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FEBRUARY is HEART Month

Warning Signs not so Obvious
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Parnell Cup and Curling News
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The Leader

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VOLUME 142 NO. 5 | WEDNESDAY, FEBRUARY 1, 2006 | MORRISBURG, ONTARIO

High speed availability announced

WILLIAMSBURG – High speed broadband service is now available throughout South Dundas.

Township council, staff members and representatives from W3 Connex were scheduled to discuss the implementation of the newly expanded service, late Tuesday afternoon.

Although the details were not available before going to print, a media advisory notice of the event outlined that W3 Connex CEO and President, Brian Walters, would be on hand to make the announcement.

The initial project was awarded to W3 Connex Inc. in 2004 in a formal RFP process administered by the Township under the BRAND (Broadband for Rural and Northern Development) funding program.

In the Spring of 2005, W3 and its technology partner, mmwave Technologies Inc., finalized a detailed engineering assessment of the existing

– Continued on Page 3

WTP deadline extended but order issued

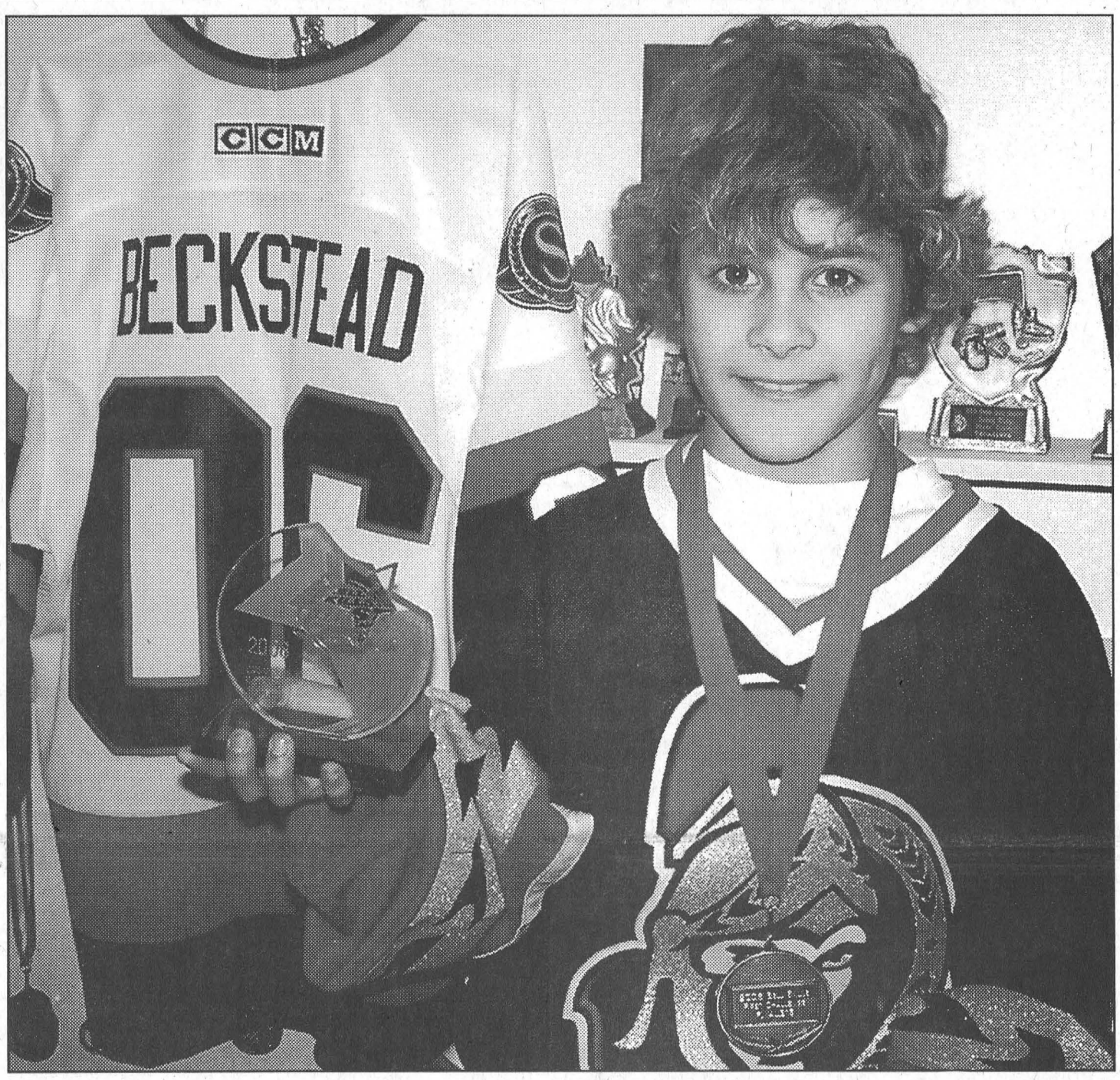
WILLIAMSBURG – While work is getting underway to repair some of the welding done at the Morrisburg-Iroquois water treatment plant, the municipality received the deadline extension from the province that they have been waiting for.

When the water treatment plant was not up and running by the December 31, 2005 deadline, South Dundas applied for an extension of the deadline on their certificate of approval to September 30, 2006.

The province granted that request last week, however, they did issue a Provincial Officer's Order which directs that monitoring be conducted for Cryptosporidium and Giardia parasites.

According to Health Canada, Giardia and Cryptosporidium are microscopic parasites that can be found in water. Giardia causes an intestinal illness called giardiasis or "beaver

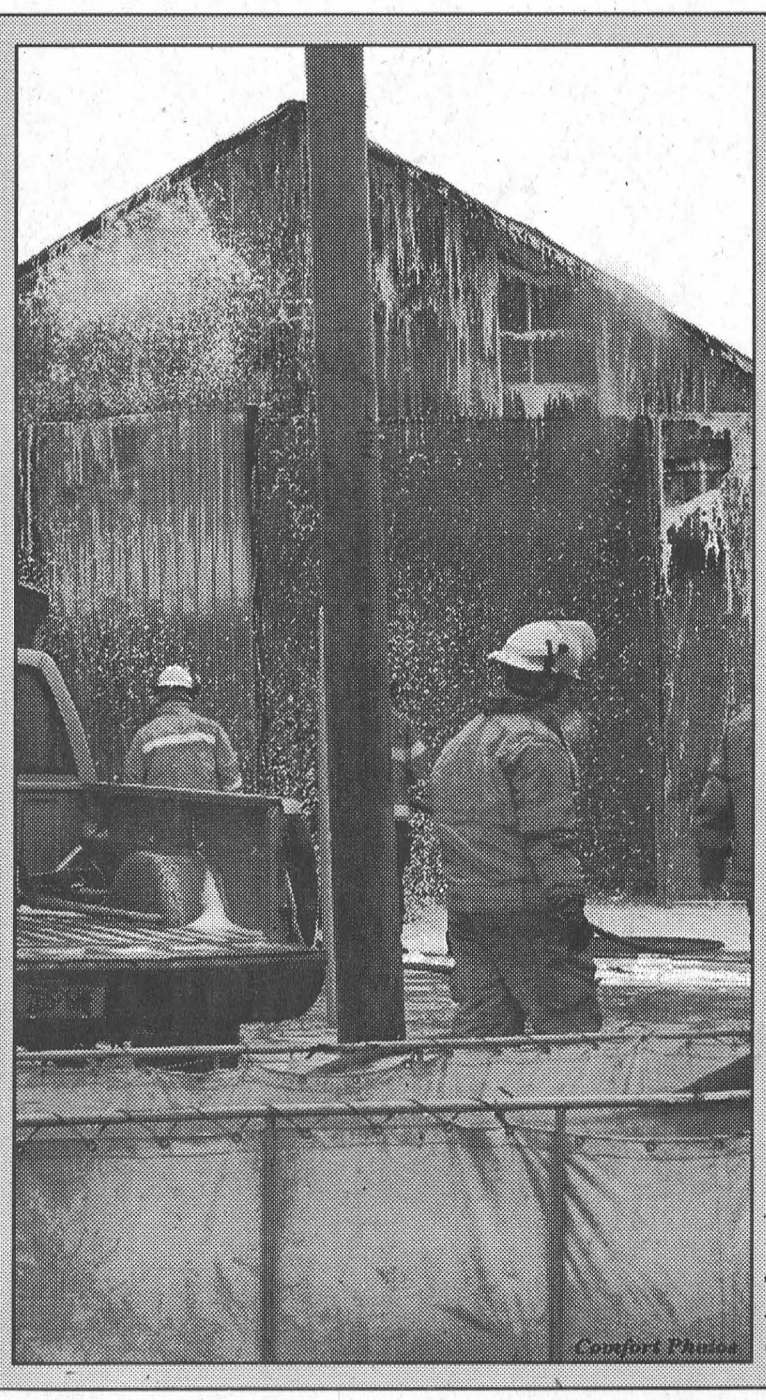
– Continued on Page 3



Marc Beckstead Teams with Wade Redden for Senator Team White Win Over Alfredsson's Reds

Saturday, was a day dreams are made of for Atom hockey player Marc Beckstead of Morrisburg, and nine other young players who made it to the final of the 2005/06 Bell Skills First challenge at Scotiabank Place in Ottawa on Saturday. The 10 Atom finalists participated in the Sens SuperSkills event joining either Redden's White Team which won the day or Alfredsson's Red team. To qualify for the final 10, the youngsters competed against their piers in various skills challenges on Saturday morning. The qualifiers were then provided their personalized Sens sweater to compete in the afternoon alongside Senators players in the Skills Challenge final in front of 1,000s of fans. See story on page 9.

McNairn Photo



Comfort Photos

Garage burns at Dixon's Corners

DIXON'S CORNERS – Both Iroquois and Williamsburg Fire Departments were called to the scene of a garage fire at Dixon's Corners, Monday afternoon, and with quick work, managed to contain the damage.

According to Iroquois Fire Chief Philip Thompson, Williamsburg Fire Department was on route to the fire when Iroquois was called to the scene at 12:38 p.m. They remained on scene for about three hours.

He said that Williamsburg, received the initial call, however Iroquois was called too, as the location is in their coverage area. "We would have called them in anyway," said Thompson.

The garage which was on fire is owned by Paul Lacombe. It is located along the Brinston Road, on the northwest of the four corners.

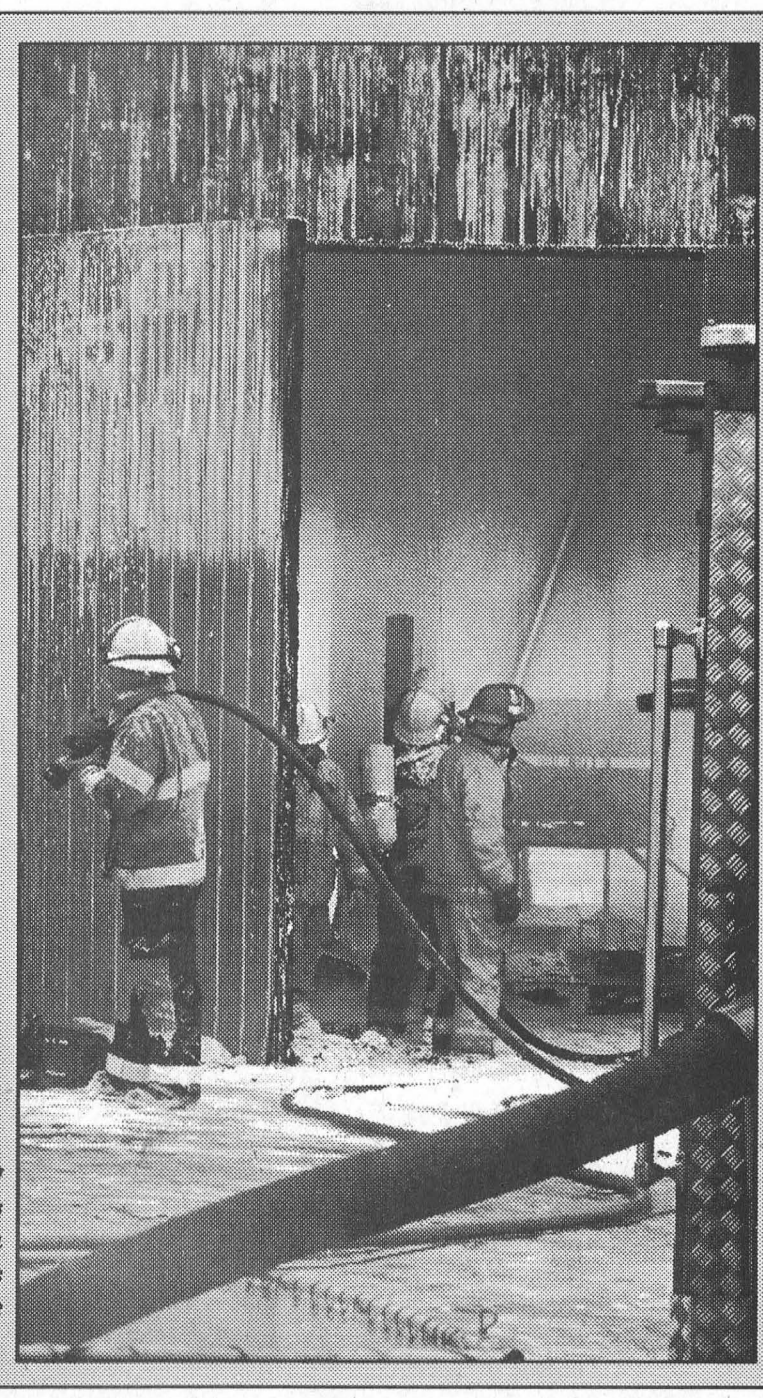
Thompson said that his initial concern was the proximity of the garage to the adjacent home, to the south, and the feed store, to the north.

Thompson said that there was some damage to the siding, and one window of the home as a result of the fire, but there was no damage to the feed store.

No injuries were sustained as a result of the fire.

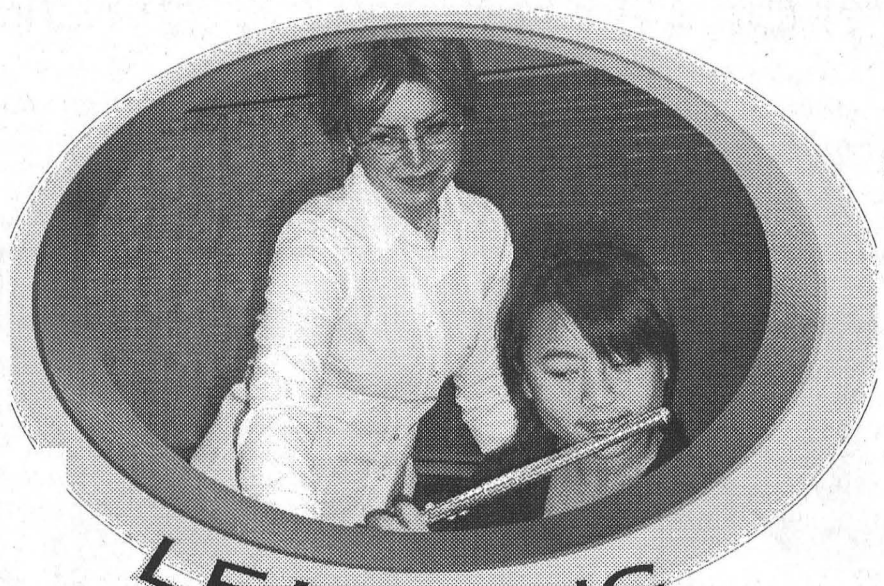
"At this time the possible cause of the fire is the wood stove that heated the garage," said Thompson.

Water to fight the fire was trucked from nearby Matilda Hall, where a 12,000 gallon water reservoir / holding tank is located.

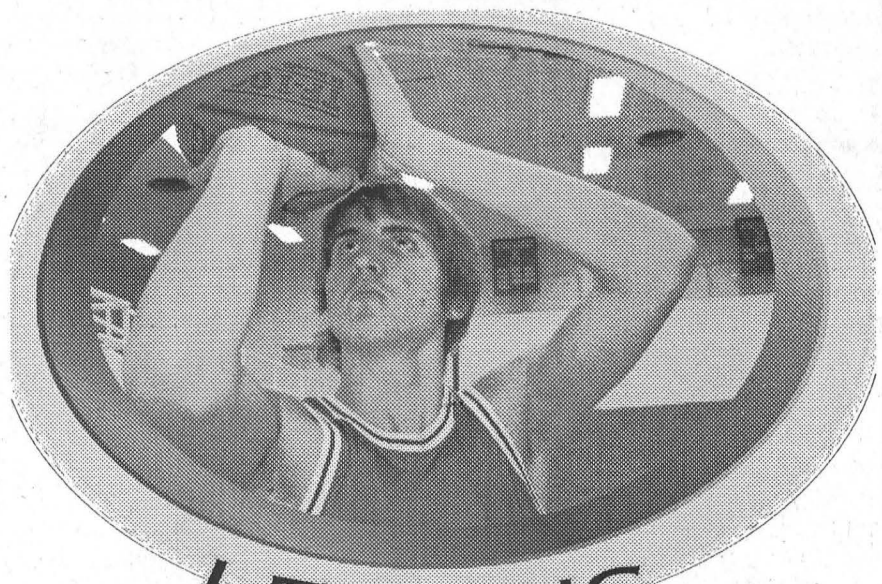


Quick action by the Iroquois and Williamsburg Fire Departments had Monday's fire at a Dixon's Corners garage under control and out, within a couple of hours. These pictures of firefighters hosing off what remained of the structure were taken at the scene shortly after 2 p.m.

UPPER CANADA
District School Board



LEARNING



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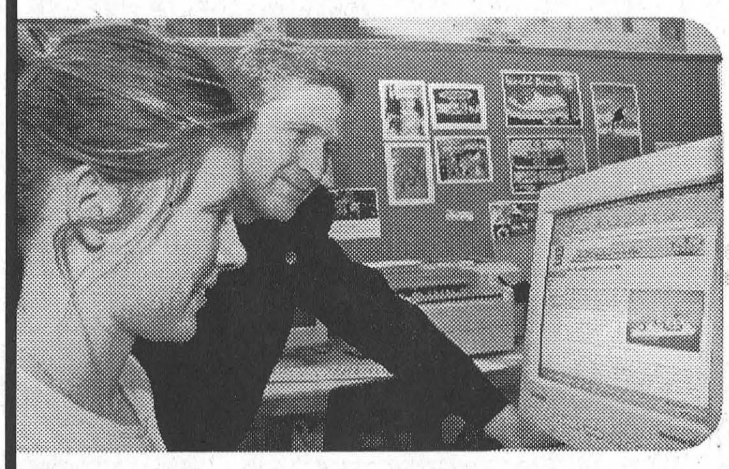

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Another tower proposed, another tower petitioned

WILLIAMSBURG – Another cellular phone tower proposal to the township, has brought with it another petition from the adjacent community.

According to the petition, signed by nearly 120 people, Telus Communications has approached the municipality with plans to erect a communications tower on a site immediately west of Iroquois, and adjacent to an already existing Rogers tower.

Those who signed did so, not to thwart the desired improvement to cell phone service, but to suggest that the same goal could be achieved through the co-location of equipment on the existing tower located just off the Broken Second, outside of Iroquois.

If the co-location option is not feasible, those who signed the petition would like the tower in an alternate location, because of the various negative impacts "including the intrusiveness of a 300 foot tower in the landscape, increased health risks and the possibility of diminished property values."

The petition states, "the construction of a second tower in our neighbourhood is an excessive and unreasonable imposition of the costs of a service which benefits all on one neighbourhood."

"We, the undersigned, while supporting the improvement of cell-phone service, do hearby petition the municipality of South Dundas to apply the provisions of its draft telecommunications policy to this applicant and pursue options that do not include the construction of a second tower in this neighbourhood."

In addition to delivering the petition to council, Harry Pietersma and Robert MacInnis spoke to council on the matter.

"We have no opposition to improving service," said MacInnis, "but to it being placed solely on the shoulders of one community."

"I applaud your co-location initiative from last year," said MacInnis, referring to the proposed construction of a tower by Bell Mobility, at which time the township suggested co-location, which was eventually agreed upon.

"We are seeking another co-location," he said.

Pietersma suggested that the township require a minimum distance between new and existing towers, that light deflectors be required to minimize the intrusiveness of the lights on the structures to the surrounding residents and that co-location be mandated in this municipality, unless not technically possible.

Council received the petition, but did not say what action they would take, concerning the petition but a policy is in the works. (*See related story*)

Municipal policy concerning future towers

WILLIAMSBURG – When a second telecommunications tower was proposed for the Broken Second, just outside of Iroquois, residents and the municipality worked to encourage the co-location of equipment on the existing tower, rather than the construction of a second tower.

In addition to the request for co-location, the development of a municipal policy concerning future towers was set in motion.

However, before the draft policy was officially adopted by council, the construction of another tower was proposed.

Again, area residents have expressed their opposition to the construction of another tower (*See related story Another tower),* but it has prompted council to review the draft telecommunications policy, with a view to considering its implementation February 23.

The purpose of the policy, drafted by Donald Lewis, manager of planning and enforcement, is to "effectively administer the existing and future locations of these structures."

"A balance between being too restrictive and being to permissive was our intended goal, which has been achieved," said Lewis in his report to council, January 24.

Although the ultimate authority on the location of telecommunications towers lies with Industry Canada, they do require input from the municipality.

The municipality will require carriers proposing the installation of telecommunications equipment to submit plans and pictures to the municipality.

Once the policy is in place the municipality's input will be guided by the following principles outlined in the draft policy:

1. The development of new towers within the municipality is to be in industrial area, and in rural areas away from existing or future residential developments;

2. Towers and equipment buildings are to be located away from public roadways and property lines by a distance equal to at least the height of the proposed tower;

3. Co-location of telecommunications apparatus on existing towers is required, unless technically unfeasible. Technical data shall be provided demonstrating co-location is not possible before a new tower is approved. Carriers are to work cooperatively in reaching co-location agreements.

4. Where a new tower is required, towers should be located as far from existing towers as is technically possible, and no less than two kilometers in any case. Such towers are to be designed to facilitate at least two future co-locations to the extent technically possible; this policy acknowledges that co-location will generally result in slightly taller structures and more antennas on each structure.

5. Stealth (camouflage) towers or mono pole designs shall be used to minimize the visual impact on the municipality's residents. No signage is to be placed on the towers.

6. Carriers are to protect the natural landscape of a site at all times. The location of telecommunications towers on sites with mature trees is encouraged.

7. If a tower is approved by the municipality, the municipality's favourable response will be contingent on the carrier providing a written undertaking to remove the tower if telecommunications facilities on the tower are deactivate and unused continuously for a period of six months or more. Such towers shall be removed within 90 days.

Councillor Johnny Whitteker suggested that the policy require the use of reflector lights on the towers to minimize the impact on area residents.

Councillor Charles Barkley suggested that the public be given an opportunity to provide input on the policy before it is implemented.

Copies of the policy are available at the municipal office in Williamsburg, where they are accepting feedback on the matter until February 17, 2006.

"Not many of these policies exist," said Lewis. As a result, several municipalities have expressed an interest in obtaining a copy of the policy to examine for implementation of similar policies.

Deadline extended

– Continued from Page 1

fever." Cryptosporidium is responsible for a similar illness called cryptosporidiosis.

According to South Dundas CAO Steve McDonald, one test screens for both parasites. The test costs the municipality about $650 per month.

The municipality started the testing in January, and will have to continue testing until the water treatment plant is fully commissioned.

McDonald says that they are working to get the plant commissioned, "As soon as we can."

According to Jim Mahoney, Supervisor of the Ministry of the Environment Safe Drinking Water Branch, Kingston - Ottawa - Cornwall, "To the best of my knowledge, the Township of South Dundas drinking water system is the last of the surface water treatment plants within the Kingston - Ottawa - Cornwall inspection area that has yet to complete the installation of filtration."

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High speed availability

– Continued from Page 1

network infrastructure owned by the Township as well as the requirements for the new wireless network which will address the unserved communities in South Dundas.

Prior to the commencement of the new network build, W3 and the Township had to reach agreement on the purchase of the existing network assets as they are integral to the new network design.

As well, approval was obtained from Industry Canada, the Federal Ministry responsible for administering the BRAND program.

Over the summer month's negotiations were underway regarding the purchase of the existing network assets from the Township which were concluded with the formal approval from Council on October 11, 2005 and agreement that the final transaction would be completed on January 31, 2006.

There are no stupid questions about RRSPs.

With the possible exception of "how are they spelled?"

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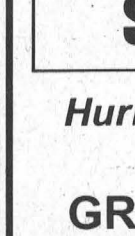

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Protecting our fisheries

A Williamstown area resident has been fined $4,500 and ordered to pay $1,500 restitution to the local conservation authority for using a cage to catch spawning walleye.

The man, who pleaded guilty, was fined $3,000 for illegal possession of fish and $1,500 for fishing without a licence. He has been banned from fishing for a year. Court also ordered him to pay $1,500 to the Raisin Region Conservation Authority for walleye rehabilitation work and research.

Court heard that on April 16, 2005, Ministry of Natural Resources conservation officers acted on a tip that a cage had been placed in the Raisin River near MacIntyre Rapids, a well-known walleye spawning bed. Officers found two men with nine walleye–two females and seven males–and a wire cage. The walleye and two other cages were seized.

A second man is scheduled to appear in Cornwall Provincial Offences court in February.

Walleye travel up the Raisin River from Lake St. Francis to the MacIntyre Rapids and Martintown dam area to spawn. These are the only spawning areas known to be used by walleye in this river system. The two sanctuaries are closed to fishing from April 1-30 to protect the spawning walleye.

Over the years, thousands of dollars and many volunteer hours have been invested in rehabilitation and protection of these walleye spawning beds by the ministry, the Raisin Region Conservation Authority, and the South Lancaster Fish and Game Club. During the spawning season, walleye are extremely vulnerable. A female walleye can produce up to 612,000 eggs annually.

Persons can report natural resources violations by calling 1-877-TIPS-MNR (847-7667) toll-free anytime or Crime Stoppers at 1-800-222-TIPS.

Ministry of Natural Resources News Release



Morrisburg Atom Hockey Team–1976

Front, l-r, are Mike Casselman, David Carol, Barry Degray, Scott Robinson, Johnny Morrow and Greg Whitteker. Back, Peter Carruthers, Robert Locke, Ronnie Degray, Brad Sloan, Allan Castleman, Jeff Sloan and Sean Baker. Coaches were Barton Casselman, left, and Ray Baker.

Seen 'n Heard

Around the Township

Our computer woes continue, and we print this as a warning. For the last three or four years, we have been using a digital camera and loading our photos on the home computer. All were systematically placed in specially marked file folders, for family Christmases, birthdays, fun events etc. Last week, our computer crashed. Not being much up on computers, all we know is our hard drive gave it up. We have discussed a number of times about saving our pictures to a CD but just never got around to it. As a result we now have lost all of our family photos.

So if you are like us and using your home computer as a photo album, do some back-up to make sure you don't lose everything.

•••

A little cooperation is needed from Mother Nature in the form of some snow. The annual Girls on Snow Rally in support of Easter Seal Kids is set for this Saturday, February 4, and no matter what the weather the Snowarama Pancake Breakfast will take place from 8-11 a.m. at the Riverside Heights Recreation Hall. Everyone is invited to attend the breakfast and support Easter Seal Kids. The cost is $5 per adults and $2.50 for children 12 and under.

•••

A couple of other events are taking place this weekend that aren't relying on the weather.

All local hockey fans are invited to stop in at the arena for some top notch hockey action at the annual Chubbs Oldtimer Hockey Tournament. There is no admission charge to the games which start Friday night at 6 p.m. and run throughout the day Saturday starting at 8 a.m. Teams will hit the ice Sunday morning at 8 a.m. and the finals for the four divisions will be played Sunday afternoon. The Chubbs will be running a half and half draw in support of the Cancer Society. Eighteen teams will compete in this year's tournament.

On Sunday, the second annual International Dance Expo will run at the Morrisburg Legion from 1:30 to 5 p.m. You can Swing, Line, Square, Round and Scottish Dance at a cost of $5 for adults and $3 for seniors and youth.

The Leader Blast from the Past

Compiled from The Leader's files

1996

The January 31 issue reported three businesses, Gregor's Place, the Village Stylists and Brister Group Insurance were broken into over the weekend.

Bill Shearing, president of the Upper Canada Playhouse Board of Directors, announced the Playhouse would have a season as usual this summer but the theatre's future was in jeopardy. Shearing said something had to be done to reduce its deficit estimated at $40,000 and its growing debt of over $100,000. Shrinking audiences, rising debts and cuts in government funding were the difficulties.

1986

The January 29 issue reported plans to relocate the St. Lawrence Parks Commission's head office to Upper Canada Village from Morrisburg would be completed by the spring of 1987. Some 40 head office personnel would depart the white frame structure on Second Street in Morrisburg, to join the village's 35 curatorial, marketing and merchandising staff and all would be housed under one roof in the building currently occupied by the Upper Canada Restaurant. Renovation work on the restaurant would get underway once the village's new 120-seat Barn Restaurant was complete. When the move was made the land and building in Morrisburg would revert to the village. The St. Lawrence Parks Commission was given use of the land for $1 per year at the time of the St. Lawrence Seaway project. They paid a grant in lieu of taxes on the building.

The St. Lawrence Seaway reported a dismal season with a record loss of $20 million.

1936

The February 7 issue reported the Masquerade-Carnival held at the Morrisburg Arena attracted a large number of spectators as well as many who appeared on the ice in beautiful costumes. Hazel Berkley won for best ladies costume and Sarah Murdock for best girls costume. Douglas McGillis, as a Robot, won best gent's costume and Abraham Kerr had the best boys costume. Marjorie Duval was judged the best lady skater and Wilfrid Marcellus the best gents skater.

At Dixons Corners, Levi Casselman was busily engaged as a taxi driver, while Charles Hanson was busy ice-cutting at Iroquois.

Canada's first commercial electrician, John MacMillan died in Cornwall at the age of 84. In 1883, when Thomas A. Edison came to Cornwall to install the world's first commercial lighting plant in the weave shed of the Canada Cotton Mill, Mr. MacMillan helped the famous inventor to place the crude generators and wire the building for the clusters of carbon lamps which gave off a feeble yellow light. He became interested in electricity, and was sent to Montreal a year later to install a generator in the Canadian Sugar Refinery and the Redpath Sugar Refinery. Subsequently, he wired the home of Frank Redpath, the first private dwelling in Montreal to be electrically lighted. In 1886, Mr. MacMillan worked under the supervision of John McPherson, brother-in-law of Edison, when electric lighting was installed in the House of Commons at Ottawa.

William A. Fisher, for more than 60 years a resident of Iroquois was preparing to celebrate his 85th birthday. Mr. Fisher was born in Prescott, and when a boy left his home for Morrisburg to learn the butcher business. In 1876, he located in Iroquois where he engaged in business for himself. He also held the position of Market Clerk in the Market, now the Town Hall. After a number of years, he purchased the first school house on King Street, where now stood a fine business block still owned by Mr. Fisher who had retired from the business 20 years earlier.

1966

The February 4 issue reported on the annual meetings held at various local churches. St. James Anglican Church reported on the work done on the church basement and the hope to have the funds available to install a washroom. The loan for the work done on pointing the church and the Rose Window had been paid off. At Holy Trinity in Riverside Heights it was reported work was completed on the storm windows and plans were put in place for repairs to the stained glass windows. Lakeshore Drive United reported its main achievement for the year past was the building of the new manse.

Alf Taylor, secretary of the ODHA, announced an all-star team from the St. Lawrence Senior League would play Canada's National Team. Morrisburg Combines coach Ralph Hurley would coach the team which would include the following Combines' players: goalie Gerry Fleury, Pat Brophy, Ed. St. Louis, Mel Tomalty, Big Doug Casselman, Weiner Brown and Red Lawlor.

The St. Lawrence Intermediate league leaders, the Williamsburg Jets, defeated Prescott 23-0. Figuring in on the Jets' scoring were Paul Beckstead, Russ Casselman, Doug Thompson, Brian Van Allen Bill Casselman, Cliff Warren, Bill Pickering, Ted Holmes, Bob Schell, Dave McIntosh, Mitch Cassell and John DeGray.

1956

The February 3 issue reported a new high single score of 441 was rolled on the Playdium lanes by Reg. Baynham of the Canada Starch Mixed League. Nine points short of a perfect game, he rolled 11 straight strikes. For his fine effort the Playdium treated the whole team to the best steaks on the house.

Following a suggestion at a Morrisburg Chamber of Commerce meeting that an attempt be made to establish a hospital in Morrisburg, a public meeting was called. The hospital was to be designated the George H. Challies Memorial Hospital.

The Morrisburg High School senior boys basketball team defeated Cardinal 60-25. Top scorer was Russ Casselman with 23 points, followed closely by Foster Hanson and Hubert Wells.

The Morrisburg rink of Ruth Tindal, Lillian MacLuckie, Lucille Crober and Lera Mattice won the Broder Cup.



Seaway's Global Outreach team **Gibb photo**

These members of SDHS's Global Outreach Team prepare to sell KIN pins during the campaign to raise funds for tsunami victims. Front row, left to right, are Liz Errington and Patricia Pepers. In the back row is Kayleigh Hallam, Jillian Toonders, Stephanie Toonders and Mike Workman. Missing from the photo are Holly Byker, Leanne Bing, Cameron Keicks and Tim McMillan.

Aiding tsunami victims

IROQUOIS– One year ago the world watched in horror as a giant tsunami swept across much of Asia. No one can easily forget devastating images of death and destruction.

The Global Outreach team of Seaway High School, following an Upper Canada School Board initiative, is finding a new way for students, teachers, and the community to continue to help the victims. In partnership with the organization *Free the Children*, Seaway is hoping to help raise funds for children in need of schools and school supplies.

The focus of the fundraising campaign will be Sri Lanka where approximately 200 educational institutions and 100 health facilities have been destroyed or severely damaged.

There will be two fundraising initiatives. The first will be the selling of KIN pins. KIN stands for Kids in Need. The pins cost one dollar, and will be on sale at the high school.

The second initiative comes from the School Board. Friday, February 10, will see the first Upper Canada District School Board, *Brick by Brick-Free the Children: Festival of the Arts.*

Schools throughout the Board area will be encouraged to create a night where students, staff, parents and community members can feature their talents in the areas of music, dance, drama and the visual arts. Schools will charge admission to the night, and the proceeds will be used in the construction of schools in tsunami-ravaged areas.

Seaway is planning a series of events running from February 6-10 as part of the Board's initiative. There will be lunch hour coffee houses in the library featuring live performances by Seaway students in music and poetry. The music room will host a battle of the bands with the winner being announced as part of a February 10 talent show.

Teacher Brenda Como spearheads the school Outreach team's efforts. She is hoping for community support to help out "kids in need."

It takes between $5,000 and $8,000 to build a school in Sri Lanka. For $1,800 a classroom can be fully equipped. The focus of the event is a "celebration of the Arts in the spirit of giving."

Taxicab and limousine license fees reduced

WILLIAMSBURG – Taxicab and limousine licenses just got significantly cheaper in South Dundas.

The fee reduction now brings the licenses in this municipality in line with other similar municipalities.

When the fee policy was established in April of 2005, the fee for a taxi/limo owner's license was set at $100 for the first vehicle and $75 for each additional vehicle.

It also required an annual fee of $50 for a taxi/limo driver's license.

In a report to council, Donald Lewis, manager of planning and enforcement, said, "After reviewing other municipalities that actually regulate these types of businesses it became apparent, based on our geographic demographics, that a reduction in certain fees be implemented, effective immediately."

South Dundas council agreed to the reductions recommended by Lewis at the January 24, meeting.

The bylaw was amended and now the annual fee for a taxi/limo owner's license is set at $50 for the first vehicle and $25 for each additional vehicle. The annual fee for a taxi/limo driver's license is now $25.

Reflections on Epiphany

Perspectives



WILLIAMSBURG - As Christians, we are currently in the season following Epiphany. The term epiphany means "to show" or "to make known" or even "to reveal". In many churches, we remember the coming of the wise men bringing gifts to the Christ child, who by so doing "reveal" Jesus to the world.

At this time of year, in the darkest, coldest days (oh, I know, daylight hours are getting longer, even if only by a minute or two a day) my African soul struggles to cope. I yearn for the long, hot days of summer, for warm breezes to caress my legs, and for no more wrapping up in winter attire.

Because of these deep held longings, the season of, and after, Epiphany is very important to me. It's an opportunity to take my mind away from the cold and dark and look for signs of God. Where is God being revealed to me?

How wonderful it is to wake up to the glow of the sun creeping over the horizon. Our snow-clad world is bathed in an orange glow, and the ice on the trees and fences sparkles like diamonds.

Then there are sounds. The birds, who brave the winter, have much to sing about and the squirrels chatter as they scamper across the wires and leap into the branches of the trees. The wonder of God is revealed all around me.

On the coldest, meanest days, I wonder whether anyone will be in church. But I am always surprised by the folks whose faith brings them, no matter how cold and snowy it is, to be one of God's small communities of faith.

And my heart sings for the faith and determination of people who arrive to worship the One who was revealed to the kings from a faraway land.

The signs of God continue even on the coldest, meanest days. One person's car spins on the ice and rolls into the ditch. She is helped out. She is not hurt, and she is sure that God was in the seat beside her.

A group of boys and girls spend time with me, sharing what's going on in their world. We talk about their music and my fear of the violence in the songs, and we talk about their electronic games and my fear of the violence they portray. Surely God is with us as we share different points of view.

And through the long, cold nights, we read novels. We are a diverse group, who love to read and share our thoughts about the books we read. It is always interesting to discuss whether we have experienced God in the stories. Even if we do not experience God in the words, we experience the Spirit, which draws us together as friends, willing to share.

In the season after Epiphany, if we dare to look, we will find God revealed to us in many ways and in many places.

And my African soul sings and thanks God for being in this place at this time in my life.

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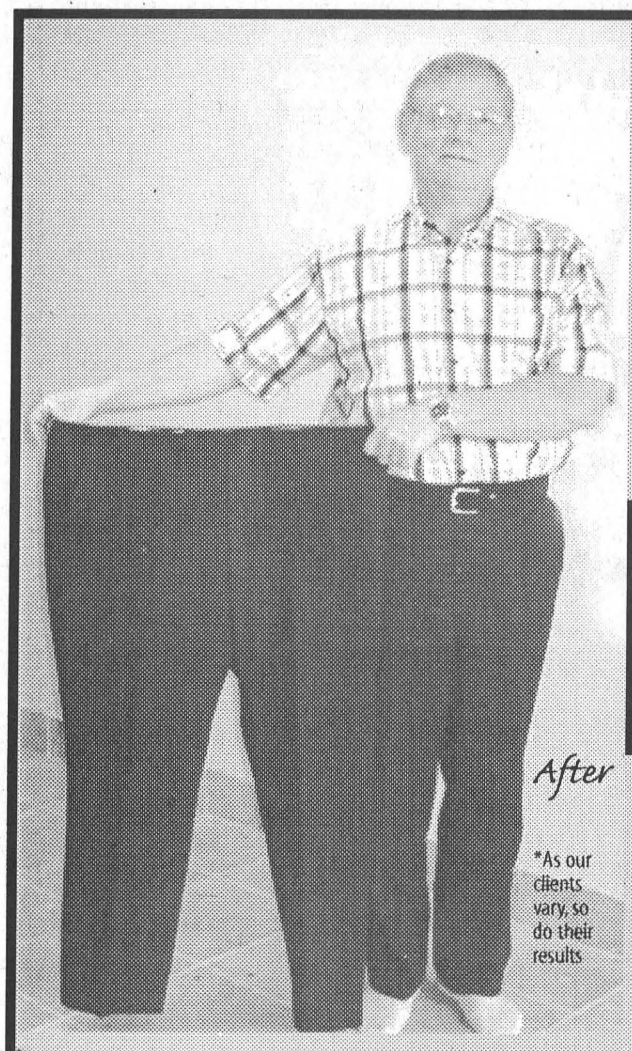

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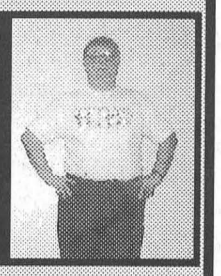
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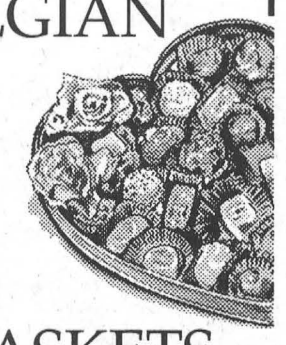
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February–Heart and Stroke Awareness Month

Sometimes the signs aren't all that obvious

MORRISBURG – One morning in October 2005, Rita Fowler woke up to an unexplained vision problem which she now knows was a warning signal for something even more serious.

Rita had been on medication to regulate her fluctuating blood pressure since January of that year but hadn't experienced any symptoms that would indicate anything more was wrong.

Then in early fall, Rita, who is president of, and very busy with, the Morrisburg Royal Canadian Legion Branch 48 Ladies Auxiliary, found she was very tired and irritable.

"I was very tired, and if anyone said anything to me I would take it hard or I would take it the wrong way."

"My blood pressure was fluctuating and my doctor couldn't get it down."

The morning she woke up with the eye problem followed a stressful day of dealing with a death in the family.

When she awoke that morning and got out of bed, she was seeing double. "I thought it was my glasses, so I picked them up and put them on, but it still didn't help."

What she didn't realize was that her left eye had turned inward and was causing the vision problem.

Following a trip to her doctor, to her optometrist and finally an eye specialist it was determined that a small blood vessel behind her eye had collapsed. A blood cholesterol level test told more of the story.

The root of Rita's problem was high cholesterol in her blood which had caused a buildup of plaque (fatty deposits) inside her blood vessels.

"A small piece of plaque had let go and travelled through a vein to the back of my eye. That is what caused the blood vessel to collapse."



Rita Fowler says she didn't realize that being over-tired and irritable were warning signs of health problems . *Story and photo–B McNairn*

Rita is now being treated for her cholesterol, and her eye is slowly returning to normal. "I'm taking cholesterol pills, Baby Aspirin, blood pressure pills and water pills."

Basically, she has been wearing a special lens in her glasses, which corrects her vision, while the blood vessel slowly returns to normal. A recent examination showed her vision has recovered by about 50 percent in the affected left eye.

"I've been told it will take three to six months, to a year, for it to be fully back."

Rita says now, that looking back she probably should have known something was going on. Being busy with the volunteer work at the Legion simply didn't add up to how tired and irritable she was.

"I blamed it on that but should have looked at other possible reasons."

According to information from the Heart and Stroke Association, too much stress can harm your health and increase your risk of heart disease.

For Rita, the early warning of what, down the road, could have been a heart attack or stroke, was feeling extremely tired and a change in the way she was reacting to stressful situations.

NEWSLETTER

ROYAL CANADIAN LEGION
Seaway Branch #48
10 Legion Street, Morrisburg, ON

The new paint job in the James Fraser Hall looks fabulous. It's super clean and looks like it really doesn't want any dirty hand marks on the walls. Our compliments to the painting contractors and the Ladies Auxiliary for a job well done.

Sunday, Jan. 22nd Euchre results were 1st Charlie Eamon, 2nd Evelyn Schwerdtfeger, 3rd was a tie with Glen Mattice and Dorothy McBain sharing. No skunk pot. Boobie prizes went to Bob Bailey and Goldie Daoust.

Cribbage results on Sunday, Jan. 29th were 1st Keith Johnston, 2nd Goldie Daoust, 3rd Patricia Casselman, 4th Dorothy McBain. Booby prizes went to Evelyn Schwerdtfeger and Audrey Henophy.

The Branch has a limited supply of V-Neck Pullover Sweaters available in assorted sizes and at a good price.

Super Bowl Sunday is this weekend, Feb. 5th. The Pub will be open late with Pub Snacks available. There is a sign up sheet on the bulletin board at the Branch to determine how many snacks are required so sign up and come out and cheer your favourite team on – a good time is promised.

Branch 48 Saint Patrick's Day Supper will be held Friday, March 17th with our favourite cook preparing the feast.

The next Branch General Meeting will be held on Wed., March 15 – mark it on your calendar and plan to attend.

Thursday is Bingo night as usual in the banquet hall – come out and try your luck.

Until next time . . . ***Comrade Bill***

IROQUOIS LEGION NEWSLETTER

Royal Canadian Legion
Branch #370

IROQUOIS – A grand total of 25 Cribbage players gathered in the Lounge and the overflow of players ended up in the bar area.

Finishing in first and losing by only one game was Willis Douglas with a total of 1,081. Also losing by only one game and taking the second spot was Wilf Summers with 1,072. Claiming third spot was Dennis Wright with 1062 points. Jake Easter, with 1,060, proudly sat in the Bridesmaid's Chair.

Sixteen skunks were found skittering around the Branch, and one of our better known players, Ted Gratton, picked up a pair of them. Elden Baldwin had three to take home while a newcomer to our League, Doreen Montroy, claimed four.

Ten tables of Euchre were played on Tuesday, January 24. Picking up first prize was Marie Barkley. Jean Dunbar won second prize and Joe Beltman got the door prize.

Goldie Sypes had low score of the evening and two skunks found in the Branch were picked up by Sandy Williams and Doris Wright.

As yet, no report is available for the Duplicate Bridge. The Pot of Gold winner was Carl Banford, who was not signed in.

The Friday luncheon will be pork chops, home fries with gravy and vegetables. Dessert will be chocolate cake and ice cream.

Sunday, February 5, we will be hosting Super Bowl XL with fun food and trivia. A pot luck meal will be served at 5 p.m., with the kick off for the game taking place at 6:30 p.m. Hope to see you there.

Don't forget that our annual Darts for Hearts will be held at the Legion on Saturday, February 11. The Valentine's Tea and Bake Sale will take place on February 4, at 11 a.m.

After several discussions, we have decided to sell the pool table. Not much interest has been shown in it for quite some time, and we have decided to venture into other forms of entertainment. If anyone is interested in purchasing the table, please call the bar for more information and the price.

Before closing, our heartfelt sympathy is extended to the family of the late Comrade, John Millard, of Cardinal. Comrade Millard was the last remaining Chartered member of Iroquois Legion Branch 370. Sunday evening, some of our Legion members joined in with Cardinal Legion members for a Legion service for Comrade John. One by one our veterans are leaving us, as time goes by.

Until next week, take care.

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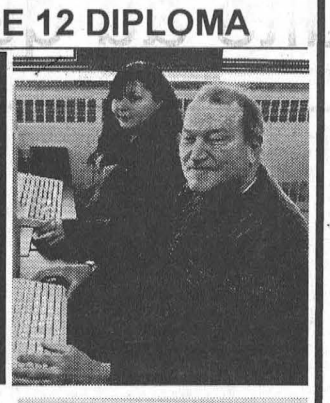
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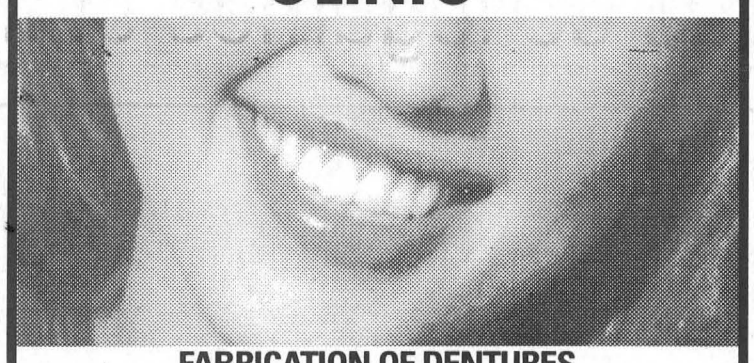
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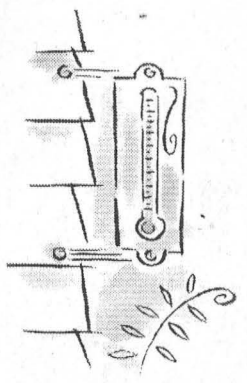
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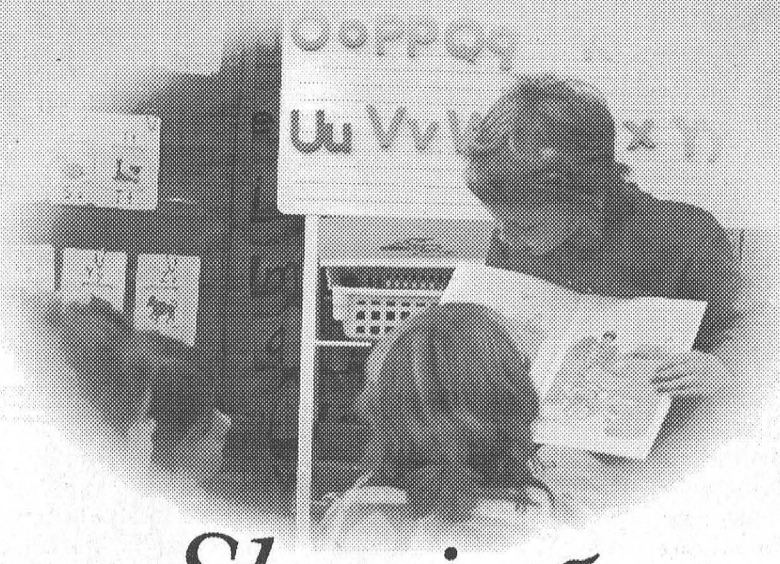

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Learning Together

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Leader Sports

Bell Skills First Challenge

Marc Beckstead, teams with the Sens

OTTAWA – Marc Beckstead of Morrisburg put his hockey skills to the ultimate test at Scotiabank Place in Ottawa Saturday, to qualify among the top 10 area Atom aged hockey players to compete with the Ottawa Senators in their annual 2005/06 Bell Skills First Challenge.

The Bell Skills First Challenge began for about 500 Atom players last fall when they competed against their peers in five challenges which included skating (forward and backward figure eights), agility (skating through pylons with and without a puck), and target shooting.

The regional qualifiers were held at various venues, and Marc qualified as one of the top 80 at the Bell Sensplex in Kanata on November 13.

"We received the phone call last week that Marc had qualified to go to the final in the top 80," says Marc's father Ernie.

The Beckstead's headed to Scotiabank Place for a 6:30 a.m. registration on Saturday morning in what would become, especially for dad, a day of intense emotion.

Further skills competitions throughout the morning cut the competition from 80 youngsters to 30, 15 players from rep teams and 15 house players.

From these 30, the final 10, four skaters and one goaltender from each category qualified to advance to the final of the Challenge which involved hitting the ice with the Ottawa Senators in front of about 16,000 spectators.

"For me it was a roller coaster ride all morning," says Ernie, explaining there were a lot of talented players on the ice and decisions were based on mere seconds in the timed skills. A slight stumble would be all it would take to make the difference.

"All the skills, Marc did well. I knew he had a chance to be in the top four."

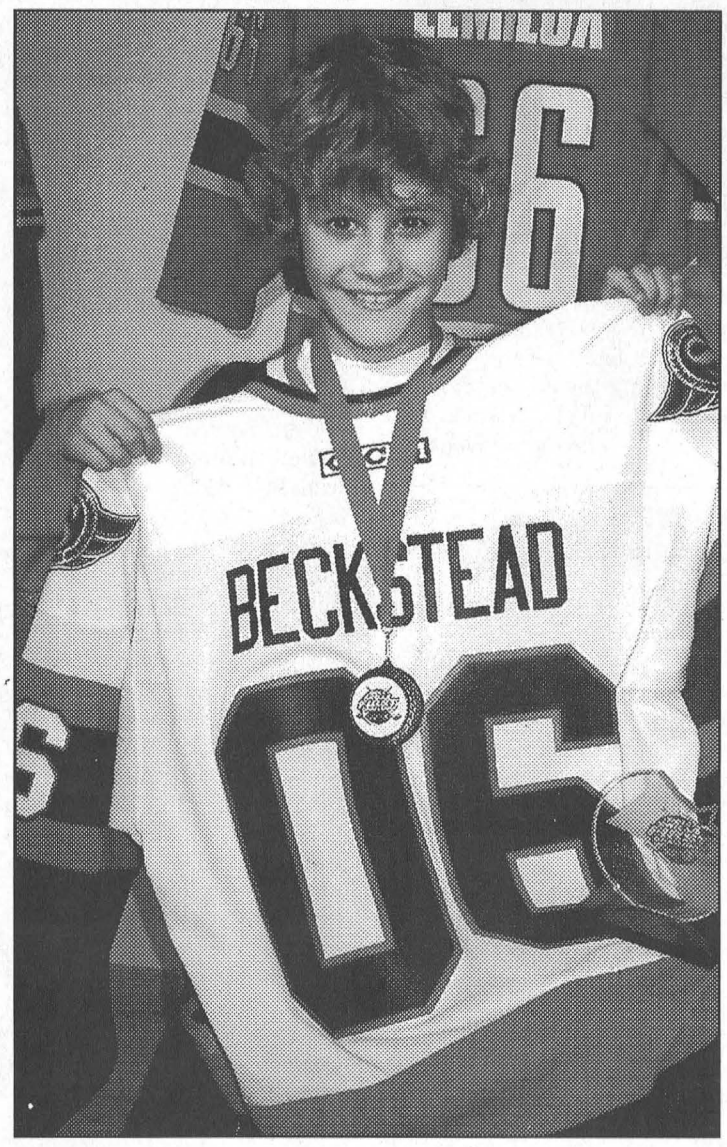
Marc says his best skill was the breakaway relay.

Ernie says it is hard to explain the emotion when he heard Marc's name called in third place.

Once the finalists were named, authentic Senators jerseys with their names were prepared and the youngsters were suited with sweaters and Sens' socks.

Marc was named to Wade Redden's White team which competed against Daniel Alfredsson's Whites in the Sens annual SuperSkills competition.

His Atom teammates included Paul Dejong of the Rideau St. Lawrence Kings, Tyler Turcotte of the Gananoque Islanders, Connor Shiver of the Arnprior Packers and Travis Babcock of the North Frontenac Leafs.



Marc Beckstead with his personalized Ottawa Senators sweater he wore during the Sens SuperSkills Challenge held at Scotiabank Place in Ottawa on Saturday. *McNairn Photo*

His Senator teammates included goaltender Ray Emery, Redden, Chris Phillips, Christoph Schubert, Andrej Meszaros, Dany Heatley, Jason Spezza, Antoine Vermette, Bryan Smolinski, Vaclav Varada and Patrick Eaves.

Marc's White team would defeat Alfredsson's Reds 14-13.

Following the skills competition and photos, the Atoms remained on the ice for a little game of shinny with the Senators. They later joined the Sens in their dressing room and were given the opportunity to have their Sens' hockey jerseys autographed by the players.

Marc, who began his minor hockey in Morrisburg is this season playing Major Atom AA hockey with the Rideau St. Lawrence Kings. He is 10 years old and in grade 5 at Morrisburg Public School.

Although he has previously played hockey in the Senators' Minor organization, and now had the opportunity to meet and play with the Sens, he remains a staunch Toronto Maple Leafs fan. Dany Heatley is his favourite Ottawa Senators' player.

Marc says that most of the time he wasn't nervous, "except I was nervous when I was shooting at the targets." He wasn't nervous when he was announced onto the ice for the final, but "I was nervous when we were singing O' Canada and I could see all the crowd."

Asked what the Senators were like he says, "They are just like average guys, but they have a gift like hockey."

"Spezza joked with me."

He was also able to appreciate how big and how fast they are. "Holy, God. Yes they are fast. Vermette was the fastest skater. And they were big. There's not that much five foot on the Ottawa team."

The players also spoke to the youngsters about their hockey. Marc was told by Heatley that he looks like a hockey player and that he has "soft hands".

According to Marc, Heatley also told the youngsters that if they want to be a good hockey player, "don't be cocky. That's what Heatley said."

There were a lot of nervous parents there says a very proud Ernie who is most appreciative of the Senators' organization and the Senators' players.

"They made it really special for the kids, and the players really interacted with them."

Jr. B Lions nab a three-point weekend

MORRISBURG – The Morrisburg Junior B Lions produced a three-point weekend running into a little difficulty against the fifth place Char-Lan Rebels here Friday night.

When the buzzer sounded, Friday night's game was deadlocked at 8-8 forcing the overtime during which Steve Jarvo, the St. Lawrence division's top scorer, drove home the winner past Lions' goaltender Andrew Pearson.

The Lions were obviously unable to shut Jarvo down, as it was his fifth goal of the game, and he now leads the scoring race with 95 points, followed by a pair of Lions, Dylan Graveley with 87 points and Cory Gove with 86.

Saturday night, the Lions were on the road to claim a 7-4 win over the Akwesasne Wolves, and the three point weekend gives them 49 points, tied with Kemptville and five points behind first place Alexandria.

Alexandria has one game in hand and Kemptville has two.

Rebels 9-Lions 8

Friday night's game was a high scoring affair that saw the lead go from one to the other, several times. In fact, it took the Rebels only 17 seconds into the game to put one past Lions' goaltender J.J. Gargour.

The Lions got it back and went up one on goals from Cory Gove and Peter Barnett, but their 2-1 advantage held for only a few minutes when the Rebels came back for another pair, scored just 21 seconds apart.

At this point, Gargour was replaced in net by Andrew Pearson and the Lions would eventually even the count with a short-handed goal from Dylan Graveley.

The Lions turned it on in the second period outscoring the Rebels 4-2. Three of the four Lions' goals were scored on the power play, while the Rebels scored both of their goals on power plays.

Cory Gove scored twice for the Lions and Travis Baldwin and Brandon MacDonald, a new addition to the Lions' lineup, added singles.

Once again, the third period would be the Lions undoing, as they enjoyed a 7-5 lead going in, but allowed the Rebels to come back and tie it 7-7.

Cory Gove's third goal at 17:25 of the third gave them an 8-7 advantage, but with just a little more than a minute to go the Rebels' Julian Moffat evened it to force the overtime.

Jarvo scored the overtime winner while the Rebels were shorthanded.

The Rebels sat out nine minor penalties, a five minute fighting major and a game misconduct. The Lions were assessed seven minor penalties, a double minor, a pair of five minute fighting majors, two game misconducts and a match penalty to Travis Baldwin.

Cory Gove led the Lions scoring with four goals, and Dylan Graveley had a four point night on one goal and three assists. Gravely is second in the St. Lawrence Division scoring and Gove is third. They have 87 and 86 points respectively.

Travis Baldwin, Brandon MacDonald and Peter Barnett all scored single goals. Brad Gager had a big night supplying four assists.

The St. Lawrence Division's leading scorer, Steve Jarvo, answered five times for the Rebels, Patrick Lemay struck twice and Julian Moffat and Chad Carter added singles.

Lions 7–Wolves 4

It was clear sailing for the Lions, Saturday night against the Akwesasne Wolves as they led 2-0 at the end of the first period, 5-3 after two and took the win 7-4.

Tyler Lafortune led the scoring with two goals and Justin Elliott, Dylan Graveley, Brad Gager, Cory Gove and Shawn Gilmer all added singles.

Scoring for the Wolves were Josh Newberg and Aron Herne with two goals each.

The Wolves sat out just two minor penalties while the Lions drew eight minor penalties and a misconduct to Dylan Graveley.

Coming up this weekend, the Lions travel to Kemptville Sunday, February 5 for a 2:15 p.m. game.

They have just six games remaining on their 45 game schedule as they head towards one of their best regular season finishes in a number of years.

Jr. B Standings

St. Lawrence Division

	GP	W	L	T	Pts
Alexandria	38	25	9	3	54
Kemptville	37	24	12	0	49
Morrisburg	39	23	13	2	49
Winchester	39	17	17	4	39
Char-Lan	39	15	19	2	35
Akwesasne	38	1	36	1	3

Rideau Division

	GP	W	L	T	Pts
Westport	36	30	5	0	61
Sth. Grenville	36	27	8	0	55
Brockville	36	17	16	2	37
Gananoque	36	12	19	2	29
Athens	35	7	25	2	17

Teams losing in overtime or shootout receive one point

Results

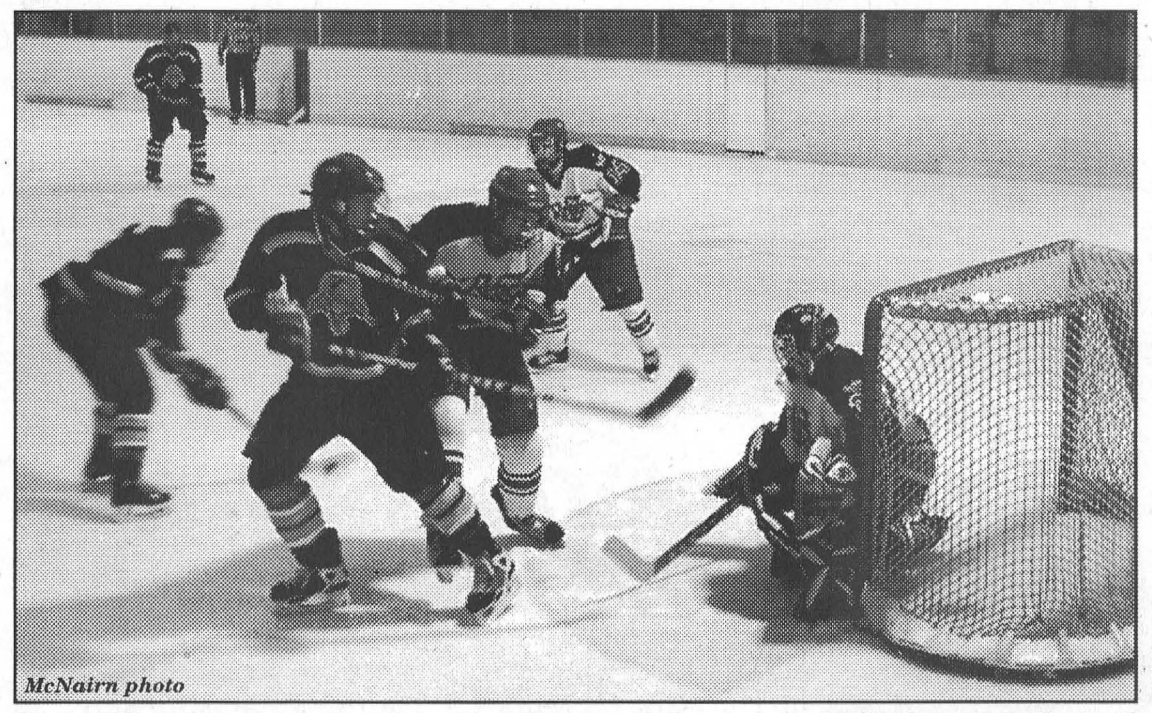
Friday, January 27–
Akwesasne 1 at Winchester 2
Gananoque 4 at Westport 13
Kemptville 4 at Alex 3. OT
Char-Lan 9 at Morrisburg 8. OT

Saturday, January 28–
Morrisburg 7 at Akwesasne 4
Westport 4 at St. Grenville 8
Alexandria 5 at Char-Lan 2

Sunday, January 29–
Winchester 6 at Kemptville 1
South Grenville 10 at Athens 3

Coming up:

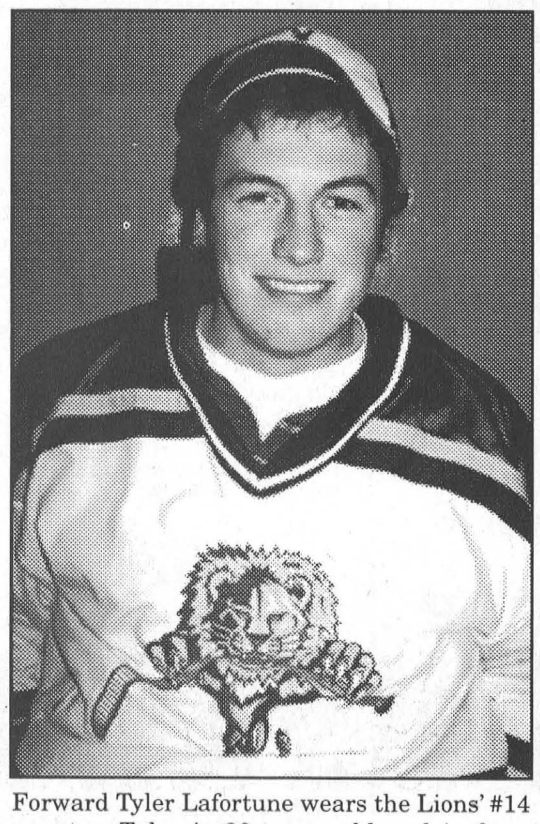
Sunday, February 5: Morrisburg at Kemptville 2:15 p.m.



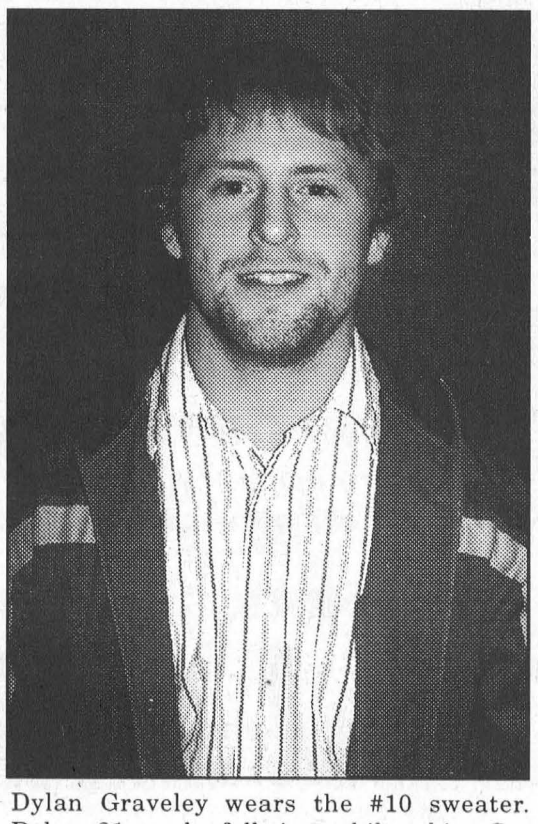
McNairn photo

Justin Elliott (front centre) tangles with a Char-Lan defenseman during Friday night's Junior B hockey game. As Elliott keeps the defenseman busy, Cory Gove, behind him (left) is about to take a shot. Gove catches the open side of the net for the goal which gave the Lions a 6-4 lead. The Lions were unable to hold on to their advantage against the very determined fifth place Rebels and the game ended tied 8-8 forcing overtime. The Rebels claimed two points thanks to the winning goal from Steve Jarvo, his fifth of the game, and the Lions had to settle for one point for the tie.

The Morrisburg Lions Den



Forward Tyler Lafortune wears the Lions' #14 sweater. Tyler is 20 years old and is from Morrisburg where he played his minor hockey. He attended local schools and is currently working in Morrisburg. Tyler is in his fourth season with the team.



Dylan Graveley wears the #10 sweater. Dylan, 21, works full time while taking fire fighting courses. He is from Monkland, Ontario and last year played for Akwesasne. Dylan played four years Jr. A Tier II hockey finishing with the Hawkesbury Hawks.



Morrisburg Claims Parnell Cup and is Ready to Defend

The Parnell Cup is played four times a year between Interclub curling teams from Prescott, Morrisburg, Cornwall and Lancaster. The Morrisburg team (pictured above left to right) of Sid Morell, Ray Benoit, Neil Williams and Jack Dikland were successful in claiming the cup on Friday with wins over teams from Prescott and Lancaster. The Morrisburg team will travel to Lancaster, February 15, to defend the Parnell Cup for the final game of the season. ***Photo contributed***

The Week In Curling

MORRISBURG - In Parnell Trophy competition for the senior men, Sid Morrell, Neil Williams, Don O'Brien and Raymond Benoit and the team of John Lyon, Gerry and Steve Thompson and Keith Brannan emerged victorious in their playoffs against Pete Zeran, Karl Duncan, Earl Jeacle, Dave Salsman and the other challengers, Jack Dikland, Wally McDonald, John Wilson and Al Gowanlock teams.

On Friday the vistors journeyed to Prescott to compete for the trophy. John Lyon's foursome overpowered a Lancaster quartet, while Sid Morrell, with Jack Dikland substituting for Don O'Brien, triumphed over Prescott.

In the second game, John Lyon lost 8-6 to the same Prescott team, the defending champions, while Sid Morrell won his second game, and had the trophy presented to him by Prescott.

Last Wednesday, Morrisburg played host to the annual Senior Mixed Invitational Bonspiel.

In addition to local entries, teams from Manotick, Richmond, Metcalfe, Russell, Cornwall, Winchester, and the Glengarry Curling Club participated.

The overall winners on the day were the Kippen foursome from Glengarry, with Peter Romme's Russell rink a close second. Wally McDonald's Morrisburg entry finished second in their division. His players included Sue McIntosh, Earl Jeacle and Sandra Beckstead. Sid Morrell, Kathy Norg, Raymond Benoit and Cheryl Thompson made it to the prize table, as did Doug Brannan, Alice Thompson, Walter Reid and Sandra Brannan, in her first curling match.

As always, the volunteers made the day possible and the club is grateful to them for their efforts.

MORRISBURG CURLING CLUB
LESSONS & LEAGUES FOR ALL AGES
NON-MEMBERS WELCOME

Thursday saw competition for the Hugh Hutchison trophy, commemorating Robbie Burns Day. This is a local senior men's bonspiel, involving all teams in the league.

This year we have twelve teams, and each foursome played two six-end games. John Lyon, Ted Herriman, Ron Brown and Gary Foss won both of their matches, and finished first, two points up on Don O'Brien, Raymond Benoit and Glenn Cougler, who also won both of their contests.

John Wilson, Len Bellamy, Don Hutt and Art Carkner tied with Wally McDonald, Arnold Centen, Eric Johnson and Doug Jarvis for third, with Sid Morrell, Steve Thompson, Reg Wild and Paul Dobry right behind. Bill Magee, Karl Duncan, Martin Schneckenburger and Walter Reid came in fifth.

This was the second year without haggis, but with poetry recitations, stories, and taped music, the Scottish flavour of the day was maintained. The senior men made a donation to the club that will pay for a 'back pack' pebble can, an improvement over the current type of pebbler.

Sid Morrell has volunteered to construct a stand for storage and filling for the new device.

On Saturday, the club was the scene of another fine rental bonspiel, and the charity event went off well, with help from a number of volunteers.

This coming Saturday, an Ontario Curling Association event, the Colts Playdowns, will be held at the club, and as always, spectators are welcome, and volunteers needed.

Later in the month, the OCA Senior Mixed Zone Playdowns will be held here, and we hope to have a local team competing in the event.

Valentine's Day at the Cooper Marsh

COOPER MARSH – The Cooper Marsh Conservators welcome you and your entire family to partake in their Valentines Day celebrations on Sunday February 12, from 11 a.m. to 4 p.m.

There will be a special art exhibition and crafts show and sale, with some of the proceeds from which will support the expanding operations of the Visitors' Center.

This is an ideal opportunity to spend some quality time with your entire family. Come indoors to indulge in a delectable array of teas and sweets by the cozy fire or venture outdoors to hike on our trails and enjoy some hot chocolate and roast marshmallows over an outdoor campfire.

There are prizes to be won and many more surprises. For those who need help to make it extra special, the gift shop has an array of great ideas.

For more information, please contact Dan at 932-2720 or Joanne at 347-3647.


Thank You!
I wish to thank all of my supporters and volunteers for helping in my campaign. I really enjoyed working with the volunteers and meeting the residents of Stormont, Dundas and South Glengarry!
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Snowarama breakfast, run this Saturday

RIVERSIDE HEIGHTS – The Dundas County Snowarama will kick off on Saturday, February 4, 2006, with a pancake breakfast and a snowmobile run. The proceeds from this event, now in its third year, go to the Easter Seal Society.

The Girls on Snow, who have organized and run this event since its beginning, raised $4,300 for Easter Seals last year. They hope to do even better this year.

In November, 2005, Jean MacDougall, who is a key organizer of Snowarama, was honoured at a special ceremony in Toronto. She received a distinguished service award from the Easter Seal Society, Ontario, on behalf of the Girls on Snow.

The Snowarama Pancake Breakfast, which will begin the day's fundraising events, takes place on Saturday, February 4, from 8 a.m. until 11 a.m. Adults are $5.00, while children 12 and under are $2.50. This year the breakfast will be held at the Riverside Heights Recreational Hall.

Attending the breakfast will be several of the children who benefit from the generosity of communities like Dundas County. A very special guest will be 10 year old Ross Ward, who faces the challenges of daily living with cerebral palsy. Ross is the Easter Seal child ambassador for the local Snowarama.

MacDougall, who can be reached for information at 543-3480, says that baskets for donations will be available during the pancake breakfast. Collections are also taking place in the community all this week.

Even if the weekend weather proves uncooperative for snowmobile activities on February 4, the Snowarama Pancake Breakfast for the Easter Seal Society is a definite go.

Looking for Seniors

CORNWALL – It is that time of year again!

The Ontario Senior Games, District 8, are looking for people 55 and over to take part in this year's Winter Games.

There is a large number of exciting events for participants to choose. Entrants can select from Alpine Skiing, Nordic Skiing, Badminton, Curling, Duplicate Bridge, Ice Skating, Ten Pin Bowling, and Volley Ball.

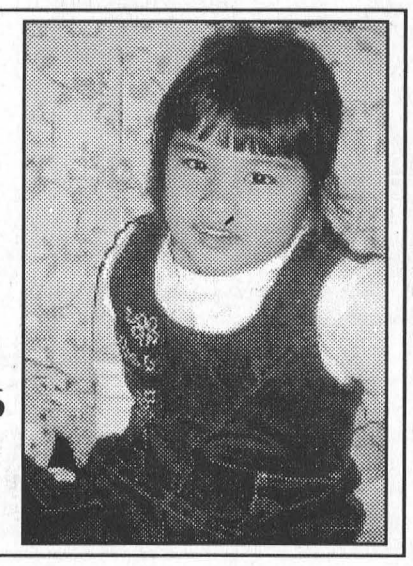
All people over 55 are welcome to come out and join the fun. It is not necessary to be an athlete, or an expert in any of the sports. Events are designed so that physically challenged participants can also enter.

The Prediction trials for Cross Country Skiing will take place on February 7 and 8 at Guindon Park. Should the weather not cooperate, the alternate days will be February 14 and 15.

The Gold Medal winners will be entered to compete in Winterfest 2007. For additional information about the Senior Games, contact Cathy Riviere at 938-6614, Stanley Fraser at 525-3777, or Secretary Barbara Fraser at 938-1841.

The Ontario Senior Games are a wonderful opportunity for members of the community to get out and enjoy the winter.

Happy 5th Birthday *Trina*
February 2, 2006
– Love Mommy, Daddy and Selena



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2005 Pontiac G6, 4 dr., beige, V6, fully equipped, includes remote start & driver control pkg., only 12,600 kms. **Sale Priced $19,795.**
2005 Malibu LS (3 to choose), maroon & silver, V6, auto., air, fully equipped, 19,000 to 24,000 kms. **Sale Priced from $15,995.**
2005 Grand Prix, (2 to choose), fully equipped, power seat, aluminum wheels, rear spoiler and more, 26,500–37,000 kms. **Sale Priced from $17,995.**
2005 Monte Carlo LS, (2 to choose) red & white, fully equipped, buckets, power sunroof, 25,000 – 29,000 kms. **Sale Priced from $16,995.**
2005 Sunfire SLX 4 dr. (3 to choose), fully equipped, 11,000 to 20,000 kms. **Sale Priced from $12,995.**
2005 Buick Allure CX, fully equipped, aluminum wheels, 17,500 kms. **Sale Priced $20,995.**
2005 Grand Am, 4 dr., (3 to choose) maroon, gray & silver, V6, auto., air, well equipped, 24,000 to 30,000 kms. **Sale Priced $13,995.**
2005 Malibu LS, gray, V6, auto., air, fully equipped, 16,700 kms. **Sale Priced from $14,495.** SOLD
2005 Impala (4 to choose) maroon, silver, blue & grey, fully equipped, 15,000 to 35,000 kms. **Sale Priced from $15,995.**
2005 Century, silver, well equipped, alum. wheels, ABS, CD & Cassette & more, 24,000 kms. **Sale Priced $17,495.**
2004 Grand Am SE, 4 dr., beige, V6, auto., air, well equipped, 52,000 kms. **Sale Priced $10,995.**
2004 Cavalier VLX, 4 dr., gray, 4 cyl., auto., air, cruise, power windows & door locks, keyless entry & more, 50,200 kms. **Sale Priced $9,995.** SOLD
2004 Bonneville GXP, diamond pearl, 4.6 V8 Northstar engine, fully equipped, leather seating, power sunroof & much more, 32,000 kms. **Sale Priced $28,995.**
2004 Bonneville SE, loaded, heated leather seats, power sunroof & much more, 35,000 kms. **Sale priced $18,995.**
2003 Alero, 4 dr., gray, 4 cyl., auto., air, power door locks, CD radio & more, 55, 500 kms. **Sale Priced $9,995.**
2003 Malibu, V6, auto., air, well equipped, 39,000 kms. **Sale Priced $9,995.**
2003 Alero GLS, 2 dr., black, fully equipped, V6, auto, air, leather interior, power sunroof, chrome wheels & more, 26,000 kms. **Sale Priced $13,295.**
2002 Grand Prix GT, 4 dr., black, fully equipped, power sunroof, heated leather bucket seats, chrome wheels & more, 109,900 kms. **Sale Priced $10,995.**
2002 Impala LS, black, fully equipped, buckets, heated leather seats, power sunroof & much more, 63,500 kms. **Sale Priced $14,995.**
2002 Impala LS, white, dual heated front bucket leather seats, fully equipped, 40,900 kms. **Sale Priced $14,995.**
2002 Intrigue GX, 4 dr., silver, power seat, well equipped, 108,000 kms. **Sale Priced $8,995.**
2002 Alero (2 to choose), green & gold, well equipped, 50,000 & 68,000 kms. **Sale Priced $9,995.**
2002 Grand Am, 4 dr., maroon, well equipped, remote start & more, 44,000 kms. **Sale Priced $9,995.**
2002 Cavalier VLX & Sunfire SLE (2 to choose) silver & gold, 4 cyl., auto., air, ABS, CD & more, 24,000 & 54,000 kms. **Sale Priced from $8,995.**
2002 Century Custom, beige, fully equipped, power seat, aluminum wheels & more, 58,000 kms. **Sale Priced $10,995.**
2001 Regal LS, maroon, 3.8 V6, fully equipped, cloth interior, 83,500 kms. **Sale Priced $9,995.**
2000 Impala LS, black, fully equipped, power sunroof, heated leather bucket seats, 84,700 kms. **Sale Priced $10,495.**

USED TRUCKS, VANS & SUVS

2005 Tahoe LS, pewter, fully equipped, leather interior, double air, remote start & more, 16,000 kms. **Sale Priced $33,900.**
2005 Yukon SLT 7 pass., 4x4, fully equipped, heated leather seats, front and rear air, 18,000 kms. **Sale Priced $35,995.**
2005 Avalanche LT Z71, white, fully equipped, heated leather seats, sunroof, rear TV/DVD, 27,000 kms. **Sale Priced $37,500.**
2005 Envoy SLE (Reg. & XL), 4 to choose, fully equipped, cloth, power seat, On-Star & much more, 19,000 - 22,000 kms. **Sale Priced from $27,995.**
2005 Venture Ext., (2 to choose) well equipped, 19,000 kms. **Sale Priced $18,495.**
2004 Chev Silverado LS Long Box 4x4, two-tone paint, V8, auto., air, power windows, door locks, tilt & cruise, bedliner, trailer hitch, Z71 Package & more, 41,500 kms. **Sale Priced $21,995.**
2004 Venture Ext silver, fully equipped, front & rear air, 25,000 kms. **Sale Priced $16,595.**
2003 Silverado LS Ext. 2x2, black, V8, auto., air, fully equipped, 52,600 kms. **Sale Priced $19,495.**
2003 Venture Van, 7 Pass., bronzemist, quad buckets, alum. wheels, well equipped, 104,000 kms. **Sale Priced $9,995.**
2003 Grand Caravan Sport, beige, quad buckets, fully equipped, 36,000 kms. **Sale Priced $14,495.**
2003 Avalanche LT, fully equipped, heated leather seats, power sunroof & much more, 60,000 kms. **Sale Priced $24,900.**
2003 Chevy Pickup, silver, 6 cyl., auto., air, cruise, chrome wheels, CD radio, custom interior & more, 71,000 kms. **Sale priced $13,995.**
2003 Silverado LS Ext., 4x4, maroon & pewter, 5.3 V8, buckets, fully equipped, 76,000 kms. **Sale Priced $23,495.** SOLD
2003 Silverado LS EXT., 4x4, Pewter, V8, auto, air, fully equipped, 70,700 kms. Balance of GMPP warranty up to 100,000 kms. or January 2009. **Sale Priced $23,495.**
2002 Venture LS Ext. bronzemist, quad bucket seats, front & rear air, fully equipped, 40,000 kms. **Sale Priced $12,995.**
2001 Olds Silhouette GLS, sandrift, fully equipped, heated leather seats, dual power rear doors & more, 77,700 kms. **Sale Priced $12,995.**
2000 Chev 3/4 Ton Pickup, white, 2 wheel drive, V8, auto., air, cruise, bedliner, hitch & more, 127,000 miles. **Sale Priced $5,800.*** *Safety Check Additional.

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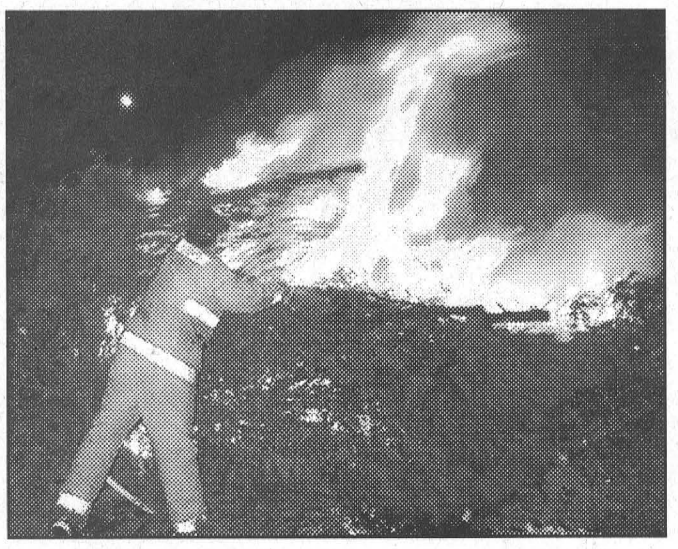
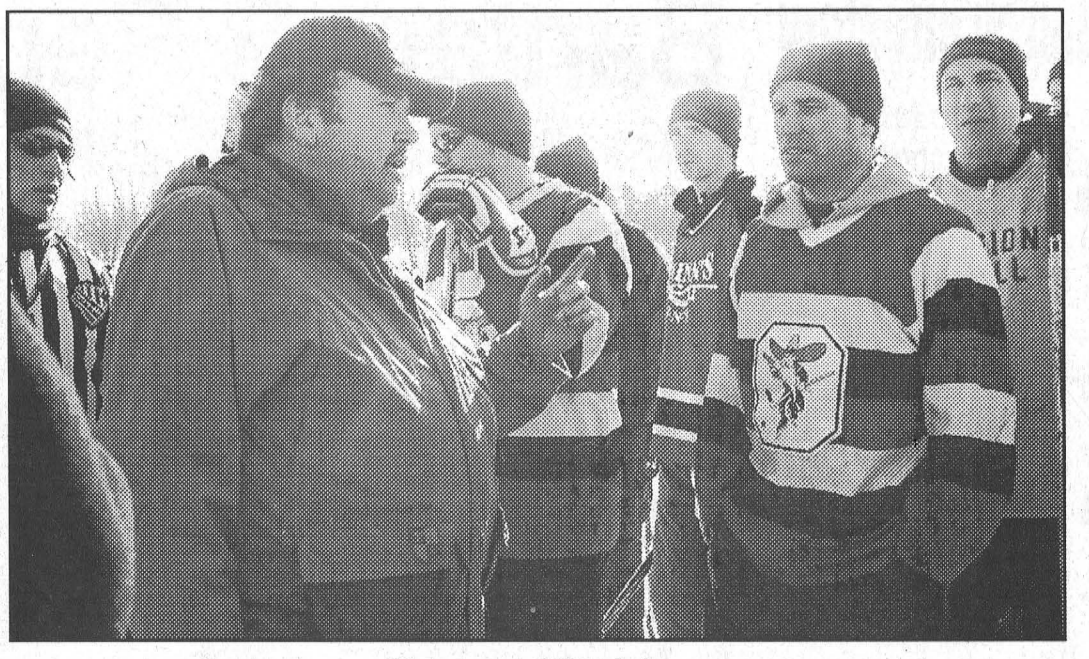
Roasting and Toasting at the Big Fire

Close to 100 people headed to the Morrisburg Beach, Saturday night, where brisk winds fanned the Christmas Tree burning flames into a huge bonfire. Everyone was treated to hot dogs and hot chocolate as they watched the flames consume the trees that adorned people's homes this past Christmas. Above, a few hot dogs get the trimmings, while below left, firefighter Mike Van Allen sets the first of the flames. Below, a little Christmas fuel is added to the flames.







Moment of Decision ***Gibb photo***

Tim Cryderman, Chairman of the Pond Hockey Tournament, calls representatives from all the registered teams to centre ice, to announce that the spring-like weather has made it necessary to cancel the remaining games of the second annual South Stormont Pond Hockey charity event last weekend.

Weather fouls out pond hockey

INGLESIDE - It was a delightful, spring-like January day Saturday the 28th. However those sunny skies and high temperatures meant only one thing to organizers of the second annual South Stormont Pond Hockey tournament: 6 outdoor rinks turned to slush.

By noon, Saturday, the time scheduled for the official face off, Chairman of the tournament, Tim Cryderman, and Kevin Amelotte, representative of the Township Recreational department, were forced to cancel the remaining games planned for the day.

"It was just not possible to play on the ice," said Cryderman. Despite the use of backhoes, small tractors and volunteers with shovels, the ice could not be kept clear and safe.

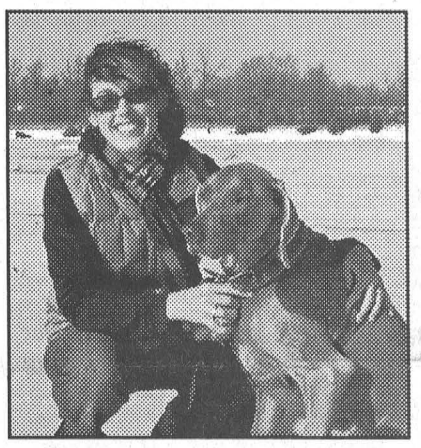
What made the disappointment even greater for organizers was the fact that 26 teams had registered to play this year, up from the numbers last year.

The Pond Hockey tournament is held to raise funds for area hospitals. Organizers were pleased that $2,400 was actually raised from the earlier games and a dance held on Friday evening.

The proceeds will be split between the Cornwall Community Hospital Foundation, and the Winchester District Memorial Hospital.

The Senators Alumni Team did take to the ice, in boots, for one exhibition game with the Char-Lan Rebels. Spectators enjoyed some fast moves, and some good natured splashing. Afterward, Senators Alumni team members like Jim Kyte signed autographs and jerseys for the fans.

At this point, the tournament has not been re-scheduled.



This four-footed fan enjoyed the Alumni vs Rebels boot hockey.



The Senators Alumni team and the Char-Lan Rebels scramble for the puck around the net.

Bantam B House Lions shutout visiting Braves

MORRISBURG – The Brockville Braves were in town Saturday afternoon to face the South Dundas Bantam B House Lions, for the fourth time this season. The Braves won two of the three previous matches, but the Lions would even up the season-long record with a 3-0 win.

The Lions came out of the gate strong, dominating play with many scoring opportunities, however, Thomas Corden was the first to capitalize.

Corden picked up his own rebound to put the only goal of the period past the Braves goal tender.

The first of two goals scored in the second period was scored by Jordan McCaslin, who scored unassisted on a wraparound shot. The Lions were shorthanded at the time of the goal.

The second goal of the second period, and the final goal of the game, was scored by Coady Findlay. Picking up the puck following a point shot by Zachary Dowson, Findlay finished the play by putting the puck in the wide open net.

The third period, had no scoring, but was instead a penalty-filled affair. A total of 27 penalties were handed out throughout the game.

Tyler Gallinger was in the net for the Lions shutout.

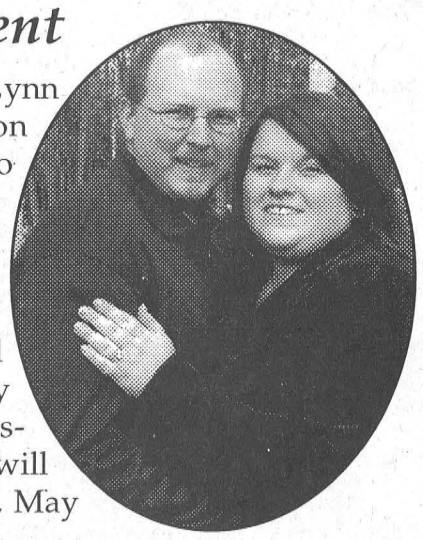
The Lions have five regular season games left before the playoffs start, February 20.

Their only home game will be played Saturday, February 11, at 1 p.m., when they will face off against the first place South Grenville Rangers.

The coaching staff consists of Mitch Hutt, John Hanson, Lyle Schell, and trainer Bert Marcellus.

The Bantam B House Lions are Kyle Gallinger, Stephen Gellner, Robert Zandbergen, Thomas Corden, Matt Hanson, Joe Streit, Derek Hutt, Thomas Barkley, Jordan McCaslin, Eric Heldens, Coady Findlay, Nick Hogan, Skylar McManus, Kyle Saunders, Zachary Dowson, Kris Quirouette, Nick Tupper, Austin Marcellus, and Tyler Gallinger.

Engagement

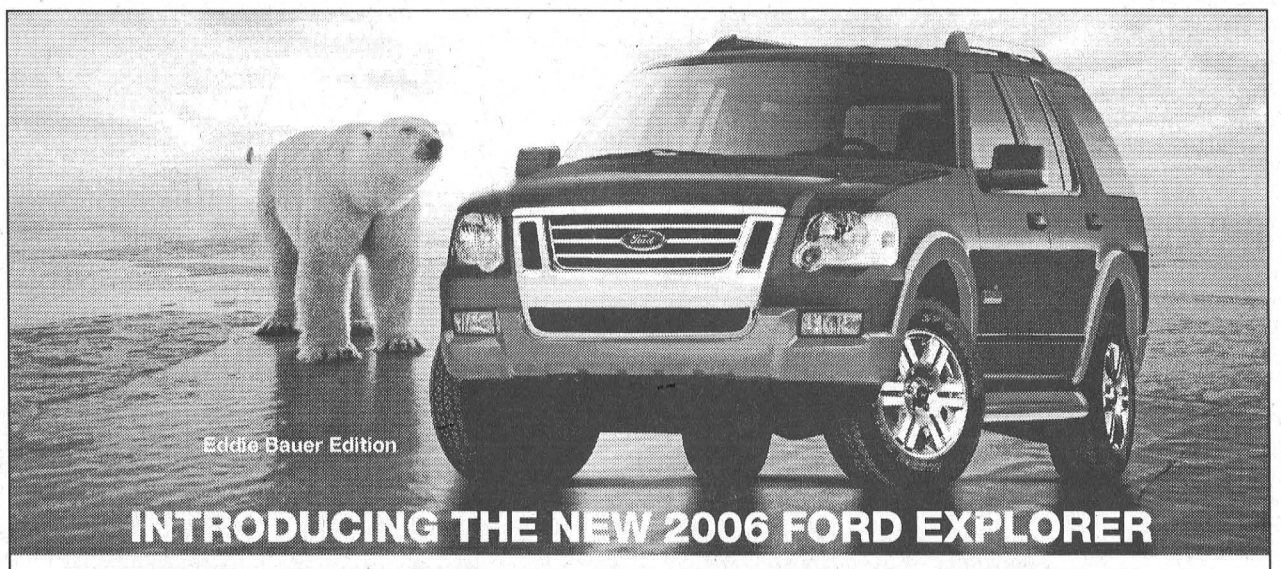


Roger and Lynn Gilmour of Brinston are delighted to announce the engagement of their daughter, Janice, to Adam Froats, son of Faye Stewart and Rick and Cindy Froats, all of Morrisburg. The wedding will take place Saturday, May 20, 2006.

Marriage



Terry & Judy Laurin and Jim & Jane Baker wish to announce the marriage of their daughter Cindy Laurin to Chad Woolsey, son of Robert Woolsey (late) & Nancy Nourry and Claire Woolsey & Bill Welch. The wedding took place January 8th, 2006 at The Courtyard Restaurant in Ottawa. The happy couple spent their honeymoon in Mexico and now reside in Metcalfe.



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Church Directory

Roman Catholic Churches
Rev. Father R.J. Chisholm
Phone: 543-2544
St. Mary's, Morrisburg
Saturdays - 7:30 p.m.
Sundays - 11:00 a.m.
St. Cecilia's, Iroquois
Sunday - 9:00 a.m.
Confessions before weekend masses

South Dundas Evangelical Lutheran Parish
Sunday, February 5, 2006
ST. PAUL'S, Morrisburg
9:15 a.m. – Service of Holy Communion
ST. PETER'S, Williamsburg
11:15 a.m. – Service of Holy Communion
The Rev. Norine Gullons
Office: 543-3154

Williamsburg United Church
Organists – Susan Barkley, Lynn Gilmour, Joanne Walsh
Minister
Rev. Isabel Black
Sunday, February 5, 2006
10:30 a.m. – You are welcome to worship with us. Pot Luck Lunch follows service
1:00 p.m. – Annual General Meeting
All members are encouraged to come and take part
Sunday School, Nursery Available

The United Church of Canada
LAKESHORE DRIVE UNITED CHURCH
Morrisburg, Ontario
Rev. Jean Udall, Minister
Office Telephone 543-3079
Organist & Choir Director
Lorna Casselman
Sunday, February 5, 2006
10:30 a.m. – Worship Service
Nursery
Children's Chatter & Sunday School

Christian Reformed Church
Williamsburg, Ontario
Minister
Rev. John Noordhof
Office: 535-1882 Church: 535-2227
Sunday, February 5, 2006
9:30 A.M.
Elder Abe Douma
7:30 P.M.
Guest Minister - Rev. Darren May
Sunday School for children ages 3-9
Child care during morning service
PLEASE BE OUR GUEST THIS WEEK

The Presbyterian Church in Canada
KNOX PRESBYTERIAN CHURCH
Morrisburg, Ontario
Minister: Rev. Darren May
Church 543-2005 Home 543-0142
Organist: Gary Postma
Sunday, February 5, 2006
11:00 a.m. - Morning Worship
11:00 a.m. - Sunday School
Everyone welcome!
Nursery available

Morrisburg Pentecostal Tabernacle
Pastor: Rev. Duncan Perry
Office 543-2681
Sunday, February 5, 2006
10:30 a.m. - Family Worship & Children's Bible Hour
6:00 p.m. - Evening Worship Service
Tuesday –7:00 p.m.
Bible Study & Prayer
Friday – 7:00 p.m.
Youth Service
Come and see what Jesus can do for you!!

Evangelical Lutheran Churches
Sunday, February 5, 2006
ST. LUKE'S, Dunbar
9:15 a.m. – Holy Communion
ST. JOHN'S, Riverside Heights
11:15 a.m. – Worship
The Rev. Jo Barkley-Probst
448-3812
PEACE BE WITH YOU.

The Anglican Parish of Morrisburg-Iroquois-Riverside Heights
invites you to worship with us this Sunday
St. James, 20 High St., Morrisburg
St. John the Baptist, Lakeview Dr., Iroquois
Holy Trinity, Riverside Heights
Rev. Craig Bowers
543-3904
Sunday, February 5, 2006
8:00 a.m. – St. James'
9:15 a.m. – St. James'
11:00 a.m. – St. John's
1st & 3rd Sunday of the Month
11:00 a.m. – Holy Trinity

Living Word Ministries
(A Bible-believing Christian Church)
Worship Services & Children's Church Sundays at 10:00 a.m.
Discipleship and Prayer Thursdays at 7:00 p.m.
at Morrisburg Meeting Centre
Cty. Rd. 2, Morrisburg
Pastor Rev. Larry Cromie
(613) 340-6252

Bantam B Reps regroup for a return

MORRISBURG – After a loss to Alexandria the South Dundas Bantam B Rep Lions returned to their winning ways with decisive wins over South Stormont and Cornwall.

January 23, the Lions hosted the Alexandria Glens and suffered a close 3-2 loss.

The Lions opened the scoring in the first period on a goal by Michel Thurler, assisted by Nick McCaslin and Connor Hodgson. The Lions held a 1-0 lead at the end of the first period.

Alexandria tied the game, 1-1, in the second.

The Lions could only manage one more goal in the final period. It was scored by David Toonders, and Scott Summers assisted.

Alexandria scored two goals in the third period for the win.

Lucas Stewart was in the net for the Lions in the close loss.

January 25, the Lions traveled to Long Sault to face the South Stormont Selects where they skated to a 7-1 win.

The Lions took the lead in the first period on a goal from Drew Hutt. Michel Thurler and Conner Hodgson assisted. They held a 1-0 lead at the end of the first and a 2-0 lead at the end of the second. The Lions second goal was also scored by Drew Hutt. Michel Thurler again assisted.

In the third period, the offensive flood gates opened. Scoring for the Lions were Nick McCaslin, assisted by David Toonders and Drew Morrow, Nick Thomas assisted by Daniel Stevens and Patrick Chesbro, Drew Morrow assisted by Nick McCaslin and David Toonders, Connor Hodgson assisted by Drew Hutt, and Daniel Stevens assisted by Nick Thomas and Matt McNairn.

Lions goal tender Luc Stewart's shutout bid was foiled with 24 seconds left but, took the win 7-1.

January 28, the Lions traveled to Cornwall to face the Royals where they skated to a 10-1 win.

After the first period the Lions had a 3-0 lead on goals scored by David Toonders, with Nick McCaslin assisting, Drew Hutt with Connor Hodgson assisting, and Daniel Stevens unassisted.

In the second period, the Lions took a 5-1 lead on goals by Drew Hutt and Drew Morrow, both unassisted.

The Lions scored five more times in the third. Scoring were Patrick Chesbro from Matt McNairn, Drew Morrow unassisted and Nick McCaslin assisted by Drew Morrow. The final two goal scorers were not recorded.

Luc Stewart was in the net for the Lions win.

Novice B Lions move into first

MORRISBURG – Another win for the Novice B Lions moves them into first place.

Sunday evening the South Dundas Novice B Lions faced off, on home ice, against the South Grenville Rangers, and scored a 5-1 win.

The Rangers were quick on the draw, and took an early 1-0 lead over the Lions, on a screened shot that got by Lions net minder Cody Smail. However, that would be the only goal that the Rangers would score for the rest of the game.

Lion Ben Michels had an impressive effort, keeping the puck in the Rangers end and creating many scoring opportunities, but the Lions would not get on the scoreboard until the very end of the first period.

With only a couple of minutes remaining in the first, Lions defenceman Cole Fowler scored his first goal of the season to tie the game 1-1, heading into the second period.

A hat trick by Shane Woolsey in the second period gave the Lions a 4-1 lead. Assisting on Woolsey's first goal was AJ Jarvis and Quinn Bennis. Woolsey's second and third goals were both scored unassisted and shorthanded.

The Lions final goal of the game was scored in the third period, unassisted, by Nash Nesbitt.

Josh Black and Drew DeDekker were credited with a solid game on the blue line for the Lions, and Cole Beckstead and Trevor Nicolaassen were mentioned for their great hustle throughout the game.

The Lions now have 19 points, and are sitting in first place in the division, with a record of nine wins, four losses and one tie. Coaching the team are Randy "Tug" Mullin, Jamie Smith and Jim Bennis. Trainers are Jeff Fowler and Larry Heldens.

Midget C Lions win local tournament

CARDINAL–The South Dundas Midget C Lions posted a 2-1 win over Char-Lan, to collect the B championship of a South Grenville tournament played Saturday, January 21.

Evan Harper opened the scoring for the Lions midway into the first period, with help from Brett Avery. The advantage held until late in the second period when Char-Lan's Cody Gallant beat Lions' goaltender Andrew Tupper to tie the game 1-1.

Avery pushed the Lions ahead 2-1, with help from Curtis Cory with 9:38 left in the third period, and the score held for the championship win.

The Lions were knocked to the B side of the tournament when they lost their opening game to South Grenville #1.

They trailed South Grenville 1-0 after the first period, and 2-0 early in the second. Late in the second period they put it together for two goals, one each from Jeremy Duimzo (unassisted) and Avery (assisted by Randy Whitford and Duimzo) to even the playing field as they headed into the third.

Fans sat on the edges of their seats as the third period remained scoreless until Connor Cleary put one home, with just 1:36 remaining to be played, for the 3-2 South Grenville win.

In game two, the Lions met Nepean and again it was a close one as they worked their way to a 5-3 victory.

The Lions were first on the scoreboard with a Jeremy Duimzo goal late in the first period, but that advantage was scratched by a Nepean tally with 3:42 showing on the clock.

The Lions took charge early in the second period on unassisted goals from Liam Mills and Curtis Cory for a 3-1 lead, but Nepean got one back before the frame ended.

The Lions again stretched their lead to two goals (4-2) in the third period on another Cory counter.

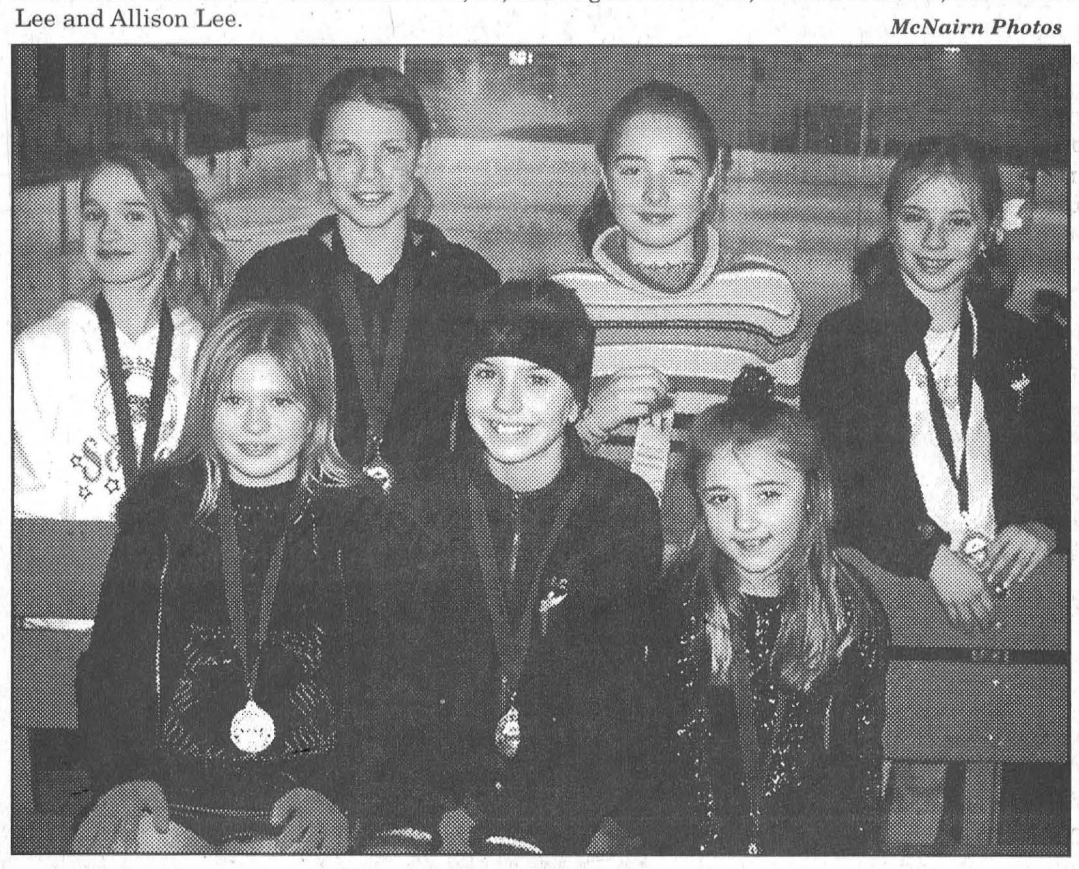
Nepean got one back with 2:15 left on the clock and Randy Whitford, unassisted, ended it all, giving the Lions a 5-3 win.



Skaters Do Well at Prescott Invitational

Members of the Morrisburg and District Figure Skating Club who claimed medals at the Prescott Invitational on the weekend included, above front l-r, Brenna German, Meghan Adams, Janice Stevens and Kelsey Baxter. Back, l-r, are Amy Veltkamp, Kelsey Hall, Hayley Mills and Jessica Thompson. In the photo below, front l-r are Jessica Bass, Kristen MacMillan and Emilie Lamarche. Back, l-r, are Logan Patterson, Gillian Beatson, Katherine Lee and Allison Lee.

McNairn Photos



Prescott Invitational Results

Prepreliminary Skaters: Logan Patterson–1st Compulsory Moves, 2nd Ladies Free; Gillian Beatson–2nd Free; Jessica Bass–3rd Free.
Beginners: Emilie Lamarche–2nd Free.
Introductory: Allison Lee–3rd Free; Kristen McMillan–3rd Free, Jessica Thompson–3rd Interpretive.
Preliminary: Janice Stevens–1st Free.
Junior Bronze: Amy Veltkamp–1st Free; Hayley Mills–1st Compulsory Moves, 3rd Ladies Free; Kelsey Hall–2nd Free.
Novice/Prenovice: Meghan Adams–1st Prenovice Ladies long, 2nd Novice Ladies Short.
Juvenile Ladies: Jessica Thompson–2nd Free.
Pairs Results: Brenna German & Janice Stevens–2nd Preliminary Similar Pairs; Kelsey Hall & Hayley Mills–3rd Junior Bronze Similar Pairs.

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Seeking teams for "Bowl for Millions"

CORNWALL–The Big Brothers and Big Sisters of Cornwall and District is seeking more teams for this year's Bowl for Millions.

Bowl for Millions/Bowl for Kids Sake is the agency's major fundraising activity. It is largely through the success of this one event that determines the number of children Big Brothers Big Sisters can provide a service to in 2006.

BB/BS currently has 93 youth from Cornwall and SDG counties who are waiting for a Big Brother or a Big Sister.

How important are Big Brothers and Big Sisters? In the words of a 'Little Sister", "I really love my Big Sister. She is just what I always wanted in a friend that I could call my own. She means the world to me. I want to say "thank you" for giving me such a wonderful Big Sister."

Funds raised in this year's Bowl for Millions will be used to recruit, screen, train and match caring responsible adult volunteers with children from lone parent families in Cornwall and SD&G and to follow up on the existing matches.

The 2005 Bowl for Millions will take place on Saturday, February 4 in Cornwall at Olympia Bowl and Nativity Lanes, on Sunday, February 12 at the Alexandria Lanes in Alexandria and the Chesterville Bowling Lanes in Chesterville.

Team entry forms and sponsor sheets can be obtained now by contacting the local Big Brothers/Big sisters office at 933-8035 or by dropping by the office at 101 Third St. West, Cornwall. Team entry forms and sponsor sheets are also available at the Bowling Lanes in Chesterville and Alexandria.

Snowmobile safety patrol

SD&G – Police are informing the public this week of the Snowmobile Trail Officer Patrol, which is designed to assist in keeping snowmobiling safe.

The Snowmobile Trail Officer Patrol (S.T.O.P.) is a program supported by the Ontario Provincial Police, the Ontario Federation of Snowmobile Clubs and municipal police. Volunteers from local clubs are trained by police to assist in the education of other snowmobilers in relation to safety issues and to encourage compliance with the laws pertaining to their sport.

S.T.O.P. officers have the same powers as a police officer under the Motorized Snow Vehicle Act which gives them the authority to stop drivers and check to ensure they are carrying the necessary documentation, assist in sobriety spot checks and issue tickets when they find infractions under the Act.

In Ontario there are over 47,000 kilometers of trails, which are utilized by more than 200,000 snowmobilers. The number of snowmobile fatalities in Ontario is alarmingly high. In the past statistics have shown that alcohol is involved in approximately 70% of the accidents involving the snowmobile. The risk of injury to riders and passengers in collisions is ever present, due in part to the limited safety equipment available, and the addition of alcohol and/or speed as a contributing factor to the collision only escalates this risk.

This year, slow down, enjoy the ride, and make 2006 a safe season on the trails.

Reported by police

• Vandalism in Morrisburg •

MORRISBURG – Between January 19 and 21, five reports of vandalism, in Morrisburg alone, were reported to the SD&G OPP.

January 19, the doors of the laundromat, located along Fifth Street were damaged.

In addition to the damage to the doors, police say that there was an attempt to set a fire at the business.

January 20, two vehicles in separate locations were targeted by vandals. One of the vehicles was parked at the Morrisburg arena while it was damaged. The windows were smashed in the second vehicle, which was parked at MacEwen's Gas Bar.

The next day, January 21, windows in two vehicles parked at Strader Motors were damaged.

Also that day, a window was smashed in the tailgate unit of a vehicle parked at Tim Hortons.

Anyone with information in relation to these, or any other crimes, is asked to call the OPP (1-888-310-1122).

• Stolen Snowmobile •

HANESVILLE – Sometime between January 16 and 20, a 1998 Bombardier 670 MXZ Skidoo was stolen from a property along Cook Road. The investigation into the matter by Cost. M. Evans started January 20.

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Guy Lauzon

Happy 90th Birthday
Mother
February 1, 2006
– Love David, John, Bill and Betty and families


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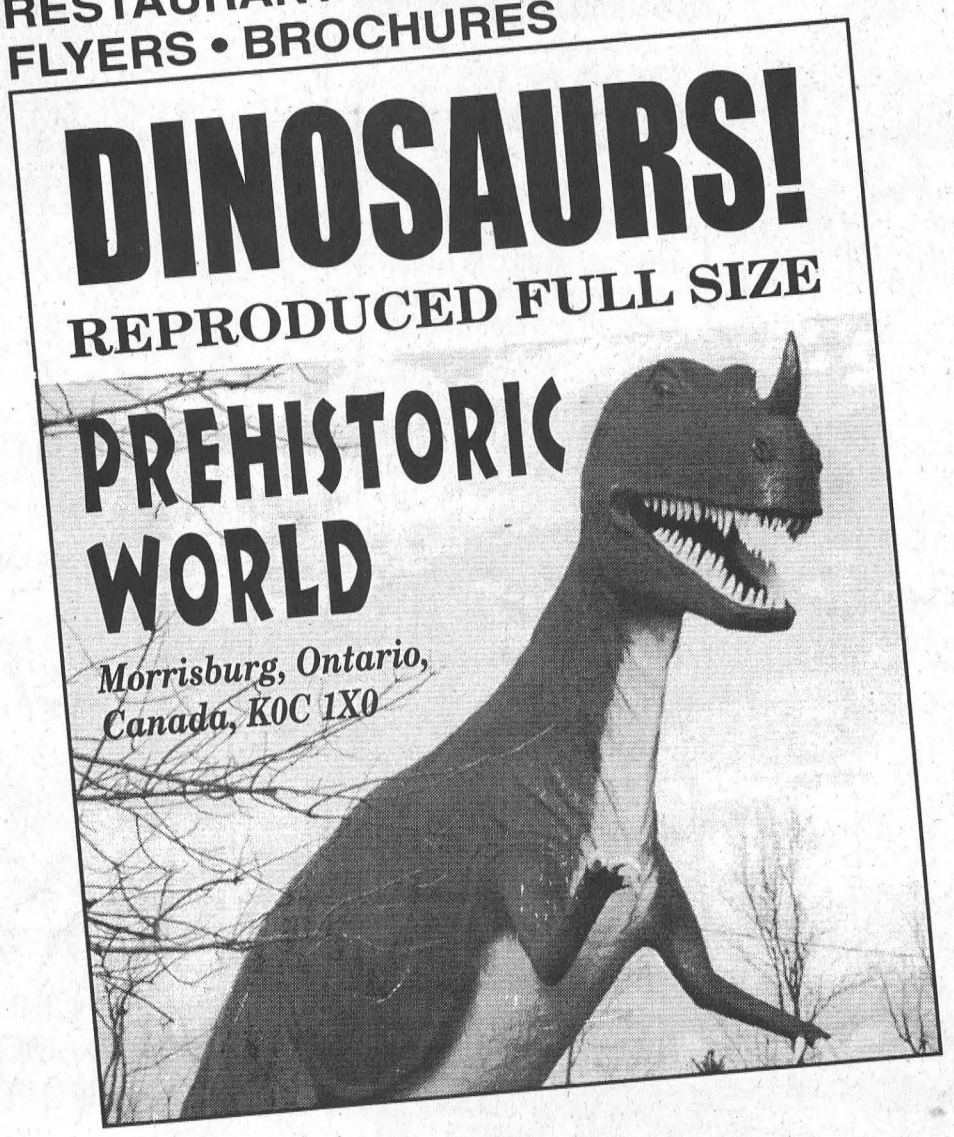

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COMING EVENTS

YOGA
Tuesdays, 7–8:30 p.m., Feb. 7–Apr. 11; Wednesdays, 10–11:30 a.m., Feb. 8–Apr. 12 - except for March Break. Allan Hall, Morrisburg. $80, 9 weeks. Instructor: Marni Marriott, 543-4075. 4-5p

VALENTINE'S DANCE
Tri–County Country Music Association, Sat., Feb. 4, 8 p.m., Morewood Rec. Centre. $5 at door. 5c

A SPECIAL INVITE TO ALL!
65th birthday bash to be held at Prescott Legion, 7 p.m., Sat., Feb. 4 for Don Lanktree. Music and light lunch provided. Everyone welcome. Best wishes only. 5p

SEAWAY VALLEY PHARMACY FREE HEALTH SCREENING CLINIC
For blood pressure, glucose and cholesterol, Fri., Feb. 3, 9 a.m.–1 p.m., by registered nurse. Enjoy a specialty tea and dietetic snacks. Appointment preferred, walk-ins welcome. 4-5c

SWEETHEART DANCE
Sat., Feb. 18, Iroquois Legion., 8 p.m.– 12 a.m. Featuring: The Cowboy Way, live country music band. $5 person. Light lunch. Everyone welcome. 4-7c

HEART & STROKE FOUNDATION INTERNATIONAL DANCE EXPO
Participate and learn five dance styles. A fun way to improve heart health. Sun., Feb. 5, 1:30 p.m., Morrisburg Legion. Claudette, 543-3684, for ticket information. 4-5c

MORRISBURG BR. 48 LEGION
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Sunday, February 5th
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Sunday, February 12th
1:30 p.m. – OPEN CRIBBAGE
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BINGO
Monday night bingo every week at Riverside Heights. Doors open at 6:15. Bingo starts at 7:30. Everyone welcome, 18 and over.

BINGO
Morrisburg Legion Branch 48 Ladies Auxiliary Bingo Thursdays, 7:30 p.m., Legion Hall. Everyone welcome, 18 and over.

COMING EVENTS

ALCOHOLICS ANONYMOUS
If you want to drink that's your business. If you want to stop, that's ours. Call AA, 543-3484. Meeting every Thursday, 8 p.m., Lakeshore United Church. 40tfc

BIRTHS

IT'S A BOY
ROBINSON–Doug, Jill and big brother Dougie are pleased to announce the safe arrival of Robert James Graham Robinson "Bobby", 8 lbs. 6 ozs. born at Winchester Hospital on January 20, 2006. Proud grandparents are Richard and Jane Hess of Williamsburg, Dr. Bruce Robinson of Ottawa and Dorothy Robinson of Gloucester. Proud great-grandparents are Graham Hess of Williamsburg and Isabell MacKenzie of Morrisburg. 5p

IN MEMORIAM

TINDAL–In loving memory of a dear husband, father, father-in-law and grandfather, Adrian, who left us February 1, 2005.
–Will always be remembered, loved and missed, his family 5p

JOYCE BARCLAY
In our hearts your memory lingers,
Always tender, fond and true;
There's not a day, dear grandmother,
We do not think of you.
–Sadly missed and forever in our hearts, love, Leslie, Randy, Sam and Jen, Dan, Ben, Amy, Wayne, Madison, Abby, Matt 5p

CARD OF THANKS

WYLIE–The family of the late Ray Wylie would like to express thanks to everyone who helped us through this difficult time, through memorial donations, cards and floral arrangements. Your kind words, support and thoughtfulness were greatly appreciated. Special thanks to Jack Coulter and Maddy MacDonald for all their care, kindness and support during my father's illness and death. Also special thanks to Della, Laurie and Lorne Strader for their kind words of remembrance at the service; to Rev. Yvonne Willis for a beautiful service; to David Lapier at the Marsden McLaughlin Funeral Home for guidance; to the Rebekahs for a great luncheon after the funeral service; and finally to the pallbearers Bradley Wylie, John Bailey, Charles Bailey, Ralph Jollota, Jack Coulter and Urcyle Wickwire. Your kindness will always be remembered.
–Dennis Wylie and family 5p

ROBINSON–Bobby and I would like to extend our sincere thanks to Dr. Marilyn Crabtree and the staff of the maternity ward at Winchester District Memorial Hospital for the excellent care we received during our brief stay. Your kindness and consideration was very much appreciated.
–Jill and Bobby Robinson 5p

BECKSTED–Many thanks to my family and friends for the cards, gifts and phone calls received following surgery at the Brockville General Hospital and since my return home. A special thanks to Rev. Craig and Mary Catherine Bowers for taking time from their busy schedules to visit me at the hospital. Donna and I greatly appreciate the kindness and love received from all of you at this time.
–Glenn E. Beckstead 5p

UITVLUGT-LUIMES–We, the family of the late Krijna Uitvlugt-Luimes would like to express our sincere and heartfelt gratitude to everyone who helped comfort us through memorial donations, cards and floral arrangements. Special thanks to David Lapier for his professional services, to Rev. John H. Noordhof for conducting the service for Mom and the ladies of the Williamsburg Christian Reformed Church for the lovely lunch following the funeral. In addition, we would like to thank Dr. Thomas and the staff at the Winchester Hospital for the excellent care they provided to our mother.
–The family of Krijna Uitvlugt-Luimes 5c

STRADER–I wish to thank everyone for their gifts, cards, telephone calls and attendance at my 80th birthday on January 14, at the Stampville Centre. Also to our M.P. Mr. Guy Lauzon, our Mayor Mr. Lyle VanAllen for their certificates. Last, but not least, my family and my special friend Doris Stewart for their work in making this day one that I will always remember.
–God bless you all, Lorne Strader 5p

CARD OF THANKS

SCOTT–Many thanks to all my family, friends and neighbours for gifts, cards and fruit baskets while I was in the hospital and since coming home.
–Thank you, Phyllis Scott 1p

SERVICES

KARL'S MOVING SERVICE
Phone 652-2526, cell 802-2544. Call for bookings to move children home from school or other moves. 3tfc

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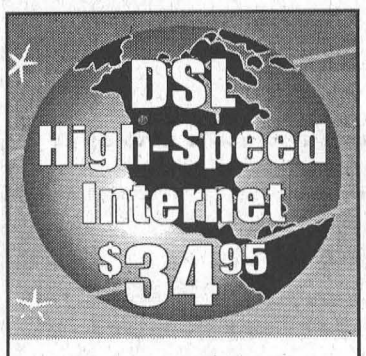

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FOR RENT–2 bedroom, Riverside Heights, $655 includes utilities; also 1 bedroom, Ingleside, $430 includes utilities. First, last and references required. No Sunday calls. 543-3604. 51tfc

FOR RENT–Dixon's Corners, 2 bedroom upstairs apartment. $600 month, heat and hydro included. 652-2091 after 6 p.m. 5p

FOR RENT–Mariatown, 2 bedroom house. $750 heat and hydro included. Available March 1. No pets. 652-4605. 5-6p

FOR RENT–1 bedroom apartment and 1 bachelor apartment, available immediately. Electric heat, air conditioning and parking included. Each $550 month; first month's rent free. J&S Convenience, Williamsburg, 535-2199. 5tfc

NOTICE

NOTICE TO CREDITORS AND OTHERS
ALL persons having claims against the Estate of Calvin Wilfred Zeron, late of 12078 Lakeshore Drive, Morrisburg, Ontario K0C 1X0, who died on December 1, 2005, are hereby notified to send particulars of the same to the undersigned on or before the 2nd day of March, 2006, after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice and the undersigned will not be liable to any person whose claims he shall not then have notice.
DATED this 1st day of February, 2006.
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Solicitors for the Estate Trustee

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NEW FOR 2006 – New Clubhouse in April, New 18th Hole and 2 New Tee Decks (#10 & #15) in June, Junior League to run from mid-May to August and South Dundas resident Customer Appreciation Days

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Obituaries

Krijna Uitvlugt (Luimes)



Following a brief illness, longtime resident of the area, Krijna Uitvlugt (Luimes) passed away January 24, at Winchester Hospital. She was 84.

Born October 30, 1941, in The Netherlands, Krijna was the daughter of Bart and Maria VanOudenaarden (nee VandenBandt).

Krijna was born and raised in the Netherlands. She immigrated to Canada in July of 1949 and initially landed in Quebec before travelling to Edson, Alberta.

In 1950 she moved to Wallaceburg, and then to Duart, Ontario. In 1963, she moved to the dairy farm near Brinston, where she and her family farmed for a number of years before selling and moving to Rodney, where she resided until 1993, when she moved to the Park Drive Villa in Williamsburg.

After the death of her second husband in 1997, Krijna moved to Clinton where she resided until 2002, when she moved to Morris Glen Court in Morrisburg.

Krijna was primarily a homemaker, but she did have other jobs including being a labourer at Caldwell Linen Mills, working in a cannery in Ridgetown, and cleaning houses.

She was a member of the Williamsburg Christian Reformed Church.

Krijna was dear mother to Jantiena Lina of Hanover, Lambert Uitvlugt of Stoney Creek, Thomas (Noella) Uitvlugt of Formosa, Harm (Ruth) Uitvlugt of Port McNicoll, Aafke (Robin) Botting of Winona, Bartje "Betty" (Fred) Wolfe of Mallorytown, Grietje (Ken) Hawkins of Teeswater, Mary (Stephen) Rix of Oshawa, Harmina "Minnie" (Rick) Vaughan of Morrisburg, Bart (Diane) Uitvlugt of Dutton, William (Karen) Uitvlugt of Rodney, Krijna "Thea" (Douglas) Bourque of Ottawa and Albert (June) Uitvlugt of Tillsonburg. She was mother-in-law to Nellie Uitvlugt of Ridgetown.

Krijna will be fondly remembered by 42 grandchildren and several great-grandchildren.

She was predeceased by her first husband Harm Uitvlugt, her second husband Gerrit Luimes, an infant daughter Maria, sons Tjeert and Hendrick, a sister Adrianna Veenstra, and brothers Adrie and Jan.

Krijna possessed a good sense of humour and she believed that if you dished it out, you should expect to get it back.

She enjoyed and loved her children and she adored her grandchildren and great-grandchildren.

Krijna loved to watch Western movies and listen to Western music, especially the songs *On the Road Again*, *The Green, Green, Grass of Home*, and *Country Roads*. She also enjoyed travelling and playing cards with her dear friend Freida Garlough.

Friends called at Marsden and McLaughlin Funeral Home, Williamsburg, January 27. Funeral service was held, January 28, at Williamsburg Christian Reformed Church, with Rev. John Noordhof officiating. Spring interment will be at Lakeview Cemetery in Midland.

Pallbearers were grandsons Patrick Vaughan, Jason Vaughan, Matthew Bourque, Timothy Bourque, Chris Rix, Robert Rix, Lloyd Uitvlugt and Travis Uitvlugt. Grandsons Tom Uitvlugt, Rick Uitvlugt and Bert Uitvlugt were honourary pallbearers.

Memorial donations to the Heart and Stroke Foundation or the Diabetes Society would be appreciated by the family.

Weather check

SD&G – Local OPP are reminding motorist of some things to remember during inclement weather:

* Before setting out, check weather and road conditions and plan your route.
* Stay alert, slow down and stay in control.
* Take along a winter survival kit, including a shovel, extra clothing, a candle and matches.
* Watch out for black ice, where the road looks like black and shiny asphalt.
* Pay special attention to shaded areas of road, especially on bridges and overpasses.
* Rain and slush at this time of year can also produce wet, slippery roads.
* Stay back from slow-moving snowplows and sanders.

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TOWNSHIP OF SOUTH DUNDAS

PUBLIC NOTICE

On February 23, 2006 the Council of the Township of South Dundas will consider a policy to regulate telecommunication towers. Copies of the policy are available for public input. Please submit comments/concerns before February 17, 2006.

Brenda M. Brunt, AMCT
Clerk
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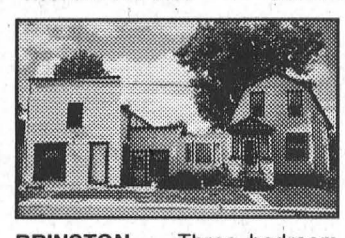
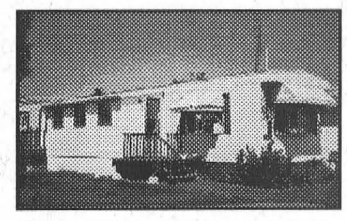


BRINSTON – Three bedroom home and former furniture store rich in history. Eat-in kitchen, living room, dining room, sunroom. Many original hardwood floors, ceilings, and woodwork. Attached store 18' x 48' plus upstairs storage. Barn 30' x 40' plus workshop. Asking $110,000.



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Scott - Beck Engagement



Richard and Angele Scott of Maxville and Tom and Bev Beck of Morrisburg are proud to announce the forthcoming marriage of their children Cindy and Darryl. The wedding will take place in Maxville on August 26, 2006.



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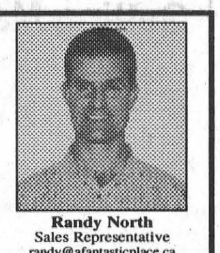

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KETTLE CREEK - $69,900 1.2 acre partially-treed dry corner lot in prestigious subdivision.
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Wednesday, February 8 at 1:30 p.m.
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4324 Villa Drive, Williamsburg (613) 535-2924
"ENCORE" *– an award winning program developed specifically for older adults is expanding to* ***Dundas County!***
We offer a unique learning experience with no term papers, no exams and no grades! There are no educational prerequisites; classes are taught in a relaxed, friendly classroom environment.
*****MEET THE LEADERS*****
Course leaders Bernie Carriere and Gerd Wiencke will be providing information about their upcoming samplers
*****LEARN MORE ABOUT ENCORE*****
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IMPORTANCE OF THE SECOND HALF OF LIFE!
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PROFILES IN HISTORY (Winston Churchill and Benjamin Franklin)
Wed., Mar. 1, 1:30 p.m., FREE
COMPARISONS OF HEALTH CARE SYSTEMS
Wed., Mar. 8, 1:30 p.m., FREE
To find out more about any of the above samplers or about all that Encore has to offer, **please call Encore at (613)937-1525**
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NEW LISTING



Felker Way, Morrisburg $134,900.
4 B/R Semi-Detached in New Development of Town, Open Concept Kit-D/R, 2 B/R on Main Flr, Lower Level Rec/R, 2 B/R & Bath. Great for a Large or Growing Family.

FAMILY HOME



Church St., Iroquois $134,900.
Close to Schools, Shopping, Golf & Beach. 4 B/R, 3 Bath, dbl L/R w Hdwd Flr, Kit & D/R w Pine Flr, Lg Back Yd w Deck and Hedge. Possible Cash Back From Seller.

RECENT UPGRADES



Cook Rd. W. of Dixon's Corners $139,900.
3 B/R Home w Laminate Flr throughout except Mas B/R, Lg Kit, Bright L/R, Recent Deck at Back of the House. Thermo Windows, Detached 2 Car garage plus a Lg Barn all on 1.27 Acres.

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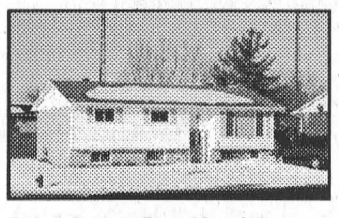
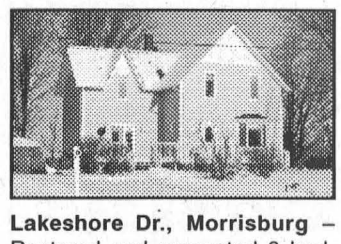


9 Lanhurst Dr., Morrisburg – Three bedroom raised bungalow in move-in condition. Open concept living and dining area, lower level family and rec room. Covered patio and above ground pool for those warm summer days. $174,900.



Lakeshore Dr., Morrisburg – Restored and renovated 3 bedroom home in exceptional condition. House is updated with all modern utilities including gas fireplace and old pine floors. Spacious lot, with a great view of the river. $274,900.



40 Sir James Morris Dr., Morrisburg – Three bedroom bungalow close to waterfront park with river view. Modern gas furnace with central air, ideal as a family or retirement home. $89,900.



66 Fifth St., Morrisburg – Perfect three bedroom family bungalow close to all amenities. Large kitchen, living room with fireplace and dining area. Lower level laundry, office, utility room and family room with woodstove. $159,000.

LOTS FOR SALE– Lakeshore Drive, Riverside Heights- Water View, Water Access, Rural.

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The warning signs of Alzheimer Disease

CORNWALL – As we get older, we begin to lose more brain cells, which in turn, affects our memory. The normal aging of the brain is very different from what happens in Alzheimer Disease.

Alzheimer Disease is the leading cause of dementia - a set of symptoms that includes loss of memory, judgement and reasoning.

Alzheimer Disease is a progressive, degenerative and irreversible disease. To help you know what warning signs to look for, the Alzheimer Society has developed this checklist of common symptoms.

1. Memory loss that affects day-to-day function: It is normal to occasionally forget appointments or a friend's name and remember them later. A person with Alzheimer Disease may forget things often and not remember them later, especially things that have happened more recently.

2. Difficulty performing familiar tasks: Busy people can be so distracted from time to time that they may, for example, leave the carrots on the stove. A person with Alzheimer Disease may be unable to prepare any part of a meal or forget they ate it.

3. Problems with language: Everyone has trouble finding the right word sometimes, but a person with Alzheimer Disease may forget simple words or substitute inappropriate words, making his or her sentences difficult to understand.

4. Disorientation of time and place: It is normal to forget the day of the week. A person with Alzheimer Disease can become lost on their own street, not knowing how they got there or how to get home.

5. Poor or decreased judgement: People may sometimes put off going to a doctor if they have an infection, but eventually seek medical attention. A person with Alzheimer Disease may not recognize an infection as a problem or go to the doctor at all.

6. Problems with abstract thinking: From time to time, people may find balancing a cheque book difficult. Someone with Alzheimer Disease could forget completely what the numbers are and what needs to be done with them.

7. Misplacing things: Anyone can temporarily misplace a wallet or keys. A person with Alzheimer Disease may put things in inappropriate places such as an iron in the freezer.

8. Changes in mood and behaviour: Everyone becomes sad or moody from time to time. Someone with Alzheimer Disease can exhibit varied mood swings, from calm to tears to anger, for no apparent reason.

9. Changes in personality: People's personalities can change somewhat with age. But a person with Alzheimer Disease can change dramatically, becoming extremely confused, suspicious or withdrawn.

10. Loss of initiative: It is normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer Disease may become very passive, and require cues and prompting to become involved.

If you notice several symptoms, it is important to see your doctor as they may be due to other treatable conditions, such as depression, thyroid, heart disease and many others. Due to the many research studies and clinical trials, there are currently treatment options available for Alzheimer Disease and related dementias.

If you need further information, please contact Alzheimer Society of Cornwall and District.



Timothy Christian School Sends Money

The grade 8 class of Timothy Christian School recently completed a World Vision program called "Rabbits and Roosters." The class raised $450 of their own money which, when multiplying grants are factored in, allowed them to send about $2,500 worth of needed supplies to poor people in various parts of the world.

Photo contributed

Arena, Beech St. and Plaza on police radar

WILLIAMSBURG – Making her quarterly report to South Dundas council, OPP Sgt. Linda Bootsma discussed some problem areas in the municipality which will be getting more attention by police.

Bootsma said that there is a "liquor issue" at the Morrisburg arena, and that they are "planning to put a stop to that," adding that liquor violation charges have and will be laid.

She said that police have received complaints about speeding along Beech Street in Iroquois, in the vicinity of the local high school, especially after school.

Police are planning to patrol the area, with radar, during that time, to help alleviate the problem.

She added that police do continue to patrol the Iroquois Plaza area during lunch hours, however there have been few problems.

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Wed., Feb. 8th, 2006
at 6:30 P.M.
Viewing from 5:00 P.M.
Selection of new and used items including some store returns and interesting articles.
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★★★★★
HIGHEST GOVERNMENT FRONTAL CRASH SAFETY RATING
UPLANDER RECEIVED A 5-STAR RATING FOR THE DRIVER AND FRONT PASSENGER IN THE FRONTAL CRASH TEST.◊

2006 CHEVROLET UPLANDER
PURCHASE PRICE $19,998▼ | SMARTLEASE $198** PER MONTH 48 MONTHS $4,755 DOWN | LEASE APR 4.0%

STANDARD FEATURES INCLUDE:
- Anti-lock Brakes
- OnStar™ (Includes 1 year Safe and Sound Plan)
- 4-Wheel Disc Brakes
- Power Windows/Locks/Mirrors
- Air Conditioning
- 5-Year/100,000 km GM Powertrain Warranty with $0 Deductible▲

DOWN	LEASE
$0	$305
$1,500	$272
$3,000	$238

HWY: 8.7L/100km . 32 mpg
CITY: 12.9L/100km . 22 mpg △



HOW UPLANDER COMPARES:

	Features	2006 RWB Uplander 1SA	2006 Dodge Caravan 28C
SAFETY AND SECURITY:	5 Star Safety Rating◊	★★★★★	★★★★★
	Braking	4-Wheel Disc Brakes	Front Disc/Rear Drum Brakes
	Anti-lock Brakes	Standard	Optional (MSRP $570)
	OnStar	Standard (Includes 1 year Safe and Sound Plan)	Not available
PERFORMANCE:	Engine & hp	3.5L 201 hp V6	3.3L 180 hp V6
	Wheels	17" Steel	15" Steel
COMFORT AND CONVENIENCE:	Remote Keyless Entry	Standard	Optional (MSRP $350)
	MP3 Playback Capability	Standard	Not available
	Front Row Seating	Captain's Chairs	Buckets
	Third Row Seat	50/50 Split, Fold-Flat	Full Bench, Fold-Flat
	Remote Start – Factory-Installed	Optional	Not available

◊Frontal Star Rating — Based on available 2006 competitive information.

HIGHEST GOVERNMENT SAFETY RATING IN SMALL UTILITY SEGMENT◊

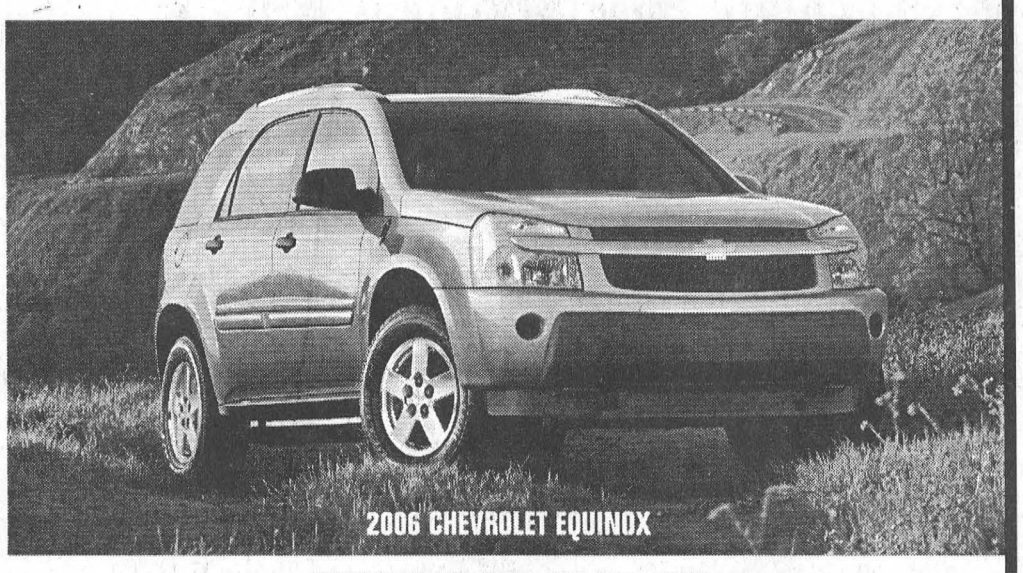
★★★★★
HIGHEST GOVERNMENT SAFETY RATING
EQUINOX RECEIVED A 5-STAR RATING FOR THE DRIVER AND FRONT PASSENGER IN THE FRONTAL CRASH TEST AND FOR FRONT AND REAR SEAT OCCUPANTS IN THE SIDE-IMPACT CRASH TEST.◊

2006 CHEVROLET EQUINOX
PURCHASE PRICE $24,998▼ | SMARTLEASE $269** PER MONTH 48 MONTHS $2,900 DOWN | LEASE APR 2.9%

STANDARD FEATURES:
- 3.4L 185 hp SFI V6 Engine
- 5-Speed Automatic Transmission
- Air Conditioning
- 6 Speaker CD Stereo
- Remote Keyless Entry
- Multi-Flex™ Rear Seating – 60/40 Split Folding, Reclining and Sliding Bench (with 8" of Travel)
- Dual Stage Frontal Air Bags

DOWN	LEASE
$0	$333
$1,500	$300
$3,000	$267

HWY: 8.5L/100km . 33 mpg
CITY: 12.6L/100km . 22 mpg △



STANDARD AIR, AUTO AND V6 POWER

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2006 HHR
Starting from $18,995†


LT Model Shown
2006 MALIBU MAXX
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Car Heaven

For the latest information, visit us at gmcanada.com, drop by your local Chevrolet dealer or call us at 1-800-GM-DRIVE. ▼Offer applies to the purchase of 2006 Uplander RWB R7A, 2006 Equinox R7A and 2006 TrailBlazer LS 4WD R7A new or demonstrator models. **Based on a 48/48 month lease for 2006 Uplander RWB R7A/2006 Equinox R7A. Lease APR may vary depending on amount of down payment/trade. Annual kilometre limit of 20,000 km, $0.12 per excess kilometre. A down payment or trade of $4,755/$2,900 and $0 security deposit required. Option to purchase at lease end is $7,623/$11,162 plus applicable taxes. Other lease options are available. †Based on starting from price of 2006 Optra Wagon LS 1SA, 2006 HHR LS 1SA and 2006 Malibu Maxx 1SA, 2006 HHR LS 1SA, 2006 Malibu Maxx 1SA, 2006 TrailBlazer LS 4WD R7A), license, insurance, registration, PPSA, administration fees and taxes are not included. Offers apply to the purchase or lease of 2006 new or demonstrator models of the vehicles equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais and excluding Northwestern Ontario). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ▲Warranty based on 5-years or 100,000km, whichever comes first. See your dealer for conditions and details. ◊U.S. Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (NCAP). For more information on safety ratings, go to www.safercar.gov. ♦Visit GMStudentBonus.ca to see if you are eligible and for eligible vehicles. △Based on 2006 Fuel Consumption Guide rating published by Natural Resources Canada. ©Service contract required. OnStar uses existing emergency service providers as well as cellular and satellite technologies. Vehicle electrical system needs to be operating for features to function properly. See your dealer for conditions and details. ®Registered trademark of General Motors Corporation. TD Canada Trust licensed user of mark. Visa International Service Association/TD Canada Trust and GM licensed user of marks. ©Trade-mark of The Canada Trust Company.