The Chesterville Record

FOUNDED IN 1894

Volume 98, Number 6 | Chesterville, Ontario | Wednesday, September 23, 1992 | Single Copy 50¢ (GST Included)

This Week



Capturing the past
Photographer uses 19th-century technique to create an 1860s look.....**Page 6**

Newsbriefs

Truck invaded

CHESTERVILLE—About $1,700 worth of items were stolen from a tractor trailer parked behind the liquor store in Chesterville prior to Sept. 16, according to Winchester OPP Sgt. Jim Irvine. The truck's owner, Harry Greer of Chesterville, reported to police that missing from his truck were a Cobra CB radio, radar detector, tool box, denim jacket and country music cassette tapes. There are no suspects in the theft.

NDDHS damaged

MAPLE RIDGE—North Dundas District High School has been broken into again, and minor damage was done to the building, Winchester OPP Sgt. Jim Irvine said. Irvine said nothing was stolen in the Sept. 20 break-in, but glass on two cafeteria doors was broken. Irvine said fire extinguishers were sprayed in the hallways. The school has been broken into several times in the last year, including three times in the last two weeks.

Europeans need off-farm income

GUELPH—Most European farm families depend on work off the farm for a significant part of their income, a University of Guelph study shows. Of the 6,500 farm families in 12 European countries interviewed between 1987 and 1991, more than 60 per cent had at least one member employed in full-time or part-time work off the farm. And 28 per cent of farm women had outside jobs.

Support groups for survivors of suicide

CORNWALL—The Cornwall chapter of Bereaved Families of Ontario is planning closed support groups for people who have lost a loved one to suicide. The groups, open to people throughout SD&G, will be held on Tuesdays for eight sessions in October and November. For more information or to register, call 936-1455.

Reform candidate opposes unity deal

CORNWALL—The Stormont-Dundas association of the Reform party selected a Matilda Township teacher Sunday to run in the next federal election. Annette Turner, one of three candidates vying for the nomination, received 60 per cent of the vote. Turner said she will organize a local campaign opposing the constitutional deal reached by Canada's first ministers in August. Canadians will vote on the package in a national referendum Oct. 26.

Russell art exhibit

RUSSELL—Artists and craft people in the Russell area are busy preparing their works for the village's annual Autumn in the Country exhibition. Paintings, photographs, pottery, stained glass, quilting and other creations will be on display Oct. 3 and 4 at Russell Public School from 10 a.m. to 5 p.m each day. Admission is free.

Committee okays church addition

Greg Hewitt
Record Staff

CHESTERVILLE—The final phase in the renovation and expansion of St. Andrew's Presbyterian Church has been given the conditional go-ahead after being held up for months by a zoning contravention.

The village's committee of adjustment, which was called to rule on whether to allow the two-storey addition at the rear of the church, issued a minor variance Friday that will permit plans for the building to proceed.

A $70,000 renovation and expansion to the 104- year-old church was announced in May, and all other phases of the project, including painting of the interior and a balcony overlooking the pulpit, are almost complete.

But plans for the hall ground to a halt early this summer after village clerk Howard Smith told the church to apply for a minor variance because the plans contravened the zoning by-law.

Committee members Mike Brennan and Gerald McMillan ruled construction of the building would not compromise the intent of the zoning by-law, and that the character of the neighborhood would not be affected because of the large size of abutting lots.

The third member of the adjustment committee, Harold Sharkey, did not participate in discussion or voting after declaring a conflict of interest because he owns property adjacent to the hall.

The minor variance will allow the hall to be built with a 22.5-foot east side yard instead of the required 30 feet, and a 6.5-foot west side yard instead of the required 30 feet.

Neighbors have 30 days to appeal the decision to the Ontario Municipal Board. If an appeal is filed, the OMB will call a hearing and make a final decision.

''A lot of people have been praying for it, and their prayers have been answered,'' Rev. Bert de Bruijn said of the decision.

''Now we can get on with our ministry because we really need the space to be effective,'' he added.

De Bruijn said the hall will accommodate youth groups, and Sunday school classes that serve the 49 families that belong to the church.

It will also be used for church events and gatherings like pot luck suppers.

He said the project has gone a little over-budget because some minor improvements to the original plan were made during construction.

''We are very pleased, very glad. It will enable us to build and we are very thankful.''

Smith, who is secretary of the adjustment committee, said the committee ''agonized'' over the decision, and deliberated the matter for almost three hours.

But he said there was ''no winner or loser'' in the decision.

''In this case, they (builders) applied for a minor variance for relief under a by-law, and the committee saw fit to grant it,'' he said.



The first Take Back the Night march in SD&G drew about 50 people who protested violence against women

Women march to take back the streets

Elizabeth Moreau
Record Staff

CORNWALL—Shouting slogans and carrying placards, about 50 people — most of them women — marched down Pitt Street Thursday to protest violence against women.

It was the first area Take Back the Night march, a protest that has become an annual event in many Canadian and American cities since the 1970s.

The women, and a handful of men, chanted slogans like "Night or day, it matters not when. Women are assaulted and it's usually by men." Some linked arms and leaned on each other as the protest moved from outside the Cornwall Police Department to Lamoureux Park near the waterfront.

Carolyn Seabrook, project co-ordinator for a planned sexual assault centre in Cornwall, organized the march with the help of local battered women's shelters.

She said the demonstration was both a show of solidarity among women and an effort to dispel the myth that all sexual assaults occur in a dark alley.

More than half are committed by men known to the women victims, she said.

"We are marching to take back our homes, our places of work, our churches, and the list goes on," she told the crowd. "We are making a statement here that we will not put up with this any longer."

Two women who run support groups for abused women and Judith Running, executive director of a shelter in Winchester, also spoke to the demonstrators before the march began.

And they stood for a moment of silence to remember women who have died as a result of violence — those, said Seabrook, "who cannot be with us tonight."

Some demonstrators said the march will help raise public awareness, and looked forward to marching with even more people next year.

"It's about time we did something like this. It's a start," said Agathe Bazinet of Cornwall. "It's about time we women stand up for our rights."

Similar demonstrations, involving thousands of women, were held last week in Montreal, Toronto, Vancouver, Ottawa, London and St. Catharines.

Annual run raises $5,000 for cancer

Greg Hewitt
Record Staff

MAPLE RIDGE—They walked, they ran, they biked, they skateboarded and they raised about $5,000 for cancer research.

Fifty-five people enjoyed a crisp late summer Sunday by completing the 11th annual, 10-kilometre Terry Fox Run at Maple Ridge.

''A lot of people think it's a great way to be outside and to help a worthy cause,'' said organizer John Roosendaal.

He said most participants biked the course, which began at North Dundas District High School, while others walked and a few of the younger entrants ran.

And Roosendaal said he was pleased with the number of participants. He said Ottawa's Terry Fox Run drew 130,000, and when the population of Ottawa and Winchester - Chesterville is compared, ''I'd say we did quite well.''

Roosendaal said he welcomed the sunny weather, especially after last year's event, which raised $6,000, was held in a downpour.

''It's a beautiful walk. The trees are changing, the sun is shining, it's beautiful to be out in the country and it's a beautiful time of year,'' he said.

Betty Vanden Bosch, who helped with the run, said the Dixon family of Winchester was out in full force again.

She said the Dixons, about 20 strong, raised more than half of the $5,000 pledged or donated to the Terry Fox Foundation through the run.

The Dixon family, which lost a member to cancer, participates in the run every year.

Vanden Bosch said the skateboarder was forced to abandon his vehicle about half-way through the course because of gravel roads, but finished the course on foot.

Roosendaal said he would like to see more of the area's youth participate in future Terry Fox runs.

An estimated 550,000 people including about 200,000 in 55 places in Ontario participated in the run this year, raising millions of dollars for cancer research.

Terry Fox runs, which are now held in 33 countries worldwide, have raised more than $100-million since they were first held after the death of Fox in 1981.

• Please see photos on page 2

Lawyer advocates partnership for farm couples

Greg Hewitt
Record Staff

After seeing about a dozen farm women encounter legal problems and unexpected costs after the deaths of their husbands, a Chesterville lawyer is recommending farm couples have a ''legal check up.''

Peter Remillard said recent increases in probate fees, as well as misconceptions about farm ownership and the law can create unpleasant legal situations after a farm spouse's death.

Probate fees, paid when a will is executed, used to be $5 per $1,000 of the value of the estate. But now $15 per $1,000 must be paid on estate value exceeding $50,000.

That amounts to a probate fee of $4,750 on a farm valued at $350,000, Remillard said.

''(Widowed farm spouses) say 'why didn't anybody tell me.' The sad part is that $4,000 could have been avoided,'' he said.

Remillard recommends farm couples meet with a lawyer and bring copies of their wills and deeds so that probate taxes and other fees can be minimized in case of death.

''There are a number of things to be looked at and if you don't look at them now, you're going to be looking at in the estate's hands. Why not do some planning?'' he said.

And the best way to do that is to have farm land and property listed in both names, Remillard said.

''It's not sufficient to have a criss-cross will (husband wills all to wife and vice versa).''

''It's a crying shame that people just aren't aware of what is involved when (a farm spouse) passes away''
-Chesterville lawyer Peter Remillard

If a couple is listed as joint tenants, the estate is automatically inherited by the survivor, avoiding probate fees.

''It's a crying shame that people just aren't aware of what is involved when (a farm spouse) passes away,'' Remillard said.

Having joint ownership, Remillard said, will also avoid the necessity of a costly appraisal.

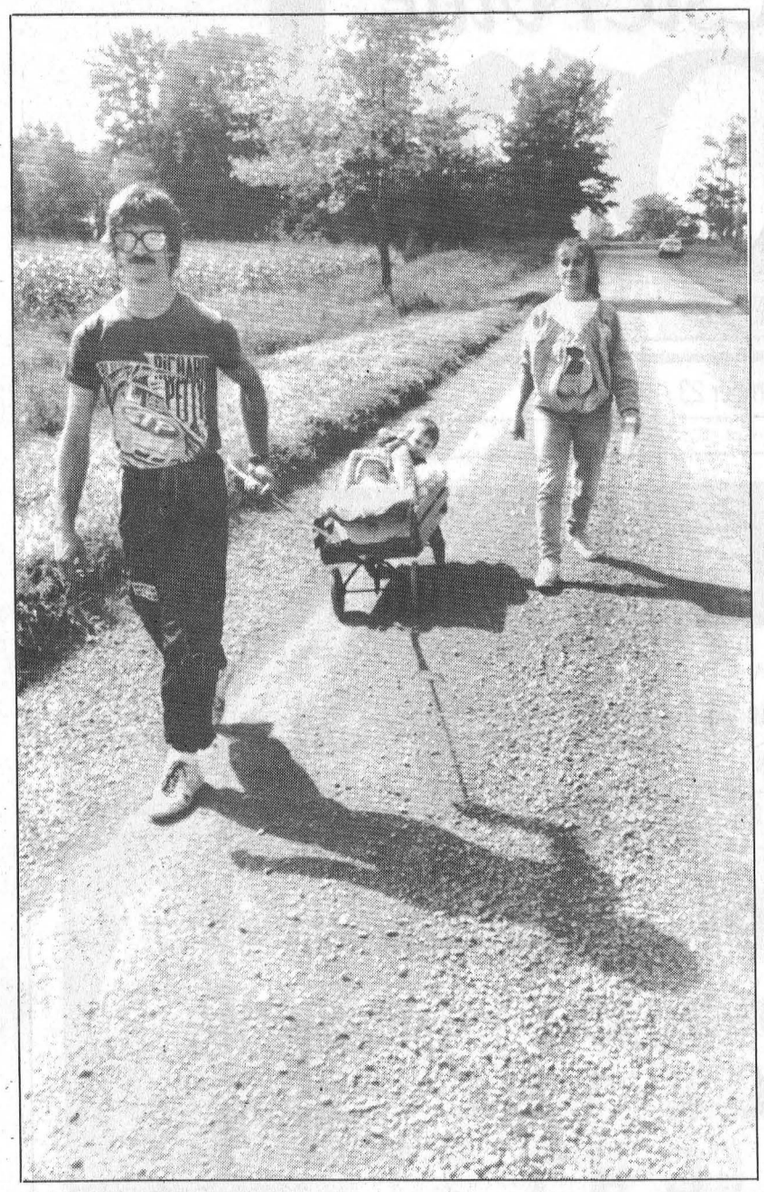
He recommends the milk quota, land and buildings, equipment, vehicles and herd be in both names unless there is a ''good business reason,'' such as the possibility of heavy farm debt or a shaky marriage.

Increases in probate taxes were publicized in legal publications, but were not made known to the general public.

''It's more by chance people become aware of it, and it's usually after a death, and when it becomes (a problem),'' Remillard said.

Please see FARM on page 2

Local participants raise $6,000 for cancer research





Fighting cancer

About $6,000 was raised locally for cancer research as young and old alike participated in events for the Terry Fox Foundation for cancer research. At left, are Curtis Byrd, four-and-a-half months old (in wagon, front) and brother Mitchel, two-and-a-half, who enjoyed a fresh fall day Sunday as parents Bill (pulling wagon) and Robin participated in the Terry Fox Run for cancer research at Maple Ridge. About $5,000 was raised by the 55 people who covered the 10-kilometre course. Above, about 300 kids from Rothwell-Osnabruck, Newington and North Stormont public schools circled Newington's 800-metre track as many times as they could in an hour and raised about $1,000.

Farm women may face legal hassles after spouse's death

Continued from page 1

If a spouse does not have power of attorney and the partner becomes incapacitated, assets are put in the hands of a public trustee.

"Just because (a couple has joint ownership) or a partner is an executor, does not mean they have power of attorney. It is a separate document," he said.

Remillard said many people also think because they have power of attorney at the bank, they have general power of attorney over the estate.

In fact, he said, bank power of attorney is specific and does not carry over into the estate.

Remillard, along with Women for the Survival of Agriculture (WSA), a Winchester-based support group for farm women, are in the process of updating a pamphlet dealing with farm ownership.

Remillard strongly recommends the pamphlet, called Cover Your Assets. It is available at the Agriculture and Food Ministry building in Winchester.

WSA President Dawn Runnalls said some farm women have been financially hurt after the death of their husbands, and the updated version of the booklet will make farm women aware of the implications.

She recommends farm couples enter into a legal partnership, but cautions that "there are a lot of things you need to know about doing this."

Former WSA president Dorothy Middleton also recommends farm couples seek legal advice on forming farm partnerships.

"One of the problems has been that because a husband and wife have lived and worked on a farm together and split the income does not mean they are regarded as a couple in a court of law," she said.

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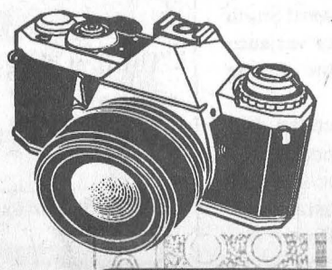
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CORNWALL

Youth committee plans new activities for fall

Program will be volunteer-run

Elizabeth Moreau
Record Staff

CHESTERVILLE—The village recreation department wants to offer kids more than its usual sports- oriented program this fall.

So a newly formed youth committee is proposing a weekly activity night for young children and teenagers. Although plans are still in the early stages, Chesterville recreation director Robin Langille said the program should be underway by November.

Activities will vary from week to week, and may include movies, arts and crafts and sports. Langille said the idea is to involve as many kids as possible by offering a variety of things to do.

"Hopefully we'll attract kids of all ages," he said.

While sports programs like gymnastics have proven successful, Langille said, they don't appeal to all youths.

"We want to diversify our programs so we're not just doing the same thing year after year after year," he said.

But exactly what will be offered on the proposed activity nights depends largely on how many people get involved. The five-member youth committee wants to at least double in size. And more volunteers will be needed to co-ordinate and supervise activities.

"If it really catches on and we get the volunteer support, we might expand it from one night to two nights a week," said Langille.

Because the recreation department did not budget for such a program this year, it would have to be volunteer-run and use donated space.

Whatever the committee decides to offer will not affect the other fall and winter programs offered by the recreation department.

Hospice care for the dying focuses on life

Elizabeth Moreau
Record Staff

WILLIAMSBURG—Providing care for the dying means focusing on life, says the executive director of All Saints Hospice in Ottawa.

Barbara O'Connor told about 100 people at the Park Lane Seniors Support Centre last Thursday that hospice care "helps people to live out more quality time until death comes."

O'Connor spoke at an information meeting held to introduce the Dundas County Hospice. The hospice is a group of volunteers including doctors, health care professionals and clergy, which is setting up a service to provide support for the dying and their families.

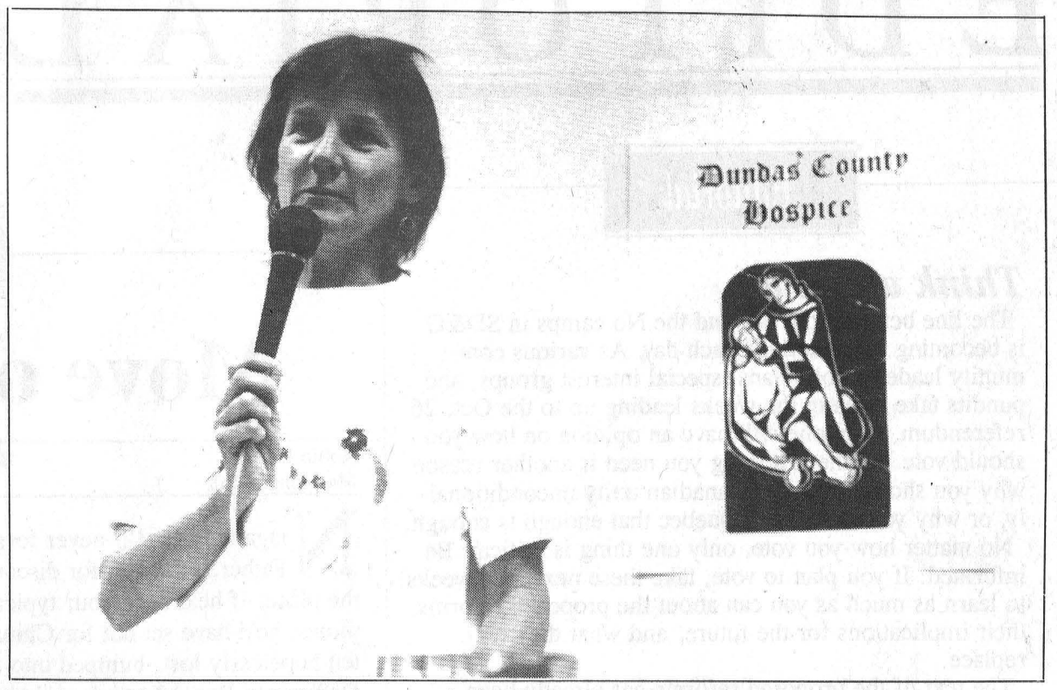
The hospice volunteer's main role is to listen to the dying person, and make them feel more comfortable, O'Connor said. The concept is based on neighbors helping neighbors.

"That's really not new to us, especially in the rural community," she said. "Professionals don't have that same role. But the volunteer is there as companion, as neighbor, or friend, or whatever's needed."

Rev. George Bruce, a hospice member, said volunteers have to be superior listeners.

"People who are dying need to talk about their lives," he said. "They need to determine whether their lives have had meaning."

And, he said, the volunteer must also be prepared to help family members deal with their loss — and to help them learn to say goodbye to a loved one.



Barbara O'Connor says hospice care is for both the dying and the family care giver

The hospice service is designed to fill the gap between the client and other in-home services like nurses and home care professionals. When the client dies, the services stop. Hospice volunteers would provide support for the care giver for up to a year after the family member's death.

A 20-hour training course for Dundas County Hospice volunteers begins this week at the seniors' centre in Williamsburg and runs for 10 weeks. The training will use videos, guest speakers, and material provided by the All Saints Hospice, said organizer Wendy Byvelds.

Already 22 people have signed up for the course, and Byvelds said more courses will be offered once the hospice is established.

"With cutbacks in health care and more people wanting to stay at hime, I think (hospice) is certainly going to be an up-and-coming thing," she said.

Hospice organizers hope to begin taking clients in early 1993. They will eventually open an office and hire a paid co-ordinator. The project will be funded through fund raisers and donations. To date, the hospice has received $4,000.

Heat and Rainfall Report

For the week of September 13-19

	Rainfall	Accum. to date	Corn Heat Units	Accum. to date
CHESTERVILLE	43.2	433.6	152	2,734
MORRISBURG	31.0	377.0	158	2,813
SOUTH MOUNTAIN	28.4	380.0	147	2,845
WINCHESTER	25.3	341.7	142	2,570

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EDITORIAL & OPINION

Editorial

Think about it

The line between the Yes and the No camps in SD&G is becoming more defined each day. As various community leaders, politicians, special interest groups, and pundits take sides in the weeks leading up to the Oct. 26 referendum, everyone will have an opinion on how you should vote. So the last thing you need is another reason why you should embrace Canadian unity unconditionally, or why you should tell Quebec that enough is enough.

No matter how you vote, only one thing is critical: Be informed. If you plan to vote, take these next four weeks to learn as much as you can about the proposed reforms, their implications for the future, and what they will replace.

The text of the proposed reforms has already been printed in many daily newspapers, and is available by calling your local Member of Parliament. A word of caution, however, on documents which attempt to outline the deal or provide highlights. Consider the source. Is the group or individual explaining the deal also campaigning for a particular outcome? If so, certain points may be made to seem more or less important to fit those political views.

Throughout the long constitutional process, governments have claimed they were seeking the views of ordinary Canadians. Although the reforms are finally on paper, constitutional change is certainly not a *fait accompli*. The ordinary Canadian really does have the final word.

Talk to your neighbors, friends, family, co-workers. Argue, debate, discuss, question, listen, read and think. It's not too late to stimulate discussion and thought.

Know what is in the deal before accepting or rejecting it because the referendum question is not about Quebec separation. There is much more. It is about changes that will affect the country for years and generations to come.

Some experts have said the deal is a good one because no one is happy with it. So it must have involved compromise on all sides. Take a look at what parts of the agreement you like and don't like, and consider the weight of each.

There is, of course, no bad vote except one cast out of ignorance. Like a Yes vote because the constitutional fatigue has become overpowering and you just don't want to hear about it anymore. Or a No vote because, ever since Meech Lake, the words "distinct society" leave a bad taste in your mouth.

On Oct. 26, be sure what you are rejecting or what you are supporting, because you may never get another chance.

The Chesterville Record
FOUNDED IN 1894

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Off the Record

Move over Old Orchard Beach

Robin Morris
Managing Editor

Niagara Falls. I'll never forgive Father Hennepin for discovering the place. If he'd been your typical explorer, he'd have set out for China, gotten hopelessly lost, bumped into the Dominican Republic and we'd all be spending our weekends in the sun and surf drinking rum punch instead of being dragged along with the young lads to Clifton Hill, "The Fun Street", where couples in matching Blue Jays jackets wander around slack- jawed taking in the sights - most which consist of waffle huts.

Maybe old Pere Hennepin had an inkling of what was to come of the place. When he discovered the Falls, he named them les Chutes du diable (Devil's Falls). As a natural site, it's passably good, ranking right up there with other cataracts and huge holes in the ground. And at least it's close enough to make it in a day's drive.

And that's as far as it goes. What nature has provided, man has blighted, turning a reasonably good natural phenomenon into the Honeymoon Capital of the World, with all the attendant paraphernalia one would expect from a place that bills itself as such. And a fitting punishment for those who have just committed marriage.

Which is to say that other than the Falls themselves and the factory outlet shopping on the U.S. side (no, we didn't cross-border shop. We restrained ourselves to cross-border gawking.) the place is such a monument to bad taste that it is in itself one of the man-made Wonders of the World — not exactly the Hanging Gardens of Babylon, mind you, but then again, not exactly the Ottawa Ex.

Now, I've been to some tacky places. I've wandered aimlessly through Maine's Old Orchard Beach, which is Coney Island with a St. Henri-Main accent, and strolled with no apparent purpose in mind through Britain's Great Yarmouth, which is a trans-Atlantic version of OOB but with worse food. But Niagara Falls is the epitome, the apex, the acme and the summit of what man can create when untrammelled by any thoughts of good taste.

It's a freak show, carnival sideshow, medicine show and video arcade all rolled into one. One can visit Ripley's Believe It or Not Museum to view such exhibits as "Girl With Two Heads Not of a Single Mind" and "Two-faced Prime Minister Gives Birth to Constitutional Accord". Or the Guinness Book of World Records museum, to view displays of the incredible lengths of stupidity to which some will go to have their names enshrined in a list of those with similar dubious achievements.

Or to the *Original* House of Frankenstein, as distinct from the *Ersatz* House of Frankenstein, or the House of Dracula or Louis Tussaud's House of Wax (Did Louis split from Madame and start a rival waxworks? It's a question, I suppose, that will dog me to my grave.) Or Joe's House of Waffles —a gastronomic version of wax. Or any of the other wonders with which the Street of Fun tempted us.

We managed to resist these blandishments, other than a half-hour visit to Dazzleland, during which time $16 worth of loonies were pumped into various arcade games and we came away with a prize: an eraser shaped like a lemon. A harbinger of the day?

Next it was on to the *Maid of the Mist*, looking like Fester Addams in an ankle-length raincoat and squeezed Japanese-subway-car-style into a little tin tub along with several dozen foreign-speaking tourists. All for the sake of steaming out into the Niagara Gorge to get wet, an act that could have been carried out at considerably less expense by standing under a cold shower in your motel room.

Everyone oohed and awed in a variety of tongues. "Amazing," said some. "Yumpin' Yimminy! (Or the Swedish equivalent)," exclaimed some of the guests to our country. "Like being in the eye of a hurricane," said others, as the *Maid of the Mist IV* pitched through the wind, mist and roiling waters and the taped commentary droned on about the idiots who have gone over the Falls in a variety of contraptions. (Unfortunately, several survived.)

"Just like the picture on the Shredded Wheat box," I said to no one in particular.

And that was my visit to Niagara Falls.

Next week we go to Marineland.

From Chesterville's Past

Sept. 28, 1905

This morning Mr. W.M. Saucier, jeweler, of this place, received notice from E. Tinsley, chief game warden, of his appointment as issuer of hunting licenses for this vicinity.

John Leizert, of Hainesville, was found guilty at the assizes at Cornwall on Tuesday of causing the death of Herman Farrell, six-year-old son of James Farrell of Pleasant Valley, Dundas County, and was sentenced by Justice Street to six months imprisonment in the county jail. At the home of Mrs. James Farrell, on Saturday evening, May 13, were three children, aged respectively six, ten and twelve years. To them came Leizert, considerably intoxicated and carrying a bottle of whiskey. He gave the boys whiskey at their request, and then left the house in the direction of South Mountain.

Mr. Clyde Craig has purchased the residence of the late Jas. G. Gillespie. Mr. James Froats of Finch has been granted his BA by Queen's University.

Sept. 27, 1934

Swerving to avoid a man who was drawing a cart along the highway, west of Winchester Sunday Night, the car driven by Myron Davidson, Winchester, struck Coleman Thomas of Ottawa as he stepped from in front of a parked truck, inflicting a cut over the left eye. Davidson's car went out of control and turned over on its side in the ditch.

Miss Shirley King, daughter of Mr. and Mrs. O.L. King, suffered severe flesh wounds on the right leg Friday when she was helping as N. Paul was attempting to pull mr. C.W. Casselman's car in effort to start it. Miss King was knocked down and the front wheel of the latter car passed over her leg from the ankle to the knee, inflicting bad cuts as the limb was crushed against the ground.

Sept. 24, 1953

At the meeting of the Women's Institute held yesterday afternoon, Mrs. O. Durant and Mrs. W.O. Dixon were delegates to the convention to be held at the Chateau Laurier, Ottawa, on October 2nd, 3rd and 4th.

Fast time for this summer finishes on midnight this Saturday. Clocks need to be turned back one hour before retiring Saturday if you intend to be on time for church Sunday morning.

Final tribute was paid last Thursday to the memory of Gerald Curran, who was accidentally killed at work with a construction crew on the CPR at Pembroke. Pall bearers were William McPhail, James McDonald, Thomas Moran, George Goodwin, George Laflamme and Munro McLeod.

Most of the hunters in the field these fine fall days are reporting plentiful coveys of Hungarian partridge. While the bag limit of eight birds is difficult to attain without dogs, nearly all the hunters are satisfied with their success.

THE FARMER'S WIFE'S

By Wyn Thompson

Labor Day weekend. The rain fell like a torrent from an unforgiving sky; it fell and fell and fell. Number one grandson had arranged to sell a hundred dozen of corn to a fresh fruit and vegetable market. To be delivered by 11:00 a.m.

His father suggested he pick it the night before when the weather was fair. He thought differently. He and his friend picked it in the driving rain.

All the other relatives having given up on him, I was his remaining hope for getting the corn delivered on time. The corn, finally picked with minutes to spare, he took a quick shower.

His grandfather, the Farmer, took pity on me and hitched the trailer loaded with corn to my car. We proceeded slowly along the highway, the traffic heavy.

The Farmer had thrown a spare tire on the trailer as we pulled away. Doesn't bode well, I thought, as we drove along, no doubt being cursed soundly for slowing the pace of traffic. We arrived without incident.

It rained harder. From the packing sheds the boys were handed crates. Sort, grade, count, pack —no shoddy merchandising here. The rain pelted them from side to side.

I sat in the car. Time was, when his father and uncle were fifteen-year-olds, I'd been out there sorting, grading, counting, packing but, not today. I'd been there.

No, I did not feel guilty, just thankful I could help a bit, hopeful that somehow an extended family could get these two safely over fool's hill.

Being young and vulnerable with so much to learn is pure hell. So is being the parents, the grandparents, and the assorted members of an extended family who watch, often wringing their hands, while kids grow, learn, forget, learn again, and finally and hopefully safely mature.

It was always hard, I decided as I mused on, this being young and learning the hard lessons of life. Always hard standing on the sidelines watching, waiting, hoping, cussing, praying that things would turn out right for them. But, never as difficult as now, or so it seems to me.

Or does that thought reflect a certain loss of memory of the events surrounding two other farm boys —surviving the farm, surviving public school, high school, university. Now, they're men, grey-haired, a bit portly, and thank the gods that be, survivors.

Much has been written recently about the problems youth are encountering and foisting on society. I don't deny these are grave problems, but has youth really changed much?

Sure, they have bigger, faster and more lethal toys. Concoctions of things leading to substance abuse, more lethal and deadly than alcohol. They are bombarded with information, good, bad, and indifferent, horrible and gut-wrenching, and at a rate at which our sons could only have dreamed.

But, I maintain now as I did then, that the lucky ones survive, the incredibly lucky ones get over fool's hill with a minimum of scratches and bruises.

Sad that it is only the lucky ones, for during that difficult growing up journey from babyhood to adulthood, if lady luck doesn't sit on their shoulder, the going is tough indeed.

Sure a good home environment helps, so do good schools, good teachers, good police, good friends, good sense. But, when I see a young lad or lady flexing their muscles, I offer up a little prayer that luck will prevail. For it only takes a moment's inattention behind the wheel of a vehicle, an inconsidered act, a bad career decision...

And there have, of course, always been those poor souls young and old alike, who never had the ability, desire, guidance, call it what you will to achieve the necessary coping skills that would eventually see them over fool's hill.

A pessimist, you say! A realist, I think. A viewer of current trends, sympathizing with today's youth, parents, grandparents, as each new generation makes it's trek up fool's hill.

Life's no bowl of cherries, never was, nor is it going to be. I recall the stories of my parents who survived the depression, the experiences of the Farmer and I and our generation, of the lives of our sons and now the grandkids —may the gods give me strength. But, that's life! —I must as I deliver two cold, wet youth safely back to their home proudly grasping their pay.

When the autumn equinox comes, we know a profound sense that autumn too, is slipping away into winter before long. Wind whips away all of summer, rain sluices the air. Branches fall hither and yon. Windows rattle in the night. Smoke backs down the fireplace chimney. Lady gets as close to the fire as possible.

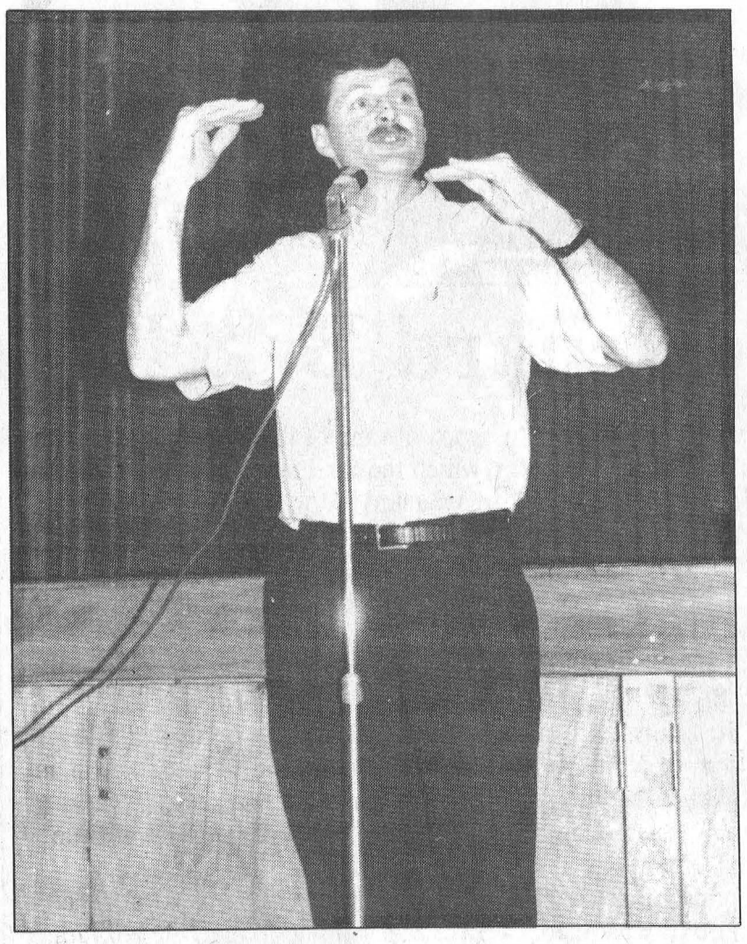
The soup kettle simmers on the back of the stove and the air is savoury with onions and beef and rosemary. Now we regret the time of flowers, and forget the pests. Summer, viewed now, seems to have been an idyll. The storm beats against the house like a great sea tide. Then it blows away, and we open the doors.

The air is sweet as the smell of apples. The sky is clear, a marvellous blue. Every grass blade is polished.

Of a sudden, summer's work is over, and whatever problems there were are done with. My heart is light, for it was a busy summer. And, I am standing now in a newly-minted world, summer pressed away like a flower in a book. I am happy for I know that the world still begins again every morning. Enjoy!

Thought for the week: "If a man would move the world, he must first move himself. - Socrates.

Producers will debate quota system at OMMB conference



John Core explains how two quota markets affect one another

Elizabeth Moreau
Record Staff

The start of a new milking year has meant quota cuts for Ontario's dairy producers, who learned in August that their shares of the milk market would be reduced by 2.75 per cent.

Just how the Ontario Milk Marketing Board (OMMB) arrives at that figure is a complex process. It's one that some producers themselves don't quite understand. And some producers pay the price for fluctuations in a part of the milk market in which they are not even involved.

Marketing board chairman John Core told a group of producers in Chesterville earlier this month that it takes six steps to calculate quota reductions.

"If you're like others, you understand the bottom line," Core said. "The complexity of how you got to that is just getting out of control."

And this complexity is just one reason why the marketing board is considering changing the way supply management works in Ontario. Board members from across the province will be debating the merits of a single quota system at the OMMB's annual conference in October.

Currently farmers can buy quota for industrial milk (MSQ), or a combination of MSQ and fluid milk. The two have historically had different market values, and fluid milk in Ontario usually gives farmers a higher return than industrial milk. But although there are two different markets for milk produced on the farm, they are not completely separate.

Butterfat that is skimmed off fluid milk at processing plants is used to make other products, from ice cream to cottage cheese. That affects the industrial milk market, which supplies milk for these foods. If the amount of skim-off results in less demand for industrial milk, it means quota cuts for all producers.

A single quota system would combine fluid milk and MSQ quota. The OMMB says this is one way to make the system fairer and more equitable for both fluid and industrial producers. With single quota, says the OMMB's Bill Mitchell, the connection between the two markets caused by the skim-off of butterfat would be eliminated.

The OMMB has not set a deadline for making a decision about single quota, but says the earliest such a system could be put into place is August 1994.

An OMMB committee has prepared a report on single quota, which was distributed to area milk committee members earlier this month. That and other proposals will be discussed at the October conference.

Both the Stormont and Dundas milk committees plan to discuss the single quota proposal at their next meetings in early October. Three members from each committee will attend the OMMB conference, and they hope to bring the opinions of area producers with them.

"We don't know what Stormont will decide," said milk committee chairman Brian Powell, adding that there are many factors to consider before either embracing or rejecting a single quota system.

"It's not black and white at all," he said. "There are so many grey areas and some areas we can't even see."

The OMMB has said that changing the quota system would not affect producers' gross incomes.

"We don't want to create any income disadvantage for any producers," Core said.

To maintain gross incomes at the same level, the OMMB would have to either increase or reduce the amount of quota held by individual producers. And because farmers might have to produce either less or more milk if a single quota system were adopted, net incomes could be affected.

Producers who received extra quota would have the option of buying more cows and producing more milk. And those who couldn't afford the extra capacity could be forced to sell quota.

But some producers believe a single quota would benefit producers in the long run.

"I am personally in favor of it," said Dundas Milk Committee secretary Gord Johnson. "Too many years have gone by when there has been no equality between producers...I think every milk producer should be getting the same price."

But he said locally the idea has generated mixed reaction.

"I don't think it would be hard to adjust to, but I would think it would be harder to convince producers that (single quota) would be the way to go."

Other provinces like Quebec already operate under, or are moving toward, a single quota system. Core said harmonizing Ontario's supply management system with that of neighboring provinces would benefit Ontario in the future.

Parties join forces for Yes vote

Kilger forms Canada Committee with NDP, PC reps

Elizabeth Moreau
Record Staff

CORNWALL—A Yes committee organized by Liberal MP Bob Kilger will take a unity message across Stormont-Dundas in the weeks leading up to the Oct. 26 national referendum on the new constitutional deal.

Kilger joined forces with local representatives of the NDP and Progressive Conservative party at a meeting Saturday to form the ad hoc group, dubbed the Stormont-Dundas Canada Committee.

The group will operate out of two offices, in Cornwall and Dundas County, to provide information about the committee's activities and details of constitutional package. The locations of the offices have not yet been determined.

To promote the deal, the committee is organizing a number of activities. The first is to set up a Canada Committee booth at a home show in the Cornwall Civic Complex this weekend, where copies of the text of the agreement and a highlights booklet will be available.

Rallies and conferences may also be part of the campaign.

Kilger said he hopes as many people as possible will get involved in the Yes campaign, including municipal officials, labor and business groups, agricultural groups, and private citizens.

Names of committee organizers will not be made public until the end of this week. Anyone who wants to join the committee can contact Kilger's office for more information.

Board head will continue duties while working in southern Ontario

Elizabeth Moreau
Record Staff

CORNWALL—When Chesterville-area trustee Cindy Martin-Hrycak starts her new job on Oct. 1, more than 500 kilometres will separate her from her Finch home.

But the lawyer said Monday that distance will not stop her from carrying out her functions as a trustee, or as chairman of the SD&G Public School Board.

Martin-Hrycak has accepted a three-month temporary position in Simcoe, where she will practise matrimonial and divorce law at a private firm. She is originally from the southern Ontario town.

She said she plans to return home every weekend and for a full week at the end of each month. That will allow her to attend most regular board meetings.

Vice-chairman Mamie David may have to chair meetings if Martin-Hrycak is absent.

When she was elected to the school board last year, Martin-Hrycak left her job with the Children's Aid Society in Brockville. In the meantime, she said, local law work has become difficult to find, and the Simcoe job will allow her enough time to fulfil her commitments with the school board.

"The people I have the job with realize (the board) stands as a priority with me," she said, adding that during the week she will be available by phone and by fax.

During the one-year sabbatical Martin-Hrycak attended many of the school board's different committee meetings, most of which are held evenings, she said. So her husband and three children are used to having her away from home.

"Because I was here (at the board office) so much, I'll see them as much as I did before," she said.

Martin-Hrycak said she doesn't know whether the position will lead to a full-time job.

The firm "is in a transition period, so it was a way for me to get back to work a bit," she said. "The part-time thing was probably the best I was going to get for three months."

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Dr. Norene Hyatt-Gervais	Morrisburg Animal Hospital	Morrisburg Fire Hall corner of St. Lawrence and Fifth Streets	MORRISBURG
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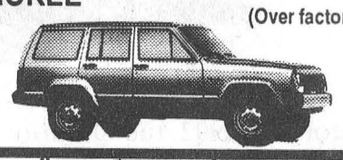

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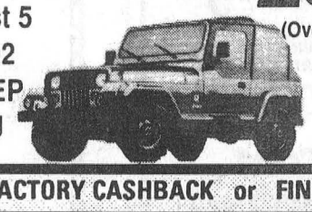

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Photographer's shutter looks into the past

Michelle Valiquet
Special to The Record





Dressed in period costumes, Cindy Coyne (far left) and Emily Howitt, both of Finch Township, pose while Claude Levet (right) takes their photo at the Upper Canada Village Fall Fair over the weekend. Levet uses equipment and photo processing techniques from the Civil War era.

Record Photos - Valiquet

Examining the works that line Claude Levet's gallery may make you feel as though you've stumbled into a treasure trove of old Civil War photographs.

Men in well-worn uniforms clutch rifles, women are attired in hooped skirts and poke bonnets while children stand uncomfortably in pinafores.

The look is 1860s, but the people are actually circa-1990s.

Levet is a photographer by trade but instead of picking up the latest in Minolta or Hasselblad technology when he takes a picture, he uses a bulky, original Civil War-period camera.

His photographs are not printed on paper but rather fixed forever on plates of glass (ambrotypes) or thin pieces of blackened iron (ferrotypes).

Levet, who makes his home in Virginia's scenic Shenandoah Valley with his wife Susan, was at the Upper Canada Village Fall Fair Saturday. For up to $30, visitors could have Levet photograph them. Period costumes were supplied.

"I've travelled all over the States attending Civil War reenactments. That's how I've gathered all of these pictures," says Levet, pointing to his gallery of photos that lined one wall of a massive tent which doubles as his portable darkroom and studio.

Levet is a self-described wet plate photographer, a name which refers to the collodion process he uses to capture his "historic" images. He flows a clear sticky substance onto a glass or metal plate. Within the confines of his darkroom the wet plate, saturated with alcohol and ether, is dipped into a silver nitrate solution or "bath".

Levet puts this sticky solution, which is sensitive to light, into a light-tight plate holder and takes it from the darkroom to his camera, which has already been arranged and focused.

The plate is exposed quickly, at times ranging from 30 seconds to two minutes, and not allowed to dry. The exposed plate is returned to the darkroom, developed and fixed.

A modern photographer by trade, four years ago Levet became interested in re-creating 19th-century photographic processes and pictures. However, acting on his interest proved to be difficult.

He wanted to buy a period camera but was having no luck finding either a camera or equipment. Scanning the newspapers and classified ads was no help, so he finally was forced to call authors who had written about the history of photography to ask for their help.

"You really have to have contacts to get your hands on anything like this (camera)," he says.

Once he had his camera, Levet was confronted with the added problem of developing his own laboratory equipment, chemicals and paraphernalia to complete his 19th-century photography studio.

He found some help following formulas written in a manual published in 1856, The Silver Sunbeam, a name he has appropriated for his own business.

As for the rest, Levet says, "You end up reinventing the wheel trying to solve the problems that come up. Everything has to be done by hand. Over the years I've built and revamped to assemble everything I need."

He does make some minor concessions to the modern world, such as wearing rubber surgical gloves when working with chemicals. "I have my health to think of, there are limits," he says with a laugh.

It seems as though Levet is not alone in his admiration of photographs that pre-date their more instamatic brethren. Less than an hour after he opened his tent Saturday morning at the Fall Fair, his day's schedule was solidly booked by people who wanted their likenesses recorded by Levet and his 1860 camera. Many were turned away, disappointed that their brush with history would have to wait for another day.

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Buying Or Selling A Used Vehicle? Here's What You Must Know.



Starting October 1, 1992, the Ontario retail sales tax you pay when you privately buy a used car, van or light truck, will be based on the purchase price or the average wholesale value, whichever is more. The average wholesale value is set using the Canadian Red Book, a well-known standard in the used vehicle business.

The tax is paid when you change the vehicle ownership at your local Driver and Vehicle Licence Issuing Office.

Some changes in ownership, such as gifts between certain family members, are tax-free with legal proof.

Starting April 1, 1993, if you want to sell your vehicle privately, you will have to buy a vehicle transfer package and give it to the buyer before the sale is completed. The package will be available at all Driver and Vehicle Licence Issuing Offices and from the Ministry of Consumer and Commercial Relations. Consumers will benefit from information on the vehicle's history, outstanding debts on the vehicle and retail sales tax.

If you're planning to buy or sell a used vehicle privately and would like more information, call 1-800-263-7965. Telephone Device for the Deaf, call 1-800-263-7776.

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Citizens' group wants court injunction to halt waste facility

Greg Hewitt
Record Staff

LONG SAULT—A Cornwall Township resident leading the fight against a hazardous waste transfer facility under construction in the township said a court injunction to halt the project is being sought.

Jack St. Thomas said a group in each township, named Concerned Citizens' Committees (CCC), are in the process of raising money to hire an environmental lawyer to fight the facility.

St. Thomas, chairman of the Cornwall Township CCC, lives 1,200 feet from the site, which is near the border of the two townships at the intersection of Moulinette Road and County Road 29.

"The ball is starting to roll. We've got a lot more people who are getting concerned, who want to do something," St. Thomas said.

The controversy began this summer when residents of the area discovered the facility had been licensed by the Ontario Ministry of the Environment to handle any chemical waste except radioactive materials, pathological waste and PCBs.

The residents claim there was no public consultation before the facility, being built by David Brown, of Ingleside, was approved.

MOE chief of approvals Peggy Farnsworth explained that because the MOE obtained a resolution from Cornwall Township council last year stating it did not object to the proposal, it was not aware the proposal was not public knowledge when the licence was issued.

Farnsworth, along with other MOE representatives, members of Cornwall Township council and Brown, met with residents last Thursday at a public meeting in Long Sault.

St. Thomas said between 300 and 400 concerned citizens packed the Long Sault Arena, but he was frustrated because he felt residents did not have sufficient opportunity to voice their concerns to the panel.

But he said at the least, the meeting "finally got all of the parties together and the MOE is seeing that people have concerns.

"We think (Cornwall Township) council and the MOE want (the facility) but we want them to know the people don't want it. They're very, very angry," he said.

St. Thomas said he and other residents who voiced their concerns at the meeting are waiting for the MOE to respond, and make a decision on the fate of the facility.

The MOE can either revoke or amend the licence issued to Brown, but St. Thomas said he doubts the licence will be revoked.

Crime Stoppers program launched

Greg Hewitt
Record Staff

CORNWALL—Crime does not pay — but Crime Stoppers does.

With that slogan, a telephone number and first 'crime of the week,' the Seaway Valley Crime Stoppers program is off the ground.

The program is modelled after successful Crime Stoppers programs in Canada and the United States, where the concept was born 12 years ago.

Through Crime Stoppers, unsolved crimes will be featured in local media, and callers can provide information anonymously and qualify for a cash reward of up to $1,000 if an arrest is made.

The number for the program, announced Friday, is 543-TIPS (543-8477) in the Long Sault exchange, and 1-800-265-TIPS for the rest of the region.

Calls will be accepted between 8:30 a.m. and 4:40 p.m., and the line is accessible from anywhere in Canada and the U.S.

OPP Sgt. Dave McDonald, who is assigned full-time to the Crime Stoppers program, said the crimes featured are ones that police have not been able to solve during the course of regular investigation.

And he said the public can use the Crime Stoppers number to report any crime anonymously, not just crimes featured on the radio or in newspapers.

Crimes called in that are not featured also qualify for a reward if an arrest is made.

"If Joe Citizen sees a crime taking place, that's what we're here for," McDonald said.

Crime Stoppers chairman Nelson Plamondon said the program's success is partly due to the anonymity granted to callers.

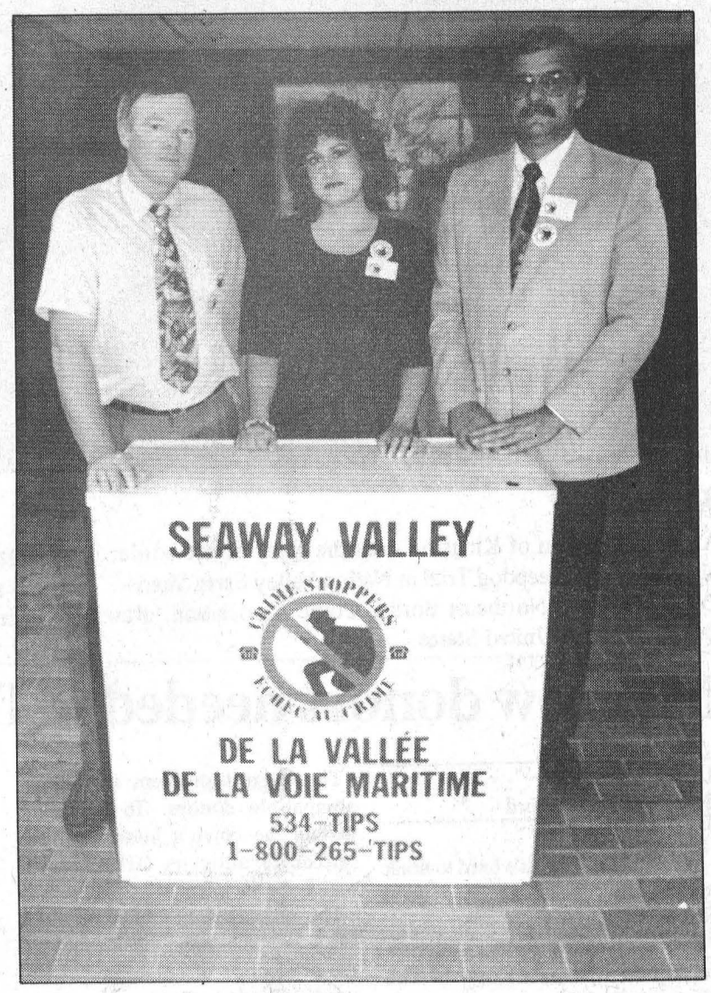
Those who call in with tips for police are assigned a code number for identification. If a caller's tip leads to an arrest, the award can be collected anonymously.

"No one will ever know their names, that's part of the success of the program," Plamondon said.

The Seaway Valley Crime Stoppers program encompasses 11 police forces in eastern Ontario, including OPP detachments, Cornwall police, RCMP, Canada Customs and Akwesasne police, and 16 police agencies in northern New York state.

In eastern Ontario the program is run by a 10-member board of volunteers, and is privately funded.

Statistics show a 96 per cent arrest rate in the history of Canadian Crime Stoppers programs. Figures show 38,317 arrests in 64,403 cases resulting in more than $2 million in drugs and stolen property recovered thanks to anonymous tips.



Crime stoppers
OPP Sgt. Dave McDonald, left, Seaway Crime Stoppers treasurer Sherry Kalil and Crime Stoppers chairman Nelson Plamondon announced the Crime Stoppers telephone number and first featured crime of the week Friday.

Police seek male caller in kidnap hoaxes

This is the first Crime Stoppers featured crime, released by OPP Sgt. Dave McDonald.

This week, police are asking for the public's assistance in solving this crime:

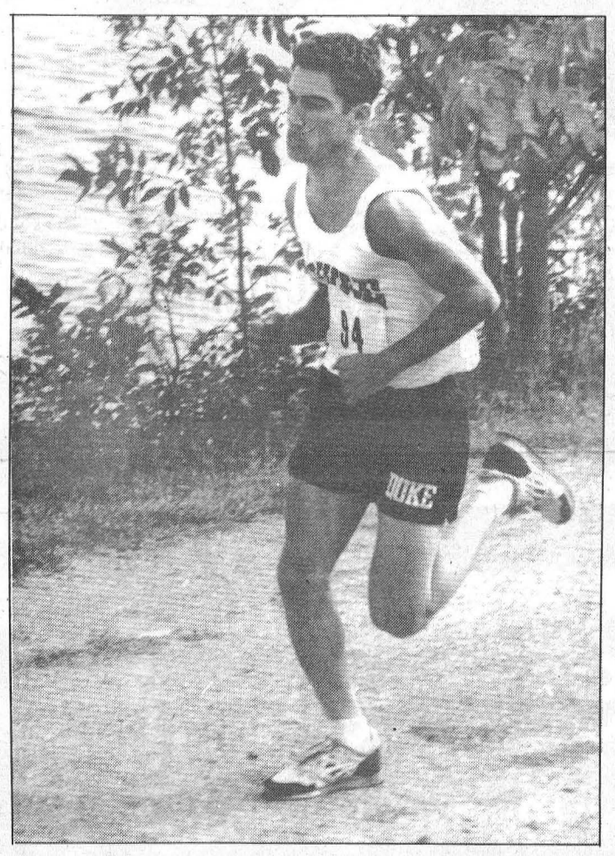
Over the past three years, an unknown male has been calling families and claiming to have kidnapped a family member.

There are 70 known victims in the Cornwall, Long Sault and Lancaster areas.

The man asks family members to follow his instructions.

A tape recording of the man's voice can be heard on CJSS radio during Crime Stoppers segments this week.

If you have any information about this crime, call Crime Stoppers at 543-TIPS (543-8477) or 1-800 265-TIPS outside the Long Sault area, and you might qualify for a reward. You do not have to reveal your identity. Crime Stoppers features will appear weekly in the Chesterville Record.



Off and running: Brendan Bumbaco, a North Dundas District High School student, placed sixth in the high-school division of the University of Ottawa's Cross-Country Invitational run Saturday. **For story and photos, see page 13.**
Record Photo - Boersma

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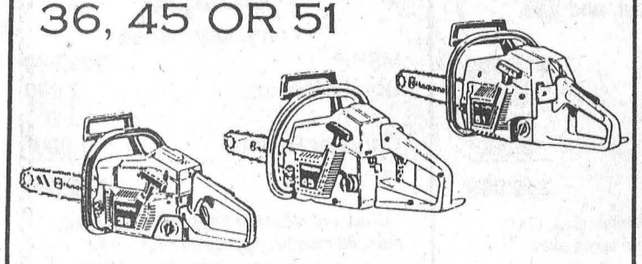

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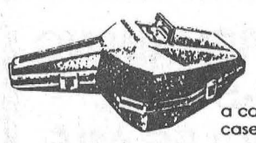
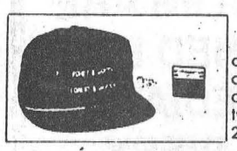

a carrying case


an extra chain


a Husqvarna cap and one can of Husqvarna two cycle oil 250 mL

total value $80.00

* For a limited time at participating dealers.

Husqvarna SWEDEN

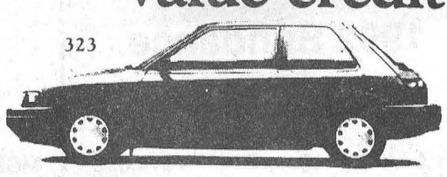
Tom's AIR COOLED ENGINES LTD.
SALES, SERVICE & PARTS

Hwy. 31, Vernon
821-1060
Store hours: Mon.-Fri., 8am-6pm; Sat., 8am-12 noon

MAZDA
FACTORY AUTHORIZED
CLEARANCE SALE

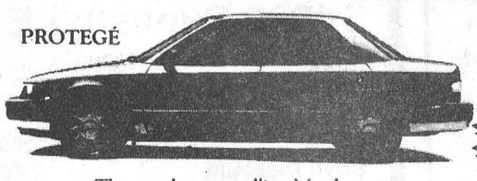
Get automatic transmission or equivalent value credit* on selected '92 models.

323



The largest interior in its class.
More cargo room than any other import in its class.
"It's hard to beat the 323 in terms of pure per-dollar value." Motor Trend 1992

PROTEGÉ



The number one selling Mazda car.
The roomiest Japanese car in its class.
"Top ten import car buy." Motor Trend 1992

SAVE AN EXTRA $750 ON ALL 92 PROTEGE'S only at Cornwall Mazda

WE WILL NOT BE UNDERSOLD
By Any Other Mazda Dealer

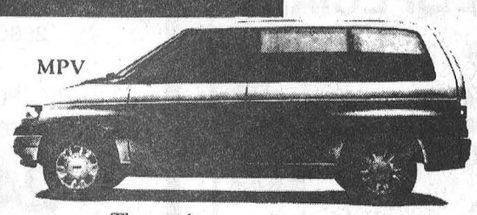
MAZDA PICKUPS



Canada's number one selling import pickups.
Lowest priced import pickup.
Regular Cab and Cab Plus.

SAVE AN EXTRA $1000 ON ALL 92 MPV'S only at Cornwall Mazda

MPV



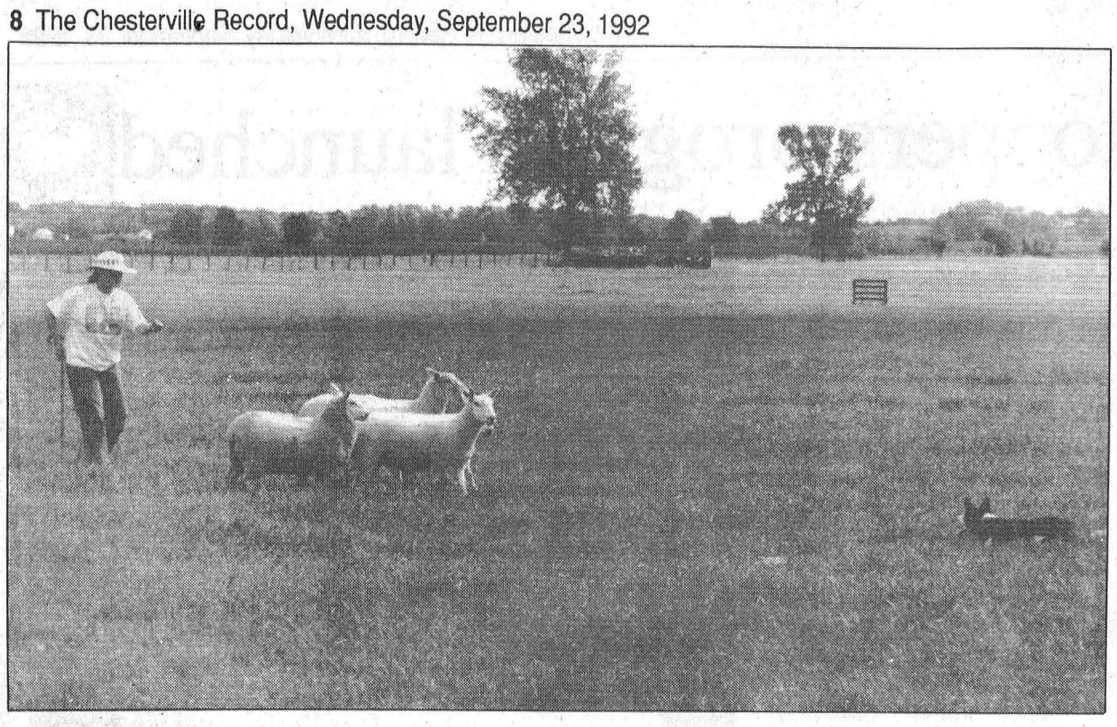
The number one selling import van.
155-horsepower, 3.0 litre V6 engine available.
Seating options for 5-8 passengers.
ABS brakes.

THE MAZDA LEADERSHIP WARRANTY
All Mazdas feature a 3-year/80,000km "bumper-to-bumper", no-deductible warranty and a 5-year/100,000km major components warranty.

*Offer applies to new 1992 Mazda vehicles delivered from dealer stock at participating Mazda dealers from September 4, 1992 for a limited time. Offer is automatic transmission or equivalent credit of $750 on most 323 and Protege, $800 on MPV. Automatic is not available on MX-5 Miata. Only a credit of $850 is available on MX-5 Miata.

mazda IT JUST FEELS RIGHT

Cornwall Mazda – 1405 Rosemount Avenue, 933-6210



Round up

Amanda Milliken of Kingston calls the shots as her border collie Hazel directs a herd of sheep at the Nation Valley Sheepdog Trial at Nation Valley Farm Sunday. The trial, sanctioned by the Ontario Border Collie Club and Northeast Border Collie Association, drew competitors and spectators from Ontario, Quebec and the United States.

Dundas job centre keeps busy

CHESTERVILLE—With thousands of workers in SD&G still unemployed, the Dundas Human Resource Centre's first few months of operation have proved to be a hurried initiation into helping the jobless.

The Chesterville office, which opened its doors in May, has provided nearly 1,000 different services, including taking applications for unemployment insurance, registering workers in a job bank, and helping people go back to school.

"There has been a real steady flow of people," said co-ordinator Cynthia Whetter last week.

Whetter said there are some jobs available in the Dundas area, but many are seasonal or part time. As of Sept. 9, 830 people in the county were actively looking for work, up from 789 a month before. In SD&G and the city of Cornwall, 5,135 people are collecting UI benefits.

The centre has seen a variety of people since it opened, Whetter said, from those who want to start their own business to those interested in apprenticeship programs. And the centre does receive calls from employers looking to hire.

"It's not all doom and gloom but it takes time," she said.

Marrow donors needed in Dundas area

Liz Edwards
Special to The Record

WINCHESTER—It's hard to think a little back pain can be a good feeling.

But Anne-Marie Rolfe, a recruitment co-ordinator with the Canadian Red Cross, says it can.

Rolfe was at Winchester Public School Monday looking for people willing to register as bone marrow donors, a process which generally involves withdrawing the marrow from the back of the pelvis of the donor.

The removal, usually done under general anesthesia, causes only mild discomfort and is well worth it, according to Rolfe.

"It's the most wonderful thing, the donor is left with a very fine and full sense of accomplishment," she said.

There are currently two families in the Kemptville area who are in need of a bone marrow transplant, she told the 15 people who attended the information session.

Bone marrow is the pulpy tissue found inside long bones that produces the cellular componenents of blood, such as red cells, white cell and platelets. Illnesses such as leukemia, where white cells increase in uncontrolled numbers, can be successfully treated with transplants.

"Bone marrow transplant therapy is becoming the treatment of choice for patients for patients suffering from leukemia and aplastic anemia," says Rolfe.

"There are also two hospitals in Canada that are using this radical treatment for breast cancer."

The biggest problem is finding compatible donors. To be compatible the donor's human human leukocyte antigens (HLA) must match the recipient's.

The characteristics of a person's HLA — a substance that stimulates the production of an antibody, in white cells, and other tissues such as bone marrow, are passed down by the parents.

The chance of finding a match between siblings is one in 25. The chance of finding a match between two unrelated people is an average of one in 30,000.

In Canada, there are almost 39,000 people on file as potential donors and the Red Cross would like to increase that number.

"There are 398 patients looking for donors this year," said Rolfe. "In Ottawa, we have an average of one match per month."

In order to solicit more donors, Rolfe may have an information session at the Winchester blood donor clinic in November. Potential donors must attend a session before their HLA is tested.

Ruby Mekker of Finch, a regular blood donor, says she has been interested in the bone marrow program for years. She signed an agreement to be tested at Monday night's meeting.

"I figure it's like putting money in the bank. Someday, someone is going to need it," she said.

Anyone between the ages of 17 and 65 who can donate blood can be a bone marrow donor. After a person's HLA is tested, it filed on a registry. If a potential match is found, the person will be asked to come in for further tests.

Once a positive match is found, the donor will be examined by a doctor and will be asked if they are willing to donate.

It is important when the consent form is signed that the donor carry through with the process, says Rolfe. The recipient spends five to seven days in isolation under massive radiation treatment to destroy bone marrow and cancerous cells, preparing for the transplant. The bone marrow donation is then necessary or the recipient will die.

About two to five per cent of bone marrow is collected using needles when the donor is under a general anaesthetic. The marrow, which will regenerate itself within weeks, is usually removed from the back of the pelvis but can be taken from the front or the sternum.

There may be a slight risk with the anaesthetic or with infection around the punctures sites but this is minimal, says Rolfe.

The donor usually spends a day in hospital. The discomfort is "similar to having been kicked in the rear by a horse," she says, adding none of the donors she has worked with ever needed pain killers after the proceedure.

The Red Cross prefers to test regular blood donors but will accept anyone who would qualify. Blood donors are usually the easiest people to contact, says Rolfe.

"Everytime we do an HLA, it cost $100, so we want to be able to contact people if we need them," she explains.

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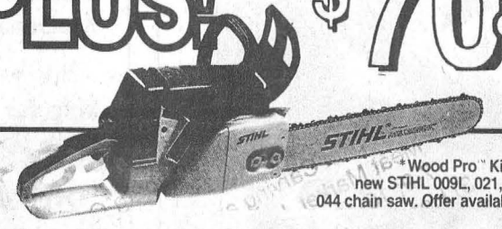

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and get that last minute hair appointment to get the pampering You need!



SAVE!! During our 1992 Clearance Sale
All 1992s must go by September 30, 1992

1992 Dynasty LE
4 to choose from, fully loaded.

MSRP	$22,500
Boyd Discount	2,501
	19,999
Chrysler Rebate	1,250*
	$18,740

* Choice of rebate or 5.9% financing, OAC, max. 48 months. Applicable taxes extra.

1992 Sundance
4-door, 4 to choose from.

MSRP	$14,095
Boyd Discount	1,395
	12,700
Chrysler Rebate	1,500*
	$11,200

* Choice of rebate or 3.9% financing, OAC, max. 48 months. Applicable taxes extra.

1992 Acclaim
7 to choose from, good mix of 4 cyl. and V6s.

MSRP (4 cyl.)	$16,505
Boyd Discount	1,506
	14,999
Chrysler Rebate	2,000*
	$12,999

* Choice of rebate or 2.9% financing, OAC, max. 48 months. Applicable taxes extra.

1992 LeBaron Coupe
1 only, fully loaded.

MSRP	$22,680
Boyd Discount	2,980
	19,700
Chrysler Rebate	1,000*
	$18,700

* Choice of rebate or 5.9% financing, OAC, max. 48 months. Applicable taxes extra.

1992 Plymouth Colt
2000E 3-door hatch.
Stock #J2-180
Power steering, automatic transmission
$248.69* /month

* Payment based on 3.9% financing, OAC, over 48 months. All applicable taxes are included. Based on $2,000 down payment.

1992 Dodge Dakota Club Cab 4x4
1 only, fully loaded.

MSRP	$24,935
Boyd Discount	2,335
	22,600
Chrysler Rebate	1,250*
	$21,350

* Choice of rebate or 5.9% financing, OAC, max. 48 months. Applicable taxes extra.

1992 Dodge D250
Pickup, 1 only.
Cummins diesel with air conditioning.

MSRP	$25,545
Boyd Discount	2,245
	23,300
Chrysler Rebate	2,000*
	$21,300

* Choice of rebate or 3.9% financing, OAC, max. 48 months. Applicable taxes extra.

ALL REMAINING IN-STOCK VEHICLES ARE SLASHED FOR IMMEDIATE DELIVERY
Sale ends Sept 30, 1992

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20L Pails.....$34.50
205L Drum.....$335.00 plus dep.

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4L Jugs.....$7.00

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4L Jugs.....$7.00
20L Pails.....$34.50
205L Drum.....$325.00 plus dep.

Ford Credit
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Hwy. 43, 1 mile West of Chesterville
448-2335

COME CELEBRATE 125 YEARS OF COUNTRY LIVING AT

WILLIAMSBURG'S FALL HARVEST FESTIVAL

Saturday, Oct. 3rd

Come And Have Fun In The Contests And Games!

CONTESTS

1) Tallest Corn at Williamsburg Garage – bring in by 11:30
2) Pumpkin Carving and Painting at Whitteker's Meat Market Judging at 11 o'clock – ages 4-6; 7-9; 10-13.
3) Heavy Pumpkin at Whitteker's Meat Market – weigh-in before 11:30.
4) Pie Baking Contest – Apple, Pumpkin – bring to Park Drive Villa by 10 a.m.
5) Decorated House – Residents of Williamsburg Township – Phone to register, 535-2018 or 535-2310. Judging Fri., Oct. 2.
6) Best Decorated Bicycle – Sponsored by Canadian Tire. Judging at 11 o'clock at the United Church.
7) Best Harvest Theme Picture – at Lisa's Hair Loft – bring in Thurs., Fri. or Sat. Judging 12 noon Sat.
8) Best Cob Corn – Blossom Time Beauty Shop. Judging at 2:30.
9) Best Decorated Garden Basket at Susan's Gift Basket. Judging at 2:30.
10) Best Decorated Wheel Barrow at L.M.S. Judging at 10 a.m.
11) Best Decorated Tractor – Judged in the Parade.
12) Chain Saw Competitions at Eastern Engines. Time 1:30 to 3:30 p.m. 3 classes – 45 c.c., 62 c.c., Open Stock 0-72 c.c.
13) Guess the Steer Weight – at the Park – all day.

Everyone Welcome!

For More Information Call

535-2259 535-2018 535-2310

SCHEDULE OF EVENTS

PANCAKE BREAKFAST – 7 a.m. - 11 a.m. Williamsburg Independent Order of Oddfellows at New Williamsburg Fire Hall

PARADE – at 12 Noon – starts at East End of Town. ENTRY REGISTRATION Phone 535-2259. Theme – Harvest Theme – Canada's 125th Birthday. Judging – Commercial and Non-Commercial

FREE PONY RIDES AT THE PARK

FOOD –11 a.m. – 2 p.m. – Barbecued Hot Dogs – Lutheran Church
12 o'clock at Captain's Cove – B.B.Q. Hamburgers, Hot Dogs, Chicken, Baked Beans, Oktoberfest Sausage
11 a.m. – 1 a.m. – Specials at Sidewinders Road House – Onion Rings, Chicken Wings, Potato Skins, Pizza
Food also available at the Park and throughout the town

BESSIE BINGO – Saturday Afternoon

TEA AND BAZAAR – 1:30 – 3:30 at Park Drive Villa, sponsored by Park Lane Resource Centre

GAMES – (sponsored by Williamsburg Recreation at the Park) – Games Start at 2 O'clock – Register at 1:15
Tug of War – 10 on a team – must include 3 women – age 17 & over
Sack Race | Cross Cut Saw Race | Potato on a Spoon
Water Wheel Barrow Race | Hammer Hold | Round Rock Toss

EXHIBITS – (all day at the park) 1) Smyth's Apple Orchard (candy apple making)
2) Bob Bennett Equipment 3) Dairy Princess
4) Barkley's Sugar Bush 5) Egg Marketing Display
6) Pork Producers 7) Cattlemen's Association & Many More

CLOSING CEREMONIES – 4 o'clock at the Park – draws by merchants – announce prize winners for events

CEDAR GLEN GOLF COURSE WILLIAMSBURG 535-2323	**CAPTAIN'S COVE** RESTAURANT 535-2523 Specials – ½ Chcken Dinner Hot Dogs, Hamburgers, Home Made Beans, Oktoberfest Sausage	**PINKUS TIRE & BATTERY KINGDOM** WILLIAMSBURG 535-2759	**ROGER'S BARBER SHOP** WILLIAMSBURG 535-2986	**WILLIAMSBURG GARAGE** Tallest Corn Contest Free Pony Rides at Park WILLIAMSBURG 535-2018
BLACK'S TV & APPLIANCES WILLIAMSBURG 535-2561	**LISA'S HAIR LOFT** LISA McNAIRN 535-2482	**EASTERN ENGINES** POWER EQUIPMENT CHAIN SAW COMPETITION WILLIAMSBURG 535-2488	**WILLIAMSBURG INDEPENDENT ORDER OF ODDFELLOWS #349 IOOF** MEET MONDAY NIGHTS	**SIDEWINDERS ROAD HOUSE** Eat In 11 a.m. – 1 a.m. 535-2881 Enter Draw Large Pizza
THE VILLAGE ANTIQUES & TEA ROOM Official Opening October 3	**BANK OF MONTREAL** WILLIAMSBURG 535-2322	**SIMSER'S** GENERAL STORE TAPE & NINTENDO GAME RENTALS WILLIAMSBURG 535-2199	MOVIE RENTALS **NIGHT OWL CONVENIENCE** WILLIAMSBURG 535-2166	**WILLIAMSBURG PUMP SUPPLY & SERVICE** WILLIAMSBURG 535-2983
SUSAN'S GIFTS & BASKETS Wicker, Dolls, Candles, Crafts WILLIAMSBURG	**CANADIAN TIRE** WILLIAMSBURG 535-2845	**TRIPLE B STRUCTURES** WILLIAMSBURG 535-2820	**LMS MOTOR SALES** WILLIAMSBURG 535-2298	**MARSDEN-McLAUGHLIN FUNERAL HOME** WILLIAMSBURG 652-4452
G & A AUTO SALES & SERVICE COMPLETE CARE CARE 535-2048	**WHITTEKER'S MEAT MARKET** WILLIAMSBURG 535-2310	**INSTANT WATER WELLS LIMITED** WILLIAMSBURG 535-2498	**BLOSSOM TIME BEAUTY SHOP** ESTHER BARKLEY 535-2312	**McCOWAN PLUMBING SERVICES** WILLIAMSBURG 535-2085

record classifieds

VISA

Classified Advertising Deadline 1pm Tuesday. Phone orders by Visa only. Call 448-2321. $4.00 + GST Minimum for 20 words. Extra Words 20¢ each.

FOR SALE

CAKES FOR SALE - Birthday cakes $10; Character cakes $20. Have a design? Put it on a cake! Call Cathy 984-2691.
8

INCREDIBLE LOW PRICES - Open to the public. Garage doors: 195.00; steel doors 34": 49.95, with frame: 79.90; interior doors: 10.57, colonial: 16.97, solid pine: 69.95, pre-assembled doors: 29.95; ceramic floor 8"x8": .99 ft. sq.\box; 12"x12": 1.39 ea.; ceiling tiles 2x4: 1.89; planning 4x8: 4.95; 2x4x8: 1.09; 10': 1.50; 2x8x12: 3.95; 2x10x14: 6.75; oak flooring 2-1/4: .69; select: 1.09; pre-varnished: 1.89; clapboard masonite: 39.00 sq.; melamine 5x6: 5.97; 4x8: 7.97. Cash only. Masson 819-986-5720.
6

FOR SALE - Baby's cib with mattress, crib sheets, like new; denim infant carrier, playpen, high chair. Phone 987-2194 after 6pm.
6

FOR SALE - Purebred service age Holstein bull. Contact John and Howard Morrow 527- 3008.
6

WE PAY THE GST ON ALL TREATED LUMBER & ASPHALT SHINGLES - Treated lumber 1x6x6: .99; 2x2x42: 1.39; 2x4x8: 1.99; 2x6x8: 2.69; 4x4x8: 3.69; 10': 4.60; 12': 5.55; 16': 5.99; 6x6x8: 9.39; pre-assembled fences 6'x8': 25.95; plywood 5/8: 19.95; asphalt shingles manoir 20 yrs.: 4.99; felt 15': 7.99; 95' roll, black, green, white: 5.47. Until Sept. 30. Cash only. Masson 819-986- 5720.
6

SILO REPLASTERING, SILO SEALING - Free estimates. Bill Wammes 821-3718.
1tfc

FOR SALE - Shelled corn, whole or rolled. Call 448-3316.
21tfc

FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new & used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.
2tfc

FOR SALE - Ground feed, shelled corn, barley, oats, wheat, mixed. $7/100 lbs. Your bags. 9am-5pm. Closed Sundays. George Crites 527-5393.
7

FOR SALE - 1986 Chev Monte Carlo, V- 6, new exhaust, good condition. Asking $4500. Call 346-2211.
6

DART SUPPLIES FOR SALE - M.T. Advertising and Sports Ltd., 17 Industrial Dr., Chesterville. Phone 448-3054.
8-4

LAST CHANCE FOR SHEEP FLOCK REDUCTION SALE - The more you buy - the cheaper they are. Phone Ashwood Meadows 346-5651 after 7pm.
7

FOR SALE - Woods Arctic 3 Star sleeping bag, like new. Phone 613-448-3879 after 6pm.
6

FOR SALE - In Chesterville, double side sofa bed, earth tones, good condition, $150 or B.O. 224-3249.
6

FOR SALE - Knight Glassline 40 gal. electric hot water tank, in good running condition. 448-1553.
7

AVONMORE BERRY FARM
1 Mile North of Avonmore
Pick Your Own
& Ready Picked
MacIntosh
Apples
Raspberries & Tomatoes
Fruit Pies • Biscuits • Muffins
All Homemade
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Tues. to Sun. 9 am to 6 pm
CLOSED MONDAYS

FOR SALE

LOT FOR SALE - Casselman, lot 85'x200', beautiful view, $24,900. Phone 987-2198, 764-5577 or 764-3635.
33tf

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APPLES
Cider and Apple Products
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Dundela 652-2477
3 miles west of Williamsburg
Open 7 days a week 9-7

FOR SALE - First cut round bales stored indoors; second cut standing hay. Can be baled or chopped. Phone Tom 448-3350.
51stf

BLACK FOREST CAKES - $20-$40; Baked Alaska (ice cream cake) $15 and Birthday Cakes $12 and up. Heather Parent 448-2598.
52tf

FOR SALE - All new gas cook stoves, with exclusive uniburners and pilotless electronic ignition! Sealed burners for easy cleaning! John Witteveen T.V.-Appliances Sales and Service. 448- 2766. RR2 Chesterville (Dunbar).

AL-MOR
LADIES WEAR
New Fall Shades and Fashions
Dresses - Sweaters - - Sportswear
15% off Suggested Retail on our
Dress Selection
Visit our *Bridal Room* for Something "Extra Special"
Chesterville - 448-3370

FOR SALE - Kverneland plow, semi-mounted, 5-furrow, automatic reset, adjustable from 12-22", 2 yrs. old. Phone 987-5281.
6

FOR SALE - Massey Harris manure spreader on steel, like new. Phone 537-2692.
6

FOR SALE - 1986 Plymouth Reliant 4- door, PS, PB, AM-FM, new brakes and exhaust, very good condition. Price to be discussed. 987-5573.
7

FOR SALE - Super single waterbed with nearly new bladder, wooden frame & headboard. Great for children. In excellent condition. Phone 448-1976 after 6pm.
7

FOR SALE - Final Fight Super Nintendo game, book and box included, in excellent condition. Phone 448-1976 after 6pm.
7

FOR SALE - Heavy duty washer & dryer, 10 yrs. old, excellent condition, $400/set. Call 448-1228 or 448-1614.
6

PIANO SALE - This week at Brookdale Mall. Musician's Heintzman, two apartment size, others. Guaranteed. Terms available. Al's Piano Shop 932-1825.
6

FOR SALE - 1976 Chev Impala, as is. Call 346-5961.
6-1

FOR SALE - 1977 Cordoba, many new parts, mags. $500 or B.O. 448-2253.
6-1

FOR SALE - Int. 720 plow, 4x16 (toggle trip), semi-mounted. Call 538-2486.
6

FOR SALE - Tomatoes, cucumbers. Call Mary 448-1206 or leave message at 448-3453.
6stf

Cannamore Orchard
Monday to Friday 10am-6pm
Weekends 10am-5pm
Pick Your Own & Pre-Picked Apples
In October
Pick Your Own Pumpkins
Free Wagon Rides
Country Store with jams, honey, maple, cider
4 Km. East Of Morewood!

FOR SALE

FOR SALE - Men's black leather jacket, size 40, good condition, $80; hot water tank, $30. 448-3584.
7

FOR SALE - Gold fridge, excellent condition. 448-1939 after 5:30pm.
7

FOR SALE - Gas operated wood splitter, good condition, $300. 448-3505.
7

FOR SALE - All new vacuum cleaners built by Eureka! Upright style to do all your carpets quickly and easily. Hose and tools are attached to do all other jobs! On sale now for only $159. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
6-1

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Small Trees
Pick Your Own
APPLES
Pre-picked apples also available
Cider & Spring Bulbs Available
Applewood Farm
2 km west of Morrisburg on Lakeshore Drive
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HOUSE FOR SALE - Crysler, luxurious 4 bedroom, 2-1/2 baths, lot 150'x150', double garage, family, living and dining rooms, finished basement, many extras, $159,900. Phone 987-2198, 764-5577 or 764-3635.
33tf

NOTICES

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

LORILEA'S CLIP SALON & KENNELS - Boarding and grooming of dogs and cats. Since 1975. Phone 448-3507.
44tfc

STRANDS HAIR STYLING - 39 Howard St., Chesterville. Open Tues. thru Fri. 9am-6pm. Thurs. 9am-9pm. Sat. 8am until done. Call Nancy 448-1411.
43tf

CHESTERVILLE'S TICKLE TRUNK COSTUME RENTAL & ACCESSORIES - 146 Queen St. West. Phone 448-3507. Hours Sept. 14-Oct. 17: Mon.-Fri. 7-9pm; Sat. 10am-4pm or by appointment. Oct. 18-Nov. 1: 9am-9pm or by appointment.
11-7

SILK SCREENING & EMBROIDERING - M.T. Advertising and Sports Ltd., 17 Industrial Dr., Chesterville. Phone 448-3054.
8-4

NOTICE - We're at your service. Need a vehicle and the bank turned you down again? Call Car-O-Line Autos, Chesterville, 448-2488. Your area leasing headquarters for new or re- conditioned vehicles.
23tf

BRENDA'S HAIR STUDIO - Bergin St., Finch is open Tues. to Sat., Thursday evening appointments only. Phone 984-2932.
49,51,1,3,5,7

HORSEBACK RIDING & PONY RIDES - Hourly rates, boarding, breaking, training & breeding also available. Phone 987-5785.
7-4

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Eastern Ontario Cemetery Memorials
RR2, Mountain, 258-2927
Monuments and markers in granite or bronze. Cemetery lettering and monument restoration.
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1tf

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Do you work hard all week & need a break? Well, treat yourself to a new you
Proprietor: KAREN PARKER
57 Hummel St.,Chesterville, Ont.
448-2152

NOTICES

RICHARD GIBEAULT CARPENTRY - Quality homes, additions, garages, home improvement, drywall, painting, sell and install windows & doors, kitchen cabinets. Berwick, Ont. 613-984- 2623.
6

SAVE ENERGY COSTS - Get your attic, workshop, milkhouse done. Blown in or fibreglass insulation. Give us a call for free estimate. Richard Gibeault Carpentry, Berwick, Ont. 613-984- 2623.
6

ELECTROLUX SALES & SERVICE
New vacuums for '92
Central vac systems
5 year warranty
We repair all makes
Display at McHaffie's Flea Market
Mitch Cassell
543-2140 Morrisburg
34tfc

KELLY'S
K-9 Grooming
Grooming all breeds of Cats & Dogs
Baths & Flea baths
Nail clipping & much more
Grooming done at your convenience
Business location or at your home
Phone for your appointment
Laura Kelly - 448-1788

FOUND

FOUND - Ladies' ring. Found Friday evening Sept. 4 after demolition derby at Newington Fair Grounds. Call Sharon 984-2955.

COMING EVENTS

YARD SALE - Sat., Sept. 26, 1992. South of Chesterville on Grantley Rd. Small apartment size dryer; table & chairs; sports cards; many other items. Starting at 9am.
6

YARD SALE - Mon., Sept. 28 thru Sat., Oct. 3. 93 King St., Chesterville. Rain or Shine.
6

CHAINSAW CONTEST - Oct. 3 at Williamsburg Fall Harvest Festival. Free entry. Age 18 and over. Test new Stihl 45 and 62 cc saw or bring your own up to 72 cc saw. For registration call Eastern Engines, Hwy. 31, Williamsburg. 535-2488.
6-1

GO FOR THE GOLD - N.O.W.I.L.L. PONY CLUB REGISTRATION - For kids 6-21. No pony required. For more information call Kathy at 346- 5591; Ray at 652-1450 or Lillian at 984-2017. First meeting Oct. 4.
7

25th WEDDING ANNIVERSARY - The children of Henk and Elaine Sanders cordially invite you to the 25th anniversary reception in honor of their parents Sat., Oct. 3, 1992 at Finch Community Centre. 9pm-1am. Lunch served. Everyone welcome.
7

ADVANCE NOTICE - CHINESE DINNER- DANCE - Sponsored by The Spencerville Agricultural Society, Sat., Nov. 7, 1992. Dixon's Corners Hall. Tickets $12.50/person. Dance only $5/person. Music by "The Revivals" (50's & 60's). Advance Tickets Only. Please call 658-2778; 658-5352 or 658-3101.
6-1

BONNIE GLEN - Hwy. 43, Alexandria. 525-2646 or 525-3078. Sat., Sept. 26, 1992. OCTOBERFEST entertainment by Black Trio. German Dancers from Montreal, 8:30pm. Sponsored by the Swiss Rifle Club of Montreal. Food Available.
6-1

BAKE SALE & WHITE ELEPHANT TABLE - Sat., Oct. 3. 10am-12 noon. St. Andrews Presbyterian Church Hall, Mill St., Chesterville.
7stf

CHESTERVILLE UNITED CHURCH RUMMAGE SALE - Sat., Sept. 26, 1992. 9-11am.
6

MIXED PARTY - In honor of Lisa Graafland and Rene Boulanger on Sat., Sept. 26, 1992 at the Chesterville Arena. Music by Mojo's Disco. Age of Majority is required.
6

REFORM PARTY RALLY - Shrine Hall, Brockville. Tues., Oct. 6 at 7:30pm. Guest Speaker: PRESTON MANNING. For information 448-2724.
6

COMING EVENTS

UPPER CANADA PLAYHOUSE PRESENTS - The Honeymooners by Dean Hawes. Based on the popular TV show! Sept. 9-27. Tues.-Sat. 8pm; Sun. 2pm. Extra shows at 2pm on Sept. 23 and 24. Country Supper Sept. 24 ($21 show included). For tickets: 543-3713. Closes Sunday.
6-1

MORRISBURG CANADIAN CLUB - Members will enjoy hearing the guest speaker Dr. Kenneth Money, an olympic high jumper and one of Canada's astronauts, Tuesday evening Sept. 29 at 7pm in the Morrisburg Civic Building.
6-1

OPEN WEDDING RECEPTION - In honor of Sonya Bakker and Shawn Hill, Sept. 26. 8:30am at Greely Community Centre. Everyone Welcome.
6

TURKEY SUPPER - Williamsburg United Church Hall, Tues., Sept. 29, 1992. Beginning at 4:30pm. Adults $7; Children under 12 $3; Preschoolers free. Everyone Welcome. Take-outs available.
6

OPEN WEDDING RECEPTION - In honor of Kimberly McLaughlin and Stephen Schwerdtfeger Fri., Sept. 25, 1992. 9pm-1am at the Chesterville Legion Hall. Music by Record Runner. Everyone Welcome.
6

ADVANCE NOTICE - Luncheon Sat., Oct. 17, 1992 at Finch Community Hall, 11:30am-1:30pm. $4. Sponsored by Signet Chapter, Order of The Eastern Star.
6 & 9

BAZAAR & TEA - Sponsored by Knox Presbyterian Church, Moose Creek. Sat., Oct. 3 beginning at 1:30pm. To be held in the Church Hall. Also stained-glass demonstration by Carol Fraser. Everyone Welcome.
7

HUNTER'S SAFETY COURSE - Mon., Sept. 28, 1992 at 7pm. Register by phoning 984-2682. Applicants must be 15 yrs. or over.
6

BRIDAL SHOWER - In honor of Jacqueline Walsh on Sun., Oct. 4, 1992 in Berwick Community Hall, 1:30pm. Everyone Welcome.
7

WEDDING RECEPTION - In honor of Jennifer Jorgensen and Terry Alguire, Sat., Sept. 26, 1992 at 9pm, Crysler Community Centre. D.J. - Record Runner. Friends and family welcome.
6

MIXED PARTY - In honor of Angela Van Allen and David Thompson, Sat., Sept. 26, 1992, Chesterville Community Hall. 9pm-1am. D.J. Lunch Served. $3 per person.
6

COFFEE BREAK COMMUNITY BIBLE STUDY - Together with Story Hour for pre-schoolers is starting again on Tues., Oct. 6. 9:30-11am at St. Andrew's Presbyterian Church, Mill St., Chesterville. Nursery is also provided. You are cordially invited to this community friendship circle. For information phone Marge Norg 448-3218.

OPEN HOUSE
Sunday, Sept. 27
2pm-4pm
(Home of Ray Sirvage)
R.R.2 Finch - Conc.3
Large 3 bedroom farm home on large lot with workshop
Come & see for yourself
PERCY JACKSON
Sales Representative
Century 21
Shields Realty Ltd.
Business: 938-2121
Home: 932-3448

ARTS & CRAFTS FAIR
Saturday & Sunday
October 17 & 18
Berwick Community Hall
Berwick
Sponsored by the Berwick W.I.
There are still some tables available.
Call Jessie at
984-2725
For more information

COMING EVENTS

Winchester Theatre
FRI. SEPT.. 25, SAT. SEPT. 26
Starting at 7:30 P.M.
"THREE NINJAS"
RATED: P.G. Three young Ninjas trained by their grandfather. Also showing a Japanese made cartoon.

20th ANNUAL ANTIQUE SHOW & SALE - Sponsored by Grenville County Historical Society (1891). Prescott, Ont., Sept. 26 and 27, 1992. Sat., Sept. 26 11am-8pm. Sun., Sept. 27 11am-4pm. Just south of Hwy. 401 at Exit 716, South Grenville Dist. High School, Edward St., Prescott. Admission $2.50.
6-2

BINGO - Sponsored by Dunbar Recreation held in the Dunbar Recreation Centre every Sunday night starting Sept. 13, 1992. Doors open at 5:30pm. Bingo starts at 7pm. Jackpot given every week. No one under 16 years of age permitted.
3tfc

SANDERS MAPLE PRODUCTS & PANCAKE HOUSE - Hwy. 43, Finch, Ont. will be open weekends starting Sept. 5 to Oct. 31, 1992. Take a walk in the bush and enjoy the beautiful fall colors of this season. 984-2368.
6-4

ST. BERNARD'S HARVEST SUPPER - Finch Community Centre, Sun., Sept. 27, 4-8pm. Adults $7; Elementary $4; under 5 yrs. free. Smorgasbord.
6

LEGION MIXED DARTS - There will be a sign up for darts Sept. 16 and 23 from 7-9pm at Chesterville Legion. Meeting for rules and committees Sept. 23. $15 to sign up, $2 per night to play. Everyone welcome. For information call Bill Harper 448-2853.
6-3

50th WEDDING ANNIVERSARY - Graham and Gladys Smith warmly invite friends and neighbors to celebrate with them their 50th wedding anniversary on Sat., Sept. 26, 1992 at the Chesterville Legion Hall. 9-12pm. Music by Shad's Disco. Best Wishes Only.
6

U.C.F.O. CRYSLER CRAFT SALE - Crysler Community Centre, Oct. 24 and 25, 1992. To reserve your table call 987-5719 or 987-5533.
6

THE PUBLIC LIAISON COMMITTEE - Of the Stormont, Dundas and Glengarry Waste Management Master Plan will hold its regular meeting Thurs., Oct. 1, 1992 at 7:30pm at the Ontario Ministry of Agriculture and Food Offices, Centennial Dr., Avonmore. To be discussed: response to the Draft Stage 1 Report. For more information, Anne MacGillivray, 938-6112. Public welcome.
6-1

CRAFT SALE
Oct. 24/92
Anyone interested in renting a booth contact Susan
at 448-3711
Sponsored by
Happy Face Nursery School

20 KM
BIKE- A- THON
FOR CHESTERVILLE & DISTRICT LIONS' CLUB
1st PRIZE - $200.00
FOR MOST MONEY RAISED
2nd PRIZE - $100.00
FOR BIKER CLOSEST TO HIDDEN TIME
3rd PRIZE - $50.00
RANDOM DRAW
SATURDAY, OCTOBER 3
From Chesterville Park
10:00 - 10:30am
Sponsor Sheets available at Seaway Valley Pharmacy and Local Schools
Thank You for supporting the Chesterville & District Lion's Club

FOR RENT

FOR RENT - 2 bedroom apartment in Chesterville, $450/month. Utilities included. Phone 984-2366 or 448-1648.
7

FOR RENT - 2 bedroom home with garage, located 5 km south of Chesterville. Has large kitchen and is equipped with fridge and stove. Available Oct.1. Phone 448-2450.
7

FOR RENT - 4 bedroom bungalow, double garage on Hwy. 43 east of Chesterville. Available now to the right person(s). Phone 987-5733.
6

FOR RENT - House, St. Andrews area. Available Oct. 1. Preference given to family who can provide part-time help on dairy farm. Call 528-4347.
6

APARTMENT FOR RENT - In Chesterville, 2 bedroom. Available immediately. Fridge and stove, garage, $440 monthly plus heat and hydro. Phone 774-5323.
43tf

COMMERCIAL SPACE FOR RENT - 800 sq. ft. of commercial space, in Chesterville. Will decorate to suit you. Phone 448-3400.
45tfc

FOR RENT - 1 bedroom apartment, ground floor, in Winchester, $450 plus hydro. Available Sept. 1. Phone 774-5323.
48tf

HOUSE FOR RENT - In Chesterville. Available immediately. Phone 448-2755 after 6pm.
48tfc

FOR RENT - 2 bedroom apartment with garage. Heat, hydro, fridge and stove included. Available Dec. 1, 1992. $550/month. Apply to John Beehler, Crysler. 987-5363.
7

WANTED

TOY CONSULTANTS NEEDED - You like children and are knowledgeable of their needs. Earn $$$ part-time organizing Educational Toy Workshops. Call Jocus Toys 819-643-1156 or 1-800- 361-4587.
7

WANTED - Ride from Chesterville to Winchester Mon.-Fri. For more information call 448-1780. Ask for Rhonda.
6

WORK WANTED - Qualified babysitter with references available. Clean home, non-smoker. Infant welcome. $75/week, receipts given. Call Susan 448-1642.
6

WANTED - Used clothes dryer, not necessarily in working order; wood or steel door with a window in it. Call 448-3103.
6

WORK WANTED - Will do house cleaning. Phone Cathy 448-1939.
7

WANTED - Licensed school bus drivers or will train. Contact Brannen Buslines 448-3325 from 9am-5pm.
6-1

CHIMNEY SWEEP - Be safe! Get your chimney cleaned at least once a year at a reasonable price. Call Lyle 448-3255 after 5pm or daily 448-2574.
7

WANTED - Every Tuesday, healthy Holstein bull calves from 90-140 lbs. Calf station will be open from 10am-2pm. Location: Delft Blue Veal Farm, Lightning St., Williamsburg. For information call Walt at 543-2796 after 8pm.

CONNAUGHT ROD & GUN CLUB

enjoyed a successful " FUN DERBY" on Sept. 19/92.

WALLEYE WINNERS WERE

1ST - Richard Cormier
2nd - Bob Lacelle
3rd - Wayne Baker

INMEMORIAMS

IN MEMORIAM

FYKE - In loving memory of my dear husband, Grenville (Mike), who passed away Sept. 19, 1986.

I think of him in silence,
His name I oft recall,
There is nothing left to answer,
But his picture on the wall.

Wife Marie
6stf

IN MEMORIAM

FYKE - In loving memory of a dear father and grandfather, Grenville (Mike), who passed away Sept. 19, 1986.

Gone, dear father, gone forever,
How we miss your smiling face;
But you left us to remember,
None on earth can take your place.
A happy home we once enjoyed,
How sweet the memory still.
But death has left a loneliness
The world can never fill.

Sadly missed by Sharon, Allen and Chris Van Bridger
6stf

IN MEMORIAM

CROSS - In loving memory of a dear husband, father and Poppy, Earl, who passed away Sept. 28, 1989.

Your end came fast and sudden,
No time to say goodbye,
You were gone before we realized,
And only God knows why.
A golden heart stopped beating,
Two busy hands are at rest,
God broke our hearts to prove to us,
He only takes the best.

Audrey and Family
6

CARD OF THANKS

CARD OF THANKS

St. Mary's C.W.L. would like to thank all who helped, donated and supported our Harvest Supper. Special thanks to Nestle's, Ault's and the Legion for donations. Winner of the 50/50 draw was Mary Van der Laan, Winchester.
6

CARD OF THANKS

The Dundas County Hospice would like to express its appreciation to all who supported our Awareness Night Sept. 16. We were delighted with the great show of interest from our community. Special thanks go to Park Lane Villa, Williamsburg for the use of their lovely facilities and to the women of the Christian Reformed Church for the delicious refreshments.
6

CARD OF THANKS

I would like to thank all of my relatives, friends and neighbors for their cards, flowers, visits and phone calls during my stay in W.D.M.H. and also while recuperating at home. Special thanks go to Dr. Rosenquist, Dr. Slowey and all the staff on 1st floor for their excellent care. Your kindness made my recovery much quicker I'm sure.

Thanks again to all, Charlene Gibeault
6

Advertising Pays

Derks Elevators

Att: Dairy Farmers

Will custom roast soybeans, rolled or whole. Beans are steeped after roasting.

Storage available for your soybeans for roasting purposes only.

Contact Gary Derks
R.R.2, Chesterville
448-2522

RIDEAU AUCTIONS INC.

Winchester, Ontario

Household, Estate, Farm, Industrial, Real Estate Auctions

Hunter McCaig, Auctioneer

Days: 774-2735; Evenings: 258-5095

ST. ALBERT CONSTRUCTION

(407931 ONTARIO LTD.)

• General Contractors
• Barn • Commercial • Residential

QUALITY HOMES • ADDITIONS • GARAGES
HOME IMPROVEMENTS • BUILDING SUPPLIES
KITCHEN CABINETS

Free Estimates

JACQUES & RICHARD DESNOYERS, PROP.

ST. ALBERT • 987-2876



Happy 30th Birthday
Jolanda, Sept. 28
Revenge is so sweet!



Happy 83rd Birthday
September 28
Dad & Grandpa
Love: Mary, Jack , Leslie, Lori



Look Who's 30 and Looks A Little Nerdy

CHRISTMAS is coming....

Get all your gifts at a discount and make money, too.

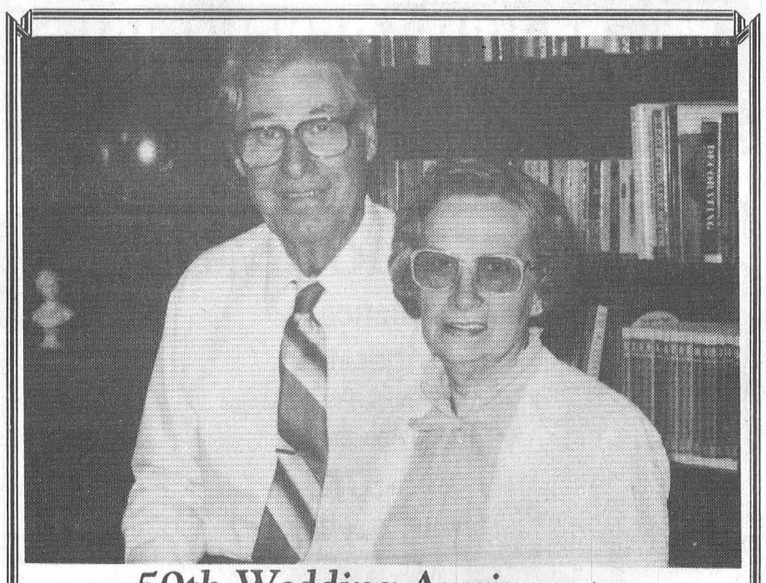
Sell **Avon** to your friends and family or in your neighbourhood. "Start in September for just $10."

Call Barb Zeron, days 774-2522, evenings 774-3301



Open 50th Wedding Anniversary

The niece and nephew of *Gerald & Eileen Rady* invite friends, relatives and neighbours to celebrate with us on Sunday, October 4th, 1992 from 2 - 4 p.m. at the Legion Hall, Chesterville, Ontario. *Best Wishes only.*



50th Wedding Anniversary

October 1, 1992

The family of **Archie and Wilma Sheldrick** wish to invite neighbours, friends and relatives to join them in celebrating this Golden Wedding Anniversary at an Afternoon Tea, to be held Saturday, October 3, 1992, from 1:30 - 4:30 p.m. at Henderson Hall, Church Street, Winchester. *Best Wishes only please.*

To The Residents Of The Village of Chesterville Village of Winchester Township of Winchester

There Will Be

One Free Clean Up Day

At The
Landfill Site - Boyne Rd.

Saturday - September 26/92

8 a.m. to 3 p.m.

- please separate vegetation for compost
- steel and fencing for steel pile
- no hazardous waste at any time
- tipping fees to commercial users apply
- $2.00 fee on tires will apply
- $10.00 fee on fridges, freezers and air conditioners will apply for removal of freon, must have certificate from reg. refrigerator company, to be left with unit, for exemption

For more information call 774-5157

OVEREATERS ANONYMOUS

PUBLIC INFORMATION NIGHT

7:30 P.M. September 28th, 1992
Christian Reformed Church
2455 Clothier St. West, Kemptville

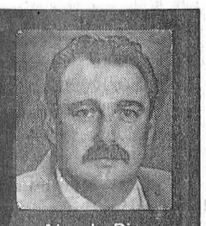
If food seems to have taken over your life,
Overeaters Anonymous can help you
Watch a Video - Listen to Speakers - Pickup Literature

Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees; We are self-supporting through our own contributions, neither soliciting nor accepting outside donations. Our primary purpose is to abstain from compulsive overeating and carry this message of recovery to those who still suffer.

FEATURE PROPERTIES

Century 21

McIntosh and Proulx
REAL ESTATE LIMITED
MEMBER BROKER
504 Main St. Winchester 774-3990

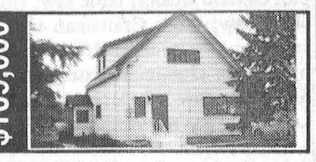


Alan LaPierre
448-3306



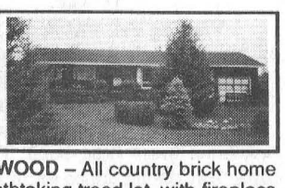
$89,900

CHESTERVILLE - Something special with your family in mind, exceptional treed country setting. Let's just call it home. Alan LaPierre - 448-3306. R1818.



$109,000

CHESTERVILLE – A real beauty on the river, original woodwork, sunroom, formal dining, 4 bedrooms, 2 baths, woodstove, treed lot. Alan LaPierre - 448-3306. R1532.



$111,900

MOREWOOD – All country brick home on breathtaking treed lot, with fireplace plus wood furnace, vendor says sell, won't last long. Alan LaPierre - 448-3306. R1808.



$127,500

DUNBAR - Gourmet oak kitchen, formal dining, 4 bedrooms, 3 baths, rec. room, porch, deck, upgraded carpets, colonial pkg., so much more. Alan LaPierre - 448-3306. R1817.

BUY OR SELL WITH CONFIDENCE • ASK FOR ALAN

CHURCH DIRECTORY

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Rev. L Armstrong
448-2084
SUNDAY, September 27, 1992
10 A.M.- Sunday School
11A.M. - Morning Worship
7:30 P.M. Evening Praises
9:30 A.M. Tuesday - Ladies Prayer
7:30 P.M. - Thurs. Home Bible Study
7:30 PM - Friday - Youth Night
Affiliated with the Pentecostal Assemblies of Canada
May 1993

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
774-5170
SUNDAY, September 27, 1992
10:30 A.M.Morning Celebration
10:30 A.M. Sunday School
7:30 P.M. - Gospel Song Service
Wed. 7:30 P.M. Bible Study
Dec. 1992

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, September 27, 1992
Morewood
No Regular Worship, Please join the Chesterville Service at 11:00 A.M.
Tues. 3:30 P.M. Bible Fun Club in M.P.S. Gr. 4 & 5
Chesterville
11:00 A.M. - Sunday Worship
Nursery & Sunday School
104th ANNIVERSARY CELEBRATION
THE "GOOD NEWS " SINGERS
Tues. 6:30 P.M. Junior Bible Clubs: Gr. K-Gr.4
7:30 P.M. Life in the Spirit Praise & Bible Study
Thurs. 6:30 P.M. Senior Bible Clubs: Gr. 5&6
Fri. 7:00 P.M. Chesterville Christian Youth
COME EXPECTING LEAVE REJOICING
May 1993

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, September 27, 1992
9:30 A.M. - Sunday Worship

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, September 27, 1992
HOLY MASS
5:30 P.M. Sat. Night Mass
9:00 A.M. & 11:00 A.M. Sunday Morning Mass
Jan. 1993

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
10:30 A.M. - **ANNIVERSARY SERVICE**
Music by: "The Matilda Trio"
A Warm Welcome Awaits All"
May 1993

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, September 27, 1992
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, September 27, 1992
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993



AUCTION SALES

AUCTION SALE
Estate of Gladys Hutt
FURNITURE, ANTIQUES, TOOLS, TRACTOR
2 miles west of Chesterville or 1 mile south & 2-1/2 miles east of Winchester on Hwy. 43 across from North Dundas Dist. High School
SAT., SEPT. 26
Commencing at 11 AM

Brentwood electric stove & fridge; Admiral freezer, new condition; Gibson fridge; GE auto. washer; Moffatt clothes dryer; console color TV; Goldstar microwave; microwave stand; Filter Queen vacuum; chrome table & 4 chairs; chrome table & 2 chairs; chesterfield & chair (gold); 2 day beds & matching chairs; cabinet stereo; coffee table & end tables; fireplace, screen & tools; telephone table; desk; swag & pole lamps; chandelier; mirrors; 3 double beds, box springs & mattresses; single bed, box spring & mattress; 2 dressers; blanket box; foam mattress for camper; dishes, pots & pans; bedding; step stool.

Antiques: dresser; tip front desk with bookcase top; parlor table; large corner whatnot shelf; bonnet chest; blanket box; press back chair; arrow back chair; old books & Bible; wooden lawn chairs.

Tools: International W4 tractor with pto; electric welder; table saw; Homelite chain saw; large Craftsman tool chest; selection of wrenches; electric drill; vice; hyd. jack; aluminum extension ladder; Sunbeam cow clippers; garden tools; Lawn Boy gas mower; lawn roller.

All items clean. Numerous other articles. Owner or Auctioneer not responsible for accidents.

TERMS - CASH
AUCTIONEER
Harold Ball
448-3161

AUCTION SALE
SAT., SEPT. 26, 1992
10:30 AM
On property of Aime Delorme
1 mile south of Alexandria off Hwy. 34, take 2nd on Kenyon West or on Hwy. 43, 1 mile west of Alexandria take Kenyon Dam Rd. South 1-1/2 miles.
Follow signs
HOUSEHOLD FURNITURE, STORE EQUIP., GARAGE & FARM TOOLS, FARM EQUIP.,

Household Furniture: Wooden closet with mirror, bedroom set (bed, 2 dressers & headboard); living room set (couch & chair); foot stool; coffee table; flower shelf; cabinet style color TV; 2 book shelves; Grolier Encyclopedia; desk & chair; stereo; portable stereo (speaker & stand); entrance mirror with chandelier & shelf; double bed mattress; wooden headboard; 8 drawer dresser; 5 drawer dresser; electric stove & fridge (gold); 2 leather chairs; Miracle chair; wooden card table & 5 chairs; lawn chairs; fixtures; oil paintings; telephone table blackboard (green); chrome kitchen table; B & W TV; portable color TV; neon fluorescent lights (4); picnic table; dishes; 3 small chrome tables; used house windows & frames; Inglis washer & dryer; much more too numerous to mention.

Store Equipment: antique typewriter; adding machine; metal racks & metal shelves; electric meat slicer; steel rack on wheels; Chaefer ice cream cooler (good); 2 new tents 8'x8'; Cascade hot water tank (60 gal. (good); quantity of folding tables 8' long & 50 stacking chairs; approx. 10 brand new sets of door locks & keys; approx. 200 wooden boxes for fruits & vegetables; office desk & chair; small scale; much more too numerous to mention.

Farm Equipment & Machinery: 4 row MF corn planter; cement mixer; Allied snow blower 8' wide with cyclinder hose (3 yrs. old); Massey pressure washer 1,000 lbs.; portable air tank; piston water pump; tractor bale front loader; (2) 250 gal. water tanks; assorted hyd. hoses; barb wire stretcher; tractor bars; swivels; tractor ice chain set; Ford tractor blade; Ford bush hog 5' wide; hyd. wood splitter; 2 milkhouse heaters; 2 farm steel gates, 16' long; 4 shed trusses brand new (25'); standard size aluminum house door; small compressor & goat milking pail; float water bucket; page wire stretcher; 2 steel troughs; 4' water tub (new); wheelbarrow; and much more.

Farm & Garage Tools: big Webster air compressor; metal garage door with hardware (84"x36-1/2" air impact; 3/4" socket set; pipe threader 3/8"-3/4"; electric sander; heavy steel vice; small vice; quantity of screwdrivers; punches; files; wrenches; lots of pipes & steel; large set of tap and die 1/4"x7/8"; 8" grinder & motor; assorted bits; approx. 50 boxes of bolts, screws, etc.; 4" grinder & motor; 12 ton oil jack; assorted paints & oil; chain tightener; 12 speed floor press drill; log chains; steel bars; roll of 1/4" wire; ext. cords; lawn mower (needs repairs); shovels; brooms; forks; picks; sledge; used lumber & more.

TERMS - CASH, CERTIFIED CHEQUES, TRAVELLER'S CHEQUES, PERSONAL CHEQUES WITH ID
Canteen and Washrooms on Site
Reason for sale - Farm sold
Auction will proceed as listed
OWNER
Aime Delorme
RR3, Alexandria, Ont.
613-525-3706 or 525-5579
BILINGUAL AUCTIONEER
Regent Menard
Embrun, Ont.
613-443-2884 or 443-2490

6-1

AUCTION SALE
THURS., OCT. 1
6 PM
McHaffie Auction Hall
Morrisburg, Ont.
Complete list in next week's paper.
AUCTIONEER
Sheila McHaffie

TWILIGHT AUCTION SALE
St. Matthews Lutheran Church
1509 Second Street West
Cornwall, Ont.
THURSDAY EVENING, SEPT. 24
6:30 PM

At press time listing was not available. Articles for sale are being donated by parishioners and friends and they say there will be some neat and interesting articles.

AUCTION SERVICE
Flora Grant Dumouchel
Ingleside, Ont.
537-2925

6-1

HOUSE SALE
Ken and Doreen Hellyer
30 Simcoe St.
(across from OPP Station)
Long Sault, Ont.
THURS. & FRI., SEPT. 24 & 25
8:30 AM to 5:30 PM

Birch table with 2 leaves, 4 chairs with wheat press pattern; Skylar Peppler ivory sofa (1 yr. old); blue wingback chair; oak coffee table & end table; lamps; maple wingback sofa & chair; maple coffee table & foot stool; Quasar colored TV; dishes; glass; stove; 2 fridges; misc. small kitchen appliances; 2 kitchen tents; good assort. of hand tools; other misc. articles. Everything in excellent condition.

AUCTIONEER
Flora Grant Dumouchel
Ingleside, Ont.
537-2925

6-1

AUCTION SALE
FURNITURE, ANTIQUES, GLASSWARE, COLLECTIBLES
Estate of Mary R. Sawyer
SAT., SEPT. 26
11 AM
Viewing Fri. PM & Sat. AM
Brown's Auction Center
South Branch Rd. Cornwall

High post single bed; maple dresser with mirror; console Singer sewing machine; brass floor lamp; Phyfe style drop leaf dining table; set of 4 Regency style dining chairs, rose carving & needlepoint; Salem rocker; hope chest; mahogany pedestal card table; candle stand; butler's desk w/rope twist legs, solid mahogany; needlepoint foot stool; hexagonal lamp table; pr. of Nippon vases; no. of pces. collectible chinaware; several pces. of real old Willow china; 5 cu. ft. freezer; Zenith radio/stereo set; Asian style coffee table w/brass tray top; wall mirror in 3 sections, folding (brass); Windsor style side chair; set of silverplate cutlery & accessories; window air conditioner; metal pantry cupboard; a number of other interesting items.

Also Selling

Victorian sofa & loveseat with tapestry upholstery & cameo design; gold fainting couch; framed tapestry; mahogany double pedestal house desk; brass figurine collection about 30 pces.; number of framed prints (include Strutting Ring-Necked Pheasant by Robert Bateman); Summer Loon by R.S. Parker; Tundra Family Arctic Wolves, Seery-Lester & signed by artist; New Native art prints by Western native art stylist Richard Shorty include Woodpecker (91/495); Loon & Ducklings (149/475); Loon (artists proof 08/38); River Otter (312/380); Night Owl II (40/495); Moose (388/500).

TERMS - CASH
Coffee Bar
AUCTIONEER
Robert Brown
932-7925
Viewing Friday Afternoon

BIRTHS

BIRTH ANNOUNCEMENT

McMONAGLE - Brian and Gloria (Dingwall) are pleased to announce the safe arrival of their third child Riley Dalton, born Sept. 2, 1992 at 12:37pm, weighing 6 lbs., 6 ozs. A brother for Tonya and Lindsey. Proud grandparents are Dalton and Marie McMonagle (Ingleside) and Mrs. Leila Dingwall (Berwick). A special thank you to Dr. Slowey and Dr. Coolican and all nursing staff on maternity floor at Winchester District Memorial Hospital for their excellent care.

6

BIRTH ANNOUNCEMENT
Correction to
Birth Announcement
in last week's paper

GAINER - Mrs. Ella Gibeault is great grandmother to Adam Carl Victor Joseph Gainer.

6

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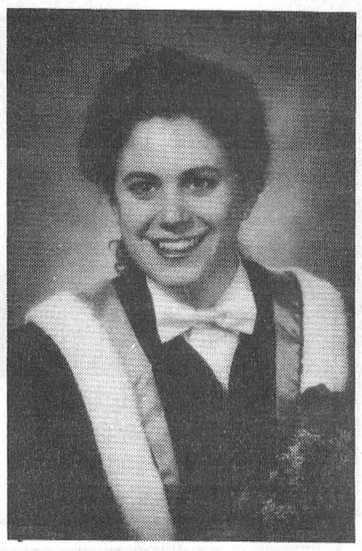

Graduate

Sharon Bawden, daughter of Ray and Lorna Smith of Lindsay graduated in April from the University of Manitoba. Sharon graduated at the top of her class receiving a bachelor of environmental studies. Sharon was a member of the dean's honor list and the recipient of the Isbister Scholarship in Environmental Studies (highest grade any year), the Corrigill Scholarship (highest class standing) and Dan Muir Memorial Award. Sharon is presently employed at Wrightman Landscaping Design, Toronto.

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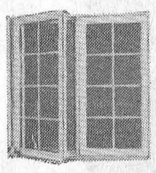

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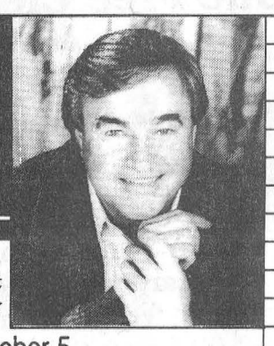

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(All files and documents of the former legal firms known as Cass & Cass and Cass & Workman are now located with the Cass, Grenkie law firm.)

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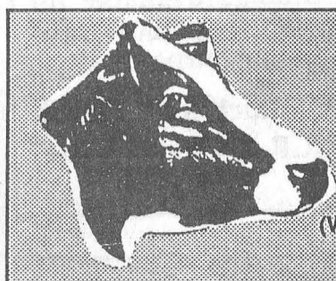

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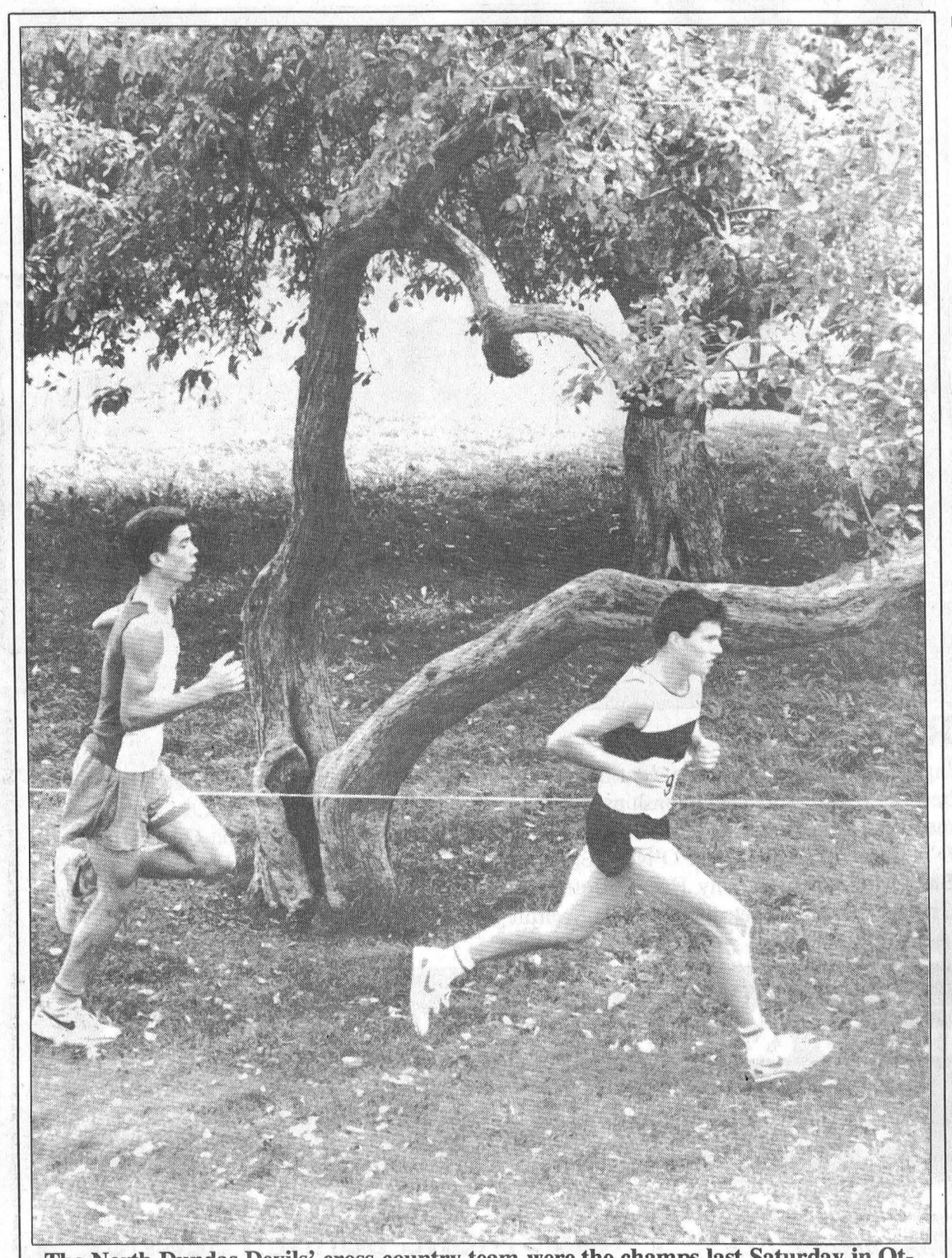


The North Dundas Devils' cross-country team were the champs last Saturday in Ottawa. Shown above, Murray Link (first) and Corey Dignard (fourth) help the boys' team to an overall win. Record Photo- Boersma

Devils cross-country team blows away the competition

OTTAWA - The North Dundas Devils' cross-country team is off and running.

Last Saturday, the Devils came up big winners at the University of Ottawa's Cross- Country Invitational races. With two members of the Devils' club topping the field of high school competitors.

Second-year midget Lauren Clobridge and first-year junior Murray Link captured gold in the high school open which saw students from Ottawa and the Ottawa Valley region competing for the titles.

Overall, North Dundas had the best representation in their division, earning them top honors for their efforts.

Both North Dundas' boy's and girls' cross-country teams placed first in competition with 10 other high schools.

The boys' team consisting of five students, saw them snap up four of the top six placings.

And as usual, Link was on top of the list, mounting an easy win at the competition. North Dundas second-best showing was recorded by Dennis Mocigemba. He was the third person to cross the finish line, while Corey Dignard was right behind him at fourth. Brendan Bumbaco had a sixth-place finish and Ryan McNab was twelfth in a field of about 50 competitors.

Clobridge beat out about 40 other competitors, running for the open title, and her first win of the season.

Tamara Bond paced her way to a fifth-place finish, Meagan Filion was tenth, while first-year midget Jill Byvelds ranked fifteenth.

Jasmin Pribil and Christine Harper were also running for the Devils' girls' team.

Although the cross-country meet was open to all secondary school students, it was an attraction to the younger athletes.

But for Devils' Cross-Country Coach Andrea Acheson, the lack of older competitors didn't blemish the team's win.

Instead, Acheson contributed the Devils' extraordinary performance to a lot of hard work.

"We've been out working to get the team to make it all the way. We'd like to see them do well," Acheson said.

In the quest for improvement, the cross-country team has been dedicating several hours toward preparing for the current cross-country season., a task that began the first day of school.

"We started training right at the beginning of the (school) year. The first practice was Sept. 1," Acheson said.

The Devils' cross-country teams next competition is on Oct. 5 at the Long Sault Parkway.

Selects stay one game up

WINCHESTER - The Chesterville Selects have a one-game lead over the Hallville Trojans in the best-of-five A championship series.

Last Tuesday, the Trojans were victorious in a very tight defensive struggle with the Selects, winning the second game of the series 4-2 to tie the series at one game apiece.

But the following evening (Wed., Sept. 16) the Selects regained a one game edge in the series match-up, beating the Trojans 9-2.

The Selects used a five-run third-inning effort to mount their second victory of the A Pool series.

After two scoreless innings in the third game of the series, the Selects racked up five runs to jump out to a 5-0 lead. Sean Boulerice, Shawn Chambers, Dale Beckstead, Neil Beckstead and Greg Beckstead rounded the bases to put the Selects on the board, while Pat Imrie and Garry Beckstead were left stranded.

Chesterville added two more runs to their lead in the fourth inning, with Mike Hoogeveen and Sean Boulerice making the trip home safely for a 7-0 lead midway through the inning. Chambers and Don Imrie were left in scoring position.

The Trojans snapped their scoreless drought in the fourth, when Reg Wylie's double knocked Bill Lillico across the plate.

Hallville picked up their second run of the game in the sixth inning as Laurie Win got home off of James Vogal's dougle bagger.

Chesterville stretched their lead in the final inning of play on Greg Beckstead's two-run homer. Don Imrie was on base when Beckstead drove the ball out of the park for a 9-2 final count.

Trojans win

The Hallville Trojans came up with three runs in the top of the seventh to tie the A Pool series at one game apiece, marking a 4-2 triumph over the Chesterville Selects last Tuesday.

Defence was the theme of the game, as both clubs held a tight rein on the oppositions' offensive game.

But that didn't stop the Trojans from exploding in the seventh for a win over the Selects.

Chesterville started out by getting two runners on base in the top of the opening inning. But in the end, Pat Imrie and Garry Beckstead were left stranded.

Reg Wylie got a base hit to lead off the Trojans hitting game, but a fielder's choice tagged him out on his way to second.

Dale Beckstead's single in the second snapped the scoreless tie as Shawn Beckstead crossed the plate for a 1-0 Selects' advantage.

But the Trojans took it back before the inning ended when Ed Puddephett's base hit scored John Patterson from third.

Selects' pitcher Neil Beckstead surrendered two hits in the third inning. But after three complete innings, the one-run deadlock stood as Terry Rich and Bill Lillico were left stranded in scoring position.

Both clubs got a runner on base in the fourth. However, Chesterville's Mark Shay and Hallville's Darrin Coleman couldn't get past first.

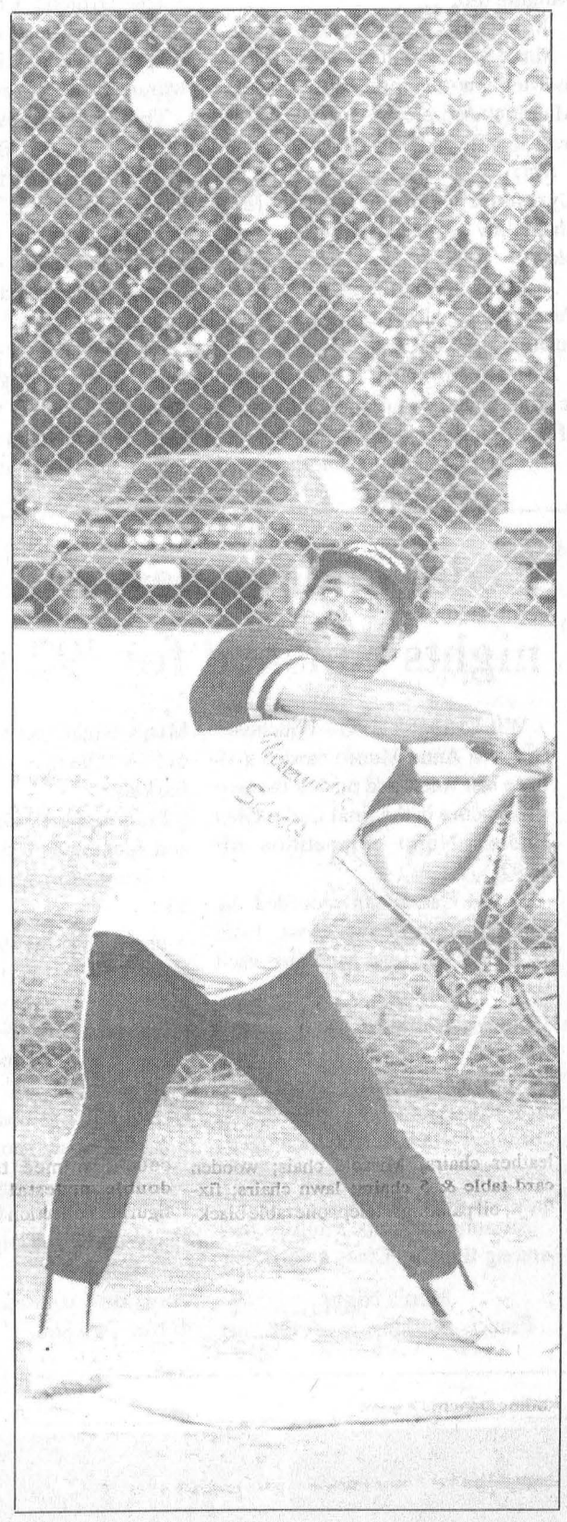
The Selects' created the best scoring opportunity in the fifth, as Sean Boulerice, third, and Dale Beckstead, first, were both on base with two men out. But the Trojans didn't allow a run, leaving the base runners stranded.

Don Imrie's double bagger represented the only hit of the sixth innins, as Chesterville left their seventh runner stranded.

The Trojans' offence came to life in the seventh, as Wylie, Mike Patrick and Coleman circled the bases cracking the one-run tie for a 4-1 lead.

Chesterville got off to an extraordinary start in the bottom of the seventh as Pat Imrie scored while Garry Beckstead and Shay got to third and second respectively with no one out. But the next three Selects' hitters were called out.

The fourth game of the best-of-five A Pool series was played out last night (Tuesday). And if the fifth game proves necessary the contest will be decided tonight (Wed., Sept. 13) at the Winchester ball diamond.



Selects' Dale Beckstead eyes a pitch during Men's Lob Ball action.

Record Photo - Boersma

Junior C Express starting to lace up for 92-93 season

FINCH - The North Stormont Express hockey club is on solid ice heading into the 1992-93 season of the Eastern Ontario Junior C Hockey League.

After a dismal end to the 91-92 season, which resulted in both Express' co-coaches Steve McRae and Kevin Mackler leaving the club, local residents pulled together to save the league's oldest franchise.

Although Mackler is no longer with the club, McRae reversed his decision to leave, and is now taking on the duties of head coach.

And after covering a debt of $1,517 from last season, the efforts of a newly formed committee have been able to keep the once troubled club afloat.

Not only are the Express out of debt they have already raised the capital which they needed for yearly league fees and player cards, which totals about $1,500.

"We got good response from the local people," the Express' President and General Manager Barry Brownlee said.

Although the franchise is in a stable financial state, to continue, more money will have to be raised throughout the uncoming season.

And currently, the committee has been planning fundraisers to be held throughout the season.

Season ticket sales has already begun, with a price tag of $35. Other fundraisers include having 50-50 draws, shootouts between periods, holding a Valentine Dance as well as having three Friday night games which will be designated as pub nights.

And this Friday, the club will be holding a golf tournament at Cedar Glen Golf Course in Williamburg to raise some capital. A dinner at the Finch Legion will follow. The cost of the event is $35, or if you would just like the meal the cost is $15.

Tee-off time is from 11 a.m. til 1 p.m.

Player tryouts

Thirty-six Express hopefuls took to the ice last Monday night, as the Junior C hockey club held its first tryout session of the season.

Although there were some familiar faces at the training camp, head coach Steve McRae said that none of the roster spots are locked up.

"Everybody here has to work hard if they want to make it," McRae said.



North Stormont Junior C Express hopefuls went to the ice last Monday in Winchester. Record Photo - Boersma

Although the skaters only spent two hours on the ice, McRae, along with the Express' assistant coach Don Foster, already have some tough choices to make.

Five Express veteran overage players returned to camp in attempts to make the lineup.

Mike Stewart, Rock Benoit, Kevin Villeneuve, Dave Duprau along with goaltender Richard Chevrier are all overage players.

However, due to a new league ruling, each hockey club in the Junior C league will be allowed to card four overage players this season.

Chevrier, who shared duties between the pipes with Paul Seguin, of Ottawa, is the only netminder to return to camp.

Seguin declined an offer made by McRae to return to the club this season, stating the lengthy travel time would interfere with his studies.

However, the Express weren't lacking in goalies on Monday, as Chevrier and six others shared time blocking.

Currently one of McRae's main concerns is to have a winning season. And to do that he believes the concentration should be on cutting down unnecessary penalties.

"We've got to get more wins for one thing. And there are things we'll have to chance to do that - we have to cut down on our penalties," McRae said, adding, "We led the league in penalty minutes last year. And Vankleek Hill won the championship and they were the least penalized team.

"We took some bad penalties last year, and you just can't keep playing a man short all the time and expect to win a hockey game," he said.

"There's going to have to be a lot more discipline on the team, and I think we've just got to go out in the first of the year and try to win some games and get some confidence and go from there," he concluded.

The Express' tryouts which began last Monday will continue at the Winchester arena throughout the month of September.

Their next meeting is scheduled for this Thursday from 7:30-9:30 p.m. The tryouts continue Sat. 26 7-9 p.m., Mon. 28 9-11 p.m., Thurs. Oct., 1 7-9 p.m. and on Sat. 3 7-9 p.m.

The Express will skate into regular season play when they host the Rockland Nats on October 15.

Men's broomball league back in action

WINCHESTER - Action in the Winchester and District Men's Broomball League got underway last Sunday with the Manotick Merchants, Ormond Cloverdales and Prescott Road starting the 92-93 regular season campaign on a winning note.

The Manotick Merchants registered the first win of the season, beating the Toyes Hill Roadrunners 5-2.

The Ormond Cloverdales and the Morewood Vikings faced off in the second match-up of the night, with the Cloverdales posting a 6-2 triumph over their opponents.

The final contest of the evening saw Prescott Road shutout the Newington Knights 6-0.

Merchants 5 - Roadrunners 2

Mark Smiley potted two goals and assisted on two others to lead the Manotick Merchants to a 5-2 victory over the Toyes Hill Roadrunners.

Smiley took care of Rick Cyreston's pass, giving the Merchants an 1-0 lead six minutes into play.

Just under two minutes later, Brent Payner finished off Smiley's feed to cushion the Merchants' lead.

Bert Ruiter made it a 3-0 count scoring unassisted at the 17:09 mark of the first half.

Toyes Hill finally got on the board just 1:19 after their rivals took a three-goal lead. Darren Nurse nailed Ivan Peterson and Nick Thurlen's set-up by Merchants' keeper Pete Smiley.

The Merchants outscored the opposition 2-1 in the second half to tally a 5-2 win.

At 11:46, Dan Quinn fired in a play started by Cyreston and Smiley.

It took one minute for Toyes Hill to net their second goal of the contest, when Thurlen buried a pass from John Dumoulin.

Smiley and Quinn teamed up for the Merchants last marker of the game. Smiley netted his second goal just one minute after their opponents scored.

Cloverdales 6 - Vikings 5

The Ormond Cloverdales took a 4-2 first-half lead and then added to it in the second half to register a 6-2 win over the Morewood Vikings.

The Vikings' Steven Cooper cracked open the scoring game, putting them ahead 1-0 with 9:50 played in the opening half. Cooper got the ball past Ormond's netminder Ben Melenhorst after passes from Pete Levius and Gerald Eby created the opportunity.

The Cloverdales struck back, netting four straight goals within a 5:22 time span. Todd O'Connor, Bill Timmins, Jamie Nolan and Paul Downey each potted one goal as they took a 4-1 lead. Nolan (3), Downey (2), O'Connor, Dan McDiarmid and Bill Robinson got the assists.

Just 2:15 before the half time break, Frank Bols wrapped up the Vikings scoring game when he fired in a play orchestrated by Lou Proulx and Rick Jackson.

The Cloverdales increased their lead by scoring twice in the second half. Downey and O'Connor each got a play by the Vikings' goalie Donald Dashnex. McDiarmid, O'Connor and Nolan each picked up an assist.

Prescott Road 6 - Knights 0

The Newington Knights started their 1992-93 broomball season the same way they ended the 91-92, losing.

In the opening week of play, Prescott Road counted a six-goal shutout victory over the Knights.

Bruce Morris got the first shutout of the season, playing flawlessly between Prescott's pipes.

At the half time break, Prescott supported a 2-0 lead with goals from David Holmes and Glen Patersen. Steve Petersen marked the only assist of the half by a set up from Holmes.

Prescott tallied another four goals in the second half as Tim Dewan, Glen Petersen, Chad Benoit and Stef Rawlings each hit the target once. Steve Petersen (2) and Rawlings drew the assists.



Runners-up

Ingleside's Heagle Plumbing went down 3-1 games to Chesterville's Sunnylodge Farms in the best-of- five playoff championships in the North Stormont Men's Fastball League. The team members are (front left) Chris Lalonde, Dan Dorey, Bob Heagle, Clayton Ouderkirk, Terry O'Neil (middle left) Kevin O'Neil, Brian Armstrong, Jody Cryderman, Kevin Poapst, Brian Brown (back left) Jeremy Heagle, Jeff Wannamaker, Dennis Sullivan, Chris Gordon, Perry Cryderman, Mike Metcalfe and Dale Swerdfeger. Ken McRae is missing in photo.

Record Photo - Boersma

Cedar Glen ladies' and men's nights finished for '92 season

WILLIAMSBURG—Winchester's Lea Anne Munro carded a 40 here last week and posted the best gross score in the final Cedar Glen Ladies' Night competition for 1992.

Janice Casselman recorded the longest drive of the event, from No. One and Lisa McNairn used the fewest putts.

Norma McIntosh carved out a low gross score of 48 and Sharon Whitteker's 31 was low net score in B Class.

Cheryl Riches (52) and Gabs VanEmbden (34) turned in the best C Class score cards.

Suzanne Lacombe's 54 was best among the D Class golfers.

Men's Night

Francis Barkley used the last Men's Night shoot- out to knock off A Class champion Rick Barkley.

Francis toured Cedar Glen in 36 and Rick made it in 37.

Johnny Morrow's net score was 33.5.

The B Class battle saw Syd Bird shoot a 38 and Bert McIntosh fire a 39 (B.H.). Bruce Freer led net golfers with a 30.5.

Paul Lacombe posted a 42-43 victory over Syd Davies while Harry Lalonde led the C Class field with a net score of 31.

Nick Theodosiou edged Bud Craik by a stroke, 48-49 for the D Class title. Dave Dignard's 30 was top net score.

Syd Bird roosted a shot closest to No. Two pin.

Bowling

Finch Mixed League - Men's High Single, Wade Thompson 219; Men's High Triple, Michael Pynenburg 576. Ladies' High Single, Debbie Smith 231; Ladies' High Triple, Debbie Smith 642. **Team Standings** - Rockin Rollers 7; Hot Shots 7; Night Owls 6; Fire Flys 1; Sardoo 0; Jack's Team 0.

Busy Matrons - High Single, Pat Rae 233; High Triple, Pat Rae 565. **Team Standings** - Debbie Linton 7; Jean MacKenzie 5; Betty Whitteker 5; Elsie Gallinger 2; Mary Lynch 2; Sharon Shaver 0.

Wednesday Afternoon Ladies - High Single, Pat Monast 275; High Triple, Virley Edwards 640. **Team Standings** - Liz Speller 5; Elizabeth Brooks 5; Debbie Hess 2; Norma Cass 2.

Berwick Thursdeay Night Mixed - Men's High Single, Rob Termeer 299; Men's High Triple, Rob Termeer 680. Ladies' High Single, Carol Lalonde 208; Ladies' High Triple, Monique Rutley 544. **Team Standings** - Nick Beehler 12; Dean Jackson 9; Brad Lalonde 7; Tony Sanders 5; Marcel Robinson 5; Mike Kearns 4.

Chesterville Community League - Men's High Single, Gordon Wheeler 245; Men's High Triple, Gordon Wheeler 602. Ladies' High Single, Pat Monast 277; Ladies' High Triple, Pat Monast 731. **Team Standings** - Gordon 5; Pat 5; Joel 4; Andrew 3; Jack 2; Roxanne 2.

Les Copains - Men's High Single, Bernard LeClerc 229; Men's High Triple, Bernard LeClerc 579. Ladies' High Single, Marguerite Blanchard 181; Ladies' High Triple, Claire Brunet 496. **Team Standings** - Alphonse Lafrance 7; Noella Drouin 5; Richard LeBlanc 4; Daniel Martel 3; Francois LeClerc 2; Liliane Martel 0.

Avonmore Mixed League - Men's High Single, Jack Brown 233; Men's High Triple, Jack Brown and Hugh McDougall 520. Ladies' High Single, Florence Heemskerk 229; Ladies' High Triple, Beulah Rielly 587. **Team Standings** - Shelagh 40; Viola 37; Florence 37; Gordie 30; Charlie 23; Mary 22.

Williamsburg Mixed (Friday Night - Men's High Single, Robert Lortie 301; Men's High Triple, Jim Cooper 677. Ladies' High Single, Janet McHugh (spare) 272; Ladies' High Triple, Dianne Hoogeveen 582. **Team Standings** - Alley Ooops 13; The Gamblers 11; Bowleroos 11; Silver Bullets 6; Alley Cats 5; Pin Heads 2.

Riverside Rollers - Men's High Single, Raymond Lamoureux 256; Men's High Triple, Gerry Auger 596. Ladies' High Single, Liz Spiller 187; Ladies' High Triple, Candace Burns 460. **Team Standings** - Gary Burns 10; Janet Douma 9; Bruce Ray 7; Mervin Patterson 7; Terry Poapst 5; Jim Irvine 4.

YBC Peewee - Boy's High Single, Bradley McMillan 107; Boy's High Double, Bradley McMillan 202. Girls' High Single, Kim Fife 98; Girls' High Double, Shannon Fawcett 185. **Team Standings** - Adam 4; Kim 3; Shannon 2; Matthew 1.

YBC Bantam - Boy's High Single, Michael Sanders 241; Boy's High Double, Michael Sanders 383. Girls' High Single, Natasha Glaude 134; Girls' High Double, Natasha Glaude 235. **Team Standings** - Michael 6; Tyler 5; Tasha 4; Sherry 2-1/2; Daniel 2-1/2; Lisa 1.

YBC Junior - Boy's High Single, Justin Heuff 183; Boy's High Double, Justin Heuff 303. Girls' High Single, Kristy Jackson 178; Girls' High Double, Shana Steals 312. **Team Standings** - Shana 5; Richard 4; Kristy 3; Amanda 2; Andrea 1.

YBC Senior - Boy's High Single, Marc Robinson 229; Boy's High Double, Craig Beckstead 397. Girls' High Single, Carrie Amell 232; Girls' High Double, Carrie Amell 363. **Team Standings** - Tonya 3; Kevin 2; Colin 1.

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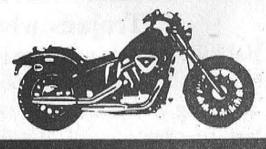
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Senators stay alive with an 18-17 win

WINCHESTER - The Morewood Senators used a three-run rally in the seventh inning to keep their hopes of a B championship title series win afloat last Wednesday night.

After losing 18-6 and 11-10 to the Legion Royals, the Senators won the third game of the best-of-five series 18-17 to stay alive in the Winchester and District Men's Lob Ball League's B Pool finals.

Early on, it looked as though the Royals would sweep the consolation finals as they accumulated a 12-5 lead after only two innings of play. But the Senators tightened their defence, giving up only five more runs in the five remaining innings, while their offence started connecting, scoring 13 runs to record the narrow 18-17 margin of victory.

The Royals smashed home seven runs during their first trip to the batter's box. Fern Gauvreau, Ron Morrow, Dave Hutt, John Marquette, Jeff Tibben, Mike Roussignol and Doug Winters each rounded the bases safely for the commanding lead.

Back-to-back triples by Steve Boucher and Greg Stickle got the Senators moving in the first, when Boucher scored a run while Cory Colwell followed up with a two-run homer. Doug Carruthers' double brought Ray Sherrer home as the Senators stayed three runs back of the leaders.

A five run effort in the second, lifted the Royals to a 12-3 lead midway through the inning as Gauvreau, Morrow, Marquette, John Archer and Roussignol ran the bases.

Morewood picked up one-run in both the second and third innings while Chris Eamon and Stickle each connected for a home run, making it 12-6 after three complete innings.

Marquette's three-run homer knocked in Morrow and Hutt to put the Royals in front 15-6 midway through the contest.

Boucher's RBI single brought in the Senators' lone run of the fourth, knocking Paul Allen home.

Morewood shutout their competitors in the fifth and sixth innings, and pounded home eight runs to make things even at 15 runs apiec.

Colwell homered in the fifth to score Stickle for both runs of the inning. The ball club used a six-run scoring rally in the sixth to get back into the game. Larry Stewart had already scored when Stickle connected for a three-run homer, tagging Eamon and Boucher. Colwell and Sherrer also circled the bases for a run, while Carruthers and Ted Mead were left stranded.

The Royals cracked open the 15-15 deadlock by belting in two runs in the top of the seventh inning. Hits by John Marquette, Jeff Tibben and Mark Armstrong enabled them to bring the first two hitters home.

The Senators lead off man Eamon belted a home run to put the club one-run behind the opposition. Colwell tripled to score Stickle from first, bringing in the tying run while Sherrer followed up with a base hit that enabled Colwell to cross the plate for the winning run with only one man out.

Game four of the B Pool series is scheduled for tonight (Wed. Sept. 23). Starting time is 8 p.m. Game five is set for Thursday night if necessary.

Jets get rocket boost from Regalbuto, beat Hawks 9-3

WINCHESTER—As far as Winchester Hawks' head coach Peter DeRooy is concerned, Monday night's Junior B exhibition game against the defending EOJBHL Metro Division champion Metcalfe Jets served its purpose.

"Last night's game showed us that some of the young guys can't play Junior B hockey yet. Some are a year away," the coach explained following his squad's 9-3 loss.

"But that is what preseason games are all about. Some of them have gotten the chance to play but it hasn't worked out. We have a lot of work to do yet," he added.

Saturday night in Metcalfe the St. Lawrence Division Hawks defeated the Metro Division's Ottawa West Golden Knights 5-3.

Monday's loss evens their record out at a win and a loss.

Tonight the Hawks' exhibition tilt resumes with the Rideau Division South Grenville Rangers paying a 7 p.m. visit.

Friday night, Sept. 25, the Hawks are in Metcalfe to meet the Jets at 9 p.m..

Sunday, Sept. 27, at 5 p.m. the Brockville Tikis are in for a preseason match.

Metcalfe scored the first goal of Monday's contest but it was even at 1-1 after one period.

A big five-goal second frame put the Jets up 6-1 after two.

The Hawks closed the gap to 6-3 on a pair of powerplay goals in the third but couldn't get a handle on the speedy Kevin Regalbuto, who dashed his way through the Hawks' defence, scored a nifty pair of goals to seal the 9-3 win.

"I knew Metcalfe would be a challenge for us. They have a lot of guys back and seem to have their team pretty well settled. They are a good club," DeRooy said.

Just when he thought he had Winchester's Bryan Helmer locked into playing defence for the Hawks', coach DeRooy learned the lanky defender had decided to return to Belleville and resume his career with the Metro Jr. A Wellington Dukes.

The promise of employment helped sway Helmer to returning and DeRooy says he can't fault the guy for that.

With Helmer gone, the Hawks have just overager Scott Barkley on defence. Bill Griffiths, who has been with the CJHL's Cumberland Grads has now reported he plans to return to Winchester.

Pat Collins, a rookie last year with the Hawks, is the only other familiar face on the blueline.

DeRooy acknowledged that he and G.M. Bill Wammes have some recruiting to do but says the CJHL, who have 45 cards at their disposal, are tying up prospects who could help Junior B clubs.

"We know now we will have to bring some help in and have some prospects waiting in the wings."

Hawks' Roster

Winchester's line-up for the Monday contest included: goalies-returnee Dale Wilson and Stephane St. Pierre (Embrun).

On defence were Scott Barkley (overage), Pete Feletar, Pat Collins (returnee), Eric Goodfellow, Andrew Holmes and Clinton Holmes.

The Hawks' line combinations included: Doug Armstrong (veteran), Kirk Tallman (with Kemptville 73s last year), and Chris Williams (overage). Derek Brannan (veteran), Steve Johnston (overage) and Matt Gordon. Dennis Dodd (veteran), John Hamel and Brendan Bumbaco. Line four was made up of Dan Adams (returnee), Phillip Brisebois and Cory VanDelst.

Local prospects included Brendan Bumbaco (North Dundas Midgets and North Stormont Jr. C Express), Cory VanDelst (North Stormont Jr. C Express), Phillip Brisebois (North Dundas Midget Demons), Andrew Holmes (North Dundas Bantam A Demons) and Clint Holmes (Rideau St. Lawrence Kings).

Jets 9-Hawks 3

Kevin Regalbuto scored three times and added three assists leading the Jets to their 9-3 victory.

Metcalfe had 10 returning players in their lineup and split the goaltending duties between second- year man Chris Haluke and Pat Viau.

Mike Renaud chipped in two goals and an assist. Dan Brisson and Bruce Buckland added a goal and an assist each. Overager Jim Dumelie scored once as did veteran Darrell Warren.

Daril Drevniok (2), Bruce Cameron (2), Marc Savard (2), Mike Leger, Keith Stroughair and Kevin Collins drew assists.

Veteran Doug Armstrong scored Winchester's first and second goals. Dennis Dodd notched the final one on a powerplay at 13:09 of the third frame.

Scott Barkley earned two assists while Kirk Tallman, Chris Williams and John Hamel picked up the others.

Rookie Stephane St. Pierre started and gave way to Dale Wilson midway in the second period.

Metcalfe took eight and Winchester seven minor penalties.

Hawks 5-Knights 3

Saturday's contest against Ottawa West was tied 2- 2 after a period.

Hawks led 4-3 after two and won it 5-3.

Dale Wilson started and was relieved by Stephane St. Pierre who played a solid game according to Hawks' coach Peter DeRooy.

Veteran Doug Armstrong led the Hawks to their win with a goal and two assists. Derek Brannan added two including the winner (unassisted) at 4:15 of the second period. Bryan Helmer scored the opener at 14:01 of the first period. Kirk Tallman supplied a goal and one helper.

Scott Barkley, Pete Feletar and John Hamel all earned assists.

Kyle Haviland scored twice and Jesse Pulford once for Ottawa West.

Scoreboard

WINCHESTER LOB BALL LEAGUE
1992 PLAYOFF PICTURE

"A" POOL: Best-of-five Championship Final
Game One: Chesterville 20 - Hallville 0
Game Two: Hallville 4 - Chesterville 2
Game Three: Chesterville 9 - Hallville 2
Game Four: Tues. Sept. 22 - 7:30 p.m.
if necessary Game Five: Wed. Sept. 23 - 7:30 p.m.

"B" POOL: Best-of-five Championship Final
Game One: Legion 18 - Senators 6
Game Two: Legion 11 - Senators 10
Game Three: Senators 18 - Legion 17
Game Four: Wed. Sept. 23 - 8:00 p.m.
if necessary Game Five: Thurs. Sept. 24 - 8:00 p.m.

Fitness Forum

Vitamin Quandary



by Jennifer Gregoire
Reg. N., N.D., B. Sc. Nu.

You've probably heard the phrase "essential vitamins". The term "essential" here means that these substances cannot be manufactured by the body and MUST, therefore, be supplied in our diet.

As with any rule, there are always exceptions. Our body does manufacture small amounts of vitamin K, vitamin BL and biotin, but we still need more from the food we eat.

There are other compounds that are sometimes grouped with the vitamins because they tend to function in our body in a similar way, but do not really fit the description of vitamins because they're either synthesized in the body or needed in greater amounts than vitamins. Choline, para-amonobenzoic acid, inositol and bioflavons are just a few of these.

An overdose of vitamins can be as serious as a deficiency. Large doses of vitamins can have very harmful effects on the body. "Hypervitaminosis" is the term used for a vitamin overdose. This occurs when huge doses of vitamins have been consumed. Fat-soluble vitamins, for example, as they are stored in our body fat, can be harmful when too much is taken because the greater the amount taken in, the more, then, is able to be stored.

Vitamin deficiency can really only be determined by laboratory testing. The amount found to be in an individual's blood or urine will indicate that individual's need or misuse.

Fortunately, severe vitamin deficiencies are less widespread today than in earlier years. But, of course, malnutrition is still quite prevelent today.

In addition, there isn't a sound nutritional basis for consuming more vitamins than we need as "insurance" against disease. There is no substitute for proper diet and exercise.

Confusion and misinformation often surrounds the use of supplements in these days of the "hard sell". We hear stories that our food supply is being robbed of its nutritional value and that it can be impossible to get all the vitamins we need through our regular daily diets.

Although in many instances this may prove to be all too true, we must arm ourselves with more knowledge before jumping on the "megavitamin" bandwagon. Although large doses of certain vitamins HAVE been shown to be medically useful (as, for example, nicotinic acid - a form of niacin - in the reduction of blood-cholesterol levels), many other claims have been unsubstantiated by carefully controlled experimental studies. We must also keep in mind that this is a very individual science; what works for one, isn't necessarily good for someone else.

My Silent Achievers this week are all of you who were involved in ANY way with the "Terry Fox Run" this past weekend. Good work, all!

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

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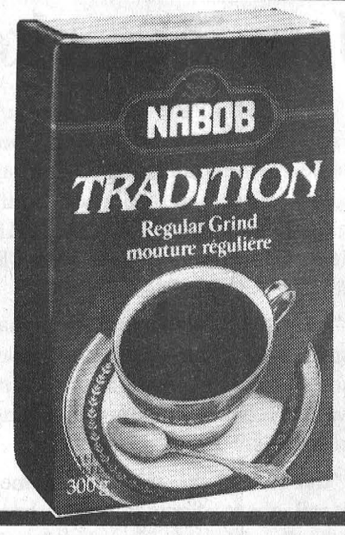

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MCCAIN 1 LITRE TETRA
APPLE
ORANGE
LEMONADE
89¢

ULTRA TIDE 4 LITRE, FREE OR WITH BLEACH
LAUNDRY DETERGENT
3.99

FLEECY 5 LITRE JUG LIQUID
FABRIC SOFTENER
3.99

DOWNY PKG 35 APRIL OR SUNRINSE, SHEETS
FABRIC SOFTENER
2.99

LIBBY'S 14 OZ TIN
SPAGHETTI
TINY TOONS
ALPHA-GETTI
ZOODLES
SMURF-A-GETTI
DINO-GETTI
69¢

SKIPPY 1KG JAR CREAMY OR SUPER CRUNCHY
PEANUT BUTTER
3.99

SUNLIGHT 1.25 LITRE BOTTLE LIQUID
DISH DETERGENT
1.99

ALL 1.4KG BOX AUTOMATIC
DISH DETERGENT
2.99

SANI FLUSH 1.4KG TOILET BOWL
CRYSTALS
1.99

NESCAFE 200G JAR RICH BLEND
INSTANT COFFEE
3.49

PRIMO 900G PKG
SPAGHETTI
SPAGHETTINI
MACARONI
99¢

PURINA 8KG BAG ADULT
DOG FOOD
9.99

SARAN 30M ROLL
PLASTIC WRAP
1.99

ZIPLOCK SMALL 25, MEDIUM 20, LARGE 15
FREEZER BAGS
1.49