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Santa Claus is coming to town

WINCHESTER — Bells will jingle, lights will sparkle and children will giggle. Santa's appeal for helpers has been answered and the eighth annual Country Christmas Parade of Lights is set to light up the night.

"Once people read that we needed help, I started to get phone calls and I'm pleased to say we have enough help to put on a parade," reported committee chair Sandie Puddephatt at the final organizational meeting at Mary's Restaurant on Nov. 26.

Township of North Dundas recreational director Mark Guy also said he had six adult volunteers offer their services for parade night (Fri., Dec. 3).

"It is encouraging to get that kind of response, because without volunteers, this event just wouldn't happen. On behalf of the committee, I would like to thank those who have stepped forward," she added.

Puddephatt also announced that this year's parade marshall will be the 2004 Ontario Junior Citizen of the Year award winner, Ryan Williams, who will be accompanied by the CHEO Bear. Several of Williams' friends will accompany him and collect cash donations which will go toward his fundraising efforts for CHEO.

"As of this (Tues., Nov. 30) morning we have 65 entries and four bands coming, so all we need is good weather and no one can do anything about that," Puddephatt added.

TIME TO GIVE

Two other local organizations are also using the parade to canvass for their causes. The North Dundas Food Bank will have a vehicle parked at the corner of Main and St. Lawrence Street throughout the day to accept food donations.

Also four student organizations from North Dundas District High School including: the Peer Helpers; OSAID; student council and Global Education Team (GET) will be walking along the route carrying decorated laundry baskets to collect mittens, scarves and toques.

• see PARADE on next page

COMRIF could have Winchester swimming

WINCHESTER — The long-standing water shortage in Winchester could be solved by a federal-provincial grant program announced last month. The Canada-Ontario Municipal Rural Infrastructure Fund (COMRIF) is making $900,000 available to rural Ontario municipalities. North Dundas council is considering the possibility of applying to COMRIF for money to establish a new well on the Morewood Esker.

"Winchester hospital will need more water and Parmalat may need more water," said consultant Fern Dicaire to council on Nov. 22. The representative from Stantec Consulting Ltd. explained to council that the need for water in Winchester is obvious. The opportunity provided by the introduction of COMRIF could solve the problem.

Russell Township is also looking at the Morewood Esker to supply its own water needs, and Russell council has already decided it will apply to COMRIF for water money. Because Russell is already applying for money to develop water infrastructure on the esker, Dicaire said it's unclear whether or not it's a good idea for North Dundas to make a grant application on the same project.

• see WATER on next page



Yaa baby!

Winchester winger Darren Trenholm scored a pair of goals, including the winner with 26.6 seconds left in the game to lift the Junior "B" Hawks to a 5-4 win over the visiting Morrisburg Lions. Sunday's (Nov. 28) decision put the brakes on a three-game losing skid the Hawks had been on. Trenholm leads the St. Lawrence Division in goals scored with 24. He and linemates Nik Paas and Stephen Swan have combined for 58 goals and 137 points in 25 games.

Press Photo — Van Bridger

Winnipeg MP tours hospital, gives positive review



Smiles all around

MP Steven Fletcher, the first quadriplegic MP, and MP Guy Lauzon toured Winchester District Memorial Hospital, Fri., Nov. 26. Fletcher was impressed with the hospital, and the attention to detail.

by Meghan Duncan
Press staff

WINCHESTER — Winchester District Memorial Hospital gets a rave review from Winnipeg MP Steven Fletcher. He toured the hospital in his wheelchair Fri., Nov. 26.

As senior health critic for the federal Opposition, he came to Winchester to see what an eastern Ontario community hospital offers its patients.

"There's a lot of impressive things I've seen so far," said Fletcher.

He toured the hospital with Guy Lauzon, MP for Stormont-Dundas-South Glengarry, and was not disappointed.

"One thing that really impressed me was the attention to detail," said Fletcher. "Like the quilts on the beds. It brings it a little closer to home. It takes the sting of institutionalism out of it. I'm going to carry that with me across the country and suggest that."

He was also very impressed with the Renewing the Vision Campaign and the efforts of the entire community.

"It shows that the community is willing to invest in their own care," said Fletcher. "That gives you an edge above other communities. It's nice to see a community take an interest in their own care."

WDMH is a five-star hospital, one of only three with this high rating out of 92 hospitals of similar size across the province. It's the little touches that Fletcher thought made the hospital a cut above the rest.

"The grassroots involvement is very important," said Fletcher. "I had the opportunity to talk to two patients in the dialysis room. Their verdict was thumbs up, mind you they still had needles in them."

Lauzon spoke of the rural touch of the staff care at the hospital, and how it plays such a big part in the hospital.

As health critic, Fletcher is highly respected in the House of Commons.

• see FLETCHER on next page

Stephen Harper urges cattlemen to be cautious

by Jeffrey Morris

EDWARDS — Farmers should be cautious in their optimism over the BSE crisis. That was the message of Opposition leader Stephen Harper as he addressed an Ontario Federation of Agriculture meeting at Earl Stanley's Olde Maple Lane Farm in Edwards on Nov. 25.

Conservatives voice of rural Canada

Harper and Nepean-Carleton MP Pierre Poilievre trumpeted the Conservatives as the party that best looks out for the interests of farmers and rural communities in Canada.

"Stephen Harper and the Conservative party are now the political voice of rural Canada," said Poilievre in his introduction of Harper. "That's not my opinion, that's an actual fact. If you look on the electoral map you will see that almost all of rural Canada is represented by the Conservative party. It's true in Ontario, and even more so in eastern Ontario. The values of Stephen Harper and the values of the Conservative party are the values of rural Canadians. They are values of hard work, and of personal responsibility, of family, and common sense."

Harper's speech at the dinner came less than a week before the Ottawa visit of U.S. President George W. Bush. The main point of interest, not only for local farmers but for all of Canada in the visit, was putting an end to the U.S. ban on Canadian livestock. Harper emphasized how important it is for farmers to mend a relationship with the United States that the Liberal government has shattered.

"The Conservative party is taking the concerns of rural Canada and its farmers to the highest level," said Harper. "In the past few years our movement has had tremendous growth and that growth has been especially strong in the rural and agricultural areas of Canada, especially in areas like this in Ontario. Why? Because for more than a decade the Liberals have taken Ontario and the special needs of rural Ontario for granted. We do not. We recognize the contributions that Ontario and Ontario's farmers make to our economy, to our national life. Not only does the Conservative party care about and understand the issues of rural Canada, we are the only political party that consistently votes on these issues in the House of Commons."

Harper commented that Ottawa may be known for its high-tech sector and for the federal government, but he added that the city has the largest agricultural economy of any major city in Canada. He says his party is committed to looking after the best interests of the rural and agricultural communities in the area.

• see HARPER on next page

This week in the *Press*



Read what's going on at the Winchester Country Christmas Parade of Lights. Check out the full schedule of events in our special supplement.

Old Guys With Guitars help raise money for Nor-Dun Seniors van.

3



Mitts needed

Look for teenagers carrying decorated laundry baskets during the Parade of Lights on Friday. Students from North Dundas District High School will be walking in the parade collecting mittens, scarves and toques. All of these items will be passed along to the Dundas County Food Bank for distribution.

Continued from the front page...

Parade

Floats can report to the old Hydro yard at the Dundas County Food Bank for registration beginning at 1 pm on Friday afternoon. The participants must return to accompany their entry by 5:30 pm. The parade will embark on to Henderson Crescent at 7 pm. The route continues on Louise to York, Albert and Main Street finishing at Dawley Drive. Street closures will be in effect during the event and there will be no access to Main Street after 7:30 pm.

Parade commentary will be provided by Hugh Fawcett and the team of Ault & Ault at the corners of York and St. Lawrence and by Linda McMahon and Lissa Fawcett at the intersection of Main and St. Lawrence.

WARMING UP

Food to warm up paradegoers will start being served around 4 pm and includes: spaghetti dished up the Jr. "B" Hawks at Henderson Hall at 4 pm; chili served at the United Church Hall at 4 pm; ham beans, hot dogs and refreshments at the Lions Club Hall at 5 pm; and soup and sandwiches at the Wesleyan Church.

There will also be comfort food available at the Main Corner Food Court where the St. Mary's Knights of Columbus 7676 will offer their famous Dutch olie bollens. Beavertails, Three Sweet Guys candy floss and hot chocolate as well as hotdogs and home made sausages by Greg's Quality Meats will be available.

There will also be entertainment, co-ordinated by Dale Williams and featuring the winners of the Dairyfest Idol competition, commencing at the main corner at 5 pm.

Once the appetites have been appeased it will be time for a visit with Santa Claus at the Royal Bank. The jolly old elf will bounce children on his knee from 5 to 6:45 pm.

Following the parade, visitors can drop into the Winchester Curling Club at the 100 Club Community Park and warm up at the Open House and Wing Night.

ARRIVE EARLY

Visitors are advised to arrive early, park away from the parade route and observe signs and barricades. For last-minute information call 774-5858.

Harper

"We are committed to bring rural and agricultural issues to the top of the national agenda," said Harper. "Since the new Parliament has begun, the Conservative party has asked almost four times more questions in the House of Commons on agricultural issues than all other parties combined. We will stand up for our farmers and insist they get adequate support and compensation when they face circumstances that are beyond their control."

One of those situations beyond their control is BSE, or mad cow disease. Imports of Canadian livestock were banned after the BSE crisis began, and the Tories have been critical of the Liberal government for inaction on dealing with the crisis. Although indications are this week that Bush will fast-track the borders being reopened for Canadian cattle, Harper says that Canadian farmers should be cautious in their optimism. Previous promises made to them, he pointed out, were fruitless. He also said the Liberal government has a history of inaction on the issue, and of focusing more on insulting Americans than trying to improve trade ties with them.

"The cattle industry is a good example of the differences between our party and the Liberals on agricultural issues," Harper said. "Only days after the election, we began pressing the government for a debate or for a plan on the issue of BSE. During the election, the Liberals assured our beef farmers that the borders would be opened by the end of the summer. But the truth is, there never was any plan or proposal or any idea as to how that could happen. It was just a cruel deception perpetrated on our farm families struggling to get by."

Much of the damage that has been done to the relationship with the U.S., Harper said, stems from the Chretien government. Not only was there a lack of action or concern from the former prime minister over the BSE crisis, but the groundwork was also laid for the anti-Americanism which has since hurt Canada's trade relationship with the United States.

Harper was also critical of the Liberal party's anti-Americanism shown during the recent election. During the campaign, he said, the Liberals ran ads on television criticizing the Americans' position on the war in Iraq. Not only did these ads do nothing for Canada except further alienate the country, but he said that once again Canada backed a loser in the U.S. election.

Harper concluded that we as Canadians all have our differences with the United States at one level or another. But re-establishing strong trade ties needs to be a priority. "If the Canadian government wants to stand up to the United States on trade and agricultural issues we will always support them. And the United States is being totally unfair on some of these issues."

Fletcher

"When Stephen made a speech [regarding health care], even the Liberals gave him a standing ovation," said Lauzon.

"The fact is, the Liberals made a promise to fix health care for a generation, and they haven't even come close," said Fletcher. "We [the Conservatives] are a party of compassionate people, and we will judge our society by the care we give. The other thing is, we keep our promises."

But Fletcher only had positive things to say about the hospital and Winchester.

"This has been very educational," said Fletcher. "The people [of eastern Ontario] are full of common sense and good values."

In 1996, Fletcher was involved in a vehicle collision with a moose in northern Manitoba, which left him paralyzed from the neck down. It was in June, 2004, Fletcher was elected as a federal member of Parliament for Charleswood-St. James-Assiniboia. He made history as the first quadriplegic to be elected to the House of Commons.

Fletcher's first time in eastern Ontario was a year before his accident, when he took a trip to Merrickville for a canoeing expedition. He promised himself that he would return the next year, and though it was only short while after the accident, he came back to Merrickville to keep his promise to himself.

"He speaks with passion," said Lauzon of Fletcher. "It's pretty hard to get lazy when you see a guy like this."

One of latest debates in the House of Commons is legislation banning trans fats from all food in Canada.

"I thought the resolution was something that I could support because it's for the health of the nation," said Fletcher.

Lauzon feels the same way.

"The way to save money on health care is by prevention," he said.

Trudy Reid, CEO of the hospital agreed.

"We're so busy caring for sicknesses that we don't spend enough money on prevention," she said.

Fletcher has nothing but optimism about everything in his life, including the Canadian healthcare system.

"You made be looking at a health minister, down the road," said Lauzon of Fletcher. "Everybody respects him so much."

But Fletcher had compliments for Lauzon, as well.

"Guy has a progressive view of the world," he said. "We need more of that."



Conservative party leader Stephen Harper addressed members of the Ottawa Federation of Agriculture at Stanley's Olde Maple Lane Farm in Edwards on Nov. 25. From left: MP Pierre Poilievre (left), Harper, MPP John Baird, and Earl Stanley.

Water

North Dundas is also in dire need of roads maintenance. Dicaire recommended that council consider applying to COMRIF for money for a project like bridge repair.

Another possibility would be to apply for money to extend Fred Street in the village to connect with County Road 31.

"In any case, you have to make health and safety the main reason for your application," said Dicaire.

The deadline for the first of three rounds of applications is in mid-January. Dicaire said the sooner council can decide how it wants to move forward, the greater chance North Dundas will have of attracting a grant.

"It's a matter of deciding what our greatest priority is," said Deputy-Mayor Bill Smirle. Because Mayor Alvin Runnalls was not in attendance at the meeting, council decided to postpone discussion.

A special meeting will be scheduled to decide which project council wants to pursue.

Mountain Musings

The Press *was saddened this week to hear that long-time contributor Shirley Mills died on Sunday (Nov. 28). A former employee of the* Press, *her column Mountain Musings has appeared regularly in the* Press *for more than 10 years. Recently, she began contributing reports from meetings of the Friends of the South Mountain Library, describing their efforts to keep the branch from closing. Not long ago she wrote a thumbnail autobiography summing up her life, which is included here in part:*

SOUTH MOUNTAIN — I think I would call my life irregular. Not wildly dramatic, but just rather different. There are stories behind each of the events, but rather than give you the book-length version, I shall give you just the facts.

I spent the first 14 years of my life in Scotland covering the period when the war was on. (Not the First World War — I'm not quite that old.) My father died when I was eight and in 1949 my mother, brother and I came to Canada.

I went to school and then worked as a secretary. Wanting a change, I took a year-and-a-half working holiday in England. When I returned I went to visit my brother who had gone up north and got married four years earlier. On this visit I met my brother-in-law for the first time and married him a year later. (It's OK, just a brother and a sister marrying another brother and sister, and our kids look alike.)

My husband Bruce went to Queen's University compliments of the air force but flunked out of second year. He got out of the air force and we went to Toronto where I got my PHT (putting husband through) degree. After Bruce graduated from Ryerson, we returned to Ottawa.

Fairly straightforward then for awhile. We had three sons and a daughter and I was editor of a local newspaper. We moved to the country in 1997. My husband wanted to build his own house, and at present it is almost finished. Two years later I took the library technician course at Algonquin College. (I was a mature student, not a slow learner.) I graduated in 1981.

Unfortunately, later that year we lost our second son Colin, 17, in a car accident in Winchester. The support and kindness of country folk was really appreciated. You go on because there is no alternative, and we still had three kids to raise.

Over the years I have done a bit of writing. This includes two church histories and my column in the *Winchester Press.* There is another project on the horizon — a booklet about the 100 years of continuous library service in South Mountain, but it's just in the beginning stages.

I got the job I was born for in 1991. I was librarian of the Metcalfe Public Library, where I was a big fish in a very little pond. I got to buy suitable books for the library, be opinionated about what people should read, and revel in all the books around me. The job lost a bit of flavor when Ottawa amalgamated and took over running the branch, and I retired in September 2002.

My retirement was accelerated when my husband Bruce passed away suddenly and unexpectedly in June 2002. Now, after 42 years of marriage, I am working to find my own voice. With strong family support, however, good friends and all the books I can get my hands on, life is pretty good.

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Nor-Dun van fund only at half-way mark

WINCHESTER — The *Old Guys with Guitars* took to the stage at the Nor-Dun Seniors' Support Centre, Nov. 25, to help in the centre's fundraising efforts to purchase a new van.

The luncheon event raised just under $500, all going to the fund, but the van will cost $45,000.

"We are going to be approaching service clubs, businesses and individuals in the Township of North Dundas," said Caroline Rooney, the co-ordinator of the support centre.

The Nor-Dun Seniors' Support Centre operates primarily from 517A Albert St. in Winchester, but they also have two satellite locations — at the South Mountain Agricultural Hall and the Nelson LaPrade Centre in Chesterville.

Fundraising events will be going on at all locations.

"We're hoping to be able to purchase the van by the end of January," said Nancy Gibson, the director of the support centre. "The demand [for transportation] is exceeding availability."

The band playing at the fundraising luncheon, *Old Guys with Guitars,* consisted of Roy Campbell, Wally Fisher, Ivan Wallace and Dennis Cooper, and was playing on a completely volunteer basis.

"They're a group of guys that play old country music," said Dawn Campbell, Roy's wife. "Don't call it western. They just enjoy having fun together, and this is such a good cause. We have one [van] that's being shared with three places. We only get it for a small amount of time."

Bev Beatty, who has been a volunteer driver for the centre, thinks the new van is a great idea.

"The van is transportation for us," she said. "There are all kinds of places that people could never possibly get to without it."

She said the van is one of the most important things to the centre, and it's an obvious fundraising priority. She also remarked that in larger cities, big companies tend to donate vans. "But we're not as fortunate," she said. "They have to be purchased out here."

To date, through many fundraising activities, about $21,600 has been raised. That leaves well over $20,000 to go.

For a donation of $1,000, a seat on the van can be purchased, and a plaque on the back of the seat will show the name of the donor.

"The community support we've received in the past has been excellent," said Gibson. "We appreciate all donations, large or small. Everything helps."





Old Guys with Guitars

Ivan Wallace, above, and Wally Fisher, at right, of the band Old Guys with Guitars, *donated time to play at a fundraising luncheon at the Nor-Dun Seniors' Support Centre The centre is trying to purchase a new van, but is still over $20,000 away from its goal.*
Press Photos—Duncan



It's not so bad

Tanya Bradley of Winchester prepares herself as Suzanne Grisel, PHN gives her the flu shot. The clinic was held at the Winchester Community Centre on Fri., Nov. 26.
Press Photo—Duncan

Police blotter

Threatening utterances

MORRISBURG — An investigation into a domestic related incident in the Village of Morrisburg on the afternoon of Nov. 29 resulted in the arrest of a 46-year-old Morrisburg man on two charges of uttering threats to cause death or bodily harm, uttering threats to damage property, and criminal harassment. A show cause hearing was held in the City of Cornwall.

Prank not funny

CHESTERVILLE — Another incident involving "taping" a roadway occurred in the Village of Chesterville last night. Packing tape, strung across Main Street in the village, was struck by a vehicle during the early evening hours. This activity is a danger to motorists, and is a criminal offence. Those responsible may face criminal charges when apprehended.

Thief likes music

MORRISBURG — Police began an investigation into a break and enter of an apartment in the Village of Morrisburg on Nov. 24. A forced entry into the apartment, which is believed to have occurred the previous day, resulted in the theft of a 250-watt, dual speaker Peavey guitar amplifier, and a guitar effects pedal. Constable K. Heaphy is investigating.

Tools taken

SOUTH DUNDAS — A break and enter at a private property located along Deekes Road in South Dundas Township that took place overnight Nov. 26-27 resulted in a theft of tools from the property. Constable J. Moirier is investigating.

Out late

WINCHESTER — A 27-year-old Winchester man is facing a charge of breach of probation for violating curfew conditions. He was identified during a traffic stop along Caleb Street in Winchester on the evening of Nov. 27. Court has been set for Jan. 4 in the Village of Morrisburg.



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2001 Ford Escape XLT: 4x4, fully loaded, stereo/CD $18,900
2001 Pontiac Grand Am SE: 4-door, air, fully loaded, stereo/CD $9,995
2001 Volkswagen Jetta TDI: 4-door, auto., fully loaded, stereo/CD $17,900
2001 Ford Windstar LX: fully loaded, 4-door, stereo/cassette $10,800
2001 Dodge Caravan SE: 4-door, fully loaded, stereo/cassette $10,995
2001 Hyundai Sonata: 4-door, fully loaded, stereo/CD $9,899
2001 Ford Crown Victoria: 4-door, fully loaded $12,999
2001 Dodge Dakota Sport: 4x4, club cab, fully loaded, stereo/cassette $12,800
2001 Dodge Caravan SE: 4-door, fully loaded, stereo/CD $10,999
2000 GMC Ext. Cab CK1500/SL: 4x4, 3-door, auto., air, tilt, cruise, box liner, PB, PS, step bumper, stereo/cassette $17,900
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2000 Hyundai Elantra: 4-door, air, auto., PB, PS, stereo/cassette $7,295
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1997 Ford Mustang: 5-speed $6,995
1997 Chrysler Intrepid: 4-door, fully loaded, stereo/cassette $4,795
1996 Pontiac Bonneville SE: fully loaded, stereo/cassette $6,995
1996 Dodge Caravan: 4-door, air, auto., PB, PS, roof rack, stereo/cassette $4,995
1996 Dodge Ram 2500 Diesel: 4x4, box liner, PB, PS, step bumper, stereo/cassette $12,900
1996 Ford Taurus LX: 4-door, fully loaded, stereo/cassette $4,995
1995 Pontiac Grand Prix SE: 4-door, fully loaded, stereo/cassette $3,695
1995 Chev Lumina APV: 3-door, auto., PB, PS, stereo/cassette $2,995
1995 Ford Ranger: auto., box liner, PB, PS, step bumper $4,900
1993 Chevrolet Silverado 2500: 5-speed, fully loaded, stereo/cassette $9,900
1992 Dodge Dakota: 4x4, auto., box liner, ext. cab, PB, PS, step bumper, stereo/cassette $5,995

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Dundas County FoodBank, in co-operation with the North Dundas Christmas Fund, asks you during this holiday season to reach out to those in our area who are in need. Please give any cash you can spare or fill a bag with food and household items from the list at right, and give it to the FoodBank volunteers on the parade route. Look for the van parked at the Main Corner and give them your donation during the Parade of Lights. All donations are gratefully accepted.

Donations may be dropped off at the Dundas County FoodBank at 596 St. Lawrence Street (at rear), beside the T.R. Leger School. FoodBank volunteers along the parade route will also be collecting any cash donations you can spare. Thank you for helping those in need.

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Canned items such as vegetables, meat, fish, fruit, pasta sauce, coffee, crackers, jams, cereals and baby food.
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We thank you.

The SnowSuit Fund
collects money donations to purchase snowsuits for children in need.

The Dundas County FoodBank
provides emergency foodstuffs for individuals and families in need.

All donations are divided equally between the *SnowSuit Fund* and the *FoodBank*.

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Rewarding session in Parliament



From Parliament Hill
by Guy Lauzon
S-D-SG MP

OTTAWA — As your MP, the past six months have been a busy and rewarding time. In this column, my last of the current session of Parliament, I want to summarize my activities since Parliament convened in early October.

The economy of Stormont-Dundas-South Glengarry has been my top priority. I have instigated a local initiative involving business and community leaders and elected officials to look into the development of our waterfront. As part of this initiative, a 50-member delegation visited Soulanges, Quebec, to study their canal project.

I have also spoken with the Minister of Public Works about the possibility of constructing federal government offices in Cornwall. In my meeting and correspondence with the Minister, I spoke of the many virtues of Cornwall, including inexpensive land, surplus infrastructure capacity, bilingual workforce, and access to major transportation corridors. I also pointed out that having a major departmental office in Cornwall would create thousands of jobs and boost the economic development of the region.

I also recently met with Agriculture Minister Andy Mitchell, to press for some desperately needed solutions to the ongoing BSE crisis. Actually, to call it a BSE crisis is misleading. This problem has more to do with politics than with BSE. Since the discovery of a single sick cow over 18 months ago, the U.S. border has been closed to Canadian cattle, and the federal government has not had the kind of relations with our southern neighbor that would be conducive to re-opening the border. The resulting loss of business has been devastating for beef producers, and for the dairy industry that is so important to this riding.

As part of an Opposition initiative to alleviate the crisis, I consulted dairy farmers across Canada, including many in this riding, and passed on their constructive suggestions to the Agriculture Minister in person and in writing.

I am still awaiting formal responses from both the Public Works Minister and the Agriculture Minister. In the meantime, I will continue to do all I can to advance the crucial economic interests of Stormont-Dundas-South Glengarry.

During evenings and weekends, I can usually be found at local charity events or meetings. I have even been known to dress as Elvis to raise donations for a good cause. I am honored to contribute to the success of events that benefit the people of Stormont-Dundas-South Glengarry, so keep the invitations coming.

This past weekend, I had the honor of hosting Opposition health critic Steven Fletcher in the riding. I arranged for him to tour the hospital facilities in Cornwall and Winchester and meet with health care representatives. He also delivered the keynote address at a charity breakfast event. Steven is the first quadriplegic MP, and a man for whom I have tremendous respect.

In addition to my local activities, I have been busy in Parliament with my dual role as critic for both Treasury Board issues and Official Languages. Throughout the ongoing public service contract disputes, I have tried to build bridges between the unions and the Treasury Board, and encourage good faith in the bargaining process.

I have also defended the interests of taxpayers and public servants by fighting for an effective law to encourage and protect public servants who report corruption. The government has tabled a bill dealing with such disclosures, but that bill doesn't protect those who reveal corruption to the public; it doesn't create a process for reporting reprisals against whistleblowers; it doesn't guarantee full compensation to those who suffer such reprisals; and it doesn't penalize employers who punish whistleblowers. It simply creates a process whereby reports of corruption are kept within government, and allows departments to keep those reports hidden for 20 years. I am in the process of preparing an alternative bill.

It has been a very busy session of Parliament, but it has also been my pleasure to take the time to meet with many of you.

Since this will be my last column before Christmas, I want to close by wishing you a special blessing of peace and happiness this holiday season. I resolve to serve you throughout the New Year with continued confidence that by working together we can add to the many blessings we already enjoy in Stormont-Dundas-South Glengarry.

Local artists at Lola's help out food bank

WINCHESTER — Arts for All, an open house and food drive at Lola's Emporium on Main Street, showcased eight artists, Sat., Nov. 27.

"This year it's experimental," said Larry Michaud, owner of Lola's, who has in the past organized a Christmas art show at the curling club. The artists who displayed their work on Saturday will have their work at the store after the open house, but the event gave customers a chance to speak with the artists.

One such artist was Cindy Laneville, a Winchester resident who has taken her artistic flair and turned it into her own business, Shades by Cindy. She designs and creates lamps, hand-rolled lampshades, window art and night lights, as well as mosaic art and tables.

She calls her art a mix of country and contemporary.

"But I really like functional things," she said. "I've been labelled funky and functional."

Laneville left the financial business after 20 years and plunged into the art business.

"It's been really well received," she said. "This is like a dream for me. I'm a firm believer that when one door closes another door opens."

Laneville is not only an artist, she's a teacher, inviting people into her home for workshops. She's had students travel all the way from Brantford and Timmins as well as London, Ont.



Cindy Laneville of Winchester shows off some of her work, on display at Lola's Emporium. An open house on Saturday gave customers a chance to speak with artists as well as donate to the Dundas County Food Bank. Lola's will be accepting food donations until Sat., Dec. 4.

"It's a complete day experience," she said. "You come to my house, and I feed you lunch and you leave with a masterpiece."

But she also commented on how a lot of her students don't walk through her door with confidence.

"They leave surprised," she said. "They come in thinking they have no artistic talent, and they leave with something really appealing to them."

Laneville was commissioned to do a piece for the window of Winchester Video, and will do custom pieces for anyone who asks.

"I'm trying to meet the market for everybody," she said, explaining that she has even made lamps with bases filled with golf balls.

Since registering her business, Laneville has displayed her work at many art and craft shows, and has even been on *Breakfast at the New RO*.

"That was nerve-wracking," she said.

As for how many lamps she's made?

"I've never kept track," she said. "But I think it's well in the hundreds. I'm just getting my feet wet."

Though her work is completely practical, it is also art.

"They're all different," she said. "Deliberately. It's all a technique, figuring out what works, what doesn't." Her favorite aspect of making lampshades is painting on the inside of the shades so that when the light is not turned on, the design cannot be seen, but the shade looks completely different when the light passes through it.

People generally ask her why, if it's her business, would she want to give away her secrets?

"There's always going to be someone that wants to learn," she said. "I like to share the wealth, and it's fun."

Laneville will be showing next at the South Mountain Agricultural Hall for the Lions Club's annual Christmas art and craft sale.

"It was great," said Laneville of the open house at Lola's. "There were a lot of customers and we were raising awareness for the food bank."

Lola's will be accepting donations for the food bank until Sat., Dec. 4.

If you'd like to take a workshop with Laneville, visit www.shadesbycindy.ca.

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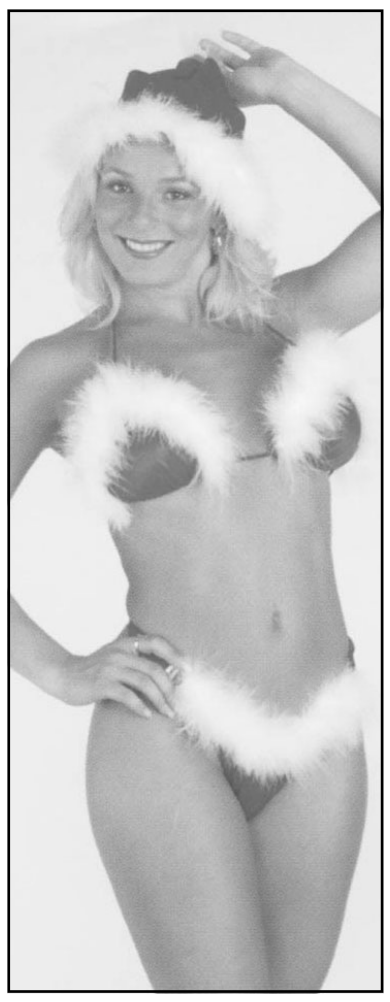

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EDITORIAL

Nuts in the township

North Dundas council re-established a growing relationship with the Oak Valley Nut Growers last week at its regular meeting. Former mayor Claude Cousineau introduced the delegation to the council table. The project involves a young nut grove on the north bank of the South Nation River, west of Winchester Springs. The conservation club made a presentation to council, asking for consideration in next year's budget.

This is the first time Mayor Alvin Runnalls and the council that was elected last November met the delegation. South Nation Conservation (SNC) is the major sponsor of the park and representatives described how efforts are progressing. The park was created 20 years ago when SNC was dredging the river in a successful effort to prevent flooding. The engineering project ended beside a heritage farmstead beside an oxbow, which was left intact.

The small lake created by the oxbow in the river is now used as a fish sanctuary. It's a loop formed by a horseshoe bend in the river, and a lake is formed when the river cuts across the narrow end of the loop. When neighboring farms weren't interested in the eight-acre property, SNC saw it as an opportunity.

The park is located on Baldwin Road, which has actually been identified as an historic road, one that has been in use since settlers first moved to the area. Visitors travel down a dirt road that looks unpromising until bang! you're right in front of the park. There are eight varieties of oak on the property and a total of 25 different types of hardwood trees and shrubs. Many of the species are nut-bearing.

The park is particularly interesting for the remnants that remain of a heritage farmstead. The broken walls around what was the house now shelter a nursery of young nut trees. Last year the club cleared $450 selling seedlings. And 20 years on, many of the first hardwoods planted have grown tall.

"The walnuts and other hardwoods have now breached the canopy of pines," said Murray Inch, representing the nut growers. When SNC established the park the first effort was to plant pine trees to protect future nut tree projects. The pines grew quickly and now the hardwoods are starting to catch up.

Inch made a strong case for the park becoming a tourist attraction for the township. Presently, North Dundas doesn't really have a permanent tourist attraction. This pioneer nut park could be just the thing. Council has often spoken about developing new promotional ideas. Why should people visit the township? We've got a park that offers a unique opportunity for people to brush up on their tree identification skills. And it also presents business opportunities.

This holiday season, a lot of people will enjoy pine nuts over cocktails. Inch said Canada spends $35 million importing pine nuts, mainly from Asia, because no one has figured out how to grow them domestically. Some day, those nuts could be local. The Chesterville Farmers' Market should pay attention to this. And there is already local interest in producing walnuts and hazelnuts.

And the butternut archive cannot be forgotten. North American butternut trees are being decimated by a fugal disease. At the Oak Valley park, they've grafted butternut branches onto walnut roots in an attempt to breed strains that are resistant to fungus. The Ministry of Natural resources has a similar experiment going in the Niagara region. Ontario could save the butternut.

The Oak Valley Plantation will eventually start paying for itself once the trees mature. In the future, visitors will be able to bring nut crackers with them on their picnics so they can sample the windfall from the trees. And the conservation volunteers overseeing the project will be able to harvest produce that they can sell.

North Dundas Township has never budgeted a grant for the park before, but council spoke favorably of the plantation's potential after Inch made his presentation. The possibility of municipal funding will be passed along to recreation director Mark Guy. If council identifies the park as an asset, by all means, the township should invest in it.

C.Z.



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2003 BLUE RIBBON

Hippies are stupid

I'd like to say I'm sad to have seen you go, but I'm not. Yes, I'm talking to you, you overpierced Bohemian freaks. Busloads and busloads of you and your Naomi Klein starter kit friends polluted the Ottawa area this week with your presence. And for what?

You show up to protest simply for the sake of protesting. You went to Seattle, you went to Quebec City, and now you have come to Ottawa. I'm not against protests, as long as they are done lawfully and there is a point made. But your protests were pointless, counterproductive, and your behavior was an embarrassment to every Canadian.

The saddest thing is that most of you don't even know why you were protesting, or what you were protesting for. It was just a party, from the moment you stumbled out of your bus through the haze of marijuana smoke and managed not to trip and fall as you made a bee line for the nearest Mac's for a bag of Cheetos.



How smug and worldly you sounded as you tried to impress people by saying, "I'm protesting America because I'm against their foreign policy." I'd love to ask all of you exactly what it is about America's foreign policy you are against. And I get the same vague, canned non-answers. You don't like America's ties with Israel. You don't like Haliburton. The Middle East is just one big oil grab. Blah blah blah. You must have put so much thought behind those answers.

Are you aware that America gives more money in foreign aid than any other nation in the world? Have you ever thought about what the Middle East would be like if America did not have ties to Israel? Maybe you're against the war in Iraq. That's fine. But you would be here to protest even if this war never happened.

As for the "oil grab," do your homework. Sure, the U.S. has interests in Middle Eastern oil, but there is a lot of corruption going on with the UN oil-for-food program going on involving France, Russia and Germany. I don't see you protesting them.

And maybe you can go and protest in front of the Ukrainian embassy after their recent corrupted attempt at an election. In fact, the Ukraine wouldn't even be allowed to have an election had it not been for Ronald Reagan. And if you are so against lies and corruption, well, there is a certain sponsorship scandal going on here in Canada that will give you lots to protest about.

But you aren't really concerned with those things. You are just looking for a cathartic release for your jealousy and frustration because you hate America. I'm not saying that America does not deserve to be demonstrated against. I don't like a lot of things they do either. The protest just could have been done more effectively and more diplomatically than the Michael Moore Gone Wild video clip you turned this presidential visit into.

Frankly, we as Canadians have been getting the short end of the stick from the Americans over the BSE crisis. The U.S. ban on Canadian livestock is unfair and unnecessary, and it has cost our farmers $2 billion in lost exports. Our farmers desperately need the sanctions against Canadian cattle lifted. Our economy needs our cattle industry to thrive.

As far as your hatred of America goes, we don't all feel that way. We need to be, and many of us want to be friends and allies with our neighbors to the south. I don't like or agree with everything the U.S. does, but I have no problem saying the United States is the greatest country in the world, and that is my opinion from having lived there for many years. Canada is great too, but it can be greater, and you're not helping.

So go on back to wherever you came from. On your way, think about changing that Che Guevera T-shirt you've been wearing for a week, and hopefully a shower and some soap can get rid of that portable bathroom smell that seems to have soaked into your clothes. God Bless Canada and the U.S.A, and maybe some day we will once again stand proudly together, despite your disrespectful and immature behavior.

1924

The Big Store was getting ready for Christmas with sales on everything imaginable. "This year we are paying special attention to good useful articles that will be worth their cost in actual service rather than the ornamental but less serviceable goods that are sometimes offered at Christmas time," the advertisement claimed. Some good deals included women's black cashmere pantyhose for 75 cents, chinchilla overcoats for $30; pure wool suits, finely tailored for $30; and boots for the whole family between $3 and $7.

1934

Thieves emptied the gas tank of Alex Duncan, a mechanic, and stole the cushions from his car's front seat. Other residents also had gasoline syphoned from their tanks. Authorities warned residents to keep their cars in a locked garage.

1944

The Red Cross Mobile Clinic visited Winchester. "The use of blood plasma directly on the field of battle has been able to save innumerable lives, by successfully combatting shock," said Minister of Health Dr. R. P. Vivian, in an appeal to generate 50,000 new blood donors across Ontario. The article stressed the importance of donating blood, and that it was a safe procedure. "Many people have been giving their blood continuously over the past three years without harmful effect," it stated. "Help save the lives of our wounded soldiers by contributing a portion of your blood. Who knows — it may be your husband, brother or dear friend whose life might be saved by blood you donate."

1954

In Home Hints, the *Press* reported that adding charcoal to water in which cabbage and ham is boiling will destroy the odor. Also, pouring clear vinegar on the windshield of you car will help in heavy rain.

1964

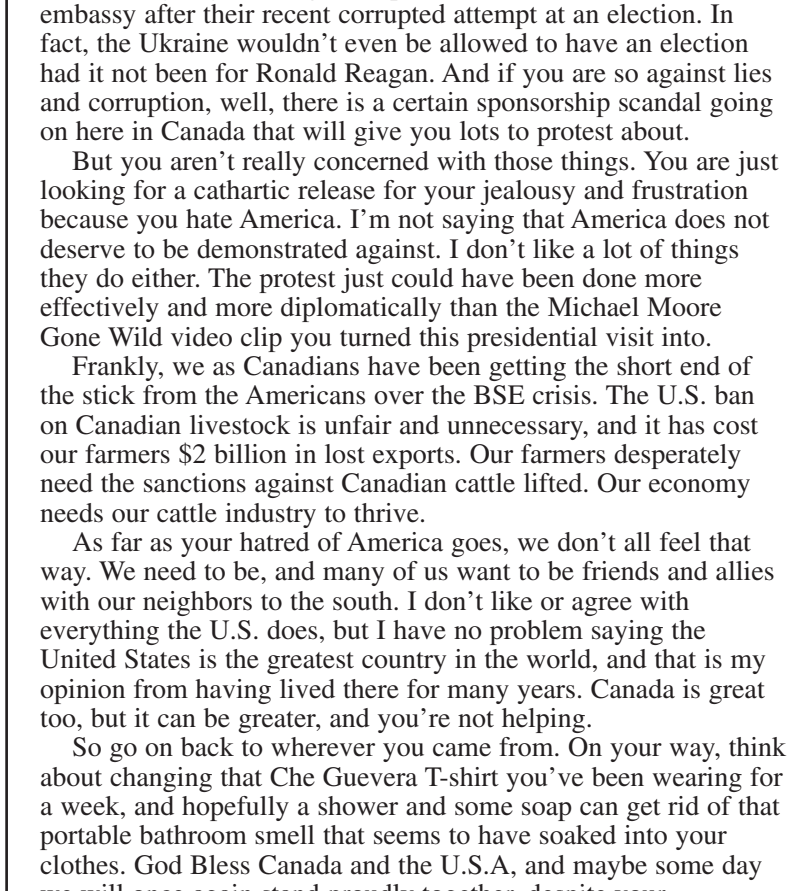
Preparations for the Santa Claus parade were complete and the man in red himself would make his way through the village at 10 am Saturday morning. Other appearances in the parade were by Miss Ottawa Rough Rider, the Dundas County Dairy Princess, Miss Winchester and the North Dundas Beauty Queens. Musical entertainment was provided by the NDDHS band and majorettes.

1984

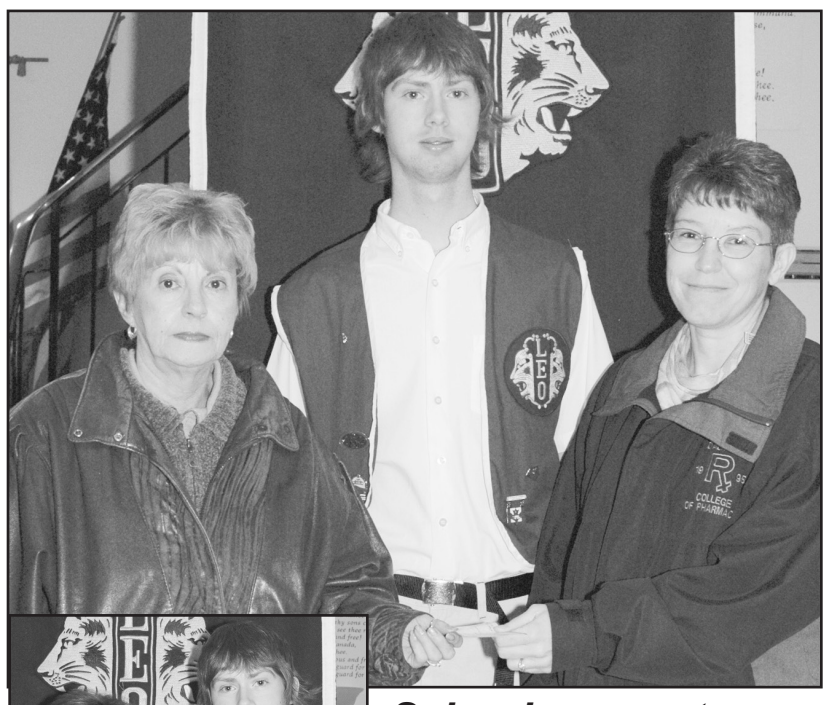
In the fourth armed robbery of the year in Dundas County, a lone gunman stole an undisclosed sum from the Punkin' Shell Restaurant in Chesterville. Because of a police crackdown in Ottawa, it was expected that thieves turned to rural areas where they expected easier pickings.

1994

Thieves broke into the Wesleyan Church in Winchester and burned the church's safe, which held important documents including a book containing baptism and marriage records dating back to the 1890s. Some documents were recovered, but Rev. Eldon LeRoy was unnerved by the situation. "Somewhere along the way we slipped up in not getting this copied," he said.



In 1964, Bruce Kerr helps stock what would soon be the IGA Foodliner grocery store, on Main Street in Winchester, where Andy's Foodland is now. "The new deluxe supermarket" as it was called by the *Press*, would open for business the week before Christmas.





School support

Two Township of North Dundas schools were the recipients of the outstanding fundraising efforts of the North Dundas Leos Club. The Winchester Public School and North Dundas District High School councils were presented cheques last week (Nov. 24) at the Winchester Lions Club. Above, Leo president Jordan Eastman presented $500 to Brenda Pasco (left) and Jacquie Doucette for playground equipment and $2,200 to NDDHS vice-principal Nancy Chalut (photo - left) for the repair and replacement of lockers at the school. *Press Photos — Van Bridger*

Playground drive in high gear

WINCHESTER — The Winchester Public School Council has been busy through October and November. The year's first big event, a Halloween costume dance, was a great success. Glen Jewers provided music and lights that kept the floor full all evening.

There was such a variety of excellent costumes that organizers had to use spot dances to award prizes, as the judges couldn't narrow the field enough to pick a clear winner in any category. Everyone is looking forward to the next dance, which will probably be in time for Valentine's Day. Proceeds from the dances are used to support school activities, such as the annual Christmas family craft night.

The annual Scholastic Book Fair brought in readers of all ages. As always, proceeds from sales will be used to support the school. Each teacher was given the opportunity to select classroom reading material, and extra books were also chosen for the library.

As mentioned last month, the playground equipment fund is at the heart of all council fundraising activities this year. The Upper Canada District School Board has informed the school that the playground will have to be closed during "winter conditions" due to safety concerns. The council is working hard to raise the money necessary to upgrade or replace the structures in the playground. This is an ongoing project, as new equipment costs will be approximately $25,000. The council and the school are looking into the options available to meet this expense.

Toward that goal, the Craft and Bake Sale and the Silent Auction on Nov. 27 went very well. Another playground equipment fundraiser, the sale of MacMillan's frozen cookie and muffin products, was also a big hit in the community. Everyone should have plenty of goodies baked for the Christmas holidays! Thanks to everyone who supported students in their sales.

The North Dundas Leos, the youth branch of the Lions Club, recently made a donation of $500 to WPS Council, to be used for playground equipment. Many thanks to this group for thinking of us.

Council meetings are held in the school library, generally on a monthly basis. All meetings are open to the public and usually last about 90 minutes. The next meeting is scheduled for Wed., Dec. 8, starting at 7 pm. Anyone wishing to address the council concerning a particular topic is asked contact one of the council members prior to the next meeting to have the topic added to the meeting agenda. The council welcomes input from all interested people and looks forward to seeing them at meetings. For more information about meetings, volunteering, or donations, call Jacquie Doucette at 774-5526.

In upcoming events, students and parents are reminded to pick up their MacMillan's orders in the school gym on Dec. 6 between 3 and 6 pm. The WPS family Christmas craft night will be held at the school on Dec. 9. And a meeting of school council chairs at Seaway High School will also be held on Dec. 9.

Homes for the Holidays

Christmas spirit shines for school council tour

MAPLE RIDGE — North Dundas District High School Council presents Homes for the Holidays Tour as a way to get into the Christmas spirit and donate to the school council.

"It's a really good fundraiser for the school," said council chair Kim Smith. "It's a way for the school and the community to work together."

The event gives those attending a chance to take a pleasant drive through the countryside and visit homes beautifully decorated for the Christmas season.

The tour will take participants from Winchester to Williamsburg, through Finch and back to Chesterville before ending at the high school for a Christmas tea, silent auction and bake sale.

"A lot of people like to go through people's homes to see how wonderfully decorated they are," said Smith. "It's a nice way to celebrate the Christmas festivities."

The four homes featured promise to transport visitors back in time to when simple pleasures mattered the most and sleighs were the most convenient mode of transportation.

Back at the high school, warm up with homemade soup and the musical styling of the Jazzmanian Devils.

We have people coming from all over the place," said Smith. "Ottawa, Toronto, they come for the Parade of Lights and the next day do the tour."

Smith said that this fundraiser will help NDDHS students directly.

"The money goes straight back to the students," she said. "Whether it's new chairs or new locker doors, or even scholarships, all funds from the school council go to the students directly."

The tour did not take place last year, but the school is hoping to make it an annual event from now on.

"We already have homes lined up for next year," said Smith. "And tickets for this year are selling very, very fast."

Stop at a participating gift shop for some last-minute Christmas shopping or a restaurant if you get hungry along the way.

The tour takes place Sat., Dec. 4 from 10 am to 3 pm. Tickets are $10 per person. Call 448-2328 ext. 4826 to confirm your tickets.



Sharon VanDer Veen and Tiki sit by the 13-foot tree decorated in crystal. VanDer Veen's home, each room brimming with holiday cheer, is one stop along the holiday tour, at 490 Clarence Street in Winchester.



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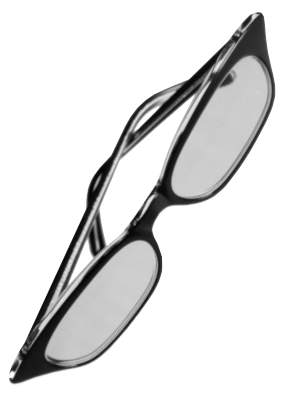

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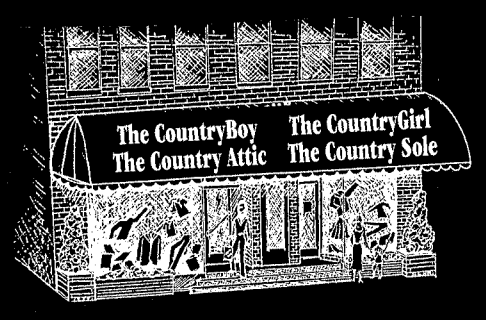

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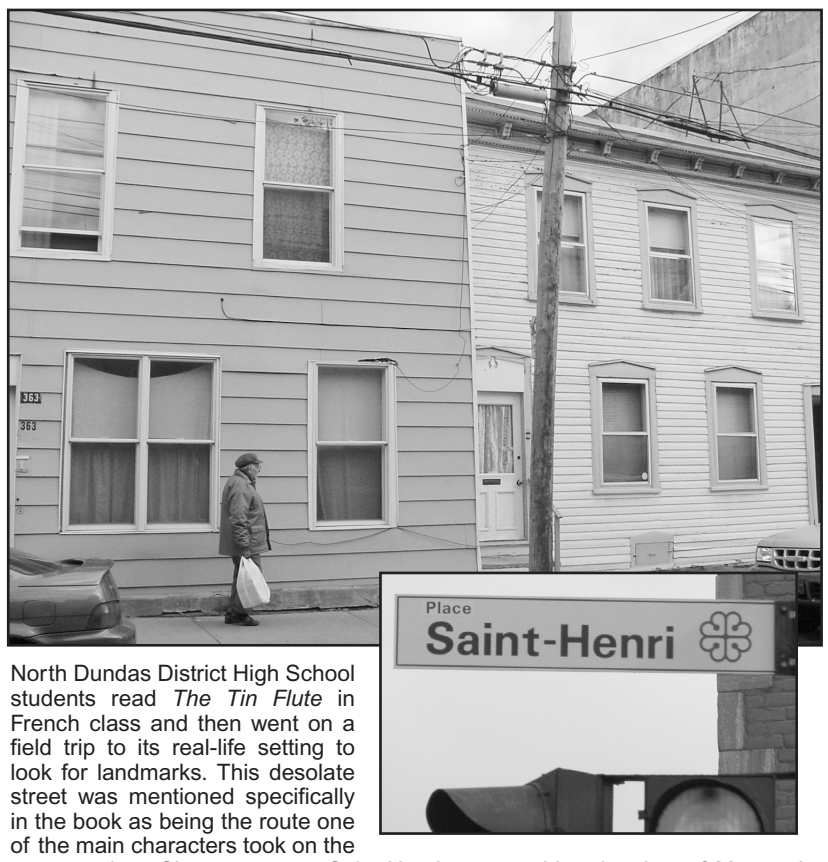


North Dundas District High School students read *The Tin Flute* in French class and then went on a field trip to its real-life setting to look for landmarks. This desolate street was mentioned specifically in the book as being the route one of the main characters took on the way to a date. Sixty years ago, Saint-Henri was considered a slum of Montreal.

A (Mont) Royal good time

by Erin Brown

MAPLE RIDGE — A mass of cars, buildings, train tracks, telephone poles, diners and graffiti; sound like anything around here? Well that's probably because it's not, it's Saint-Henri, a less prosperous section of Montreal, and the site of French novel *The Tin Flute* by Gabrielle Roy.

A group of North Dundas District High School senior students had the opportunity to travel to Ottawa's neighboring metropolis of Montreal on Nov. 3. They visited Saint-Henri, which includes old Montreal and Mont Royal. Students traced the paths of the main characters of the novel and found their probable houses.

Everyone was pausing for numerous pictures, of course, and to take note of the garbage-strewn streets and rundown houses. We also saw the depressed and debilitated train tracks that had once been the quarter's backbone. Teacher Cindy Steele organized the trip, hoping that it would bring the book and the characters to life for students.

The group was very excited to visit street-side cafés, ritzy shops, and the scenic sights of old Montreal. Upon arrival, students shook out their numb limbs and got to know the quarter. Everyone then reported to Notre-Dame Basilica for a guided tour of the famous church. After some free time spent eating, window shopping and sipping coffee, the bus took everyone to the top of Mont Royal.

From the top of the mountain, everyone took in the exquisite view of the lights and attractions of Montreal. Students eventually returned to NDDHS invigorated and ready to attack the next day of school, or wait — was it bed we were ready for?

The teacher chaperons were Cindy Steele and J. Garlough. The students who participated on the trip were: Erin Brown, Melissa Byers, Jasmin Campeau, Stephanie Crump, Gillian Erickson, Terra Fawcett, Laura Grove, Nicole Hoogsteen, Alicia Hunt, Alissa Lee, Andrea Lee, Ashley Pilon, Melissa Vermeulen, Brittany Beaudoin, Breckyn Fowler, Jennifer Goldberg, Tianne Groeneveld, Shannon Leclair, Shelley McLaughlin, Katherine Murray, Stephanie Servage, Kerri Taylor and Sylvia Bonanomi.

The Tin Flute was Roy's first novel, written in 1945. A classic in Canadian literature, it's set in the Montreal slum of St. Henri during the Second World War. The novel focuses on a family's struggle amid poverty and urban decay. Senior French classes at NDDHS have been reading the novel in its original French version.

Shepherd Talk

by Rev. Bert de Bruijn

The coming of the Messiah

When I was a child there was never any confusion about Christmas. We celebrated Kerstfeest. The word in Dutch means "Christ-feast." Every celebration during the holy season was focused on Messiah Jesus and His coming.

The music of the season was Bach's *Christmas Oratorio*, the Christmas parts of *Handel's Messiah* or Christmas carols. For me, as a child, the highlight was the lighting of the huge Christmas tree at the front of the church. It stood as high as the top of the Gothic windows and the men had to climb a long ladder to reach the top candles. Real live candles! There were many Christmas concerts by bands and choirs. Everyone was telling the story of Jesus' coming to earth to rescue the world's people.

You see, Saint Nicolaas had come and gone early in December. He had arrived by ship and rode into town on his white horse while his black servants tossed treats to the kids. The original Saint Nicolaas was a real missionary to Africa who became the bishop of Madrid. He also became the patron Saint of children. All the celebrations climaxed on the eve of the Saint's birthday and early the next morning (Dec. 6).

The children found gifts in the morning which Saint Nicolaas left for them to celebrate his birthday. He had done this as long as people could remember. This re-enactment was an exciting time for children and everyone enjoyed singing about Saint Nicolaas and his visit to our town. Of course his presents were the best part. After that, the focus for children and adults alike shifted to the main event of the winter, Christ-feast.

In most of the Western world, Christmas is a combined celebration of Santa Claus and the birth of Christ. For many, the Christmas story is totally overshadowed by the commercialism surrounding Santa. This can be confusing for children.

We need a Christmas that starts with the Advent season. Advent means "coming." This is a time to prepare our hearts for the coming of Messiah Jesus, the world's rescuer. That miraculous event is still the turning point in human history. Jesus is the key to the heart of God. Because He came, children, men and women can be restored in their relationships with God and one another. That's where celebration and having real fun begins.

God longs for all people, young and old, to live with Him in peace. Through Jesus, everyone can experience this. That's why Jesus is called the Prince of Peace. His coming is still the reason to celebrate Christmas.

Let's not be confused. Focus on the coming of Jesus Christ. He wants to stay with you all year, through thick and thin. He wants to be with you in the good times and the bad times. His gifts are given every day. His love is unconditional. His promises are true. His joy is real!

This column is provided courtesy of the North Dundas Ministerial Association



Anita Schoch lives on Clarence Street in Winchester. Having recently become a huge J.R.R. Tolkien fan, she painted a *Lord of the Rings*-inspired mural on her garage. *Press Photo — Zabel*

Muralist hooked on hobbits

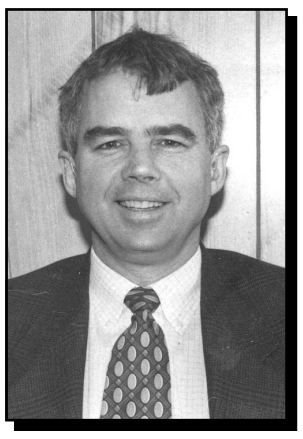
WINCHESTER — Winchester artist Anita Schoch has been bitten by the Tolkien bug. Local residents will be familiar with her work from the dairy farm mural on the side of Shadbolt's Stedmans V&S Department Store, and the fish mural on Winchester Public School. She painted her latest creation on the side of her garage.

Schoch is a self-taught painter. She installed wooden panels to paint on in late August. She got started on the scene in September, working on and off before going to work. Weather posed a problem for the outdoor muralist because she couldn't work on days when it was raining. And standing for hours while painting can be tiring. She finished the mural on Nov. 11, the first day the snow flew.

The painting shows a scene from the end of *The Fellowship of the Ring,* the first novel in the famous J.R.R. Tolkien trilogy. Gandalf the wizard and Pipin the hobbit are travelling on horseback to Minas Tirith on the white horse Shadoxfax.

Schoch didn't read the Lord of the Rings books when she was young. Like many people, she only got hooked recently when the movies came out. She's planning to continue the mural around the front of the garage in the spring.

HEARING TESTS



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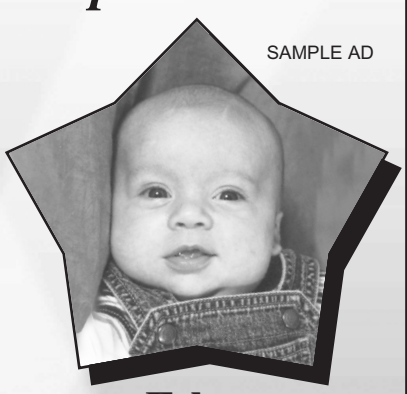

Ethan Martinus Logtens
August 22, 2004
Son of Jeremy and Terri-Lynn Logtens

We will feature the babies born this year in our New Year's edition, Wed., Jan. 5, 2005.

(Babies born in December 2003 also welcomed.)

Send or bring this form along with $21.40 *(includes GST)* to the: **Winchester Press**
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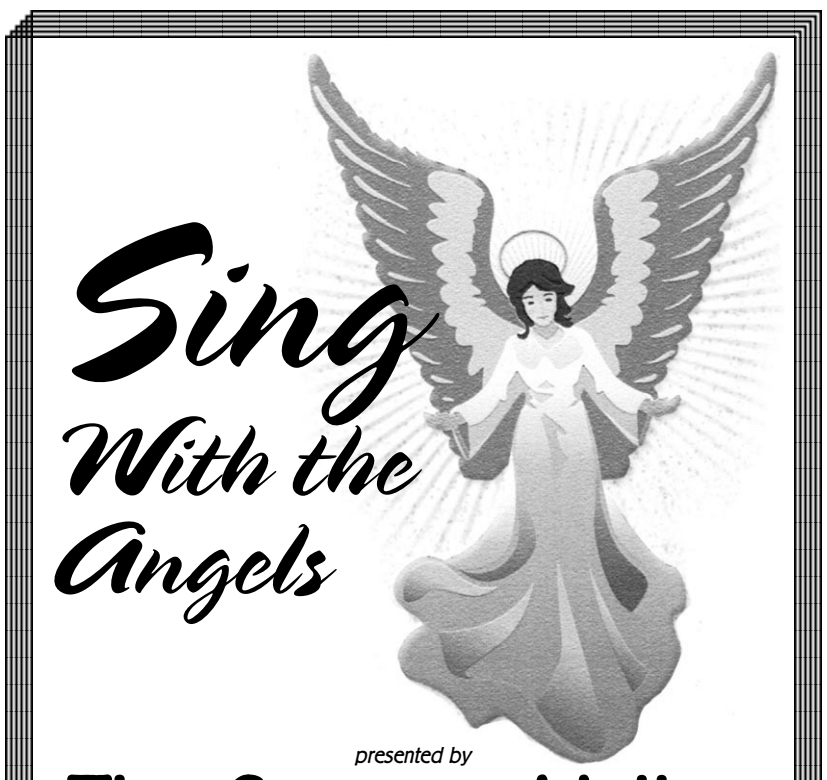

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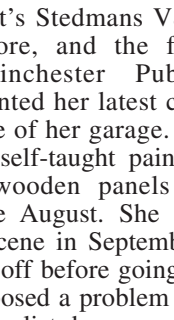

ATTENTION
PEOPLE WITH A DISABILITY
and their families and caregivers

A very large number of you are missing significant amounts of tax credits and refunds you are entitled to.

Now is the time to do something about it.

Ken Lagasse CA, an exceptional tax savvy Chartered Accountant, and **Christine MacLean**, a tax retrieval specialist, are in **Morrisburg** on **Monday, December 6** for a special engagement to help you identify and obtain tax refunds and credits you are missing. Act now to avoid the end-of-year permanent deadline on some credits.

Attend one of the
Free Tax Reduction Clinics
at the McIntosh Country Inn
and Conference Centre
12495 County Rd. 2, Morrisburg
Monday, December 6

Interviews can be booked at the tax clinics for a free, personal, no obligation tax review. Includes family. Defines eligibility for refunds and amounts.

What: Tax Reduction Clinic for people with a disability and their families, caregivers and support providers.
Where: McIntosh Country Inn and Conference Centre 12495 County Rd. 2, Morrisburg
When: 10:30 am & 7:00 pm on Monday, Dec. 6 (1½ hours)

For more information or if you cannot attend and want a free tax review, call 1-800-387-3373 or go to www.taxaid.ca for details.

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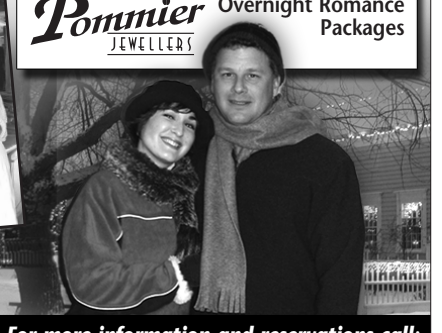

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RURAL ROOTS
WEDNESDAY, DECEMBER 1, 2004 PAGE 9

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History lesson

The Dundas County Scrapbooking 4-H club visited the *Press*, Fri., Nov. 26, to look through the archives for information on the history of 4-H in Dundas County. Laurena Matthies (left), Katherine Palmer, Crystal Lillico, Teresa Palmer, Alanna Matthies and Jessica Matthies show off an edition of the *Press* from 1918.
Press Photo — Duncan

NFU predicts farmers will be gouged

by Sean Meagher

DIXON'S CORNERS — Farmers and landowners from around eastern Ontario and points beyond gathered last weekend at the Christian Reform Church in Dixon's Corners as the Ecological Farmers' Association of Ontario held its eastern symposium. A full day of events was scheduled on Saturday (Nov. 27).

Representatives from the National Farmers Union (NFU) answered questions regarding several controversial issues, including recently proposed changes to the Plant Breeder Rights (PBR) Act which could restrict farmers' ability to save seeds from their harvest.

The symposium offered an opportunity to raise awareness and hopefully make some changes. Among the speakers in Dixon's Corners was Terry Boehm, vice-president of the NFU, who shared his passion and knowledge regarding farmers' rights to save seed.

"What we have to do is make it an even playing field," he said. Boehm is a farmer himself and argues that the PBR Act would greatly affect farmers in Canada, resulting in lost income from not being able to save and exchange seeds.

"Farmers are in a desperate economic situation as it is," he said, adding that the act will subject farmers to increased seed costs and their investment in public plant breeding will decline.

This controversial issue was discussed in detail during several seminars throughout the day and producers had the chance to ask questions. The NFU also had pamphlets on the topic to distribute.

"It's quite a controversial issue and it's a great opportunity to get out and get together with all the other farmers," said Colleen Ross-Weatherhead, the NFU women's vice-president.

Flyers reading "They want to force you to pay every time you save and re-use your own seed on your own farm," sent a strong message to the audience. The NFU believes that by informing people of the relationships being formed between government and giant corporations, it can make a difference.

Citizens are only being given 60 days to respond to the proposed changes to the PBR Act, which were posted on the Canadian Food Inspection Agency (CFIA) website in early November. For more information go the CFIA homepage at www.inspection.gc.ca.



Terry Boehm, National Farmers Union vice President, was in Dixon's Corners last weekend warning producers of changes being made to the Plant Breeders Rights Act. Farmers could soon be forced to pay royalties every time they plant a seed.
Press Photo — Zabel

Carleton 4-H banquet wraps up club projects

by Clayton Hall

GREELY — The Carleton 4-H Association awards banquet was held on Nov. 27 at the Greely Legion. It was hosted by the Metcalfe 4-H Beef Club. This banquet was the final event in a very busy 4-H year. Six clubs attended: the Vernon Dairy Club; the East Carleton Horse Club; the East Carleton Sheep Club; the Carleton One Horse Club; the Golf, Plow and Forestry Club; and the Metcalfe Beef Club.

When the time came for the beef club to present the club awards, president William Bunda introduced the executive. He then thanked the leaders, Harold McNeely, Nancy Neuman, and Ivan Matthews, for their guidance and support in the 4-H program. Special mention was made of the support from parents, and of David Hall, who was instrumental in collecting donations for Beef Fun Day.

Prizes from various beef breed associations were given to all members. Field crop awards went to Andrew Bunda, William Bunda, Stewart James, Ashley James, and Ryan McNeely. Alex Harrison received the Top First-year Member award. Scott Matthews was the proud winner of Top Member.

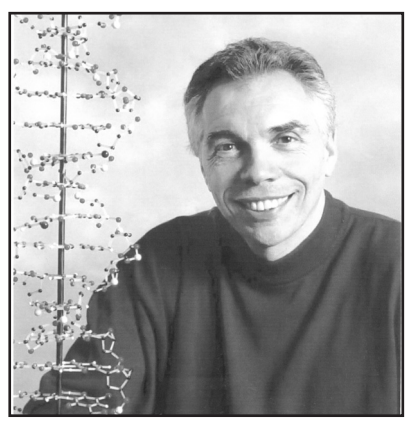
Ashley James was awarded the Carrie Moffat Memorial Trophy. She was also recognized for having completed 25 4-H projects. At the end of the banquet, there was a draw for a copy of the book Hay West, signed by Wyatt McWilliams. It was won by a soon-to-be 4-H member, Meaghan Hall.



A hopeful day

St. Paul's Presbyterian Church celebrated the first Sunday in Advent, Hope, Nov. 28, as well as the birthday of St. Andrew, the patron saint of Scotland. Special music by Master Piper John Yourt helped to kick off the Christmas season. Kilts and tartans were seen throughtout the congregation. Front row: Beatrice Elliott (left), Ann Leyenaar, Phyillis MacMaster, Margaret Simpson. Back row: Katherine Spruit (left), Marilyn Wouters, Cecil Simpson, Jack Yourt, and Rev. Duncan Kennedy. *Courtesy Photo*

Sense, nonsense and science with 'Dr. Joe'



Dr. Joe Schwarcz

CHESTERVILLE — Everyone is invited to the annual meeting of the Dundas Soil and Crop Improvement Association (DSCIA). For anyone who's ever wanted to be a member, this year's guest speaker should have wide appeal. Come out and meet "Dr. Joe." Many people will probably recognize Dr. Joe Schwarcz from his appearances as a chemistry expert on the Discovery Channel.

Schwarcz is the director of McGill University's Office for Science and Society, which is dedicated to demystifying science for the public, the media, and for students. He is also a professor in the chemistry department, and teaches nutrition and alternative medicine in McGill's school of medicine. He's well-known for presenting informative and entertaining lectures on topics ranging from the chemistry of love to the science of aging.

Dr. Joe appears on the Canadian Discovery Channel, TV Ontario and CBC Television. He hosts several radio shows and has his own weekly newspaper column in the Montreal Gazette. He's also published a number of books including Canadian best-seller Radar, Hula Hoops and Playful Pigs.

At the DSCIA annual meeting, Schwarcz will speak on "Sense, Nonsense and Science." He will speak for an hour beginning at 1:15 pm. This will be followed by the DSCIA's annual awards presentations.

The DSCIA annual meeting begins with registration at 9:15 am on Dec. 9 at the Chesterville Legion. A membership for 2005 costs $20. A full hot dinner will be served at 12:15 pm for $15. Reserve your lunch by calling Eunice Johnston at 774-5063.

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- Minimum purchase of $20.00 is required for a ballot
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- Must be 18 years of age and older
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- 1st, 2nd and 3rd place prizes to be awarded
- Draws to take place Dec. 17, 2004
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City council votes to raise salaries by 25%

OTTAWA — I am astonished by the debate and subsequent votes on salaries for city council at last Wednesday's (Nov. 24) council meeting. An independent study group recommended two significant changes:

1. The study recomended the elimination of the one-third tax free salary for elected officials. This would not mean an increase for city politicians (it would mean an increase to their pension contribution) in their take home pay. The big impact would be an increased cost to the city taxpayers of $436,000 a year. This was passed, although I did vote against the motion. Clearly, in my opinion, we cannot afford to ask taxpayers to pay more in light of the financial situation of the city.

2. And the study recomended a salary increase of 25 per cent effective Dec. 1, 2006. This will be in place for the next term of council. I supported an increase of approximately 10 per cent, but that motion was defeated. The main motion was to increase the salaries of the mayor and councillors by 25 per cent. Councillors Little, Jellett, Bloess and myself voted against it. In my opinion, Ottawa's municipal politicians do deserve a raise, but not a 25 per cent increase.

Beginning in 2006, this package will cost taxpayers $833,500. In light of the budget pressures we are facing I cannot justify spending this extravagant amount.

The most astonishing motion I have ever seen in my 21 years of political experience was brought forward by councillor Rick Chiarelli, seconded by Mayor Bob Chiarelli. The motion would require that every member of council must sign a waiver within five working days stating that they will accept or will not accept the increase on Dec. 1, 2006. The motion stated: if you do not sign, it is affirmed that you will not accept the increase.

In my opinion, when a decision is made council must adhere to that decision. We should not have to sign a legal document as well. The irony of this is that you must get re-elected to receive the $17,500 increase. Perhaps some of those who sign will not receive the increase.

I will not sign this document. In doing so, I understand that if I am a member of the 2006-2009 city council I will be paid $70,000 not $87,500. I work very hard, as do many, many others and they do not get a 25 per cent raise.

LIONS FARMERS' NIGHT

Metcalfe Lions president Helen Porteous and Lion Bert Velthuis organized dinner and a live auction last Wednesday night. This event raised over $7,000 for the Osgoode Care Centre and the Winchester District Memorial Hospital.

OFA BANQUET SUCCESS

President Brent Taylor and the Ottawa Federation of Agriculture executive organized their annual dinner at Stanley's Olde Maple Lane Farm on Nov. 25. At this event over $1,400 was raised for local 4-H organizations.

FESTIVAL OF TREES GALA

Vera Mitchell and her committee organized a Festival of Trees Gala Dinner and Auction in support of the Winchester District Memorial Hospital. Nearly 300 guests enjoyed a tremendous dinner by AJ's Catering, a silent and live auction, and music by Diamond Heart. The gala raised approximately $25,000 and we are still working on the final total, but again our residents and businesses came through. You can clearly see within the space of four days how many people were involved for our community and for our local needs.

Thank you to committee members Vera Mitchell, Jim and Dorothy Wynn, Judy Sully, Marilyn Moffatt, Norma McNaughton, Gib and Elsie Patterson, Heather Bellinger, Kay Stanley, Joy and Earl Stanley, Betty Prophet, Mary Lynne Levoy, and Anne-Marie Preston.

CHOIR SINGS AT CITY HALL

I was honored to have the Osgoode Township Male Choir sing the national anthem at the City of Ottawa council meeting on Nov. 24. Mary Lynne and I were pleased to provide a homemade lunch for the choir before they went downstairs to perform a short concert in Jean Piggott Hall.

GAME BANQUET

Last Saturday night at the Greely Community Centre nearly 300 people joined in a tremendous banquet: bear, rabbit, moose, venison, alligator stew and more. The exotic spread of meat is making the Osgoode Township Fish, Game and Conservation Club's annual dinner one of the most interesting and well-attended events in eastern Ontario.

Over 50 individuals and businesses contributed items for the evening's silent auction and door prizes. Our community is certainly blessed with outstanding individuals. The executive members of the Osgoode Township Fish, Game and Conservation Club are truly dedicated to teaching youth about preserving our environment and showing us all how to appreciate nature. Special thanks to club president Tony D'Aviero, and the executive: Gord Hill, Randy Nelson, Jeff Laniel, Dave Craig, Paul Mussell, Roger Deschamps, Jim McDonald, Chris Spring, Bruce Magee.

2004 ORDER OF OSGOODE

Osgoode Lion Bob Cooper, on behalf of the Osgoode and District Lions Club, organized the 11th annual Order of Osgoode ceremony. These awards are given to deserving residents of Osgoode Village, or areas immediately outside the village, who have contributed in a remarkable fashion to the betterment of the community.

Congratulations to Lynn Bezemer, Carole Hall, Perry Hall and Gord Hawkes. You are most deserving winners of the Order of Osgoode. A special Order of Osgoode was presented to Team 150, the organizers of the 150th anniversary celebrations for St. Brigid and St. John churches.

FESTIVAL OF CAROLS

Congratulations to Osgoode Ward churches for organizing the Festival of Carols last Sunday night at the Greely Community Centre. Over 300 men, women and children from local churches came together to sing songs of the Christmas season. What a tremendous event. Special thanks to Rev. John Counsell and Rev. Bob Votary for their work in organizing this terrific, festive evening.

CHRISTMAS IN OSGOODE

The Osgoode Co-operative Nursery School is hosting Breakfast with Santa on Sat., Dec. 4 from 7:30 to 11 am at the Osgoode Community Centre. Come join the breakfast, silent auction and bake sale. Young people can have their picture taken with Sanata and there will be a children's craft table. They are hosting an open house at the nursery school on the same day from 9:30 to 11:30 am at 5669 Main St. in Osgoode. The Osgoode Village Santa Claus Parade will be held on Sat., Dec. 4 at 11:30 am. Call Bob Mason at 826-2838 for more information.

OSGOODE VILLAGE STORY

The heritage committee of the Osgoode Village Community Association is publishing a new book next summer entitled The Osgoode Village Story. All residents and former residents of Osgoode Station and Osgoode Village are invited to contribute to the book and can do so by contacting Judy Carey at 826-1243, or by sending an e-mail to osgoodehistory@rogers.com.

CHRISTMAS IN METCALFE

St. Catherine Catholic School in Metcalfe is having its annual breakfast with Santa on Sat., Dec. 4 from 8:30 to 11 am at the Metcalfe Recreation Centre. Fresh, hot pancakes, sausages and coffee will be served and there will be visits and pictures with Santa for all the kids, big and small. The Metcalfe Santa Claus Parade will be held on Sun., Dec. 12, with festivities to follow upstairs at the Metcalfe Community Centre.

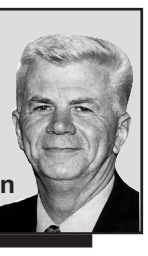
CAROL EVENING

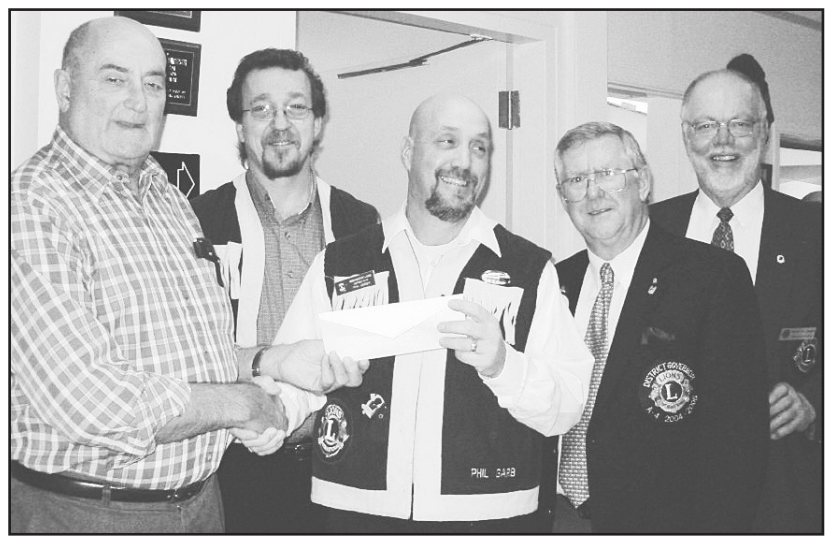
St. Paul's Anglican Church in Osgoode is holding its annual Christmas carol and dessert evening on Sun., Dec. 5 at 7 pm in the church. The 80th anniversary service of St. Paul's Anglican Church will be held on Sun., Dec. 12 at 10:30 am.

QUOTABLE

When fate closes a door, go through a window.

In & around Osgoode Ward 20
by Doug Thompson





The Winchester Lions Club recently made a $500 donation to CNIB, increasing this year's total collected to $4,715. Shown from left: treasurer Don Erwin, vice-chair Dennis Carkner, CNIB chair Phil Garby, District 4 governor David Voisey, and secretary Dwaine Holmes.

Visually impaired to benefit from local Lions' campaign

by Phil Garby

WINCHESTER — The Canadian National Institute of the Blind and the Winchester Lions Club have completed a very successful 2004 campaign. The generosity of local residents and the business community has been heartwarming this year, as it has in the past.

The Winchester Lions Club has donated $500 to the CNIB campaign this year. This brings the grand total for the 2004 CNIB campaign to $4,715.

This money will provide services to 1,086 blind and visually impaired individuals in the Dundas County area.

Over the past five years, close to $30,000 has been collected by the Winchester Lions Club on behalf of the CNIB.

NEWS FROM LIONS

The Winchester Lions Club hosted this year's Lions Governor Dinner of District 4. In attendance was district governor David Voisey and 52 cabinet members representing eastern Ontario and western Quebec. A discussion on current events and zone changes filled most of the scheduled agenda.

The Winchester Lions Club will be hosting their "famous" Parade of Lights dinner of beans and sausages on Dec. 3 prior to the parade.

December will be a very busy time for the Lions. The Seniors' Christmas Supper will be held on Dec. 8. Lions will staff the arena concession for the Mega Hockey Tournament being held Dec. 10 to 12. And Lions will be distributing Christmas baskets Dec. 15 to 17.

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• Coolant test
• Block heater check
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• Tie-rod check
• Repack front wheel bearing on 2WD
• Check oil level in MFD and planetaries on 4WD

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• Check PTO operation
• Dyno-test unit for HP

HYDRAULIC
• Check hitch operation
• Flow meter check of hydraulic pump
• Replace transmission oil and filter
• Check tractor hydraulic coupler operation

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• Check parking brake operation and adjust linkage as needed on manual brakes
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SPORTS
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Lions tamed on Trenholm's last-minute goal

Hawks halt 3-game skid

WINCHESTER — Four of the five games played between the long-time Dundas County rival Morrisburg Lions and Winchester Hawks have been one-goal decisions. Sunday afternoon Darren Trenholm broke up a 4-4 tie, scoring with 26.6 second left in the game, to hand the home town Hawks another exciting one-goal, 5-4 win over the visiting Lions.

"Give Morrisburg credit. They always bring their 'A' game when they play us. Yesterday (Nov. 28) was no exception. They battled hard," remarked Hawks head coach Dale Murdoch on Monday.

Morrisburg is currently mired in sixth place with a 5-18-0-2 record, 14 points out of the fourth and final playoff berth. Sunday's was their fifth one-goal loss in their last eight games. They have also dropped a pair of games by two goals in that 1-6-0-1 stretch.

"They keep improving and maybe are the best last-place team we've seen for a long time. We got off to our typical slow start against them, played a good second period and did just enough to win," suggested Murdoch, whose team has a 4-3-1 record in its last eight games.

Last Thursday (Nov. 25) on Cornwall Island their losing skid reached three games when they dropped a 6-3 decision to the red-hot Akwesasne Wolves who have improved to 12-10-1-1. With 26 points they are now within three points of the first-place Alexandria Glens (14-7-0-1), two of the second-place Hawks (12-9-2-2) and one of the number-three ranked Kemptville 73s (13-7-1-0).

Murdoch reported his team didn't play three periods of hockey against Akwesasne. "We played a good first period, a poor second period and a dismal third period. But their goalie (recently acquired Cory McIntyre) did rob us three or four times late in the game."



Tyler Bond wins debut.

The coach said the chances of Winchester appearing in the annual EOJBHL Boxing Day Tournament in Westport have vanished. "It isn't official but it looks like Alexandria and Kemptville will represent the St. Lawrence Division."

Now that qualifying for the Boxing Day Tournament is not a factor, Murdoch and the coaching staff say they will refocus and concentrate on playing three periods of hockey. "We must commit as a team to playing 60 minutes every time we come to the rink. The teams are so close right now. Two losses and you could end up in fourth place."

HAWKS 5 - LIONS 4

First-period goals by Kirk Bolduc and Kent Nugent put the Lions up 2-0 after 20 minutes in Sunday afternoon's match.

Winchester scrambled back in the second session and finished tied 3-3 after 40 minutes. Travis Rowe (PPG from Steve Swan and Denis Gauthier at 16:35), Darren Trenholm (from Swan and Nik Paas at 13:39) and Alain Michaud (from Derek Vingerhoeds at 9:12) scored to put the Hawks back in the game. Jordan Scheffer netted the Lions' third goal, finishing off a play involving Morewood's James Kirkwood and Ingleside's Cory Gove at 6:59.

Bruce Hamelin cashed in a feed from Michaud and Rowe at 15:45 of the final frame to put the Hawks up (4-3) for the first time. Scheffer answered that marker with his second of the game at the 11:12 mark.

Tyler Bond, debuting in the Winchester nets, made the save of the game as his new club was killing a 5-on-3 Morrisburg powerplay in the final four minutes. His toe stop preserved the 4-4 tie and gave the Hawks an opportunity to pull out the win.

"Bond is a rock-solid goaltender. He was a little nervous at the start but didn't allow any soft goals. We now have a 20-year-old (John Thorton) and a 19-year-old goaltender and we are pleased with both of them. We were a little too young in goal so we addressed the situation," explained the coach.

Time was into the final minute when Steve Swam won the draw to Matt VanEgmon's right side. The puck went to Nik Paas and wound up on Darren Trenholm's stick and then into the bottom of the Lions cage. Trenholm's second goal of the game and 24th of the season stopped the clock at 26.6 seconds and signalled Winchester's 5-4 win.



Veteran centre Stephen Swan assisted on three goals during Sunday's (Nov. 28) 5-4 victory over the Morrisburg Lions. The 21-year-old joined the Winchester Hawks after a career in the Central Jr. "A" Hockey League and in spite of injuries stands third in St. Lawrence Division scoring with 13 goals, 27 assists and 40 points. Swan celebrates one of two second-period scoring plays he engineered.
Press Photos — Van Bridger

WOLVES WIN

The score was tied 2-2 after a period. Akwesasne pulled ahead 4-3 in the second and pumped in a pair in the final frame to ice their 6-3 win.

Geoff Winchester led the Wolves' attack firing in four goals. Dylan Gravely and Jeremy Sennott supplied the singles. Corey McIntyre posted the win.

Travis Armstrong (first junior goal), Stephen Swan and Bruce Hamelin were Winchester's marksmen. Mitch Scott, Chad Kight, Robyn Sadler, Shawn Smail and Nik Paas drew the assists. John Thorton (2-3-1) suffered the loss.

• see HAWKS on next page

Kennedy perfect, Midget "B" Demons blank Rebels 2-0

WINCHESTER — Chad Kennedy registered his second shutout of the 2004-05 Upper Canada Minor Hockey league campaign blanking the Char-Lan Rebels 2-0.

Monday (Nov. 29) night's victory snapped a two-game losing skid the North Dundas Midget "B" Demons had been on and improved their record to 7-2-0. Over those nine games the Demons have outscored the opposition by a 36-19 margin.

Coach Marty Little remarked before the game that his team was capable of getting back on track with a win over Char-Lan if they came to the rink thinking about hockey. He received a 60-minute effort from his skaters and some solid stops from Kennedy en route to the 2-0 win. "It was a pretty good effort by everybody," he said.

Travis Froats jumped on a nice juicy rebound and pumped in his sixth of the season at 8:12 of the second period to put the Demons up 1-0. Shawn Gilmer and Colin Shay created the opportunity.

Early in the final frame, defenceman Bobby Little ripped in a knee-high slap shot from the right point to make it a 2-0 difference. Little's fourth goal of the season was a powerplay shot engineered by Adam Schofield and Will Johnson.

Each team was whistled for four minor penalties.

TOP SCORERS

North Dundas' top scorers after nine games: Bobby Little 4-7-11; Colin Shay 4-7-11; Travis Froats 6-4-10; Dean Moore 3-6-9; Shawn Gilmer 4-4-8 and Will Johnson 2-6-8.



Second zero

North Dundas goaltender Chad Kennedy, seen here receiving some assistance from defenceman Nick Richardson during Monday's UCMHL game, registered a 2-0 victory of the visiting Char-Lan Rebels. It was the second perfect result for the Inkerman netminder. The Demons hold a 7-2-0 record after nine games.
Press Photo — Van Bridger

Jets win string ends

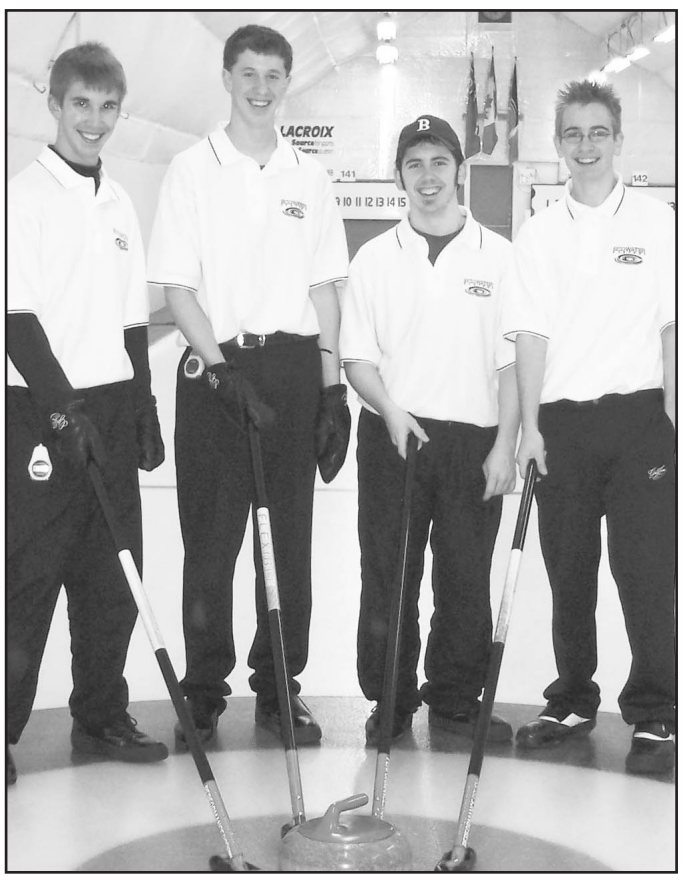
METCALFE — A four-game win string the Metcalfe Jets had been on was snapped by the first-place Ottawa West Golden Knights.

The Knights (15-3-1-1) edged the Jets 5-3 Sunday (Dec. 28) in Metcalfe and lowered their hosts' Metro Junior "B" Hockey League record to 13-6-0-0, good enough for third place in the division standings. Metcalfe's 26 point total is six back of the Knights 32 and four behind the South Ottawa Canadian's (13-3-0-4) 30. The Gatineau Mustangs (10-13-1-1) are fourth with 22 and the Clarence Creek Beavers (8-11-2-2) fifth with 20 points.

The Jets doubled the visiting Carleton Place Kings 6-3 in their Friday (Nov. 26) encounter.

This week the Jets are hosting the Stittsville Royals on Friday (Dec. 3) and travel to Shawville on Sunday (Dec. 5) to take on the Junior Pontiacs.

Latimer rink qualifies for Ontario final



The Winchester Curling Club has a new junior men's team. Shane Latimer and Andrew Dings have teamed up with a pair of curlers from London, Ont. to form a competitive rink for the 2004-05 season. Adam Ozvald (left), Andrew Dings, Jared Collie and skip Shane Latimer have won the junior men's zone title and the "B" side of regionals will now compete for the 2005 Ontario crown.

WINCHESTER — Skip Shane Latimer and second Andrew Dings of Winchester have teamed up with two curlers from the Highland CC in London, Ont. and after 10 weeks are experiencing some early success.

Latimer, Dings, vice Jared Collie and lead Adam Ozvald and have already qualified for the 2005 Ontario Junior Men's Curling Championships. Latimer, Dings along with Geoff Spruit and Phil Klein-Swormink were competing at last year's Ontario Winter Games in London (Winchester claimed the bantam boys gold medal) where they met Collie and Ozvald and discussed a move up to junior play.

The 17-year-olds, curling and practicing under the guidance of coaches Brian Clement (Winchester) and Ann Chapman (London) since September, won the Zone 1 junior title and the "B" side of the Regional playdown (Nov. 28) to qualify for the provincial final in Peterborough in January.

WCC's Liz Deserres has also graduated and has joined skip Jaimee Gardner (Ottawa), Jenn Donovan (Brockville), Emily Hoekstra (Navan) and coach Denise Hoekstra. They won two games and the junior girls Zone 1 title (Nov. 21) in Cumberland, but lost twice and were eliminated from the Regionals in Carp (Nov. 28).

GORE MUTUAL

Winchester Curling Club is hosting the 2004 Gore Mutual School Boy Zone 1A competition Friday (Dec. 3). Co-ordinator Linda DeSerres reports seven high school boys and four girls rinks (including NDDHS) have entered. The finals will be curled Saturday (Dec. 4) at noon.

Juvenile Hockey League

Moran, Currie solid in Demons cage

OTTAWA — North Dundas' goaltending rotation of Chris Currie and Craig Moran has backed the Demons to a solid start in the 2004-05 417 Juvenile Hockey League season.

Moran was in the cage Sunday (Nov. 28) night and backed the Demons in a 5-1 victory over the host South End Shifters, while Currie was on duty on Nov. 26 as North Dundas crushed Ottawa Centre 9-3 at the Brewer Arena.

In their first four starts, Bruce Currie's crew has outscored the opposition 27-10 and compiled a 3-1-0 record.

Scott Baldwin pegged a pair of goals in the 5-1 win over South End scoring from brother Tory and Spencer Dawson at 10:24 of the first period and again from Troy at 11:05 of period two.

The game was deadlocked 1-1 after a period and the Demons carried a 5-1 second-period lead through a scoreless third frame to a 5-1 win.

Brett Bird, Josh McLean and Dawson cracked in the other markers. Tory Baldwin (3), Dawson (2), and Kyle Dearing picked up the assists.

Tory Baldwin was top gun in the 9-3 romp cracking in three goals. Bill McRoberts produced a pair while Justin Morozuk, Josh McLean, Kyle Dearing and John Drew supplied the others. Dawson (2), Morozuk (2), Morgan Jackson, Thom Toonders, Aaron Kelly, Dearing, Baldwin and McRoberts earned assists.

North Dundas led the game 5-1 after one and 5-2 after two periods. They drew just seven minor penalties in the contest.

New Yorkers knock off Pee Wee "B" Demons

WINCHESTER — Jeff Picco scored a pair of first-period goals but his offensive exploits weren't quite enough to provide the North Dundas Pee Wee "B" Demons with a victory.

North Dundas led the visitors from Ogdensburg, New York 3-1 after the first period of Monday (Nov. 29) night's Upper Canada Minor Hockey League game, but wound up on the wrong end of a 7-5 result.

Ogdensburg broke up a 4-4 (after two periods) tie with a pair of early third-period markers and iced the victory with an empty net goal with three seconds left on the clock. Eric Barr (3) and Trey Lawrence (2) were the top scoring New Yorkers.

Jeff Picco scored twice and picked up an assist for the Demons. Brandon Pfanner scored once and set up two goals. Dustin Tinkler and Eric Labrecque snapped in the single goals and Derek Simms picked up an assist.

EXHIBITION PLAY

Brandon Pfanner cracked in three goals and Eric Labrecque potted a pair as the Demons blasted the visiting Capital Crusaders 8-5 in an exhibition game played Sunday (Nov. 28) in Winchester.

Jeremy Rose supplied two goals and two assists for the Demons who trailed 2-1 after a period but led 4-3 after two. Cameron Shaw bagged the other goal.

Alex Hendsbee (2), Karl Henike (2), Jeff Picco (2), James Shaw and Dylan Giberson all picked up assists. Sheehan Jordan tended goal.

Double Beauty edges Reds 3-2 on Fraser goal

WINCHESTER — It was a battle but a 3-0 lead held up long enough for the Double Beauty Stylists to register a 3-2 win over the Ryan's Reds.

Sunday's (Nov. 28) victory improved the Stylists' Winchester and District Ladies Hockey League second-place record to 5-2-1. The loss dropped the Reds (4-3-1) into third place.

Stylist captain Amy Fraser potted a pair of goals, scoring from Judy Littau and Cheryl Cooper at 7:14 of the first half of the 10 am game. Her second marker was engineered by Littau and Laurie Marriner at 18:35 of the second session and proved to be the winning goal. Cathy Corkery put the Stylists up 2-0 connecting on a pass provided by Littau and Nancy Pothier 6:30 before the half.

Double Beauty led 2-0 at the intermission and 3-0 on Fraser's second marker. But the lead began to shrink as the Reds' offence started to click. Cheryl Hamilton started the rally, cracking in her seventh of the season after taking a feed from Julie Cyr and Stacy VanBoxtel with 12:37 left on the clock. Captain Cheryle Canning then cashed in her first of the season with 1:24 to go to make it a 3-2 difference. VanBoxtel drew the assist on the final marker.

Carrie Nolan posted the win and Barb Wigney suffered the one-goal setback.

ONE-GOAL WINS

Sunday's other two games finished as 1-0 shutouts.

The first-place CountryGirl Gold Diggers (6-0-2) scratched out their 1-0 win over the Stewart Classics (0-4-4) on an unassisted Sandy Roy goal, her ninth, at 14:52 of the first half and a perfect effort in the nets by Roxanne Backes who posted her fifth shutout. Sylvie Reneau took the loss.

Sandra Brunner registered her second zero of the season backing Andy's Foodland Maroons (2-4-2) in their 1-0 decision over the Annable's Jewellery Blues (1-5-2). Captain Karla Marshall netted the game-winner, her fifth, to decide the game. Alexis Green and Dawn Wright-Carriere set up the play 3:40 before the final buzzer. Joanne Saunders suffered the loss.

Hawks

• continued from previous page

THIS WEEK

This week the Hawks played the Char-Lan Rebels in Williamstown on Tuesday (Nov. 30). Their next two home games are Saturday night matches. This Saturday (Dec. 4) the Akwesasne Wolves are in town for an 8:15 pm game and on Dec. 11 the Alexandria Glens provide the opposition. Next Friday night's game is set for Dec. 17 when the Brockville Tikis pay a visit.

This Friday (Dec. 3) is the 8th annual Winchester Country Christmas Parade of Lights and the Hawks are serving up their annual spaghetti dinner at Henderson Hall on Church Street. The doors open at 4 pm.

HAWKS HAPPENINGS

Winchester signed a new goaltender last week and 19-year-old Tyler Bond debuted in and won his game against Morrisburg on Sunday. He played the last two years with the Trenton Sting of the Provincial Jr. "A" Hockey League.

Bond picked up two team awards following the 5-4 victory. The players handed him the orange hard hat as the Worker of the Game while the coaches named him the winner of the Hawks Hero of the Game award. Bond was recommended to the Hawks by defenceman Steve Owens.

Coach Murdoch gave rookie Travis Armstrong an honorable mention for his strong effort in the last two games. "Travis scored his first goal against Akwesasne and was solid playing his 'in your face style' in both games."

Owens and Steve Cameron missed both games and remain on the Hawks injured list. Stefan Gravelle and Chris Thompson didn't play against Akwesasne.

Former Hawk goalie Andrew Pearson is now with the Morrisburg Lions while his batterymate, Nick Bergamini, apparently going to try out for the Westport Rideaus and the Carleton Place Kings.

Rookie defenceman Andrew Beuman had his Central Jr. "A" Hockey League rights traded by the Brockville Braves to the Gloucester Rangers. The 16-year-old played with the Rangers on Nov. 28.

Winchester's top scorers (unofficial) are: Nik Paas 22-31-53; Darren Trenholm 24-22-46; Stephen Swan 13-27-40; Shawn Smail 13-13-26; Bruce Hamelin 11-12-23; Stefan Gravelle 8-14-22; Travis Rowe 4-16-20.

Sports Scoreboard

Eastern Ontario Junior "B" Hockey League
Rideau - St. Lawrence Division

RECENT RESULTS:
Nov. 24: South Grenville 6 - Brockville 2
Gananoque 8 - Athens 3
Nov. 25: Winchester at Akwesasne
Nov. 26: Brockville 5 - Westport 2
Kemptville 8 - Alexandria 0
Akwesasne 4 - Morrisburg 3
Nov. 27: South Grenville 6 - Gananoque 3
Alexandria 4 - Char-Lan 1
Nov. 28: Winchester 5 - Morrisburg 4
Westport 6 - Athens 2
Kemptville 6 - Char-Lan 5
Akwesasne 5 - Gananoque 2

STANDINGS:

Rideau:	W	L	T	GF	GA	PTS
S. Grenville	18	3	2	132	56	38
Brockville	16	4	1	105	70	34
Gananoque	14	10	0	124	108	29
Westport	9	13	0	96	116	19
Athens	3	21	0	61	151	7
St. Lawrence:	**W**	**L**	**T**	**GF**	**GA**	**PTS**
Alexandria	14	7	0	82	77	29
Winchester	12	9	2	123	106	28
Kemptville	13	7	1	99	78	27
Akwesasne	12	10	1	103	93	26
Char-Lan	9	11	1	80	79	19
Morrisburg	5	18	0	86	130	12

*Teams losing in OT receive one point

TOP SCORERS:	G	A	PTS
Rideau Division:			
Tom Dickson, Gan.	23	28	51
Matt Steele, West.	19	19	38
Derek Rupert, SG	16	22	38
Lenny Horst, Gan.	19	17	36
Steve Biscaro, West.	16	18	34
Chris Easton, Gan.	15	19	34
David Lunn, SG	11	19	30
St. Lawrence Division:	**G**	**A**	**PTS**
Nik Paas, Win.	21	30	51
Darren Trenholm, Win.	24	22	46
Stephen Swan, Win.	13	27	40
Patrice Brunet, Alex.	16	20	36
Dylan Gravely, Akw.	8	30	38
Patrice Brunet, Alex.	16	20	36
Tyler Rasa, Kemp.	10	24	34
Ross Piaskoski, Kemp.	16	17	33
Chad Galipeau, Morr.	12	19	31

Winchester & District Ladies Hockey League

RECENT RESULTS:
Nov. 28:
Double Beauty 3 - Ryans Reds 2
Gold Diggers 1 - Stewart Classics 0
Andy's Maroons 1 - Annable's Blues 0

STANDINGS:	W	L	T	GF	GA	PTS
Gold Diggers	6	0	2	19	4	14
D.B. Stylists	5	2	1	11	7	11
Ryan's Reds	4	3	1	17	14	9
Andy's Maroons	2	4	2	10	13	6
Annable's Blues	1	5	2	9	21	4
Stewart Classics	0	4	4	9	16	4

TOP SCORERS:	G	A	PTS
Cheryl Hamilton, RR	7	6	13
Sandy Roy, GD	9	3	12
G. Smith-Rutley, GD	2	6	8
Laura McDonell, GD	4	3	7
Karla Marshall, AF	5	1	6
Amy Fraser, DB	5	1	6
Julie Cyr, Reds	4	2	6
Maggie Stewart, SC	3	3	6
Judy Littau, DB	0	6	6
Kim McDiarmid, SC	1	4	5

Eastern Ontario Junior "B" Hockey League
Metro Division

RECENT RESULTS:
Nov. 23: Metcalfe 5 - South Ottawa 4 OT
Nov. 25: Stittsville at Ottawa West
Nov. 26: Clarence 9 - Gatineau 2
Renfrew 4 - Shawville 2
Metcalfe 6 - Carleton Place 3
Nov. 28: Perth 4 - Arnprior 2
South Ottawa 3 - Clarence 0
Ottawa West 5 - Metcalfe 3
Shawville 6 - Stittsville 4
Renfrew 4 - Carleton Place 1

STANDINGS:	W	L	T	GF	GA	PTS
Ottawa West	15	3	1	92	57	32
South Ottawa	13	3	0	112	80	30
Metcalfe	13	6	0	102	67	28
Gatineau	10	13	1	93	141	22
Clarence Creek	8	11	2	103	98	20

*Teams losing in OT receive one point

METRO TOP SCORERS:	G	A	PTS
Maxime Quesnel, Gat.	20	24	44
Pierre Chenier, Gat.	15	20	25
Mike Cerilli, Met.	11	24	35
Shawn Godbout, SO	22	10	32
Sammy Majic, OW	16	15	31
Martin Paquette, CC	14	17	31
Corey Thibaudeau, SO	11	20	31
Scott Pitt, SO	13	17	30

Winchester Town Hockey League

RECENT RESULTS:
Nov. 23:
Ben's Rangers 8 - Cyclones 6
Winchester Flyers 5 - Boyd Rams 2

STANDINGS:	W	L	T	GF	GA	PTS
Ben's Rangers	6	2	0	31	28	12
Winchester Flyers	4	3	1	30	30	9
C.K. Cyclones	3	4	1	38	35	7
Boyd Rams	2	6	0	32	37	4

TOP SCORERS:	G	A	PTS
***Note: Stats for first two games N/A**			
Adam Spirk, Rams	5	7	12
Craig Holmes, Cyclones	8	3	11
Scott Baldwin, Rangers	7	4	11
Josh McLean, Rangers	5	4	9
A. Christophersen, Rams	4	5	9
Bill Henderson, Rams	3	6	9
Wes Cory, Flyers	2	7	9
Dereck Holmes, Flyers	8	0	8
Chad Brownlee, Rams	5	3	8
Jason Picard, Cyclones	5	2	7

Metcalfe Town Hockey League

RECENT RESULTS:
Nov. 28:
Canadians 4 - Blues 4
Leafs 4 - Senators 3
Stars 2 - Penguins 2

STANDINGS:	W	L	T	GF	GA	PTS
Canadians	5	2	3	30	24	13
Leafs	4	3	3	32	33	11
Senators	4	5	1	30	28	9
Blues	4	5	1	31	36	9
Stars	3	4	3	28	26	9
Penguins	2	3	5	26	30	9

TOP SCORERS:	G	A	PTS
Brian Downey, Sens	7	9	16
Ron Flanagan, Canadians	10	4	14
Stefan Rawlings, Blues	5	9	14
Pete Holmes, Leafs	6	7	13
Rob Stanley, Leafs	5	8	13
Bruce Buckland, Blues	9	3	12
Ray Vidal, Stars	8	4	12
Jeff Gill, Canadians	3	9	12



Trillium grant

Martin Montague, a volunteer with the Ontario Trillium Foundation Grant, officially presented the Metcalfe Curling Club with a plaque in recognition of a $39,600 grant received from the foundation in March 2004. Saturday's (Nov. 27) ceremony included Doug Hicks (left), Ann Davis, MCC president Agnes Lee, Martin Montague, Osgoode Ward councillor Doug Thompson and Doug Woods. The money was used to make improvements at the club including upgrades to the ice plant to make it more cost efficient and environmentally friendly.

Press Photo — Van Bridger



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Space provided through the Canadian Newspaper Association and Ontario Community Newspaper Association and their members as part of Stewardship Ontario's Blue Box Program in co-operation with Waste Diversion Ontario. The development of this ad is funded by Alcan and Dofasco.

Stay safe during the parade

WINCHESTER — The Parade of Lights will take over the Village of Winchester this Friday night (Dec. 3). At last count, there were around 50 floats registered. The weather forecast appears to be good.

Get into town early and take advantage of the great meals provided by various groups and organizations. Check this newspaper for times and locations.

Remarks

by Mark Guy, Director of Recreation & Culture



Remember to respect the barricades, signs and the individuals who are volunteering their time during the parade. These measures are put in place for your safety and to insure that everyone enjoys the parade and has a great time. So get into town; park your car; have a bite to eat and get ready to see some great floats.

The Hallville Recreation Association will be holding its second annual Christmas Craft Sale and Tea at the Winchester Community Centre on Saturday (Dec. 4) from 10 am to 4 pm. Come out and support one of our local recreation associations that provides activities for our community.

Sixth victory for Ben's

McLean cracks in three, first-place Rangers win 8-6

WINCHESTER — Josh McLean scored three times leading Ben's Pioneer Gas Bar Rangers to their sixth Winchester Town Hockey League victory in eight starts.

McLean also picked up an assist in his team's 8-6 win over the C.K. Cyclones in the opening game of the Tuesday (Nov. 23) twin bill. The late game produced a 5-2 win for the number-two ranked Winchester Flyers over the Boyd Chrysler Rams.

Eight games into the 2004-05 campaign, the Rangers (6-2-0) with 12 have opened up a three-point lead over the Flyers (4-3-1) who with nine are just two up on the third-place Cyclones (3-4-1) who have collected seven points. The Rams (2-6-0) stand fourth with four points.

First-half goals by Jeff Scott, Josh McLean, Grant Brown and John Guy opened up a 4-1 lead for the Rangers. Jamie McIntosh answered for the Cyclones at 8:58 and cut the deficit to 2-1.

The Cyclones' offence finally started to click in the second half and pumped in five goals in an 11-minute span but only managed to get to within a goal (7-6). Craig "Bud" Holmes (2), Chad Valcour, Jason Picard and Dave Summers scored to get the 'Clones close.

McLean (3), Scott Baldwin (2), Scott, Guy and Brown were the Ranger goal scorers. Brown (4), Hal Thompson (2), Scott (2), Baldwin (2), Kelly Beckstead, McLean and winning goaltender Craig "JB" Smith collected assists.

Aaron Sherrer (2), Picard (2), Valcour (2), Holmes, Derek Rintoul and Summers were the Cyclone set-up artists.

FLYERS 5 - RAMS 2

Dereck "Wendell" Holmes ripped in three goals as the Flyers went back above the 500 mark posting a 5-2 win over the Rams.

The hat trick gave Holmes eight goals on the season. Jeff Holmes and Wes Cory (winning goal) supplied the singles while Chris Van Bridger (2), Troy McNaughton, Jeff Holmes, Jay Holmes and Cory assisted. Gregg Griffith posted the win protecting a 2-1 half-time lead.

Adam Spirk and Bill Henderson replied for the Rams. Al Christophersen, Jeff Hennessey and John Nadobny earned helper points.

Meet the Hawks



No. 15
Robyn Sadler

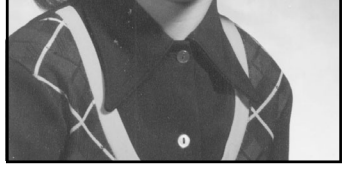
Robyn Sadler is a true import on the Winchester Junior "B" Hawks' roster. The native of Sussex, New Brunswick relocated to Ontario to attend school and joined the Hawks in the 2002-3 season when he produced 21 points, including 10 goals. The 21-year-old forward is a student at Carleton University and played baseball for the Winchester Sox this past summer. He also referees area hockey games. Sadler wears jersey No. 15 and has scored four goals and three assists this season.
Press Photo — Van Bridger

Hornets sting Nepean

METCALFE — Powered by Kayla Richardson's three-goal performance, the Metcalfe Tween "C" Hornets romped to an 11-1 win over Nepean. The National Capital Region Ringette League win helped the team forget a 5-0 loss to Ottawa in their last outing.

Metcalfe skated into a 5-1 lead by half time and salted away their biggest win of the season with six unanswered goals in the second half.

Richardson (3), Tabitha Smith (2), Brianna Sullivan (2), Kelly Ross and Nicole Gillis also found the net. Lindsay Gilmore and Venessa Rodrigue recorded their first goals of the season. Assists went to Gilmore (2), Jessica Morrow (2), Sarah Granville (2), Kettles, Richardson, Ross, Sullivan and Megan Gillis.



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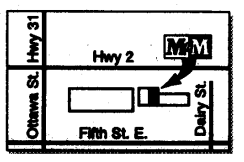

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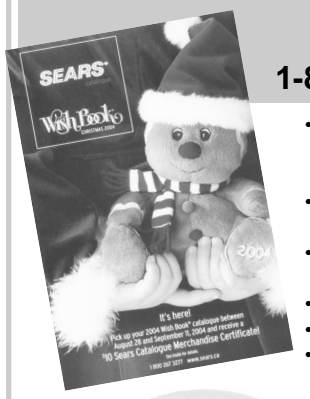

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Opening spiel

The Metcalfe Curling Club hosted its first in-house competition of the new season on Saturday (Nov. 27). The President's Bonspiel, a mixed event, shared billing with the presentation of the Ontario Trillium Foundation Grant plaque to the MCC by Martin Montague. The Foundation, an agency of the Ministry of Culture, allocates grants to eligible charitable and not-for-profit organizations. *Press Photo — Van Bridger*

Twice golden

Two tournaments, two gold medals for the Nationview Public School senior girls volleyball team. The Reds took the title in Brockville on Nov. 20 and followed that victory by winning the championship at the 10th North East Invitational Volleyball Tournament at Kemptville (KCAT) College on Sat., Nov. 27. The Reds are undefeated in both events. The champs are: front (left) - Madison Koekkoek, Emily Wicks, Marcie Jamieson, Katie LeClair, Dara Bowie; Back (left) - coach Chrystal McAlear, Cat Leizert, Jessica Matthies, captain Laurena Matthies, Nicole Freake, coach Gina Reid and daughter Mackenzie. Courtesy photo



Brown leads Hornets to win over Ottawa

OTTAWA — Lauren Brown figured in on all three Metcalfe goals as the Tween "B" Hornets nipped Ottawa 3-2 in National Capital Region Ringette League action on Sunday (Nov. 28).

Brown provided the pass for Melissa Nyenkamp broke up a scoreless encounter and put Metcalfe up 1-0 in the first half. Ottawa scrambled back and cracked in two goals at the 11 and five-minute marks of the second half to take a 2-1 lead. Brown then responded and tied it up, scoring from Meghan Kelly on a wrap-around shot with two minutes left in the game. That play set the stage for Brown's game-winner with time running out. A perfect break-away pass provided by Nyenkamp set up the final goal. Chelsea Nooyen was stellar in the Hornets' net.

Docksteader goal puts Leafs into second

METCALFE — Mark Docksteader converted a pass provided by Derek Burleigh into the game-winning goal as the Leafs knocked off the Senators 4-3.

Docksteader's goal was scored 4:30 before the final buzzer of the opening game of the Sunday (Nov. 28) morning Metcalfe Men's Town Hockey League card and it handed the Leafs (4-3-3) a 4-3 decision over the third-place Senators (4-5-1).

With the other two games ending in ties, the current MMTHL standings feature a four-point cover over the six teams.

Pete Holmes scored twice and Reg Fisher once as the Leafs carried a 3-2 lead into the second half. Rob Stanley (2), Burleigh, Chris Reaney and Holmes assisted on the goals and Cory Wallace posted the win.

Doug Anderson, Scott Reaney and Steve Corlyon counted the Senator goals. Paul Devertevil (2), Shane Patterson, Reaney, Corlyon and Brian Downey collected helper points. Bill Jamieson worked the nets.

Seth Curtis took a pass from Vince Seguin and Todd Wallace and scored with 4:09 on the clock to give the number-one ranked Canadians (5-2-3) a 4-4 tie with the Blues (4-5-1). The game was deadlocked 2-2 at the half.

Vince Seguin, Ron Flanagan, Jeff Gill and Curtis scored for the Canadians. Todd Wallace (2), Ted Wichers, Seguin, Gill and Tony Boulay earned assists and Wayne Widenmaier guarded the string. Steph Rawlings led the Blues with two goals. Bruce Buckland (1-2-3) and Cory Reaney (1-1-2) completed the scoring. Kent Holmes was the backstop.

Dennis Dalgleish counted the tying shot for the Penguins (2-3-5) as they tied the Stars (3-4-3) 2-2 in the 11 am encounter.

Steve Whittaker had the other Pens goal. Dale Poirier (2) and Willis Stevens provided the passes and Mike Preston tended the nets.

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Atom "B2" Jets drop 1-0 decision

METCALFE — Travis Smith turned in a solid effort in the Metcalfe nets, but came out on the wrong end of a 1-0 score as the Jets lost to the Orleans No. 4 atom squad.

Kevin Deavy and Connor Ryan had solid cracks at putting Metcalfe on the board, only to be thwarted by a hot Orleans goaltender. Alex DiRaimo also had a shot on net and two rebounds from that opportunity, but could not score.

Teams still needed for Pond Hockey tournament

INGLESIDE — Teams are still needed to make the first South Stormont Can-Am Pond Hockey Tournament a success.

Organizers are hoping to attract 38, six-man teams for the fundraiser scheduled to be played on natural, out door ice at Farran Park on the weekend of Jan. 29-30. The first-time event will channel its profits to the Winchester District Memorial and Cornwall Community hospitals.

Hospital fundraiser

Gord Shaver, representing the organizing committee, describes pond hockey as a throwback to the style of hockey that millions of Canadian youngsters grew up playing on their backyard rinks and patches of ice in parks and fields. The Can-Am tourney will be played as four-on-four hockey with no goaltender. The games will be played on six open-air rinks to be built on the bay at Farran Park.

Teams will compete in three divisions — Open, 40-plus and Ladies. The Open Division champions will earn a berth in next year's World Pond Hockey Tournament in Plaster Rock, New Brunswick. Each team is guaranteed five round-robin games, three on Saturday and two on Sunday. The championship games are scheduled for Sunday afternoon. Admission for spectators is a donation to the hospital fund.

There will also be a Pond Hockey Bash at the Lancer Community Centre Saturday evening, featuring live entertainment. A silent and live auction of hockey memorabilia will also be held. Former Cornwall Royals and Toronto Maple Leafs coach Doug Carpenter is the event's honorary chair. Former Cornwall Royals and Winnipeg Jets defenceman Jim Kyte will also be on hand.

Tournament entries are now being accepted. Registration is $400 per team, which includes a commemorative Flarrow wooden hockey stick for each team member, insurance and dance tickets.

To register, or for more information, contact Loriann Harbers at the South Stormont municipal office at 613-537-2362, Tim Cryderman at 613-537-8521 or Art Ladouceur at 613-537-8796. Entry forms can also be picked up at the municipal office, the Ingleside Foodland or the Long Sault Arena.

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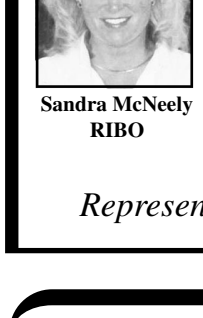
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43tfc

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WORK WANTED – George's Moving, fair prices - dependable services, Ottawa and surrounding area homes, offices and apartments. George Byles, 821-4191.
40tfc

WORK WANTED – Free estimates. Carpentry, drywall, taping, painting: interior and exterior, bathrooms, basement finishing. 18 years experience. Call 774-5200.
35-38

WORK WANTED – Relief milker available. Retired dairy farmer. Call 989-3049.
36-37

For Rent

ROADABLE STORAGE TRAILERS
Dry and watertight. By the week or month. Delivery charge extra. Call Ed Duncan 613-989-2838.
19tfc

WINCREST BUSINESS PARK
950 sq. ft. in clean professional office building on Dawley Drive, Winchester, including reception area, two individual offices, storage and washroom. Wireless high speed internet service available. 613-536-1675.
31tfc

FOR RENT – 600 square feet of commercial space in Winchester. Available immediately. Call 774-0439.
31tfc

JOHNSTOWN MINI STORAGE
Secure fenced property with 24 hour keypad access. Conveniently located at junction of 401/416/Highway #2/International Bridge. Call 925-5552.
36-41

Accommodation

FOR RENT – 2-bedroom apartment, Park Drive, Williamsburg. Secure and quiet. Phone 613-652-2319.
20tfc

FOR RENT – 43 Moffat Street, Morewood, 2-bedroom apartment, $500 monthly, utilities extra, on-site laundry facility, ample parking, includes appliances. Call 819-771-6433.
36tfc

FOR RENT – 2-bedroom duplex in Mountain. Fridge, stove, washer and dryer. Heat and hydro included. No pets. References. Call and leave message, 613-989-2654.
36tfc

FOR RENT – 3-bedroom farmhouse near Kenmore, $850 per month plus utilities. No pets. Available Dec. Call 821-3916.
36-37

FOR RENT – 3-bedroom bungalow, Mountain township, $800 plus utilities. Call Pam or Mike. 774-5415.
36-37c

FOR RENT – In Winchester, 1-bedroom apartment. $550 monthly all included. First and last. No pets. Call 774-2331.
36-38

FOR RENT – 2-bedroom duplex in Chesterville. Call 448-2474.
37tfc

FOR RENT – 1-bedroom apartment, Main St., Winchester. $500 all inclusive. Available January 1. Call Jill 822-6232.
37c

FOR RENT – 2-bedroom duplex, 28 Church St., Chesterville. Available immediately, $575 per month, utilities extra. First and last months rent required. 448-2159 after 5:30 pm.
37tfc

FOR RENT – Ground floor, 2-plus bedroom apartment, centrally located in Winchester. Call 774-2968.
37

FOR RENT – 3-bedroom hi-ranch bungalow, west of Williamsburg, like new. Finished basement, 5 appliances, $900 per month plus utilities. No pets. Available Dec./Jan. Call 448-2093, leave message.
37-38

FOR RENT – 2-bedroom house in rural Morrisburg. Good for single or couple. No pets. First, last and references. Available now. 543-2312.
37

FOR RENT – 4-bedroom, 2-bath country home, 5 km from Winchester. Attached garage, driveway kept clear, available Jan. 1. $850 plus utilities. References required. 822-7121.
37

FOR RENT – Highway 43 Chesterville, 3 acres, 2-storey farm house, 3 bedrooms, 2 baths, fridge, stove, washer and dryer, $600 per month, utilities extra, available December 15. Cell: 403-877-7927, home 403-887-0763.
37-39

For Sale

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

WINCHESTER TIRE SALES
(Div. Akcent Motor Sales Inc.)
12032 Dawley Dr., Winchester
BESIDE THE LICENCE BUREAU
COMPARE OUR PRICES!
PASSENGER AND LIGHT TRUCK TIRES INSTALLED AND BALANCED
All Makes of Tires Available
National Tire MICHELIN BFGoodrich KUMHO TIRES GOODYEAR
774-0718

For Sale

PIANOS AND ORGANS
FAWCETT'S, WINCHESTER
Heintzman upright and grand pianos. Kurzweil digital uprights, grands and keyboards. Rebuilt pianos and organs. For appointment phone 613-774-2205, www.c.360.cawinchester
43tfc

FOR SALE – Buy a whole beef from the farmer! Government inspected. Cut and wrapped to your satisfaction! $1.95/lb. share one with a friend. 448-2755.
27tfc

APPLES – McIntosh, Spartan, Empire, Red Delicious, Tolman Sweets, Russett, Northern Spy, Royal Gala, Lobo, Ida Red, Cortland and Crab apples. Many unique fruit spreads and chutneys, Apple Cider, Apple Pies and Apple Giftware. Gift Baskets for all occasions, ready made or made to order. Smyth's Apple Orchard, Dundela, 5 km west of Highway 31 at Williamsburg, on County Road 18, follow the signs. Open 7 days a week 9 am-5 pm, 652-2477.
29tfc

WATER SOFTENER SALT
20 kg bags (Windsor System Saver) pellets. Pickup in Metcalfe or have it delivered to your door for a small cost. Call 821-2797, 9 am-5 pm.
34-37

FOR SALE – 2 building lots west of Williamsburg. Both clear, high and dry, $8,500, and $12,500. 448-1988.
35-37

CHRISTMAS TREES – Cut your own. Balsam and Fraser Fir, $29, Spruce $25, 6-10'. Travel west of South Mountain on County Road 3 to Norton Road, follow the signs. Nov. 27-Dec. 24, weekends 9 am-5 pm, weekdays 1-5 pm. Johnston Brothers 925-4647. Freshness Guaranteed.
36-40

FOR SALE – Jogger stroller, $275 or best offer, paid $500. Hardly used. Quick release tires fold down, large bike tires in back, small in front. Made by Norco. Winchester area, call cell 447-5580.
36stf

FOR SALE – Late 50s, Gulbransen upright piano, good condition, $450. Call 774-0078.
36stf

CHRISTMAS TREES – Cut your own, choose beautifully pruned spruce or pine, $15 each or 2 for $28. Call 989-4507.
37-39

FOR SALE – 5 hp snowblower, $355. Call 774-2547.
37

FOR SALE – Railway ties. Good for fence posts and landscapers. Good prices when purchasing large quantities. Call 613-258-3897
37-38c

FOR SALE – Mixed wood. Mahlon Casselman 613-652-4797.
37-38

FLAGG CREEK COUNTRY STORE
POKEY'S PLACE SPECIALS!
10 lbs. lean hamburg for $22.50; 20 lbs. lean hamburg $40; 10 lbs. lean boneless stew for $30. Free Christmas item with your purchase! Pet Food Special: Free dog snack with purchase of dry dog food. All specials while supplies last.
37

FOR SALE – 8x8 single axle snowmobile trailer, spare tire, $400. Call 774-5063.
37-38

CHRISTMAS TREES
Pruned scotch pine and spruce trees, south of South Mountain on Irish Headline Road. Phone 989-1852.
37-39c

FOR SALE – Reproduction books of "Winchester Old Home Reunion" 1934, $10 each. Etcetera, 509 St. Lawrence, Winchester.
37-38

CHRISTMAS TREES FOR SALE
Choose and cut your own or select from pre-cut. Balsam, pine, fraser fir, spruce. Camp fire and wagon rides on weekends (with horses Dec. 11 & 12). Patterson's Tree Farm, English Road, Iroquois, 613-652-1927.
37-39

GOING OUT OF BUSINESS – Used snowmobile parts business. Over 30 sleds stripped, old to 2000. Will sell $5,500 or trade for closed cube van or tandem trailer. 652-2526.
37

FOR SALE – Tinturi Rowing Machine. New $1,100, selling for $450; Body Solid bench press and leg machine, new $400, selling for $250. Call 448-2527 after 6 pm.
37

Water Softener and Rust Filter In One Unit
REPAIRS TO ALL MAKES
GUY BOURDEAU
774-6110

FOR RENT
CHESTERVILLE
6,000 sq. ft. commercial space for rent or willing to divide in smaller areas. Ground level.
Call 448-2800

For Sale

WOOD FOR SALE – Dry ash wood. $70 at pile or $80 delivered. Phone 774-3270.
37-38

FOR SALE – 4x8 slate pool table, 2 sets of balls, 5 cues and stand, bridge triangle, chalk board, asking $800. 445-3539.
37-38

Automotive

VEHICLE FOR SALE – Tired of being offered second rate vehicles, especially with a credit problem. Call Car-O-Line Auto's local 1-613-448-2488 or long distance toll free 1-877-820-5598. Over 50, late model VEHICLES TO CHOOSE FROM. Now online www.car-o-line.com.
37c

FOR SALE – 1990 Pontiac Bonneville, 3.8 engine, sold as is. New parts include battery, starter and converter. $600 or best offer. Call 774-2870.
32stf

FOR SALE – Tires, 4 Good Year Alegra P215-65R15 on Pontiac rims, low kms. Asking $400. Call 774-2870.
33stf

FOR SALE – 1993 Buick Park Ave., 270k, automatic. New tires, battery, fuel tank, alternator, water pump, brakes, brake lines, master cylinder. Regular oil changes and seasonal maintenance. Leather and interior in great condition, lady driven. $800 OBO, as is. 774-5018.
36-37

FOR SALE – 1986 Bronco II, originally from B.C., never driven in Ontario winter. 209,000 km., roof racks, sunroof, PW, PL, PS, PB, air, cruise, safetied, runs great, body is in great shape. 613-543-2835 anytime.
36-37

FOR SALE – 1998 Dodge Ram 1500, 4x4, ext. cab, 109,000 kms, air, tilt, cruise, super clean, tonneau cover, certified, E-tested, $14,500. 613-989-5200.
37-38

FOR SALE – 1994 Chev Cavalier as is. Some new parts: starter, ignition switch, brakes, $500; 4 snow tires with Cavalier rims 185/70R14 875, $300. Call 448-2294. Sold together or separately. Make an offer.
37

Farm

FOR SALE – First and second cut alfalfa/timothy hay, small square bales, no rain. Call 989-5584.
36-37

FOR SALE – Kverneland plow, model #110, 5-furrow, variable width. Call 613-652-4942 or 613-652-4073.
37-38

FOR SALE – 1974-766 IH tractor, 79 hp, new rubber, battery, paint, etc., $8,500, Morewood. Phone 613-599-4608 or 613-333-1709.
37-39

FOR SALE – Hay: large square bales, 7'. Call after 6 pm, 989-2297.
37-38

Household

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

FOR SALE – Wall oven, white, Frigidaire Elite, right hand opening, size 26-1/2" wide, 29" high, 25" deep. Good working condition, $200 or best offer 445-2178.
37

FOR SALE – 3 nesting tables $85, gold velvet high wing-back chair $150, O.B.O. Phone 448-2598.
37-38c

Pets/Livestock

RICHARD PATENAUDE
Licenced Livestock Dealer, R.R. #1, 1055 Highway 43, Oxford Mills. Home number 613-258-4665, cell number 613-294-1075, fax number 613-258-9987. 32tfc

FOR RENT
2-Bedroom Apartment
Available now
774-3894

FOR RENT
35X75 inside storage space, Winchester area
Workshop available
774-3894

CLASSIFIEDS

Read the Classified Advertising listings on-line at www.winchesterpress.on.ca

Birth Notice

IT'S A BOY

STRENG – Bill and Kelly are delighted to announce the birth of Damian Griffith Streng. He arrived on Tuesday, November 23, 2004 at 4:50 pm, weighing 8 lb., 4 oz., and was 22" long, at WDMH. Damian is welcomed by sisters Whitnie and Kyra and watched over in heaven by our little angel, his sister Sierra. Thrilled grandparents are Len and Lisa Streng of Winchester, and Gordon and Madeleine Griffith of Russell. A huge thank you to Dr. Adamson and the maternity staff of WDMH for their wonderful care.

37

RICHARDSON – Big brother Owen and cousin Olivia have a new playmate. Brett and Ann are thrilled to announce the healthy and safe arrival of their daughter, Frannie Mae. Frannie was born on Saturday, November 6, 2004 at P.S.F.D.H., weighing 7 lb., 8 oz. Proud grandparents are Gord and Sharon Richardson, and Brent and Bette Tysick. Owen sends lots of hugs and kisses to Grandma R. for looking after him on such short notice.

37

RUTTER – David and Mary-Susan (nee Gibson) are very pleased to announce with love the arrival of their son, our family's "newest little wonder", Harrison Bruce, at Belleville General Hospital, on Wednesday, November 3, 2004, weighing 7 lb., 12 oz. Proud grandparents are Ed and Mary Gibson, Winchester, Romany and Terry Cooper, Bloomfield, Ontario, and great-grandparents Margaret Johansen, Prescott and Clifford Rutter, Picton, Ontario.

37

BURNETT – Brian and Tracie are delighted to announce the arrival of their 4th daughter Jordyn Ronnie Mowat, who arrived Thursday, October 14, 2004, weighing 8 lb., 7-1/2 oz. Brother Ian and sisters Blaire, Jaime and Teri are thrilled. Proud grandparents are Lorne and Nora Burnett and Ron and Irene Mowat. Thanks to WDMH maternity staff.

37

Card of Thanks

CARD OF THANKS – The family of Clifford Baldwin would like to offer our most sincere thanks and appreciation to the relatives, friends and neighbors who have shown so much kindness during his illness and passing. A special thanks to the wonderful nurses of the Brockville General Hospital 2nd Floor East, the Palliative Care Team at St. Vincent de Paul Hospital, Byers Funeral Home, the Inkerman Rocket pallbearers and the ladies of Inkerman United Church for the lovely luncheon. Much appreciation to all who donated so generously to the various charities.

Jean and Rob Baldwin

37

CARD OF THANKS – We wish to thank everyone - our great family and friends, for helping make our 50th Anniversary such a memorable occasion. Thank you so much for the cards and gifts; a big thank you to St. Daniel's Ladies for the awesome lunch; to Lule, Patricia and Liza for the beautiful cake and delicious desserts. Your generous donations to Parkway Residents Fund was also greatly appreciated. God bless you all.

– Ray and Joan Guy

37

Coming Events

WINCHESTER LIONS CLUB
515 Mill St. 774-2630
BINGO
Every Monday
HALL RENTAL
THRIFT STORE
OPEN: 9 am-3 pm, Tuesday to Saturday

9tfc

CHILDREN'S PIANO LESSONS

Learn from an experienced Grade 9 piano student. $10 per lesson in Chesterville. Call Theresa 448-1349.

34-37

CHRISTMAS BAKE SALE AND TEA

Sat., Dec. 4, 1-3 pm at Metcalfe Anglican Church Hall hosted by St. George's ACW Vernon and Metcalfe Skating Club.

36-37c

BREAKFAST WITH SANTA

Sat., Dec. 4, Metcalfe Community Centre, 8:30-11:30 am. Hot pancakes, sausages, coffee, crafts and pictures. Sponsored by St. Catherine's School.

36-37

OSGOODE TOWNSHIP MALE CHOIR

Presents "A Valley Christmas", directed by Cia J. Savage, Fri., Dec. 10, 8 pm at Winchester United Church. Come for an evening of entertainment and surprises to support the church and the choir. Tickets $15 available at the Seaway Valley Pharmacy, Clara's Dressmaking or call Bill Savage 821-1761.

36-38c

ANNUAL CHRISTMAS SALE

At A Touch of Class Fashion Gallery. Dresses for all occasions in evening and black tie including bridal. Daphne Spencer, Fashion Designer. Come and see us. 46 Murray St., Ottawa (Time Square Building) 244-0044.

36-37c

The Treasure Chest Family Consignment

Easy way to turn gently used items into cash!
Drop off items and we do the work.

Drop-off days: *Wed., Thurs., Fri., 10 am-5 pm; Sat. 11 am-4 pm*

2A Water St., Chesterville

Coming Events

MOUNTAIN AND DISTRICT LIONS CLUB ARTS AND CRAFTS SHOW

Come do your Christmas shopping at the Agricultural Hall in South Mountain, Sat., Dec. 4 and Sun., Dec. 5, 10 am- 5 pm

35-37c

GET IN THE SPIRIT WITH SHARON ADAMS

At her annual Christmas Concert, piano/organ. Garth Hampson, soloist "The Singing Mountie". Date: Sun., Dec. 5. Time: 3 pm. Place: Old Vancamp Church. Tickets: call 774-2205.

36-37c

GLOBUS TOUR

Book any Globus Tour for departures in 2005 during the month of December and we will reduce the package by 5%. Call Winchester Travel 774-2424 or 877-774-2424 for details.

36-39c

HALL FOR RENT

Parties, special events. Winchester Curling Club. LLBO licensed for 130 people. Kitchen, ice surface available. Call Dave 774-5491.

37c

YE OLDE BARGAIN SHOPPE

A great place to shop! Open Wednesdays from 1-3 pm and Thursdays from 1-3 pm and 6-8 pm. Holy Trinity Anglican Church Hall basement, Queen Street, Chesterville. Come in and browse!

37c

EUCHRE

Thurs., Dec. 9 at **7:30 pm**. in the Lions Hall, Winchester. Sponsored by Golden Years Society. Prizes and lunch. Everyone welcome.

37

LOLA'S

Hats, mats and cats all nestled in at Lola's, 493B Main, Winchester, 774-6076.

37c

DUNDAS COUNTY HOSPICE

Invites anyone experiencing a loss to an Evening of Support. Topic: "The Healing Power of Forgiveness". Tues., Dec. 7, 7 pm at Park Lane Seniors' Support Centre, 4324 Villa Drive, Williamsburg. Guest Speaker: Verna Nuttall, Kelly Funeral Home employee, Pastoral Care Instructor, Grief Bereavement Support and Educator. For further info call 535-2215. Refreshments.

37c

THE SEAWAY VALLEY SINGERS CHRISTMAS CONCERT

Robert Jones, Conductor, Fri., Dec. 10, 7:30 pm, at Christian Reformed Church, Williamsburg. Special appearance by the Junior Handbell Ringers from Winchester United Church. Adults $10, seniors/students $8. Tickets available at the door or call 535-2469.

37-38c

NORTH DUNDAS DISTRICT HIGH SCHOOL CHRISTMAS TEA, BAKE SALE, AND SILENT AUCTION

Sat., Dec. 4, 10 am-3 pm. Lunch includes soup, sandwich, dessert for $5. Auction items include: gift baskets, gift certificates, tole painted items, stain glass, metal art patio table, drill press, paintings, photos, leather gloves, handmade clothing, tablecloths, doilies, dinner for 6 in your home sponsored by Big Daddy's, knitted items and other items too numerous to mention.

37c

CHRISTMAS SHOPPING AT THE FARM

Sat., Dec. 11, 11 am-5 pm. Yarn, garments, gifts, stocking stuffers, and more. Baked goodies. Elisabeth's Llama Ranch, Toyes Hill Road, Winchester Springs. 774-1514, www.llamaranch.ca

37-38

"DESIGN A LAMP" WORKSHOP

Sat., Dec. 11, 9 am-2 pm. Make a unique Christmas gift. Phone Cindy to register 774-5547.

37

JOIN SANTA FOR BREAKFAST!

Sat., Dec. 11, Williamsburg I.O.O.F. Hall, 8-11 am. 3 years and under free, 4-9 years $4, 10 years and up $5. Bring a donation for the Food Bank, receive $1 off breakfast. Sponsored by Elma Public School Council.

37-38c

TRI-COUNTY COUNTRY MUSIC

Christmas Pot Luck Dinner and Dance, Sat., Dec. 4. Dinner at 6:30 pm, dancing 8 pm. $5 at the door.

37

SHOPPING WITHOUT DROPPING

Christmas shopping and pampering all in one! Looking for unique Christmas presents? Give your loved one the gift of good health and enjoy a complimentary foot massage, body energizing and more! Join several Independent Wellness and Beauty Consultants on Sat., Dec. 11, 10 am-2 pm at the Metcalfe Lions Den, 2821 8th Line, Metcalfe.

37-38

DEATH NOTICE

Shirley Elizabeth Mills

Suddenly at home, Shirley Mills (nee Hartley) of Inkerman Station, passed away on Sun., Nov. 28, 2004 in her 70th year.

Beloved wife of the late Bruce Mills. Loving mother of David (Daphne) of Vancouver, Kevin of San Antonio, Texas, Jennifer Winter (Tim) of Lyn and predeceased by her son Colin.

Loving grandmother of Nathan, Jamie, Duncan and Alex. Dear sister of Cliff Hartley (Anne). Sister-in-law of Grant (Betty), Brian (Diana) and Elizabeth Mills (the late George).

Shirley will rest at the Byers Funeral Home, Church Street in South Mountain on Wed., Dec. 1 from 7 to 9 pm and on Thur., Dec. 2 at 11 am until time of service in the Chapel at 1 pm. Interment Knights Cemetery.

By family request, donations may be made to the Winchester District Memorial Hospital.

Coming Events

HALLVILLE RECREATION ASSOCIATION CHRISTMAS CRAFT AND BAKE SALE

Sat., Dec. 4, 10 am-4 pm at the Winchester Arena Hall. Tea room serving light lunches.

37c

"MEET ME AT THE MANGER"

Presented by Winchester United Church Sunday School, Sun., Dec. 12, 11 am (White Gift Sunday). Refreshments to follow.

37-38c

TREE LIGHTING AND CAROLING

At the Museum in Vernon, Tues., Dec. 7, 7:30 pm. Sponsored by the Osgoode Township Historical Society. Everyone welcome.

37c

PRICE MATCH GUARANTEE

Same flight, tour, dates and destinations and we will price match for new bookings only. Call or come in for details. Thom Travel Agency, Morrisburg 543-2133 or Chesterville 448-3714. Reg. 1258982 and 2430849.

37c

Yard Sale

INSIDE HEATED GARAGE SALE

Sun., Dec. 5, 9 am-4 pm. All kinds of stuff on shelves. Fairly new push lawn mower; wheelbarrow; stock and tin shelving for garages; DVD player; CD players; antiques; collectibles; old Coke signs and memorabilia . Too much to mention. 4812 Flagg Road, west of Williamsburg. Watch for signs.

37

Auction Sales

SPECIAL BRED BEEF COW SALE
At Leo's Livestock Exchange Ltd., Greely, Highway 31, south of Ottawa.
SATURDAY, DECEMBER 11
commencing at 10:30 am
200 COWS REGISTERED
NO MORE CONSIGNMENTS PLEASE

Cows: Charolais, Simmental, Blonde, Limousin, Belted Galloway, Crossbred, etc.

STOCKER SALE
Sat., January 15, 2005
Call for Consignment
INFORMATION
613-821-2634
Robert, Richard or Denis

37c

Winchester Canadian Legion Branch 108
thanks everyone who contributed to our
3rd Annual Bake Sale.
Again it was successful. Congratulations to our door prize winners:
Valerie Bolton, Melinda Wert, Patti Meevis and Lola Ace
–Fundraising Committee

Auction Sales

AUCTION SALE
HOUSEHOLD FURNITURE, TOOLS OF ALL KINDS, MISCELLANEOUS

Inside the garage located in the west end of the Village of Embrun, across the street from Ford Dealer. Follow "Auction" signs.

SATURDAY, DECEMBER 4
commencing at 10:30 am
viewing at 9 am

Furniture: 6 dressers, different sizes and colors, a few with mirrors; 3 kitchen sets, different models; dining room set in cherry wood, table with 2 extensions and 4 chairs; set of 2 loveseats; lamps and tables; 3 microwaves; approximately 25 boxes of miscellaneous dishes, glasses, and others; complete single bed; complete bunk-bed with mattress, in pine, 6 months old; almond stove; almond dryer; 2 white stoves; 1 white dryer; old dark brown wood dining room set includes table, chairs, and china cabinet; oak kitchen table with 1 extension and 4 chairs; small tables; pictures and frames; small freezer; small fridge; old piano; color TV; many unlisted items.

Miscellaneous: Approximately 20 pieces of garden hand tools; 2 snowblowers, different models and sizes; 1972 Glenelle tandem camping trailer, fully equipped, 20' long, sleeps 6, very clean; 1989 Oldsmobile Cutlass Supreme, E-test passed last year, transmission needs repair, sold as is; 36" concrete power trowel; 5 hp Honda motor; many unlisted items.

Note: – Be on time, lots to sell.

Owners and Auctioneer not responsible for accident and/or theft.

Canteen and Toilet on Site
TERMS: Cash or Cheque with Proper ID
BILINGUAL AUCTIONEER
Regent Menard
613-443-2884

37c

Be wise... advertise

POST-PARADE PARTY
Friday Night, December 3
AT WINCHESTER CURLING CLUB
Minors must be accompanied by an adult
EVERYONE WELCOME
WING NITE
Lots of **Free Parade Parking**
Come early as we're on the parade route

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OUR STUDIO OR YOUR HOME
The Gift That Only You Can Give Him:
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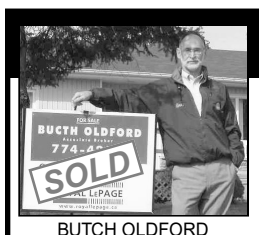
DECEMBER DAIRY SALE

Friday, December 10
Commencing at 12 noon
Selling at Hugh Fawcett Sale Arena
Winchester, Ontario

80 HEAD SELLING, INCLUDING:
- **Fresh 1st and 2nd calvers**
- **Grades and PB**
- **Some nice PB yearlings already consigned**
- **A partial herd dispersal**

MORE GOOD CONSIGNMENTS WANTED
Contact Sale Manager:
HUGH FAWCETT AUCTIONS INC.
WINCHESTER, ONTARIO • 613-774-3363 • Fax 613-774-5537
www.hughfawcettauctions.com
E-mail: info@hughfawcettauctions.com

NOTE: WE ARE A COLLECTION POINT FOR GENCOR BEEF. TO SIGN UP AND SHIP, CALL 1-866-744-7182.



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Real Estate Consultant

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REGISTERED REFLEXOLOGY PRACTITIONER
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613-448-1123
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3.15% 1 YR. **3.60% 3 YRS.** **4.10% 5 YRS.** **2.40% 30 DAY SHORT TERM**
Hours: Mon.-Fri. 8:30 am-5 pm; evenings and Saturdays by appointment
*Some minimums apply. Rates subject to change.

UPPER CANADA PLAYHOUSE
THANK YOU
Upper Canada Playhouse wish to thank the donors, volunteers and everyone who attended the 11th Annual Playhouse Christmas Auction for making it such an enjoyable and successful evening. The auction items, dinner, entertainment and socializing were enjoyed by all. Proceeds will assist The Playhouse with important building renovations for the continued comfort and convenience of its patrons.
Merry Christmas & Happy New Year!
We look forward to entertaining you in 2005!

Keeping Health In Mind

"Keeping Health in Mind" is a monthly newspaper column made possible with the help of the Lannin Business Centre, The Winchester Press and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall Community Hospital/Hôpital Communautaire de Cornwall.

Book Review: "Beating the Senior Blues" "How to Feel Better and Enjoy Life"

Authors: Leslie Heckbert, Amanda Lambert, Copyright 2002,
Published by Wayne Cockbooks

This book is user-friendly, written in easy-to-understand language and can be used as a self-help guide. It identifies many important issues that a senior may face as they deal with the many challenges that often come with age. If you want to help yourself in dealing with loss, grief, anxiety and depression, you will find this a useful guide.

It is an excellent resource for seniors and their family members. It is practical and easily applied.

The contents of this book cover a practical applicable definition of depression and also a guide to warning signs. It also helps you to differentiate between depression and anxiety.

The next chapters help you define realistic goals and coping skills to maintain your mental health. As well, it enables you to define loss, helps you develop a more compassionate attitude towards yourself and others. It assists you in redefining stress that is seen as a crisis or a tragedy as an opportunity for growth.

Medication as an option is a choice that is reviewed. This chapter would be a useful tool in helping you have an informed discussion with your physician.

Anxiety often accompanies depression and this book reviews the differences and how to regain control in your life. As well, it teaches you how to strengthen your attitudes to manage co-existing conditions. It also includes information on exercise and nutrition geared to the senior person.

Last but not least, it gives you tips on keeping yourself healthy and on track. Good reading and enjoyable.

I read this and found it enlightening:

Lessons from CENTENARIANS

1. ATTITUDE: Be optimistic, assertive, outgoing and sociable.
2. GENES: Choose your parents well: 30% of aging is due to genetic makeup.
3. EXERCISE: Regular physical activity contributes to vitality and quality of life.
4. INTERESTS: Do new and different things, especially ones that challenge you intellectually, to keep your mind in shape.
5. NUTRITION: Eat nutritious food and maintain healthy body weight. A little alcohol is good too.
6. GET RID OF SMOKING: This is very important. A few people are not affected by smoking but most smokers live shorter and sicker lives.

Source: Thomas Perls, "Forty Forever" unpublished keynote presentation to the Canadian Association on Gerontology Montreal, Quebec 2002

Paule Gauthier, B.S.W., R.S.W., Social Worker, Tri-County Mental Health Services
For more information or to receive the French version of this article, or to seek professional advice, please call 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall and Alexandria.

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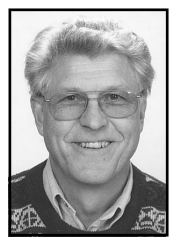

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Requests for proposals are now being received. This program is intended to help reduce child poverty, to support initiatives reintroducing adults to the workforce, and to address gaps in services currently supporting low income families. Information packages are available in any of the Social Support Services offices located at:

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The deadline for submissions is *January 7, 2005.*

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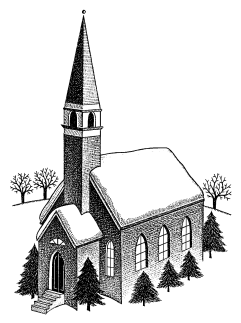

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Sunday School
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Sunday School
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Wheelin' around

The local stroller walking club, formed by the Early Years Centre in Winchester, meets every Friday morning at 10 am in the OPP parking lot. Tammy Seguin (left) and Jesse, 2, Sadie Drouin and Olivia, 2, Laura Skov and Hunter, 2, Aimee Silvester and Preston, 2, Frances Bartlett and Keira, four months, and Chantal Arsenault with Michael, seven weeks, walk for fun, health and friendship. *Press Photo — Duncan*

Changes bring new technology to St. Catherine School library

METCALFE — St. Catherine School library is getting a facelift that will give students more than 10 new computers and a better learning environment.

"We're going to allow all children to have access to a computer at one time or another," said Agnes Lee, administrative assistant at the school. "Right now there aren't enough to go around and it's very cramped."

The official announcement was made as to what the school would be receiving on Nov. 24. Teachers and students are all thrilled that their school was chosen for an upgrade.

"Every year we have a facilities renewing program," said James McCracken, director of education and secretary-treasurer of the Ottawa-Carleton Catholic School Board. "It's on a priority basis. We have some older facilities that definitely need upgrading, and St. Catherine was one of those. Their facility was quite tired."

But computers aren't the only thing the school is receiving.

"The big news is they're getting a complete library renovation," said McCracken. "It's worth about $155,000."

The renovation will move the computers from the small separate room they are in now into the library itself, making them more accessible research tools.

"I think it'll be great for the school," McCracken said. "The teachers and students are all very excited. This will give them a nice environment to work in."

Vernon Women's Institute enjoys varied agendas at recent meetings

By Marg McDiarmid

The Vernon Women's Institute have held a variety of meetings during the summer and fall.

In August, we travelled to Brockville to shop, and then on to Gananoque for the Thousand Islands Boat Cruise. Many thanks to Heather Bellinger for co-ordinating a very enjoyable day.

In September, members travelled with the Metcalfe Women's Institute to supper in Morrisburg and then to the Upper Canada Playhouse.

In October, our meeting was held at the Rideau Township Historical Museum in North Gower. Hosts for the evening were Coral Lindsay and Georgie Tupper. Isabel McDiarmid, convener of Citizenship and Legislation, was in charge of this meeting. All reported a very interesting time.

In November, we met at the Vernon Recreational Centre with our president, Sandra Toll, welcoming us. Our special guest, Marion Newman, was introduced by Laura Acres. Mrs. Newman gave an interesting talk on the beef industry and the problems it is facing. She also provided us with many informative pamphlets describing the different cuts of beef and how they should be cooked, and about healthy eating. One interesting fact she stated is, in Canada after the BSE crisis began, consumption of beef increased to support the industry.

Sandra Toll reported on our area convention in St. Bernadine, which several of our members attended.

We are to have a table at the Christmas Craft Sale in the Vernon Recreational Centre on Nov. 27.

Motions were passed to send $300 each to Home Support, the Township of Osgoode Care Centre and the WDMH Renewing the Vision Campaign.

Our Christmas meeting will be held at Winchelsea Farm. We are to bring a guest and a non-perishable food item for Naomi House.

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OBITUARIES

Helene Edna Crump

Helene Edna Crump (nee Faulkner) of Chesterville passed away on Nov. 24, 2004 at the Kemptville District Hospital. She was 77.

She was born on Dec. 11, 1926 in Huntingdon, Quebec to the late John Faulkner and the late Gladys Baker.

She is survived by children Elaine McLaren (Ken), BettyAnn (Carl), Angus (Roxanne), Heather (Ron), Susan Crump, and John Cayer. She was predeceased by children Marilyn Ruth, Allan and Connie Cayer. She is survived by grandchildren Julie Summers (Geff); Gregory Darling; Dawn, Jason, Stephanie, and Nathan Crump; Jean-Jacques, Bobby, Louise, and Luc Cayer; and Derrick, Carly, and Jaclyn Crump. She is survived by great-grandchildren Alyson and Kaitlynn Summers and by sisters Rita Raymond (late Glen), Doreen Marcellus (Russell), Estella MacGregor (Malcolm), Shirley Carruthers (late Hector) and Faye Coons (Elwood). She is also survived by sisters-in-law Ruby and Marlene Faulkner. She was predeceased by brothers Don and Jack. She was aunt to many nieces and nephews.

She was a past employee of K-Mart where she worked as a sales clerk. She was a member of Morewood United Church, a member of the UCW, served Meals-On-Wheels and was involved at Nor-Dun Seniors Support Centre.

Visitation will be held at Morewood United Church on Dec. 4 from 10 am to 12 noon. A memorial service will be held at 12 noon with Rev. MaryLou Shortill officiating, followed by interment of cremated remains at Maple Ridge Cemetery in Chesterville.

Donations to the Lean On Me Campaign at the Kemptville District Memorial Hospital would be appreciated.

Arrangements entrusted to the Byers Funeral Home in South Mountain.

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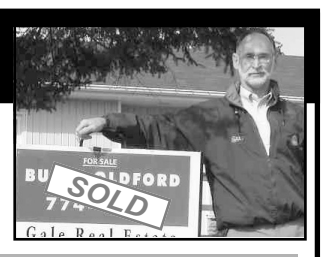

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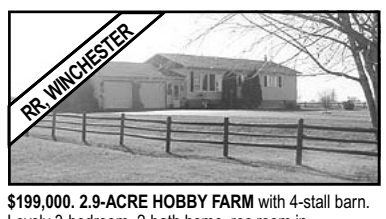
$69,900. 2-BEDROOM MOBILE with add-on and a deck, 2 storage sheds. 1-acre lot, redone new kitchen, bath and windows, oil furnace. Only 55 minutes from Kanata. No close neighbors.



$159,000. PRIVACY - 3-BEDROOM BUNGALOW, ready to move in. 1/2-acre lot, large storage shed, cement pad poured for garage. New oil furnace in undeveloped basement, only 1 minute from Morewood.



$129,000. YOU HAVE TO LOOK AT THIS ONE! Pine stairs, trim and doors, refurbished throughout, new kitchen carpets, roof, windows, oil furnace and hot water tank. Lovely wood airtight fireplace.



$199,000. 2.9-ACRE HOBBY FARM with 4-stall barn. Lovely 3-bedroom, 2-bath home, rec room in basement, 2-bay garage, 1 insulated with heat and air conditioning. Paved drive, landscaped lawns. Power and water in barn.

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THE VOLKS TEAM IS EXPANDING



BOB VOLKS WELCOMES

Debbie Foubert, as another listing and Sales Representative. Debbie is a skilled Realtor who has been active selling real estate for the past two years. She, like Bob, is committed to providing the highest level of service and integrity to her clients.

Karen Hickey has joined the team as Business Development Manager. She brings years of customer service and business development skills obtained during an extensive career in marketing with Bell Canada.

Bob Volks has over 15 years experience as a Real Estate Sales Representative providing service to his friends and neighbors in the Winchester-Chesterville area.

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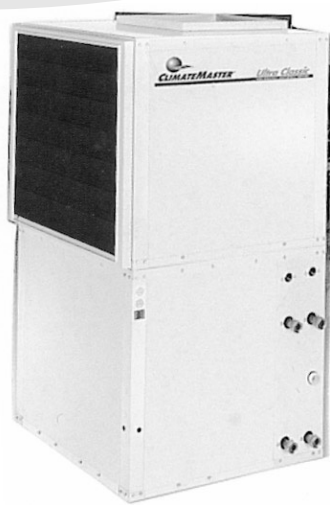

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HERE'S VALUE – Pine eat-in kitchen, appliances, ceramic and hardwood floors, family room, 3 bedrooms, master w/skylight, 2 baths. Front porch, deck, garage, fieldstone patio, much more.

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Ed Puddephatt poses near a collection of fishing lures at his store, Paddletales, in Winchester. The store offers the largest selection of soft plastic lures in eastern Ontario.

Paddletales Pilgrim Poultry Palooza

by Sean Meagher

WINCHESTER — Deep-fried turkeys, a vegetable platter, kaiser buns and cold refreshments were on the menu at Paddletales tackle shop on Saturday (Nov.27) as customers were treated to a free lunch. Fishing nets, reels, hooks and lures filled the store, while out back a deep-fryer was preparing delicious turkey for sandwiches. Anyone interested was treated to a free, hot lunch.

This was the store's first promotion of this sort. Judging by its success, however, it will certainly not be the last. "November's been a slow month and I never ran a promotion before. The idea of bringing turkeys in to deep fry them came about, and it grew from there," said Ed Puddephatt, owner of the store. The event coincided with the American Thanksgiving.

Ed's idea to bring people to the store provided a chance to mingle with sales representatives and have fun, while talking about fishing. "The people come here, have a good time and then they come back," said Puddephatt. The store offers gear for all types of fishing, but the main focus is bass fishing.

The deep fryer outside the store also gave customers the chance to learn about this method of cooking. "A lot of people want to try it [deep frying] but never get the opportunity to or haven't learned how," said Chuck Burley, a Paddletales employee. Another promotion with free deep-fried meat is planned for February. "Here, they get to see the turkey being deep fried, and we can answer any questions they might have." Customers were impressed that deep-fried meat actually isn't greasy.

In addition to the free food, in-store specials made Paddletales a hot spot in the village on Saturday. Puddephatt said open-house events are the best way to draw attention to the store and to get customers interested in fishing. It's a lot easier and more fun than renting a booth at a trade fair to do the same thing.



Sandie Puddephatt, owner of Paddletales with her husband Ed, carves up a turkey outside the store as part of a promotion held on Saturday (Nov. 27). Customers enjoyed free hot turkey sandwiches. *Photos — Meagher*

Students empathize with character building

ELMA — Empathy is important to Elma Public School students, as they embark on a six-week journey exploring the virtue through a school-wide character-building initiative. The initiative is part of the Upper Canada District School Board's new focus on character education.

The program is led by Sherry Blanchard, a social skills worker with the UCDSB, who spends half a day a week at Elma Public School.

"It's an opportunity to practice good leadership skills and role modelling," said Blanchard. She explained that the initiative is not a quick fix, it's ongoing and will have long-term benefits for the students.

The program has the students focus on a virtue for six weeks at a time to help strengthen their individual characters. Age groups are mixed to give older students a chance to help younger ones, giving students leadership experience.

A council of elders, Grade 6 students, help to lead the entire school throughout the six-week focus. For the past six weeks, focusing on respect, the council included Curtis Burd, Skye Fougere, Kyle Harten, and Brittany Loucks.

Students could approach the council when they needed help, or could even write an anonymous letter asking for advice.

"We've learned not to bully others," said Loucks.

"Respecting is cool," said Fougere.

"Whatever goes around, comes around," added Harten.

But Blanchard wanted to make sure the students knew that each virtue should be an ongoing learning experience, and not just for the six-week period.

"Just because we're leaving respect, doesn't mean we stop doing it," said Blanchard as the school moved on to empathy. "We need to be kind to others," she explained.

For the first step in learning about empathy, students made ornaments that the Kindergarten to Grade 3 students will deliver to Park Lane Senior Support Centre and Dundas Manor.

"We're hoping to bring them some cheer and let them know we're thinking about them," said Blanchard.

At an assembly, after Blanchard read a book to the students, the council of elders explained all about empathy, using the McDonald's advertising slogan to get their message across. "Empathy, ba da ba ba ba... I'm lovin' it!" they sang.



Skye Fougere, a Grade 6 student and member of the council of elders, helps Taylor Casselman, Grade 1, make a Christmas ornament that will be given to Park Lane Senior Support Centre or Dundas Manor.



Social skills worker Sherry Blanchard reads the book *Give Maggie a Chance* to students at Elma Public School. The theme of the book is empathy, a virtue students will be focusing on for the next six weeks in the school's character-building initiative.



Brittany Loucks, Grade 6 and member of the council of elders, helps Casey Saddlemire, Grade 4 to make ornaments that will be sent to Park Lane Senior Support Centre and Dundas Manor. Giving the ornaments away will teach students about empathy.



Brittany Loucks (left), Curtis Burd, Kyle Harten and Skye Fougere are Grade 6 students who make up the council of elders. Their empathy cheer, using the McDonald's slogan "I'm lovin' it" had the entire school laughing.

Press Photos – Duncan

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