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The Villager
NEWS INSIDE

PM40050631R8905 Volume 126, Number 28 Chesterville, Ontario Wednesday, January 23, 2019 Single Copy \$1.00 (HST included)

Briefly

HealthGirl officially opens
CHESTERVILLE – HealthGirl of Chesterville will be hosting their grand opening on Sat., Jan. 26, from 1 p.m. to 4 p.m. at the Maple Ridge Centre. Visitors will have a chance to meet the teachers, try a mini class for free, see the studio and enter to win prizes. Snacks will be provided and everyone is encouraged to try one of Chesterville's latest businesses.

Marionville carnival
MARIONVILLE – The Marionville Winter Carnival will take place on Sat., Feb. 2 from 10 a.m. to 2 p.m. The day will be full of face painting, crafts, a raffle table, activities for all ages and a hot dog lunch. There are workshops before and after lunch, a robotics for 4-7 year olds and coding for 8 years and up, then painting workshop, respectively. Registration for the workshops is encouraged. See online for more details.

Snowmobiles stay safe
ONTARIO – Jan. 19 to 27 is the International Snowmobile Safety week. While safety week reminds riders to be cautious with events from organizations and dealerships; it is important to be aware of safety precautions throughout the snowmobiling season and remind others to stay safe.

Mayor Tony Fraser released on bail

Kory Glover
Record Staff
WINCHESTER – After being arrested, cuffed with 250 handcuffs and thrown in Foodland's Coca-Cola case jail cell at 10 a.m. on Sat., Jan. 19, Mayor Tony Fraser was released later that day on a set bail of \$2,500, thanks to donations from locals.

Continued on page 3

Warrior Women Vernissage

Carolyn Thompson Goddard
Record Correspondent
WINCHESTER – Despite the winter storm warnings and snowy weather during the evening of Jan. 18, there was a good turnout at the Warrior Women Vernissage hosted by Winchester artist Carrie Keller at Winchelsea on Highway 31 just outside Winchester.

Keller made a short address during the event explaining the concept of the Warrior Women portraits came about after she decided to begin painting subjects that were important to her personally. Her inspiration for the series came from the "often unacknowledged strength and courage of the ordinary woman" and from her mother who raised nine children alone after the death of their father.

During the three-hour event, several of the models for the Warrior Women portrait series were present and able to view their painting, many for the first time. For Carolyn Anderson who travelled from the Gananoque area

Continued on page 5



North Dundas' most wanted

OPP Const. Tylor Copeland (right) brought in a total of six "convicts" to raise money towards the Seaway Valley Crimestoppers' program. From the left, Guy Fuels owner Chris Guy, Maria Shelp of Winchester Public School, North Dundas Mayor Tony Fraser, Service Station owner Ron Blanchard and Winchester Print owner Greg Raistrick. Absent from photo, Foodland owner Dan Pettigrew.
Glover photo

North Dundas decides what's in the budget

Kory Glover
Record Staff
NORTH DUNDAS – While on our way into the new year, the North Dundas council outlined the township's budget for 2019 during the Tues., Jan. 15 meeting for Public Works.

One of the major developments in the public works department include the installation of a controlled pedestrian crosswalk at the intersection of St. Lawrence and Wintonia Drive. The total cost of this project will be an estimated \$90,000, with \$25,000 going towards pavement markings, LED lights and proper signage. The removal and reinstating of sections of sidewalks in Chesterville and throughout the township will take up the remainder.

Public Works will be reconstructing two roads this year, sharing the costs with two other townships.

Reconstruction of Marionville Boundary Road will be shared with the Township of Russell at \$180,000

each, equalling \$360,000. The \$278,000 reconstruction of Mountain Boundary Road will be shared with the Township of North Grenville at \$139,000 each.

Constructing and re-surfacing roads throughout the township will also be a large part of the budget, with a total of \$634,000 going into the project.

Connaught Road, Cameron Road from County Road 1 to Mountain Boundary will have pulverize, add gravel and double surface treatment with a fog seal. Byers Road will have re-paving work done.

More street lights are going to be installed as well throughout the township, with a cost of \$5,000.

In the recreation and culture department, Joel Steele Community Centre is having a water filtration system installed for \$25,000. This will provide pure water, which is the best water to make ice with and potential energy savings on facility conditions will make harder, faster ice surface.

Continued on page 5



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MOREWOOD WINTER CARNIVAL

January 25, 26, 27, 2019

Morewood Community Centre
Hosted by the Morewood RA and Morewood Fire Department

SCHEDULE OF EVENTS

Friday, January 25

7pm-10pm Firemen Family Bingo
Skating & Tobogganing
Canteen
Bar Beverages
Showcase Silent Auction
50/50 Raffle
*Winner announced during Bingo

Saturday, January 26

8am-11am Firemen Breakfast
9am-5pm 3 on 3 Hockey - Please contact Devon Byers by January 24, to register - byers-15@hotmail.com or 613-857-7072
11am-4pm Canteen
12pm-end Bar Beverages
12pm-4pm Euchre Tournament presented by The Chesterville & District Lions Club
*Registration occurs at 11:30am

12pm-1pm Log Sawing Competition
Please contact Glenn Smirle to register - 613-371-0962
2pm-3pm Tug-of-War
Please contact Glenn Smirle to register - 613-371-0962
All day Free Kids' Activities - Sponsored by The Chesterville & District Lions Club
All day Tobogganing
All day Carnival Photo Booth
Until 6:30pm 50/50 Raffle
1pm-4pm Face Painting sponsored by KT Consulting Inc.
4pm Kids' Colouring Contest Winners announced - Sponsored by AA Landscaping
5pm-7pm Spaghetti Supper
5pm-10pm Family Skate
6pm Guest Speaker: Mayor Tony Fraser
6:30pm 50/50 Winner announced

7pm Fireworks
Until 7:30pm Showcase Silent Auction
7:30pm Silent Auction Winners announced

Sunday, January 27

11am Special Carnival Service at The Morewood Presbyterian Church featuring Youth Talent Show! Contact Katie Lesage to register for Talent Show - Katherine.L.Lesage@gmail.com
1:30pm-2:30pm Silent Auction Winners pick up items at The Morewood Community Centre

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Giving farm women a voice

Carolyn Thompson Goddard
Record Correspondent

NORTH DUNDAS – A very special gathering was held at the home of Diane Harkin in North Dundas in early January when she launched her first book *They Said We Couldn't Do It – The story of a quiet revolution*. Included in the group assembled were several members of an organization formed by Harkin and Ghislaine Brassard in the mid-70's called Women for the Survival of Agriculture – Winchester.

Harkin, who had been warned by her grandmother not to marry a farmer, began her agricultural journey while living in Toronto when a Dan, co-worker of her husband, ignited an interest in the rural lifestyle. The couple began searching for a farm to purchase in the Toronto area, but it was after moving to Ottawa when they finally purchased in 1970, the farm where she now resides.

Moving from the city to the country was an interesting experience for the young family, with Harkin mentioning neighbours would explain to the new arrivals how one didn't hang out laundry or do farm work on Sunday. In her book, she recalls a neighbour explaining that an invisible brick wall was built around the farm when they moved in and it would take years to take it down.

Harkin attended an Ontario Federation of Agriculture convention with her husband

and became inspired by Laura Heuser, who addressed the convention regarding the Women for the Survival of Agriculture (WSA) in Michigan State. Supported by her husband and other WSA organizations in the United States, Harkin met with friend, Ghislaine Brassard and the WSA Winchester was conceived as the two women sat at Harkin's kitchen table. Shortly after this meeting, Harkin's husband, then president of the Dundas Federation of Agriculture, provided her with five minutes to speak on the WSAW during a DFA dinner and dance at North Dundas District High School. Several women joined the organization later that evening.

The goal of the WSA was to provide an opportunity for farm women to meet and discuss farm issues and, as Harkin commented during a recent interview with *the Chesterville Record*, "to laugh away your troubles". The WSA eventually had several chapters in this country with approximately 2,000 members across Canada before it disbanded in 1984, due to the organization achieving "everything we set out to achieve".

When asked why she wrote this book, Harkin mentioned how she felt and that it was important for people to learn the history of how the changes to the role of farm women in the agricultural field



Changing the future

North Dundas resident Diane Harkin is pictured in the front parlour of her residence where she has lived since purchasing the farm with her husband in 1970. Harkin also worked as a rural correspondent for newspapers and magazines.

Thompson Goddard photo

occurred. Unlike many of their predecessors, farm women today can claim a salary for their work on the family farm, have more opportunity for agricultural education, are more involved in farm politics as well as being more aware of their rights; with Harkin hoping their contributions to the success of the family farm garners more respect than in previous generations.

Harkin's book includes profiles of several WSAW members, a list of the successful WSAW community initiatives and a chronology "of Accomplishments and Events in the Canadian Farm Women's Movement". She has produced a written

record of her memories of women in agriculture and how it has changed in the last few decades, as well as providing the reader with an opportunity to view a successful grassroots organization which resulted in improving the socio-economic life of women on the farm. She mentioned in passing how the torch is being given to the next generation to ensure the contributions of farm women are acknowledged.

They Said We Couldn't Do It, can be purchased at the Morrisburg and Chesterville Law Offices of Douglas Grenkie, Winchester Print and the Carlsbad Springs post office for \$25 per copy.

Dundas Farmers' Ag Hall-of-Fame Inductions and Charity Gala returns for 2019

WINCHESTER – The Dundas Agriculture Community Groups are proud to host the bi-annual Dundas Farmers' Agriculture Hall-of-Fame Inductions and Charity Gala, taking place this year April 6, at the Joel Steele Community Centre. The evening is a joint effort between all of the area's agriculture-related volunteer organizations, with an objective to celebrate contributions of agricultural leaders while helping local charities at the same time.

While the event has taken place every two years since 2013, it is only the second year of inductions to the Agricultural Hall-of-Fame, which had its inaugural year in 2017. All organizations and individuals have been invited to submit nominations of their peers, while considering contributions to the agriculture community

within and outside Dundas County, as well as their work for the community in general, personal development and home business development. An independent selection committee consisting of representatives across the county will review all nominations.

The gala will continue to hold true to its roots and tradition of raising money for local charities and three organizations have been selected as the primary recipients for 2019. Community Food Share is a natural choice, as its goal is to provide food and nutrition to Dundas County align with those of agriculture. In addition, the evening will set-out to raise funds for Naomi House and Nor-Dun Seniors' Centre, both of which are seeking assistance for well-needed renovations. In the past, gala attendees generously supported similar renovations for the Dundas

County Hospice.

"Dundas County has a strong agricultural presence that benefits everyone who lives here and there are so many people who have made that possible. It's crucial we recognize and thank those individuals and this evening is one small step we're taking to do so," said Jackie Pemberton, OFA director and chair of this year's gala. "It's guaranteed to be an entertaining and historical evening and we're inviting all members of the community to join us."

The 2019 dinner and celebration kicks off at 6:30 p.m. on April 6, and will feature a catered meal by AJ's catering, followed by presentations of the inductees, and live and silent auctions to raise money for the recipient charities. Tickets are available for \$35 per person and tables of 10 are available. More information can be found at www.dundasagriculture.com.

Mayor Tony Fraser

Continued from the front

However, Fraser was not the only culprit brought in to face justice. OPP Const. Tylor Copeland, also arrested and brought in Winchester Print owner Kreg Raistrick, Foodland store owner Dan Pettigrew, Guy Fuels owner Chris Guy, owner of the service centre Ron Blanchard and Maria Shelp of Winchester Public School on similar charges last week.

While it is still unknown what they were brought in for, the group was eventually released after raising a total of \$2,500 for the Seaway



The right to remain silent

Mayor Tony Fraser was cuffed up with 250 handcuffs by OPP Const. Tylor Copeland and sentenced to Foodland's Coca-Cola case jail.

Glover photo

Valley Crime Stoppers' board of directors, released program in support of a statement thanking the Crime Stoppers' Month. community and the

Copeland, who is also a "convicts" for their support member of the program's in the cause.

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Taking a seat at WDMH

WINCHESTER – Patients coming to the Emergency Room will be a little more comfortable, thanks to a new procedure chair, funded by the WDMH Foundation. The chair is used when patients require a cast or stitches.

“The old chair was from the 1990s and it helped fix up many people over the years,” says team leader Shannon Horsburgh. “The new chair offers many improved features. It moves electronically with foot pedals. It can go quite low to the ground so it’s easy for everyone to sit in. It can also move more into a bed-like position and even tilts back for those who might feel a little light headed with the ordeal of getting stitches or a cast.”

The chair costs \$13,896.40.

“This essential equipment purchase was only possible because of our donors and their care for the patients that we serve at WDMH,” notes Kristen Casselman, managing director of the Foundation. “Many people do not realize that the provincial government does not fund medical equipment for hospitals, so we are so grateful for the support of our donors.”



The new WDMH Emergency Room procedure chair is ready to welcome patients and make them a little more at ease while getting stitches or a cast. Courtesy photo

CASTOR Country

By Tom Van Dusen

Silly rules

Despite some advance misgivings about consolidation and health unit intervention, on the surface, last Saturday’s 11th annual edition of the Russell & District Horticultural Society’s Living Locally Fair was a resounding success.

More than 100 exhibitors were on hand and thousands of visitors filled the St. Thomas Aquinas High cafetorium and gym all-day long, most walking away as they always do with purchases of packaged local food, crafts and information from various organizations such as Dump the Dump, South Nation Conservation, and Russell Township. My bag contained six butter tarts and creamed honey from Canaan Road Farms, Rockland; do you sense a pattern here?

One of the main casualties of the new regime was the horticultural society’s signature homemade soup lunch which was missed by me and many others. It had to go, explained LLF coordinator-in-chief Lindley McPhail, both to make way for more exhibitors in the new, tighter configuration and because the soup wasn’t made in kitchens inspected by the Eastern Ontario Health Unit.

That was per order from the five-county health units which suddenly discovered the Russell event this year.

The soup was made in clean home kitchens belonging to dedicated society volunteers, soup that in the past, to my knowledge didn’t cause a single fatality or even a stomach ache.

But the EOHU decided to throw its weight around and insist on the impractical rule of making soup for LLF in what amounts to a commercial kitchen. The idea is to get away from mass-produced commercial products. Our health unit is part of the same provincial system which saw a different unit, with no rhyme or reason other than interpretation of silly rules, ban homemade egg salad sandwiches from church socials a few years ago.

Lindley pointed out that all exhibitors who set up at the show, had made the cut after public health inspector, Edwin MacDougall circulated among the booths looking for transgressions. Since prospective exhibitors had been warned in advance of MacDougall’s many requirements, ones who couldn’t meet them had bowed out in advance.

Below the serene surface, the guy who really had a burr in his jeans over the health unit intervention was Doug Estabrooks who bristles at the mere suggestion that a government bureaucrat should tell reasonable adult citizens what to do when it comes to food consumption or anything else.

Doug, who had a certified booth at the show, circulated a petition against “arbitrary enforcement of an unreasonable interpretation” of revised food safety guidelines creating hardship for small farm operations producing humely raised and highly nutritious food with minimal environmental impact. Part way through the day, he already had 100 signatures from exhibitors and visitors.

The petition underlines that small operations are an important alternative to giant commercial facilities and imported food products. Petition supporters stated they disagreed with the “hard-line” interpretation of the guidelines being applied and requested that the EOHU stop “persecuting” small farmers and value added producers. Guidelines should maintain safety while encouraging local producers.

In his heads-up to exhibitors, MacDougall warned that, as Living Locally isn’t classified as a farmers’ market, there’d be no exemption to a rule requiring vendors to be inspected before serving and selling food; prior to that, they must register with the health unit by filling out and submitting a form.

Vendors were required to prepare food – including preserves and pickles – in an authorized kitchen not a home-based kitchen; meat products must come from government approved



facilities; and no ungraded or Grade C eggs could be sold. Food handlers must have food handler certification; handwashing facilities and sanitizers are required in booths handling food; prescribed hot and cold food storage temperatures must be monitored and would be checked.

As I wandered through the show, legendary St. Thomas teacher Ann Jackson, a LLF ally from the beginning, pulled me aside, not to question EOHU rules, but to debunk rumours that the Catholic School Board of Eastern Ontario insisted on pulling six classrooms from the show mix as part of a master plan to drive the event out the door.

Nothing could be further from the truth, Ann insisted. The board is a proud supporter of LLF and consolidation is to help make it sustainable over the long term: “You know, Lindley and I won’t always be around (something I doubt),” Ann noted. “Living Locally has to be easy to take over and operate by those who come after us.”

She didn’t add: With or without the EOHU’s sudden involvement.

NDDHS Report

By Ashley Wheeler
Student Council Communications



Exam week

With summatives and projects coming to an end, exam studying has begun. Very little is happening at school because of this. EQAO ended last week, so Grade 9’s can now have their full attention on exams.

On Mon., Jan. 14, sadly neither the Senior nor Junior boys’ basketball teams met success. Both teams lost both of their games, which were played against CCVS and St. Joe’s. Good effort boys! On Thurs., Jan. 17, the Senior girls’ volleyball team were victorious against Char-Lan, winning both sets. Great job ladies!

North Dundas would like to welcome Mrs. Dorschner, who started in the Intermediate division last Tues., Jan. 15. We hope you feel at home here!

Today, Wed., Jan. 23, is PJ day. Students are getting comfy before exams that start tomorrow! As a reminder, the exam schedule is as follows; period one exam is on Thurs., Jan. 24, period two exam is on Fri., Jan. 25, period three exam is on Mon., Jan. 28, and period four exam is on Tues., Jan. 29. If there happens to be a snow day on an exam day, all exams will be pushed back by one day. The new semester starts on Feb. 1! Good luck everyone!

Winter hunting includes public safety

ONTARIO – The Ministry of Natural Resources and Forestry would like to remind small game and coyote hunters that parts of Ontario offer excellent winter hunting opportunities. Over the winter, conservation officers will be out talking with hunters about how to stay safe.

Top safety tips include:

Never carry loaded firearms in or on a vehicle (including all-terrain vehicles). Never shoot from, or across a roadway. Handle firearms with care and attention at all times. Always know what you are shooting at and what’s behind it. Never drink alcohol or take impairing drugs while hunting. Remember that public lands are used for many activities watch out for hikers, skiers, birdwatchers, etc. Make sure to dispose of hides and entrails safely and ethically. Before a hunt, ask your municipality whether they accept carcasses.

When hunting on private lands, hunters must make sure they have the landowner’s permission. Those who wish to hunt with dogs must get specific permission for that.

Conservation officers may ask to see hunters’ licences and to inspect firearms. Hunters should keep licences with them while hunting.

Those hunting for coyotes should be aware of sarcoptic mange, an infection caused by tiny mites (Sarcoptes scabiei) that burrow into animals’ skin. Mange is transmitted through direct contact, especially in winter

when coyotes huddle together at night for warmth. Coyotes with mange can lose some or all of their hair, leading to hypothermia, which can be fatal.

The mites that cause mange can be transferred to humans, causing a bothersome rash and itchy skin (scabies). Know the signs and be aware. For more about human-coyote conflicts see www.ontario.ca/page/preventing-and-managing-conflicts-coyotes-wolves-and-foxes.

Etcetera Publications (Chesterville) Inc.

Publisher
Etcetera Publications Inc.

Acting Editor
Kalynn Sawyer Helmer

Reporters
Jeff Moore
Kory Glover

Ad Representatives
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Production Manager
Chantal Bouwers

Graphic Artist
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Published Wednesdays by Etcetera Publications (Chesterville) Inc.

Funded by the Government of Canada | **Canada**

Single Copy \$1.00 HST Included.
Annual Subscription \$35.00 within 40 miles;
Outside 40 miles \$40.00; USA \$150.00.
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South Dundas council meets for the first regular meeting of 2019

Kalynn Sawyer Helmer
Record Staff

MORRISBURG — South Dundas municipal council met for the first time for a regular meeting this year on Tues., Jan. 15. The hot topic many were hoping would conclude during the meeting was once again postponed until the next regular meeting on Jan. 29. A decision on Carmen House could not be made said Mayor Steven Byvelde due to more information that was still pending before the meeting. Byvelde continued, that there is expected to be sufficient information to move forward with discussions next week.

From the community matters, first up was Ann Presley from the Historical Society of South Dundas who aimed to open discussion on the Forward House and get approval for society members to enter the building to evaluate the next steps. Presley said the society would be willing to develop preliminary programming for the

building, research potential provincial and federal grants and work to make the building a useful place in the municipality.

Councillors unanimously agreed that the building has many possibilities but that in order to move forward, allowing the society members to get in the building would be the best first step. Mayor Byvelde added that while council members had been through the building for an assessment it will be important to have the society in as well. While he said the project would no doubt take funding, council members would be available to assist on assessments and to give insights on the possibilities for the future.

Next from the community was Donnie Bowes representing the South Dundas Chamber of Commerce. Bowes aimed to begin discussions with council on the need for a tourism booth, potentially located in the green space near the Chamber Office in Morrisburg. While the Chamber Office has

been a helpful resource for the community, a booth in a visible area to tourists would offer a one-stop information hub on all that South Dundas has to offer.

Councillors' reactions to the project were promising, given more discussion on the particulars in the future. Deputy mayor Gardner noted that while the building may be a vital resource currently and in the near future, consideration must be paid to the future and the way tourists get their information. She referenced the ever growing reliance on technology over face-to-face options. Gardner encouraged the Chamber to consider the future options for the building should such a scenario occur. She added that the Business Improvement Association should be added to the discussion in the future.

The meeting also touched upon updates from council members from their respective committee involvement as well as some

bylaw amendments for construction within the township.

After the previous meeting vote to opt-in on the condition of receiving some public engagement, the final decision was made to stay opted-in for cannabis retail stores. While the municipality will not be getting one of the first stores, it will receive the funding to help integrate the new laws into the area.

The decision was confirmed after a public survey saw 404 community members respond. Of those people, when asked if they support cannabis retail stores in the municipality, 46.78 per cent said they strongly agree while 21.78 per cent are strongly opposed.

CAO Shannon Geraghty added that while the stores will not be opening in the area in April 2019, the priority for the municipality is to disseminate more information to the community about the regulations.



Corner store opens in Newington

Country Corner Convenience Store opened its doors on Mon., Jan. 14 in the small South Stormont community of Newington. Dawn Glover, who with husband Dale operate the convenience store, commented that they are looking forward to running their own commercial operation. She is shown here with Trevor Bakker in the grocery aisle of the store.

Thompson Goddard photo



The inspiration of women

Winchester artist Carrie Keller hosted the Warrior Women Vernissage on Jan. 18 at Winchelsea just outside of Winchester. Several of the Warrior Women were at the event which provided those in attendance an opportunity to meet with them, the artist and view the portraits. During the evening the women whom Keller painted in the series gathered for a group photo. From the left, Gina Welch, MacKenzie McLaughlyn, Carolyn Anderson, Laura Fletcher, Laura Skov, Carrie Keller, Heather Garlough, Sandra Phinney, Ann Carriere, Jessica Turner, Emma Turner. Absent from the photo, Carley Bradford, Diane Caine, Vicky Cane, Jill Anderson, Danielle Branchaud, Clair Faguy, Lindy Popphar, Stephanie Berry, Carol Goddard, Laura Wilson, Janet Depatis and Joanna Renia.

Thompson Goddard photo

Warrior Women

Continued from the front
for the event, this was the first time she had seen the actual painting itself. Anderson expressed how she was "very pleased" with her portrait as were the other Warrior Women who attended the event.

In a recent press release, Keller explained 22 women had participated in the series which involved having their photos taken, chatting with the artist and afterwards Keller conceptualized "the armour, weapon of choice and war animal" which resulted in each painting's highly individualized and personal nature. Following the completion of the portrait, it was reviewed by the model before being framed in a specially designed frame created by the artist and provided to the public via social media.

This event was the first time all 22 portraits were on display in a single venue, with the opportunity to purchase prints and cards of the different paintings.

Keller announced the Warrior Woman Series will continue after the vernissage as



Enjoying the show

A group of women who attended the Warrior Woman Vernissage are shown discussing aspects of the artistic creations of Winchester artist Carrie Keller.

Thompson Goddard photo

commissioned portraits with the subject receiving the painting after its completion. More information on this and

other works by Keller can be found on her Facebook page or at www.paintings2order@eastlink.ca.

North Dundas' budget

Continued from the front

A Wilson Pro 70 commercial cell signal booster will also be installed at the community centre for \$4,000.

The Chesterville Arena will expand the lobby and change rooms and install new doors for \$32,650. The arena will also have lobby and dressing room flooring installed for \$36,200 and

a new front lobby furnace to replace the older one for \$7,000.

More instalments will be given to the Chesterville Arena this year and all of the developments, along with the rest of the township's 2019 budget, are laid out in the minutes of the Jan. 15 council meeting on the North Dundas' website.

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DEVELOPMENT

North Dundas officially opts-in

Kory Glover
Record Staff

NORTH DUNDAS – After the legalization of recreational marijuana back in October, the big question was whether or not North Dundas was going to opt-in to allow retail cannabis stores in the township.

After three months of the new council getting comfortable in their new positions and discussing their plans for the 2019 year, the decision has been made for North Dundas to opt-in on cannabis retail stores.

Other townships that have also opted-in include South Dundas, South Stormont, South Glengarry, North Stormont, the City of

Ottawa and the Township of Russell. The Township of North Glengarry and the Municipality of North Grenville have not come to a decision as of Jan. 15.

As per opting-in, cannabis retail stores will be permitted in North Dundas as of April 1, 2019. Rules outline that the retail stores must be stand-alone and are permitted to be open between 9 a.m. and 11 p.m. The stores must also be located at least 150 metres from any public school and no one under the age of 19 can enter the shops.

According to the Alcohol and Gaming Commission of Ontario website, the Government of Ontario announced changes to how

cannabis retail stores will be allocated across the province. With the shortage of legal cannabis supply

from federally licensed producers, the government now allows private cannabis retail stores to open in phases and has provided the AGCO the authority to permit up to 25 stores in the

initial phase. A lottery, conducted by the AGCO, was held to determine who will be able to apply for one of the 25 initial stores.

The Township of North Dundas will be given

\$6,115 to offset costs but will not get one of the 25 stores due for Ontario in April. Lottery winners must apply in municipalities with a population of 50,000 or more people.

Ontario's government boosting transit funding for municipalities

TORONTO – On Jan. 8 Jeff Yurek, Minister of Transportation and Stormont-Dundas-South Glengarry MPP Jim McDonell announced that Ontario's Government is helping 107 municipalities across the province expand or improve their public transit systems with Ontario's gas tax program.

"We are investing in public transit to make it a more convenient travel option and attract more riders," said Yurek. "More public transit will cut

through gridlock and get people moving."

This year, the province is providing \$364-million in gas tax funding to 107 municipalities, providing public transit service to 144 communities across Ontario. These communities represent over 92 per cent of Ontario's total population.

"The City of Cornwall also benefits heavily from the gas tax program, receiving \$655,000 this year," said MPP McDonell. "The Ontario government encourages residents to use transit to get more cars off the road to reduce road

congestion and improve air quality."

Funding for Ontario's gas tax program is determined by the number of litres of gasoline sold in the province. The program provides municipalities with two cents per litre of provincial gas tax revenues. Municipalities receiving gas tax funding must use these funds towards their public transit capital and/or operating expenditures, at their own discretion, including upgrading transit infrastructure, increasing accessibility, purchasing transit vehicles, adding more routes and extending hours of service.

SERVICE DIRECTORY

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Baby, it's freezing outside

Kory Glover
Record Staff

NORTH DUNDAS – The bitter cold of winter continues to plague the region as inches of snow and ice cover the roads, school buses cancelled two days in a row and temperatures drop to dangerous levels.

Residents awoke the morning of Sat., Jan. 19 to learn that Ottawa was officially deemed the coldest capital in the world with a staggering low of -24 C combined with almost 30 centimetres of snow. Ottawa was said to have had lower temperatures than famously chilly locations like Moscow, Helsinki and Mongolia, beating them out by about 20 degrees.

Due to the extreme cold weather and dangerous wind chill, school buses

were cancelled in the North Dundas area while the schools remained open.

Roads proved to be hazardous for drivers as snow and ice patches slowed down the traffic and blowing snow created large drifts in some areas. Some of the backcountry roads continue to be dangerous and it is heavily advised for drivers to use caution when travelling in these areas.

Heading into the middle of the week, an estimated fall of 10 to 15 centimetres of snow is expected with the possibility of freezing rain tonight (Wed., Jan. 23). A freezing rain warning may be put into effect by Wednesday if no improvements can be shown.

Poor driving conditions are certainly expected.

Going into the weekend,



Road conditions throughout SDG have been treacherous over the last week as winter storms and freezing temperatures overran the area.

Bouwers photo

just in time for the Morewood Winter Carnival and the conclusion of the Embrun Carnival, colder temperatures are expected to continue with an anticipated -21 degrees on Sat., Jan. 26 but with

sunny skies. Sun., Jan. 27 is expected to get a rise of -13 degrees, with the sunny skies continuing throughout the day.

Remember to stay safe and warm during this cold snap.

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 January 27, 2019
10:00 A.M. Family Service with Music and Sunday School
"To be a living Church, united in one congregation, reaching out to God's world."

April 2019

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 January 27, 2019
10:30 A.M. - Worship Service
Sunday School at 10:15 A.M.
You are invited to join us.

April 2019

NATIONSIDE PENTECOSTAL CHURCH
Rev. Edwin Valles
E-mail: ebvalles@hotmail.com
Office 613-448-2272

Maple Ridge Centre, 12820 Hwy. 43 E., Chesterville
Sunday January 27, 2019
10:30 A.M. - Sunday Worship Service & Sunday School
Tues., 7:00 P.M. - Prayer & Praise
Everyone Welcome.

Affiliated with the Pentecostal Assemblies of Canada

April 2019

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 January 27, 2019
Joint worship with Rev. Lois
10:00 A.M. - Martintown Community Centre. Followed by St. Andrew's annual meeting. No service in Finch or Avonmore.
All are welcome.
Come and worship with our family where all are welcome and Christ is Lord.

April 2019

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 January 27, 2019
9:45 A.M. - Pre-Service Prayer
10:30 A.M. - Worship Service
Message by Rev. Bruce North
No Evening Service
Preparing Disciples of Jesus.
Sunday School & Nursery available.

April 2019

PRESBYTERIAN CHURCH - Morewood

ST. ANDREW'S - Chesterville
ST. PAUL'S - Winchester
Rev. Bruce Kemp, B.A. S.T.M.
613-267-0928
Sunday January 27, 2019
CHESTERVILLE - 9:00 A.M.
WINCHESTER - 10:00 A.M.
MOREWOOD - 11:15 A.M.
Everyone Welcome.
COME EXPECTING - LEAVE REJOICING

April 2019

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 January 27, 2019
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 2019

ST. MARY OF THE PRESENTATION CATHOLIC CHURCH
Administration Priest:
Fr. Charles Enyinnia

Parish Secretary:
Patricia Guy - 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 2019

THE GATHERING HOUSE
Chesterville

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Service at 10:00 A.M.
Worship Gathering with Nursery & Kid's Church

April 2019

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 January 27, 2019
9:30 A.M. - Worship Time and Sunday School
Sun. Feb. 3 at 3:00 P.M. - Service of Recognition to install Rev. Dr. Cheryl Gaver as stated supply for the Avonmore Finch and Gravel Hill Presbyterian Pastoral Charge. Everyone is most welcome. Fellowship will follow the service.

April 2019

To update regular or special Sunday church service times only, please call 613-448-2321 or email ads@chestervillerecord.com

Reforming auto insurance in Ontario

CORNWALL – The Ontario government is inviting drivers and consumers to share their views on how to lower the province's auto insurance rates as part of its commitment to making life more affordable.

"The previous government's failed system of stretch goals on auto insurance is clearly broken. Auto insurance rates in Ontario are among the highest in the country and action is needed," said Vic Fedeli, Minister of Finance. "We want to hear directly from you on how to improve the system."

Consumers and businesses are invited to share their views by visiting <https://www.ontario.ca/form/survey-making-auto-insurance-more-accessible-and-affordable-ontario> and by providing input no later than Feb. 15.

"Providing the best possible auto insurance system for residents in our riding is especially important because people depend more on their motor vehicles than residents in urban areas where transit is readily available," said Jim McDonnell, MPP for Stormont-Dundas-South Glengarry.

The Putting Drivers First consultation will coincide with a review of Ontario's auto insurance rate regulation system, jointly conducted by the Ministry of Finance and

the Financial Services Regulatory Authority of Ontario, as mentioned in the 2018 Ontario Economic Outlook and Fiscal Review. The review will examine practices in other jurisdictions and identify opportunities to achieve greater efficiencies and introduce more competition in the system.

The consultation represents the latest step in getting auto insurance costs under control in Ontario. In addition to meeting with auto insurance stakeholders to get ideas on ways to modernize the system by cutting red tape, Ontario is creating a regulatory framework that allows for a more modern auto insurance sector, including electronic communications, and electronic proof of auto insurance. It is also moving toward full electronic commerce, similar to what is already provided by other financial institutions today, including banks and credit unions.

"Lower auto insurance rates mean we can put more money back into the pockets of taxpayers. The Ontario government, working for the people, is keeping its promise to put drivers first by seeking their input, finding greater efficiencies and introducing more innovation in the system," Minister Fedeli added.

Public invited to participate in pre-budget consultations

CORNWALL – Guy Lauzon, Member of Parliament for Stormont-Dundas-South Glengarry would like to invite members of the public and local business owners to participate in Pre-Budget consultations in preparation for Budget 2019. The meetings will provide an opportunity for residents and business owners to voice their suggestions on what direction they believe

the government should head in, and where they feel that tax payer dollars are best spent. All suggestions will be recorded and a report will then be delivered directly to the Minister of Finance.

"I take great pride in bringing the voices and concerns of the residents of Stormont-Dundas-South Glengarry directly to the floor of the House of Commons in Ottawa. No

time is that ever more important than during the Budget development process," stated Lauzon. "The Minister of Finance needs to hear directly from the people on the ground, what it is that truly matters most to Canadians, and take that into consideration when laying out the priorities in Budget 2019".

The public meetings will take place on Fri., Feb. 1, at the following locations: 9

a.m. The Ramada Inn 805 Brookdale Ave., Cornwall, K6J 4P3. 11:30 a.m. The McIntosh Country Inn 12495 Hwy 2 East, Morrisburg, K0C 1X0. 1:30 p.m. McCloskey's Hotel 22 Victoria St. Chesterville, K0C 1H0.

Those interested in participating are asked to RSVP by email at guy.lauzon@parl.gc.ca or by phone at (613) 937-3331.



In Memoriam

~ McMahon ~

In Loving Memory Of My Family

Mom (Grace) – June 11, 1973
Lyle – January 24, 1994
Helen Shaver – June 19, 1990
Kenneth – November 21, 1998
Arnold – February 9, 1993
Mae Pitcher – March 9, 2000

Miss you all.
Love Doris and Family

In Memoriam

CHAMBERS

In loving memory of a dear husband, father and grandfather, **BASIL**, who passed away on January 25, 1994.

We made our vows together and said till death do we part. When God came and took your hand, my whole world fell apart. 25 years since that sad day. When I look back upon our life just one thing makes me glad; that you chose me to share with you the happy years we had. To your resting place we visit and place flowers there with care. Now all we have are cherished memories and your picture in a frame.

All our love
Your wife Loretta and family



SAS hosts annual meeting

Kalynn Sawyer Helmer
Record Staff

FINCH — The Stormont Agricultural Society held their annual meeting on Sat., Jan. 19 at South Nation Conservation office in Finch. Outgoing president David Zummach who finished up his term said it felt as though he was elected only yesterday. Zummach congratulated the members for their hard work on the improvements made over the years including the dome, horse ring and fair programming. He continued to note the importance of everyone bringing their talents to the table and working together to make the events possible.

While Zummach recognized the hard work of all of the members, two specific members were acknowledged for their years of dedication. Marjorie and Toni Marini were chosen as the recipients of the 2019 Ontario Association of

Agricultural Societies (OAAS) Meritorious Service Award in Stormont.

Marjorie was acknowledged for her work over many years including canvassing from 2003 to 2018, for the talent search from 1999 to 2018, advertising from 1993 to 1996 and entertainment from 1996 to 1999. Toni's work includes participation as a director from 2007 to 2015, Stormont Hall in 1993, 1996 to 1998 and 2003 to 2019 as well as the ball tournament from 1993 to 2016.

Including the regular business at the meeting, the members also had the chance to enjoy a presentation from Stormont Princess of the Furrow and 4-Her Haleigh-Jo TePlate. TePlate's presentation recapped the Stormont 4-H Club's involvement in the global support of the Humboldt Broncos after the tragic bus accident. She explained that thousands of quilts from

around the world have been donated as a show of support for the families and loved ones of those affected by the crash. Locally, the Stormont Stitchers also answered the call and the group of nine to 10 year olds toiled away to put together 100 squares that were assembled into four quilts with the help of Monique Wilson.

TePlate summarized her presentation expressing her pride in her agricultural upbringing and the farming community. She told the members that she "was raised in a barn" and learned some of life's most important lessons there. Including the hard work that drove the Stitchers to complete their mission for the Humboldt Broncos.

As the meeting concluded, the newest members of the executive and board of directors look to the future and will be busy planning for their 2019 programming as the blistering winter rushes ahead.



SAS executives and directors

Front from left, Sandra Donnelly - second vice president, Barbara-Ann Glaude - secretary/treasurer, Morris Dusomos - president, David Zummach - past president and Jeff Waldroff - first vice president. Nine of the 12 directors were available to join the photo, pictured at back. The 12 directors include Henry TePlate, Todd Prieur, Elmer Stewart, Dave MacDonald, Barbara-Ann Zummach, Janice McElheran, Michel Glaude, Gloria Cronier, Alyssa Waldroff, Kris Babcock, Pat Picard and Shawn McElheran.

Sawyer Helmer photo

Might seem corny but Vanden Bosch raises over \$10,000

Kory Glover
Record Staff

CHESTERVILLE – Vanden Bosch Elevators' annual grain project produced another bountiful financial harvest for the Chesterville Rotary Club in the amount of \$10,300.

"We've got three individuals who

donated some land, coming to a total of about 18 acres," said Stan Vanden Bosch. "The individuals involved include Frank Herken from Dundas Power, Donna Whitehead and Greg and April Wheeler. They donate the land, pioneer our agronomics and supply the seed; then Vanden Bosch farms provides the

equipment to plant, harvest and spray."

Vanden Bosch continued, "We alternate between soybean and corn every other year and we handle the product, buy the product and write the cheques. This year, it was corn."

While \$10,300 was a large donation to the club, it wasn't the project's largest financial haul since it began 11 seasons ago.

"We've had a few other years where we've reached over \$10,000," said Vanden Bosch. "It varies depending on whether or not it's corn or soybeans, the price of the product, the weather and humidity. It seems to go anywhere between \$7,000 to \$10,000 on average."

Come April, the project will start back up again for the new season and the farm hopes to continue giving back to the community and doing better than the previous year.

Happy first anniversary Simply Baked Catering

Simply Baked Catering in Winchester is celebrating its first anniversary on Sat., Jan. 24 with some special activities including a draw for a take home dinner for a family of four, up to a maximum value of \$100. The ticket is free with a purchase at Simply Baked Catering between Jan. 19 and 24, with the winning ticket being drawn at 7 p.m. on the 24. Beth Andrews is shown putting a ticket into the draw container on Sat., Jan. 19.

Thompson Goddard photo



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Local Brides

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Wedding Celebrations



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SNC now hiring summer students

FINCH – South Nation Conservation (SNC) is now accepting applications for a variety of summer student job opportunities at its head office in Finch.

Summer job postings are available in the areas of: watershed planning, communications and outreach, water resource engineering, finance, property management and environmental stewardship.

From working in the forest, to conducting environmental monitoring or delivering education programs, students become familiar with the inner-workings of a non-profit environmental organization while getting exposed to a variety of career opportunities and experiences.

“We look forward to hiring young and enthusiastic students every summer,” explains John Mesman, SNC’s communications lead. “They are our future generation of leaders and will hopefully go on to become good environmental stewards.”

Thanks to the support from federal and provincial funding agencies, SNC is a regional leader in summer student employment. Every year, the Conservation Authority hires several local students from across its 4,384 square-kilometer jurisdiction in eastern Ontario.

Internship and co-op opportunities for recent graduates are also available on a year-round basis, depending on projects and funding.

“Employing talented local students allows us to continue providing our full range of environmental programs and services during the busy summer months, while helping students gain valuable experience,” adds Mesman. “They are an important part of our organization.”

The deadline for applications is Feb. 4, at 8 a.m. Interested applicants are encouraged to visit SNC’s Job Postings webpage for more information: www.nation.on.ca/about/job-opportunities-tenders.



On the job

Pictured are former summer students employed by South Nation Conservation where students get valuable career experience during the off-season of their studies. Courtesy photo

A gateway to broader research

WINCHESTER – The research program at WDMH isn’t all about test tubes and white lab coats, says a recent press release. It’s about supporting safe and quality care for patients and families – particularly in rural areas.

WDMH is expanding its research capabilities through a new partnership with Gateway Centre of Excellence in Rural Health. It will support shared research and the exchange

of rural health expertise.

“We want to work with other institutions who have similar research goals,” explains Dr. Mohamed Gazarin, WDMH’s chief research officer. “It means that our research projects will not be limited by small sample sizes. We can work together to produce better rural research.”

Gateway is located in Goderich. Like WDMH, it aims to improve the health status and quality of life of

rural residents - through research, education and communication.

“Our values are very aligned, and this research supports safe and quality care for our patients,” adds Lynn Hall, WDMH’s senior vice president, clinical services, chief nursing executive and professional practice leader. “We look forward to collaborating on many projects in the future.”



Pictured at the signing ceremony were, front from left, Gwen Devereaux, vice president, Gateway board of directors and Lynn Hall, WDMH senior vice president, clinical services, chief nursing executive and professional practice leader. Back from left, Dan Stringer, treasurer, Gateway board of directors, Dr. Mohamed Gazarin, WDMH chief research officer; Marieke vanNoppen, past chair, WDMH board of directors. Courtesy photo



Finch Youth Broomball Tourney was the place to be

The Finch Broomball League hosted their annual Youth Broomball Tournament over the weekend of Jan. 11-13. The tournament featured 19 teams with over 400 spectators just on the Saturday. The players ranged from age 3-15, in the Sprout, Pee wee and Bantam-Midget levels. There was also a special feature this year with three Elite Men’s teams putting on an exhibition for the younger dreamers. The teams came from Finch, Russell, Vankleek Hill, and Carleton Place. In the Pee wee gold and silver medal game, the Whipshots took on the Titans. Results to follow. Moore photo






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COMING EVENTS

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COMING EVENTS

CDAS ANNUAL GENERAL MEETING
Sun., Jan. 27, Nelson LaPrade Centre, Chesterville. Potluck lunch 12 p.m., AGM 1 p.m. For more info contact: president@chestervillefair.com.

ANNUAL GENERAL MEETING

Annual Meeting of the Roxborough Agricultural Society - Host of the Avonmore Fair will be held on Sat., Jan. 26 at North Stormont Place in Avonmore at 11 a.m. followed by a Potluck Lunch and Special Presentations. For information call 613-346-5988. Everyone is most welcome to attend.

COMING EVENTS

SOUP & SANDWICH LUNCHEON

St. Andrew's Presbyterian Church Hall, 30 Mill St., Chesterville. Wed., Jan. 30, 11:30 a.m. to 1 p.m. Menu: Tomato macaroni soup; assorted sandwiches; white cake with berry topping; coffee/tea. \$8 per person (take-outs available starting at 11 a.m.) Everyone welcome!
NOTE: YE OLDE BARGAIN SHOPPE (located in basement at 30 Mill St.) "1/2 PRICE SALE DAYS" (on all clothing and footwear). Wed., Jan. 30 and Thurs., Jan. 31 - 10 a.m. to 3 p.m. Sat., Feb. 2 - 9 a.m. to 3 p.m. (Shoppe open weekly Wed. and Thurs. 10 a.m. - 3 p.m.).

IN MEMORIAM

McMAHON, Lyle - Who passed away Jan. 24, 1994. Deep in my heart lies a picture, Of a loved one laid to rest. In memory's frame I shall keep it, Because he was one of the best.

Miss you, Love Barb 28

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The Hospital By-Laws require that membership applications must be received at least 60 days prior to the Annual Meeting of the Corporation, scheduled for Tuesday, June 18th, 2019, so as to entitle a member to vote at the Annual Meeting. In order to properly process applications, they must be received by 1600 hours in the Administration Office on Friday, February 15, 2019. Application forms may be obtained from the Administration Office, or can be found on www.wdmh.on.ca.

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A new approach for Canada's new food guide

MONTREAL – The latest instalment of Canada's Food Guide to help dietitians, nutritionists, academics and everyday Canadians make their food choices for themselves and patients was launched Jan. 22 in Montreal.

The Honourable Ginette Petitpas Taylor, Minister of Health, emphasized that healthy eating is about more than the foods Canadians eat, said the later press release.

Health Canada has said that the new Food Guide is an online suite of resources that better meets the needs of different users, including the general public, policy makers and health professionals. This includes mobile-friendly web-content to encourage Canadians to eat healthy whenever and wherever they go.

The guide has done away with portion sizes and serving quantity and replaced it with guidance for eating habits. For schools, military organizations and others that follow a prepared diet, Health Canada said to media on Jan. 21 that serving decisions would be at their discretion.

The new dietary guidance includes concrete advice for Canadians on healthy food choices and healthy eating habits. Some of this advice includes: eating plenty of vegetables and fruits, eating protein foods, choosing whole grain foods, and making water the drink of choice.

During the revision process, many have been concerned that the new guide could exclude significant food groups, particularly dairy. Producers across the country were left waiting to hear as those writing the new guide said they made sure not to get input from industry or interest groups during the process.

While media were told that by no means was dairy excluded completely from the guide, recommendations aim to promote options like low-fat milk, low-fat yogurt and cheese that is lower in fat and sodium.

"Dairy Farmers of Canada remains concerned that the updated Food Guide does not reflect the most recent and mounting scientific evidence available. There is abundant research that demonstrates that milk products with various

fat content can be a part of healthy diet," said a release from the Dairy Farmers of Canada after the launch of the guide.

"While the Food Guide has changed, milk products continue to play a valuable role in helping Canadians make healthy-eating decisions on a daily basis," says Isabelle Neiderer, director – nutrition and research at Dairy Farmers of Canada. "The scientific evidence supporting the nutritional benefits of milk products in the promotion of bone health and prevention of chronic diseases, for instance, is stronger than ever, and new evidence continues to accumulate," she added. "Current and emerging scientific evidence does not support a continued focus on lower fat milk products as it reveals that milk products that contain more fat are not associated with harmful health effects and could even provide benefits."

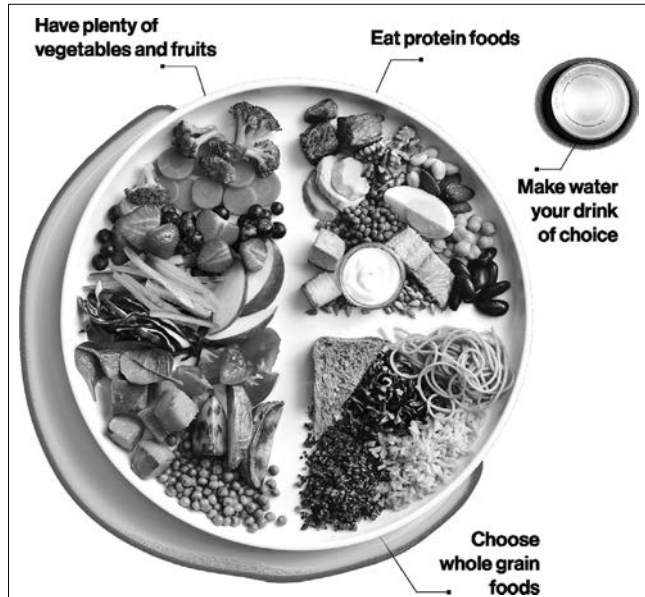
However any research that was industry funded supporting this claim, was not used during the Food Guide process. "The bottom line is the guide is basing recommendations on solid scientific evidence," Dr. Hasan Hutchinson, director general of Health Canada's office of nutrition policy and promotion, told reports.

The new guide also focuses on the ways that healthy eating is more than the foods Canadians consume. The Food Guide encourages Canadians to: cook more often, enjoy food, be mindful of eating habits, and eat meals with others.

"Healthy eating is more than the foods you eat. It's about your whole relationship with food. The new Food Guide gets to the heart of this relationship and gives Canadians concrete advice that they can follow to make healthy eating part of their day," said Minister Ginette Petitpas Taylor.

The press release explained that Health Canada is working to ensure that the revised Food Guide is inclusive of Indigenous Peoples, reflecting social, cultural and historical context. Additionally, Health Canada and Indigenous Services Canada are committed to working with First Nations, Inuit and Métis to support the development of distinctions-based healthy eating tools, as part of the revision process.

"Healthy eating is an important part of maintaining a



The new Canada Food Guide is leaving portion sizes in the past and encouraging people to make healthy eating choices within their own boundaries. Guidelines promote eating plenty of vegetables and fruits, eating protein foods, choosing whole grain foods, and making water the drink of choice, as seen in the Guides official visual. Courtesy photo

healthy lifestyle and helps prevent chronic diseases like type 2 diabetes, heart disease, and some cancers. The new Canada Food Guide not only encourages healthy eating for all Canadians, but also teaches us that healthy eating is more than the foods we eat – it includes such important aspects as sharing meals with others, cooking more often and eating mindfully," said Dr. Theresa Tam, Chief Public Health Officer of Canada

The new Food Guide is an integral part of Canada's Healthy Eating Strategy, which aims to make the healthier choice, the easier choice for Canadians, says Health Canada.

Stormont 4-H celebrates members

FINCH – The Stormont 4-H Club held their annual potluck and awards banquet on Sat., Jan. 19. Members who were recognized for their commitment to the 4-H club and community are outlined below.

Grand Champion Beef Heifer, sponsored by Hi-Tech Farms: Terry Ennis; Reserve Grand Champion Beef Heifer, sponsored by BMO: Aniko Lengyel; Stormont Beef Champion Showperson, sponsored by Hi-Tech Farms: Aimee VanLoon; Stormont Beef Reserve Grand Champion Showperson, sponsored by BMO: Terry Ennis; Grand Champion Dairy Showperson, sponsored by Braydale Holsteins: Jonathon Buiting; Reserve Grand Champion Dairy Showperson: sponsored by Wenallt Holsteins: Janine Spichtig; Inter-Breed Champion Calf, sponsored by Finch and District Lions Club: Josh Uhr; Inter-Breed Reserve Champion, sponsored by Stormont County Fairboard: Trevor Nyemkamp; Grand Champion Holstein, sponsored by Stormont Holstein Club: Josh Uhr; Grand Champion Reserve Holstein Calf, sponsored by Glaudale Farms: Trevor Nyemkamp; Inter-Breed Champion Ayrshire Calf, sponsored by Cyn-Lorr Ayrshires: Patrick Daoust; Grand Champion Jersey Calf (keeper), sponsored by Therihof Jersey: Janine Spichtig.



Budding talents

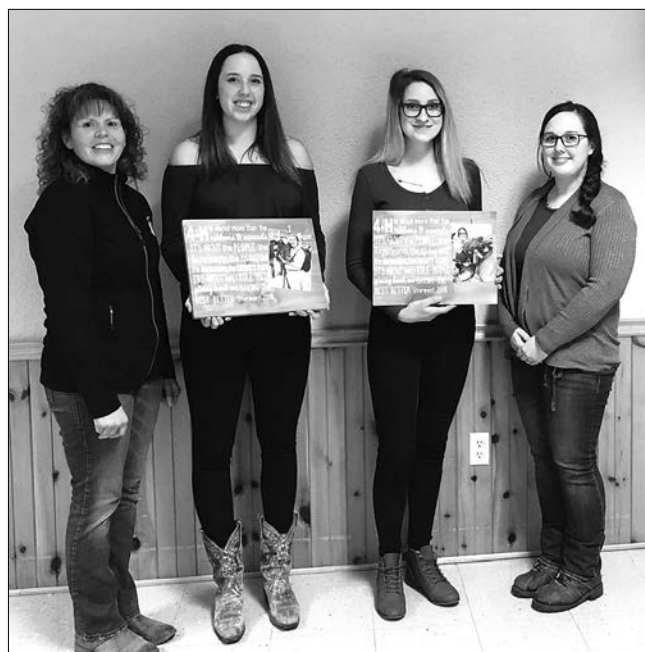
Some of the Cloverbud members of the Stormont County 4-H Club were present to enjoy the evening at the annual awards banquet and potluck. Courtesy photo

Secretary of the Year, sponsored by Jamieson Campbell: Lillian Flegg; 1st Year Dairy Club, sponsored by Stormont DHI: Nicole Spichtig; Outstanding 1st Year Member, F.C. Eligh Trophy: Faith Moore; Outstanding Junior Member, Peter Manley Trophy: Bobby Robinson; Outstanding Agricultural Member, sponsored by OPA: Cassidy Smith; Cedar Brae Women's Institute Lifeskills Award, sponsored by Cedar Brae: Adelia Bretzler; Go for the Gold (plaque), sponsored by Bretzler Farms: Alexandra Bretzler, Oliver Bretzler, Dougie Robinson and Bobby Robinson; AgriNews Award, sponsored by AgriNews: Lillian Flegg; 2015 QOTF Award, sponsored by the QOTF Committee: Aimee VanLoon; Outstanding 15-21 Year Old Member, sponsored by RBC: Dougie Robinson; Outstanding 15-21 Year Old Member, sponsored by National

Bank: Haleigh-Jo TePlate.

Three members showing keen interest and participation in 4-H, sponsored by the Stormont Federation of Agriculture: Hailey Jamieson, Jack Moore and Patrick Daoust; the Stormont 4-H Bursary

for three members showing keen interest and participation in 4-H: Janine Spichtig; Finch Feed and Seed Award for top judges in each division of judging day: Lillian Flegg - Novice, Melanie Fogarty - Junior, Haleigh-Jo TePlate



On to new things

Graduating members, Cassidy Smith and Colleen Shirley are pictured with Jill Robinson and Kim Barkley before they head off to new adventures. Courtesy photo

(intermediate) and Aimee VanLoon (senior); the 2015 IPM and Rural Expo Community Involvement Award for 4-H member who utilizes skills learned in 4-H and is actively involved in their community through volunteering: Jeremy

Chevalley; and the Jennifer Waldroff Spirit Award for members who have completed two or more clubs in the current award year and have shown growth and enthusiasm in the 4-H program: Myla Bretzler.



New friends

All of the new members of the Stormont County 4-H in 2018 gathered for a photo on Sat., Jan. 19 in Finch. Courtesy photo



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Rockets within striking distance of first place

Jeff Moore

Record Staff

CHESTERVILLE—The North Dundas Rockets played two games this past weekend as they travelled to Ottawa on Friday night to take on the Bytown Royals and welcomed the Morrisburg Lions on Saturday night.

Rockets 7 Lions 3

The North Dundas Rockets welcomed the Morrisburg Lions to the Chesterville Arena on Sat., Jan. 19, in the NCJHL. With the win the previous night, the Rockets moved to within three points of the West Division leading South Grenville Rangers; with a little help they could move to within one point. The Rangers however, were taking on the St. Isidore Eagles later in the evening.

The Rockets opened the scoring when Zach Parent roofed one at 12:44 from Carter Tait taking a 1-0 lead. The Rockets outshot the Lions 19-12 in the first period but settled for the one-goal lead heading into the first intermission.

The Lions knotted the affair at one when Justin Shay unloaded a slap shot from the top of the left circle from Devon Burns at 4:04 of the second period. The Rockets retook the lead when Justin Lefebvre snapped one home from Cameron Brown and Tom Fingler at the 11-minute mark.

The Rockets took a two-goal advantage at 17:04 as Connor Roth slipped one home from Jarrett Williams and Matt Cowley making it 4-1. Lefebvre scored his second of the game from Fingler and Roth on the power play with just 1:13 remaining in the middle frame.

The Lions answered with only 58 seconds remaining as Hayden Hoerner fired one home from Cal Bilmer but the Rockets restored their three-goal advantage with just 10 seconds showing on the clock, as Lefebvre completed his hat trick from Fingler and Brad Stitt. The Rockets took a

5-2 lead into the second intermission.

The Lions got to within two as Devon Burns scored on a breakaway, unassisted at 2:28 of the third period but the Rockets got that back at 7:49 as Williams lit the lamp from Roth and Dylan Robinson to make it 6-3.

The Rockets closed out the scoring when Robinson slapped one home from Williams and Roth at 11:47. The Rockets took the game 7-3 but they failed to gain ground on the Rangers as they beat the Eagles 6-1.

The Rockets outshot the Lions 45-38. Picking up the win in the Rockets' goal was Caleb Gervais making 35 saves and suffering the loss in the Lions' goal was Rylie Phillips making 38 saves.

Rockets 5 Royals 4 (OT)

The North Dundas Rockets travelled to the Bernard Grandmaitre Aréna in Ottawa to take on the Bytown Royals on Fri., Jan. 18, in the NCJHL. The Rockets went into the game in second place in the West Division, five points behind the South Grenville Rangers.

The two teams battled to a scoreless first period with both teams firing 15 shots on goal. The Rockets opened the scoring when Connor Roth fired one home from Jarrett Williams and Matt Cowley while shorthanded just 1:55 into the second period taking a 1-0 lead.

The Royals promptly responded just 35 seconds later tying the game at one. The Rockets retook the lead at 5:18 as Hugo Lusignan lit the lamp from Williams and Zach Parent but the Royals tied the game just 11 second later.

The Rockets retook the lead again as Carter Tait pounded one home from Parent and Lusignan at 8:54 but again the Royals got to even at 11:21. The teams took a three-all tie into the second intermission. The Rockets again, retook the lead when Justin Lefebvre blasted on home from Tom Fingler and Brad Stitt at 8:35 of the third period.

With time winding down in regulation, the Royals pulled their goalie in favour of



The North Dundas Rockets welcomed the Morrisburg Lions to the Chesterville Arena on Sat., Jan. 19, in the NCJHL. The Rockets' Tom Fingler (10) picks up a rebound in front of the Lions' goalie, Riley Phillips. Fingler picked up three assists to help the Rockets to a 7-3 victory. The Rockets moved to within three points of the first place South Grenville Rangers.

Moore photo

an extra attacker and it paid off as they knotted the affair at five with just 1:22 remaining. Neither team was able to find the back of the net before the final buzzer sounded, so the game headed to a five-minute three on three overtime period.

There was only one shot taken in the extra frame and it came off the stick of Roth who made a nifty move on the Royals' defenseman and beat their goalie just 1:11 into the extra frame from Cameron Brown; ending the game for the Rockets.

The Rockets came away with a dramatic

5-4 victory. With the win combined with the Rangers loss against the Metcalfe Jets, the Rockets move to within three points of top spot in the west. The Rockets outshot the Royals 49-42.

Picking up the win in the Rockets' goal was Reilly Tondreau making 38 saves.

Up next

The North Dundas Rockets welcome the Metcalfe Jets to the Chesterville Arena on Sat., Jan. 26, at 7:30 p.m. and travel to Cardinal Arena on Sun., Jan. 27 to take on the South Grenville Rangers at 2:40 p.m.

Major Midget Demons wrangle Rangers

Jeff Moore

Record Staff

WINCHESTER—The North Dundas Major Midget Demons were to have played two games this past weekend as they welcomed the South Grenville Rangers on Thursday night and were supposed to travel to Perth to take on the Blue Wings but the game was postponed due to the weather.

Demons 5 Rangers 2

The North Dundas Major Midget Demons welcomed the South Grenville Rangers to the Joel Steele Community Centre in Winchester on Thurs., Jan. 17, in the UCMHL. The Demons went into the game in third place, six points behind the Cornwall Colts in second and nine points behind the first place Char-Lan Rebels.

The teams battled to a scoreless first period.

The Demons opened the scoring at 3:09 of the second period as Colin Minish sniped one from Curtis Bell taking a 1-0 lead. The Demons made it 2-0 when Bell snapped one home from Minish and Cam Sherrer at 4:37.

The Rangers got one back at 11:54 but the Demons restored their two-goal lead with just five seconds remaining in the middle frame as Ben Fingler

pounded one to the back of the net from Sherrer and Minish. The Demons took a 3-1 lead into the third period.

The Demons made it 4-1 when Blake Waters slipped one home from Jayden Rowe and Minish at 3:26 of the third. The Demons kept up the pressure and made it 5-1 as Joey Hannaford scored from Fingler and Rowe at 5:10.

The Rangers got one

back at 15:56 but it was too little, too late as the Demons took the game 5-2. The Demons moved to within four points of the Rebels in second. Picking up the win in the Demons' goal was Liam Antille.

Up next

The North Dundas Major Midget Demons welcome the Perth Blue Wings to the Joel Steele Community Centre in Winchester on Thurs., Feb. 7, at 7:30 p.m.

Atom C1 Demons double up Rangers

Jeff Moore

Record Staff

CHESTERVILLE—The North Dundas Atom C1 Demons played just one game this past week as they welcomed the South Grenville Rangers on Tuesday night.

Demons 2 Rangers 1

The North Dundas Atom C1 Demons welcomed the South Grenville Rangers to the Chesterville Arena on Tues., Jan. 15, in the UCMHL. The Demons went into the game in sixth

place with 10 wins, six losses and four tied, totalling 24 points but they sit five points behind the Smiths Falls Bears and the North Dundas C2 Demons.

The Rangers opened the scoring at 2:46 of the first period and took a 1-0 lead into the second period. The Demons tied the game at 6:39 of the second period as Sydney Robinson slid one home from Cody Lesage and Hunter Racine.

The Demons took their first lead of the game when Jack Robinson sniped one from John Nadobny at 7:06. The Demons took the 2-1 lead into the third period. Neither team was able to find the back of the net in the third as the Demons took the game 2-1.

With the win, the Demons moved to within three points of the Bears and C2 Demons. Picking up the win in the Demons' goal was Matthew Seguin.



The North Dundas Atom C1 Demons welcomed the South Grenville Rangers to the Chesterville Arena on Tues., Jan. 15, in the UCMHL. The Demons' star forward, Jack Robinson (15) fools the Rangers' goalie, Callum Smith for the game winning goal in the second period. The Demons took the game 2-1.

Moore photo



The North Dundas Major Midget Demons welcomed the South Grenville Rangers to the Joel Steele Community Centre on Thurs., Jan. 17, in the UCMHL. The Demons' nifty forward, Colin Minish (16) had a good game scoring a goal and three assists to help the Demons to a 5-2 victory.

Moore photo

Vikings put it to Golden Knights, slip past Hawks

Jeff Moore
Record Staff

WINCHESTER — The Casselman Vikings were to have played three games this past weekend as they welcomed the Ottawa West Golden Knights on Thursday night, travelled to Winchester on Friday night to take on the Hawks, however, their game which was scheduled for Sunday afternoon at home versus the Perth Blue Wings, was postponed due to the heavy snowfall.

Vikings 4 Hawks 2

The Casselman Vikings travelled to the Joel Steele Community Centre in Winchester on Fri., Jan. 18, to take on the Hawks in the CCHL2. The Vikings went into the game in second place in the Martin Division, 12 points behind the Ottawa Jr. Canadians while the Hawks sat in seventh place just one point behind the Embrun Panthers in sixth, and nine points behind the Char-Lan Rebels in the final playoff spot.

The Vikings opened the scoring when Shawn Patterson scored his ninth goal of the season from Yanick Dicaire and Joel Hunt. The Vikings took the 1-0 lead into the first intermission.

The Hawks tied the game just 1:34 into the second period as Danny Johnson scored his 15th of the season from Kyle Kuehni and Graeme Buffone.

The Vikings retook the lead when Hunt scored his 24th of the season from Pierce Britton and Dicaire with just 36 seconds remaining in the middle frame. The Vikings took a slim 2-1 lead into the second intermission.

The Vikings made it 3-1 when Joshua Paledeau scored his ninth of the season, unassisted, and just 1:11 into the third period. The Vikings took a three-goal lead when Jason Cossette scored his 13th of the season from Hunt and Dicaire on the power play at 8:36.

The Hawks added a late goal as Buffone scored his fourth of the season from Kuehni and Hunter Randell at 18:06 on the power play. The Vikings hung on for the 6-2 victory but failed to gain ground on the Canadians after they defeated the Embrun Panthers earlier in the night.

The Vikings outshot the Hawks 47-27. Picking up the win in the Vikings' goal was Nick Campbell making 25 saves and suffering the loss in the Hawks' goal was Lucas Devries making 43 saves.

Vikings 6 Golden Knights 2

The Casselman Vikings welcomed the Ottawa West Golden Knights to the J. R. Brisson Complex on Thurs., Jan. 17, in the CCHL2. The Vikings went into the game in second place in the Martin Division, 12 points behind the Ottawa Jr. Canadians and 11 points ahead of the Golden Knights in third place. The Golden Knights opened the scoring at 11:01 of the first period taking a 1-0 lead.

The Vikings evened the score when Frederick Gagnier scored his 16th goal of the season from Yanick Dicaire and Joel Hunt just 35 seconds later. The teams took a one-all draw into the first intermission.

The Vikings took their first lead of the game as Evan Boucher scored his fifth of the



The Casselman Vikings welcomed the Ottawa West Golden Knights to the J. R. Brisson Complex on Thurs., Jan. 17, in the CCHL2. The Vikings' forward, Joel Hunt (22) had a great scoring chance here during first period action as the Golden Knights' goalie, Mitchell Bown stretches to make a save. Bown won this battle but Hunt extended his scoring streak to six games scoring a goal and an assist as the Vikings put it to the Golden Knights 6-2.

Moore photo

season from Brandon Legare and Antonio Silenu at 2:30 in the second period. The Vikings made it a 3-1 lead as Hunt scored his 23rd of the season from Dicaire and Mathieu Talbot at 3:23 on the power play. The Vikings took the 3-1 lead into the second intermission.

The Vikings made it 4-1 at 3:01 of the third period as Legare scored his eighth of the season from Boucher and Talbot on the power play. The Vikings took a four-goal lead when Jason Cossette scored his 12th of the season from Dicaire and Gabriel Rousselle on the power play at 7:23.

The Golden Knights scored their second

of the game at 11:11 on the power play. The Vikings closed out the scoring at 16:31 as Mikael Bissonnette scored his third of the season from Ryan Williams. The Vikings took the game 6-2 after being outshot by the Golden Knights 35-33.

Picking up the win in the Vikings' goal was Mathieu Chenier making 33 saves.

Up next

The Casselman Vikings welcome the Brockville Tikis to the J. R. Brisson Complex on Thurs., Jan. 24, at 7:30 p.m. and travel to the Earl Armstrong Arena in Ottawa to take on the Canadians on Tues., Jan. 29, at 7:20 p.m.

Hawks shutout by Canadians

Jeff Moore
Record Staff

WINCHESTER — The Winchester Hawks were supposed to play three games this past week as they travelled to Ottawa on Tuesday night to take on the Canadians, then welcomed the Casselman Vikings (see Vikings for game summary) on Friday night but were unable to make it to Richmond on Sunday afternoon due to poor road conditions.

Canadians 5 Hawks 0

The Winchester Hawks travelled to the Earl Armstrong Arena, in Ottawa to take on the Ottawa Jr. Canadians on Tues., Jan. 15, in the CCHL2. The Hawks went into the game in

seventh place in the Martin Division just one point behind the Embrun Panthers in sixth place and five points behind the Char-Lan Rebels in the fifth seed for the last playoff spot.

The Canadians scored the lone goal of the first period at 6:01, taking a 1-0 lead. The Canadians outshot the Hawks 12-5 and took the 1-0 lead into the first intermission.

The Canadians made it 2-0 just 1:58 into the second period and 3-0 at 17:02 on the power play and took that lead into the second intermission.

It was all Canadians in this game as they scored another pair of goals at 9:11 at the 13-minute mark. The

Hawks had a chance to ruin the Canadians' shutout bid with a late power play but couldn't persuade the puck to the back of the net.

The Canadians took the game 5-0 improving their record to 31-2-1-0, increasing their hold on first place. The Canadians outshot the Hawks 36-12. Suffering the loss in the Hawks' goal was Brent Pledge Dickson making 31 saves.

Up next

The Winchester Hawks welcome the Embrun Panthers to the Joel Steele Community Centre on Fri., Jan. 25, at 8:15 p.m. and travel to the Nick Smith Arena in Arnprior on Sun., Jan. 26, at 8:30 p.m.



The Winchester Hawks welcomed the Casselman Vikings to the Joel Steele Community Centre on Thurs., Jan. 17, in the CCHL2. The Hawks' forwards, Cam Cotnam (25) and Eric DeRepentigny (10) try to jam one past the Vikings' goalie Nick Campbell, as defenseman Pierce Britton (2) helps out. Alex Paquette of the Vikings guards the goal in case the puck sneaks through. Campbell and Vikings got the last laugh taking the game by a score of 4-2.

Moore photo

Panthers fail to gain ground on last playoff spot

Jeff Moore
Record Staff

ALEXANDRIA — The Embrun Panthers were supposed to play three games this past weekend as they welcomed the Ottawa Junior Canadians on Friday night and travelled to Alexandria on Saturday night to take on the Glens but their game Sunday afternoon in Richmond, to take on the Royals was postponed due to the inclement weather.

Glens 6 Panthers 1

The Embrun Panthers travelled to the Billy Gebbie Arena in Alexandria on Sat., Jan. 19, to take on the Glens in the CCHL2. The Panthers were in dire need of a win as they sat in sixth place in the Martin Division and were five points behind the Char-Lan Rebels who were holding down the final playoff spot.

The Glens came out of the gate firing on all cylinders scoring four goals to open the first period at 1:53, 6:31, 11:16 and 12:32 taking a 4-0 lead. The Panthers got one

back with just 34 seconds remaining in the first period as Alex Rossides scored his fifth goal of the season from Alex Caron. The Glens took a 4-1 lead into the first intermission.

The Glens made it 5-1 at 9:16 of the second period and made it 6-1 at 17:04. The Glens took the 6-1 lead into the second intermission.

The Panthers outshot the Glens in the third period 26-11 but were unable to get one to the back of the net as the Glens hung on for a 6-1 victory. The Glens outshot the Panthers 60-42.

Suffering the loss in the Panthers' goal was Cody MacEachern making 54 saves.

Up next

The Embrun Panthers travel to the Joel Steele Community Centre on Fri., Jan. 25, to take on the Hawks at 8:15 p.m. and then to the Char-Lan Recreation Centre in Williamstown on Sat., Jan. 26, to take on the Rebels at 8 p.m.



The Panthers signed forward David Toppa (16) this past week from the Ottawa Jr. Senators of the CCHL. Toppa fights through a pair of Canadians' sticks during the first period; there was no penalty called on the play. Toppa was held off the score sheet in his first CCHL2 game.

Moore photo

January 19 - 27, 2019

INTERNATIONAL SNOWMOBILE SAFETY WEEK

Welcome to another snowmobile season in Eastern Ontario! The snow is slow coming this season but the good news is that the ground seems to be freezing well and our Volunteers have been hard at work! NVSA's Skandic and drag are on the ready to begin packing trails when the snow flies; fingers crossed that it will be soon!

This is our first season running under the "MOTS" system; this brings significant change to Nation Valley Snowmobile Association as our member clubs (Mountain Trail Blazer, South Dundas Snowmobile Club and Winchester Township Snowmobile Club) have all voted to operate as one entity. "MOTS" stands for More On The Snow, meaning that the clubs in each District have amalgamated their funds to operate equally and to put the money where the snow is or where it is needed. We are very hopeful that this system will offer our riders a better snowmobiling experience throughout the Province.

This season has seen some trail closures in local clubs due to "Lack" of Volunteers; this is quite disappointing for everyone involved. When our trails open you can expect to see some changes with re-routes due to various reasons and we ask that you respect the signage and stay on the marked trails, even if they are not in the same location as last season.

As always we are looking for new volunteers, keep in mind we have all different types of volunteer positions available from staking and signing trails, organizing social and fundraising events to just attending meetings and offering ideas. We have run into a road block with contacting our volunteers due to privacy policies and are hoping that members (permit buyers) contact us with their information so we can send periodic emails and newsletters. It is very important for us to keep in contact with all of our members to keep them informed and to help us grow!

I would like to take this opportunity to thank my fellow volunteers for your tireless effort

and our Landowners for your generous donation of the use of your land for our trails system. I would also like to thank the riders for buying their trail permits allowing organized snowmobiling in Ontario. When you are out and about snowmobiling, or shopping or anywhere and see a landowner thank them, they would really appreciate it.

If you appreciate and enjoy snowmobiling in Ontario please be sure to buy your Permit locally and support YOUR club and to thank a volunteer or landowner personally; remember we are all working towards the same goal of an amazing snowmobile experience! Please look for us on Facebook and if you wish to receive emails PM us your email address; our next meeting is at Cedar Glen Golf Course in Williamsburg on February 19th at 8pm we hope to see you there!

Ride responsibly and stay safe on the trails!

Your NVSA President,
Tyler Hoy



Visit the ISMA web site at www.snowmobile.org for more information.

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New toy auction to raise funds for food baskets

Tom Van Dusen
Villager Contributor

RUSSELL – Do you have an old toy tractor or truck in good shape that you'd like to turn over to a food basket fundraiser? Vintage Iron & Traditions of Eastern Ontario (VITEO) wants to hear from you.

The Agricultural Artifact Collectors Club is introducing March 13 what it hopes will become a new annual fundraiser at the Ottawa Valley Farm Show... a toy auction with most of the proceeds to be invested in Easter food baskets across 12 counties.

Directed by legendary Kenmore auctioneer Carson Hill, the sale will start at 7 p.m. during the second day of the annual farm show at the EY Centre adjacent to the Ottawa International Airport. In order to complete the event within a reasonable length of time, only 100 toys will be sold with 70 already booked; several from farm supply dealerships.

Anyone wanting to participate either by full donation or through consignment with 20 per cent going back to VITEO must register by Feb. 15, said club president Hank Bakker of Navan. Antique and new toys along with related

items will be accepted; as examples, Bakker and past president Henry Staal of Russell showed a toy tractor, boxed miniature Ford truck, and a wind-up military tin toy.

A special entry in the auction will be a pink miniature threshing machine with proceeds earmarked for breast cancer research. That's in honour of long-time VITEO member Francois Latour, who'll try to reclaim his Guinness Book continuous threshing record on Aug. 11 during the St. Albert Curd Festival. Proceeds from the contest will go to research in honour of Latour's wife Suzanne, who died of breast cancer on the day her husband first entered the Guinness Book with the threshing record in 2015.

The food baskets are being coordinated by Wyatt McWilliams, the Navan farmer who previously delivered Hay West and Food Aid, major projects to get hay to drought-stricken Western Farmers and ground beef to Eastern Ontario food banks. The new project, McWilliams said, is intended to give a food basket worth up to \$200 to a family in need in each of the 12 eastern counties.

With 250 members, VITEO is one of the province's largest farm collector clubs; its annual meeting is coming up Feb. 10 at Malborough Community Centre near North Gower.



Playing along

Hank Bakker and Henry Staal showed examples of toys accepted for a new fundraiser to support Easter food baskets.

Van Dusen photo

Exam week comes up

Janel Therkelsen
RHS Report

Welcome to a new week T-Wolves! Get your study guides and review materials because exams are coming up next week to haunt our Grade 9-12 students! Exams last a week, Jan. 24 to Jan. 30. Hope you took advantage of when our Link Crew leaders held a "cocoa and cram" session in room 217 to help with study tips and tricks for your exams.

Intermediate T-Wolves, do you want to learn more of the basics of basketball? Do you want to play it for

fun with no serious tournaments? Come and check out after school development sessions. Learn and play with friends to improve your skills on the court! See Ms. MacKinnon for more details.

Have you heard of the "SKLZ competition?" It's a regional competition to show off the skills of our T-Wolves in a variety of categories, from construction, to drama, to public speaking. If you'd like to represent RHS at this competition, the deadline to sign up is Jan. 30. Stop by Guidance for more information and let's attack this like a pack!

Are there any T-Wolves interested in

joining the military? Get your basic training while you're in high school—and, an extra bonus, you get paid and get co-op credits! This exciting opportunity is located in the Ottawa area, and you can find more information in Guidance.

Finally, thank you to the McGill Martlets women's volleyball team for being such great hosts last Wednesday and inviting our Senior girls' volleyball team out onto the court with them for a two-and-a-half hour practice session! What a great experience for our players, and an amazing learning opportunity for our team. Good luck at Ottawa U this weekend, Martlets!

Agricultural society celebrates 2018 financial turnaround

Tom Van Dusen
Villager Contributor

RUSSELL – Local financial planner Theresa Wever has joined the Russell Agricultural Society's second-time-around-club, becoming president once again at the annual general meeting last Friday.

With Wever's appointment for 2019, Chris Therkelsen became immediate past president; Abbey McFaul was named by directors as first vice-president, Mhairi Rowland second VP, Karen Lovenuk as homecrafts representative, and Chris Onley as treasurer. Elizabeth Ferguson was reappointed secretary and office manager.

Among her priorities, Wever named formalizing volunteer appreciation in the society which sponsors the annual Russell Fair, celebrating its 161st edition from Sept. 5-8.

At the meeting, two of the staunchest volunteers were recognized for 40

years of service, both of them members of the second-time-around-club, meaning they served on the executive twice, culminating with the presidency. They're Henry Staal and Bert Vedder who received commemorative plaques; they described how they signed up on the same Saturday and, as their first job, were assigned to rake the horse ring.

The Ontario Association of Agricultural Societies Award of Merit went to Chris Onley who stepped into the treasurer's position last year. In his presentation of financial statements, Onley was able to show a 2018 surplus of more than \$10,000 after three years of deficits.

In his delivery of the annual report, departing president Therkelsen cited that last year's perfect fair weekend weather as one of the main reasons for its success. He said the 160th edition will be remembered as the Fair of the Great Quilt Show with more than 200 heritage quilts displayed

from all over Canada.

Therkelsen also underlined the return of the antique farm equipment display, coordinated by Staal as a major attraction. He paid tribute to hundreds of volunteers which helped make the fair a wonderful addition to the community, recalling how last year's fair closed with a volunteer appreciation event that drew more than 125 people.



Long-time contributions

Henry Staal, Chris Onley, Bert Vedder were presented with awards during the Russell Agricultural Society meeting recently. Staal and Vedder received commemorative plaques for 40 years of service, while Onley was given the OAAS Award of Merit.

Cora Staal photo

The 14th edition of the Gala of Excellence

RUSSELL – To highlight the efforts of the Prescott-Russell entrepreneurs, the organizing committee is proud to announce the 14th edition of the Gala of Excellence. The organizing committee invites the entrepreneurs of Prescott and Russell, as of Jan. 21, to register their business via the event website www.galaexcellence-sdcpr.com.

Represented by 16 nomination categories, such as the manufacturing sector, retails enterprise, service business, tourism business, new business, young entrepreneur, community action, self-employed worker, agri-food business, the franchise enterprise award, the Entrepreneur of the Year and finally, the Jury Award, the Inclusive Enterprise Award, the Emeritus Award, the Daniel Gigault Award and the coveted Excellence Award.

"The Gala of Excellence is an event that encourages and highlights businesses

and entrepreneurs who contribute to the economic prosperity of Prescott-Russell. "It is a unique opportunity to introduce our local businesses!" said Luc Fillion, president of the organizing committee.

Business owners have until April 30, to register. All registration forms will be evaluated by a jury committee from outside the region. The finalists of the 16 nomination categories will be announced in June and the winners will be announced at the Gala evening on Sat., Oct. 19.

The committee invites the entire Prescott-Russell community to participate in large numbers and get involved.

The release concludes: do not forget, you have the opportunity to become a proud sponsor of the Gala of Excellence. Please see the sponsorship plan on our website. For more information, contact Sarah-Anne Beaulne, projects coordinator, by phone: 613-872-3037 or by email at sabeaulne@sdcp-prcdc.ca.

Keeping up with STA

Beatrice Gregoire
STA Report

Due to blackout month, high school sports have been postponed. Nevertheless, the Ravens have been thriving thanks to the Grade 8 girls' volleyball team. On Sun., Jan. 20, the girls participated in the Gashan Invitational tournament, taking away second place. Special congratulations to the girls and great thanks to coach Mr. Benoit.

Students were granted with a snow day on Mon., Jan. 21 and Tues., Jan. 22, due to the chilly weather that Mother Nature has sent our way. This was a perfect opportunity for high school students to study for their quickly approaching exams or to bundle up inside and relax.

STA has kept its students busy with studying causing a lack of school events, but, as the new semester begins, exciting things are to come in terms of sports and student council. Good luck to each student on their exams!

Living Locally Fair makes cutbacks

Kory Glover
Villager Staff

RUSSELL – The Living Locally Fair returned to Russell Sat., Jan. 19 for its 11th year, showing off the township’s best, with local vendors displaying their services at St. Thomas Aquinas Catholic High School.

Unfortunately, there was a slight setback to this year’s event after the Eastern Ontario Health Unit got involved, on top of the overwhelming amount of work for the aging volunteers; this led to 15 vendors being cut from the fair, from 125 vendors to 110.

“Some people were very concerned that we’ve been shutdown by the Health Unit or something like that because we’re no longer serving soups and stews. However, the real reason is that we have an aging population with our volunteers and teachers,” said Lindley McPhail, the event’s organizer. “We realized there was a limit to what we can handle. So, we decided that the best thing to do was to shrink the fair a little bit, which meant we needed more vendor space. We decided back in March that there was enough good food here without us making soups and stews, so we cut it out. That allowed us to put an additional dozen vendors in the atrium where we normally serve food.”

Instead of serving soups and stews, there were designated rooms where people could enjoy a relaxing seat with a cup of coffee or tea.

Two of the food exhibitors that were supposed to be participating in the fair couldn’t because they worked out of their kitchen, which is not allowed. However, despite this, McPhail reassures that the Health Unit was nothing but helpful and gracious throughout the whole inspection.

“Two of our food exhibitors worked out of their home kitchens and, unfortunately, you’re not allowed to do that for an event like this. That was the only hit the Health Unit took on us,” she said. “Everything is now up to code; the



Picture perfect with Rudy

Volunteers had a picture-perfect moment with a beautiful garden sculpture called Rudy that people can actually win if they take a picture, document where and when they saw the art piece and send it to the Russell Horticulture Society. From the left, event organizers, Lindley McPhail, Marie Claire Ivanski, Marilyn MacMillan and Louise Houle. Glover photos

inspector was in last night and today and he was very pleased with how everything went. I have to say that the Health Unit has been very gracious and helpful in pointing people to the correct places and legislation. It’s been a helpful relationship and we’re going to meet with them afterwards to have a long talk. He’s seen the whole set-up about what he thinks we’ve done right and what he thinks we can do better on.”

Despite the fair’s cutbacks, the participation was still fantastic according to volunteer Marie Claire Ivanski, who stated that “people seem to be really enjoying what Russell has to offer.”



Jane (top) and Tony Hendrixx had a booth set up to advertise Meadow Greens Nursery’s upcoming open house and other events next season.



A little honey, Honey?

Brian Lacey at the Blue Shoes Honey booth was showing off the selection of raw and liquid honeys for sale.

Launch of the Critical Incident Stress Management team at the UCPR

L’ORIGINAL – On Fri., Jan. 18, the United Counties of Prescott and Russell (UCPR) officially presented the Critical Incident Stress Management (CISM) group, whose mission and mandate is to provide employees with a support service when there is an abnormal crisis or emergency situation.

The stress of a critical incident is the reaction of a person or group, characterized by a variety of symptoms, in response to a traumatic or abnormal event in daily life. Symptoms can be cognitive, physical, emotional or behavioural. Stress can affect a person’s normal functioning as well as their recovery and rehabilitation mechanism.

Over the last few years, some 30 employees have completed the basic CISM training, and several others at the advanced level. The goal is to minimize the

harmful effects of stress, to promote a healthy work environment and to direct people to other resources, if necessary. Confidentiality and respect are maintained at all times.

“This program is unique in the region and even across the Province of Ontario. We believe we can achieve this by using a network of qualified contacts who can provide rapid and adequate support,” explained Stéphane P. Parisien, chief administrative officer of the UCPR. “The CISM team is not intended as a substitute for mental health professionals, but we believe that the edu-

cational and supportive process that the CISM group can provide is an important tool to alleviate the stress-related symptoms of a critical incident.”

The purpose of the launch was to inform employees and managers of the committee’s existence

and its mandate to support them. In the same vein, the committee’s logo was unveiled, representing a visual symbol of the assistance available for employees. Those present took the opportunity to ask questions and learn more about the program, as well as meet

with CISM trainer John Robertson, psychologist Dr. Suzanne Filion, and Rubis, the therapeutic dog, available to the UCPR.

The members of the CISM team are Mathieu Berthiaume, Alain Boisvert, Jérémie Bouchard, Christian Boudreau, Danyka Bougie, Renee Caouette, Carl Caron, Daniel Carrier, Marc Dewar, Manon Diotte, Marie-Claude Dupont, Martin

Gascon, Elizabeth Gauthier, Daniel Lacelles, Marie-Claude Lafleur, Robert Lafrenière, Julie Larivière, Éric Larocque, Annick Lortie, Véronique Legault, Anne-Marie Millette, Sylvie Millette, Christine Nadeau, Marie-Christine Neilon, Julie Normand, Marc-André Périard, Mario Périard, Karine Perron, Jo-Anne Poirier, Sabrina Rodrigue, and Gisèle Roy.



Taking a paws

Rubis, the therapeutic dog, was at the presentation of the CISM team and was on site to meet with the employees.



Helping each other

The United Counties of Prescott and Russell unveiled the Critical Incident Stress Management group on Jan. 18. Roughly 30 employees completed basic training with a few obtaining more advanced levels. Courtesy photos

Obituary

DAVID KAREL (DAVE) RYSTENBIL

David Rystenbil passed away peacefully at home on Tue., Jan. 15, 2019. He was in his 73rd year. Dave was the much loved husband and best friend of the late Janneke Rystenbil, and the loving father of Cornelis (Kristine), Nick (Ann), Lianne (Jeff) Tibben, Edward (Jenevive), and Jannet (Robert) Hanna. He was also the cherished Opa of 14 grandchildren and one great-grandchild.

He was born in the Netherlands, immigrating to Canada in 1979, where he operated a dairy farm for many years with his wife. Dave was a dearly loved father, grandfather and friend, a smart businessman, wise with numbers and life experiences. He was hard-working, had a great sense of humour, and always had a good story to tell.

Family and friends were called to the Daley Family Funeral Home in Metcalfe on Fri., Jan. 18 from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m. The funeral service took place at Calvary Christian Reformed Church in Ottawa on Sat., Jan. 19 at 11 a.m. Private interment will be at the North Russell Cemetery in Russell.

In lieu of flowers, donations to the Winchester District Memorial Hospital would be greatly appreciated by the family. Online condolences may be made at www.daleyffh.ca.

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