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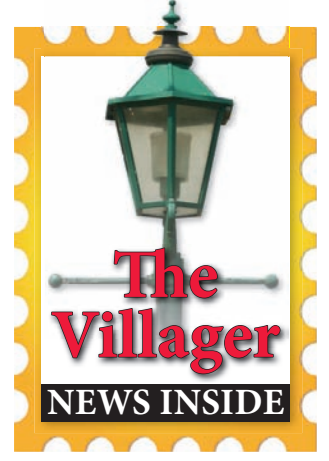
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THE CHESTERTVILLE RECORD

DAYLIGHT SAVING TIME ENDS NOVEMBER 5

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PM40050631R8905 Volume 125, Number 16 Chesterville, Ontario Wednesday, November 1, 2017 Single Copy \$1.00 (HST included)

Briefly

“Lest We Forget”
 See pages 8, 9 and 16 for Remembrance Day ceremonies on Sun., Nov. 5, and Sat., Nov. 11.

Time change again
 Remember that saying “Fall back, spring ahead?” Daylight savings time ends Sun., Nov. 5, so turn the clock back one hour before retiring on Saturday night and enjoy the extra hour to sleep in on Sunday morning.

OPP Cruisers stuffed
 The OPP Stuff the Cruiser food drive on Sat., Oct. 28, saw OPP Auxiliary Officers and volunteers at Winchester Foodland, Mike Dean's in Chesterville and Giant Tiger in Morrisburg, collecting food donations. Community Food Share Administrator Ian McKelvie reports numbers from all three stores totalled 2,634 lb. of food and \$580.35 in cash and gift cards.

4-H Colours Day
 Today, Nov. 1, celebrate the 4-H movement of responsible, confident and caring Canadian youth interested in making a positive impact in communities across Canada by wearing green and participating in Show Your 4-H Colours Day.

4-H'ers – visit www.showyour4hcolours.ca and share your stories, photos or videos of why you are proud to support 4-H. Landmarks across Canada including the Canada Place Sails of Light in Vancouver and the Charlottetown City Hall will be lighting up green in support of 4-H.

Norm Beauchamp to be honoured for his 45-year career in martial arts

Kalynn Sawyer Helmer
 Record Staff

CHESTERTVILLE – When Norm Beauchamp was a little boy, his older brother, who was learning Judo, would come home and show him the moves each day. When Beauchamp's brother quit Judo to learn karate, he again came home to teach his brother. The two boys even started a homemade dojo in their neighbour's garage. Then at 15 years of age, Beauchamp was introduced to a new martial art called jiu-jitsu that was just hitting eastern Canada. He and his brother earned their black belts in three years.

Continued on page 3

Open house for Boyne Rd. landfill expansion

Kalynn Sawyer Helmer
 Record Staff

WINCHESTER – The Township of North Dundas held their second open house for the expansion of the Boyne Rd. landfill site on Thurs., Oct. 26. Doug Froats, Director of Waste Management for the township, explained the process is currently undergoing the Terms of Reference stage in which the engineering consultants must outline their plans for the environmental assessment and submit to the Ministry of the Environment for approval.

Both open houses have allowed for a good rapport with the public, said Froats. “Most people have said they want to see the expansion go through rather than the other option which would be to close it up and transfer our waste away. That can be costly and would affect the tax base,” he explained.

Continued on page 5



Wearing purple to recognize Child Abuse Prevention Month
 Students at all schools in the Upper Canada District School Board took part in Purple Day on Tues., Oct. 24, to bring awareness to child abuse. Here Grade 7 and 8 students at North Dundas District High School show their support.

Vetter photo

Purple Day at UCDSB schools

Candice Vetter
 Record Staff

CHESTERTVILLE – The Upper Canada District School Board marked Child Abuse Prevention Month with a Dress Purple Day at schools in the region. On Tues., Oct. 24, the Ontario Association of Children's Aid Societies (OACAS), Children's Aid Societies (CAS), and key partners chose the day to raise awareness about how it takes a community to prevent child abuse. The provincial hashtag for the campaign is #IBREAKthesilence. Schools across the province used specialized classroom resources developed by OACAS to support teachers to engage in conversations about safety and well-being with students from Junior Kindergarten to Grade 5.

“A teacher may be the only ‘helping’ adult that a child encounters on a daily basis,” Mary Ballantyne, CEO of OACAS said. “This vital link between teachers and a child who may be abused or neglected means that they are one of our most important partners in keeping children safe.”

The OACAS classroom resources are built around the theme “It takes a village to keep kids safe.”

“Schools have a unique window into the lives of children and youth, and so play an important role in keeping children safe,” said Ballantyne.

“Speaking up and sharing the message that child abuse and neglect can be prevented, and that help is available, is an important message for all of us to share – not just today, but every day,” Michael Coteau, Minister of Children and Youth Services and Minister Responsible for Anti-Racism, said. “We all have a duty and responsibility to our next generation, and ensuring they are supported to reach their best and full potential.”



Tragedy strikes CCHL2's Timberwolves, hockey community

Jeff Moore
 Record Staff

RENFREW – The hockey community of Eastern Ontario mourns the loss of two Renfrew Timberwolves of the CCHL2 who lost their lives after a tragic car accident on Friday morning last week. It has been hard for players, coaches, families, friends and the community of Renfrew where all four boys were from and also for the hockey community itself. Most teams in all the leagues held a moment of silence prior to each of their games forming a united ring at centre ice. Social media lit up early Friday morning following

the accident and condolences still continue. One of the players was pronounced dead on the scene, one was taken to hospital by air ambulance and two others were transported via ambulance. The Timberwolves' organization and families thanked all of the hockey community for their overwhelming response. The accident happened on Calabogie Rd. just south of Burnstown when the vehicle they were in careened off a rock cut along the side of the road. The police released the name of the Timberwolves' player as Brandon Hanniman as the one who was pronounced deceased on site. Later in

Continued on page 9

Three new businesses welcomed in South Dundas

Kalynn Sawyer Helmer
Record Staff

MORRISBURG – Three new South Dundas businesses were inaugurated at the South Dundas Chamber of Commerce office on Thurs., Oct. 26. All three of the small business owners are relatively new to the area and were excited to meet their new community.

Chantal Tremblay, owner operator of The Travel Agent Next Door, has been a travel agent for 13 years and has just started her own business. Working from home, Tremblay said she is available to work with her clients' schedules and even makes house calls to best accommodate her clients. Originally from Quebec City, Tremblay was living in Ingleside before moving to Morrisburg this past May. "I am very happy to be working in the community," she explained. "I work with anything related to travel – the world is my backyard."

Also new in town are Dave and Isabelle Dobbing. The husband and wife team have begun two independent companies but work together when clients require multiple services. Dave's marketing company, Design Farm, manages the ins and outs of marketing and graphic design for small to medium-sized companies. Services include brand awareness and social media marketing that best suit a company's image. Dobbing is backed by 25 years of experience. "The key to success for small businesses is a good marketing plan," said Dobbing, who offers a free consultation to potential clients.

When the need arises, Dobbing teams up with wife Isabelle and her communications and translation company, ID Communications. With 13 years experience as a translator and communications expert and two years in her own business, Isabelle works with agencies and corporations who need translated materials for businesses which travel between Ontario and Quebec.

To kick off the welcome party, Adrian Bugelli, Chief of Staff for MP Guy Lauzon, presented the business owners with a certificate. "Small businesses are the backbone of our economy and so on behalf of Guy Lauzon I am honoured to welcome you," said Bugelli. Executive Assistant Marilyn McMahon also welcomed the owners on behalf of MPP Jim McDonell.



Welcoming new business in Morrisburg

Dignitaries and officials in South Dundas welcomed three new small businesses into the fold at the Chamber of Commerce office in Morrisburg on Thurs., Oct. 26. From left, Adrian Bugelli (Chief of Staff for SDSG MP Guy Lauzon), Dave Dobbing (Design Farm), Isabelle Dobbing (ID Communications), South Dundas Mayor Evonne Deleгарde, Chantal Tremblay (The Travel Agent Next Door) and Marilyn McMahon (Executive Assistant to SDSG MPP Jim McDonell).

Sawyer Helmer photo

"Thank you, welcome and we wish you the very best," she said.

South Dundas Mayor Evonne Deleгарde not only welcomed them as businesses but also as new residents of South Dundas, expressing her pride in Morrisburg as the hub of the county. Lastly, Chamber of Commerce member Donnie Bowes wrapped things up with his

welcome and sentiment, "I think you are really going to enjoy doing businesses here," he said.

Information about all three businesses can be found at the Chamber of Commerce office in Morrisburg or online. Visit www.chantaltremblay.thetravelagentnextdoor.com, www.id-communications.co, or www.design-farm.co.



Author Maggie Wheeler speaks at Ingleside Library

Local author Maggie Wheeler is pictured at the Ingleside Branch of the SDG County Library System with Library Service Assistant Linda Prieur and District 2 Supervisor Cheryl Servais just prior to her presentation Oct. 25. Wheeler spoke to a group of over 30 attendees on her recently released book *All My Worldly Goods*. Servais said they were pleased that Wheeler was able to "share her time and stories with the patrons of the SDG Library." Presentations were made by Wheeler at the South Mountain, Lancaster and Iroquois Branches, in addition to the Ingleside Branch. Thompson Goddard photo

Nominate a Junior Citizen.

Nadine Carter
Stouffville, ON
2016 Ontario Junior Citizen

Nadine's efforts to lobby for a forgotten WW1 hero resulted in a weekend-long celebration, historic plaques being placed in his honour, and a new marker being placed on Captain Brown's previously unmarked grave.



The Ontario Junior Citizen Awards celebrate incredible youth.

Do you know someone who is involved in worthwhile community service, is contributing while living with a limitation, has performed a heroic act, demonstrates individual excellence, or is going above and beyond to help others? If so, nominate them today!

Nominations are open until November 30, 2017. Forms and information are available from this newspaper, and from the Ontario Community Newspapers Association at ocna.org/juniorcitizen.

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Celebrate what makes your community great.

Norm Beauchamp

Continued from the front

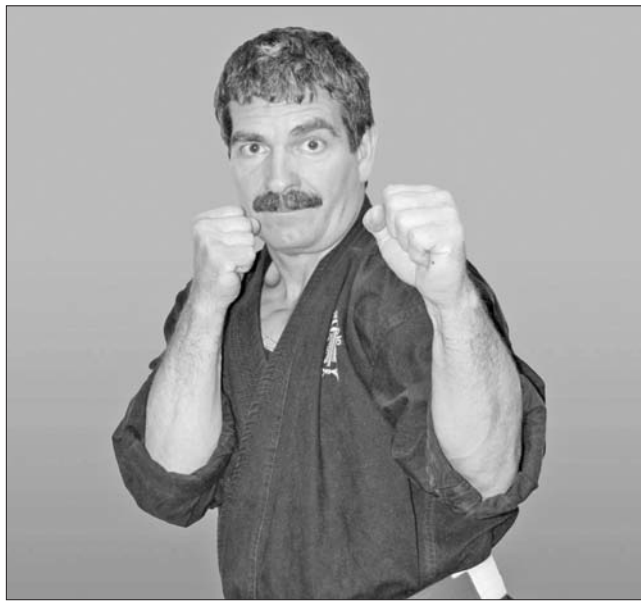
For Beauchamp, he was able to train with world kickboxing champion Bill Wallace down in Memphis, Tennessee, in a club owned by none other than Elvis Presley himself. "Turns out Elvis was doing karate and he owned the club that Wallace taught and trained at," said Beauchamp. In those six weeks, Beauchamp, in addition to his training, was able to earn his yellow belt in karate. "It was unheard of to have a guy come in six weeks and actually do kickboxing and karate," he explained. His yellow belt was even signed by Elvis, his bodyguard Ed Parker and Wallace.

A year later in 1976, Beauchamp earned his black belt and in 1977 he was chosen to represent Canada in the European Tour where he had the opportunity to go to England, France, Germany and Belgium for the Jiu-Jitsu Exchange. In 1978, he fought again for Canada in Greece and along the way won a number of Canadian and Quebec tournaments. Currently, Beauchamp is a member of the World Kobudo Federation which at the time had 43 countries affiliated and holds an annual convention around the world. Since 1993 when he joined, Beauchamp has only missed four of these conventions.

"I've participated in seminars in France, Germany, Belgium, Switzerland, Finland, Sweden and Russia," said Beauchamp who recounted some of his favourite highlights of his career. He's also had the opportunity to teach in those same countries, of which his week teaching in Russia in 2006 particularly stood out. Beauchamp recalled how he chose one of the larger students to fight, a fight he quickly won. After the applause dwindled, Beauchamp found out he had chosen a bully of the class, allowing him to earn "instant respect."

Beauchamp won the world championship in sport jiu jitsu in 2000 in Vienna and later in his career debuted in kickboxing at the age of 47, helping Canada to dominate in the Ireland versus Canada tournament.

It's not a surprise that the Canadian Black Belt Hall of Fame approved his nomination in under a week, a process which usually takes a few months. It might be a surprise to find such an accomplished martial artist in



Norm Beauchamp Courtesy photo

Chesterville. "I moved to Chesterville with my first wife [in 1988]," said Beauchamp. "There happened to be a great old farmhouse on Emma St. and once we found out it was a rural community we knew it would be perfect for us and our kids. Everybody keeps care of everyone else."

Beauchamp worked as a volunteer firefighter for nine years and then in 1993 started a club at NDDHS for the next seven years. In 1999, he bought the old Legion and on Jan. 4, 2000 he opened the first commercial club in North Dundas.

"We started with 40 members and now we are close to 150. Per capita we have the most successful club in the world," joked Beauchamp. "We have 10 per cent of the population so statistically speaking, Chesterville is on the map." The club boasts up to 35 black belts, which

may not be much for a city like Ottawa but is fantastic for North Dundas, he said. "The average time getting the black belt is about seven years, twice a week. It's not like other clubs where it takes three. But the thing about Chesterville is our retention is super," he explained.

Beauchamp found out he was being inducted into

the Canadian Black Belt Hall of Fame in August. The ceremony will take place in Gatineau this weekend and it is no surprise after his 45-year career. "To be inducted with the legendary people of Canada in the martial arts is just absolutely amazing. I'm very honoured and it's surreal that this is happening to me," said Beauchamp.

He was nominated by his own instructor, who he still learns from even as a seventh degree black belt and as he teaches the eager students of North Dundas. Beauchamp will be able to share this honour with some of his colleagues and students who have been invited to attend. "I love teaching because I want to give people the opportunity in the martial arts world that I received. To be able to travel to Europe, and the United States, which was my first country at the age of 17. Martial arts has brought me the world."

Flood watch

South Nation Conservation released a bulletin on Oct. 30 regarding the forecasted weather and potential of flooding throughout the SNC jurisdiction.

Rain gauges within the region have recorded between 50 to 100 mm since Oct. 29. Environment Canada forecasted an additional 20 mm of rainfall Monday and an additional 10 to 15 mm for the remainder of this week.

Water levels are expected to increase, which may cause flooding in low-lying areas. Some access roads may need to be closed due to flooding. There is also potential for blocked storm drains, catch basins and culverts that may also cause localized flooding.

Residents are advised to stay away from rivers as the forecasted weather may rapidly increase river flows and cause slippery riverbanks. Parents are encouraged to explain these dangers to their children.

SNC will continue to monitor the water levels and weather forecasts as part of the Flood Forecasting and Warning Program and will provide updates as conditions change.

Visit www.nation.on.ca for additional information or to report changes in water-related conditions in your local areas.

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The rules, regulations and documents to submit your candidacy are available at the administration office of La Coopérative Agricole d'Embrun Ltée at 926 Notre Dame in Embrun, ON.

Please submit the appropriate documents to the Office of the Secretary of La Coopérative Agricole d'Embrun Ltée, Personal and Confidential, P.O. Box 189, 926 Notre Dame, Embrun, ON KOA 1W0.

The application should be received on or before **January 4, 2018 at 4:00 pm.**

Signed in Embrun, Ontario
 October 25, 2017

Maurice Godard

Maurice Godard
 Secretary of the Board of Directors

Box 368, 7 King St.,
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Food for Fines returns in November

Carolyn Thompson Goddard
Record Correspondent

LONG SAULT – Director of Library Services for the SDG County Library Karen Franklin announced that the popular program Food for Fines will be running between Nov. 18 and 25 during an update on library services provided to the South Stormont Council during the Oct. 25 council meeting in Long Sault. The Food for Fines program is run twice yearly and for each non-perishable food item brought to the library, \$1 is removed from a library fine.

Franklin provided information on events such as SDG Reads, the branch open houses being held throughout October and the Library Passport project. Franklin said the response for the Library Passport, designed to encourage people to visit the different branches in the system, has been terrific.

She commented on how library use in the United Counties is growing, stating there have been increases in circulation, card holders, visitors as well as an increase in program participation. Franklin also explained how the Mission Statement has been updated after consultation from the community and is now Connect, Create, Explore.

Franklin concluded her presentation by announcing the SDG County Library system is shortlisted for the Ontario Public Library Award for Innovation. The nomination is as a result of the SDG County Library developing the Library Express Depots which service communities with no library branch. Information found on the 2017 Ontario Public Library Services Awards Short List Nominees web page explains, "The project helps to build the spirit of community through community partnerships and encourages residents to use the Library by providing convenient, alternative access." The winner is expected to be announced in January 2018.



Update on library service

Karen Franklin, Director of Library Services for the SDG County Library, provided South Stormont Council with an update on the SDG County Library service during the Oct. 25 meeting in Long Sault. Thompson Goddard photo

CASTOR Country

By Tom Van Dusen

Rites of passage

As we make our way along the bumpy road of life, the hope increasingly occurs that we get a good sendoff, smooth passage when we reach the end of the journey, in minimum pain, surrounded by family and perhaps a few close friends.

Jane Doucet got one of those, a gentle and loving sendoff, with a chance to say goodbye to family members, particularly best friend Fred for the past 56 years, most of them spent married to him. It all culminated at St. Mary's Anglican Church in Russell last Saturday with a wake, touching funeral service and reception featuring heaping platters of church-lady sandwiches and squares.

Quite a gap is created, Fred acknowledged, when the woman to whom you've been committed pretty much from the first time you saw her when she was 13 and you were 14 is taken away, another victim of the cancer scourge. In Jane's case, it took about a year. She swore off chemo after four debilitating doses, rebounded, but then, as it often does, the cancer returned with a vengeance.

Fred knew Jane was the one for him when he first laid eyes on her, even though they were still teenagers living in Perth and Smiths Falls who came together at a house party when he hardly knew girls existed. As a member of the Armed Forces, upon learning he was about to be posted to Egypt, Fred married Jane when she was 19.

"He wanted to make sure he had the deal sewn up," said her sister Joyce during the reception. Fred would

tell you it was the best deal he ever cut: "Sure, there were ups and downs like everybody. But I wouldn't trade any part of it. I did three tours of duty when she had to handle everything at home... but we got it done."

They have two children, three grandchildren, and one great-grandchild. Among local activities they became involved in was the Russell Male Choir, with Jane as one of our few self-admitted groupies. RMC has a policy of singing when requested at the funerals of its members or their close family, and I joined with my colleagues in assisting Jane's sendoff.

While she specifically told Fred she wanted cremation, a full Eucharistic service and three hymns, picking them was something she could not bring herself to do. He asked the choir to sing "The Rose" and "Mansion over the Hilltop" – two classics Jane knew and liked from attending many of our performances – while joining the congregation on "Amazing Grace", "Rock of Ages" and "How Great Thou Art."

Most of the time, RMC entertains at retirement homes, with the occasional foray into more mainstream events such as the Remembrance Day program Nov. 11 at the Russell Legion. Our next show is at Osgoode Care Centre Nov. 9 and that's when Fred will return to the fold.

Officiating Saturday was Rev. Lee Lambert who, in the few times I've seen him on the altar, I always expect to bust into some routine or other. After all, Lee is a former standup comic and actor, who says performing is part of his approach in engaging the congregation.

However, it's always very low key and tasteful.

He recently gained television news coverage for his short social media "commercials", good-humoured attempts to attract new churchgoers by convincing them that it isn't boring, judgmental and old-fashioned to help fill the pews.

It was another man of the cloth who stole the show last Saturday, Jane's brother Rev. Canon Allen Box (retired), who left the altar to search out Doucet identical twin grandkids Hayden and Brandon and speak to them directly – once he cleared up who was who – about how their grandmother was looking over them and had no trouble telling them apart.

The reverend returned to the pulpit where he seemed



to have some trouble keeping his emotions in check, surprising me because my experience is that clergymen are usually masters of holding it together in trying circumstances. Later I learned he was Jane's brother.

The passage of time will help bridge the gap for all concerned. In due course, even family pooch Charley will recover. For now though, he still watches the door waiting for Jane to come home... Charley, that is. Sadly, Fred understands that's impossible.

NDDHS Report

By Rosie Backes

Student Council Communications

Junior Achievement Awards today



The girls' rugby team competed at St. Joe's on Wed., Oct. 25, and had an overall good day as they won two games, lost two games, and tied one. On Thurs., Oct. 25, the boys' volleyball teams played at Char-Lan District High School. Our senior boys' team won both of their games, and the junior boys' team had mixed results. The cross-country team raced at St. Mike's on Thursday and had a great day.

Halloween brought out the fun in everyone as they dressed up in costumes to win prizes. There were prizes for best intermediate costume, best high school couples costume, best high school group costume, and best high school individual costume. O'grams were also handed out on Halloween day.

Today (Wed., Nov. 1) Junior Achievement Awards will be taking place at 8 a.m. to recognize students in Grades 10, 11, and 12 for their outstanding achievement last year. Parents are welcome to attend.

It is also "Take your kid to work day" for all Grade 9 students.

Have a great week.

The Road Home

Extraordinary ordinary heroes

Carolyn Thompson Goddard
Record Correspondent

Almost 40 years ago, a young fellow from British Columbia dipped his foot into the Atlantic Ocean and began a run across Canada to raise money for cancer research. I remember thinking that his idea of raising \$1 from every Canadian for this cause would certainly help find a cure for this deadly disease.

Terry Fox never made it across this country. His Marathon of Hope ended on a fall day near Thunder Bay, Ont., and the disease he thought he had beaten eventually claimed his life.

Since that time his dream has been kept alive by thousands and thousands of people who have run to raise money for cancer research in his name.

People then and now refer to this gentle young man as a real Canadian hero. I remember my Mom saying that there was something distinctly Canadian about calling such an ordinarily extraordinary man as Terry Fox a real Canadian

hero. This past weekend Ian Callan, a teacher with the Upper Canada District School Board, proved once again how ordinary people can do extraordinary things. Callan accompanied by friends and other supporters ran from the war memorial in Lancaster to the Terry Fox Memorial in Ottawa, a distance of 150 km in honour of Canada's sesquicentennial.

Along the way when possible he stopped at war memorials to recognize the contributions made by ordinary Canadians who demonstrated the phrase from the Bible which states how there is no greater love than to lay down one's life for one's friends.

In our daily lives, we often come across people who put their lives on the line for their neighbours, friends and strangers. Perhaps this is truly what a hero is, someone who puts the lives of their fellow men, and other creatures in this world, before themselves. So let us take a few minutes to remember, the servicemen and women, the first responders and the ordinary people who help to make this world a better place.

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Boyne Rd. landfill expansion

Continued from the front

Paul Smolkin of Golder Associates is the project director and expects the full process to take somewhere between four and five years. The expansion is aiming for a 25-year extension and while the process of approvals is pending, the site will remain operational.

"What we are envisioning is that the expanded landfill will be piggybacked onto the south side of the existing site, so expanded horizontally and then vertically onto the back side," said Smolkin.

Smolkin and his team

have predicted how much extra volume is necessary for 25 years and already done some conceptual designs. "Part of the environmental assessment will be to look at alternative ways of doing [the design] and then comparing them using a bunch of environmental factors and coming up with the preferred expansion alternative," he explained.

The Terms of Reference period is the framework of how the environmental assessment will be done. Currently, the draft Terms of Reference is being prepared and will be submitted for public and agency comment hopefully early in the new year, said Smolkin. The draft will be available for comment for four weeks,

after which Smolkin and his team will consider all comments, prepare a final draft and submit to the Ministry of the Environment. Smolkin said he is hoping to get ministry approval partway through 2018.

Throughout the whole process there are a number of agencies, including conservation authorities, the Ministry of the Environment and Climate Change, and even the Ministry of Culture, that need to be satisfied. The environmental assessment will include factors such as groundwater, surface water, landfill design, biology, archaeology, air and noise, in compliance with the *Environmental Protection Act*.

This particular site, however, has never been

assessed under the current ministry regulations. "This site was in operation before the ministry began licensing landfills, which isn't uncommon for a site in an area like this. Even so, the site now has to comply with the current ministry regulations even though it wasn't planned or designed that way and this site does quite well from a compliance point of view in terms of environmental impacts," said Smolkin. "The performance of the whole site will need to meet the current regulations. So a

lot of the studies we are going to do have never been done on this site because there was never a need to do them."

Luckily the site will see no extra traffic since its expansion is more of a continuation for its current service area. "There is no intent of seeking a larger service area outside of North Dundas. But we have to project for the next 25 years how much waste is going to come into the site because we need to then design that airspace of the landfill. We will have to take into

account things like traffic and such. Is there going to be more traffic generation, etc? The answer [for Boyne Rd.] is no not really, because it's just a continuation of the current operation. Except by natural increases as the population grows," said Smolkin.

The township will notify the public when the draft Terms of Reference is available for public comment and there will be two more open houses for those interested once the environmental assessment begins.

Long Sault hosts Hockey for Hospice event

Carolyn Thompson Goddard
Record Correspondent

LONG SAULT – During hockey season, the arena in Long Sault is always busy with teams playing or preparing to play, but the Hockey for Hospice event held there on Oct. 28 brought a few more fans out to see some of their hometown heroes enjoy a game of Canada's national winter sport to support a worthwhile cause – Carefor Hospice Cornwall.

Organizer Dave Smith was pleased with the turnout for the game which pitted the RCMP team against the Local Heroes composed of police, firemen, teachers and community workers. Several members of either team had NHL connections, including local hockey legend and former NHL player Jesse Winchester. Winchester and his two brothers played the forward positions in a line, dubbed the Winchester Line, which included former Colt's player Jason Lepine and Dan Brisebois on defence for the Local Heroes Team. Prior to the game, Brisebois commented he was anticipating a fun hockey game, with perhaps a few surprises, and was happy to be part of the event that would bring the community together for a good time and a good cause for Carefor Hospice Cornwall.

As retired NHL and AHL player Yvon



Meeting a superstar

Isabelle Chamois of Cornwall is pictured with former NHL and AHL star Yvon Lambert just prior to the puck drop at the Hockey for Hospice event at the Long Sault Arena on Oct. 28.

Thompson Goddard photo

Lambert entered the arena, there was a flurry of excited fans approaching the personable gentleman for a chat, an autograph or a picture with the superstar. Lambert, who played for the Montreal Canadiens and the Rochester Americans of the AHL in the 70s and 80s, commented the player's equipment and extensive year-round training of players are two changes he has seen in the game, but the fans' love of the game has never wavered.



All-around heroes play for Hospice Cornwall

The puck dropped at the Hockey for Hospice event at the Long Sault Arena on Oct. 28, which pitted the RCMP against South Stormont Local Heroes to raise funds for Carefor Hospice Cornwall.

Thompson Goddard photo



PUBLIC NOTICE

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www.northdundas.com info@northdundas.com

NOTICE OF A PUBLIC MEETING CONCERNING A COMMUNITY IMPROVEMENT PLAN PURSUANT TO SECTION 28 OF THE PLANNING ACT

TAKE NOTICE that the Council of The Corporation of the Township of North Dundas will hold a public meeting on the 28th day of November, 2017, at 6:00pm at the North Dundas Municipal Council Chambers 636 St. Lawrence Street, Winchester, Ontario to consider a Community Improvement Plan (CIP) under Section 28(4) of the Planning Act.

THE COMMUNITY IMPROVEMENT PLAN provides existing commercial businesses with financial incentives to improve their building's exterior facades, signage and/or building interior. Financial incentives will be in the form of grants and/or loans as made available through the Community Improvement Plan for eligible applicants. The draft Plan is available for review on the Township website at www.northdundas.com.

Eligible applicants/properties are those operating as a commercial use and are commercially zoned and/or commercially assessed (partially or fully) and meet the full list of criteria specified in the CIP. The CIP will be available for eligible properties in the Township of North Dundas.

IF YOU WISH TO BE NOTIFIED of the adoption of the Community Improvement Plan, you must make a written request to Clerk of the Township of North Dundas at the address noted below.

IF A PERSON or public body does not make oral submissions at a public meeting or make written submissions to the Township of North Dundas before the by-law adopting the Community Improvement Plan is passed, the person or public body is not entitled to appeal the decision of the Council of The Corporation of the Township of North Dundas to the Ontario Municipal Board.

IF A PERSON or public body does not make oral submissions at a public meeting, or make written submissions to the Township of North Dundas before the by-law is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to do so.

ADDITIONAL INFORMATION regarding the Community Improvement Plan is available for inspection from Monday to Friday between 8:30am and 4:30pm at the Township Office located at 636 St. Lawrence Street, or by contacting the Economic Development Officer at (613) 774-2105.

Dated at the Township of North Dundas
This 1st day of November, 2017.
Jo-Anne McCaslin, Clerk
Township of North Dundas
636 St. Lawrence Street, Box 489
Winchester, ON K0C 2K0
(613) 774-2105 (Phone)
(613) 774-5699 (Fax)



Winchester to host Sens player during 'For the Love of the Game'

WINCHESTER – Roll out the welcome mat for Fredrik Claesson. The Ottawa Senators' defenseman is coming to town.

The House of Lazarus (HOL) is hosting a sports merchandise sale, titled 'For the Love of the Game,' at the Joel Steele Community Centre in Winchester on Nov. 3 and 4. Claesson, who played 33 regular-season games and 14 more in the playoffs for the Sens last season, will be on site to sign autographs on Fri., Nov. 3, at 6 p.m.

"We are absolutely thrilled that Fredrik Claesson is volunteering his time to help make our event a success," said Jennifer Tenbult, HOL operations manager. "We could not be more grateful to him for contributing to this

great cause."

Claesson will also be bringing a hockey stick signed by the whole team, which will be raffled off to raise funds for the HOL Food Bank and outreach programs, including starting over kits for fire victims and Naomi Resource Centre clients and youth food programs, benefitting the Kemptville Youth Centre, Dundas Youth Centre and nutrition programs in local schools. Sens' tickets and a Sens' basket will also be raffled off to raise funds. Raffle tickets will be available during the event and at the HOL (2245 Simms Street, Mountain), will be \$2 each, or three for \$5. The draw is set for Dec. 21.

"We are hoping this



For the love of the game

Examples of some of the merchandise that will be available at the 'For the Love of the Game' event, benefitting the House of Lazarus, set for Nov. 3 and 4, at the Joel Steele Community Centre.

Courtesy photo

event will bring in considerable funds, so please tell your friends and family and help spread the word," said Tenbult.

Thousands of brand new trademarked sports items

featuring teams from the NHL, NFL, MLB and NASCAR will be available for purchase and all at significantly discounted prices. The 'For the Love of the Game' event will be a

great opportunity to stock up on gifts for any sports' lover in your life just in time for Christmas.

Come check out the incredible selection of hats, shirts, jerseys, lamps, baby clothes, touques, socks, picture frames, bags, steering wheel covers, posters, wallets, notepads, pens, pencils, freezer mugs, bottle holders, lanyards, decals, magnets, piggy banks, hoodies, ministicks, mini-gloves, night lights, bracelets, keychains and many more collector's items.

"We received a significant donation of brand new sports merchandise a few months ago and that's where the idea for this event stems from," explained Tenbult. "We are hoping to

sell out of merchandise."

All proceeds from the sale of sports merchandise will also go toward the HOL Food Bank and outreach programs. Cash, debit and credit will be accepted at the event and there will be no tax on any of the merchandise.

The 'For the Love of the Game' event will kick off at 5 p.m. on Nov. 3 and run until 9 p.m. Doors open the following day, Nov. 4, from 10 a.m. to 4 p.m. The Joel Steele Community Centre is located at 577 Main Street in Winchester.

For more information about the event, or if you wish to volunteer, contact the HOL directly by calling (613)-989-3830 or emailing hol@houseoflazarus.com.

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Order of the Eastern Star gives to WDMH

Kalynn Sawyer Helmer
Record Staff

WINCHESTER – On Tues., Oct. 24, The Florence Nightingale Home Foundation and Winchester Chapter of the Order of the Eastern Star presented the Winchester District Memorial Hospital Foundation with a cheque for \$4,000 for the hospital's new, echo flight stretcher. The ultrasound bed inclines automatically, has drop-away parts for easier ultrasound access, and sports quick release handle bars to help ease the strain on the staff.

At the presentation were Order of the Eastern Star members from across Ontario including representatives from Woodstock, Toronto, Brampton and Whitby. "WDMH is a very special place. I hear it all the time. In my opinion, it's the people who make it special. A lot of people probably associate nurses and doctors with a hospital and it's a logical connection. But WDMH would not be what it is today without our donors," began WDMH Foundation's Managing Director Kristen Casselman who introduced Margaret Lynn, Florence Nightingale Home Foundation's secretary-treasurer to say a few words.

"Our mandate is to present specific pieces of

equipment, for use in patient care, to hospitals throughout the province," explained Lynn. "Our donations are made solely from the income generated on the capital [of invested monies from the Foundation's sale of the original house], plus donations from Eastern Star Chapters and individual members, less operating expenses, and we are pleased to say that we were in Owen Sound last week, Winchester today, East Toronto in November, Petrolia in April, Little Current in May and Windsor in June. At the end of June 2018, we will have made 246 hospital presentations. We have also made donations to the Red Cross for relief efforts as a result of natural disasters in Ontario. Winchester's District has now received 21 presentations totalling approximately \$105,544. This is the fourth presentation to your hospital – the first was in 1985 for a blood cell washer, in 1995 for an infusion pump, and in 2005 an infant weigh scale and portable pulse oximeter."

The latest donation was said to be put into use immediately after arrival with the older model being quickly retired. "Including

today's donation, The Florence Nightingale Home Foundation and the Winchester Chapter of the Order of the Eastern Star have donated over \$18,000 to the WDMH Foundation since 1999. This incredible amount includes their latest donation of \$4,000," said Casselman. "It's only because of people and groups like yours who choose to become donors and generously support our work that we are what we are today. Medical equipment purchases like our new ultrasound bed are essential in order for WDMH to provide funding for medical equipment."



Four for four

The Order of the Eastern Star, on behalf of The Florence Nightingale Home Foundation, donated \$4,000 to the WDMH Foundation on Tues., Oct. 24, making their fourth donation since 1999 totalling \$18,000 to date. From left, Order of the Eastern Star members Helen Banna, Lois Goodall, Margaret Lynn, Janet Randall, Peggy South and President Verlie McGillis, along with WDMH staff: Lynn Hall (VP Clinical Services), Sheila Jordan (ultrasound technologist), Cholly Boland (WDMH CEO), and Kristen Casselman (WDMH Foundation Managing Director).
Sawyer Helmer photo

Thrills and chills at Moose Creek Haunted House

Carolyn Thompson Goddard
Record Correspondent

MOOSE CREEK – A heavy fog permeated the interior of the Recreation Centre in Moose Creek during the early evening of Oct. 27. Organized by the Moose Creek Recreation Committee, the Haunted House saw over 100 children and adults experiencing a variety of emotions as they made their way through the fog, encountering ghouls, being offered eyeballs and ladyfingers to snack on, listening to eerie music and shrill screams before reaching the end of the tour where the Club Optimiste donated treats for those brave enough to make it all the way through.

Robyn Cousens, a member of the Moose Creek Recreation Committee, mentioned the Haunted House took about two days to set up with students from Maxville Public School, École secondaire catholique de Casselman and Tagwi Secondary School enjoying their roles as costumed monsters. After the last visitors left, the volunteers and students were busy taking down the Haunted House, with the consensus that it was a lot of fun to participate in this event.



An eerie night in Moose Creek

There was no shortage of thrills and chills as Moose Creek Recreation Committee held their annual Haunted House event on Fri., Oct. 27, at the Recreation Centre in Moose Creek. Greeting guests as they entered were Robyn Cousens, Debbie Cousens, Jonathan Brownrigg, Sebastian Frei and Emily Bazinet.

Thompson Goddard photo

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Tragedy strikes Timberwolves

Continued from the front

hospital, his teammate Alex Paquette passed on Saturday afternoon with his family by his side.

The two other occupants of the car, Ben Scheunemen and Jake McGrimmon, are

still in hospital with critical injuries; both also play for the Timberwolves. On the CCHL2 website, Timberwolves' Coach Kevin Gould said in an interview with *Inside*

Ottawa Valley, "It's a very tight-knit group of kids. They will be affected by this and we will have to sit down together on how to move forward."

The Timberwolves

cancelled their two games this weekend against the Perth Blue Wings and the Winchester Hawks.

Hanniman was a rookie with the Timberwolves this season and scored his first

goal on Oct. 4 against the Brockville Tikis, and Paquette, in his third season with the Timberwolves, scored 11 points in 17 games and was third in team scoring.



Rockets and Castors united in respect

The North Dundas Rockets and the Clarence Castors united at centre ice prior to the National Anthem to honour the players that were taken in a horrible accident near Renfrew. The four occupants of the car were all members of the Renfrew Timberwolves of the CCHL2. Two of the players have died and two remain in critical condition.

Courtesy Forrester photo

Hawks and Packers pay tribute to fallen brethren

The Winchester Hawks and the Arnprior Packers held a moment of silence while forming a circle at centre ice on Friday night after the tragedy that unfolded near Renfrew earlier in the day. The CCHL2's Renfrew Timberwolves lost two teammates following a horrible car accident. Teams from minor hockey, and all three levels of junior hockey paid respects at centre ice over the weekend.

Courtesy Menard photo

CHESTERVILLE

Sat., Nov. 11 – 11:00 am

Parade will form in the Marsden McLaughlin Funeral Home parking lot at 10:30 am and proceed to the Cenotaph at 10:45 am. Following the ceremony the Colour Party will lead the way to the Legion where a reception will be held.

WINCHESTER

Sun., Nov. 5

Parade from Legion at 11:45 am. Parade marches to Winchester Public School, service in school gymnasium at 12:30 pm. After the service, parade leaves for Cenotaph for wreath laying. Refreshments at the Legion at 1:30 pm.

NEWINGTON

Sat., Nov. 11 – 1:45 pm

Service at the Cenotaph at Hillcrest Cemetery, Cty. Rd.12.

MOREWOOD

Sat., Nov. 11 – 11:00 am

Meet at the Community Hall at 10:40 am for march to Cenotaph. Refreshments and social hour to follow at the Community Centre.

MOOSE CREEK

Sat., Nov. 11

No formal ceremony but wreaths will be laid by the Moose Creek Chamber of Commerce and a Legion Representative.

BERWICK

Sat., Nov. 11 – 11:00 am

Parade group requested to assemble at the McIntosh Park at 10:45 am. Service at the Cenotaph at 11:00 am. All are invited to Finch Legion Branch 357 for lunch after the Ceremony.

AVONMORE

Sat., Nov. 11

Service at the Cenotaph at 1:00 pm.

LONG SAULT/ LOST VILLAGES MUSEUM

Sun., Nov. 5

Parade from Ingleside Fire Department at 9:45 a.m. to Cenotaph in Long Sault to commence service. Following this service, the parade will form up at the Lost Villages Museum and march to the Cenotaph for the service.



Chesterville & District Lions Club

Todd LaPlante, *President*
chestervillelions@gmail.com



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Pin Tales

Monday Men's: Men's High Single, Kyle Fawcett 340; Men's High Triple, Marc Robinson 844; Men's High Average, Marc Robinson 244. Team Standings: East-Ont 42, A-Team 32.5, Raiders 27, Alley Rats 23.5, Country Boys 23, Alley Cats 20.

Busy Matrons: Ladies' High Single, Sandra Bloom 218; Ladies' High Triple, Carol Barkley 575. Team Standings: Faith 66, Hope 62, Love 57, Charity 54.

Defernders: Men's High Single, Ossie Linton 245; Men's High Triple, Brian Casselman 629; Ladies' High Single, Gwen Clarke 186; Ladies' High Triple, Gwen Clarke 499. Team Standings: Gwen 72, Becky 65, Brian 64, Divas+D 60, Glendon 54.

Wednesday Ladies: Ladies' High Single, Dorothy Thomas 173; Ladies' High Triple, Dorothy Thomas 449. Team Standings: Eurda 82, Lorna 71, Mary 69, Dianna 58.

Finch Mixed: Men's High Single, Kevin Osborne 337; Men's High Triple, Kevin Osborne 701; Men's High Average, Noel Lalonde 216; Ladies' High Single, Stacey Pynenburg 258; Ladies' High Triple, Grace Tilley 654; Ladies' High Average, Grace Tilley 217. Team Standings: 3G 35, T.V. on 3! 27, THEM 23, Team #4 23, TEAM HP 21, C_M_A_T_T 18.

Matilda: Ladies' High Single, Donna Leach 209; Ladies' High Triple, Donna Leach 585; Men's High Single,

Kevin Osborne 332; Men's High Triple, Kevin Osborne 804. Team Standings: Jake 28, Kevin 26, Danny 24, Walter 24, Gary 23 Brent 22.

Thursday Seniors: Men's High Single, Bas Vanwinden 183; Men's High Triple, Bas Vanwinden 473; Tina Serviss 224; Ladies' High Triple, Tina Serviss 492.

Avonmore Mixed: Ladies' High Single, Bonnie Mcintosh 233; Ladies' High Triple, Bonnie Mcintosh 590; Men's High Single, Brian Rombough 274; Men's High Triple, Brian Rombough 676. Team Standings: Vipers 95, Copperheads 87, Pythons 67, Diamondbacks 65, Rattlers 65, Boas 62.

Les Dynamiques: Men's High Single, Pierre Briere 170; Men's High Triple, Pierre Briere 491; Ladies' High Single Yolande Leduc 170; Ladies' High Triple, Rejeanne Lafebvre 461.

Williamsburg Mixed: Men's High Single, Garry Hutt 293; Men's High Triple, Garry Hutt 775; Ladies' High Single, Erin Drapeau 221; Ladies' High Triple, Erin Drapeau 522. Team Standings: Smurfs 72.5, Spaceballs 68, Carolyn's Pussycats 67.5, Fast&Furious 58, Nut Jobs 49.

Winchester Odd Couples: Men's High Single, Darryl Britton 290; Men's High Triple, Darryl Britton 816; Men's High Average, Matt Hartle 223; Ladies' High Single, Leah Snippe 225; Ladies' High Triple, Leah Snippe 501; Ladies'

High Average Pat Middleton 154. Team Standings: Last Pin Standing 73, The Baileys 57, The Bandits 49, The Randoms 49, Dave's Team 48.

Youth Bowling Canada

YBC Pee wee: Girl's High Single, Kamryn Hartle 105; Girl's High Double, Paige Michaud 195; Boy's High Single, Teagon Burd 113; Boy's High Double, Teagon Burd 206. Team Standings: Leafs 58, Sharks 54, Kings 42, Thrashers 28, Bruins 27.5.

YBC Bantams: Girl's High Single, Caroline Sanders 135; Girl's High Double, Caroline Sanders 245; Boy's High Single, Alex Robinson 172; Boy's High Double, Alex Robinson 335. Team Standings: Rangers 48, Coyotes 45.5, Blackhawks 44, Avalanche 40, Flames 32.

YBC Juniors: Girl's High Single, Hailey Vanoers 211; Girl's High Triple, Hailey Vanoers 528; Boy's High Single, Aaron Vanderzweep 154; Boy's High Triple, Aaron Vanderzweep 398. Team Standings: Islanders 69, Senators 68, Sabers 60, Wild 60, Lightning 56.

YBC Seniors: Girl's High Single, Samantha Reid 230; Girl's High Triple, Brynn Welsh 538; Boy's High Single, Matthew Ridge 240; Boy's High Triple, Matthew Ridge 617. Team Standings: Panthers 37, Canucks 26.

2017 Run to Terry

Carolyn Thompson Goddard
Record Correspondent

NEWINGTON – Long Sault Public School teacher and marathon runner Ian Callan completed his third Run to Terry in the early morning hours of Oct. 28 at the Terry Fox monument in Ottawa.

This year, Callan completed the 150 km run in celebration of Canada's sesquicentennial and when possible stopped at community war memorials to acknowledge the sacrifices of Canadians during wartime. He described this as an opportunity to connect peacetime Canadian hero

Terry Fox with the Canadian servicemen and women who made the ultimate sacrifice.

Callan, who began his run around 6 a.m. at the War Memorial in Lancaster, was pleased with the support from the local communities, commenting he was enjoying the fall weather and having friends who ran alongside him during a brief stop near Newington.

Throughout his 2017 Run to Terry, Ian Callan was joined by friends and supporters who ran alongside him for varying distances. Seen with Callan at the War Memorial in Hillside Cemetery near Newington from left are, in front: Rick Crouney, Baby Isabella, Sebastian Warner, Ian Callan and Keaton Wagensveld; in back: Dale Witty, Jim Pearce and Jason Wagensveld.

Thompson Goddard photo



Marathon runner and teacher continues Run to Terry

It was a beautiful fall day on Oct. 28 when Ian Callan and supporters ran the 2017 Run to Terry. They stopped for a few moments just outside Lunenburg, Ont., where this photo was taken. Seen here, from left are, in the front row: Keaton Wagensveld and Ian Callan, and in the back row: Dale Witty, Jason Wagensveld and Sebastian Warner.

Thompson Goddard photo

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Recreation Committee seeks assistance from South Stormont Council

Carolyn Thompson Goddard
Record Correspondent

LONG SAULT – The South Stormont Council Chambers were filled with residents of Rosedale Terrace who were present to support a delegation from their Recreation Committee composed of Tammie Grant, Carol Grant and Alain Billard speaking on issues, including the proposed construction by the Township of a structure to replace a portable which had been removed from MacLennan Park a few years ago.

Grant eloquently explained how volunteers had been fundraising and working over four decades to create and maintain a recreational area in Rosedale Terrace for the families who lived there. She mentioned how the Rec Committee had raised funds to create such features in the community parks as a basketball and volleyball court, planted trees and made improvements at the park.

Many years ago, Grant explained, the Rec Committee had purchased a portable from a local school board which was removed by the township a few years ago due to an apparent mould issue. The Rec



Committee's presentation on behalf of Rosedale Terrace residents

Representatives of the Rosedale Terrace Rec Committee – Carol Grant, Alain Billard and Tammie Grant – are shown during their presentation to South Stormont Council on Oct. 25.

Thompson Goddard photo

Committee was assured by township representatives the construction of a pavilion or gazebo type building would be undertaken at the site. Grant mentioned that since the last election this project had not moved forward and the delegation was hoping to receive an assurance from council that it would move forward.

After discussions regarding the South Stormont Recreational Master Plan, Mayor Jim Bancroft assured the delegation and Rosedale Terrace residents this request would be considered at upcoming budget deliberations.

Obituaries Obituaries Obituaries Obituaries Obituaries

In Memoriams In Memoriams In Memoriams In Memoriams

Cards of Thanks Cards of Thanks Cards of Thanks Cards of Thanks

- We Celebrate Their Lives -

~ OBITUARY ~



IRVEN, Dwaine

A lifelong resident of the Chesterville area, Dwaine Irven passed away at the Winchester District Memorial Hospital surrounded by his family on Wednesday, October 25, 2017. He was 90.

Dwaine was born in Finch Township on April 19, 1927 to his parents William and Alice Irven (nee Burd). He was the youngest of 8 children and he stayed on the farm to work with his father and eventually raised his own family there. As well as being a farmer, Dwaine was a carpenter by trade for 40 plus years.

Loved by Debra and their children Sara of Ottawa and John (Anna) of Crysler. Loving Grandpa of Kai and Audrey. Brother-in-law of Luvu and Rotha Irven. Dwaine will be fondly remembered by the Kelly family as well as many nieces and nephews. He was predeceased by his sister Ida Paul (Wilbert) and his brothers Lorne (Helen), Weldon (Dorothy), Gordon (Hazel), Ray (Helen), Howard and Emerson Irven.

Friends called at the Marsden and McLaughlin Funeral Home, Chesterville, on Friday, October 27th. Funeral service was held at Christ Church United in Chesterville on Saturday, October 28th with Rev. Debbie Poirier officiating.

Interment followed at Morewood United Cemetery. Pallbearers were Tyler Wheeler, Kyle Wheeler, Shane Kelly, Doug Paul, Tyler Leduc, and Shawn Neilsen.

Donations to the Winchester District Memorial Hospital or the Dundas Manor would be gratefully acknowledged by the family. Online condolences may be made at marsdenmclaughlin.com.

Obituary THOMPSON, Ursula

Peacefully at St. Joseph's Continuing Care in Cornwall on Sunday October 29, 2017 age 95 years. Ursula Margaret (Curran) Thompson formerly of Finch. Beloved wife of the late Ellwood Thompson and the late Vincent Delaney. Loved mother of Patricia Delaney of Kingston, Kathleen Delaney, Maureen Delaney (Bob) all of Ottawa, Denis Delaney (Gerry) of Stitsville and Darlene Blanchard (Paul) of Cornwall. Cherished sister of Helen Curran of Chesterville. Predeceased by her parents Hugh and Jannie (Manion) Curran, 3 children Michael (Janet of Cornwall), Dean and Lawrence, 3 brothers Jim (Gladys of Toronto), Walter (Helen of Finch), Leo (Deltry of Vancouver), 4 sisters Marcella McKinnon, Bernice Curran, Doreen O'Donnell and Jean McDermid (Bert of Toronto). Visitation will be held at the Brownlee Funeral Home 18 Front Street Finch on Thursday from 2-4pm and 7-9pm. [MASS OF CHRISTIAN BURIAL WILL BE CELEBRATED IN ST. BERNARD'S ROMAN CATHOLIC CHURCH FINCH ON FRIDAY NOVEMBER 3, 2017 AT 11AM.] Rite of Committal at a later date in St. Anthony's Parish Cemetery Apple Hill. As expressions of sympathy, memorial donations to the charity of your choice would be appreciated by the family. Online condolences may be made at www.brownleefuneralhomes.com.

BROWNLEE FUNERAL HOMES INC.

Obituary BELWAY, Lyle Raymond

September 21, 1935 – October 21, 2017

Lyle Raymond was born September 21, 1935 to John Colborn Belway and the former Ena May McMillan of Dundas County at Johnstown on #2 Highway. John and Ena rented a farm there while John worked on Port of Johnstown grain silos. They returned to the Belway farm on Jennings Road North of Spruit Road to live in the large Boyd block house, replacement for the frame house burned at the time of the Orange Parade in Winchester. In 1948, the family moved to Highway # 43 as Hydro was available. Lylall and Pat Holmes bought that farm on John and Ena's retirement to the corner of Dawley Drive & Main Street West. Lyle attended Mulloy School, Mountain Consolidated, Winchester High School and Merv Orr's Trucking School. After graduation, Lyle worked at Brockville Wireworks. He spoke often of working for Hartshorn House Movers during the Seaway Project, especially moving Cook's Tavern to Upper Canada Village, with muscle power & iron pikes. Subsequently he sprayed herbicide along the HEPC Hydro Towers. With these savings and a Jr. Farmer Loan Lyle bought the Marston & Mabel Shaver farm on Sandy Row in 1964. He started with pigs, hay, feed crops and milked until 1989. February 1974, Lyle married Brenda Wynn, Rachel was born in 1975. Brenda and Rachel left in 1980. Upon selling the milk cows Lyle drove transport to Florida for Duncan Bros. From them he bought Wet Land in Edwardsburg Twp. and finished the log house there. That house was severed and sold eventually. Lyle's true love of farming never left. He added 2 Belted Galoways to the herd for docility and sturdiness. In 1991 Eileen Webb, a widow from Middlesex County, joined Lyle in his true dream and passion: farming. Lyle expanded the beef herd from the heifers kept after selling the milk cows. The last animal left through Tollgate Farms January 2017. Lyle was going to put in 2 cows to keep the grass down in the spring. Unfortunately, April 30, 2017, Lyle had a stroke. He had neuro surgery at the Civic and returned to WDMH and became a resident of Maxville Manor. Lyle was so lucky to have good friends, neighbours and a nephew to call 911 April 30 and assist with Lyle's care. Lyle is survived by his spouse since October 1991, daughter Rachel (Matthew Lodge), grandchildren: Gabriele, Hayden and Jasper of Kanata. Lyle was the middle child and only son of John and Ena, survived by Lorna Merkley (Cleon d.) of Clayton, June Knapp (Bernie d.) of Brockville, younger sisters Shirley Hamilton (Ralph d.) of Winchester Springs, Barbara Winters (Keith) of Roebuck, 17 nieces and nephews and many great nieces and nephews. Predeceased by his parents John & Ena Belway, ex-wife Brenda, 2000. Lyle will always be remembered in his "new" 2002 5-speed Silverado with Darshan, the red heeler from Williamsburg and Eileen as passengers. Besides living extremely frugally Lyle did buy a new tractor every few years trying to wheel and deal with George, Scott, Bob, Dennis or Brett. Lyle liked to head for Greely on Thursday and later have Eileen pay for Chinese Buffet at Country Kitchen. He read 7 weeklies, including *Ontario Farmer* and the daily *Ottawa Citizen*. TV favourites were the News, *Dragon's Den*, *Heart Beat*, *British Mysteries*, *CBC* and *Vet Shows*. Meanwhile enjoying a pipe full of Amphora or Colt. To be remembered Lyle spoke with SNCA about donating land to them as good land stewardship. A Celebration of Life will be announced at a later date. The Service will be conducted by friend Jim Allen, of 4 United Churches, Reception Country Kitchen. Inurnment Maple Ridge Cemetery. Arrangements entrusted to the Byers Funeral Home, South Mountain, (613-989-3836). Online condolences may be made at www.byersfuneralhomeinc.com



CHURCH DIRECTORY Your Guide To Local Houses of Worship

ST. CLARE'S ANGLICAN CHURCH OF NORTH DUNDAS

Rev. John Wilcox
613-774-2236
www.stclaresanglican.ca
2530 Falcone Lane, Winchester
Sunday November 5, 2017
10:00 A.M. Family Service with Music and Sunday School
Last Sunday each month
stone soup lunch following service.
"To be a living Church, united in one congregation, reaching out to God's world."

April 2018

ST. LUKE'S - KNOX PRESBYTERIAN CHURCH - FINCH

Interim Moderator:
Rev. Bruce Kemp, B.A. S.T.M.
613-267-0928
Church 613-984-2201
Sunday November 5, 2017
9:30 A.M. – Worship Service & Sunday School
Everyone Welcome!

April 2018

NATIONSIDE PENTECOSTAL CHURCH

Office 613-448-2272
Maple Ridge Centre,
12820 Hwy. 34 E.,
CHESTERVILLE
Sunday November 5, 2017
10:30 A.M. – Sunday Worship Service & Sunday School
Everyone Welcome.
Affiliated with the Pentecostal Assemblies of Canada

April 2018

HARMONY COMMUNITY CHURCH

Evangelical Missionary Church
12010 Ormond Road & Hwy. 31
613-774-5170
Rev. D. Bruce North,
Senior Pastor
Rev. Daniel L. Wallace,
Associate Pastor
www.harmony-church.org
Sunday November 5, 2017
9:45 A.M. – Pre-Service Prayer
10:30 A.M. – Worship Service
6:00 P.M. – Evening Service - Alpha Program
Preparing Disciples of Jesus.
Sunday School & Nursery available.

April 2018

OUR LADY OF THE ANGELS CATHOLIC CHURCH Moose Creek

Parish Priest: Rev. Cyriaque Balla
613-538-2348 / 613-987-2870
Sunday November 5, 2017
Sat. 5:00 P.M. – (English)
Sun. 10:30 A.M. – (French)

OUR LADY OF THE ROSARY CATHOLIC CHURCH Crysler

Sun. 9:00 A.M. – (French/Bilingual)
Welcome/ Bienvenue

January 2018

ST. MARY OF THE PRESENTATION CATHOLIC CHURCH

Administration Priest: Fr. Charles Enyinnia
Parish Secretary: Janice Hickman - 613-448-3262
Weekend Masses:
Saturday – 5 P.M.
Sunday – 8:30 A.M. St. Daniel
Sunday – 10:30 A.M. St. Mary
Weekday Masses:
St. Mary - Tues. – 7:00 P.M.
Wed. – 9:00 A.M.
Thurs. – 9:00 A.M.
Fri. – 9:00 A.M.
St. Daniel - Wed. – 7:00 P.M.

April 2018

The United Church of Canada

CHRIST CHURCH UNITED
5 Casselman Street, Chesterville
Pastor: Debbie Poirier
613-448-2532

Church Office Hours:
Wed. & Fri., 9 A.M. - 2 P.M.
Sunday November 5, 2017
10:30 A.M. – Worship Service
Sunday School at 10:15 A.M.
You are invited to join us.

April 2018

The United Church of Canada AVONMORE-FINCH- MARTINTOWN

PASTORAL CHARGE
Minister: Rev. Lois Gaudet
BBA, BTH, MDIV
Contact : Tel: 613-346-1648
Email: revlgaudet@gmail.com
Sunday November 5, 2017
Worship with Rev. Lois at
9:15 A.M. – St. James, Avonmore.
11:00 A.M. – Chalmers, Finch
Come and worship with our family
where all are welcome and Christ is Lord.

April 2018

PRESBYTERIAN CHURCH - Morewood ST. ANDREW'S - Chesterville

ST. PAUL'S - Winchester
Rev. Bruce Kemp, B.A. S.T.M.
613-267-0928
Sunday November 5, 2017
CHESTERVILLE - 9:00 A.M.
WINCHESTER - 10:00 A.M.
MOREWOOD - 11:15 A.M.
Everyone Welcome.
COME EXPECTING - LEAVE REJOICING

April 2018

ST. MARY'S ANGLICAN CHURCH

139 Castor Street, Russell, ON
Parish Office: 613-445-3226
Presiding: Rev. Lee Lambert
secretary@stmarysrussell.ca
Website: www.stmarysrussell.ca
Sunday November 5, 2017
9:00 A.M. – Holy Eucharist
10:30 A.M. – Holy Eucharist
Sunday School at 10:30 A.M.

St. Mary's Church is engaged in actively sharing God's unconditional grace and love.

December 2017

THE GATHERING HOUSE Chesterville

Friendly, Caring, Accepting
613-448-1758
Pastor: Daniel Rudd
Sunday November 5, 2017
Service at 10:00 A.M.
Worship Gathering with Nursery & Kid's Church

April 2018

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Rockets propel into NCJHL's top spot

Jeff Moore
Record Staff

CHESTERVILLE – The North Dundas Rockets had two games this past weekend, in Gatineau on Friday and then at home on Saturday.

Rockets 6 Castors 3: The Rockets welcomed the Clarence Castors to the Chesterville Arena on Sat., Oct. 28, in the NCJHL. The Rockets moved into a first-place tie with the Papineau Vikings after beating the Gatineau Hull-Volant the previous night while the Castors sat in a fifth-place tie with eight points but have only played six games.

The Castors opened the scoring at the 10-minute mark of the first period to take a 1-0 lead. The Rockets tied the game when Landon Veenstra snapped one to the back of the net unassisted. The teams took a one-all draw into the first intermission.

The Rockets took their first lead of the game when Bryden Van Kessel fired one home from Connor Roth and Brad Stitt on the power play at 3:46 of the second period. The Rockets outshot the Castors in the second period 12-9 but neither team was able to find the back of the net as the Rockets took a 2-1 lead into the second intermission.

The Rockets made it a 3-1 game when Van Kessel scored his second of the game from Roth while killing off a penalty just 1:36 into the third period. The Castors got to within one at 3:04 but the Rockets regained their two-goal lead when Stitt blasted one from Justin Lefebvre and Chris Marchand at 11:16.

The Rockets made it 5-2 when Van Kessel completed his hat trick at 12:36 from Roth and Shawn Simms. The Castors added a late one with just 1:31 remaining in regulation but the Rockets had an answer for that as Veenstra scored his second of the game at 1:05 from Roth and Simms.

The Rockets hung on for the 6-3 victory temporarily

moving into sole possession of first place. Picking up the win in the Rockets' goal was Jason Buma.

Rockets 6 Volant 5: The Rockets travelled to the Robert Guertin Arena in Gatineau to take on the Gatineau Hull-Volant on Fri., Oct. 27, in the NCJHL. The Rockets went into the game tied for second place with Volant, just two points behind the Papineau Vikings, so this was a four-pointer for both teams.

The Volant opened the scoring at 14:13 of the first period to take a 1-0 lead on the power play. The Rockets were unable to answer before the first intermission. The Volant made it 2-0 on the power play at 6:03 of the second period and took a 3-0 lead at 12:27 at even strength.

The Volant scored their third power-play goal of the game at 16:31 to take a 4-0 lead. The Rockets finally got on the scoreboard with 2:26 remaining in the second as McKay Balaton batted one home from Jack Van Kessel and Bryden Van Kessel but trailed 4-1 heading into the second intermission.

The Rockets got to within two when Justin Lefebvre scored a power-play goal just 1:51 into the third period from Landon Veenstra. The Rockets made it a 4-3 game at 2:55 when Chris Marchand scored an unassisted goal on the power play and tied the game at 4:06 as Brodie Barkley blasted one to the back of the net from Lefebvre and Bryden Van Kessel on the power play.

The Volant retook the lead at 6:08 but the Rockets knotted the affair at 14:43 as Bryden Van Kessel scored on their fourth straight power play from Connor Roth. The Rockets took their first lead of the game at 15:29 as Marchand scored his second of the game from Dylan Nixon.

The Volant pulled their goalie in favour of an extra attacker with around a minute remaining in regulation but the Rockets' defence held as they took the game 6-5 moving into a first-place tie with the Papineau Vikings. Picking up the win in the



The North Dundas Rockets scored a big acquisition this fall when they signed former Embrun Panther Connor Roth (17). Roth has only played in four games with the Rockets, scoring three goals and picking up nine assists, including four in this game against the Clarence Castors at the Chesterville Arena on Sat., Oct. 28. The Rockets went on to take the game 6-3. Sawyer Helmer photo

Rockets' goal was Jason Buma.

Up next: Sat., Nov. 4, 7:30 p.m., Rockets vs. Vankleek Hill Cougars, Chesterville Arena.

Panthers sink Rideaus, Tikis

Jeff Moore
Record Staff

WESTPORT – The Embrun Panthers had two games this past weekend, in Embrun and Westport.

Panthers 2 Rideaus 1 (OT): The Panthers travelled to the Westport Arena to take on the Rideaus on Sat., Oct. 28, in the CCHL2. After their win the previous night against the Brockville Tikis, the third-place Panthers sat just three points behind the Casselman Vikings in second place in the Martin Division. The Rideaus overtook the Carleton Place Canadians for first place in the Richardson Division this past week and have 12 wins on the season. The two teams battled to a scoreless first period but the Rideaus had the edge on the shot clock 12-11.

There wasn't much difference between the two teams in the second period either as neither was able to find the back of the net again and this time the Panthers outshot the Rideaus 17-16.

The Rideaus opened the scoring

just 10 seconds into the third period to take a 1-0 lead. The Panthers tied the game at 10:03 as Michael Armstrong scored his first CCHL2 goal in his first game of the year from Jacob Lamont and Cameron Buck.

Neither team was able to score before the final buzzer so the game headed to a five-minute three-on-three overtime period. The Panthers took the game off the stick of Justin Brennan just 14 seconds into the extra frame unassisted making the final 2-1 Panthers. Picking up the win in the Panthers' goal was Jean Sebastien Sabourin making 38 saves on 39 shots.

Panthers 5 Tikis 3: The Panthers welcomed the Brockville Tikis to the Palais des Sports on Fri., Oct. 27, in the CCHL2. The Panthers went into the game in sole possession of third place, two points ahead of the Ottawa West Golden Knights and five points back of the Casselman Vikings in the Martin Division. The Tikis have only four wins on the

season and 12 losses.

The Panthers opened the scoring when Jeremy Barrie fired one to the back of the net from Jacob Lamont and Andrew Burke on the power play at 9:39 of the first period taking a 1-0 lead. The Tikis tied the game with just 54 seconds remaining in the opening frame as the teams headed into the first intermission.

The Panthers retook the lead when Cameron Buck pounded one home from Joey Larcher at 11:35 of the second period and made it 3-1 with 22 seconds showing on the clock in the middle frame as Mark Morrison slid one home from Nathan Brown.

The Panthers took the 3-1 lead into the second intermission. The Tikis closed the gap to one just 1:08 into the third period but the Panthers responded with two goals at 3:32, as Larcher snapped one to the back of the net from Barrie and Morrison and at 7:34 as Morrison scored his second of the game from Sam Tremblay and Barrie.

The Tikis got one back at 14:38 on the power play but it was too little too late as the Panthers took the game 5-3. Picking up the win in the Panthers' goal was Jean Pascal Sabourin making 28 saves on 31 shots.

Up next: Fri., Nov. 3, 8 p.m., Panthers vs. Perth Blue Wings, Palais des Sports, Embrun; Sun., Nov. 5, 1:30 p.m., Panthers vs. Royals, Richmond Arena; Tues., Nov. 7, 8 p.m., Panthers vs. Timberwolves, Ma-te-way Rink, Renfrew.



The Embrun Panthers' Justin Brennan (11) became an instant hero after scoring the game-winning goal just 14 seconds into overtime in the game against the Rideaus at the Westport Arena on Sat., Oct. 28. He has four goals, nine assists and 13 points in 19 games this season. Sawyer Helmer photo

Rob's Review

Rob Sadler, GM

North Dundas Rockets

CHESTERVILLE – The North Dundas Rockets Organization would like to offer our condolences to the Renfrew Timberwolves and the families of the two young men, Brandon Hanniman and Alex Paquette, who were taken from their loved ones and teammates following a car accident last week. Our best wishes go out to the other two players injured and we wish them good recoveries. Accidents like this devastate the hockey community, and the lives of families, something North Dundas knows all too well. Personally, my heart absolutely aches for all those involved in this tragedy; thoughts and prayers are with them.

The Rockets won both games this past weekend pushing the team into first place in the National Capital Junior Hockey League with a record of 8 wins - 2 losses. This marks the first time in Rockets' history that the club has been in first place boasting a perfect 3-0 record at home with a 5-2 record on the road and a huge milestone for the franchise, showing just how far we have come.

As GM, I cannot say enough positive things about the weekend. The

adversity we faced as a team Friday night to claw back and win that game was overwhelming. The odds were not in our favour, and yet we continue to refuse to quit as a team. We were tired on Saturday night, used a lot of energy the night before, but we got the job done, stayed focused and played a real solid game.

The leadership group of this team is phenomenal. Bryden Van Kessel, Shawn Simms, Brad Stitt, Landon Veenstra, Brodie Barkley, Chris Marchand, Dylan Nixon, McKay Balaton, Connor Roth, Tyson Sherrer and Jason Buma are all guys with multiple years of junior experience. They are leaned on to be the leaders of this team, and the character they have shown so far this season is second to none.

The younger core of this team is also proving very effective this season and giving us some much needed depth, and great team morale as well. It's been exciting to watch Justin Lefebvre, Bailey Norman, Jacob Robinson, Tanner Barnett, Jack Van Kessel and Ethan Gallant all develop during each game. As a Club we are in a great position right now; from a personnel standpoint, we have a great group of kids playing for us.



Vikings crown Kings, ground Aeros

Jeff Moore
Record Staff

COBDEN – The Casselman Vikings had two games this past weekend.

Vikings 7 Kings 3: The Vikings travelled to Cobden on Sat. Oct. 28, to take on the Whitewater Kings in the CCHL2. The Vikings went into the game just three points behind the first-place Ottawa Canadians in the Martin Division and were coming off a convincing 6-1 win over the Athens Aeros. The Kings sat in fourth place in the Richardson Division with a record of 9-5.

The Vikings opened the scoring when Olivier Brunet slapped one home from Ryan Sabourin and Brad Richardson at 2:50 of the first period to take a 1-0 lead. The Vikings took the 1-0 lead into the first intermission.

Richardson made it 2-0 for the Vikings from Kyle Millett and Brunet at 4:24 of the second period. The Kings got that one back at 8:24 but the Vikings restored their two-goal lead at 9:47 as Sabourin fired

one home from Richardson and Brady Cloutier.

The Kings responded with a power-play goal at 13:35 but the Vikings answered right back as Joel Hunt scored unassisted at 14:29 to make it 4-2. The Vikings made it 5-2 at 17:45 as Sebastien Plante blasted one to the back of the net from Brendan Doherty and Jonah Peters and took that lead into the second intermission.

The Vikings went two for two on the power play in the third period as Jonathan Yaremko fired one home from Cloutier and Hunt at 10:40 and at 12:47 as Yanick Dicaire scored from Andrew Black and Gabriel Rousselle to make it 7-2.

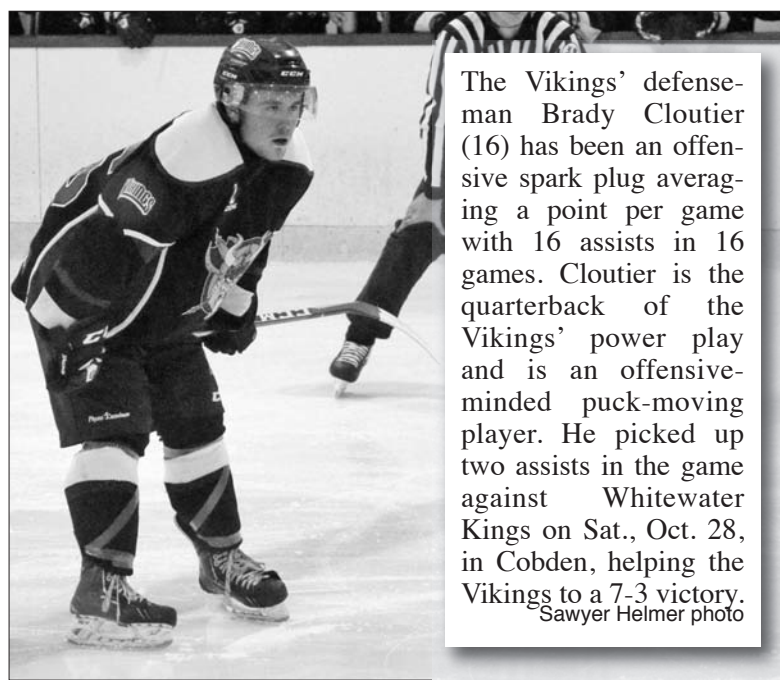
The Kings added one with 1:41 remaining in the game but it wasn't enough as the Vikings took the game 7-3 but couldn't move any closer to the Canadians as they beat the Char-Lan Rebels to remain three points ahead in first place. Picking up the win in the Vikings' goal was Nick Campbell with 29 saves on 32 shots.

Vikings 6 Aeros 1: The Vikings

welcomed the Athens Aeros to the J. R. Brisson Complex on Thurs., Oct. 26, in the CCHL2. The Vikings went into the game in second place, five points behind the Ottawa Canadians in the Martin Division. The Aeros began the year a little sluggish but have since risen to third place in the Richardson Division and sat just two points out of a three-way tie for first.

The Vikings scored early and often in the first as Ethan Wensink buried one just 11 seconds into the first period from Carter Malette to take a 1-0 lead. The Vikings made it 2-0 at 11:42 as Gabriel Rousselle scored from Brad Richardson and Danyk Drouin, 3-0 at 16:17 as Yanick Dicaire blasted one home from Drouin and Jonatan Yermko, and 4-0 when Sebastien Plante deposited one to the back of the net from Brendan Doherty and Brady Cloutier with 1:50 remaining.

The Vikings took the 4-0 lead into the first intermission. Plante scored his second of the game 3:50 into the second period from Joel Hunt and Doherty to make it 5-0 for



The Vikings' defenseman Brady Cloutier (16) has been an offensive spark plug averaging a point per game with 16 assists in 16 games. Cloutier is the quarterback of the Vikings' power play and is an offensive-minded puck-moving player. He picked up two assists in the game against Whitewater Kings on Sat., Oct. 28, in Cobden, helping the Vikings to a 7-3 victory. Sawyer Helmer photo

the Vikings. The Vikings made it 6-0 when Joel Hunt scored a power-play goal at 10:25 from Plante and Cloutier.

The Vikings carried that lead into the second intermission. The Aeros scored the lone goal of the third period at 13:18 but the Vikings took the game moving to within three points of the Canadians with a game

in hand. Picking up the win in the Vikings' goal was Zachary Paputsakis with 30 saves on 31 shots.

Up next: Thurs., Nov. 2, 7:30 p.m., Vikings vs. Brockville Tikis, J. R. Brisson Complex, Casselman; Fri., Nov. 3, 8 p.m., Vikings vs. Timberwolves, Ma-te-way Rink, Renfrew.

Lions: battle of the cats, Jets soar

Jeff Moore
Record Staff

VANKLEEK HILL – **Lions 6 Cougars 2:** The Morrisburg Lions travelled to Vankleek Hill to take on the Cougars on Sat., Oct. 28, in the NCJHL. The Lions were looking for a weekend split after dropping their previous game against the Metcalfe Jets the night before. The Cougars sat in a fifth-place tie with two other teams.

The Lions opened the scoring when Zach LeBlanc rifled one home from Jordan Smail and Alec St. Gelais at 5:27 of the first period taking a 1-0 lead. The Lions made it 2-0 when Anthony Pace scored from Evan Mantha and Thomas

Ouderkirk at 9:57.

Pace scored his second of the game from Ouderkirk and Mantha at 13:08 and the Lions took a 3-0 lead into the first intermission. The Lions scored the only goal of the second period as St. Gelais sniped one from Small and Brian Landry to make it 4-0.

The Lions held on for the rest of the middle frame taking a 4-0 lead into the second intermission. The Lions added some insurance when Pace completed his hat trick from Ouderkirk and Mantha just 47 seconds into the third period.

The Lions owned the game and made it 6-0 at 6:58 as Landry scored from LeBlanc and St. Gelais. The Cougars -

did finally get on the scoreboard at 8:03 and closed out the scoring at 9:46 as the Lions hung on for the 6-2 victory, moving into sole possession of ninth place with their third win of the season. Picking up the win in the Lions' goal was Justin Lalonde.

Jets 7 Lions 4: The Lions travelled to the Larry Robinson Arena on Fri., Oct. 27, to take on the Jets in the NCJHL. The Lions went into the game in a ninth-place tie with just two wins and seven losses on the season. The Jets sat in fifth place with a record of 4-3 for eight points but were just two points out of fourth place.

The Jets got out to a good start scoring four consecutive first-period goals: at 4:30 as William Baudet scored from Sebastien Roy and Phil Brunet; at 7:06 when William Lachapelle scored from Brunet; at 17:28 as Lachapelle scored an unassisted goal and again with just 25 seconds remaining as he completed a hat trick from Tyler Jodoin.

The Jets took the 4-0 lead into the first intermission. The Jets kept flying, scoring two more goals in the first minute of the second period as Lachapelle scored his fourth just 40 seconds in from Brunet and Jodi and at 58 seconds as Payton Melvin fired one from Jodoin to make it 6-0.

The Lions finally got on the score sheet as Evan Mantha powered one home from Josh Barnes and Thomas Ouderkirk on the power play. The Lions got to within four as Anthony Pace sniped one from Mantha and Barnes at 12:57 but trailed 6-2 heading into the second intermission.

The Lions got one step closer as Ouderkirk found the back of the net from Pace and Barnes at 5:05 of the third period but the Jets foiled the Lions' comeback with a goal at 10:46 as Tristan Staff lit the lamp unassisted.

The Lions got one back with just 42 seconds remaining as Jacob Downey snapped one home from Brandon Cameron. It was too little too late as the Jets took the game 7-4 handing the Lions their eighth loss of the season. Picking up the win in the Jets' goal was Danik Gervais and suffering the loss in the Lions' goal was Dean Gauvreau.

Up next: Lions' first real home game of the season, Sat. Nov. 4, 7:30 p.m., vs. Gatineau Hull-Volant, Morrisburg Arena.

Hawks' efforts continue

Jeff Moore
Record Staff

WINCHESTER – The Winchester Hawks were supposed to play three games this past week but due to a tragic car accident involving four players of the Renfrew Timberwolves their game was cancelled on Saturday night.

Packers 4 Hawks 2: The Winchester Hawks played host to the Arnprior Packers on Fri., Oct. 27, at the Joel Steele Community Centre in the CCHL2. The Hawks were coming off another tough 7-4 loss to the Char-Lan Rebels in their previous game and sat in the basement of the Martin Division.

The Packers have had a surprisingly slow start to their season this year with just six wins on the season and sat in seventh in the Richardson Division. The Packers exploded for four first-period goals at 4:21, 9:20, 13:05 and with just 48

seconds remaining took a 4-0 lead into the first intermission.

The two teams battled to a scoreless second period so the Packers carried the 4-0 score into the second intermission. The Hawks got one back at 5:43 of the third period as Kyle Kuehni snapped one to the back of the net from Griffin Patterson and Ian Ogden.

The Hawks cut the deficit in half when Evan Landry sniped one from Dillon Clemen and Miguel Pare at 12:58 on the power play but that was as close as they got as the Packers took the game 4-2, handing the Hawks their 15th loss of the season.

Suffering the loss in the Hawks' goal was Conor Lahey making just four saves on seven shots. Lahey was replaced by Brent Pledge Dickson who made 18 saves on 19 shots.

Rebels 7 Hawks 4: The Hawks travelled to the Char-Lan Recreation Centre in Williamstown on Tues.,

Oct. 24, to take on the Rebels in the CCHL2. The Hawks were hoping for just their third win of the season as they sat in the bottom of the Martin Division with just four points. The Rebels were five points ahead of the Hawks so their season hadn't gone the way they wanted either.

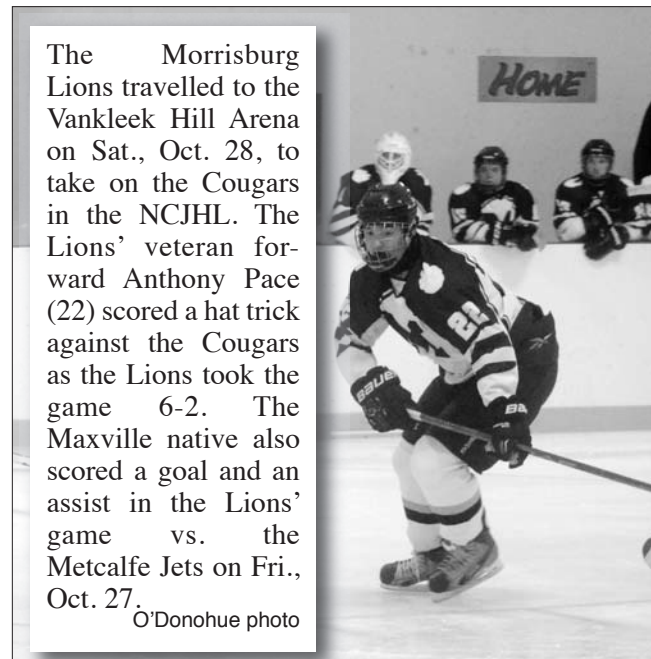
The Rebels came ready to play scoring three consecutive goals to start the game at just 1:26, 10:56 and 13:59 of the first period and taking a 3-0 lead. The Hawks got one back before the end of the first as Miguel Pare slapped a one-timer from Kristian Palmer with 1:24 showing on the clock. The Rebels took a 3-1 lead into the first intermission.

The Rebels made it 4-1 at 2:53 of the second period but the Hawks got that one right back at 5:09 as Mitchell Robertson slid one to the back of the net from Griffin Patterson on the power play. Patterson got the Hawks to within one when he bulged the twine at 5:32 from Palmer. The Hawks got even when Joey Driscoll fired one home from Kieran Gaynor and Dakota Seaman at 7:20. The Rebels retook the lead just 14 seconds later, and took a two-goal lead with just 53 seconds remaining in the middle frame, taking a 6-4 lead into the second intermission. The Rebels closed out the scoring at 12:49 of the third period and took the game 7-4 and handed the Hawks their 14th loss of the season. Suffering the loss in the Hawks' goal was Brent Pledge Dickson making 23 saves on 30 shots.

Up next: Fri., Nov. 3, 8 p.m., Hawks vs. Glens, Billy Gebbie Arena, Alexandria; Sun., Nov. 5, 7:15 p.m., Hawks vs. Carleton Place Jr. Canadians, Joel Steele Community Centre, Winchester.



The Winchester Hawks' defenseman Evan Landry (9) scored the Hawks' second goal of the game against the Arnprior Packers on Fri. Oct. 27, but the Hawks lost the game 4-2 to the Packers. Landry, a veteran defenseman, has scored two goals and picked up four assists in 17 games this season. O'Donohue photo



The Morrisburg Lions travelled to the Vankleek Hill Arena on Sat., Oct. 28, to take on the Cougars in the NCJHL. The Lions' veteran forward Anthony Pace (22) scored a hat trick against the Cougars as the Lions took the game 6-2. The Maxville native also scored a goal and an assist in the Lions' game vs. the Metcalfe Jets on Fri., Oct. 27. O'Donohue photo



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Best-selling author at library

Candice Vetter
Villager Staff

RUSSELL – Best-selling author Kelley Armstrong read from one of recent releases before a full house of fans at the Russell Library on Thurs., Oct. 26.

Armstrong's books have reached #1 on the *New York Times* and *Globe and Mail* bestseller lists, and made numerous other bestseller lists including *USA Today* and *Sunday Times UK*. Her many series and stand-alone books span several genres, including urban fantasy, paranormal, thriller, mystery, young adult, middle grade, and high fantasy. The television series *Bitten* is based on her first published novel of the same name, which introduced the *Otherworld* series.

About 45 fans came out to listen to her and after her reading, talk, and question and

answer period, eagerly waited in line to have Armstrong sign copies of her books.

She described having always been a writer, already penning novels in high school. Then she attended university for several years and put aside her goal of writing for publication before starting *Bitten*. It was her fourth novel and a writer suggested she send it to an agent, who was not interested in a novel about werewolves, but agreed to read it, and became hooked by the strong characters. In the end, that agent sold first rights to *Bitten* to American, Canadian and British publishers, and sold the television option, all within a few weeks. Because of that, Armstrong, who had two young children at the time, did not have to return to her job. She now has over 30 novels in print, as well as stories and novellas.

At the reading, she gave advice to



Once Bitten twice shy

Bestselling author Kelley Armstrong signs a book for a shy but pleased France Castonguay during Armstrong's visit to the Russell Library branch on Oct. 26. Castonguay was near the head of the long line of eager fans who attended.

Vetter photo

budding authors and described some of her questions about upcoming books and writing methods, as well as answered fans' characters.



Maheu Furniture closing

Last year, Maheu Furniture in Embrun celebrated 120 years in business, and this year is its last. Fourth-generation owners of the family business, Jacques Maheu and his sister Suzanne Lemieux, are retiring, and attempts to sell the business have not been successful, so they are liquidating stock. So far no date has been set for the closing — but the store is closed on Mondays and open on Tuesdays and Wednesdays from 9 a.m. to 6 p.m., Thursdays and Fridays from 9 a.m. to 8 p.m., Saturdays from 9 a.m. to 5 p.m., and Sundays from 11 a.m. to 4 p.m.

Vetter photo

WDMH breakfast series ends

Candice Vetter
Villager Staff

RUSSELL – The Winchester and District Memorial Hospital hosted breakfasts in three locations recently, Chesterville, Winchester, and on Fri., Oct. 27 at the community hall upstairs in the Russell Arena.

CEO Cholly Boland discussed the hospital's many improvements and described its fundraising for specialized equipment. He said this year's need is for a new electrocardiograph machine. "With the new imaging technology we can get the clearest image possible of the heart." The hospital performs over 1,100 ECG tests annually.

Another area of growth is in obstetrics. "A few years ago we had 200 births per year, now it is close to 800," Boland said. Also since the addition of ophthalmology to the hospital, doctors there have performed hundreds of cataract surgeries.

Then Russell resident Dierdre Cooke, RD, CDE, of Diabetes Canada, discussed eating well to maintain health. "We are living longer," she said, "but not always living well. Increased chronic disease takes some of the lustre out of retirement. But you can make choices that make a difference."

She said that food must provide pleasure and promote health, and warned that more

Canadians are overweight than are normal weight, diabetes now strikes one in four Canadians, and 80 per cent of type 2 diabetes is related to lifestyle. Poor nutritional choices of diet and lack of exercise are known to be contributing factors, and high cortisol levels (including that caused by stress) can flip the "switch" that will turn on a propensity to diabetes. In other words, the modern North American lifestyle, which includes rushing around and eating high-sugar processed foods, creates the perfect conditions to develop this disease.

Politicization of food has added to the problem. "Cutting sugar? It's a political topic." Large food production companies have lobbied strenuously for decades to reduce regulation of processed foods. As an example of how much sugar is in some foods which are not generally considered sweet, a single serving of tomato soup contains four tsp. of sugar. Cooke stressed that the public is unaware of most of the sugar they consume. "Historically we ate 20 tsp. of sugar per year," she said. "Now the average is 26 tsp. per day."

The recommended amount of sugar is 25 gm per day, which is about six tsp. One bottle of Coca-cola contains 54 gm. One Tim Horton's double-double has 30 gm.

Besides diabetes, sugar intake also contributes to obesity, heart disease and cancer. "About 10,000 pleasure sensors in our brain are turned on by sugar," Cooke said.

She then discussed the roles of phytochemicals, which are chemicals which protect plants, and when eaten by humans act as antioxidants and have other beneficial effects. "Phytochemicals are nature's chemotherapy," she said.

Diabetes Canada recommends five to 10 servings of vegetables or fruit daily, and making one-quarter of a plate protein, one-quarter starch, and half the plate darker coloured plants. Darker colours indicate higher concentrations of phytochemicals like beta-carotene in carrots, lycopene in tomatoes, ligins in flax seed and other natural chemicals found in cruciferous vegetables (broccoli, kale, etc.), in berries, in whole grains, and in nuts, which can help prevent heart disease and cancer. For diabetics, fruit should be limited to three servings per day and eaten with a protein to slow sugar absorption.

She ended her talk saying that the hospital offers a program for diabetics and those wanting to prevent diabetes, and potential patients can self-refer, meaning no doctor's referral

New art studio in Russell

Candice Vetter
Villager Staff

RUSSELL – Aleks Erdelyi has opened Russell's newest art studio in the basement of her home at 36 Second Ave., in the village of Russell.

Erdelyi has been an artist for as long as she can remember and has also been a teacher for 10 years. She does freelance illustrating and now has begun teaching art classes for kids aged nine to 13 on Tuesdays.

The Brainy Bird Studio officially opened on Sat., Oct. 28, but she has been operating for a little while. Now that the space is finished and open for business she is adding classes for high school students, creative cartooning classes, and other types of art lessons and one-time workshops.

In addition, she does pet portrait nights, where she does a pencil sketch of a

client's pet, and then the client paints the portrait in Erdelyi's studio. "They might not want to commission a big piece of art," she said. "This way they can pay less and feel like they were part of the process of creating the

portrait."

Her first pet portrait evening was very successful and she has three more scheduled.

For more information on lessons and workshops see brainybirdcreations.com or its Facebook page.



New art studio provides variety

The Brainy Bird Studio officially opened on Sat., Oct. 28 at 36 Second Ave. in Russell. Here artist and owner Aleks Erdelyi poses with watercolours.

Vetter photo

Day of the living dead

The Russell Optimist Club's zombie walk attracted about 35 members of the living dead, who ghoulishly paraded down Concession St. on Oct. 28.

Vetter photos



Embrun Giant Tiger #1 in supporting food banks

Candice Vetter
Villager Staff

EMBRUN – Embrun Giant Tiger is one of the numerous businesses which support the Embrun Good Neighbour's Food Bank, which serves the Township of Russell, and it is also the #1 Giant Tiger in the whole company for the number of food bags sold.

In early October, the total contribution from Embrun Giant Tiger to the Embrun

Good Neighbours Food Bank for its previous fiscal year, from Aug. 1, 2016 to July 29, 2017, was added up for a total of \$22,800. This sum is made up of food bank bags for sale at the store, Nevada tickets, teddy bears, and donated perishable foods.

Store owner Rod Fleming and the store's staff were recognized by the food bank in a letter which stated, "Giant Tiger is a crucial contributor to our fight

against hunger in the area of Embrun, Limoges, Marionville and Russell."

Fleming said that in this October alone the store sold over 1,200 bags of food for the food bank, thanks to its generous customers. Jean-Francois Gignac, President of the food bank, said in the letter, "We would not be able to feed all these families without the weekly donations from Embrun's Giant Tiger." He also thanked staff for

being helpful and kind, and always having the food ready for volunteers to pick up.

Over the last year, the food bank helped an average of 275 people per month. It is located at 42 Blais St. in Embrun.



The total contribution from Embrun Giant Tiger to the Embrun Good Neighbours Food Bank for its previous fiscal year was \$22,800, and in early October the contribution was recognized at the store. Shown here are store owner Rod Fleming, grocery manager Christie Macdonald, and food bank volunteers.

Courtesy photo

REMEMBRANCE DAY NOVEMBER 11

Casselman (November 5)
9:30 a.m.... Parade starts (organized by the 2804 Casselman Army Cadet Corps)
10 a.m..... Ceremony at the Cenotaph

Vars (November 5)
1:30 p.m.... Parade forms up at the Church and marches to the Cenotaph
2 p.m..... Ceremony at the Cenotaph

Russell (November 11)
10:20 a.m....Parade
10:50 a.m.....Ceremony at the Cenotaph

Limoges (November 11)
1:30 p.m.... Old Limoges firehall
2 p.m..... Ceremony

Embrun (November 11)
3 p.m..... Ceremony at the Cenotaph

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