are second with eight points.

The North Division rankings show the Cumberland Bandits (4-1-0), Papineauville Vikings (4-1-0), Rockland Nationals (2-4-0), Gatineau-Hull Volant (1-2-1) and Acadaemie Jr. Outaouais (1-4-1) standing in that order.

This weekend

On Saturday (Oct. 17), the North Dundas Rockets are hosting the Gatineau-Hull Volant (7:50 pm) and will be presenting former Inkerman Rockets Leo Boivin, Denzil Crowder, Percy Armstrong, Edwin and Erwin Duncan will replica Inkerman jerseys.

Other dignitaries scheduled to attend include Mayor Eric Duncan, Councillor Tony Fraser, Todd Marcellus, Brian Downey, NCJHL president Ian Mcrea and possibly Hockey Hall of Fame coach Brian Kilrea.

Sunday (Oct. 18) North Dundas will be in St. Isidore to take on the Eagles at 7:30 pm.

New talent

Rockets GM/head coach Robyn Sadler announced last week that he has signed three defencemen, including the Winchester Hawks Top Rookie in 2014-2015 (shared with Thomas Fingler) Mason Durant.

Returning to the North Dundas line up is Winchester's Will Fawcett who will debut after he has served a two-game suspension earned in last year's Rockets playoff.

Dallas Dunn was added to the roster after he was acquired in a trade with the Cumberland Bandits.

"Will [Fawcett] brings experience, depth leadership and character to our room," said Sadler. "We are happy to have him back. We needed him and he answered the call."

"Mason [Durant] debuted and didn't disappoint," noted the coach. "He is rock solid and clearly a level ahead of his peers at that position."

Sadler also announced that Toby Mullin (concussion) will not finish the season with the club.

Embrun in OT

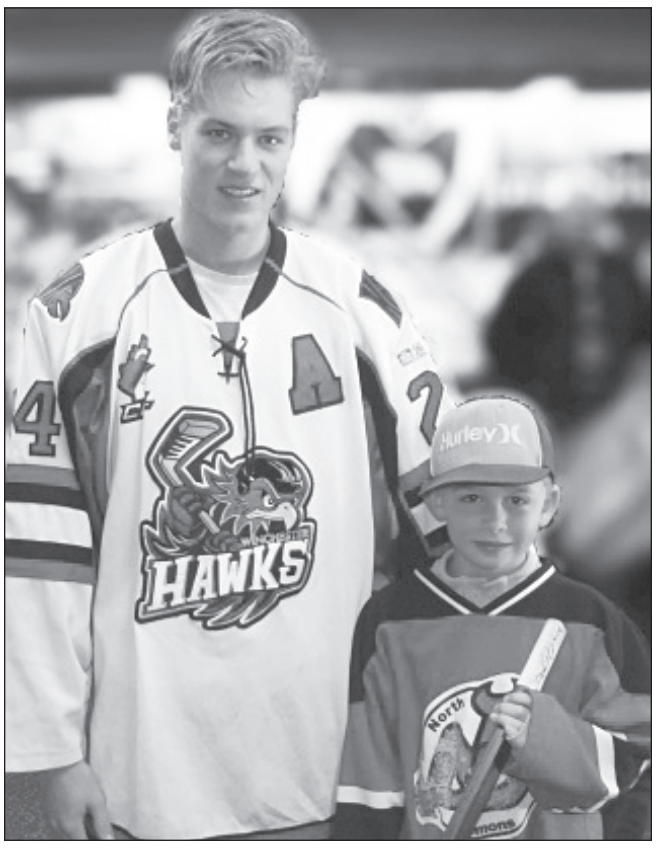
The Rockets held a 3-2 lead on the Panthers after a period of play. Period two finished in a 4-4 deadlock and it was stalled at 5-5 at the end of regulation time. The first period of OT failed to break the tie leaving Ennis to crack the GWG in the second session of extra time.

North Dundas captain Brandon Mullin (2-1-3) led his team's offence with a three-point effort. "A" Justin Rutley (1-1-2), Mackenzie Bacon (1-0-1), and Tristan Staff also put pucks into the Panthers cage. Kyle MacDonald, Ryan Romans, Owen Salmon and "A" Harry Wyss drew assists.

Cody Lavictoire (2), Adam Filion, Ennis, Michael Cogan and Nathan Bols were the Embrun marksmen. Filion (3), Bols (2), Cogan (2), Dan Cogan, Lavictoire and Sebastien Roy provided the passes. Simon Lemay was the winning 'tender.

Top Rockets

The top North Dundas Rockets point producers are: Brandon Mullin 4-3-7; Kyle MacDonald 2-5-7; Justin Rutley 3-3-6; Ryan Romans 3-2-5; Tristan Staff 0-3-3; Mackenzie Bacon 2-1-3; Owen Bourgeois 2-1-3; and Sheldon Holmes 0-3-3.



Big stick

A young North Dundas Novice Demons player, Damien Berends, was the lucky ticket holder in a free draw the Winchester Junior Hawks held during their first North Dundas Minor Hockey Day of the season on Sun., Oct. 4. Hawks assistant captain Bryden van Kessel presented Berends with his autographed, game-used stick after his team had defeated the Westport Rideaus 7-3.

Photo – L. Berry

Barkley and Whitteker top Men's Night 'A' class at Cedar Glen

BOUCKS HILL – Rick Barkley and Kevin Whitteker posted the best numbers playing in "A" class on Men's Night at Cedar Glen Golf Course.

Barkley shot a low gross 37 and Whitteker netted a 33 (LN) last week (Thurs., Oct. 8).

Wayde Roles left his shot closest to the No. 18 pin and Lyle Schell pounded out the longest drive from the No. 11 tee.

The best numbers in "B" class belonged to Lawrence Larocque (LG 40), Darrell Shelp (LG 44), Terry Barkley (LN 36) and Peter Schoenfeld (LN 37).

Gary Whitteker (LG 36), Larry Barlow (LG 47), Mahlon Locke (LG 47), Dale Whitteker (LN 33) and Jim Casselman (LN 34) recorded the top scores in "C" Class.

Dave McIntosh shot a low gross 48 playing in "D" class.

More winners

A/B skins: Rick Barkley (3 on No. one). Mahlon Locke claimed the 50/50 draw prize.

C/D skins: Larry Barlow (4 on No. one and 4 on No. 7); Steve Summers (4 on No. 3); and Dale Whitteker (4 on No. 4).

Tuesday scramble

Lynn Shaw and John Phillips combined for a low net 20.75 score in last week's (Tues., Oct. 6) Tuesday Night Scramble.

Sam Locke and Jim Casselman (3 on No. 2) and Neville Vincent and Bruce Kerr (2 on No. 6) picked up the skins.

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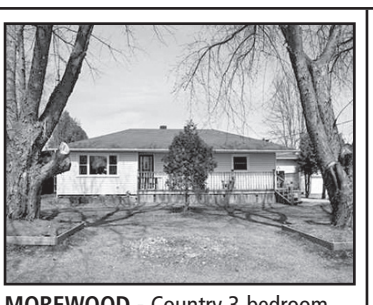

MOREWOOD - Country 3-bedroom bungalow with hedged yard, mature trees, pond, pool AND an approx. 30'x30' shop with power, in-floor radiant heat and phone, built in 2005. Septic 1990, too! MLS 960477 **$239,900**



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31-32c

AUTHENTIC GREEK BUFFET
Country Kitchen Restaurant
Sat., Oct. 24, 2159 County Road 31, Winchester. Reservations 613-774-2417.
29-33c

COMMUNITY HARVEST SUPPER
Come and enjoy with us and celebrate God's blessings, Fri., Oct. 23 at Community Christian Reformed Church in Dixons Corners, 6:00-6:30 pm social time, and supper will be served at 6:30 pm. All are welcome, but please call to reserve your spot at 613-652-2400.
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LADIES HIT IRELAND
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TRIVIA & BAKE SALE
Sponsored by St. Clare's Anglican Church, 2530 Falcone Lane, Winchester, Fri., Oct. 16. Trivia 7 pm. Enter single or teams of 8 players. 613-989-2823 for tickets or available at the door.
31-32c

WINCHESTER BADMINTON CLUB
Winchester Public School, Tuesdays and Fridays, 7-9 pm. For information call 613-774-4949 ask for Adrian or come to club at 547 Louise Street.
32-33

MUSICAL NIGHT
Osgoode Baptist and Vernon United Church invites you to enjoy the Russell Male Choir, Sun., Oct. 18 at 7 pm. A goodwill offering will go to the Emergency Food Cupboard. Lunch provided.
32c

HALLOWE'EN MADNESS TEA AND BAZAAR
Sat., Oct. 24, 10:30 am-1:30 pm, Lakeshore Drive United Church, Morrisburg. Luncheon $7. Sandwiches and desserts. Many specialty tables, silent auction, baked goods, frozen entrees, plants.
32-33c

LADIES' NIGHT OUT
Thurs., Oct. 22, Matilda Hall, Dixons Corners. Doors open at 6 pm, Fashion Show at 7:30 pm. Admission $15, includes light lunch. Evening filled with vendors displaying fashions, cosmetics, home decor, culinary products and more. Fashion Show by Main Street Clothing Company and Juli Fashion Essentials. Tickets available from Community Living Dundas County, South Dundas Chamber of Commerce (Morrisburg), Terrace Green (Winchester), Scotiabank (Morrisburg). Proceeds supporting George Davidson Family Resource Fund. Snoezelen room and transportation. Sponsored by Scotiabank.
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CHESTERVILLE LEGION MIDNIGHT BBQ CHICKEN IN CONJUNCTION WITH AMBUSH
Fri., Oct. 16, the last BBQ Chicken of the season will be served up at midnight during the dance – like in the old days. Only 140 chickens will be cooked. Don't miss out! You can purchase your chicken tickets in advance at the members' lounge. BBQ Chicken Dinner tickets $12. Ambush Dance only $15/per person. No advance tickets.
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Coming Events

24th ANNUAL FALL CRAFT SHOW
For the Brinston United Church, Sat., Oct. 24, Matilda Hall, Dixons Corners from 9 am-2 pm. Brinston United Church **Sunday School Luncheon** from 9 am-1 pm. Admission $1 at the door. Door prize draws held throughout the day!!
31-33c

ANNIVERSARY TURKEY SUPPER
Matilda Pastoral Charge
Wed., Oct. 28, Matilda Hall, Dixons Corners, 4:30 pm until everyone served, takeout available. Tickets $15, children 6-12 $6, children 4 and under Free. Contact Lois Keyes 613-989-5403 or Gwen Bosma 613-652-4792 for advance tickets.
32-33c

CANADIAN CLUB OF MORRISBURG AND DISTRICT
Wed., Oct. 21, 7 pm, Morrisburg Legion. Guest Speaker: Dr. Marty Magne of Parks Canada. "The Franklin Expedition and Finding of the Erebus". Call Clara 613-774-2407 or Doug 613-543-2922 for tickets or information. Everyone welcome.
32-33c

MARK YOUR CALENDAR!
CHRISTMAS BAZAAR AND BAKE SALE
St. Andrew's Presbyterian Church, Chesterville, Sat., Nov. 7. Details to follow.
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55+ MEN'S SHINNY HOCKEY
Mondays and Thursdays from 10:30-11:30 am, Fridays from 12 noon-1 pm, Winchester Arena. Starting week of October 19, $8 drop in fee. Call Gina at 613-774-2105 ext. 223 for more info.
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commencing at 10 am
Note: Everything in this auction is in tip top condition. This is a nice, clean auction!
Reason for Auction: Mr. and Mrs. Alguire have relocated to a seniors' care facility.
Owner and Auctioneer not responsible for loss or accident.
TERMS
Cash or Good Cheque with ID
PROPRIETORS
Basil and Joan Alguire
AUCTION CONDUCTED BY
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For Full Listing
www.theauctionfever.com
32c

NORTH DUNDAS DISTRICT HIGH SCHOOL

Grades 9 to 12
Parent-Teacher Interviews
Thursday, October 22, 2015
5:30-7:30 pm in the gymnasium

Preliminary Reports will be distributed to students Friday, October 16, 2015.

Happy 80th Birthday!



Don Guy
October 18, 2015
Family, friends and neighbours are invited to a birthday celebration on
Sunday, Oct. 18
from 1-4 pm
at the
Mountain Township Agricultural Hall
South Mountain

FALL CLEAN-UP DAY
Saturday, October 17, 2015
SOUTH DUNDAS

Both disposal sites will open from 9:00 am to 4:00 pm
No Hazardous Waste accepted
No Recyclables accepted
No tipping fees for the following:
Tires (no rims)
Unlimited household garbage
Unlimited white goods (no appliances with Freon will be accepted)
Electronics

Please note: Commercial and construction garbage shall be charged in accordance with our regular fee schedule.

NOTICE TO CREDITORS AND OTHERS

All claims against the Estate of **Lyall Johnson Ouderkirk**, late of the Village of Berwick in the Province of Ontario, who died on or about the 14th day of June, 2015, must be filed with the undersigned Estate Trustee, on or before the 10th day of November, 2015; thereafter, the undersigned will distribute the assets of the said estate having regard only to the claim then filed.

Dated at Embrun this 9th day of October, 2015.
Donna Cottrell, Estate Trustee, by her Solicitors
Campbell & Sabourin LLP / s.r.l.
Attention: Adam Williamson
1-165 Bay Street
Embrun, Ontario K0A 1W1
613 443-5683

SOUTH NATION CONSERVATION
DE LA NATION SUD

NOTICE TO RESIDENTS

South Nation Conservation will prepare the Chesterville Dam for winter operations in the upcoming weeks. You may soon notice lower water levels upstream of the dam.

For more information, please contact:

Jim Hendry
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Thank You
Rutters Elevators

The Grand Champion 4-H Steer shown by Darren McNeely of Oakbrook Farms of Navan at the Metcalfe Fair on Saturday, October 3 was purchased by **Michael Aube of Rutters Elevators** in Chesterville, at the 4-H Steer Auction.

Thank you for supporting 4-H.

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Building Code Information Night & Open House

TOWNSHIP OF North Dundas

***FREE* Information Session**
Wednesday, October 21,
6:30-8:30 pm
Township of North Dundas Council Chambers
636 St. Lawrence Street, Winchester
613-774-2105 ext. 246

Do you have a building project in mind but you don't know where to start? Maybe you're planning to build a home or start a renovation, but you're not sure of where or how to get started? Perhaps you have heard about changes to the Building Code and to the process of obtaining a Building permit and would like to consult a professional.

The Township of North Dundas will be hosting a Building Permit Information Night & Open House with a brief presentation. Department staff will be on site to answer your questions and get you started on the right foot.

Feel free to drop-in between 6:30 pm and 8:30 pm to share ideas with our knowledgeable staff, ask questions or simply listen to the informative presentation. Light refreshments provided.

All contractors, designers and DIY'ers are welcome. For more information on the upcoming Building Permit Information Night & Open House, please call the Township Office Building Department.

Hosted by the Township of North Dundas Building Department

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As part of Winchester District Memorial Hospital's ongoing green energy plans, local companies have been helping replace all of its outside parking lot lights with LED (light-emitting diode) lights. Andre Arcand from Morewood-based E.C. Carruthers and Sons Utility Construction helped retrofit the new lights.

Area businesses supporting WDMH's Green Energy Plan

WINCHESTER – Local businesses are working with Winchester District Memorial Hospital (WDMH) staff to keep the lights on – literally.

As part of its ongoing energy-saving practices, WDMH has replaced all of its outside perimeter and parking lot lights with LED (light-emitting diode) lights. The changes were made under the hospital's Green Energy Plan (GEP).

"In addition to better, more efficient lighting for patients, visitors and staff, the savings really add up," noted Linda Symonds, manager of building services. "There will be a 77-per-cent reduction in kilowatt usage, resulting in a savings of more than $120,000 [throughout] 10 years."

Some of the hard work was completed by local companies such as E.C. Carruthers and Sons Utility Construction from Morewood, and Barry McShane Electrical from South Mountain.

"It's great to work with local companies," said Symonds. "They are responsive and know our hospital well."

Michelle Blouin, senior vice-president of corporate services, also noted that the hospital uses local companies whenever they can – from purchasing water softener salt to lawn equipment repairs.

"We want to support the local economy," she added. "In fact, we have well over 100 suppliers who are local."

Other GEP projects at WDMH include new LED lighting in hospital meeting rooms, and a greater commitment to energy-saving practices. These include things such as turning off lights in unused rooms, and reducing energy consumption by closing blinds on hot days.

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F: 613-774-1472

~ IN MEMORIAM ~
Elzeon Raistrick



To our dear Dad and Poppy, who passed away six years ago on Oct. 20, 2009.

Always in our thoughts.
We miss you.
Until we meet again,

Love, Amy & Mercedes

In Appreciation

We would like to express our sincere thanks to each and every person who helped and supported us with love, hugs, and cards of condolences on the passing of our mother, Clara Shaver.

Thank you to Rev. Christine Lowson for the beautiful graveside service and to all the staff at the Hartford and Dundas Manor for all of their loving care of Clara.

Thank you to Dr. Flowers and Dr. Fares for their care of Clara and to Daniels Funeral Home for their guidance and compassion.

Thank you to the pallbearers, Barry and Colin Giberson, Harold Shaver and MacKenzie Barkley.

A special thank you to Sheryl and Barry Giberson for hosting the lunch.

With love,
The Giberson, Shaver and Barkley Families

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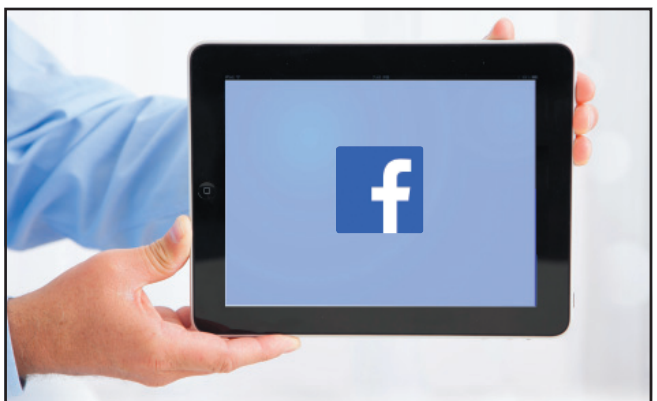

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Thank You

On October 8th around 6:45 we had a small fire start in our main dairy barn. Thankfully we were able to get it out with minimal damage. We want to thank Ben, Marty and neighbours Ron, Kim and John for stopping by to help us out. We would also especially like to thank the local fire departments for their quick response and willingness to help. Thanks to all who called or sent messages with prayers and concerns. We truly are blessed to live in such a tight-knit and caring community. Most of all we thank God for His blessing that things were not as serious as they could have been.

The Van Den Broek Family

Winchester District Memorial Hospital
AUXILIARY

Bazaar & Tea
Saturday, October 17th
11:00 AM – 2:00 PM
Free Admission
Joel Steele Community Centre
WINCHESTER, ONT

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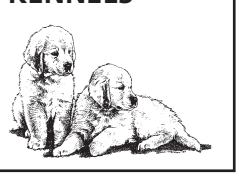

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Breast cancer causes and risk factors

Research into breast cancer has shown that its origins include a variety of potential causes and risk factors. Although many of them are biological and non-preventable, some others can be eliminated, prevented or controlled by changing certain lifestyle habits.

Non-preventable causes

The physical causes of breast cancer that have been identified are as follows:

- Age (increased risk after the age of 50)
- High breast density
- A personal or family history of breast or ovarian cancer
- Genetic mutations associated with the BRCA1 and BRCA2 genes
- Taking the postmenopausal hormones estrogen and progesterone
- A history of benign breast disease (cysts, hyperplasia)
- The early onset of menstruation or late onset of menopause

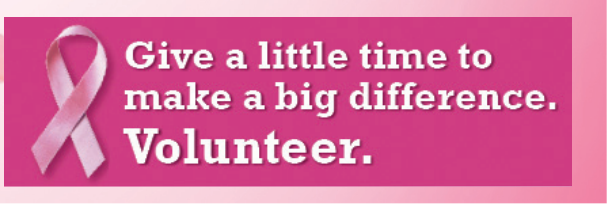
Preventable factors

On the other hand, some causes of breast cancer are closely related to personal lifestyle choices. Here is a partial list:

- Alcohol consumption
- The use of oral contraceptives for several years
- Physical inactivity (a sedentary lifestyle)
- Excess weight and obesity in adulthood
- Smoking and prolonged exposure to second-hand smoke
- Late pregnancy (after the age of 30)

Please note that these risk factors are not all equally weighted. Get all the information you need about your particular circumstances before changing your lifestyle. It's always a good idea to consult a health professional as well.

For more information go to www.cancer.ca



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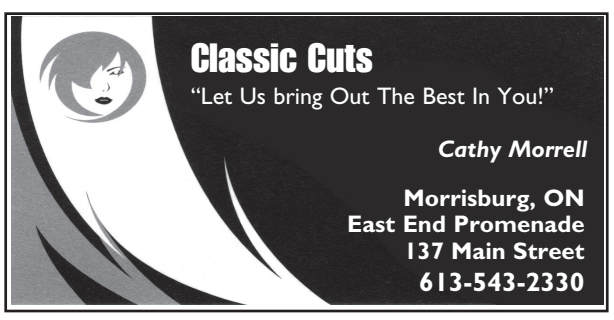

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