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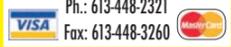
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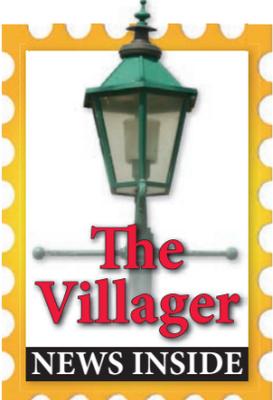
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THE CHESTERVILLE RECORD

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The Villager
NEWS INSIDE

PM40050631R8905 **Volume 127, Number 31 Chesterville, Ontario Wednesday, February 12, 2020 Single Copy \$1.00 (HST included)**

Briefly

60th Annual Pancake Supper
SOUTH MOUNTAIN—On Tues., Feb. 25 from 4:30 to 7:00 p.m. come to the South Mountain United Church at Corner Cty. Rd. 1 and 3 for a pancake supper including real maple syrup, some delicious St. Albert cheese, sausage and homemade donuts. Cost for the supper is \$8 for adults and \$4 for kids, 12 and under. Contact 613-989-5511. Snowmobilers are welcome!

Chesterville Spin-In
CHESTERVILLE—Join the folks at the Royal Canadian Legion in Chesterville (167 Queen Street. W.) on Sat., Feb. 15 from 9 a.m. to 4 p.m. for the Chesterville Spin-In. Cost to attend is \$5 for adults. Please contact Nancy MacMillan at 613-448-1411 or by email at macmillannancy2019@gmail.com.

NCJHL All Star Game
METCALFE—The National Capital Junior Hockey League is hosting an all star hockey game on Fri., Feb. 14 at the Larry Robinson Arena at 2785 8th Line Rd. in Metcalfe, Ont. Doors open at 6 p.m. Liam Maguire is M/C. \$8 for adults/students, seniors \$5, kids under 10 free. Please contact Jason at www.metcalfeare.com for more info.



Winter wonderland

Although the beautiful Chesterville outdoor landscape is most often enjoyed during the Chesterville Carnival, this year it was held solely indoors due to the inclement weather. Fortunately the snow storm didn't prevent the carnival goers from attending the Spaghetti Dinner organized by the Chesterville Public School and the late night dart tournament at the Chesterville Legion. Landreville photo

And what a carnival we had!

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – From the Spaghetti Supper on Friday evening through to an action-packed Saturday and concluding with a dance featuring Great Scott, the 2020 Chesterville Winter Carnival held on Feb. 7 and 8 will be remembered as one of the best yet!

The organizing committee of Shelley McLeod, Monique St. Denis, Tanya VanOers, Nathasha Hall and Emily Sheldrick began planning the 2020 CWC shortly after Christmas, with St. Denis commenting that the organizing continued right up to the event. Committee members were on hand during the carnival making sure everyone was having an enjoyable time and that the many events moved ahead as scheduled.

The incredible snowstorm on Fri., Feb. 7 didn't deter people from attending the Friday night Spaghetti Dinner organized by Chesterville Public School, and a dart tournament at the Chesterville Legion. A 3-on-3 Midget and Bantam hockey tournament was held at the

Continued on page 8

New business for Chesterville

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE—After months of being up for sale, the former A.T. David's Community Shopping Centre, located at the corner of Main and Queen Streets in Chesterville, has been sold. John and Christina Thompson, life-long residents of North Dundas, purchased the building. After extensive renovations, it will provide residents and tourists pub-style refreshments and perhaps something sweet to accompany a coffee or tea.

Christina explained that Doyle's will be a two-sided operation with the pub and eatery on one side and a sweets shop on the other. The pub will feature both craft and domestic beer, plus local and domestic wine, accompanied by pub fare such as

shepherd's pie, soup, sandwiches and other entrees.

For those with a hankering for something sweet to eat, an ice cream shop featuring home-baked goodies, speciality coffee and ice cream treats will be available on the other side of the building.

John explained they have possession of the building at 35 Main Street and are currently preparing for renovations to begin in late February or early March. Opening is planned for June 2020. Both John and Christina want their new business to enhance the community they have lived in for many years and provide an opportunity for their clients to experience a different dining experience in Chesterville.

Continued on page 2



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Putting cancer in its place

Joseph Morin
Record Staff

WINCHESTER – Attitude is everything. Dealing with a cancer diagnosis and the aftermath of rigorous treatments is a challenge for anyone facing cancer.

The Winchester District Memorial Hospital (WDMH) is usually found on the leading edge of cancer care and now the hospital is announcing the return of the supportive care program, Look Good Feel Better (LGFB).

The popular program is returning with renewed enthusiasm, a great group of team members as well as community support.

It involves two-hour, hands-on workshops hosted by volunteers with a background in the cosmetic industry.

The program welcomes women who have dealt with cancer and works to help them reshape their attitude about themselves and their situation.

A press release from the WDMH about the program stated: "It brings together women with all types of cancer in a safe and supportive environment, where they benefit from shared experiences."

Kicking off the program are the team members who gathered at Heritage House Health Spa for their first meeting on Wed., Feb. 5.

The LGFB team is made up of seven members anchored by WDMH's cancer coach Michelle Renaud. "Our thanks to Janice Casselman and her amazing team of volunteers for leading the sessions," at



WDMH's supportive care team, Look Good Feel Better is ready to go. Morin photo

said Renaud.

She said in a press release, "We want to help women face cancer with confidence."

Renaud added it was nice to see these women take a bit of time for themselves during such a difficult time in their lives.

Their mandate is to help cancer patients with skin care, cosmetic hygiene, tips

and techniques as well as different ways to deal with hair issues.

The team consists of team leader Janice Casselman and volunteers, Natalie Brundige, Carla Richer, Pat Kelly, Stella Dodon, Brenda Whitteker and wig and hair specialist Marilyne Kelly.

The program already has five people registered and

waiting to take part.

To register in advance for a particular workshop go to www.lgfb.ca or call 1-800-914-5665.

The dates for the workshops held at WDMH are: Wed., Feb. 26, 6-8 pm, Wed., Apr. 22, 6-8 pm, Wed., Jun. 24, 6-8 pm, Wed., Sept. 23, 6-8 pm and Wed., Nov. 25, 6-8 pm.

Chesterville water tower slated for upgrades

Joseph Morin
Record Staff

CHESTERVILLE—Every municipal facility, from a hockey rink to a swing set, at some time, needs maintenance.

Several years ago the Winchester water tower was upgraded and now it is time for the water tower in Chesterville to have its turn.

Dan Belleau, director of Public Works for North Dundas, said an engineering study was completed last year on the water tower, and several recommendations were made.

The municipality has three years to complete the work.

"We need to remove the liner in the tower," said Belleau. "It is painted on; there is no immediate danger."

The estimated cost for the project, which would include a new lining, new isolation valves and a small shed built over the existing pit to provide cover for the control equipment is \$2.5-million.

Finding the necessary funds for a project like this is always a challenge, however, there is at the moment a window of opportunity for the municipality to apply for funding from the Investing in Canada Infrastructure Program – Green Program.

The program incorporates funding from the federal and provincial governments as well as the municipality.

The cost would be shared, with the federal portion being 40 per cent or \$1-million, the provincial portion being 33.3 percent or \$832,500 and the North Dundas portion being about \$665,000 or 26.6 percent.

The timing is good for North Dundas. "It just happened the money became available through the Investing in Canada Infrastructure Program – Green Program," said Belleau.

The repairs "will be good for 15 to 20 years," he said. "We might as well apply for the money while it is available. You have to keep the maintenance up and current."

The township met with OCWA (Ontario Clean Water Agency) to discuss various projects that require its attention in the next five to six years to see if any of them fell within the mandate of the grant.

"Funding for the Chesterville water tower was highly recommended and meets a significant number of the criteria listed in the program guide," said Belleau.

The work must be completed by Oct. 31, 2026, and will be tendered out once the funds have been secured.



Our office will be **CLOSED** for the **FAMILY DAY HOLIDAY** **February 17, 2020.**

Deadline for advertising is Thurs., Feb. 13, 2020 at 12:00 p.m. for the Feb. 19th edition.



Requests for Quotations and Tenders

The Township of South Stormont are currently seeking submissions for the following Requests for Quotations and Tenders. Tender documents can be obtained at the Township Office at 2 Mille Roches Road, Long Sault, or by contacting Donna McCue at donna@southstormont.ca

- RFQ 01-2020: Equipment Rental. Closing March 3, 2020 at 11:00 a.m.;
- RFQ 02-2020: Granular Materials. Closing March 3, 2020 at 11:00 a.m.;
- RFQ 03-2020: Surface Treatment. Closing March 3, 2020 at 11:15 a.m.;
- Tender 07-2020: Replacement of North Lunenburg Road West Culvert. Closing March 26, 2020 at 11:00 a.m.;
- RFQ 08-2020: Supply of Two Side Loader Garbage Trucks. Closing March 26, 2020 at 2:00 p.m.

- Thank You - JANNY GEURKINK

With the pain still raw, from the passing of our father; we once again find ourselves overwhelmed with thankfulness to the community, friends and family for all the support, words of comfort, and the beautiful stories of how our mother, Janny Geurkink, touched your lives. Many of you came with "no words," as there were none... the hugs said it all... And thank you to our neighbours and friends for all the meals that appeared at our doors, the flowers, the donations, and above all, all the prayers that were sent up for our family.

Thank you to the beautiful people who work at the Garden Villa, but also the people who reside there and became friends of Mom (and Dad), to David Lapier of Marsden & McLaughlin, Cathy of Flower Essence, and Dr. Halili for the years of care she gave mom. Pastor Aaron, for the words spoken of our mom, but also how he reminded us of all God's blessings to us and of the assurance of God's promise. Those who read Bible passages and spoke of Janny (Mom), Pamela (granddaughter) who played the piano as we sang the song of praise that Mom chose, and to Siena (great-granddaughter) who sang so beautifully the perfect song, touching the hearts of everyone in the sanctuary. And once again a huge thank you to the ladies and gentleman who provided and served at the luncheon.

These last few years of Mom's life were limited to the amount of oxygen in her tank or the length of her tube, but never did we hear her say life was unfair. She would always tell us to "count our blessings," and to "begin each day with praise and thankfulness to God".

The words "thank you" will never cover the depth of thankfulness we feel towards you, our community...

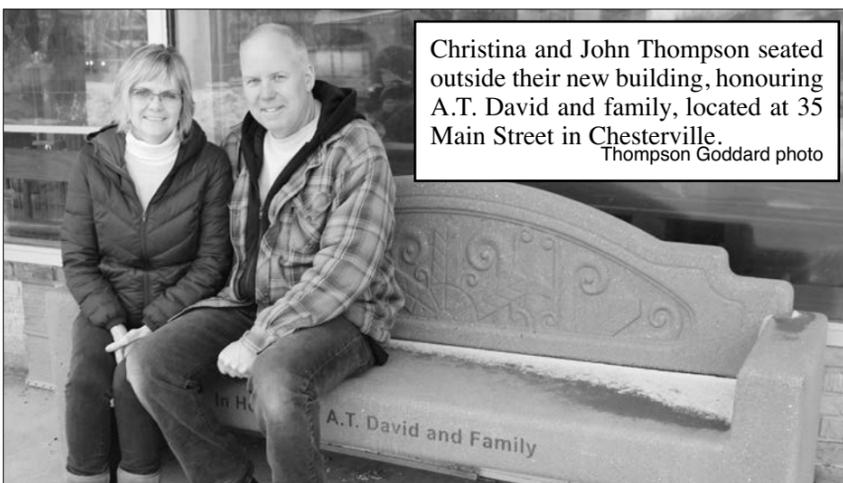
"And on that day when my strength is failing,
The end draws near and my time has come.
Sill my soul will sing Your praise unending,
Then thousand years and then forever more."

Sincerely, Jack and Diane, Nancy and John (DeJong), Ray and Angela, Mike and Catherine, Shawn and Gislaine Geurkink and families

New business

Continued from the front

The name of the business is a tribute to Christina's mom, Edith Chambers, whose family's nickname was Doyle. "[Mom] was our inspiration for the project because she was an amazing cook and fabulous hostess; anyone who entered her home felt like one of the family." They both hope to create the same warm feelings and hospitality for their patrons.



Christina and John Thompson seated outside their new building, honouring A.T. David and family, located at 35 Main Street in Chesterville. Thompson Goddard photo

In addition to running their new business, both Christina and John plan to continue in their

present occupations. John is the proprietor of John Thompson Electric Ltd. and Christina is

employed by the Stormont Dundas and Glengarry County Library.



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CHESTERVILLE – Fantastic opportunity to bring your business to this 3.1 acre commercial lot in a high traffic area - along County Road 43! MLS #1168186

Empty Bowls, full shelves

Carolyn Thompson Goddard
Record Staff

WILLIAMSBURG –The fourth annual Empty Bowls fundraiser for Community Food Share was held on Feb. 8 at the Christian Reform Church in Williamsburg. People were able to enjoy a hot meal, listen to pianist Kayla Droppo and visit with friends, while raising money for this organization which serves the people of Stormont and Dundas Counties.

According to a press release from Jane Schoones, Community Food Share team lead on Jan. 16,



Soup's on!

Volunteer Ernie Coumont is joined by Community Food Share team lead Jane Schoones as the 2020 Empty Bowls fundraising event opened its doors at the Williamsburg Christian Reformed Church.

Thompson Goddard photo

“Empty Bowls is an international, grassroots movement to end hunger.” Over 150 bowls were created and donated to the event by potters “Gwen Anderson, Heidi Blokland, Joan Cox, Erin Fletcher,



Pretty bowls, delicious soups

Winchester resident receives her bowl from Anne Carriere of Simply Baked Catering during the 2020 Empty Bowls fundraising luncheon.

Thompson Goddard photo

Robbie Giles, Debbie Gilmer, Joy Jackson, MiSun Kim-Hunter, Marie MacGillivray, MJ MacKay, Monique O’Brien, Amber Payne, Jenny Rijke, Elaine Stevens and Diane Sullivan with a donation of clay from Amaranth Stoneware.” Guests choose their bowl which is kept as a “reminder of all the empty bowls in the world.”

The bowl is filled with soup and accompanied by bread as well as light

refreshments which are donated by “local caterers, bakeries and businesses;” these included Cup of Jo’s, Simply Baked Catering, Tasty Indulgences, Wincheslea Events, Foodland Winchester and Mike Deans Chesterville.

Schoones explained how 100 per cent of the proceeds are provided to organizations dedicated to relieving hunger, and in this case, Community Food Share will receive \$4500 from the event. She continued the

number of tickets were increased from 100 to 150 this year with the luncheon being once again completely sold out. Schoones took a moment to thank the “board members and volunteers who were here early to help out” and extended a note of gratitude to the stores, caterers and artisans as well as the Williamsburg Christian Reformed Church who all ensured the event was a successful fundraiser, once again.

North Dundas tackles building heating issues

Joseph Morin
Record Staff

WINCHESTER – As the North Dundas puts together its 2020 budget, the municipality will still have to deal with a few surprise items it did not expect.

It’s not unlike what happens when you try to do a simple home renovation and it turns out to be more difficult than you expected it to be.

The replacement of five heat pumps, as well as updates to the air make-up unit for the municipal administration building, was tendered in 2019. The project was awarded and is currently underway. However, the contractor has recently determined that three duct heaters need to be replaced.

Mayor Tony Fraser explained: “During the process of evaluating the system, it was not noticed that the duct heaters were not working properly.”

The cost for the replacements is about \$37,000.

The municipality’s Recreation and Culture Department brought the matter to the council’s attention at the Jan. 22 council meeting.

The original project was estimated at \$170,131 and that amount had been put aside. The council agreed on Jan. 22 to allocate the extra funds to finish the project.

The contractors have replaced all of the heat pumps but then determined the respective duct heaters need to be replaced as well.

Mayor Fraser noted that when the building was built, the system was a high-quality one.

Meaghan Meerburg, the director of recreation and culture explained, “The

duct heaters provide supplementary heat to what the ground loops can produce and are much needed on winter days. Meerburg added, “Additionally, if a heat pump goes out of service and the duct heater is not operable, there will be no heat provided to that area. Without the duct heaters, the administration building is cool and staff will need to continue to utilize baseboard heaters and space heaters for supplementary heat.”

“As the 2020 municipal budget process ensues, the Recreation and Culture Department is discovering some new, unplanned projects, as well as required revisions to projects that are already in the draft budget,” she stated.

Next on the list of work that needs to be done in the municipal building are: the replacement of approximately 50 lights in the Hydro One side of the municipal administration building.

Meerburg said, “The florescent ballasts and casings were all replaced at the same time approximately five years ago but numerous ballasts have recently begun to burn out or diminish. Since they are all the same vintage, the remaining ballasts are anticipated to need replacement in the near future.”

She pointed out that about three-quarters of the lens covers are cracked or broken and need to be replaced. The cost to replace the lens covers is expected to be slightly higher than replacing the existing florescent ballasts with LED ballasts and casing. The LED lighting would be a more energy-efficient option.

“The upgrade is also anticipated to result in operational savings and be easier to maintain,” said Meerburg.”



FORM 6 SALE OF LAND BY PUBLIC TENDER Municipal Act, 2001

Ontario Regulation 181/03, Municipal Tax Sale Rules

SALE OF LAND BY PUBLIC TENDER

THE CORPORATION OF THE TOWNSHIP OF NORTH STORMONT

Take Notice that tenders are invited for the purchase of the lands described below and will be received until 3:00 p.m. local time on February 27, 2020, at the North Stormont Township Office, 15 Union St., Berwick Ontario.

The tenders will then be opened in public on the same day as soon as possible after 3:00 p.m. at the North Stormont Township Office, 15 Union St., Berwick.

Description of Lands:

- Roll No. 04 11 009 005 35000 0000; 15811 County Rd. 9, Avonmore; PIN 60112-0055 (LT); Part Lot 23 Concession 6 Finch as in S291145 T/W S291145; North Stormont; File No. 18-04
According to the last returned assessment roll, the assessed value of the land is \$52,000.00
Minimum tender amount: \$9,265.28
- Roll No. 04 11 009 005 00000 0000; PIN 60109-0066 (LT); Part Lot 42 Plan 2 (formerly Lot 14 Concession 6 Finch) as in ST17645; North Stormont; File No. 18-08
According to the last returned assessment roll, the assessed value of the land is \$4,400.00
Minimum tender amount: \$7,596.95

Tenders must be submitted in the prescribed form and must be accompanied by a deposit of at least 20 per cent of the tender amount, which deposit shall be made by way of a certified cheque/bank draft/ money order payable to the municipality.

Except as follows, the municipality makes no representation regarding the title to, crown interests, or any other matters relating to the lands to be sold. Responsibility for ascertaining these matters rests with the potential purchasers. Any interests of the Crown encumbering the land at the time of the tax sale will continue to encumber the land after the registration of the tax deed. The assessed value according to the last returned assessment roll may or may not be representative of the current market value of the property.

This sale is governed by the *Municipal Act, 2001* and the Municipal Tax Sales Rules made under that Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes and any taxes that may be applicable, such as a land transfer tax and HST.

The municipality has no obligation to provide vacant possession to the successful purchaser.

A copy of the prescribed form of tender is available on the website of the Government of Ontario Central Forms Repository under the listing for the Ministry of Municipal Affairs.

For further information regarding this sale and a copy of the prescribed form of tender, visit:

www.OntarioTaxSales.ca

or if no internet access available, contact:

Carly Wheeler
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www.northstormont.ca cwheeler@northstormont.ca



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Canada's Agriculture Day reminds consumers good food is grown close to home

CANADA – Canadian consumers are only one step removed from the people who produce most of the food that lands on their dinner tables, according to Farm Credit Canada's (FCC) director of Industry and Stakeholder Relations.

"Many consumers would be surprised to learn that the safest and highest-quality food is grown only a few kilometres from the city where they live, or processed and distributed in a plant that employs their friends and neighbours," said Marty Seymour, who also oversees Canada's Agriculture Day on behalf of FCC.

"There's actually only one degree of separation between consumers and the people who produce their food," he said. "But in our fast-paced urban environments, we sometimes lose sight of that fact."

To mark Canada's Agriculture Day on Feb. 11, FCC is releasing a video as part of a campaign aimed at ensuring consumers understand and appreciate that food grown by Canadian producers comes from one of the safest, most diverse and most affordable food systems in the world.

A recent survey by the Canadian Centre for Food Integrity showed three in five Canadians have an interest in learning more about agriculture and modern farm practices.

"There's a strong and growing appetite among consumers to learn more about the food they buy and they want information straight from the individuals who grow it," said Seymour. Read labels; by choosing to buy Canadian-produced food and food products, consumers are supporting the local and Canadian economies.

In 2018, Canada's food and beverage manufacturing sector – which includes activities, such as meat and dairy processing, grain and oilseed milling, and fruit and vegetable preserving – produced goods valued at over \$117-billion, accounting for almost two per cent of the national gross domestic product (GDP) and roughly 250,000 jobs nation-wide, many in rural and agricultural areas. The sector has been growing at an average of three per cent over the past five years, a full one per cent stronger than Canada's overall manufacturing sector (average 1.9 per cent) over the same period.

According to Michael Burrows, CEO of Maple Lodge Farms, consumer demands must be met by keeping up on the latest food trends.

The largest chicken processor in Canada, the Brampton company includes fresh and frozen chicken cuts, wieners and deli meats, which are sold at home and worldwide.

"As a family owned and operated business that began on a farm, we share many of the same values as our customers," Burrows said. "We are not only dedicated to producing the best quality chicken products at the best possible price, but we believe honesty and transparency need to be the foundation of our relationship with consumers to earn and retain their trust knowing they are buying safe and healthy food for their families."

Those sentiments are echoed by Brian Faulkner, VP business development for BCfresh, a Delta-based company that markets and distributes vegetables grown on more than 50 family farms in B.C.'s lower mainland, some of which have been family owned and operated for five generations.

"Whether you are growing, processing or distributing food, you need to keep your finger on the pulse of the consumer," Faulkner said. "The more informed they are about how food is grown and processed, the better. At the same time, consumers provide us with valuable insights on how food preferences are changing, so our growers can better meet their needs. It's very much a close, two-way relationship."

The fourth anniversary of Canada's Agriculture Day will focus on strengthening that relationship between consumers and producers who share a common appreciation and sense of pride that comes from buying food grown or processed on Canadian soil, Seymour said.

"Conversations on Canada's Agriculture Day and throughout the year are important for building trust between consumers and the people who grow and process the food we eat. The stronger that connection becomes, the more likely consumers will choose Canadian products offered on the grocery store shelf."

FCC is Canada's leading agriculture lender, with a healthy loan portfolio of more than \$38-billion.

CASTOR Country

By Tom Van Dusen

Saving the past

Preserving local history has always been a priority of mine going back to growing up in Aylmer and watching my mom salvage and revive old furniture and my dad collect and fondly display ancient books.

I don't recall having any new items in the rambling house converted over many years from a cottage heated by a Coleman kerosene stove where snow swept in under the front door and, for a time, the facilities were in a little shack out back. I learned to appreciate antique furniture and the old buildings it came out of.

When I arrived in Russell almost 50 years ago, it was to reside in an old house on Church Street filled with antiques. I took this interest a step further by becoming a founding member of the Russell & District Historical Society which celebrated its 30th anniversary in 2019 and I was part of a crew that transported a deconsecrated Baptist church across Russell Village and restored it as the local museum.

The museum is now sadly in need of an overhaul of its wooden siding. A new accessibility ramp was installed in the fall, a clashing plastic and metal railing was added... and historical society members including me are still awaiting the all-clear from Russell Township to go back into the building.

After relocating part of the time to Prescott along the St. Lawrence River, I signed up with the Grenville County Historical Society which operates out of the

1855 Grand Trunk Railway station. During the recent annual meeting, I was elevated to the prestigious position of president, following in the footsteps of the unstoppable Sandra Shouldice.

A major force in collecting and preserving archives and artifacts in Grenville County, Sandra will continue as past president and editor of the GCHS newsletter, the Grenville Sentinel, brimming with colourful historic facts and stories, one of the perks of membership... available, by the way, for \$20 a year. We now have 102 members after signing two new ones at the meeting.

It was a cordial affair at the golf club restaurant with the usual business items including committee reports, financial update, and a guest speaker in the person of former mayor Sandra Lawn who conducted a Power Point tour of Prescott's historic waterfront and downtown core where she owns the former Prescott Journal building and one directly behind it fronting on Water Street.

It was an illuminating talk by someone who has invested hundreds of thousands of her own dollars in trying to make a difference in Prescott's battered downtown. There's a long way to go but her two stone buildings have been shored up, protected from the elements, and partly repointed. It's the kind of work GCHS applauds and regularly recognizes with its annual Award of Merit.

Somewhere along the way, Sandra Shouldice ceremoniously handed me the gavel and, just like that, I was the new president with Fraser Laschinger as VP. I'm still shaking my head over it; I'm not sure how I became vice president... and now this! It goes to prove the old caution: Never step out of the room while attending a directors meeting. The same thing happened at a meeting this week of the Kemptville College Foundation... I showed up late only to find I'd been reappointed secretary.

As a freelance reporter, I've always resisted going too far up the latter in a community organization I've agreed to take part in because I could be in conflict in writing about it. But in the case of the GCHS, because the subject matter is so important, I made an exception; I hereby pledge to spare you from any glowing accounts about the work of the new president.

Within hours of my appointment, the society



was tackling a huge issue after being advised the defunct Prescott Journal archives contained in a rented office on King Street were at risk of being disposed of, eliminating that valuable historical record for ever. The paper folded early in the new year to be replaced by the South Grenville Journal.

Luckily, the society has a few bucks in its treasury. We acted swiftly to take over the rental lease and everything in the unit, basically the newspaper files. They've been saved for posterity and will eventually be digitized, demonstrating once again the importance in any community of a group of like-minded residents which sees merit in saving the record of what has gone before.

NDDHS Report

By Carley Milne-Servage
Student Council Communications

Valentine o'grams for your crush



Valentine's Day is approaching, and we're selling some treats for students to buy for each other. This year, we have two different kinds of Valentine o'grams, and they are still being sold at lunch outside of guidance today. For \$2, you can buy a can of crush for your valentine crush, or for \$4, you can buy them a fresh rose. These treats will be delivered to their recipients on Valentine's Day, which is this Friday.

Secondary report cards for the first semester went home on Monday. Students who have not received their report cards are encouraged to visit the main office.

Finally, spring is coming, which means the track and field season is approaching. Conditioning sessions started on Tuesday, and there will be another one after school on Thurs., Feb. 13. See Mrs. Hall if you have any questions.

Fish for free on Family Day weekend

ONTARIO — The Ontario Government invites families to fish for free on the Family Day weekend. From Feb. 15 to 17, Canadian residents of all ages can enjoy fishing in Ontario without having to purchase a licence or carry an Outdoors Card. "Our government is making it easier for families to spend quality time together while enjoying Ontario's world-class lakes, rivers and streams," said John Yakabuski, Minister of Natural Resources and Forestry. "We have made life more affordable by doubling the number of free

fishing events to also include the Mother's Day and Father's Day weekends."

Family Day weekend is the first of four licence-free fishing opportunities in 2020. With only a week to go before the Family Day weekend, you can start planning your fishing trip or find a local event at www.ontariofamilyfishing.com.

By offering a free fishing licence, an Ontario family of four could save up to \$100.

Anglers are reminded to stay safe when heading onto the ice to fish. For ice safety tips, please visit www.ontario.ca/icefishing.



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Three local artists displayed at the South Dundas Municipal Centre

MORRISBURG – The South Dundas Art Hanging Program is back for its seventh year supporting local artists. The program gives hobby artists and professionals an opportunity to display their work at the South Dundas Municipal Centre.

“The Art Hanging Program provides a space where our local artists can be discovered by a wide range of audiences, while allowing the municipality to highlight the talent and passion found in Dundas County,” says Kalynn Sawyer Helmer, communications coordinator. “We have another exciting year ahead with some amazing artists. I encourage everyone to stop by to see their work.”

Artists participating in the 2020 display period are: Dorothy Adlington, Linda Stevenson and Phil Blancher.

Art and artist biographies can be found on the walls of the third floor of the South



Dorothy Adlington with her works on display at the South Dundas Municipal Centre. Courtesy photo



Local artist Linda Stevenson shown with her artwork. Courtesy photo



Phil Blancher and his work, which will be on display for a year as part of the Hanging Art Program. Courtesy photo

Dundas Municipal Centre. The program fills up quickly, and those interested in participating in the 2021 season should contact the municipality at 613-543-2673 or mail@southdundas.com.

Waterfront fun for all in Morrisburg

Carolyn Thompson Goddard
Record Staff

MORRISBURG – Chair of the Morrisburg Waterfront committee Michael Burton, provided members of South Dundas council with a look into the future during his presentation during the Feb. 3 meeting.

Burton went over some of the accomplishments along the waterfront in Morrisburg which included a very successful 2019 Beach party, that just over 800 people attended; the historic plaques along the waterfront provided information on St. Lawrence Seaway and its affect on the community. He mentioned a decision not to relocate one of the ball diamonds as well as to not move forward with the construction of a proposed amphitheatre. The committee reviewed the cleaning up of the shoreline and entertained ideas of how to inhibit geese from using the park, which could include natural barriers such as trees or rocks to keep the birds away from the splash pad area.

Burton described a possible multipurpose building which would include a restaurant on the ground floor, accessible washrooms for public use and perhaps having the sport lending library located in the building, with the secondary story becoming a multipurpose community room; the ball fields are already well utilized and bring a significant number of people to the community during tournaments.

Other ideas put forward included people of all ages with the parkland along the front, including a series of paint walls for youth to spray paint; this in an effort to stop destructive spray painting in the community. Increased parking with the

building of a canopy of trees to increase shade availability, maintenance of the pathways and the possible relocation of the Docksyde which offers light refreshments and is operated by the Morrisburg and District Lions Club at the waterfront.

While councillors acknowledge the development of a hub of family entertainment being a wonderful concept, concerns about availability for parking and proper location for more ball diamonds were expressed. Burton concluded by saying how the committee wanted to get the whole community in the space, something which all present could agree with.

Following Burton’s presentation, Tim Hamilton of the Seaway Surge made a presentation to council seeking support for an application to the Blue Jay’s Foundation made in Nov. 2019 to update the Earl Baker Ballfield in Morrisburg. Hamilton explained the field has no warning track, uncovered dugouts and the fence-height needs to be increased. Hamilton commented he had asked for \$45,000 dollars from the BJB and in his opinion felt there would be a good chance to get the funding, with a decision coming likely in the next couple months. The total cost of the project would be just over \$113,000 with the Seaway Surge providing an additional \$10,000 and the municipality asked to provide in kind municipal services to the project. All members of council seemed in agreement that this was an application which could be supported and there was a need for youth in the community to have access to recreational activities, with baseball being one of the many sports available to people in South Dundas.



Fun with hearts

Just in time for Valentine’s Day, Anne Caza from the South Mountain branch of the SD&G Library came up with a program to combine Valentine’s Day and crocheting. Pictured here on Sat., Feb. 1, are: Monique O’Brien (left), Anne Caza, Liz Earl and Cindy Burrell. Morin photo



NORTH DUNDAS DISTRICT INTERMEDIATE & HIGH SCHOOL OPEN HOUSE/INFORMATION NIGHT

North Dundas DHS Open House & Information Evening
Wednesday, February 19th, 2020
5:30 pm – 7:00 pm

We welcome our incoming Gr. 7 & Gr. 9 students and their families to our information evening. Enjoy a light meal in the cafeteria at 5:30 pm, listen to a short presentation from 6:00-6:15 pm, followed by tours around the school, and conversations with staff from 6:15 – 7:00 pm.

North Dundas District Intermediate & High School
12835 County Road 43, Chesterville, ON K0C 1H0 (613)448-2328
Follow us on Facebook: <https://www.facebook.com/NorthDundasDHS/>
and visit our new Web Page: <http://northdundas.ucdsb.on.ca/home>

Please note: If you are unable to attend an Open House, we are happy to arrange a school visit at a time convenient for you. Call us at (613)448-2328 to schedule an appointment.

NOTICE OF THE PASSING Development Charges By-law

TAKE NOTICE that the Council of The Corporation of the Township of North Dundas passed By-law No. 2020-04 on the 22nd day of January, 2020 under the *Development Charges Act*.

AND TAKE NOTICE that any person or organization may appeal the By-law to the Local Planning Appeal Tribunal under Section 14 of the Act by filing with the Clerk of the Township of North Dundas not later than the 2nd day of March 2020 a notice of appeal setting out the objection to the By-law and the reasons in support of the objection.

The By-law Amendment only applies to “Senior-Oriented Dwelling Units” throughout the Township of North Dundas, therefore a key map is not provided. The development charge imposed under By-law No. 2020-04, which came into effect on January 22, 2020, is as follows:

Type of Unit	Development charge per unit
Senior-Oriented Dwelling Unit	\$2,402

The complete By-law Amendment is available for inspection at the municipal office during regular business hours.

Dated in Winchester, this 5th day of February, 2020.

Jo-Anne McCaslin, Clerk
Township of North Dundas
636 St. Lawrence Street
P.O. Box 489
Winchester, ON K0C 2K0



(613) 774-2105 phone
(613) 774-5699 fax
www.northdundas.com

Dundas County Hospice receives \$3000 from SD

Carolyn Thompson Goddard
Record Staff

MORRISBURG – South Dundas council decided to provide Dundas County Hospice with a \$3,000 donation following a presentation by DCH board of directors chair, Paul Renaud during the Feb. 3 council meeting.

Renaud explained how DCH was established in 1992 to serve all of Dundas County by providing care and support during the final stages of a terminal disease; this not-for-profit organization receives funding from several sources including private citizens, organizations and the

government. Several programs are run by this organization including an equipment lending program.

DCH has approximately 400 pieces of equipment which are loaned free of charge to their clients and people in the community. Information obtained on the DCH website list include wheelchairs, walkers, canes, privacy screens and several other items. Renaud commented the need for these items has almost doubled since 2016 and DCH is requesting \$3,000 per year, for five years from both North and South Dundas to assist in the financing of this under utilized program.

Noting the important work done by Dundas County Hospice in serving the community, council later voted to provide DCH with \$300 this year.

Other business during this council meeting included discussion on a letter sent to council by a resident concerning changes to the municipal burn bylaw; they looked at various concepts for the proposed Morrisburg roundabout, South Dundas billboards and a Community Free Tree Day. Council decided to go ahead with a Community Free Tree Day in 2020, with residents and the municipality receiving seedlings in 2020 as well as the purchase of an arena chiller and a truck for the SD fire chief.

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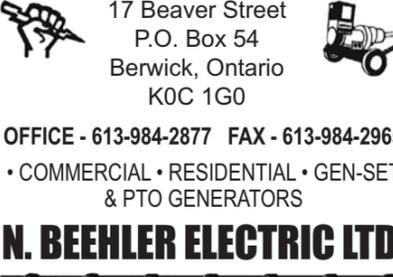


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Paw Patrol at Countryside Adventures

Carolyn Thompson Goddard
Record Staff

NORTH STORMONT— People of all ages travelled to Countryside Adventures in North Stormont on Feb. 1, to enjoy some winter fun while having the opportunity to meet Paw

Patrol stars Chase and Skye. Young and old alike enjoyed the opportunity to skate, ski, slide down a snow hill or perhaps just relax around a fire while enjoying a snack from the onsite food truck. R. Paquette Insurance Brokers

Inc., in association with La Bonne Bouffe, provided free hot chocolate with

Countryside Adventures providing free stuffed toys for youngsters.



Chase was the centre of attention for many youngsters as he scooted around the ice at Countryside Adventures in North Stormont on Feb. 1.

Thompson Goddard photo



From the left: Melissa Lauzon, Pierre Dupuis and Martin Paquette are joined at their booth by Paw Patrol members' Chase and Skye. The two Paw Patrol members were busy greeting and interacting with youngsters during their appearance at Countryside Adventures on Feb. 1.

Thompson Goddard photo

Pin Tales

Stormont Ladies: Ladies' High Single, Elaine Duke 203; Ladies' High Triple, Pat Middleton 518. Team Standings: Susan 181.5, Elaine 177.5, Pat 159, Angela 112.

Monday Men's: Men's High Single, Garry Hutt 299; Men's High Triple, Brian Rombough 767; Men's High Average, Marc Robinson 249. Team Standings: Eat-Ont 121, Raiders 100.5, Alley Cats 90.5, A-Team 82, Alley Rats 70, Country Boys 64.

Tuesday Mixed: Men's High Single, Charles Garlough 208; Men's High Triple, Ron Robinson 564; Ladies' High Single, Diane Holmes 201; Ladies' High Triple, Diane Holmes 500. Team Standings: Hope 177, Love 160, Charity 136.5, Faith 126.5.

Defenders: Men's High Single, Andy Chrysler 218; Men's High Triple, Andy Chrysler 613; Ladies' High Single, Debbie Linton 197; Ladies' High Triple, Debbie Linton 558. Team Standings: Brian 199.5, Glendon 187, The Funny Bones 174.5, Gwen 172, CCB 167.

Wednesday Ladies: Ladies' High Single, Lorna Armstrong 203; Ladies' High Triple, Lorna Armstrong 538. Team Standings: Lorna 262, Dianna 232, Dorothy 226, Mary 222, Pat 196.

Finch Mixed: Men's High Single, Theo Hoogeveen 277; Men's High Triple, Bill Pynenburg 708; Men's High Average, Danny StPierre 206; Ladies' High Single, Isabelle Bissonnette 322; Ladies' High Triple, Isabelle Bissonnette 724; Ladies' High Average, Isabelle Bissonnette 226. Team Standings: 3 and 1 102, Team #4 77, Team #1 63, Kingpins 58, NADD 54, Oma's Team 43.

Matilda: Ladies' High Single, Inge Vonkaenel 220; Ladies' High Triple, Inge Vonkaenel 594; Men's High Single, Jake Cinnamon 256; Men's High Triple, Jake Cinnamon 676. Team Standings: Anarchy 80, Granny and the Grunts 72, The Happy Gang 65, The Ballers 63, Two C's and a S 60, Oh Danny Boy and the Pipes 59.

Thursday Seniors: Men's High Single, Bas Vanwinden 169; Men's High Triple, Bas Vanwinden 460; Ladies' High Single, Alida Scheepers 161; Ladies' High Triple, Diny

Meulenbroek 446.

Avonmore Mixed: Men's High Single, Jason Vanoers 268; Men's High Triple, Mike Byvelds 635; Ladies' High Single, Anita Byvelds 227; Ladies' High Triple, Anita Byvelds 603. Team Standings: Akitas 234, Pomeranians 233.5, Labradoradors 209, Chowchows 209, Poodles 196, Boxers 178.5.

Winchester Odd Couples: Men's High Single, Byron Loos 277; Men's High Triple, Byron Loos 727; Men's High Average, Troy Flaro 240; Ladies' High Single, Courtney Ferguson 206; Ladies' High Triple, Lori Mosiuk 540, Ladies' High Average, Pat Middleton 172. Team Standings: Mental Mishaps 219.5, King Henry's Court 217.5, The Chickipops 214, The Morrisburg Sandbaggers 211, Harley 209.5, Pin Pluckers 208.5.

Youth Bowling Canada

YBC Pee-wees: Girl's High Single, Vanessa Bissonnette 106; Girl's High Double, Danika Bissonnette 195; Boy's High Single, Ephram Heuff 181; Boy's High Double, Ephram Heuff 259. Team Standings: Bruins 132, Kings 122, Leafs 87.5, Sharks 78.5.

YBC Bantams: Girl's High Single, Paige Michaud 189; Girl's High Double, Cheyenne Lanoue 292; Boy's High Single, Zach Robinson 159; Boy's High Double, Zach Robinson 257. Team Standings: Coyotes 188.5, Rangers 181.5, Avalanche 176, Flames 163.5, Jets 157, Red Wings 153, Blackhawks 141.

YBC Juniors: Girl's High Single, Gen Leger 211; Girl's High Triple, Caroline Sanders 535; Boy's High Single, Alex Robinson 253; Boy's High Triple, Alex Robinson 505. Team Standings: Senators 131.5, Sabers 125, Ducks 121.5.

YBC Seniors: Girl's High Single, Rachel Punter 178; Girl's High Triple, Rachel Punter 489. Team Standings: Canucks 103, Panthers 86.

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April 2020

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12010 Ormond Road & Hwy. 31
613-774-5170
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www.harmony-church.org
Sunday February 16, 2020
9:30 A.M. - Bible Discussion & Pre-Service Prayer
10:30 A.M. - Worship Service
Message by Rev. Daniel Wallace
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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 2020

ST. LUKE'S - KNOX PRESBYTERIAN CHURCH - FINCH
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Everyone Welcome!

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The United Church of Canada CHRIST CHURCH UNITED
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10:30 A.M. - Worship Service
Sunday School at 10:15 A.M.
You are invited to join us.

April 2020

The United Church of Canada AVONMORE-FINCH-MARTINTOWN PASTORAL CHARGE
Minister: Rev. Lois Gaudet
BBA, BTh, MDIV
Contact: Tel: 613-346-1648
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Sunday February 16, 2020
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Worship with Merle Marjerrison
9:15 A.M. - Chalmers, Finch
11:00 A.M. - Community Centre, Martintown
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April 2020

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April 2020

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Website: www.stmarysrussell.ca
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December 2019



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Worship Gathering with Nursery & Kids' Church

April 2020

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Pastors Bud McKibbin and Mollie McKibbin
Sunday, February 16, 2020
11:00 A.M. - Worship Service
Children's Church available.
Everyone Welcome.

January 2021

Obituary

BECKSTEAD, Joan "June Bug"



Peacefully at the Osgoode Care Centre on Wednesday, February 5, 2020, Joan Beckstead (nee Merkley) of Chesterville, age 85. Beloved wife of the late Bert "Jigger" Beckstead. Loving mother of Neil "Smiley" Beckstead (late Kathy) of Chesterville, Debbie Chambers (Shawn) of Chesterville, Greg Beckstead (Kathy) of Chesterville, Garry Beckstead (Carolyn) of Morrisburg and Shawn Beckstead (Toula) of

Harmony Corners. Dear sister of Lorna Boltster of Brushton, N.Y. Joan will be fondly remembered by 8 grandchildren and 15 great-grandchildren. Predeceased by her sisters Dorothy Price, Emma Hess, Vera Smith, Lois Steel, Maxine Feeley, Audrey Casselman and her brothers Clifton, Lyle, Audeen, Walter, Irwin, Lee and Carl Merkley. Also survived by many nieces and nephews. A celebration of Joan's life will be held at the Royal Canadian Legion in Chesterville on Sunday, February 23rd from 1-4 p.m. Donations to Maple Ridge Cemetery would be gratefully acknowledged by the family. Spring interment of cremated remains will be at Maple Ridge Cemetery, Chesterville. Online condolences may be made at marsdenmclaughlin.com.

- Obituary -



FRANCIS, Velma

Peacefully at home on Wednesday, February 5, 2020, Velma Francis (nee Douglas) of Winchester, in her 98th

year. Beloved wife of the late Clifford Francis. Loving mother of Lila McMillan (late Glen Irven) of Winchester, John Francis (Cathy) of Morrisburg, Marg Shaver (Keith) of Williamsburg, Grace Dockstader (late Glen) of Winchester, Don Francis (late Sally) of Iroquois, Harry Francis (Bonnie) of Winchester, Garry Francis (Angie) of South Mountain and Bob Francis (Sheri) of Winchester.

Dear sister of Thelma Bouck of Brockville and Bill Douglas (Eleanor) of Winchester. Velma will be fondly remembered by 14 grandchildren, several great-grandchildren, several step great-grandchildren and great-great-grandchildren. Predeceased by her parents Percy and Robina Douglas, her sister Bessie Murdoch and her brother Ted Douglas. Also survived by nieces and nephews. Friends called at the Marsden and McLaughlin Funeral Home, Williamsburg, on Friday from 2-4 and 7-9 p.m. Funeral service was held at the Funeral Home on Saturday, February 8th at 11 a.m. Interment followed at Maple Ridge Cemetery, Chesterville.

Donations to Dundas County Hospice would be gratefully acknowledged by the family. Online condolences may be made at marsdenmclaughlin.com.

Chesterville Winter Carnival

Continued from the front wonderful firework display at the adjacent fairgrounds.

The fireworks were donated by the Morewood Winter Carnival committee, with McLeod thanking MWCC for the donation and to the Chesterville & District Agricultural Society for opening the grandstands so people could enjoy the display. She continued how the evening fireworks were a great addition to the winter carnival in Chesterville.

Throughout the two-day event, there was a silent auction at the Legion with close to 70 donations from North Dundas businesses, organizations and individuals. The committee wished to thank all those who donated to the carnival's silent auction. An innovative winter carnival scavenger hunt this year had registered teams solving the riddles posted on the carnival Facebook page and then proceeded to the location, taking a team selfie. The photos were to be provided to the carnival committee by noon on Saturday with winners announced on Sunday.

The winter carnival on Saturday began with a pancake breakfast sponsored by the firefighters from North Dundas Fire Station No. 4 in Chesterville. There was a steady stream of people who enjoyed fluffy, delicious pancakes accompanied by sausages, juice and coffee as well as the opportunity to enjoy chatting with friends and relatives.

As the Prince and Princess Snowflake event



The Chesterville Carnival committee spearheaded a very successful 2020 Chesterville Winter Carnival; a big thank you is extended to them for ensuring that our community can get out there and enjoy the season. From the left: Shelley McLeod, Tanya Van Oers, Monique St. Denis, Natasha Hall and Emily Sheldrick. Thompson Goddard photo

began, North Dundas Mayor Tony Fraser commented how fortunate this community is to have volunteers that ensure the smooth running of the winter carnival; this year the Princess Snowflake is Morgan Krumins and Prince Snowflake is Kaleb Sheldrick.

After the carnival royalty was selected, a carnival kids dance was held. McLeod thanked DJ Darren Nurse for donating his services, commenting there was a good turnout of young people who danced the day away during the one-hour event. Several costumed characters were on hand to add a special touch to the child-friendly dance.

The euchre tournament, which drew players was facilitated by volunteers Fred Bortolussi and Peter Elliott. Elliott explained that a portion of the entry fees would be provided to the carnival, with the remainder being used for the cash prizes; he mentioned this was one of the largest Chesterville



Time to play euchre!

Fred Bortolussi (left) and Peter Elliott (right) kept the Carnival Euchre Tournament moving along at the Chesterville Legion on Sat., Feb. 8.

Thompson Goddard photo

Carnival euchre tournaments yet. On Sat., March 7, the Chesterville Kayaking for Cancer group are planning a fundraising euchre tournament at the Chesterville Legion.

As the tournament neared its end, members of Christ Church United began arriving to begin setting up for the much-anticipated Ham Supper, which was well received. Within the blink of an eye, delicious home-made desserts began

appearing and the aroma of dinner began circulating as people arrived. Saturday evening's entertainment finished with a sold-out



Carnival royalty

The Prince and Princess Snowflake event was once again a highly anticipated part of the Chesterville Winter Carnival. Surrounded by parents and grandparents as well as well-wishers, Morgan Krumins was chosen as Princess Snowflake and Kaleb Sheldrick Prince Snowflake. Carnival organizer, Shelley McLeod explained that children aged two years and up are eligible to have their name drawn and become carnival royalty. Front Row: Snowflake Princess Morgan Krumins seated on mom, Lindsay Krumins lap; Snowflake Prince Kaleb Sheldrick on mom, Emily Sheldrick's lap. Back Row: Shelley McLeod and North Dundas Mayor Tony Fraser.

Thompson Goddard photo

dance featuring Great Scott, an AC/DC tribute band.

A very big thank you is extended to those who organized, volunteered, donated prizes and attended events during the 2020

Chesterville Winter Carnival; these events demonstrated to one and all the depth and commitment of Chesterville and North Dundas residents.

Thank you!

Shopping for a park

Carolyn Thompson Goddard
Record Staff

AVONMORE – There was plenty to see and do during the Sip & Shop hosted by the Avonmore Community Athletic Association at North Stormont Place on Fri., Jan. 31. A steady stream of people enjoyed the opportunity to visit, shop and purchase a ticket on several gift baskets, while supporting the work of the ACAAA; to provide children with a safe place to play in Avonmore. There were 22 vendors at the Sip & Shop, selling products and services ranging from Scentsy, Avon and Tupperware; to photographers, jewellery retailers and artisans such as The Leaf Lady.

The event was a fundraiser for the

Avonmore Community Park, which is a long-term project of the ACAAA. Organizer and ACAAA president Josee Poirier explained that after play structures in the Avonmore community park were condemned, the ACAAA began planning a revitalization of the area which included new play structures.

After receiving \$10,000 from the 100+ Caring Women in North Stormont event last October, Poirier talked about resurfacing as well as a new swing set installed at the park this spring.

The Sip & Shop event raised just over \$1200 for the park project.

When asked about upcoming fundraising events, Poirier mentioned a special surprise event scheduled for March 27 to raise funds for the community park, but no other information was provided.



Norah Poirier joined her mother Josee Poirier and grandmother Lise Verreault on stage at the Sip & Shop held at North Stormont Place on Jan. 31. Norah holds a tray of specially prepared cupcakes for the event. Thompson Goddard photo



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Carnival time in Dixons Corners

Joseph Morin
Record Staff

DIXONS CORNERS – The Matilda Winter Carnival had the benefit of great weather for its traditional car and snowmobile rally.

The two-day carnival held at Matilda Hall on Sat., Feb. 8 and Sun., Feb. 9 had a slightly different look this year.

The organizers took a chance and substituted the dinner and dance portion of the carnival on the Saturday evening, with a dinner and comedy night.

The switch to a comedy night was a big hit with fun performances from



The day was a family affair. Pictured here enjoying the pancake breakfast are: Jack, Broden, Meredith and Eloise Westenbrock, Maureen Horan, Kinsey and Hewitt Westenbroek and John Fletcher.

Morin photo

guest comedians, David Brennan, Casey Corbin and Wafik Nasralla from Mathew Watson Comedy.

Carnival organizer, Tracy Yalden said the feedback from the comedy night had been very positive.

“We wanted to change it up and see what would happen,” said Yalden of the new event.

Saturday at the carnival featured the two rallies as well as a chili lunch and music by Rogue; the comedy night followed a chicken dinner.

The winners of the snowmobile and car rallies were: Monica Farrell in the car rally and the snowmobile winners were: Jenn Disheau in first, Erin Fawcett in second and

Lily and Deegan Disheau in third.

On Sun., Feb., 9 the carnival focused on children.

The day got off to a tasty start with a pancake breakfast followed by an afternoon of fun with Rock My House, with a silent

auction running all weekend.



Talented Harlynn Baldwin belted out a few tunes at the carnival on Sunday with the help of Rock My House.

Morin photo



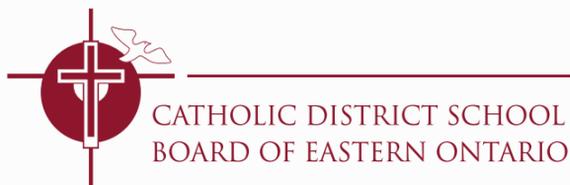
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COMING EVENTS

SHROVE TUESDAY PANCAKE SUPPER AND BAKE SALE

St. Andrews Presbyterian Ladies Aid of Avonmore, North Stormont Place, Avonmore, Tues., Feb. 25, 5 - 7 p.m. Menu: Pancakes, hash browns, sausage, ham, baked beans and local maple syrup. Free will offering at doors. 32-2

WINCHESTER GOLDEN YEARS SPAGHETTI SUPPER

Winchester Lions Hall, 4:30 - 6:30 p.m., Feb. 22. Spaghetti, sauce, caesar salad, garlic bread, strawberries and ice cream. Adults \$10; children age 6 - 12 \$6; under 5 free. 32

ANNUAL MEETING MOREWOOD CEMETERY

Tues., Feb 18, 7 p.m. at Morewood R.A. 31

60TH ANNUAL PANCAKE SUPPER

Tues., Feb. 25, 4:30 - 7:30 p.m., South Mountain United Church, County Rd. 1 & 3. Real maple syrup, St. Albert cheese, sausages, pancakes, homemade donuts. Adults \$8, 12 and under \$4. Snowmobilers welcome! More info - 613-989-5511. 32-3

COMING EVENTS

HUNTER EDUCATION COURSE

Hunter Education Course in Winchester on Feb. 29 and March 1. Contact Kerry Coleman at 613-258-7515 or kerrycoleman@xplomet.com. 32

WING NIGHT

Chesterville Legion, Feb. 14 & Feb. 21, 5 - 7 p.m. 32-2

IN MEMORIAM

BECKSTEAD, Bruce - In loving memory of a dear husband and father, Bruce, who passed away Feb. 13, 1990. We cannot bring the old days back. When we were all together But precious memories of those times.

Will live with us forever. Sadly missed by Kathleen and family 31

IN MEMORIAM

SHARKEY, Thomas - In memory of Thomas Sharkey, who passed away Feb. 17, 2010. You may not be with us anymore. But our love for you will never die. We miss you and will always love you. A great husband, dad and grandpa.

Dorothy & family 31-1

EMPEY, Baden - In loving memory of a dear father and grandfather, Baden, who passed away Feb. 9, 1998. Loving memories never die, As years roll on and days pass by, In our hearts a memory is kept, Of the one we love and will never forget.

Sadly missed by Kathleen & family 31

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10:30 - 11:30 am **Open House Craft & Story** hosted by The Crysler Friends of the Library.
CRYSLER COMMUNITY CENTRE
11:15 am hotdogs / chips / juice will be sold for lunch
12 - 1:30 pm **J-Glow Party**
Glow in the dark games and dance for children of all ages. Cup cake decorating. FREE admission.

1:15 - 3 pm **Snowshoeing**
Lagoon Trail with the Crysler Citizen Committee.

ODR (SKATING RINK)
2 - 5 pm **Public Skating**

CRYSLER COMMUNITY CENTRE
5 pm **Tony's Rockathon** in memory of Tony Briere: Participants will rock for 24 hours to raise money for ODR.

6 pm **Dinner & Comedy Show** with DJ ORBITAL TALENT presents: Rachelle Elie & Rory Gradner Comedy Show. \$50/person in advance only. Tickets available at Crysler Home Centre, The Old General Store, before Feb. 7.

6 pm **Silent Auction** In support of a new play structure for our Kids' Park.

SUNDAY, FEBRUARY 16
CRYSLER COMMUNITY CENTRE
9 am - 12 pm **Breakfast**

13 years old & up - \$10; 4-12 years - \$5; 3 & under - free.

1 pm **The Cowguys**
Children's Variety Show

1:30 - 3 pm **Games to Go Truck**
Video gaming

2 pm **Whist Card Tournament**
Games start at 2:30 pm - \$5 per person.

ODR (SKATING RINK)

Hockey Games

3 - 3:50 pm **North vs South Youth**
13 and under

4 - 4:50 pm **North vs South Adult**
14 and up

Helmets required
1 - 3 pm **Games to Go Truck**
(videogaming)

CRYSLER PARK
1:30 - 4 pm **Horse Drawn Sleigh Rides**

CRYSLER COMMUNITY CENTRE
5 - 7 pm **Spaghetti Supper**
13 years old & up - \$10; 4-12 years - \$5; 3 & under - free.

7 pm **50/50 Draw**

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7:15 pm **Fireworks**

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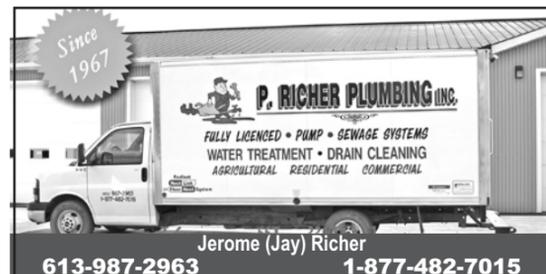


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Rockets close out season with three straight wins

Jeff Moore
Record Staff

CHESTERVILLE—The North Dundas Rockets played three games to end their season this past week as they welcomed the Morrisburg Lions on Wednesday night, travelled to Morrisburg on Saturday night to take on the Lions in a rematch and welcomed the South Grenville Rangers on Sunday afternoon.

Rockets 6 Rangers 5

The North Dundas Rockets welcomed the South Grenville Rangers to the Chesterville Arena on Sun., Feb. 9, for their last regular season game in the NCJHL. The Rockets were coming off two wins over the Morrisburg Lions and sat in second place in the West Division, and fifth over all which meant they would start the playoffs on the road; so a win would give them a chance to get home ice advantage in the first round.

The Rangers sat in the top seed in the West Division and over-all league with 55 points and only three losses in the season.

The Rockets opened the scoring when Brad Nash ripped one home from Devon Thompson at 4:53 of the first period, taking a 1-0 lead. The Rockets took a two-goal advantage as Thompson rifled one to the back of the net from Jarrett Williams and Will Watson at 14:31. The Rockets took a 2-0 lead into the first intermission.

The Rockets made it 3-0 when Nicholas Carroll swatted one home from Joel Hunt and Justin Lefebvre just 56 seconds into the second period.

The goals kept coming for the Rockets as Carroll scored his second of the game from Hunt and Brett Lannin at 3:31. The Rockets took a five-goal lead when Hunt ripped one home from Lefebvre and Cameron Brown at 8:04.

The Rockets made it 6-0 when Lefebvre pounded one home from Carroll and Hunt at 9:49. The Rangers finally got on the score sheet when Owen Webster scored from Brody

Ranger and Cameron Dillon at 14:56.

The Rockets took a 6-1 lead into the second intermission. The Rangers mounted a comeback as Dylan Sharply scored from Brayden Forestell and Ranger at 3:14 of the third period.

The Rangers cut the deficit to three when Forestell scored from Mathieu Giroux and Ranger at 7:11, and to two when Webster scored his second of the game at 8:16 from Ranger and Forestell.

The Rangers closed the gap to one when Ranger scored from Giroux and Forestell with just 27 seconds remaining in regulation. The Rangers pulled their goalie in favour of an extra attacker but the Rockets were able to weather the storm taking the game 6-5.

With the win, the Rockets move into fourth place in the league, just one point ahead of the Clarence Castors but the Castors still have two games remaining. Each team fired 37 shots on their opposition.

Picking up the win in the Rockets' goal was Anthony Kerwin making 32 saves and suffering the loss in the Rangers' goal was Xavier Dusablon, after he replaced starting goalie, Sam Limoges-Ring.

Rockets 4 Lions 0

The North Dundas Rockets travelled to the Morrisburg Arena on Sat., Feb. 8, to take on the Lions in the NCJHL. The Rockets embarrassed the Lions in their previous game with a 15-2 victory but the Lions were short a few of their veteran players in the previous game and had some back in their lineup for this game. The Lions put up a much better fight in the first period as the teams battled to a fast-paced scoreless tie heading into the first intermission. The Rockets opened the scoring at 7:18 of the second period as Justin Lefebvre pounded one home from Joel Hunt and Brad Nash taking a 1-0 lead.

The Rockets made it 2-0 when Jarrett Williams rattled one home from Xavier Langevin at 15:32. The Rockets took the 2-0 lead into the second intermission. The Rockets



The North Dundas Rockets welcomed the South Grenville Rangers to the Chesterville Arena on Sun., Feb. 9, for their last regular season game in the NCJHL. The Rockets' forward, Justin Lefebvre (11) charges the crease after getting a shot on the Rangers' goalie, Sam Limoges-Ring. Lefebvre scored a goal and two assists and leads the league in scoring with 32 goals and 72 points. The Rockets finally beat the Rangers for the first time this season 6-5.

Moore photo

took a three-goal lead when Will Watson slammed one to the back of the net from Williams just 44 seconds into the third period.

The Rockets made it 4-0 when Kobey Young scored his first goal of the season from Langevin at 10:01. The Rockets and goaltender, Anthony Kerwin shutout the Lions 4-0. With the win, the Rockets moved into fifth place in the league standings.

The Rockets outshot the 40-31.

Rockets 15 Lions 2

The North Dundas Rockets welcomed the Morrisburg Lions to the Chesterville Arena on Wed., Feb. 5, in the NCJHL. The Rockets went into the game in second place in the West Division and sat one game below .500 as they looked to get home ice in the playoffs.

The Lions opened the scoring at 6:50 of the first period as Jack Ingram scored from Wade Moak taking a 1-0 lead. The Rockets tied the game when Justin Lefebvre ripped one home from Joel Hunt and Jack Dewan at 10:33 and took their first lead of the game when Nicholas Carroll snapped one to the back of the net from Lefebvre at 11:24.

The Rockets took a two-goal lead when Carroll scored his second of the game from Lefebvre at 14:41 and a three-goal lead as Carroll completed his natural hat trick unassisted just 19 seconds later. The Rockets closed out the scoring in the opening frame as Lefebvre blasted home his second of the game from Hunt with 1:44 remaining.

The Rockets took a 5-1 lead into the first intermission. The Rockets owned the second

period and at 3:23 increased their lead to five as Brad Nash tapped one home from Brett Lannin and Xavier Langevin.

The Rockets made it 7-1 when Carroll scored his fourth of the game from Lefebvre and Josh Tapp at 4:33 and 8-1 as Langevin lit the lamp from Cole Hodges and Will Watson at 5:56. The Rockets scored five more second-period goals as Hunt rifled one to the back of the net from Carroll at 6:56, Langevin scored his second of the game from Drew Holmes at 9:58, Carroll scored his fifth of the game at 10:51 unassisted, Lefebvre completed his hat trick at 14:56 from Hodges and Hunt and closed out the scoring with just 37 seconds remaining from Lefebvre. The Rockets took a 13-1 lead into the second intermission.

The Lions finally got one to go, just 1:32 into the third period as Moak scored from Justice Brownlee but the Rockets answered 36 seconds later as Nash scored his second of the game unassisted.

The Rockets closed out the scoring when Carroll scored his sixth of the game from Hunt at 6:42. The Rockets took the game 15-2 and moved back to .500 in the season. The Rockets outshot the Lions 48-26.

Picking up the win in the Rockets goal was Anthony Kerwin making 24 saves.

Up next

The Rockets head into the NCJHL playoff but the teams and places have not been determined.

Metcalfe set to entertain at NCJHL All-Star Game

Jeff Moore
Record Staff

METCALFE—The NCJHL All-Star game is set for the first time after a four-year absence at the Larry Robinson Arena in Metcalfe on Fri., Feb. 14, Valentine's Day. The teams have been set, and there will be guest appearances by Liam Maguire who will be the master of ceremonies and the ceremonial puck drop will be performed by local MP, Pierre Poilievre. The doors open at 6 p.m. and will feature refreshments upstairs prior to a 7 p.m. warm up, player introduction at 7:30 p.m., followed by the NCJHL regular season trophy presentations and puck drop at 8 p.m.

East Division

Representing the East Division will be Nicholas Ayotte (13), Samuel Lemay (19), Nicolas Castonguay (23), Keenan McEachern (7), Zack Labre (11) and Frédérick Duroucher-Bourdon (29)goalie, all from the Vankleek Hill Cougars, Sam Gaudet (2), Jacob Servant (11) and A. J. Lariviere (31) goalie, from Clarence Castors,

Jacob Brunette (13), Kevin Howson (27), Frédérick Lafleche (17) and Dawson Irving (1) goalie, from St. Isidore Eagles, Lucas Prud'homme (8), Josh Renaud (24) and Nicholas Loyer (22) from Bytown Royals and Yoan Charron (8), Jeremy Trudeau (71) and Danny Plourde-Grenon from (96) Gatineau Hull-Volant.

West Division

Representing the West Division will be Justin Lefebvre (11), Nicholas Carroll (15), Joel Hunt (22), Cameron Brown (7) and Anthony Kerwin (30) from the North Dundas

Rockets, Cameron Dillon (21), Jordan Dodge (43), Brody Ranger (61), Mathieu Giroux (9), Jared Fenlong (19), Sam Limoges-Ring (33) goalie and Xavier Dusablon (1) goalie from South Grenville Rangers, Corey Symington (21), Colin Gourgou (22), Josh McColl-Williams (15) and Nathan Cheung (34) goalie, from the West Carleton Inferno, Marc Brosseau (4), Chris Martin (7) and Alex Cloutier (3) from the Metcalfe Jets and Aiden Daly (9), Justice Brownlee (16) and Kayne McCadden (6) from the Morrisburg Lions.



Local AAA players head to Ontario Winter Games

The Upper Canada AAA Major Peewee Cyclones are headed to the Ontario Winter Games in Orillia on the week of Feb. 27 to March 4. The top Peewee teams from each AAA league in Ontario qualified for the honour to represent their respective leagues at the games. The Orillia 2020 Ontario Winter Games is supported by the Government of Ontario, through the Games Ontario Program. The program offers multi-sport events for all ages. Top local players headed to the games are: from the left, Kayden Buller from Kemptville, Parker Holmes from Winchester, Wyatt Leblanc from Morewood, Owen Traynor from Kemptville, Jackson Hamelin from Russell, Drew Hunter from Spencerville, Ben Radley from Morrisburg and Brandon Taylor from Kemptville.

Moore photo



Vikings win a pair in shootouts

Jeff Moore
Record Staff

WILLIAMSTOWN—The Casselman Vikings played a pair of games this past weekend as they welcomed the Renfrew Timberwolves on Thursday night and travelled to Williamstown on Saturday night to take on the Char-Lan Rebels.

Vikings 4 Rebels 3 (SO)

The Casselman Vikings travelled to the Char-Lan Recreation Centre in Williamstown on Sat., Feb. 8 to take on the Char-Lan Rebels in the CCHL2. The Vikings went into the game, riding a seven game winning streak after taking down the Renfrew Timberwolves in their previous game and sat in fourth place just four points behind the Ottawa Jr. Canadians in third place.

The Vikings opened the scoring when Jason Cossette scored his 18th goal of the season while shorthanded at 6:52 unassisted taking a 1-0 lead. The Rebels knotted the affair at one at 12:30 and with time winding down in the opening frame they took their first lead of the game with just one minute remaining.

The Rebels took a 2-1 lead into the first intermission.

The Vikings tied the game at 10:26 of the second period as Chris Egener scored his second of the season from Samuel Labre and Jeremy Cyr.

The Vikings took their second lead of the game when affiliated player, Tucker Shields scored his first goal as a Vikings from Nicolas Chartrand at 13:43. The Vikings took a 3-2 lead into the second intermission.

The Rebels tied the game at three with just 1:24 remaining in regulation on the power play. Neither team was able to score before the clock wound down so the game headed to a five-minute three-on-three overtime period.

The teams fired three shots apiece on goal in the overtime frame but neither were able to score the game-winning goal so the game headed to a shootout. The Rebels' first shooter scored to put pressure on the Vikings shooter, Frédéric Gagnier but he evened the shootout at one.

The Rebels' next shooter missed, but the Vikings' next shooter, Nicolas Chartrand

did not, taking a 2-1 shootout lead. The pressure was all on the last Rebels' shooter and he was stopped by the Vikings' goalie, Nick Campbell.

The Vikings took the game by a score of 4-3 and moved to within two points of the third place Canadians. The Rebels outshot the Vikings 38-26.

Picking up the win in the Vikings' goal was Campbell making 35 saves.

Vikings 4 Timberwolves 3 (SO)

The Casselman Vikings welcomed the Renfrew Timberwolves to the J. R. Brisson Complex on Thurs., Feb. 6, in the CCHL2. The Vikings went into the game in fourth place in the Martin Division with 50 points, four points behind the Ottawa Jr. Canadians in third place and five behind the second place Embrun Panthers. The Vikings were riding a six-game winning streak.

The Vikings opened the scoring when Xavier Léveillé fired home his sixth goal of the season from Mathieu Talbot and Alexandre Charlebois at 6:36 of the first period taking a 1-0 lead. The

Vikings made it 2-0 when Frédéric Gagnier scored his 13th of the season from Léveillé at 11:13.

The Timberwolves cut the deficit in half at 17:19 but trailed 2-1 heading into the first intermission. The Vikings increased their lead to 3-1 as affiliated player, Ryan Wells scored his first goal from Shawn Patterson and Adam Paquette at 8:29 of the second period.

The Timberwolves cut the deficit to one at 9:50 and tied the game at 17:39. The teams took a three-all draw into the second intermission and battled to a scoreless third period, so the game headed to a five-minute three-on-three overtime period.

The Vikings outshot the Timberwolves 5-2 in the extra frame but neither team was able to find the back of the net, so the game headed to a shootout. The Vikings' first shooter, Talbot scored in the first round but the Timberwolves did not.

The Timberwolves second shooter scored in the second round but the Vikings were stopped. The Vikings put the pressure on the Timberwolves as Gagnier scored first in the



The Casselman Vikings welcomed the Renfrew Timberwolves to the J. R. Brisson Complex on Thurs., Feb. 6, in the CCHL2. The Vikings' forward, Xavier Léveillé (24) celebrates scoring the games opening goal, beating the Timberwolves' goalie, Ethan Lapenski. Léveillé scored a goal and an assist as the Vikings downed the Timberwolves 4-3 in a shootout. Moore photo

third round. The Timberwolves next shooter was stopped by the Vikings' goalie, Zacharie Racine.

The Vikings took the game 4-3 extending their winning streak to seven games. The Vikings outshot the Timberwolves 47-28.

Picking up the win in the Vikings' goal was Racine making 25 saves.

Up next: The Casselman Vikings travel to the Billy Gebbie Arena in Alexandria on Fri., Feb. 14, to take on the Glens at 8 p.m., to the Carleton Place Arena on Sat., Feb 15 to take on the Canadians at 8:15 p.m. and to the Barbara Ann Scott Arena on Mon., Feb. 17, to take on the Ottawa West Golden Knights at 7:20 p.m.

Hawks upset Canadians, double Glens

Jeff Moore
Record Staff

ALEXANDRIA—The Winchester Hawks played a pair of road games this past week as they travelled to Ottawa on Tuesday night to take on the Ottawa Jr. Canadians and to Alexandria on Saturday night to take on the Glens.

Hawks 6 Glens 3

The Winchester Hawks travelled to the Billy Gebbie Arena in Alexandria on Sat., Feb. 8, to take on the Glens in the CCHL2. The Hawks were coming off a big 6-2 win over the Ottawa Jr. Canadians and sat in fifth place in the Martin Division with just six games remaining in the regular season.

The Glens opened the scoring at 6:40 of the second period while shorthanded to take a 1-0 lead. The Hawks tied the game with just 32 remaining in the opening frame as Danny Johnson fired home his 14th of the season from Kyle Fleming and Eric Vitale on the power play.

The teams took a one-all draw into the first intermission. The Glens took their second lead of the game at 4:13 of the second period in the power play but the Hawks knotted the affair at two when Fleming ripped home his 16th of the season unassisted at 10:02.

Fleming scored his second of the game and 17th of the season at 15:19 from Nolan Guertin and Kyle Green giving the Hawks their first lead of the game. The Glens tied the game again at the 16-minute mark but the Hawks retook the lead as Ryan Nielson scored his sixth of the season from Johnson and Marco Haw on the power play with just three seconds remaining in the middle frame. The Hawks took a slim 4-3 lead into the second intermission. The Hawks increased their lead to two when Vitale scored his team-leading 28th of the season from Kuehni and Johnson on the power play at 11:38 of the third period.

The Hawks closed out the scoring when Noah Fraser scored his fifth of the season from Colby Schroeder with just 1:46 remaining in the third period. The Hawks took the game 6-3 winning their second consecutive game of the week.

The Hawks however, failed to gain ground

on the Casselman Vikings as they won both their games this past weekend as well. The Hawks outshot the Glens 45-34. Picking up the win in the Hawks' goal was Lucas Devries making 31 saves.

Hawks 6 Canadians 2

The Winchester Hawks travelled to the Earl Armstrong Arena in Ottawa to take on the Ottawa Jr. Canadians on Tues., Feb. 4, in the CCHL2. The Hawks went into the game in fifth place in the Martin Division, eight points behind the Casselman Vikings in fourth and a 10-point cushion on the Char-Lan Rebels in sixth.

The Hawks opened the scoring at 6:43 of the first period as Kyle Kuehni ripped home his 21st goal of the season from Marco Haw and Danny Johnson taking a 1-0 lead. The Hawks held the 1-0 lead heading into the first intermission.

The Hawks made it 2-0 when Noah Fraser scored his fourth of the season from Jacob Giacobbi just 1:16 into the second period. The Hawks increased their lead to three when affiliated player, Kyle Leonard ripped his first goal as a Hawks from Nathan Lassemba at 13:17.

The Hawks kept rolling and took a four-goal lead when Haw scored his 13th of the season from Johnson and Kuehni at 14:33. The Hawks took a 4-0 lead into the second intermission. The Canadians cut the Hawks lead to three at 4:28 but the Hawks got that one back at just 32 seconds later as Kuehni scored his second of the game and 22nd of the season from Ryan Nielson.

The Canadians got back to within three just 10 seconds after the Hawks' goal to make it 5-2. Kuehni completed his hat trick at 10:37 from Haw to make it 6-2. The Hawks hung on for a 6-2 upset victory over the Canadians.

The Canadians outshot the Hawks 29-28 including 14-6 in the third period. Picking up the win in the Hawks' goal was Lucas Devries making 27 saves.

Up next

The Winchester Hawks welcome the Richmond Royals to the Joel Steele Community Centre on Fri., Feb. 14 at 8:15 p.m.

Panthers get past Packers, hold on to second

Jeff Moore
Record Staff

EMBRUN—The Embrun Panthers were supposed to play a pair of games this past weekend but their game Friday night at home against the Richmond Royals was postponed due to a snowstorm but they did welcome the Arnprior Pacers on Sunday afternoon.

Panthers 3 Packers 1

The Embrun Panthers welcomed the Arnprior Packers to the Palais des Sports on Sun., Feb. 9, in the CCHL2. The Panthers went into the game in third place in the Martin Division, one point behind the second place Ottawa Jr. Canadians but just one point up on the Casselman Vikings in fourth place.

The Panthers opened the scoring at 16:19 of the first period as June Gregoire slapped home his 10th goal of the season from Marshall Drevniok taking a 1-0 lead. The Panthers carried the 1-0 lead into the first intermission.

The Panthers made it 2-0 when Eric

Skyba scored his 15th of the campaign from Carter Peck and Tyler Cummins at 15:36 of the second period. The Packers cut the deficit in half with just 1:17 remaining in the middle frame.

The Panthers took a 2-1 lead into the second intermission. The Panthers retook a two-goal lead when Drevniok scored his 12th of the season from Tristan Taillefer and Riley Carisse at 17:21. The Packers were unable to get their goalie out of the net to get an extra skater on the ice as the Panthers were able to run out the clock taking the game 3-1.

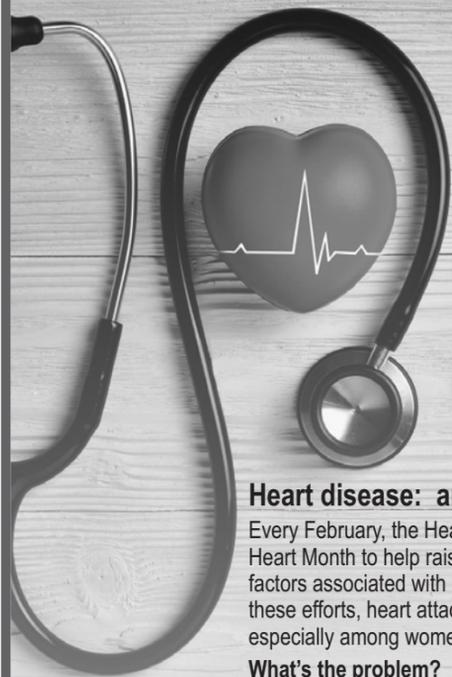
With the win, the Panthers moved back into sole possession of second place. The Panthers outshot the Packers 36-32. Picking up the win in the Panthers' goal was William Nguyen making 31 saves.

Up next

The Embrun Panthers welcome the Ottawa Jr. Canadians to the Palais des Sports on Fri., Feb. 14 at 8 p.m. and the Alexandria Glens on Sun., Feb. 16 at 1:30 p.m.



The Embrun Panthers welcomed the Arnprior Packers to the Palais des Sports on Sun., Feb. 9, in the CCHL2. The Panthers' forward, Eric Skyba (28) escapes the corner with the puck and has a scoring chance on the Packers' goalie, Cameron Scott. Skyba scored one of the Panthers' three goals enroute to a 3-1 victory. Moore photo



FEBRUARY IS Heart MONTH

Take your health to heart!



Heart disease: an underdiagnosed issue in women

Every February, the Heart and Stroke Foundation of Canada organizes Heart Month to help raise awareness about the warning signs and risk factors associated with heart disease and stroke. Unfortunately, despite these efforts, heart attacks remain a leading cause of premature death, especially among women. Here's what you should know.

What's the problem?

Heart attacks in women are often misdiagnosed. One reason for this is that they frequently experience different and subtler symptoms than men.

But even classic heart attack indicators such as chest pain and shortness of breath may be attributed to something else, with medical staff often dismissing these markers as signs of benign conditions. Anxiety, digestive issues or reproductive and menstrual problems may be pointed to, and women, especially those who are younger, might explain away their own symptoms in this manner.

According to a report by the Heart and Stroke Foundation of Canada, early signs of heart attack are missed in up to 78 per cent of women. They're also far less likely to undergo a post-hospital electrocardiogram, a basic diagnostic test routinely prescribed to men who may be at risk of heart disease.

What's the solution?

According to the Heart and Stroke Foundation, about two-thirds of heart disease research focuses on men. This is likely the reason why a number of our tests and treatments are less effective for women. For this reason, further research is needed and raising awareness about the issue is the first step.

In addition, women must advocate for themselves and should learn to recognize red flags such as shortness of breath, nausea, dizziness and chest discomfort that radiates to the arm, jaw, neck, shoulder or back.

Most importantly, symptoms should never be ignored, and women who are at risk of a heart attack are advised to talk to their doctors to learn more.

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Mental health support available on-site in Embrun

Tom Van Dusen
Villager Staff

EMBRUN – Parents Lifeline of Eastern Ontario (PLEO) has entered a partnership with Valoris of Prescott-Russell based in Embrun to support more families in the united counties facing mental health challenges.

The new program provides for PLEO to be on-site during intake hours at two Valoris locations where families meet with a peer supporter who can connect them with resources to help find their way forward, explained PLEO communications director Natalie Markoff during an announcement at the posh Valoris building Feb. 4.

Markoff said the announcement would have been made as a routine news release until Russell's Nikki Jardine suggested it be turned into an event to give area residents and media a chance to see the eye-

catching Valoris facility close to the round-about in Embrun.

A fan of PLEO services, Jardine recently directed to the agency \$500 awarded to her by Russell Lions for her contributions to the community. The funds will go toward supporting client families in Russell Township who have members contending with mental challenges, Markoff stated.

Non-profit PLEO provides system navigation assistance to families trying to determine where to go for support with mental health challenges: "We've been there, we get it, and we can help," said Markoff whose own daughter, now 37, suffered anxiety, depression and eating disorders. Other PLEO staff who cover the region from Hawkesbury to Pembroke also have personal experience such challenges.

PLEO delivers its bilingual, confidential services throughout the

counties via a telephone helpline, parent peer support groups in Embrun and Hawkesbury, on-site availability Tuesdays alternating between Valoris in Embrun and Rockland, and mobile one-on-one meetings. The group also advocates for positive systemic change.

Its backed by Valoris which offers 24-hour single-access social services to children, teenagers, adults and their families across Prescott-Russell. Services covered relate to developmental issues, mental health, welfare and gender-based violence.

More than 80 per cent of parents who find their way to PLEO do so through primary care and front-line staff delivering mental health care in a given community.

PLEO's communications director, Natalie Markoff is shown here. Courtesy photo



New Sheriff takes on VITEO presidency with guns blazing

EMBRUN – There's a new sheriff in town and the Vintage Iron & Traditions of Eastern Ontario president is a familiar face in area agricultural circles.

He's Embrun's François Latour, chief organizer of last summer's second, successful run at St. Albert Cheese Factory for the Guinness Book of World Records title of most vintage threshing machines operating for 15 consecutive minutes in one location. Not only did it claim the title, the project raised \$100,000 for breast cancer research in the name of Latour's late wife Suzanne.

Latour has been part of VITEO for most of the 11 years it has been in operation, becoming with more than 200 members the largest rural and agricultural artifact club in Eastern Ontario, hosting several major events every year. While he was in position to do so, the new president held back from taking over the reigns while organizing the threshing challenge.

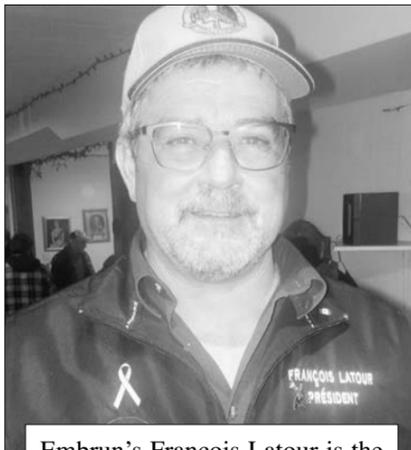
With world record threshing done at least for now, Latour said he can afford the time to do the VITEO job his way... all-in and full speed ahead; witnessed by about 70 members, he rose to the presidency at VITEO's 2020 annual meeting held Sunday at nearby Pierce's Corners hall. Latour's long-promised break from agricultural organizing will have to wait; a sheriff's badge was pinned on his lapel to recognize his new position.

Latour replaces Navan's Hank Bakker who got a star

on his lapel as past-president and deputy sheriff. Also on the new executive are Kenmore auctioneering legend Carson Hill as vice president, Sharen Armstrong of Vars as secretary, Glen Edwards of Navan as treasurer, Wayne and Kathy Fraser of Ottawa in charge of insurance and membership, with directors' Daryle Payne of Kemptville, George Zanbelt of Winchester, Henry Staal of Russell, and Barry Dean of Arnprior.

Membership in VITEO costs \$60 a year, with the largest benefit umbrella insurance provided by the club, covering all

members in good standing when they show tractors and other equipment at sanctioned events. The other



Embrun's François Latour is the new sheriff in VITEO town. Courtesy photo

big benefit is participation in many activities sponsored by the club starting with the annual meeting and

continuing at the Ottawa Valley Farm Show March 17-19 with a display under the theme "The Great Outdoors," the annual collectable toy tractor sale, and the second annual Toy Auction with proceeds going toward food baskets for needy rural residents. Some 80 toys have been gathered for the sale with a limit of 100 because of time constraints.

Next up following the farm show is the annual Heritage Power Show at Cumberland Museum May 31 with members gathering for a display, demonstrations, and parade, along with communal breakfast and lunch.



A sad day for the Metcalfe community!

Metcalfe's popular Main Street Grill & Pizzeria was reduced to rubble by a three-alarm fire earlier this week. The cause of the fire is under investigation. Van Dusen photo

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Winter carnival fun in Vernon

Joseph Morin
Record Staff

VERNON—The small village of Vernon held their winter carnival on Sat., Feb. 8 at the Vernon Recreation Centre.

The day-long event featured City of Ottawa sponsored games for children as the main attraction. There was a great deal for children from the area to do.

The event was hosted by the Vernon Community Association.



Joshua Menard a City of Ottawa camp counselor had fun waiting for children to arrive and play in the tunnel maze. Morin photos



There was a great deal of fun to be had at this year's Vernon Winter Carnival. Here Caitlyn McDougal, the education officer for the Osgoode Township Museum (left), and Jillian Jordan, executive director of the museum enjoy a game of crokinole. Morin photos

RHS Report

By Janel Therkelsen
Student Reporter

Opportunities at RHS

Hey everyone! To start off, Happy early Valentine's Day! Make sure to spend time with that special someone!

Second semester is underway- meaning new classes and new

opportunities for success! Last Thursday, future T-Wolves from Cambridge Public School and Russell Public School came to Russell High School to see what's going on in Timberwolf territory!



They got to check out the amazing science lab, got to create some artistic gems in the art room and got to do some sports in our gym!

CTC or Communities That Care are organizing an entire day of activities for the families in the community! They are offering an opportunity for T-Wolves who still need some volunteer hours to help out on Feb. 17 from 9 a.m. to 3 p.m. Check out the Russell High School Facebook

page for more information.

Speaking of great opportunities, If you're interested in politics in developing leadership skills, and then this is for you. You have the chance to be the voice for UCDSB students at the trustee board table! This is a great opportunity for Grade 10 and 11 students to be a student trustee for 2020 to 2021 year! See Ms. Barton if you are interested.

The Russell High

School prom committee is excited to partner with the Greyhawk Golf Club for this year's prom! Save the date for Fri., May 22! Tickets will be on sale soon.

Fun fact: today, Feb. 12 is National Plum Pudding Day (also known as Christmas pudding)! Interestingly enough, Plum Pudding doesn't contain plum in every recipe but, in the 17th century, plums were referred to as raisins or other fruit. There was a

tradition in England where every person in the home would hold onto a wooden spoon and together help stir the batter. While they stirred the batter, they also make a wish! Pretty cool if you ask me.

As per usual after school on Friday (AKA Valentine's Day), there will be an open basketball scrimmage in the gym from 3:30 to 5 p.m. See you there! Have a great rest of your week everyone- good luck in the second semester!

WDMH welcomes new vice president, Clinical Services

WDMH – Dr. Nathalie Boudreau is eager to put on a pair of scrubs and learn more about how WDMH cares for our patients. As the new vice president, Clinical Services and chief nursing executive, she says she wants to get to know the entire WDMH team. “Everyone I’ve met so far is so enthusiastic and proud of the work they do,” she says. “I’m excited to learn more.” Nathalie comes to WDMH from Montfort Hospital where she was a clinical director. She is an RN with more than 20 years experience in healthcare. Nathalie has a Doctorate in Business Administration where she published research on management strategies in a rural Ontario hospital. She also has a Master’s degree in business. Nathalie says that another great thing about coming to WDMH is the commute. “It’s a 22-minute drive from where I live in Metcalfe,” she says. “It’s nice to be so close to home.” Welcome Nathalie! If you would like to provide comments or



WDMH welcomes Dr. Nathalie Boudreau as the new vice president, clinical services.

Courtesy photo

suggestions about hospital services, please contact Cholly Boland, president and CEO, Winchester District Memorial Hospital at 613.774.1049 or by email at cboland@wdmh.on.ca.



SOUTH NATION CONSERVATION
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Notice of Public Open House

South Nation Conservation invites local residents to attend a public open house to view and comment on new natural hazard maps for their area.

Please join us:

Wednesday, March 11, 2020
6:30 pm to 8:30 pm
Limoges Annexe
139 Mabel Street, Limoges

Updated floodplain and erosion hazard maps include the following areas of the South Indian and Lavigne Creeks:

- City of Ottawa, between Saumure Road and Indian Creek Road;
- City of Clarence-Rockland, between Indian Creek Road and Drouin Road;
- Nation Municipality, from Highway 417 to Indian Creek Road (includes Lavigne Creek);
- Russell Township, from Herbert Street to Limoges Road.

For more information: 1-877-984-2948; info@nation.on.ca

Avis de portes ouvertes au public

La Conservation de la Nation Sud invite les résidents de la région à assister à une soirée portes ouvertes pour consulter les nouvelles cartes des risques naturels de leur région et formuler des commentaires.

Veillez vous joindre à nous:

Le mercredi 11 mars 2020
De 18 h 30 à 20 h 30
À l'annexe de Limoges
139, rue Mabel, Limoges, ON

Les cartes mises à jour des risques d'inondation et d'érosion comprennent les secteurs suivants des ruisseaux South Indian et Lavigne:

- Ville d'Ottawa, entre le chemin Saumure et le chemin Indian Creek;
- Cité de Clarence-Rockland, entre le chemin Indian Creek et le chemin Drouin;
- Municipalité de la Nation, de l'autoroute 417 au chemin Indian Creek (ruisseau Lavigne inclus);
- Municipalité de Russell, de la rue Herbert au chemin Limoges.

Pour plus d'informations: 1-877-984-2948; info@nation.on.ca

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