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The Villager
 NEWS INSIDE

PM40050631R8905 **Volume 126, Number 40 Chesterville, Ontario Wednesday, April 17, 2019 Single Copy \$1.00 (HST included)**

Briefly

Celebrating Easter

SD&G – On Sat., April 20, there will be a breakfast, and Easter egg hunt at North Stormont Place in Avonmore beginning at 8:30 a.m. An egg hunt will also take place on Saturday in Long Sault at Arnold Bethune Memorial Park beginning at 10:30 a.m. Sand Road Maple Farm in Moose Creek will also hold egg hunts activities on Saturday and Sunday.

Pancake Breakfast

WINCHESTER – The Winchester Lions Club is holding their annual pancake breakfast this Sat., April 20. The breakfast will take place at the Winchester Lions Hall from 8 a.m. to 11 a.m. This year's funds will be donated to a local North Dundas teenager, Ethan Cook, and his ongoing costs related to vision loss treatment.

Barkley fundraiser

CHESTERVILLE – A fundraising dance and silent auction is being held in support of local golfer Kurtis Barkley to assist with costs associated with being accepted into the European Disabled Golf Association. The event takes place this Sat., April 20, at the Chesterville Legion beginning at 8 p.m. Tickets are \$10.

Dundas County Hospice appreciates and recruits

Kory Glover
 Record Staff

WILLIAMSBURG – Volunteers are a big part of keeping the Dundas County Hospice's operation running – unfortunately, volunteer co-ordinator Tina MacQueen says that they're still struggling to find volunteers.

"We'd like to get as many more as possible, but our target is to, at least, bring on 12 more volunteers," she said. "To help recruit, we've got Facebook and other social media, we're trying really hard on that. We also have the website but I'm also doing some more in person, right

Continued on page 2

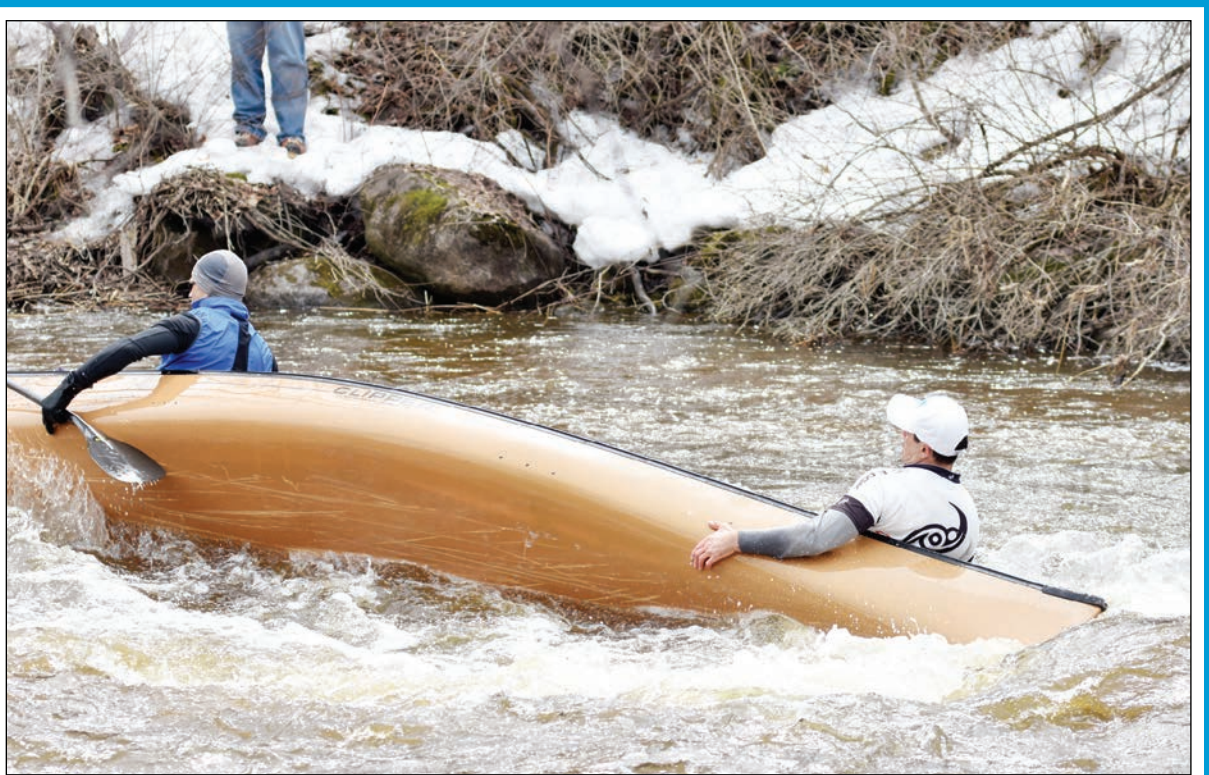
Service above self

Carolyn Thompson Goddard
 Record Correspondent

CHESTERVILLE – This past Sat., April 13, was a busy day for members of the Rotary Club of Chesterville & District as the annual Peter van Kessel Memorial Duck Race and the 15th annual Dutch Heritage Dinner/Dance were held.

For 15 years, members of the local Rotary Club have held a dinner and dance celebrating the contributions to the community made by Dutch emigrants to Canada. Guest speakers at the 2019 event were federal SDSG Conservative candidate Eric Duncan and Ryan Hreljac of Ryan's Well Foundation, headquartered in nearby Kemptville.

Continued on page 8



Ooooh that's fresh

The 47th annual Raisin River Canoe Race began early Sun., April 14, and featured approximately 200 canoes, kayaks and one paddleboard. The rapids at Lefebvre Rd. about 2 km east of St. Andrews West caused grief for a lot of the paddlers as seen here as a pair of canoers overturn into the drink. The outside temperature was around 10 C at the time of the race but the water temperature was just 7 C and the flow rate was approximately 1,300 fps. Participants in over 10 categories competed in the event that took on average between 2.5 and 4.5 hours to complete. The race spanned from St. Andrews West to Williamstown which is about 30 km. More pictures on page 9.

Moore photo

Running the Raisin River

Carolyn Thompson Goddard
 Record Correspondent

ST. ANDREWS WEST – For 47 years the annual Raisin River Canoe Race has pitted man against the elements and this year's event held on April 14 was no exception. The early morning sunshine warmed the hearts of organizers and participants alike as the registration process began at St. Andrews Catholic Church in St. Andrews West.

Hosted by the Raisin Region Conservation Authority, the event is hailed as one of the longest canoe races in Eastern Ontario. Organizer Lissa Deslander told *The Chesterville Record* how the water was high, with a flow rate of 1,300 cubic feet/second which necessitated the closing of the Martintown dam resulting in all participants having to portage at that

spot. Deslander went on to say that organizers expected the race would take approximately 2.5 hours to complete.

Registration began at approximately 8:30 a.m., with over 130 kayaks or canoes pre-registered. By the start of race time, organizers estimated the total number at approximately 200. Across County Road 18 at St. Andrews Church Hall, people were able to enjoy a full-course breakfast hosted by the St. Andrews Knights of Columbus.

Some of the winners of the Raisin River race included: Christopher Weber (Chelsea) and Pierre Lavictoire (Gatineau) winning the Pro Boats division with a time of 2:19:12 beating the previous record; Cody and Corey Van Loon (St. Andrews West) winning

Continued on page 9



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CRYSLER - Stunning 4 bed 4 bath home offers lots of charm throughout! There is also a 2-car garage with extra living space above, and a finished basement! Almost 1 acre of privacy. Absolutely beautiful! MLS #1138330

Hospice Tea

Continued from front

now I'm reaching out to the local community groups, starting with the church groups. However, I'm trying not to do too much too soon, reaching out to everyone I know; trying to do it slow with a few groups every week."

Unfortunately, these spots are not as easy to fill as reaching out to high school students who need to fill up 40 hours of volunteering. To become a volunteer at the Hospice, people are required to complete training due to their delicate clientele.

"There's a 30-hour course that visiting volunteers need to take before they can go out. Also, because of the sensitive nature of our clients, there's a lot of confidentiality, checks, all those types of things, it's not as easy as just signing up to volunteer and starting to work."

With the Dundas County Hospice currently having over 50 volunteers giving their time to clients, they wanted to show their appreciation with a celebration on Thurs., April 11 at the JW Macintosh Senior Centre. There were approximately 20 hospice volunteers in attendance; and, North and South Dundas mayors Tony Fraser and

Steven Byvelds and federal SDSG Conservative candidate Eric Duncan were also present and gave speeches.

"I appreciate a chance to talk about volunteering," said Duncan. "Volunteering has plenty of benefits, I think we all know that, but I think, particularly for young people, I try to use myself as an example. The message I like to give to young people about volunteering is that you can't learn how to run a meeting, deal with people or any kind of situation in a textbook or sitting in a classroom. You have to get that hands-on experience and that life experience because that'll make such a huge difference."

Fraser, who has worked as a volunteer in the past, most notably as a firefighter, wanted to give thanks to the Hospice for their volunteer dedication, having experienced it first-hand mentioning that his mother was a client at the hospice. He went on to exalt the incredible compassion of all the hospice volunteers.

Byvelds, adding onto Fraser's appraisal of the volunteers, celebrated what the volunteers accomplish and all of their other efforts that keep going on.

"You do it for nothing, you just do it because you feel it's the right thing to do and we, as a society, could not survive without



Volunteer appreciation

Marg Joldersma (right) was announced as the recipient of the Diane Annable Memorial Award during the ceremony, honouring the Dundas County Hospice's volunteer of the year. Also pictured, North Dundas councillor Gary Annable, Diane's husband.

Glover photos

your efforts and all of the other efforts that are going on," he said.

Anyone looking to volunteer at the

Dundas County Hospice can contact Tina MacQueen or visit their website for more information.

Business in the news

Winning strategies for Business Expo exhibitors

WINCHESTER – As the North Dundas Business Expo approaches there are a few winning strategies that exhibitors should take into account. Local businesses put a lot of effort into planning, booth set-up, and the presentation of their branding materials, not to mention the sheer energy output of hosting a booth all day.

In preparation for the event, Deborah MacDonald, business owner and author, shared some of her winning tactics to get the most out of the Expo.

First on list is attracting visitors to the booth. MacDonald says, "first impressions are everything!" While the look of a booth is important, vendors also need to look the part which means standing rather than sitting and being inviting. "If your resources are limited, put them into a clean and consistent brand and some great give-away materials. Great first impressions are

directly connected to long-term relationship building," she says.

To make a booth stand out, MacDonald adds that creating an experience for the visitors helps to combat "booth fatigue." Videos, games, or samples like beverages or snacks helps to shake things up and make the booth memorable.

It is also important to connect with existing clients at these shows. Exhibitors can help foster a current business relationship by providing a perk or personalized experience for existing clients. "Sometimes I write thank-you notes, and give my client a note when they visit my booth to thank them for their visit; sometimes I provide a sample of a new product. When there are people at my booth, more people usually show up to find out what's going on," MacDonald says.

She notes that trade shows aren't just about the vendors

and the visitors. It is also an opportunity for exhibitors with similar client bases to connect and network. "Why not trade leads and contact information? This is one of the best strategies I know in terms of return on investment. You'll instantly double your sales opportunities. Perhaps avoid trading with your direct competition though," MacDonald says. "Think about coordinating your efforts with businesses that sell different products and services that happen to have the same target market."

Finally it's important to have a game plan before the big day. "Know before arriving at the Expo how you are going to measure your success," MacDonald says. She adds this means finding a way to measure a vendor's new marketing techniques and their effectiveness, capacity to network and new relationships. "The most important tip of all is that all



Deborah MacDonald

relationships are built by being interested in others first, not by selling!" MacDonald concludes. Show interest and the conversation will happen naturally.

The North Dundas Business Centre provides business incubation and acceleration services and co-located offices in Winchester. Its exclusive mentoring and consulting helps small and medium-sized businesses increase their profits and bring more value to our community. Rural living is better!

How sweet it is!

There was a steady stream of customers during the grand opening of the Ingleside Bakery and Gourmet Foods on Sat., April 13. Owner Kyla Bevington is all smiles as customer Evelyn Cleary of Ingleside displays the tarts she just purchased.

Thompson Goddard photo



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NDMHA Annual General Meeting

Thursday April 25, 2019 at 7:00pm
Winchester Curling Club
(next to the Joel Steele Arena)

NDMHA CONSTITUTION AMENDMENTS
Proposed Amendments to the NDMHA Constitution must be submitted in writing via email to the NDMHA Secretary by **April 10th, 2019**. Please submit Constitution Amendment Proposals to Dayna Young via email at demons.secretary@gmail.com.

NDMHA EXECUTIVE NOMINATIONS
All positions on the 2019-20 NDMHA Executive are open for nomination.
"All members of the Association shall provide to the Nominating Committee, the names of their nominee(s) or a member's intentions for nomination to a position no later than the NDMHA April monthly meeting. The Nominating Committee will establish a preliminary list of nominees. Any positions that do not have any nominations are not filled, nominees may be brought forward at the AGM. All candidates for Executive Office must be nominated and seconded."

Names of all nominated persons must be submitted in writing via email to the NDMHA President by April 10th, 2019. Please submit nominations to **Peter Forrester** via email at demonspres@gmail.com.

PUBLIC NOTICE

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HYDRANT FLUSHING

Ontario Clean Water Agency (OCWA) will be commencing with the spring hydrant flushing for North Dundas, April 23 to May 10, 2019.

Residents may notice a discolouration of the water at their homes during this period and for a short time thereafter. If you notice a discolouration of your tap water, please run the water until it is clear. This discolouration is not hazardous to your health. It is typical of a normally operating water distribution system.

Please call OCWA at 613-448-3098 if you have any questions or comments on how they can better serve you.

Dundas County Players presents

The Importance of Being Earnest

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Directed by Michael Carter

Spring 2019

April 26 at 7:30 p.m.
April 27 at 7:30 p.m.
April 28 at 2:00 p.m.
May 3 at 7:30 p.m.
May 4 at 7:30 p.m.
May 5 at 2:00 p.m.

Tickets \$20 adults, \$10 under 18

Reserve tickets by calling 613-777-0097, or purchase online at DCPlayers.ca or in person at The Planted Arrow, 201 St. Lawrence Street, Winchester.

All performances at The Old Town Hall, 478 Main St. Winchester, ON

Navigating the struggles of homelessness

Kory Glover
Record Staff

WINCHESTER – Through an interactive event brought to Winchester residents by the House of Lazarus and Linking Hands, people were able to navigate firsthand the maze of struggles, pain and hardships that individuals in the homeless community go through just to survive day-to-day.

Participants complained that they were cold going through the arena, that they were tired and that the maze was hard to navigate, with certain services hard to find; and, all of that, was exactly the point of the maze.

The rules of the Homelessness Maze were simple, each person or team were given one of seven scenarios, based on the lives of actual people; they then had to “navigate” through a maze (created at the Joel Steele Community Centre) of different services offered around the area.

One person could be playing a 21-year-old man named Jon who was recently released



Summarizing experiences

Mark Snelgrove, intensive case manager of the Canadian Mental Health Association, spoke to the participants of the maze about their reactions during and after the activity. He stated that while people’s responses were initially comical, there was a distressing underline of reality as well.

Glover photo

from incarceration with no identification or address, who is unable to live with his parents due to mental illness and substance abuse. Another team could be playing elderly couple, Martha and Ed who are living at a campsite with winter soon coming; Martha needs long-term healthcare and their daughter who is four months pregnant has an intellectual disability.

After the maze ended, all the participants gathered in the upstairs hall for lunch and to fill out a survey to describe their experience including the barriers they encountered and what they liked most and least about the maze.

Mark Snelgrove, intensive case manager of the Canadian Mental Health Association, made a presentation after the maze’s activities to discuss everyone’s feelings about what they experienced during the maze. He first admitted that some of the responses he heard during and after the maze were surprising to say the least.

“Ontario Works was here today; social housing and all its incarnations were here today. That’s a lot of people and it still wasn’t enough to get your needs met,” he said. “It wasn’t that long into this that people started saying that they wanted to get arrested, I want to go to the hospital, I want to go to jail, somebody put me in foster care. Those were some of the worst that I heard, I’ve been in this field for 20 years and no one has ever asked me, ‘Hey dude, find me some foster parents, I want to go.’ That’s where folks got to in such a hurry.”

He continued to explain that, while people’s general response to the maze was kind of funny, it’s also frightening to realize that some people have to deal with these obstacles every day.

“Whenever we look at Dundas County, which is what we were representing today, this is incredible to have all of these agencies, all these places and all of these flexibilities with all these helpers there for you,” said Snelgrove. “But still, 15 minutes in and people were claiming, ‘I do not have enough services, I need more.’ Wow, isn’t that incredible. As the maze was going on, I kept



Successful event showcasing local businesses

There was no shortage of customers as the Easter Vendor and Craft Show was held on Sat., April 6 at the Morewood Community Centre. The over 30 vendors included home based businesses, local crafters as well as representatives from St. Mary of the Presentation Roman Catholic Church in Chesterville selling tickets for a fundraising draw with the first prize being a fully loaded fishing boat. Debbie Courneyea, who facilitated the event, explained that Sue Cloutier organized the event that showcases local businesses, with funds raised from the bake table, silent auction, canteen and the door prize draw provided to the Heart and Stroke Foundation. She thanked individuals and organizations who donated to the silent auction with a special thank you to the student volunteers from Russell High School and St. Thomas Aquinas Catholic High School in Russell for their assistance. Pictured here, Louis Larabie and Mike Ouellette from St. Mary Church in Chesterville stand next to the first prize in a fundraising draw for the church. Larabie explained the draw will be held during the church picnic held on June 23 in Chesterville. For more information or to purchase a ticket, Larabie suggested calling him at 613-315-1975.

Thompson Goddard photo

on hearing people begging to have their freedom taken away. Put me in jail, the hospital or emergency housing where I don’t get to pick where I go. Just take away my constitutional rights so that I can get fed and have a roof over my head; and that is very terrifying.”

The mission behind the maze was to show that, while society tries to help those who are

in need of help, there are still cracks within the system that can make it hard to obtain what is needed most in life. From the expressions of the audience, it seemed as though they agreed with Snelgrove when he said that this kind of reality can be very terrifying when you don’t have a warm house with a fridge full of food waiting for you afterwards.

Giving back to customer loyalty

Pictured from the left, Weagant Farm Supplies Ltd. part-owners Julie Black and Stacey Weagant, along with the rest of the Weagant team, wanted to give back to their community of loyal customers with a free lunch and special deals on certain items in-store during their customer appreciation day on April 10.

Glover photo



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THE CORPORATION OF THE MUNICIPALITY OF SOUTH DUNDAS NOTICE OF PUBLIC MEETING CONCERNING A PROPOSED ZONING BY LAW AMENDMENT 13616 GRANTLEY ROAD PART LOT 7, CONCESSION 8 (FORMER GEOGRAPHIC TOWNSHIP OF WILLIAMSBURG)

TAKE NOTICE that the Council of the Corporation of the Municipality of South Dundas will hold a Public Meeting on the 7th day of May 2019, at 7:00 p.m. at the Municipal Office, to consider a proposed Zoning By-law Amendment under Section 34 of the *Planning Act*.

This By-law will change the zoning for the property noted above. This farm lot was subject to a Consent Application, which resulted in the severance of a surplus dwelling lot from a vacant farm parcel comprising the bulk of the property.

This Zoning By-law Amendment is needed to fulfill a condition of approval of the below mentioned Consent Application wherein no new permanent residential uses are to be allowed on the vacant farm parcel. The zoning is being changed by rezoning the retained farm parcel from Agricultural Special Exception 28 (A-28) to Agricultural Special Exception 62 (A-62).

This Amendment is related to the following Consent Application: B-75/18. The Key Plan identifies the location of the approximately 52 acres of land that are affected.

This Zoning By-law Amendment is not related to any Minor Variance, Official Plan Amendment or Plan of Subdivision.

ANY PERSON may attend the Public Meeting and/or make written or verbal representation either in support of or in opposition to the proposed Amendment.

If a person or public body does not make oral submissions at the Public Meeting or make written submissions to the Municipality of South Dundas before the By-law is passed, the person or public body is not entitled to appeal the decision of the Council of the Municipality of South Dundas to the Local Planning Advisory Tribunal.

If a person or public body does not make oral submissions at the Public Meeting, or make written submissions to the Municipality of South Dundas before the By-law is passed, the person or public body may not be added as a party to the hearing of an appeal before the Local Planning Advisory Tribunal unless, in the opinion of the Tribunal, there are reasonable grounds to do so.

The By-law describing the lands, with a Key Map showing the location of the lands to which the By-law applies, are available for inspection at the Municipal Office during regular office hours.

For additional information please contact Donald JW Lewis, Director of Building, Planning & Enforcement.

DATED at the Municipality of South Dundas this 17th day of April 2019.



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Director of Corporate Services/Clerk
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CASTOR Country

By Tom Van Dusen

A new twist

In reviewing the latest production by the Russell Association for the Performing Arts, *Oliver Twist*, I'm going to start from the moment I walked in the door last Thursday, the second day of a four-day run.

I was handed a program. Nobody ever talks about the program at a theatrical production but I want to shine a light on this one. It was a very nice piece of work: Six easy-to-read glossy pages, an inviting antique green cover with full-page ad for Embrun brewery Tuque de Broue, RAPA's beer supplier of record, on the back.

Inside, there were helpful lists of patrons, sponsors, the cast, and veteran production crew, a few ads and a colour notice about auditions in the fall for the next RAPA production, *Noises Off*. A director's notice – the show was co-directed by Sandra McNeill and Pam Pearson – pointed out that Charles Dickens was a social commentator for his time, that we no longer send children to workhouses and jail, although a few could use it... just kidding! That last reference was entirely me, not Pam or Sandra.

There was even a Theatre Etiquette request

to "please refrain from talking, eating noisy chips (sold at intermission) humming, or snoring during the performance." I'm pleased to say I followed etiquette to the letter.

The program highlight was a two-page spread of photos taken during rehearsals showing many of the adult and young actors, and even the construction crew assembling the orphanage dining table. All in all, an exceptional program, perhaps representing what RAPA normally does in that department; however, I can't comment because I can't remember past programs.

Once inside the Russell High School venue and in my bleacher seat, I was startled that the first character we encountered wasn't one that Charles Dickens created but a RAPA contrivance, a woman named Penny Londoner played by Sabrina Ventrella intended to link the audience with Dickens' days in mid-1800s England. Standing at a podium at the back of the stage, Penny was the audience's narrator and guide, randomly interchanging with the players from her perch and reacting to the action on stage.

This is no reflection on Sabrina but I, for one, couldn't relate to the Londoner character.

In fact, I saw her as a confusing distraction. Call me a purist, but I'd rather see Dickens' classic presented without add-ons or adornments.

In the program, Sandra explained the Londoner device as an "everyperson", the audience's conscience, helping to "re-experience the story through a 2019 sensibility, guiding us through the soundscape and emotional world of the play."

She quoted her late father the ultra-creative Baird McNeill saying: "If you have an idea, it's worth pursuing. Don't shy away from creativity." I certainly agree, and it's not just because I wouldn't dare contradict Baird even though he's no longer with us. I just don't think this particular idea enhanced the original.

While pacing was a tad slow, overall, I was impressed with quality of the acting, the set, production values and other components. RAPA regulars like Len Tremblay, Scott Tomlinson and Jennifer Long in central roles could do no wrong and several of the younger thespians were engaging as well, notably Leo Dumas as Oliver and James Richmond as the Artful Dodger.

I have to say I was particularly intrigued by John Garroch as Mr. Brownlow, the rich

businessman who rescues Oliver from a life of crime on the mean streets of London.

That might be because I have a soft spot for the character because I played him last year in an amateur production of *Oliver*, the musical, in Prescott.

John's Brownlow was a meatier role, with more scenes and more lines. I'm not envious because I had enough trouble remembering the lines I did have. The Prescott Oliver was scaled back to make way for the songs which livened up the proceedings and helped quicken the pace.

The next musical being produced in Prescott under the auspices of the St. Lawrence Shakespeare Festival Aug. 22-24 is *Cabaret*, the classic piece set in a 1920s Berlin nightclub as Germany yielded to the emerging Third Reich.

Auditions for *Cabaret* are May 1 but I just don't see myself vamping across the stage in black tights... and I'm sure you don't want to either.



NDDHS Report

By Ashley Wheeler

Student Council Communications

ND Music wins two silver medals at festival



Two weeks ago, our ND Music Programs participated in the Kinsman Music Festival. On Tues., April 2, the concert band played their way to a silver medal performance! The choir was just as successful, singing their way to a second-place medal on Thurs., April 4. Congratulations to all musicians and singers!

North Dundas is taking part in the plastic bag challenge! Bag collectors will be going class to class this week during Period 1 to collect any plastic bags, and the class who brings in the most bags will win a prize! This initiative is a win-win, get rid of your plastic bags and help recycle to improve our environment!

Tomorrow, Thurs., April 18 is the Hawaiian Dance, Spring Olympics, and Blue and White day! All students are invited to take part in the Spring Olympics, and we want to see your spirit! Wear your school attire and colours to show off your stuff! If you bought a ticket last week, the Hawaiian Dance will take place from 7 p.m. to 10 p.m. We are excited to see you there!

Next week on Fri., April 26 mid-term report cards will go home with students in grades 9-12.

Spring sports are starting up again, with Track and Field, Boys Soccer, Girls Softball, Boys Baseball meetings and practices underway. We are excited to see how these teams will succeed later in the season!

Recollections of spring

by Carolyn Thompson Goddard

Looking outside my living room window it certainly looks like spring has finally sprung. There are rain puddles where once piles of snow almost six feet high in some cases graced my front lawn. Another sure sign of the season is the multitude of dog hair which Buddy leaves behind for me to sweep up or brush off him as he sheds his winter coat in anticipation of the summer heat.

This morning there is nothing but sun shine streaming through my front windows and I can't help but think back to the springs of my childhood. While there were lots of things to do in the winter – skating on the outdoor rink in the

The Road Home

park, enjoying some French fries at Kilby's while listening to music on the jukebox or visiting with friends in the booths at the back of the restaurant it was also wonderful when the ice on the river began to melt and spring was around the corner.

Recalling how I used to shed my shoes and socks on the way home from school during the earliest years of my educational career, I suppose Mom was right to be a bit annoyed when I arrived at home with them in hand wiggling the muddy toes on my muddy feet as I tried to enter the front door. She always stopped me from entering until she got a wash cloth and towel and made me wash my feet before crossing the threshold and onto her spick and span floor. I suppose

this minor inconvenience was worth it for as the snow melted, off went the heavy coats and boots of winter, along with the hats, mittens and scarves! Ah the opportunity to feel without their hindrance the gentle rain falling on my face, the mud squishing as you walked through another puddle and my hair being whisked around by the wind.

I must admit these feelings are usually only the pleasures of childhood for along with aging, the rain, mud and wind cease to be a source of joy and become something less friendly. Perhaps once in a while us oldsters should take a barefoot walk in the rain and enjoy once again the simple pleasures of a childhood spring. After all, why should the kids have all the fun?

Op/Ed

Queen's Park update

With the unveiling of the much-anticipated first provincial budget by Minister of Finance Vic Fedeli, the government has presented a thoughtful, measured and forward-looking plan featuring no new taxes.

This plan is based on four specific objectives: address the province's mountain of debt; restore fiscal balance in a responsible and sustainable manner; protect what matters most – healthcare, education and critical public services; and make Ontario open for business and open for jobs. This is a plan that puts the people first.

From day one the government has been focused on allowing Ontarians to keep more of their hard-earned money. That is why one of the first acts of the government was to end the cap and trade carbon tax which took 4.3 cents a litre off at the gas pumps and made most goods and services more expensive. There are no tax increases in this budget. The Government of Ontario is working hard to make life more affordable for our citizens.

According to figures from the Finance Ministry, Ontario's debt of \$347-billion is the largest sub-national debt on the planet. The previous government was spending \$40-million a day more than it was taking in. Interest payments on debt are the fourth largest line item in the budget, after health care, education and social services.

Every dollar spent on interest is one less dollar going to our hospitals, schools and critical infrastructure. This is an unacceptable legacy to leave our children.

The plan released by the Finance Minister will help put the

province's finances back on track. Under this plan, the budget will be balanced within five years while investing significant money in provincial priorities.

Investments that will benefit Stormont-Dundas-South Glengarry include the recent announcement of \$3.8-million to help find smarter ways to deliver services, as well as expanding the Francophone Community Grants Program to better support local and regional development. Cornwall commuters will also benefit from the Federal-Provincial transit funds of over \$13-million for qualifying projects.

The Ontario Government is helping parents with up to 75 per cent of eligible child care costs per year, including those for daycares, home-based care, and camps. Low-income seniors will also have access to dental care by an investment of \$90-million establishing a dental care program.

The federal government's carbon tax remains a risk on our economy. The Ontario Government is taking steps to ensure that taxpayers are aware of how much this tax is costing its residents, whether it's at the gas pumps or on your home heating bills. Overall, the carbon tax is going to cost Ontario families an additional \$648 in extra costs per year.

We are restoring accountability, sustainability and trust in Ontario's finances. This budget marks a new beginning for the province that respects tax dollars, makes life more affordable, and ensures that the government works for the people and not the other way around.

Please feel free to read the 2019 Ontario Budget in more detail at Ontario.ca/Budget.

Jim McDonell

MPP Stormont-Dundas-South Glengarry



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Getting crafty for Easter

After hunting for Easter eggs in the forested area behind the South Mountain Branch of the SDG County Library, youngsters were able to enjoy crafts in the library on April 13. Organizers were pleased with the turnout with an estimated 20 children attending.

Thompson Goddard photo



Hunting for eggs

Chloe Steenkamer had some fun searching for Easter eggs behind the South Mountain Branch of the SDG County Library during the Easter Egg Hunt and craft morning on April 13.

Thompson Goddard photo

Young science stars celebrated

On Sat., March 30, the United Counties Science Fair was held at St. Lawrence Secondary School in Cornwall. Winners from the fair (not in order) included: Anisha Banga, Ève Tremblay, Lily Henderson, Eshal Ali, Jordan Leger and Nathaniel Leblanc, Fiona Labonté and Mahi Patel, Anthony MacDonald, Ved Patel and Aidan Crispin, Mégan Tremblay-Doyle and Audrey Millette, Aum Shah and William Moule-Fortin, Quinn Labelle, Alexandra Lacroix and Makayla Bergeron, Violet Spence, Jack Croteau, Mia Montpetit and Gabrielle Giroux, Fiona Dutil-Moser and Raedia Duperron, Merab Ali, Laila Delormier, Shahbaz Siddiqui, Travayla Back, Oliver Irvine, Lillian O'Connor and Kelsey Duncan, Ava McIntosh, Brooklyn St-Louis, Jordan Leger, Nuala Wheeler and Hailey Pond.



Courtesy photo

Memorial euchre tournament raises over \$4,000

FINCH – On Sat., April 6, the walls at the Finch Legion were bursting at the seams as 100 eager Euchre players gathered to test their skills at the 12th Bob Sanderson Memorial Euchre Tournament. Bob lost his battle to cancer and this event was organized to commemorate his love of the game, as well as to raise much needed funds for the Canadian Cancer Society. This year's event raised \$4,166.30 all of which will be donated to the Cancer Society to help in the fight to one day hopefully find a cure or at least increase the survivor rate. With this 2019

fundraising amount added to the 11 previous years the total raised to date and donated to the Canadian Cancer Society is now \$27,008.97.

The day kicked off with a delicious lunch, as well as time to view and place bids on the beautiful silent auction items that were donated for this special event. This was followed by ten games of euchre where participants battled it out to end up in top spot. Winners not only earn bragging rights, but a bit of prize money to go along with that. There were also top honours for the female and male who achieved the highest number of lone hands

throughout the tournament. Three lucky winners were also drawn for various 50/50 monetary prizes.

Tournament organizer, Patsy Casselman, and her committee, Janie Connelly, Glenna MacIntosh and Sharon Shaver, would like to say a huge thank you to everyone who helped make this day such a success. A special thank you to

everyone who donated items to the silent auction, sponsored the high lone hand awards, and made or brought food. Thank you also to Susan, Kathy, Joan, Penny, Louise, Gloria, Brenda and Brian. The biggest thanks goes to all those who chose to spend their day helping to support the fight against cancer. Thank you!

Card of Thanks

~ OUDERKIRK ~

The family of the late Lois Ouderkirk wish to thank family, friends and neighbours for their many thoughtful acts of support in our loss. Thanks to Dr. Ziai and the staff at WDMH for their care during Mom's hospitalization. Special thanks to the staff at Garden Villa in Chesterville, as well as the ParaMed and Bayshore Healthcare staff, who did their best to make Mom's last days, as well as our time with her, as pleasant as possible. A very special thanks to Rev. Lois Gaudet for her visits to Mom and for the beautiful memorial service. Special thanks to the Chalmers United Church ladies for providing the music during the service and for serving the lunch at the reception. Thank you to Dave MacDougall at Brownlee Funeral Home for his compassionate handling of the funeral arrangements. Your many acts of kindness deeply touched the family and will be remembered always.

The Ouderkirk Family



Obituary

Laura Marriner (née Crowder)



Peacefully with family by her side at the Dundas Manor on Tuesday, April 9, 2019, age 85. Beloved wife of the late Stanley Wadmore Marriner. Daughter of the late Lucy (Brown) and Lytelle Crowder.

Loving and dearly loved mother of David (Nancy), Leonard (Debbie), Perry (Wilda), the late Greg, Peter (Laurie), and Anne Gibson (Chris). Cherished grandma of Trisha (Andre), Kristen (Martin), Shana (Justin), Mandy, Jesse (Susan), Ryan (Tristan), Daniel (Ginny), Reise, Laura (Ryann), Natalie (Matthew), Paul (Montana), and Patrick. Dearest great-grandma to Isabelle, Nathan, Olivia, Peyton, Rosalie, Stanley, Owen, and Hudson. Laura was predeceased by her sister Marguerite Henry (late Raymond) and brothers Garfield (Irene) and Lawson. She will be sadly missed by many nieces, nephews, and friends.

At Laura's request, there will be a private family graveside service at Maple Ridge Cemetery. Donations in memory of Laura may be made to the Dundas Manor Activity Fund.

Arrangements entrusted to the Byers Funeral Home, South Mountain (613-989-3836). Online condolences may be made at www.byersfuneralhomeinc.com

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April 2019

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 613-774-5170
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 Rev. Daniel L. Wallace, Associate Pastor
www.harmony-church.org
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 10:30 A.M. – Worship Service
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 Sunday – 10:30 A.M. St. Mary
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 Wed. – 9:00 A.M.
 Thurs. – 9:00 A.M.
 Fri. – 9:00 A.M.
 St. Daniel - Wed. – 7:00 P.M.

April 2019

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 April 19 at 10:30 A.M.
 Sacrament of Holy Communion (Joint Congregational worship service with Avonmore & Gravel Hill)
EASTER SUNDAY WORSHIP SERVICE
 April 21 at 9:30 A.M.
 Everyone Welcome!

April 2019

The United Church of Canada CHRIST CHURCH UNITED
 5 Casselman Street, Chesterville
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 613-448-2532
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Sunday April 21, 2019
 10:30 A.M. – Worship Service
 Sunday School at 10:15 A.M.
 You are invited to join us.

April 2019

The United Church of Canada AVONMORE-FINCH-MARTINTOWN
PASTORAL CHARGE
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 BBA, BTH, MDIV
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 Email: revlgaudet@gmail.com
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 with Rev. Lois
 April 19 at 10:00 A.M. – St. Andrew's, Martintown
Sunday April 21, 2019
Easter Sunday Worship
 with Rev. Lois
 9:15 A.M. – St. Andrew's, Martintown
 11:00 A.M. – Chalmers, Finch
 All are welcome.
 Come and worship with our family where all are welcome and Christ is Lord.

April 2019

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WINCHESTER - 10:00 A.M.
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April 2019

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RURAL ROAD SAFETY AWARENESS

As a motorist in rural Ontario, you may sometimes get caught in traffic with large, slow-moving farm vehicles. You may feel impatient, delayed in your journey, and tempted to take risks to save a few minutes of your time.

It's not worth it: If you live, work or travel in rural areas, you need to be aware of farm vehicles and the need for caution – especially during spring planting and fall harvest, to protect yourself and the farmers who are simply doing their job.



- Slow down as soon as you spot a piece of farm equipment. In fact, if you see something ahead that is neither car nor truck, slow down – at least until you have identified the object.
- Watch for hand signals. Just because a tractor veers right does not mean the operator is pulling over for you to pass. The sheer size of farm equipment often dictates the necessity of wide turns – hence the veer right. If a tractor operator is signalling you to wait, trust him. He has a much higher vantage point than you.
- Be aware of the triangular Slow-Moving-Vehicle (SMV) sign. Only use SMV signs on slow-moving vehicles, not to mark driveways or for other non-vehicular uses. Not only are these actions illegal in many areas, they devalue the purpose of SMV signs, putting producers at risk when moving equipment.
- Watch for flashing amber lights. This type of light often marks the far right and left of farm equipment. Also watch for reflective tape marking extremities and sides of equipment.
- Do not speed past farm machinery. Even when you may pass safely and legally, the turbulence created by your vehicle may cause the machinery to sway and become unstable.
- Do not pull out in front of a slow-moving vehicle and then slow suddenly. A tractor pulling a grain cart does not have the maneuverability of a car. Make sure you have ample space to pass. As with any passing operation, check the rear-view mirror before returning to your travel lane.
- Do not expect equipment to run partly on the road shoulders. Driving with one set of wheels on the pavement and one set on loose-surfaced shoulders substantially increases the risk of overturn or other accident.
- When I meet a piece of equipment on the road, I personally try to find a safe spot to pull over to allow safe and easy passage of the implements. It's someone's life. It's someone's livelihood. And it's the meal we all eat tonight.



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South Stormont community volunteers feted at the 2019 Volunteer Appreciation Gala

Carolyn Thompson Goddard
Record Correspondent

LONG SAULT – April is National Volunteer Month and the Municipality of South Stormont held their annual Volunteer Appreciation Gala on Fri., April 12. The South Stormont municipal hall was decorated in a Moroccan theme when representatives of 22 community volunteer organizations gathered to enjoy an evening of fine dining and fellowship.

In his opening address, South Stormont Mayor Bryan McGillis thanked all the volunteers who devote their time and energy to the community in order to facilitate the many activities held in South Stormont. After thanking Tammy Grant and the organizing committee for the many hours spent in the planning and execution of the gala, he closed by commenting how “volunteers don’t necessarily have a lot of time but have a lot of heart.” SDSG MPP Jim McDonell spoke during his remarks about the contributions made by volunteers in a rural community and the difference it makes in people’s lives, concluding his

address by stating how it is “people like yourselves that make the community what it is.”

After enjoying a Moroccan themed meal, a performance of Moroccan dancers and a speech by Robert Smith, executive director of the Children’s Treatment Centre, followed by the introduction of the volunteer organizations in South Stormont attending the event, Kenneth McDonald was announced as the recipient of the Fran Laflamme 2018 Volunteer of the Year Award.

Kenneth McDonald was born in 1933 and has lived in South Stormont his entire life. He is a dedicated and enthusiastic community volunteer serving many organizations. He retired after 26 years of service with the St. Andrews Fire Department, was one of the largest maple syrup producers in Eastern Ontario, a member of the St. Andrews Knights of Columbus and president of the Cornwall Township Historical Society.

Surrounded by family and friends, McDonald humbly accepted the accolades of the community he has served during his



Celebrating with family

Several members of McDonald’s family gathered for a family photo following the presentation of the 2018 Fran Laflamme Volunteer of the Year Award to Kenneth McDonald on April 12.

Thompson Goddard photo

life-time. Following the presentation, son-in-law Kevin Stang and daughters Emily and Shelby on fiddles performed a moving musical tribute on-stage.

PURPOSE OF A SLOW-MOVING VEHICLE SIGN

A slow-moving vehicle sign (sign) warns other road users that the vehicle displaying the sign is travelling at 40 km/h or less.

What type of vehicle requires a sign?

Tractors and self-propelled implements must display a sign on the rear. If one of these machines is towing one or more implements, the sign or an additional sign, must be displayed on the rear of the combination.

Any vehicles including, but not limited to, construction equipment, street sweepers, etc. that are not capable of attaining and sustaining a speed greater than 40 km/h must also display a sign. If one of these machines is towing a trailer(s), implement(s) or device(s), the sign or an additional sign, must be displayed on the rear of the combination.

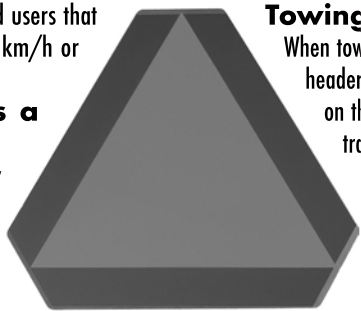
When is a sign prohibited on a vehicle?

Only slow-moving vehicles or vehicles towed by slow moving vehicles are permitted to display a sign. A sign is prohibited from being displayed on a vehicle travelling in excess of 40 km/h.

Note: A tractor, combine, etc., on a float or trailer is considered a load, and it is recommended any visible sign be covered or removed.

When is a sign not required on a slow-moving vehicle?

A sign is not required when directly crossing a road with a vehicle or a combination mentioned above.



Towing implements with trucks

When towing an implement (e.g., wagon, tillage equipment, a header wagon, etc.) with a truck, a sign should be placed on the rear of the combination and the combination must travel at or under 40 km/h.

Where must the sign be located?

The sign should be placed as close as practical to the centre of the rear of the vehicle and between .6 m (2 ft.) and 2 m (6 ft.) above the road:

- It must be clearly visible for a distance of not less than 150 m (500 ft.);

- The regulation sets out the minimum dimensions, shape, colour and reflectivity of the sign. The sign may be larger provided each dimension is increased by the same amount; and
- A sign should be replaced when faded or damaged.

Are signs prohibited on fixed objects?

Yes. Attaching a sign to a fixed object, such as a roadside mailbox or driveway marker, is prohibited if it can be seen from the road.

Municipalities can post caution signs to warn motorists that slow moving vehicles often travel on their roads.

Are some slow-moving vehicles exempt?

Yes. Bicycles, mopeds and disabled vehicles being towed do not have to display the sign. Horse-drawn vehicles driven by a person whose religious beliefs do not permit him or her to use the sign are also exempt; however, the back of the carriage must be outlined with reflective tape that is visible from at least 150 m (500 ft.).

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Rotary Club

Continued from front

Ruth Gilroy, who was Rotary president in 2005 when the event began, explained initially the money raised was used in the community but after Ryan Hreljac spoke to the club about his work, the committee decided to donate the proceeds of the dinner, topped up to \$1,000, to Ryan's Well Foundation. Information on the Foundation's website explains that the Foundation seeks to provide solutions to water crises in developing nations and began as a result of Hreljac's successful attempt at six years of age to raise money to provide a well to a community in Uganda.

Kaireen Cottham, who has been a member of the organizing committee since the event began, mentioned the committee has decided this dinner will be the last they organize. She continued that the present committee would be happy to assist a new group of organizers who wish to carry on this successful community event. Gilroy commented that this event has not only raised funds for the Ryan's Well Foundation but has provided an opportunity for community members to come together.

Earlier in the day, the



Picking a winner

Abby van Kessel picks the final duck in the Peter van Kessel Memorial Duck Race held at the Chesterville Waterfront on April 13.

Thompson Goddard photo

Local Dutch heritage celebrated

From the left, Vince Zandbelt, Ruth Gilroy, Ryan Hreljac, Eric Duncan and Kaireen Cottham took a moment just before dinner began to pose for a photo at the Dutch Heritage Dinner Dance held at the Chesterville Legion on April 13.



Thompson Goddard photo

annual Peter van Kessel Memorial Duck Race was held with water conditions

necessitating the winning ducks to be plucked from among the 900 deposited

near the gazebo on the Chesterville Waterfront.

Race organizers explained the decision to not have the ducks swim from the County Road 43 bridge just outside of Chesterville to the village bridge was made for safety reasons as the fast-flowing water would make retrieving the ducks dangerous. A donation will be provided to the Winchester District Memorial Hospital to go towards the purchase of an ultrasound machine, from funds raised by the race. First place winner of \$500 went to Jamie Belanger, second place winner Marc Maize will receive \$100 and third place winner Lorrie Munro will receive \$50.

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Easter Bunny hops into finch

There was plenty of food, fun and fellowship at the Easter Bunny Breakfast held on April 14 at the Royal Canadian Legion Branch 357 in Finch. In addition to a delicious full course breakfast buffet and a bake table with lots of goodies, the Easter Bunny was present handing out treats and visiting with people. Maxine Rutley, pictured with the Easter Bunny, commented it was a "good breakfast", with organizers extending a sincere thank you to the Easter Bunny, the volunteers and those who attended the event.

Thompson Goddard photo

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Raisin River

Continued from front

the adult and youth division with a time of 2:22:50; Gaetan Plourde (Ottawa) and Jeff Brainard winning the 17 foot open with a time of 2:20:06 also breaking the previous record; Wendy Bray Van Loon (St. Andrews West) and Tracey Bray Bercier (Moose Creek) winning the double kayaks with a time of 2:59:23. A full list of participants, winners and times can be found on the



Raisin River Conservation Authority website at www.rcca.on.ca.

Awesome turnout

The Raisin River Conservation Authority was hoping for a good turnout at the Raisin River Race on Sun., April 14, and they were not disappointed as over 200 watercraft showed up. It was one of the best turnouts in the 47 years history of the event. The race began at 10:30 a.m. and three watercraft were launched in one minute intervals.

Moore photo



Shooting the rapids standing up

There was a professional paddleboarder participating in the 47th annual Raisin River Canoe Race seen here heading into the rapids at Lefebvre Rd. The Raisin River Conservation Authority (hosts of the race) said that they will experiment with the professional paddleboarder in order to see if they can add paddleboarding to the race in the future. She had no problems traversing these rapids, the only thing that was problematic was the previous canoers who were going for a swim ahead of her.

Moore photo



Getting excited for race time

Registration for the Raisin River Canoe Race began shortly after 8:30 a.m. at St. Andrews Catholic School. Shortly after Winchester's Cory Houle completed his registration, he headed over to the display of various race memorabilia for sale with Jessica Herrington on the left and Josianne Sabourin available to assist as needed.

Thompson Goddard photo

Hopping down the bunny trail

Carolyn Thompson Goddard
Record Correspondent

BRINSTON – The Easter Bunny dropped by Matilda Memorial Park in Brinston on Sat., April 13 much to the excitement of youngsters who spent the sunny spring day looking for Easter eggs throughout the park. Volunteers with the Matilda Memorial Recreation Committee were very pleased with the turnout at the event, mentioning they had planned for 100 people to attend, but estimated that close to 150 people attended. The egg filled baskets were exchanged for a treat bag during an opportunity to visit with or maybe have a photo taken with the Easter Bunny. In addition to searching for Easter eggs and visiting with the Easter Bunny, there were several activities

such as face painting and seed planting for people to enjoy. While wishing everyone a happy Easter, organizers extended heartfelt thanks to the volunteers and community members for making the second annual Easter Egg Hunt a resounding success!

Getting excited for Easter

Carter Froats and Harris Smail took a few moments to visit with the Easter Bunny after collecting a basketful of eggs during the second annual Easter Egg Hunt held on April 13 at Matilda Memorial Park. Thompson Goddard photo



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Closing date - May 2, 2019

For a complete job description, visit the Township of North Stormont's website. Interested candidates must submit a cover letter and detailed resumé containing 3 references to abrisson@northstormont.ca

Engineering/Architectural Intern, 4-month contract

35 hours per week; Hourly rate \$20 to \$22 per hour
Closing date - May 2, 2019

For a complete job description, visit the Township of North Stormont's website. Interested candidates must submit a cover letter and detailed resumé to bhenderson@northstormont.ca

Parks and Recreation Coordinator, Seasonal

35 hours per week; Hourly rate \$18 to \$20 per hour
Closing date - May 2, 2019

For a complete job description, visit the Township of North Stormont's website. Interested candidates must submit a cover letter and detailed resumé to amartin@northstormont.ca

The Township of North Stormont wishes to thank all individuals for their interest, however, only those being selected for an interview will be contacted. Upon advisement, the Township will accommodate the needs of qualified applicants during the hiring process.



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LAWNCARE HELP

Looking for volunteers for lawn maintenance help at Maple Ridge Cemetery. Do you have some free time? Call Jamie at 613-448-3112. 40-2

STUDENT VOLUNTEERS WANTED

Russell United Church Fish Fry, April 25, 4:30 p.m. - 7 p.m. Contact Marilyn James at 613-445-5451. 40

COMING EVENTS

QUILTS ON THE SEAWAY

St. John's Presbyterian Church, 28 Second St., E., Cornwall. April 26, 10 a.m. - 6 p.m. and April 27, 10 a.m. - 4 p.m. Admission \$8. Quilt show, sale boutique, bed turning, vendors, tea room. 40

COME AND SING ALONG WITH THE FROGS

St. Clare's Anglican Church, Winchester. April 27, 2 - 4 p.m. Refreshments to follow. Advance tickets \$10 (cut off April 26) Tickets at the door \$12. Contact Ann Langabeer 613-774-2110 or Lois Smith 613-948-2609. Proceeds to "Starlight Children's Foundation". 40

COMING EVENTS

BREAKFAST AND EGGFEST

Sat. April 20, Easter Breakfast and Eggfest at North Stormont Place in Avonmore from 8:30 to 11 a.m. Egg Hunt for the children at 11 a.m. - Bring your own basket - hosted by Avonmore Rec. Everyone Welcome. Breakfast hosted by Roxborough Agricultural Society. 40-1

BRAZIL & ARGENTINA GROUP TRAVEL OPPORTUNITY

Escorted by Shelley Cumberland, Globus/Thom Travel. Everyone welcome. 19 - 28 March, 2020. \$2,431/DBL OCC per person. Tour only. Group air will be available in May. \$250 deposit. Contact shelley@thomtravel.com, Ph: 613-543-2133. TICO 1258982 40

COMING EVENTS

SOUP AND SANDWICH LUNCHEON

St. Andrew's Presbyterian Church Hall, 30 Mill St., Chesterville. Wed., April 24, 11:30 a.m. to 1 p.m. Menu: Homemade beef and barley soup; assorted sandwiches; apple pie with ice cream; coffee/tea. \$8 per person (take-outs available starting at 1 a.m.) Everyone welcome!

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30 Mill St. (basement), Chesterville "1/2 PRICE SALE DAYS" (on all clothing and footwear). Wed. April 24 and Thurs. April 25 - 10 a.m. to 3 p.m. (Shoppe open weekly Wed. and Thurs. 10 a.m. - 3 p.m.). 41-2

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Our office will be **CLOSED** for the **GOOD FRIDAY HOLIDAY** April 19, 2019.

Deadline for advertising is Thursday, April 18, 2019 at 12:00 p.m. for the April 24th edition.



REQUEST FOR TENDER

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REQUEST FOR QUOTATION

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Sealed tenders/quotations, clearly marked as to contents, will be received until 12:00 noon, May 14, 2019 at the South Dundas Municipal Office, for the delivery of the above products and services.

Further details, specifications and documents are available at the South Dundas Municipal Office, 34 Ottawa Street, Morrisburg ON.

The Municipality reserves the right to accept or reject any or all tenders/quotations. Lowest or any tender/quotation not necessarily accepted.



NOTICE

Hydrant Flushing and Maintenance Program

Hydrant flushing will be carried out from **April 29 - May 31, 2019** in the hamlets of Ingleside, Long Sault and St. Andrews West

- During the flushing operation, poor water pressure and /or RED water may result
- This situation is temporary and may last up to two hours
- The coloured water is not hazardous
- If coloured water is detected, the public is requested to open their COLD water taps in order to clear the system

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Community Food Share hosts AGM

Kory Glover
Record Staff

WILLIAMSBURG – Winchester's Community Food Share held their annual general meeting on Mon., April 8 to announce their new initiatives for 2019.

The food bank received a grant in the amount of \$5,000 from Feed Ontario, formerly known as the Ontario Association Food Banks. They plan on using these funds to develop a program that can help feed rural children within the community.

The Food Share, for the second year in a row, also received a Canada Summer Grant from their collaboration with Community Living Dundas County. This grant was able to provide a summer job experience for student, Camden Proctor.

Another initiative they brought up during the meeting was the launch of tax clinics to help assist clients with completing their income tax. According to Ian McKelvie, administrator for the Community Food Share, there is even more interest in the program this year than in previous years.

In association with Mountain's House of Lazarus, the Hunger Challenge has enlisted a number of high-profile members from Dundas County for this year's event.

The idea behind the challenge is to raise awareness of hunger at the local level by having participants experience what it's like to live with a five day supply of food provided by the food bank.

A community garden was established in the spring of 2018 in a partnership with St. Paul's Presbyterian Church and support by a grant from Food Banks Canada. Large quantities of various fresh produce is expected to be donated to the Community Food Share.

At the end of the 2018, the Food Share introduced Nanda Wubs as the community advocate who assists the food bank's clients by providing them with information, support, referrals and resources. The idea behind this role is to increase access to basic entitlements and services for clients while building upon the community and challenging inequality. The Community Food Share is hoping to find someone in Morrisburg who can take on a similar role.

The panel mentioned that their biggest disappointment of the year was that they were not able to obtain a Capacity Investment Grant from the Ontario Trillium Foundation for their Winchester location. They were hoping to use the funds from this grant to make additions to the

building's front and back, add an accessible front entrance, create an accessible kitchen and finally renovate one of the rooms into a teaching kitchen.

Until further notice, all of these projects are put on hold.

Lastly, the Community Food Share's renewal

application for the Community Food Centres Canada's Good Food Organization program was accepted for another year, this will allow the food bank to explore new programs and ideas and create more impact through their learning resources and funding opportunities.

Father daughter dance

SOUTH MOUNTAIN – The Mountain Township Agricultural Society's second Father/Daughter Princess Gala will take place on Fri. May 3 from 6 p.m. to 9 p.m. at the Agricultural Hall in South Mountain. The special evening will feature carriage rides, nail decorating, live music, dancing, a photo shoot and other activities. There will also be a popcorn bar, pizza bar and an ice cream bar along with other food items. A gift bag and a flower will be presented to each princess at the end of the evening. Pre-registration and payment is required before the event as the capacity of the hall is limited. Visit www.southmountainfair.ca.

Local history revealed at South Stormont council meeting

Carolyn Thompson Goddard
Record Correspondent

LONG SAULT – Jim Brownell, past president of the Lost Villages Historical Society, provided members of the South Stormont municipal council with an update on the work of the Society over the past year during the April 10 South Stormont Council meeting. After thanking the township for their continued support of the organization and providing information on upcoming society events such as the Canada Day celebration and a fundraising Celtic Concert, Brownell discussed the retrieval of items from the waters of the St. Lawrence before showing council members a telescope which divers discovered below the waters near the site of the Skirmish at Hoople's Creek which occurred on Nov. 10

1813. The piece, similar to one found near the Chrysler Farm battlefield, will be provided to Leon Chamois, curator of the SDG Highlanders Museum, who will conduct research to determine if it dates from the War of 1812-14 time period.

Reports to council from municipal staff members included information on collaboration with other municipalities on waste management, animal control and communication services. Council received information on the proposed pedestrian crossover on Dickinson Drive at College Street, with additional information on the impact of the demolition and construction of a new 401 underpass at County Road 36 provided by Ross Gellately, director of public works for the municipality.



A piece of history

Jim Brownell, past president of the Lost Villages Historical Society, is shown with a telescope retrieved by members of the Lost Villages Dive Team including Marc Pilon, Andrew Emard, Steve Cameron and Sam Ragheb. Brownell told *The Chesterville Record* how "Sam Ragheb was largely responsible for the discovery of the telescope", near the site of the Nov. 10 1813 Skirmish at Hoople's Creek.

Thompson Goddard photo

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Rezoning the neighbourhood

Kory Glover
Record Staff

WINCHESTER – The Township of North Dundas officially approved an application from Angela Mariani, on behalf of Nautical Lands General Contractors, for a site-specific zoning amendment during their latest council meeting Tues., April 9.

The council held a public meeting, headed up with a presentation by director of planning, building and enforcement, Calvin Pol if anyone had a question or concern about the upcoming developments.

“In the course of preparation, council must have one advertised public meeting to ensure that sufficient information and material is made available to enable the public to understand generally the zoning proposals being considered,” he said.

With this amendment, the area known as part of 12046 County Road 3 will be rezoned from agricultural (AG) to commercial and residential second density for a senior living community called Wellings. The intent of this amendment is to rezone the front of the property to permit commercial uses.

There is also intent to rezone the middle portion of the land to permit commercial businesses, three phases of senior bungalow townhouses with 212 villas and a central clubhouse, while the remaining property will continue to be zoned for agricultural use.

Each unit will be equipped with a driveway or garage for parking with additional visitor parking provided near the

clubhouse and surface parking provided for the commercial/retail portion of the site.

According to Pol, the property, located between Dawley Drive and Winchester Bailey St., is approximately 19 hectares (ha), with a front subject land of 12 ha. The subject lands are located within the urban area of Winchester with the remaining property located outside of the settlement boundary.

“The lot size will be adequate for all existing proposed or potential future land uses,” said Pol. “The lot should meet all of the requirements for setbacks, parking facilities, storage areas, signs, lighting, landscaping, buffering or screening and infrastructure.”

Deputy mayor Al Armstrong agreed that this type of development isn’t a huge departure of what people like to see in any development areas and that it was a good use of the area. “Essentially, this is a prudent use of this particular property,” he said.

North Dundas Mayor Tony Fraser also agreed in the development, wishing the project success in the future. “I am looking forward to this development becoming a success without facing any hurdles,” he said. He went on to ask what kind of challenges the official plan would face.

“Essentially, we’ll go to county council to make a presentation. The counties do have approval authority for their own official plans, so they don’t have to go from there to the province to get their blessing on it,” said Pol. “That’s a very straightforward process.”

There were no questions or comments from the public after the presentation.



Going green

The Green Run Iroquois and Vendor Fair was hosted for the first time over the weekend at the Iroquois Locks. Organizers Kara Glauser and Kassondra Tibben said they wanted to host a community event that would reflect the passion they have for green living. They noted that they felt the need for more family run events in the local communities and wanted to give people a chance to see what Iroquois has to offer to active families. A 1 km race for kids and 5 km race for all ages totalled 72 participants. Top three 5 km race: 1 Alain Fortier 00:18:20.43; 2 Will Campeau 00:19:19.83; and 3 Paul Heintzman 00:22:41.51. Top three 1 km race: 1 Parker Drake 00:03:59.18, age nine; 2 Alex Laviolette 00:04:20.38, age seven; and 3 Emma Laviolette 00:04:30.61, age 10.

Sawyer Helmer photo

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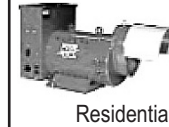
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National Broomball Championships winners include two local teams

Jeff Moore
Record Staff

CORNWALL—The 2019 Senior National Broomball Championships were hosted by the Canadian Broomball Federation and the Valley Lakers, from Eastern Ontario at the Benson Centre in Cornwall from Wed., April 10 to Sat., April 13 for their 43rd consecutive year.

There were 21 teams from all over Canada, including the Broom Shak from Becancour Que., Valley Lakers and Hillbillies both from Ontario, X-Treme from Alberta, Daniel La Source du Sport from Quebec and the Lobster Fishermen from New Brunswick/Nova Scotia in the Mixed Division, the Eastern Rebels and Vipers from Eastern Ontario, OSS from Western Ontario, the Huskies and Dynamites both from Quebec, and the Odessa Storm from Saskatchewan in the Elite Ladies Division and the Ottawa Nationals, Lacombe and Ballbroomers from Eastern Ontario, the Patriotes and As de Saint-Coeur-de-Marie from Quebec and the Bisons from Manitoba in the Elite Men's Division. The defending champions were the Broom-Shak in the Mixed Division, the Rebels in the Elite Ladies Division and the Ottawa Nationals from the Men's Elite Division.

Elite Ladies Division

Rebels

The local teams in the Elite Ladies Division were the defending champions, Eastern Rebels and the Vipers. The Rebels opened the tournament against the Dynamites and easily took the game 5-1 and then took on the Vipers in their second game and snuck out a 2-1 victory both games on Wednesday.

The Rebels took on the Huskies in their third game of the tournament and shut them out 3-0 and put it to the Odessa Storm 8-0 on Thursday.

On Friday, the Rebels closed out the round-robin with a win over OSS 6-0 and moved onto the semifinal against the Dynamite who finished in fourth place. The Rebels took that game 3-1 moving on to the final on Saturday.

Vipers

The Vipers opened their tournament against the Odessa Storm and took the game 3-0, then moved on to take on the Rebels which they lost 2-1 on Wednesday. The Vipers began the day on Thursday as they were the visitors against OSS and suffered their second loss of the tournament 2-1 but rebounded later in the day beating the Huskies 3-1.

In their final round robin

game, the Vipers beat the Dynamites 2-0 to move to the semifinal against the OSS in their second game of the day Friday. The Vipers squeaked out a 1-0 shutout victory in the semifinal moving on to meet the rebels in the final on Saturday.

Rebels vs Vipers

In the Elite Ladies Division the two local teams faced each other on Saturday featuring the Rebels who were defending champions and undefeated in the round robin versus the Vipers who went 3-2. The tournament featured two 18-minute halves. The Rebels opened the scoring at 15:02 of the first period as Tiffany Lenselink roofed one from Caroline DeRepentigny taking a 1-0 lead.

The Rebels took that lead into the second period and took a two-goal lead when Micheala Kunz fired one to the back of the net from the Celine DeRepentigny and Emjay Van Delaar just 1:14 into the second. The Vipers got to within one as Carlee Coburn scored an unassisted goal at 9:35. With time winding down in regulation, the Vipers pulled their goalie in favour of an extra attacker and it paid off as Janessa Byers swatted one home from Brittney Norman and Alex Roach with just 48 seconds showing on the clock.

The teams were tied at the end of regulation so the game headed to another 18-minute sudden death overtime period. The Rebels ran into penalty trouble in the overtime frame, killing one off but ended up two-men down around the 13-minute mark and the Vipers made them pay as Byers scored her second of the game unassisted.

The Vipers took the game 3-2 winning the 2019 National Championship. Picking up the win in the Vipers' goal was Cashelle Baldwin and suffering the loss

in the Rebels' goal was Jenna James.

Elite Mens Division

Ballbroomers

In the Elite Men's Division there were three local teams battling it out for the National Championship: the Ottawa Nationals, the Ballbroomers and Lacombe. The Ballbroomers opened their tournament taking on the Bisons and easily won the game 5-1 in their first game on Wednesday. They took on the defending champion, Ottawa Nationals but didn't get the outcome they wanted dropping their first game of the tournament 1-0.

The Ballbroomers played As de Saint-Coeur-de-Marie in their first game on Thursday dropping their second game 2-1 and then took on the Odessa Renegades in their third game but suffered the same fate losing 2-1. The Ballbroomers played a third game on Thursday as they took on the Patriotes where they suffered their fourth loss of the tournament 2-0. The Ballbroomers closed out the round robin against Lacombe. The Ballbroomers slipped past Lacombe 2-1 finishing the round robin with a 2-5 record moving on to the semifinal of the B side against the Bisons on Friday. The Ballbroomers easily took the game 5-1 and moved on to the B side gold medal game.

Ballbroomers vs Renegades

The Ballbroomers faced off against the Odessa Renegades in the final. The Renegades beat the Ballbroomers in the round robin 2-1 but there was more on the line in this game. The Ballbroomers opened the scoring when Kyle Toupin scored at 2:43 into the first period from Tyler Hunt taking a 1-0 lead.

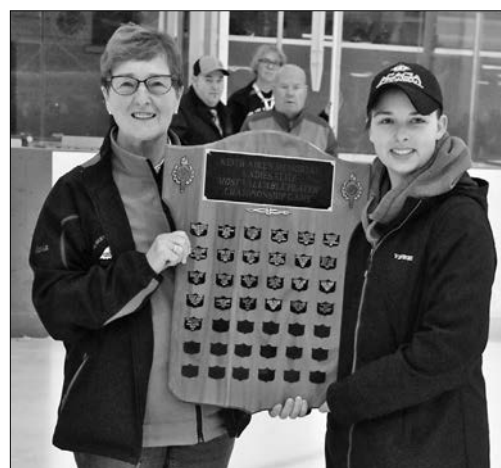
Continued on page 14



Vipers are new ladies national champs

The Vipers went 4-2 in the round robin and took out the OSS in the semifinal of the Ladies Division as they looked to become the new champions. The Vipers took on the reigning champions in the final and surprised them with late heroics taking the game 3-2 in overtime. Members of the champions are (not in order) Janessa Byers, Brittany Norman, Jessica Nash, Alex Roach, Chelsea Sanders, Jasmine Namagoose, Courtney MacDonald, Sara-Lee Pynenburg, Blaire Burnett, Melissa Norman, Josee Lauzon, Justine Hughes, Jasmine Leclerc, Selena Bergeron, Lauren Robertson, Caroline Ranger, Cashelle Baldwin, Veronique Cayer, Roxanne Lauzon, Carlee Coburn, coach - Brian Rombough, asst. coach - Leah Billingham, trainer - Barry Billingham and manager - Wendy Byers.

Moore photo



Deserving MVPs

The Vipers won more than a National Championship on Sat., April 13, their goalie, Cashelle Baldwin (left) was named the MVP for the final game and her teammate Janessa Byers was named the Ladies Division MVP of the tournament.

Moore photo



We are the champs... again

The Ottawa Nationals won their second national championship in a row after defeating the Patriotes in the final of the National Broomball Championships at the Benson Centre in Cornwall on Sat., April 13. Receiving the trophy for the Nationals were the captains, Tyler Hughs (left), Lance Ouderkirk and Jamie Norman (with his daughter).

Moore photo



Nationals win second national championship

The Ottawa Nationals went into the tournament as defending champions as they looked to hold the distinction for two years. The Nationals went undefeated through the round robin and knocked out Le As de Saint Couer-de-Marie in the semifinals. The Nationals shutout the Patriotes in a heated battle in the final to become the 2019 National Broomball Champions. Members of the team are (not in order) Pier-Luc Sauve, Jeremiah Weiderman, Joe Kealey, Joe Veninga, Jamie Norman, Zachary Kealey, Jake Byers, Chad Henderson, Lance Ouderkirk, Ben Kealey, Alexandre White-Brown, Marc Melenhorst, Gary Charlebois, Thomas McKeown, Tyler Hughs, Jason Norman, Jordan Weiderman, Joey Hillis, Paul Norman, Jack Mercier, coach- Steve Norman, asst. coach - Keith Presley, trainer - Jamie Dewar and manager - Rob Munroe.

Moore photo



Broomball Nationals

Continued from page 13

The Ballbroomers made it 2-0 when Paul Perras rifled one home from Tyler Baumber and Justin McMahon at 11:10. The Ballbroomers took a 2-0 lead into the second period and just 2:53 in, the Ballbroomers made it 3-0 as Chris Embury tapped one home from Kyle Como and Robert Thurler.

The Renegades had no answer as the Ballbroomers took the game 3-0 winning the B side gold medal. Picking up the win in the Ballbroomers' goal was Colby Huybregts.

Lacombe

Lacombe opened the tournament against the Bisons and easily beat them 5-2 and then took on the Odessa Renegades and dispatched them 2-1 on Wednesday. In their third game of the day, Lacombe took on the Patriotes and fell 2-1 dropping their record to 2-1 heading into the second day.

Lacombe welcomed the As de Saint-Coeur-de-Marie in their first game on Thursday and slipped past them by a score of 2-0. In their next game of the day, Lacombe took on the defending champions the Ottawa Nationals and put up a good fight but were shutout 2-0. Lacombe closed out their round robin against the Ballbroomers but dropped the decision 2-1.

With their 3-3 record, Lacombe moved on to the semifinal against the Patriotes on the A side. Lacombe was no challenge for the Patriotes as they easily took the game 4-0. With the loss, Lacombe moved on to the bronze medal game in the A side on Saturday against the As de Saint-Coeur-de-Marie. Lacombe put up a valiant effort but lost the bronze medal game 2-1.

The leading scorers for the Lacombe were Pierre Lacombe, Ryan Wells and Ryan Van Loon with three points each.

Ottawa Nationals

The defending National Champions, the Ottawa

Nationals opened their tournament with two games on Wednesday as they took on the As de Saint-Coeur-de-Marie and squeaked past them by a score of 4-3. The Nationals then shutout the Ballbroomers 1-0 in their second game of the day.

The Nationals scored their third win of the tournament when they took down the Odessa Renegades 4-0 and their fourth 5-0 over the Bisons on Thursday. The Nationals closed out day two with a victory over Lacombe 2-0. On Friday the Nationals took on the Patriotes and squeezed past them 1-0 finishing the round robin with a perfect 6-0 record and moved on to face the As de Saint-Coeur-de-Marie in the A side semifinal.

The team from Quebec was game but the Nationals slipped past them 2-1. With the win, the Nationals moved on to the final against the Patriotes on Saturday.

Nationals vs Patriotes

The Nationals beat the As de Saint-Coeur-de-Marie 2-1 in the semifinal and played host to the Patriotes in the final. The Nationals opened the scoring when Jack Mercier plowed one home from Zachary Kealey and Joe Kealey at 8:10 of the first period taking a 1-0 lead.

The Nationals took the 1-0 lead into the second period. Despite running into penalty trouble in the second period, the Nationals made it 2-0 when Lance Ouderkirk launched one to the back of the net from Paul Norman at 11:19. The Patriotes pulled their goalie in favour of an extra attacker with under two minutes remaining but the Nationals' defence held on despite the Patriotes' torrid attack.

The Nationals took the game 2-0 and became two-time national champions. Picking up the win in the Nationals' goal was Pierre Luc Sauve. Leading the Nationals in scoring were Joe and Zachary Kealey each with seven points.

Mixed Division

Hillbillies

There were two local

teams in the Mixed Division of the National Broomball Championships being the Valley Lakers and the Hillbillies. The Hillbillies opened their tournament against the Daniel La Source du Sport and shut them out by a score of 3-0 on Wednesday.

In their second game of the day, the Hillbillies took on the Lobster Fisherman and squeezed out a 3-2 victory. The Hillbillies shutout the Valley Lakers 4-0 and beat the X-Treme 3-0 on Thursday. The Hillbillies closed out the round robin with a 2-1 loss to the Becancour Broom Shak on Friday.

The Hillbillies finished the round robin with a 4-1 record and headed to the A side semifinal against Daniel La Source du Sport. In a hard fought battle, the Hillbillies won 4-3 moving on to the gold medal game on Saturday.

Daniel La Source du Sport opened the scoring at 9:15 of the first period and that was all they needed as they beat the Hillbillies 1-0. With the loss, the Hillbillies won the silver medal. The Hillbillies'

leading scorer was Kevin Campeau with seven points.

Valley Lakers

The Valley Lakers were co-hosts in the tournament and faced off against the Lobster Fisherman in their opening game on Wednesday but lost 4-1. The Lakers then took on the Becancour Broom Shak in their second game of the first day but it didn't turn out like they wanted dropping the game 3-1.

The Lakers were shutout in the third game of the tournament by the Hillbillies 4-0 on Thursday. Daniel La Source du Sport was the opposition later on Thursday but again, the Lakers came up just short 2-1. The Lakers then faced off against the X-Treme and beat them 3-0 on Friday. The Lakers moved on to the B side gold medal game on Saturday.

The Lakers opened the scoring at 7:42 of the first period as Nolan Yaraskavitch scored an unassisted goal taking a 1-0 lead. The X-Treme tied the game at 12:18 and the teams took a one-all draw into the second period.

Neither team was able to score in the second and were forced to an overtime frame. In the extra period, the Lakers'

Denis Viens pounded one home at 3:09 from Darcy Hudder to win the gold medal with a score of 2-1. Picking up the win in the Lakers' goal was

Jess Vereyken. Leading the scoring for the Lakers were Denis Viens and Nolan Yaraskavitch each with two points.



Silver medal winners

The Eastern Rebels went into the tournament as defending champions and went through the tournament undefeated until they came up just short against the Vipers in the championship final but were awarded the silver medals. Members of the team are, front from left, Jaime Burnett, Val Fischer, Jenna James, Tiffany Lenselink and Michaela Kunz. Middle from left, Michelle DeRepentigny, Stephanie Legault, Dara Ferguson, Cynthia Wever and Caroline DeRepentigny. Back from left, asst. coach - Kevin Kealey, Chanel Marion, Gracin MacMillan, Natalie Legault, Amanda Smith, Emjay Van De Laar, Amy Corvinelli, Céline DeRepentigny, Kyla Burwash, manager - Theresa Wever and coach - Gerry Wever.

Courtesy photo



Hillbillies win silver medal

The Hillbillies went 4-1 in the round robin in the Mixed Division and won 4-3 over the Daniel La Source du Sport from Quebec in their semifinal but came up just short against the Becancour Broom Shak 1-0 taking the silver medal. Members of the team are (not in order): Melanie Dodier, Vincent Bilmer, Sebastien Blanchard, Annelie Lefleche, Cathryn MacKinnon, Laura Melenhorst, Kirby Johnson, Kaelyn Eby, Bryce Campbell, Emily Terry, Julien Courville, Justin St. Pierre, Tracy MacGregor, Dustin Corry, Victoria Conway, Lindsay Bray, Kevin Campeau, Jared Johnson, Michael Melenhorst, Austin Hendley, coach - Zachery Leclerc, asst. coach - Ashley Melbourne and manager - Sebastien Blanchard.

Courtesy photo



Ballbroomers take B gold medal

The Ballbroomers went 2-6 in the round robin ending up in the B side semifinal against the Bisons who they took care of 5-1 moving on to the gold medal game against the Odessa Renegades. The Ballbroomers won the gold medal after defeating the Renegades 3-0. Members of the Ballbroomers are, front from left, Parker MacDonald, Quinn Ouderkirk, Matt Alexander, Chris Embury, Justin Stephens, Sam Seay, Colby Huybregts and Kory Shaver. Back from left, asst. coach - Terry Barkley, Robert Thurler, Tyler Hunt, Scott Vanderveen, Justin McMahon, Travis Nixon, Wyatt Irvan, Kyle Toupin, Tyler Baumber, Cory MacGregor, Colton Robinson, Kyle Como, Paul Perras and coach - Clayton Ouderkirk.

Courtesy photo



Valley Lakers win B side gold

The Valley Lakers were one of the co-hosts of the tournament in the Mixed Division and lost five and won one in round-robin games and faced the X-Treme in the B side final. The Lakers over took the X-Treme by a score of 2-1. Representing the Valley Lakers were (not in order) Leigh Ann Dearing, Paige Visneskie, Denis Viens, Tiffany Finucane, Erin Kennedy, Jess Vereyken, Daniel Quade, James Burant, Mike Doohan, Darcy Hudder, Tyler Mask, Stuart Felskie, Jacob Summers, Barbara Włodarczck, Leanne Kranz, Justine Belaire, Ashley Quade, Lucas Hudder, Nolan Yaraskavitch, coach - Jason O'Brien and asst. coach - Constance Leahy.

Courtesy photo



Happy first birthday

The Therien Jiu Jitsu Martial Arts and Fitness Centre Russell celebrated their one-year anniversary on Mon., April 8. The club opened on April 4 in 2018 and has expanded to 34 students to date. The club is open on Mondays, Wednesdays and Fridays and features Jiu Jitsu, kick boxing and Brazilian Jiu Jitsu. The age of the students range from six to 52 all in different age classes and there are three instructors and helpers. Kyoshi, Norm Beauchamp remarked, "We are happy to be in Russell;" but he can't believe the year flew by so quickly. The club celebrated with a cake and some drinks. The home club located in Chesterville will also be celebrating their 20th anniversary in January 2020.

Moore photo

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Kindness has no age limit

Kory Glover
Villager Staff

METCALFE – Quinn Elliott, despite her young age, is a leader among her peers, showing what kindness truly means.

Shortly after Elliott's visit

to the Osgoode Care Centre last year, she wanted to celebrate her birthday with the senior residents, to make arts and crafts along with enjoying the entertainment of a guest magician. She enjoyed that experience so

much that she wanted to do it all over again Sat., April 13 with a tea party, inviting anyone who wanted to join her in the festivities.

"Quinn comes to kindness club here every month and after the first one, she asked me if she could celebrate her birthday here because she just thought it was such a nice place to come," said Natalie Elliott, Quinn's mother. "So, we had her birthday here last year when she turned six and as soon as the party was over, she started planning her second party here."

For this year's party, while the group still partook in art and crafts and musical entertainment, the guests and other volunteers also brought presents – not for Quinn, but for the centre's

residents.

"So, instead of having her friends bring gifts for herself, she wanted them to bring gifts for the residents," said Natalie. "We have approximately 80 gifts to hand out to the residents. The guests all brought in gifts and then one of the guests asked her colleagues if they would be interested in donating gifts so that more residents would be able to participate in Quinn's birthday. We received many gifts and it's absolutely amazing."

Quinn added that she was having a blast at the party, making a pink butterfly with all her friends and that she was excited for Monkey Rock to perform for the Care Centre.



Sharing her big day

Quinn Elliott, who turned seven years old April 15, wanted to share her birthday with the residents of the Osgoode Care Centre, complete with arts and crafts and musical entertainment. Also pictured is Daisy Patrick, who was an honorary guest to the party due to her 100th birthday recently being celebrated on April 5.



Rockin' like a monkey

Kieran Howes from Monkey Rock Music performed in front of a crowd of happy children and seniors who sang along to his rhythms.

Glover photos

UCPR is seeking feedback on new Prescott and Russell Transpo network

UCPR – The United Counties of Prescott and Russell (UCPR) are pleased to announce the launch of an online survey to understand and evaluate the needs of future users of the region's new intermunicipal transit service within the region. Residents are invited to make their interests and travel habits known by filling out the online survey from April 8 to May 10, by visiting the following link: <https://www.surveymonkey.com/r/PRTranspoEn>. The survey only takes five to seven minutes to complete.

Last February, the UCPR and the Ontario Ministry of Transportation announced \$1.5-million in financial support over four years to create an intermunicipal transportation system in the region. The online survey and consultations will be essential to properly plan routes, identify stops, establish schedules, and set fares.

In addition, five bilingual public consultations are planned throughout the Counties. At these gatherings, UCPR representatives will present possible routes and consult with attendees regarding

schedules, stops, and fares expected for the launch of the new Prescott and Russell Transpo service, beginning in September. This will be an ideal opportunity to comment on the proposed routes.

The consultations will be held at local community halls, beginning at 6:30 p.m. The dates and locations are as follows:

- Vankleek Hill, Tues., April 30 – 36 Mill Street, 2nd Floor
- Limoges, Wed., May 1 – 205 Limoges Road
- Plantagenet, Thurs., May 2 – 220 Main Street
- St-Eugène, Wed., May 8 – 1123 Labrosse Street
- Bourget, Thurs., May 9 – 19 Lavigne Street

The new intermunicipal public transit system in Prescott and Russell will make it easier for thousands of residents to travel, as early as next September. Participation in the survey and consultations will allow the UCPR to provide an efficient service that will meet the travel needs of its population.

New "Welcome to Russell" signs update

RUSSELL – The Kin Club of Russell would like to thank all those who gave their input on the two new Welcome to Russell [Russell Village not the township] signs they are designing and building. Local Russell residents overwhelmingly chose two mosaic signs (58 per cent) over the choice of a sign with white-lettering and plain background (33 per cent) or the choice of one of each of the above (nine per cent).

Of the 13 choices to be included in the mosaic, residents chose the following: Generous (three per cent), Great Fire (1915) (six per cent), Mills (11 per cent), Sports (15 per cent), Bricks (16 per cent), Canadian Flag (27 per cent), Russell Fair (29 per cent), New York Central Railway (29 per cent), Agriculture (30 per cent), Russell Dam (31 per cent), Lifestyle in Russell (38 per cent), Walking Trails (43

per cent), and the Castor River (58 per cent). The complete details of the survey can be viewed at www.kinclubofrussell.ca.

The Welcome to Russell signs are estimated at a cost of \$80,000, and will be placed on Castor Street by the bike path between Russell and Embrun and on Craig Street close to Boundary Road. The mosaic signs are being designed by KB Media, who also designed the Welcome to Embrun signs.

The Kin Club of Russell will be fundraising immediately for the signs. Sponsors will have their names enshrined on a commemorative plaque near the bike path sign location. For donations or donations-in-kind, please contact Doug Anthony at kindoug27@gmail.com or 613-445-6483. Donations can also be made online at www.kinclubofrussell.ca.

RHS Report

By Janel Therkelsen
Student Reporter

Cake auction success

Hey T-Wolves! It's been a busy couple of weeks at RHS!

For the T-Wolves with a sweet tooth, last Thursday we had a grand cake auction with over 50 cakes! The prom committee hosted the auction to raise money for their prom, and that's exactly what they did! Students pooled their money together and bought cakes for \$30... \$40... \$60... even over \$100! Overall, the committee raised \$1,940 for prom! Hope everyone's feeling okay after eating that much cake. Special thanks to auctioneer Bill Cashman - great name for an auctioneer, by the way!

Also last Thursday was the student walkout. As you know, the walkout was a student-organized protest against what Doug Ford is doing to school boards across Ontario. RHS says NO to cuts to education!



smooth and then they buffed the wax to fix any rough spots. This professional has even been volunteering to help our students at our school to learn more about the art of stone carving for at least six years! As the professional said, "I enjoy it so I just want to share it".

This week, on Monday, our school production of *The Mouse and the Raven* took their show on the road to Russell Meadows and presented to the residents there. What a great space for live theatre and, of course, community living! Thank you for having our cast and crew in for a visit, for packing the theatre with a great audience, and for the ice cream sandwiches after! We'll be back soon!

Spring is finally here and along with it, many spring sports and activities! Track meets have begun for our Grade 7-12 students in Orleans, and baseball and softball are starting soon, and we'll be spending the afternoon at the Russell Sports Dome tomorrow. Go T-Wolves! Have a great week!

Keeping up with STA

STA students return from Boston

Liam Hill
STA Student Reporter

Approaching the mid-term mark of semester two, and with spring on the horizon, STA welcomes a new and promising season up ahead. Earlier in the month on Sat., April 6, a group of students accompanied by Mr. Lafleur and Mr. Brookes travelled to Boston for the second annual exchange with the Boston Tech Academy. On Sun., April 7, the students and their

exchange partners were given the opportunity to view a Celtics and Magic NBA game, where they were granted the chance to meet STA Alumni and Orlando center, Khem Birch. Another notable outing of the exchange occurred early morning of Fri., April 12, where the students visited Harvard University and the Quincy House. Mr. Lafleur and the STA students returned home the following weekend, all in one piece and excitedly await the arrival of the Boston Tech students this coming May! It was a busy start to the

week, as on Mon., April 15, Mayor Pierre Leroux visited the Grade 12 Environment Resource Management class discussing development within our community with the students. Also, on Monday afternoon, the Girls' Varsity rugby team had their final practice prior to their first tournament that is taking place tomorrow! This past Tues., April 16, STA's Link Crew met with the Grade 9 students for a morning of board games and discussion. Another couple of busy weeks for St. Thomas Aquinas Catholic High School as spring is in the air!

Theodore's journey; A fight for life

Shanon Desormeaux
Special to the Villager

EMBRUN – At the age of 18 months, Theodore Philippe Koch (Theo) was diagnosed with an extremely rare and life-threatening genetic mutation, called KCNH1. It is a gated potassium channel disorder. This genetic mutation is so rare that only a handful of people have been diagnosed with it in the world and Theo is the first in Canada. Theo's case has been passed around and has involved hospitals in Ottawa, Montréal and Toronto as well as a hospital in Florida, U.S. and Paris, France.

One of the major complications that this specific genetic mutation causes is seizures; unfortunately, because of the genetic mutation, the seizures have become life threatening and have caused cardiopulmonary and respiratory failure. Theo has been resuscitated more than once due to heart failure, and has experienced over 60 trips to the hospital, including a one week stay in the ICU in Florida.

Doctors are unsure about how to proceed. As time goes on, his case becomes more complex and his symptoms worsen. The condition also becomes more unstable with no real answers.

Theo's family members are also experiencing the effects of his condition. The constant worry and fear felt by both parents and his two sisters has taken its toll on the family.

Neurologists suggested a seizure response dog. The dog would alert family members when Theo is having a seizure, cushion and contain falls, and sometimes even detect a seizure before it happens. That would allow for earlier intervention to prevent further damage. All of which would allow Theo some normalcy and his family some peace of mind.

Unfortunately, free service dogs can only be provided to children over the age of six. Additionally, he does not qualify for government funding as he is the first in Canada with his condition. Funding could take roughly four to six years once his condition has been included. Meanwhile the family works hard to manage a life that involves appointments every week and roughly \$3,000 a month in medical bills.

Because of all this, bringing a service dog into the fold was an impossible dream; the cost of such specialized training equalling \$30,000.

In Dec. 2018, Theo's family was approached by Rod Fleming, the owner of Giant Tiger located in Embrun. Fleming had caught wind of the local boy who had ongoing fundraising efforts for his service dog and volunteered to do a fundraiser in his store. After the family accepted this offer with honours, Fleming approached six other stores who were local to Theo. The seven stores came together and started their fundraising efforts for Theo's service dog by doing donation boxes and round-up at the cash. The stores involved in the fundraiser were located in Rockland, two in Orleans, three in Ottawa and Embrun.

On Fri., March 29, Theo's family accepted a cheque presentation of \$10,000. The family was able to put the deposit down to secure the spot for the next round of seizure dog training, purchase the dog and has already started the pre-training.

"It is with the most gratitude and thankfulness that I personally thank every person who was involved with the fundraising for Theo and his little Ella. Without this, Theodore would have had to wait an additional year to secure his spot for the dog. The last 24 months have been the most terrifying, exhausting and daunting experience of our lives and without the support of our surrounding community, it would be impossible to continue having such hope. For the first time in 24 months, our family can see the light at the end of the tunnel and we are reminded again of what hope looks like; Theo will experience normalcy in his life and will have the chance to grow and thrive like a normal two-year-old boy. There aren't any words that I could possibly use to describe the life and light that this experience, from Giant Tiger and the community, has put back into our hearts. Thank you so much for the generosity and care that you have shown our family, especially when you didn't have to. We are excited to include Giant Tiger as part of this process by doing some of Ella's public training at all of the locations involved; you have become part of our family and our little



Generous donation

Shanon Desormeaux and her son Theo, were presented a cheque for \$10,000 by Giant Tiger store owners, from the left, Bob O'Reilly, Kevin Adams, Rod Fleming, Patrick Lapensee and Nick Wilson. Ella, Theo's new seizure dog in training, was also present for the ceremony.

Courtesy Fleming photo

man's journey," said Shanon Desormeaux, Theo's mother.

Theo has an ongoing GoFundMe page accepting donations toward's Ella's training, more information can be found on Facebook: Theodore's Journey: A fight for life.

Easter comes early to Russell

Kory Glover
Villager Staff

RUSSELL – Despite not being due to arrive for another week, the Easter Bunny visited the residents of Russell early during the Russell Lions Club's fourth annual Pancake Breakfast.

Locals of all ages, for an entrance fee of \$5, were treated to a breakfast of sausages, coffee, juice and, of course, pancakes with rich maple syrup.

Mike Fostner, chair of the Russell Lions Club, said that, with the money raised each year, they pour it back into the community through different charitable revenues.

"Attendance for this year has been about the same as the last years," said Fostner. "Every year we raise a couple hundred bucks that goes towards the Lions Club that get poured back into the community. In the previous years, we've donated to Winchester Hospital and other individual charities."

The amount raised from this year's event was not made available for press time.

Giving back to the community

Pictured from the left, Russell Lions Club chair Mike Fostner, volunteer Denis Bedard and past president Julius Toth, were manning the serving stations, filling up people's plates with breakfast food.



Cuddles with the Easter Bunny

The Easter Bunny made an early visit to the kids of Russell, offering warm hugs and sweet treats.

Glover photos



A smile for a smile

After six consecutive years, Embrun's RDH Dental Hygiene Care have accomplished their most successful Gift from the Heart event yet, providing free dental hygiene care to 16 patients with an estimated value of \$3,000. This is a special day set aside for registered dental hygienists, like Joanie Fleurant, to provide free dental care to individuals and families who have difficulty accessing and affording sufficient health care. Also pictured: Noah Joseph.



Glover photo

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APRIL 17, 2019

Don't leave money on the table

Linda Vogel, CPB
Record Contributor

CHESTERVILLE – If your house is located in Ontario, you may be eligible to claim the new housing rebate. This rebate not only is available to new home purchases but also includes substantially renovated homes.

If you have bought a new house or substantially renovated a house as your principal residence, you may qualify for the rebate program.

This rebate can also be extended to a property for a relation by blood, marriage or common-law partnership. Blood relations include parents, children or other descendants or siblings. There are two parts to this program in Ontario; you can apply for the federal and provincial portions of this program.

Criteria for this rebate include: having bought a new house or substantially renovated a house, including condominium, duplex, mobile home or a floating home. A new home may be purchased from a builder or owner built (including a contractor). Substantially renovated means 90 per cent of the interior of the existing home. A building permit is



required if the home is new or if there is any structural work completed on the house. If there are no structural alterations, you can apply for the rebate without having a permit from the township. The federal rebate is not available on houses with a fair market value over \$450,000.

Items that are included in the application process are HST on the following purchases: land purchase, general contractor, architectural and engineering, site preparation, demolition, utility connections, excavation, footings, waterproofing, framing, concrete finishing, plumbing, electrical, HVAC, roofing, masonry, windows and doors, garage

doors, insulation, exterior finishing, interior decorations, landscaping, driveways, decks, fences, legal fees, well drilling, septic and more.

The maximum Ontario new housing rebate amount is \$24,000 which is six per cent of \$400,000. Therefore, home owners are paying only two per cent of the provincial tax on the first \$400,000 and then eight per cent on the remaining amount. You may still qualify for the provincial portion of the rebate even if the house and land are more than \$450,000.

For a complete list it is recommended to seek a bookkeeper or accountant that is knowledgeable on the program to provide the completed forms.



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Do it yourself doesn't mean do it alone.



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Home improvement checklist

Kory Glover
Record Staff

NORTH DUNDAS – Sometime, sooner or later, Mother Nature will ease up and present us with a proper spring season and when that comes, it's best to prepare your house for warmer months ahead – with a simple checklist.

First, you should check the shingles on the roof. Sometimes, during the winter months, shingles can become damaged or lost due to dampness, water, weight of snow and ice or harsh storms.

If this is the case, it might be time to add a replacement in the budget. During the summer heat, roofing materials can deteriorate and start to become hard, inflexible and brittle, which will lead to cracks.

This is how moisture seeps through

the roof and into wooden structures, making them weaker. So, do yourself a favour and check your shingles.

Next, you'll want to use a screwdriver to reinforce the trim around your doors, railings and decks. This will reduce the risk of spring rains doing more damage to exposed wood.

After that, be sure to check your chimney to make certain that the cap is present and in good repair to ensure that small animals, rain and snow will stay out. It's also important to check the chimney's structure for any cracks, missing bricks or any other signs of deterioration.

It might also be a good idea to get a head start on chimney cleanliness because after at least six months of burning fuel, pellets or wood, there is going to be something building up.

Creosote, a chemical mass of carbon formed when wood, tar and fossil fuels are burned, is a common example and if it's not removed quickly, it can build up into a thick coating, making it a pain to deal with later.

Next, check any outside faucets, like hoses, for freezing damage.

A good way to check for this is to turn the water on and place your thumb or other finger over the opening. If you can stop the flow of water, that's a good indicator that a pipe in your home has been damaged.

Lastly, check to make sure your summer equipment is ready for use. Check oil levels, gas and battery integrity as well as cleanliness to ensure you're ready for six long months of lawn care and other yard work.

Operation clean air: five ways to get rid of indoor air pollution

Spring cleaning may make you think of washing windows and laundering curtains, but what about the air inside your home? In some residences, the air indoors can be more polluted than the air outside. And unfortunately, dust and dirt can make respiratory issues like asthma worse. Here are five strategies to help you breathe easier.

1. Keep your floors clean: make sure people take their shoes off at the door and to vacuum with a high efficiency particulate air (HEPA) filter. This way, you'll reduce allergens and harmful chemicals that can get into your home.

2. Don't let it get too humid: excess humidity attracts mould, dust mites and other allergens. Use a dehumidifier or an air conditioner to keep humidity levels low.



3. Get some houseplants: not only do plants help filter the air in your home, they can also boost your mood. Peace lilies and rubber plants make great air purifiers and are easy to take care of.

4. Have your ducts cleaned: think of air ducts as the lungs of your home; all the air from your heating and cooling systems flow through them. If you can't remember the last time you had them professionally cleaned, now's the time.

5. Change your filters: your air conditioner, furnace, dryer and range hood all have filters that should be changed regularly to keep them working efficiently and the air in your home clean.

This spring, breathe easier by adding the above five items to your spring cleaning to-do list.



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Plan spring projects with SNC

FINCH – Planning on completing a development project this spring or summer within the watershed near a river, stream, floodplain, wetland, slope, or shoreline?

If so, South Nation Conservation (SNC) reminds residents from across its 4,384 square-kilometer jurisdiction in Eastern Ontario to contact the property and approvals teams for more information before proceeding.

“We work with residents to ensure that their development projects are environmentally sound and safely constructed in areas that could be susceptible to natural hazards,” explains John Mesman, SNC’s

communications lead. “This involves helping residents through the approvals process when a permit is required.”

SNC staff are available for consultations at its head office in Finch or at local municipal offices, making it easier for residents to meet and discuss projects and permit approvals.

Additionally, SNC’s septic officials conduct septic system inspections and issue permits on behalf of 13 of the conservation authority’s member municipalities. Coverage includes all regions within the United Counties of Prescott and Russell, the City of Cornwall, and Stormont, Dundas and

Glengarry, except for North and South Glengarry. In 2018, over 400 septic permit approvals were issued to local residents by SNC.

Septic system designers, installers and contractors are invited to attend SNC’s annual septic meeting on April 18, at the J.R. Brisson Complex in Casselman, from 9 a.m. to 11 a.m. The meeting covers general inspection procedures, permit applications, and provides opportunities for participants to share expertise and experiences.

SNC staff are likewise available to answer questions on a variety of topics, such as: tree planting projects, woodlot management, recreational

opportunities, landowner stewardship projects, and its 14 day-use conservation areas.

“We pride ourselves on providing environmental services to our member-municipalities and their

residents,” adds Mesman. “These partnerships allow us to protect people, property and the local environment.”

Asphalt versus Concrete

Kory Glover
Record Staff

NORTH DUNDAS – When installing a new driveway, you want the best material for the best price.

However, it’s not always as black and white as it seems. Two of the most traditional types of driveways are asphalt and concrete, each with their own pros and cons list.

For one, while an asphalt driveway usually costs less, almost half of what a concrete one would cost, it’s also known to be less durable, resulting in more damage. Asphalt driveways also may only last about approximately 20 years while concrete can last up to 40 years.

One important thing to keep in mind is the climate issues for both driveways is that they are both affected differently in each season.

For asphalt, the tar tends to become softer in higher temperatures which can cause some deforming. For concrete, cracks are a common issue in the colder months, which, as mentioned before, can be a pain to fix.

If any damage falls onto either driveway, both can be repaired but fixing a concrete driveway can be more difficult because cracks need to be filled right to

the bottom and that might require more than a simple cement and bonding job.

Asphalt driveways require more maintenance upkeep with a resealing job every three to five years while concrete driveways don’t always require sealing for longer life. A simple degreasing should be enough to remove any oil-based stains that may occur due to concrete being more vulnerable to stains.

However, asphalt cracks are easier to repair and blend back into the original. Resurfacing can also actually be fairly inexpensive while leaving a brand new top coat if the old layer becomes too damaged, which is impossible for concrete.

As for presentation alone, concrete gives you more options on colour while asphalt, more or less, just offers you black and more black. However, there are now tints available that can be added at the end as a sealant or there is even integral colouring that can be added during the mixing.

For concrete, different designs can be stamped, etched or engraved to get more variety and the materials can easily be stained or tinted to an array of different colours.

Which driveway will you go for?

Top 4 home improvement trends for 2019

Planning a renovation this summer? Check out the top trends in design, products, and techniques for transforming your home.

Kitchens and bathrooms. If you’re looking to make a big change this year, a kitchen or bathroom renovation is the way to go. These two rooms continue to top lists as the most popular remodeling projects, especially if you’re looking to sell your home as they typically provide the highest return on investment and add significant value in the eyes of potential buyers.

Florals. Floral-print furniture is a popular way to incorporate this trend in your home. A bold patterned chair or sofa is a great option and really pops when paired with a solid wall colour to keep the space grounded. Or, try a fun wallpaper in a floral pattern in the bedroom or bathroom.

Double islands. When you’re graced with a large open kitchen space, go big with double islands. This custom feature can do a whole lot more than offer extra prep space. With plenty of room for storage, you’ll be able to conceal appliances like the dishwasher and microwave, freeing up even more counter space. For an easy way to add a dishwasher to your islands, check out the Sanivite pump system from Saniflo.

Home offices. Working from home is more popular as the number of people who work freelance or remotely continues to grow. A stylish home office can be a great way to keep your independent work space separate from the rest of your home living area. For a productive home working environment, include functional pieces like custom built-in shelves, a comfortable chair and great lighting.

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House proofing against carpenter ants

AJ Al-Rajab, PhD
Record Staff

Carpenter ants are a common destructive pest known worldwide, they were named for their nest building inside the wood. These ants do not eat wood, they only chew through wood and make tunnels to create their nest; so, they are different from termites who eat wood as a source of cellulose as a main diet.

Outside, carpenter ants feed on sources of protein and sugar such as insects and the honeydew (sweet liquid produced by aphids and scale insects). Once they are inside, they eat any sources of food available at home such as meat, pet food, sugar, honey or other sweets.

In nature, carpenter ants have a very important ecological role, they chew tons of decayed wood and turn it to sawdust that degrades and provides compost to new growth. They are considered as a destructive pest only when they enter man-made structures.

Carpenter ants build their colony preferably in decayed wood softened by fungus which is associated with a moisture problem, or in

standing trees (living or dead). The black carpenter ant (*Camponotus pennsylvanicus*) is the most common in Ontario and Quebec and known for its big size from six to 12 millimetres. Ants are social insects and live only in colonies. A mature colony (three to six years old) has more than 3,000 individuals, the number may reach 50,000 in large colonies, about 10-20 per cent of which are workers. Each colony is controlled by only one wingless queen which could live 15 years and lay more than 70,000 eggs. When the colony is established for more than two years, winged males and females (swarmers) are produced, they leave the colony to mate and establish new colonies. Swarming usually occurs in summer months in Ontario and Quebec from June until August.

Tips to ants-proof your house:

Eliminating an existing infestation of carpenter ants is a challenge; the nest should be found to destroy the whole colony which is difficult in case of high infestation. The nest can be

inside or outside the house. If you see carpenter ants inside the house only in summer, they may be only workers looking for food and infiltrated the house from outside. But, if you see ants activity in your house during winter, more likely there is a nest inside. However, there are some recommendations to prevent the infestation with carpenter ants:

- If you use a wood fireplace, inspect the wood before bringing it inside, if you see any ants or tunnels in the logs, leave them outside.

- Store your wood away from the house foundation.

- Seal any openings outside around windows, doors and chimneys.

- Repair any water leaks inside the house and keep the structural wood dry.

In case of infestation with carpenter ants, some homeowners try to get rid of them by spraying an insecticide inside the house or using moth balls, boric acid or cinnamon; none of them have been proven effective if the nest was not located and destroyed. A professional pest control technician may be able to help locate the nest and apply a proper treatment.

Tips for choosing a contractor for your next home renovation

Home renovation on the horizon? Here are five tips for choosing a qualified contractor.

- 1. Get recommendations.** Ask friends and family members who they'd recommend for the job — word of mouth is one of the best ways to find a good contractor. Checking online reviews is another method to search for possible contenders.

- 2. Ask for credentials.** Hire a contractor who holds the necessary licences and permits to work in your area.

- 3. Interview several candidates.** Ask each contractor about their qualifications, their experience, how their company works and if they have any suggestions for your project. Don't forget to get referrals.

- 4. Check references.** Call previous clients to ask if they were satisfied with the contractor's work, if it was completed on time and whether or not there were any problems or issues during the renovation.

- 5. Get it in writing.** Before the contractor starts, make sure he or she provides a



detailed contract that includes the work to be done, the start date, the projected end date, the payment schedule, the materials and products that'll be used and any subcontractors that need to be hired.

By following these steps, you're sure to find a trustworthy and hardworking contractor to make your dream renovation a reality.

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A window to better home improvement

Kory Glover
Record Staff

NORTH DUNDAS – Now that winter is finally starting to rear its ugly head and give another season a chance in the spotlight; it might be time to see what kind of damage your windows went through.

Take a walk around your house and inspect all your windows because, sometimes, moisture can cause some real damage. Frost can melt, allowing moisture to seep into the casing, trim or drywall, which can cause warping.

This could eventually lead to weak frames and/or wood rot, which could invite carpenter ants into your home for a little snack. A good way to test for this is a simple knock test.

A good indicator for wood rot is soft and damp wood, so simply tapping along the frame can help find any weak points. If multiple points are soft or hollow sounding then you might want to consider contacting a professional to assess the damage before the problem spreads further out of your control.

To help prevent moisture from reaching the wood frame or if you feel a leak along the sides, caulking is a good tool to use. These leaks allow cold air, rain and snow into your home and along your frame, leading you right back to the previous problem of wood rot.

A quick job of apply spray insulation foam or reapplying the window caulk will fix these problems and prevent new ones from arising.

Something that most homeowners forget to do is clearing debris from the window sills to prevent damage. Winter can be murder on the environment with constant storms, heavy snow and ice; which can leave behind leaves, rocks, branches and other debris.

It's important to remove these elements because little bits can get caught in your window tracks, which can cause damage to the frame if the window is forced open or closed. A simple use of time to clear all debris from your sills will save you a lot of hassle in the future.

If you have a small entranceway, you probably struggle to keep it organized without making it feel cluttered. Here are some tips to maximize the space.

- **Wall hooks.** Hang your coats, bags and hats

in style with an assortment of hooks along the wall. Go for a retro feel with big dots arranged at different heights, or opt for a more traditional style with a neat line of hooks or pegs.

- **Bookshelves.** Shelving units can do more than just hold books. Put one in your entryway to store shoes, bags and anything else you want.

- **Storage bench.** This piece does double duty: it gives you a place to stash your outdoor gear and somewhere to sit while you put on your shoes.

- **Console table.** If you need a place to toss your keys and mail when you come in, a high but slim

console table is a great choice. Place decorative boxes underneath to hide things you want to keep handy.

- **Floating shelves.** A shelf placed high above your hooks, storage bench or console is a great place to put baskets or boxes to hold things you don't regularly use.

By being smart about how you design your space, you'll make your entryway functional, organized and stylish.



How to create a gallery wall in your home

A well-executed gallery wall can be a stunning focal point in almost any room. Follow this guide to create your own collection of photos and prints.

- **Choose a theme.** Sticking to a theme will give your gallery wall cohesion. Select a colour scheme or a specific type of image to display.

- **Select the right wall.** Choose a wall that has enough space to accommodate what you want to display without crowding the images.

- **Pick your frames.** Opt for identical frames to make an impact, or go for a more eclectic look with frames of different sizes and shapes — just be sure they go together by choosing frames that are the same colour.

- **Try it out.** Before you start hammering nails into the wall, lay out your frames on the floor to make sure you like the arrangement of your chosen images.



- **Hang the pictures.** To ensure you place your nails in the right places, make paper cut-outs of each frame, mark where the nails should go, then tape the cut-outs to the wall. When it's perfect, hammer nails right through each piece of paper directly into the wall.

In addition to being a striking focal point in the room it's hung in, your gallery wall is a great place to display your favourite pictures and personal mementos.

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CHESTERVILLE — Tony Van Gulp grew up on a farm north west of Chesterville on the Winchester/Finch boundary but his true passion was always for carpentry. Van Gulp began his career in the city of Ottawa working on commercial properties but never moved far from home. He built a small bungalow for his new family and called it home for 20 years.

Van Gulp and his wife Betty partnered and opened his own business in 1984, building new houses, property renovations, decks

and office renovations which he continues to do til this day. Betty is a big part of the business as she does the accounting, scheduling, payroll and bookkeeping.

He built his new home in a bush across the road from his bungalow and the farm on the Finch/Winchester boundary. At one time, Van Gulp employed at least 10 employees for the summer months and busy times but now he just has the one employee. Van Gulp services the local area but does do work in Ottawa and surrounding areas. He says many of his jobs now come by "word of mouth."

In the past, Tony Van Gulp Construction got into the super fabric structures to add another aspect to the business but eventually faded them out and got back to woodworking. Van Gulp, himself works year round and keeps himself busy and adds employees when needed for bigger jobs. In his life he has built 35-40 new single family homes.

He also partnered with Morewood Homes (Guildcrest Homes) at the time, installing kitchens for the new houses delivered.

Looking back Van Gulp says some jobs stood out as highlights of his career. The Morrisburg Arena roof project was a huge job which required 10 employees. There was a rush that summer to get the roof done before September. His crew put together the iron trusses on the ground using about four tons of bolts.

The wooden roof was removed by a crane in sections and when the old roof was taken down, a crane then lifted the new roof on. Once the trusses were put up his crew added the steel sheeting. The job only took them three weeks to complete under the tight deadline, completing it before a scheduled event in the arena in early September.

Another notable job was when they were tasked with building the Iroquois Public School. The school board tasked Van Gulp to build eight classes. Van Gulp kind of lucked out as Morewood

Continued on page 8B



Before

A beautiful transformation

This is a before and after picture of one of the homes that Tony Van Gulp Construction completed over his 35 years as a carpenter.

Courtesy photos



After



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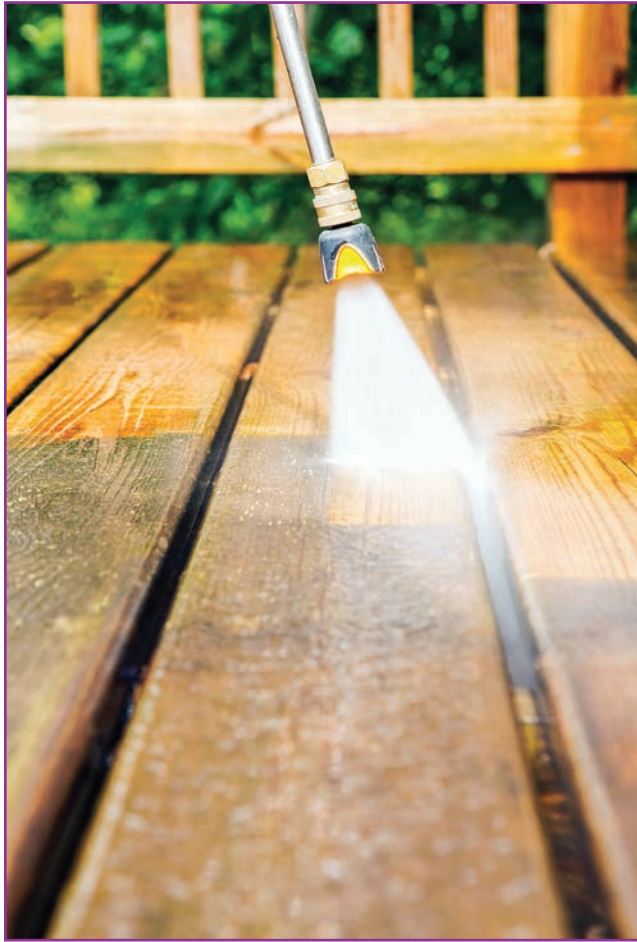
Kory Glover
Record Staff

NORTH DUNDAS – Sitting on your deck or patio underneath the warm sun with a cool drink by your side can make for a relaxing summer afternoon – so why not try to make it last?

If you want to make your deck and/or patio last until the next season, here are some tips to properly maintaining your structure.

First thing is pressure washing. Doing this at the start of every season will not only remove hard dirt, stains and loose wood fibres but it could actually make it easier to spot any extra damage that could be forming along the planks.

After that, if you notice your wooden decks developing a greyish hue and a rough touch, a sanding job could reveal a



more beautiful, smooth and natural layer, prolonging the life of the wood. Any use of a belt sander, palm sander or sanding sponge will easily get this job done.

Next, any loose nails should be replaced because humidity and changes in temperature can create stress and swelling in wooden decks, which can cause the wood to shift and loosen up some of the nails. This could cause nails to pop out, leading to barefoot injuries.

However, when you see these nails popping out, it's advised to not nail them back in as that would exhaust or split the wood. Instead, remove the nails completely and replace them with longer screws as they would last longer within the wood.

Once you're finished with the sanding, washing and nail replacing, applying a waterproof sealer is the next step to protect your deck from moisture and sun damage. This could also be your chance to add a bit more colour to the wood by applying a stain before the sealer, just make sure the deck is completely dry before doing anything.

The recommended time to give your deck for a complete dry after

pressure washing or applying stain is 48 hours, so keep a close eye on the weather.

Lastly, when decorating your deck or patio with furniture, refrain from dragging anything along the surface. Doing so can scrape away all your hard work from staining and sealing, as well as cause chipping in the wood.

Just simple lift from the legs and your area will last the summer and many more beyond that.

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Tony Van Gulp

Continued from page 7B

Homes had built modular boxes for a school but somehow the project was put on hold leaving many of the components moulded as they sat in their yard.

The modules were all taken apart, stripped of the drywall and the empty modules were used as the framing of the Iroquois school.

One other memorable job was the famous Morewood United Church Bell removal. It would seem like an easy task but it was much more complicated as there was not a lot of room for the bell to slide down and there were a lot of bystanders.

The bell weighed 1,250 pounds and there was not a lot of support. Van Gulp borrowed a silo unloader winch from Byers Farm Equipment in Chesterville. The winch was a



Owner operator

Tony Van Gulp of Tony Van Gulp Construction has been a carpenter for the better part of his life. He and his wife Betty have been in the business now for 35 years. Tony says that throughout his career he has never heard a complaint about his work.
Moore photo

manual one with a crank on it. According to Van Gulp the cable was not tight on the spool and every time they lowered the bell it felt like it fell a foot and a half instead of the inches they thought it was moving.

It was stressful he said because the church wanted the bell to make a memorial at the Morewood cemetery. They did get the bell down in one piece though, another job well done by Tony Van Gulp Construction.



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Bringing out the best in a home with a new countertop

Kalynn Sawyer Helmer
Record Staff

CORNWALL – André and Joanne Baron don't originate from the Stormont-Dundas-Glengarry counties but they made it their home when in 2002 they moved their family, including three teenagers from Ottawa to Morrisburg.

Before then, André worked in the kitchen industry since he was a young man but wanted to try his hands at starting his own business. With the help of his wife, Joanne, the couple opened Morrisburg Kitchen Cabinet Refacing in 2002 on Prospect Rd. in Morrisburg. Joanne reminisced about their very first customer and how she recalls just how excited they were.

After a move to Pinkus Mall on Main a year or so later, the purchase of Cornwall Counter Tops in 2007, running both businesses by going back and forth and doing a move of the Cornwall location from Cumberland, Joanne and André are settled at their current space on Sixth St. Around 2011 they combined the two businesses together calling it Morrisburg Kitchen and Counter Tops and now just this year they have decided to phase out refacing and focus solely on the countertop business with Cornwall Counter Tops.

It has been a long journey and many changes along the way but Joanne and

Serving their customers

Joanne and André Baron, owners of Cornwall Counter Tops, show off their showroom at their Sixth St. location in Cornwall. The store offers clients an array of options for style colour and function.

Sawyer Helmer photo



André aren't looking back. "It was one of André's dreams to do this. I had worked with Mastercard all my life, then decided to come and help him in 2006; that was a big change. We've had our ups and downs for sure but we always keep our heads up and have family members helping out," said Joanne. "Working for yourself is good. It can be stressful but it's a good stress. This is our baby; we work hard at it everyday."

The store sells laminate and solid surface, also called Corian. While they want to get out of refacing Joanne noted that they still provide doors and tiling for backsplashes on top of the countertop installation. "André has been doing this since he was about 16 years old. He's very good at what he does," she said.

New to their roster is the under-mount sink with laminate. André and Joanne introduced the concept during the Cornwall area home show this year and noted that people were "really impressed by it." While before it was thought under-mount sinks could not work with laminate countertops, André along with his son-in-law Scott were able to come up with a concept that works. A big part of its success is the addition of a Corian edge that is glued on to ensure the water is not absorbed into the wood. The countertops can also feature a Corian or laminate edge on the outside of the counter. "It's very nice and something else we can do now that no one else is doing," said Joanne.

Giving homes a new look and helping their clients has made the duo and their team a big success. While doing refacing of kitchens can make a dramatic difference to a home, Joanne said even a new countertop can be a big step to improving a space. "When André is finished I'm proud of what he does because it looks so good," she said.



A new option

An under-mount sink with laminate countertop is a great new option for clients looking for the under-mount look without the need for stone counters.

Sawyer Helmer photo



Clean lines

Laminate countertops with Corian edging in the sink and along the outer side of the counter make for a sleek look when upgrading a room.

Sawyer Helmer photo



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Bringing in the pros when buying or selling a home

Kalynn Sawyer Helmer
Record Staff

CHESTERVILLE – Five years ago Lise Buma took the leap to begin a new career and she couldn't be happier. Her father, well known local contractor and community member Peter Van Kessel built many homes in Chesterville where Buma spent her youth and her father's passion was passed on. As a child Buma would bring home building plans to her room and she would dream of ways to plan and rearrange the home. "I've always been interested in it; I think it's sort of in my blood," Buma says.

Having worked for FedEx for years, Buma was able to see many homes during her work. "If I was nice and told them how much I liked their home, they'd give me a tour," she noted. "I really enjoyed going into people's homes and seeing their style and their design."

But just seeing the homes while working wasn't enough. Buma wanted to help others and be part of the real estate world. While she admits the idea seemed crazy to be starting over in a new career, Buma says she is so glad she did. "It's such a thrill, especially for a first time buyer because they're so excited to be purchasing their first home, I just love being a part of it."

Having a local realtor is an essential tool for buyers and sellers to get the most out of the experience. Buma says, realtors know how to market a property. "After sellers live in their home for a while, they get accustomed to it. They don't see the little things that we see; and when we walk through we'll give you an honest opinion," says Buma. "They get an honest opinion and then advice on how to fix up their home and what they should do to improve it because everybody wants top dollar for their home. How you get top dollar is by doing those improvements."

Also, a realtor can help with staging a property. Whether it's rearranging the furniture or having the right decorations, staging a house can be the difference for buyers who may not otherwise be able to see the potential. Buma says she even uses some of her own items to fill in any gaps in order to present the home as best as possible. This also helps when taking photos for a listing. Buma notes she can tell when another realtor hasn't staged the home just from the photos, meaning first

impressions matter. That is why Buma hires a professional photographer as an additional asset.

Once a realtor helps a home sell, they can also lend a knowledgeable hand during negotiations and the paper work process. "It's hard for buyers to be open and honest with the seller. They don't want to insult the seller and if buyers are working directly with the seller it can be hard," Buma explains. "When the tensions are high I can save the deal by being that middle man and negotiating."

When it comes down to it, a realtor can be important because of their connections, especially someone local. "A realtor has many tools at their disposal and one of our biggest ones is our contacts," says Buma. "I think it makes sense to hire a local realtor, somebody who knows the area. We can give you a lot of information about the town, the schools, the township, rules and regulations in the area; we're just so familiar with the area that it just makes sense [to have someone local]."

With spring getting into full swing Buma is getting busier and busier. She notes the spring market started a couple weeks ago and is picking up quickly. "It's a sellers market right now. There is a huge lack of inventory, there's just no houses out there, especially in Ottawa. So that means properties are selling very fast and at top dollar," Buma says.

To help buyers stay in the game, Buma says they need to be prepared; this means meeting with the bank or a mortgage broker early. "Nothing is worse than finding your dream home and then finding out you can't afford it. I truly believe that people should go to the mortgage broker or bank and find out exactly what they can afford before they start looking," she notes.

It's also a good idea for buyers to call a realtor during this process. Buma says often she knows of people looking to buy or sell before the home is even listed. By having the inside scoop, Buma can make just as many deals without sellers having to list their homes. "If the seller can get their asking price and save on commission because it's not going on MLS, [that's a win-win]," she says.

With so many connections and knowledge, it's easy to see why a realtor like Buma is an essential asset when buying



In the family

Lise and Simon Buma have completed construction on Park View Korner, the latest addition to Chesterville's rental property market. The four-plex building has been fully rented with move in dates expected to be this spring. Park View Korner pays homage to Lise's late father, Peter Van Kessel, by using the same initials as a small tribute.

Courtesy photo

or selling a home. It adds an extra special touch when Buma gets to sell a home in Chesterville that her father built 40 or 50

years ago. "It's very cool to be able to sell my father's houses," Buma says, brimming with emotion. "I love my job."

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Spring cleaning: three key items to deep clean

Cleaning your home this spring? Don't neglect these three things.

1. Curtains

If your curtains are made of a lightweight, washable material, all you have to do is run them through the washing machine. For heavier fabrics, or those that need to be hand washed, a steam cleaner with an upholstery attachment will do the job while your curtains are still hanging.

2. Carpets

Whether they're starting to smell, they're stained or you just plain can't remember the last time you washed them, don't put off cleaning your carpets. The best and easiest way is to hire a professional carpet cleaner. They'll have the right equipment and products to make your carpet look as good as new.

3. Oven

Your oven's self-cleaning function fills your kitchen with smoke, and chemical oven cleaning products are enough to make anyone woozy. Here's a more natural way to make your oven shine like new: remove the racks from the oven, make a paste of baking soda and water and spread it on all of your oven's surfaces except the heating elements. Let the solution sit for 12 hours (wash the oven racks while you wait) and then scrape off. Wipe with vinegar and water a few times until it sparkles.

Once your curtains, carpet and oven are clean, make their upkeep is part of your regular routine to avoid needing to deep clean every spring.



Electrical safety in your home following a flood

If your home is flooded, you must take care not to get electrocuted. Water could cause major damage to your electrical system and make your home a danger zone. Follow these tips to stay safe after a flood.

- Don't enter areas of your home where you suspect water rose higher than the electrical plugs. Wait until a licensed electrician or the electrical company has cut off your power.

- Assume that any electrical appliances or electronics that were underwater are now ruined. This also applies to plugs, wiring and circuit breakers.

- Have an electrician do a thorough inspection of your electrical system before turning it back on.

If you come into contact with floodwaters, you may be electrocuted. Never enter a flooded home alone and stay away from areas of your home that are underwater until a licensed electrician has inspected them.



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Three alternatives to wood-burning fireplaces

Looking for a fireplace that's more environmentally friendly and energy efficient than a wood-burning one? Here are three options worth looking into.

1. Gas fireplace

Convert your old wood-burning fireplace using a gas insert. It'll provide the ambience and warmth of a wood-burning fireplace with the flick of a switch. If you're already connected to a natural gas line in your area, a technician will connect it to your fireplace. If natural gas isn't an option, propane is another possibility.

2. Electric fireplace

You can put an electric fireplace in any room in your house that has an electric outlet. These fireplaces can heat rooms that are up to 400 square feet.

3. Pellet stove

Pellet stoves use pellets, a renewable fuel source, to distribute heat. They're easier to use than wood-burning units — just fill the storage hopper with pellets and set your thermostat to the perfect



temperature. In order to maintain the selected temperature, a sensor will send a signal to a mechanism that drops new pellets into the fire when needed.

So which option should you go with? Get help deciding by talking to a professional. He or she can advise you as to which type of fireplace or stove is right for your home.

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Essentials for the budding handyman

Maybe nobody in their right mind would call you a great handyman, but you can take heart in one thing: you're not alone! There is something that can improve your chances of doing a job right the first time, however. Investing in a few good quality basic tools can help you do the job in a timely fashion without constantly having to borrow your neighbour's tools.

For the budding handyman, here is a list of what your first toolbox should contain:

- hammer (not too heavy nor too light, with a rubber handle)
- tape measure (at least 25 feet/7.5 metres)
- level (at least nine inches/23 cm) and a set square
- hand saw or circular saw
- miter box (for cutting angles)
- box cutter knife
- set of screwdrivers or

screwdriver with multiple heads or power screwdriver

- long-nose pliers, cutting pliers, clamping pliers, and locking pliers
- adjustable wrenches, ratchet and socket set, and Allen key
- sandpaper and sanding block
- safety glasses, gloves, and protective mask
- hot glue gun
- work apron or tool belt

Avoid buying packaged sets of tools. It is far better to take the time to choose each tool individually, according to your needs. A tool has to be of good quality, ergonomic, and adapted to you. Don't hesitate to try them out in the store.

For bigger, more infrequent jobs, keep in mind that it is possible to rent a wide range of tools, such as a bench saw, miter saw, jigsaw, router, biscuit joiner, stapler, sander, compressor, and the like.



Update your bedroom with new curtains and bedding

Does your bedroom need an upgrade? Change the look of the room with new curtains and sheets. Here's how to choose the perfect new linens for your room.

Curtains

When selecting curtains, think about the look you want in the room and then find a fabric that corresponds. Linen and cotton blends are more casual and cheerful, while silk and velvet are refined and regal.

Next, think about the colour and pattern you'd like. You can match your curtains to the colour of the wall and use pattern and texture to make them stand out. Alternatively, you could hang a multi-coloured pattern and make them a focal point.

Bedding

You don't need to match your bedding to your curtains but they should co-ordinate. You can pull a colour from the pattern on your



curtains or use a contrasting colour. If you'd like to use different patterns for your curtains and bedding, stay in the same colour palette.

When buying your sheets, invest in high-quality, natural fabrics. Egyptian cotton is classic and

comfortable, while silk feels luxurious and has the added bonus of being gentle on your hair and skin.

By changing the linens in your bedroom, you'll wake up feeling like you're somewhere new.



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Basement remodelling tips

A basement remodelling project can add valuable and usable space to a home. For many years, homeowners overlooked the potential of a basement remodel, perhaps thinking it would not be a smart return on investment. But that's no longer the case.

The latest "Cost versus Value" report from *Remodeling* magazine says the average basement remodel can cost around \$61,000 with a 70.3 per cent recoup rate. In addition, *HGTV* says architects and contractors indicate the cost of redoing a basement is roughly one-third to one-half less than the price of putting an addition on a home.

Before remodelling a basement, homeowners should think about how they want to use the space. Homeowners also must focus on some potential obstacles in a basement that will need to be addressed so that the area can be as functional as possible.

Basements can be chilly and damp. That means moisture issues and heating and cooling needs must be addressed prior to any construction. Homeowners may have to consider the



Certain structural and other issues should be addressed prior to a basement remodel.

installation of a dehumidifier and run venting through the basement to allow for proper climate control. If a basement takes on water, either through the walls or a concrete slab, a professional waterproofing company can come in and fix these issues so they will not damage drywall and flooring afterwards.

The presence of insects and pests also must be addressed. Exterminators can help homeowners figure out which

insects are in their basements and how to make the space less hospitable to these unwelcome guests so that the room will become comfortable for human occupants.

Space is often at a premium in basements, which may contain HVAC units, water heaters, filtration devices, ductwork, pipes, and the other appliances. Qualified contractors can suggest solutions for cordoning off appliances and camouflaging pipes and wires so they won't detract from the finished product. However, building access panels into the design will make it easier to service or repair features as necessary. Homeowners also may want to wrap pipes before drywall is installed to quiet noisy drainage pipes.

Uneven basement flooring will need to be smoothed out and flattened before carpeting or tile can be laid down. A self-levelling underlayment can be applied to fill in gullies, while larger crack and holes will need to be patched.

Once the structure of the basement is addressed, then the design work can begin. Many professionals advise against drop ceilings, which can take away from ceiling height and look cheap. Basements can be dark, so the addition of plenty of lighting can help brighten the room. Small basement windows can be replaced with larger ones to add more light as well.

Homeowners can mimic built-ins and architectural details from elsewhere in the home so the basement is aesthetically cohesive and doesn't seem like an addition. Bookcases and shelving can add valuable storage space as well. Decorate the basement with bright, neutral colours so they make the space feel more inviting.

With some effort and financial investment, basements can be as beautiful and functional as other rooms in a home.

Five fun and affordable ways to revitalize your home

Does your home need an update? If a full renovation isn't in the cards this spring, here are five fun and inexpensive makeover tips for reinvigorating your home.

1. New accessories

Inexpensive upgrades such as new throw pillows on the couch, a fresh tablecloth in the dining room or a chic frame for a painting or photo will help revitalize your home.

2. Rearrange your furniture

Sometimes changing the layout of a room is all you need to do to make it come alive again. Move your bed to the other side of the room or switch the living room furniture around.

3. Update your bathroom

Replacing accessories like the soap dish, shower curtain and hand towels can make your bathroom feel brand new.

4. Switch up your lighting

A lamp for your



bedroom or a new fixture in the dining room will shed new light on a room that's lost its sparkle.

5. DIY upgrades

If you want new cabinets in your kitchen, try painting the ones you have for a cost-effective

alternative. Consider a DIY approach to other desired upgrades for your home.

These simple and affordable changes can make you fall in love with your home all over again. So which ones will you undertake this spring?



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Keys to nautical home design

Both classic and contemporary, the nautical look is never dated. Here are a few keys to perfecting this style.

• **Nods to the sea and sailing.** Lanterns, model ships, anchors, nautical maps and prints of sea creatures are among the many decorative elements that are well suited to nautically themed rooms.

• **Wood elements.** Decorate with weathered wood that recalls the docks and buildings of coastal areas. Alternatively, choose furniture made of shiny teak that's reminiscent of a well-maintained captain's cabin.

• **Knots and ropes.** Ropes are omnipresent on most ships and are considered a must-have item in nautically themed rooms. To incorporate them, use interesting wall hangings or other decorations made with natural fibres like hemp or sisal to show off your nautical style.

• **Blue and white stripes.** Blue and white stripes have long represented the sea and sky, making the combination a key part of any nautically themed room.

While the nautical theme can work almost anywhere in your house, it really shines in bathrooms and kitchens.



How to get rid of clutter and organize your home

A tidy and organized home can feel like a refuge at the end of the day. If your home has become cluttered and disorganized, take the time to declutter and sort it out.

Going room by room, the first step is to get rid of anything you don't need. It may seem overwhelming at first, but removing unwanted and unneeded things will be liberating. You may even find yourself throwing out more than you originally planned.

If you're not sure where to begin, start by getting rid of items that don't get used and articles you have multiples of. Donate things that others can find a use for and throw out anything too damaged or heavily used to be donated.

Keep in mind that the amount of things in a home needs to correspond to the amount of storage available. People

who live in small apartments will end up keeping fewer things than those who live in single-family homes.

Once you remove the excess items from your home, organize everything else using storage containers, baskets and boxes. Articles that don't have a home will probably end up being piled on your table or kitchen counter. Designate a place for everything in your home and make it a point to put belongings away as soon as you're done with them.

Staying cool this summer

Kory Glover
Record Staff

NORTH DUNDAS – With winter, while not so gracefully, finally leaving us for another year, it's time for summer and you know what that means – complaining about the heat instead of the cold.

In order not to suffer from excessive sweating in your home, it might be worth checking your air-conditioning (AC) unit to ensure it's up to endure the full capacity of the summer months.

The first, and easiest, thing you can do is change the dirty filter. A lot of people are unaware that it's recommended that AC filters should be replaced every two months at the very least to ensure the unit continues to run smoothly.

The filter's job is to

collect dust and other debris and it'd surprise you to learn how much of that is in the air and how quickly it can build up. If the filter is left unattended for too long, you could risk wear and tear on certain parts which could lead to breakdown.

Next, you'll want to clean the coils of the unit. AC units don't get much use in the winter and are left to collect dust, dirt and other debris while lounging in your garage or shed outside.

All that garbage can quickly clog up the unit, causing it to run sluggishly. While sometimes simply disconnecting the power and spraying down the coils with a hose can get the job done, for heavily soiled units, a commercial AC cleaner would be needed.

After cleaning the coils,

cleaning the fins should be next on your list. Much like the coils, a clean set of fins will help your AC unit run more smoothly. If you have an old toothbrush laying around, you can use it to gently scrub any muck off.

Be careful not to go too hard though as you do not want to bend the thin metal, causing more damage than there previously was. If these metal fins have been damaged, a professional or variety of tools can help you fix them.

Lastly, make sure your AC unit has a strong support that is levelled. An unlevelled unit could have issues cooling down your home because the cool air needs to flow through the coils evenly without too much interference from an unnecessary slope.

If you find that your unit

is on an uneven level, use a plank of wood to prop it up until there is no slope working against it.

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How to choose the perfect paint for your walls

Are you thinking of giving your walls a fresh coat of paint this spring? Having a hard time deciding what colours to choose? Here are some tips for selecting the perfect shades.

- Decide on the room's entire look before selecting your paint. This will allow you to really pull the room together with colour.

- Once you've settled on the design of a room and chosen the furniture and accessories, take inspiration from a colour featured in a favourite area rug or throw. This will ensure your room looks pulled together.

- If you're painting rooms that open into each other, make the transition seamless by choosing colours that are two or three shades apart on the same paint chip.

- Choose a neutral paint for rooms where something else is the focal point. Bold hues work best in rooms where everything else is understated.

- A tiny paint chip isn't enough to let you know if the colour will work in a given room. Instead, buy a sample and paint a small area so you can see the colour during different times of the day.

No matter your style, following these tips will help you find the perfect new colour for your walls.



Renovating your home? Ask yourself these questions first.

You might be surprised to learn there are many health hazards around the home, particularly when taking on any kind of renovation project — even for something as easy as painting a room. But by educating yourself and taking the right precautions, you'll help keep you and your family safe.

Here are eight important safety questions that Health Canada encourages you to ask yourself before starting your project:

1. Could the products I am using be harmful? Be sure to follow all use and safety instructions on the label, including how to store and dispose of any leftover products. Remember to look for hazard symbols.

2. Should I be worried about lead-based paint? Your home probably contains lead-based paint if it was built before 1960. If the paint is in good condition and is not on a surface that a child might chew or that is subject to wear and tear, it's best to leave it alone or cover it with paint or wallpaper. But if the paint is cracking, chipping, flaking or peeling, or is on a surface that a child might chew or that is subject to wear and tear, you'll need to remove it carefully to avoid kicking up lead dust.

3. Could my house contain asbestos? Before 1990, asbestos was commonly used for fireproofing and insulating against cold weather and noise. You can reduce your risk of exposure by hiring a professional to test for asbestos before doing any renovations or remodelling. Avoid disturbing asbestos materials yourself.

4. Are low-emission products available? Paints and renovation products, like flooring and particleboard, often have a noticeable smell. This odour can indicate that the product contains volatile organic compounds (VOCs). Some chemical products are labelled as "low emission," which means they give off fewer VOCs and are safer for your health.

5. Should I ventilate while I renovate? Yes — ventilation can help

improve indoor air quality by removing pollutants from the home and by bringing in fresh air from outside. This is especially important when renovating or when using chemical products in the home.

6. How should I dress? Labels on products used for renovations will include information about what to wear and precautions to take. This could include using gloves, safety goggles or masks and keeping the products away from other hazardous materials.

7. Can my family take part? It's best to keep children and pets safely away from the renovation area. Pregnant women should also avoid taking part in renovation projects.

8. How do I dispose of leftover materials safely? As your project wraps up, continue to keep safety in mind. Read the label or contact your municipality for advice on how to dispose of any leftover chemical products.

Find more tips at canada.ca/healthy-home.
www.newscanada.com



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