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Briefly

The Great Canadian Cow Race

Looking for a bit of fun this summer? For those people who enjoyed the "Great Canadian Cow Race" usually held during Dairyfest, the Royal Canadian Legion Branch 108 in Winchester is running a virtual and livestreamed race at 3 p.m. on Sat., Aug. 8. Janine Fawcett from the RCL in Winchester explained how due to the pandemic there will not be raffle tickets sold. The jockeys have pledged \$100 to their charity and will accept sponsors. Tax receipts will be issued for donations of over \$20. Charities entered in the race include Winchester & District Memorial Hospital with Dale Myers as jockey; Community Foodshare with jockey Blake Fawcett; Chris Short is riding for Dundas County Hospice; Naomi's Family Resource Centre with Bruce Morris as jockey, Terry Wagner riding for Carefor NorDun Centre and Veterans Service Dogs with Cindy Maclaissaac as jockey.

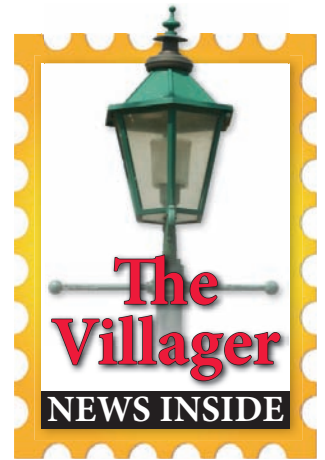
Blood Donor Clinic

Canadian Blood services is holding a clinic on July 28, from 2:30 p.m. to 7:30 p.m. at the Joel Steele Community Centre (577 Main St. Winchester). The Canadian Blood Service is working with the Eastern Ontario Health Unit in order to ensure that safety measures are adhered to in consideration of the Covid-19 pandemic. Visit www.blood.ca for full details.



THE CHESTERVILLE RECORD

Serving Stormont and Dundas Counties since 1894



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A work of art in Winchester

John Cinnamon farms just north of Winchester. He found he had some time on his hands and decided to finish off a project he had been working on. His land has a section running through it that has rock coming right to the surface. He decided to have some fun. In 2017 he built the first of two structures out of rock and called it Rocky the Rock Man Cinnamon being the one on the left. This year he built another one and called it Emma Rockette Stone Cinnamon. He made sure social distancing was observed.

Morin photo

Ailing Chesterville arena compressor gets some TLC

Joseph Morin
Record Staff

WINCHESTER – The Chesterville Arena compressor will be getting a new lease on life.

The North Dundas council decided to go ahead and repair the arena's compressor at a cost up to \$10,000.

The issues with the unit were spotted by AC Mechanic Refrigeration Ltd. during the annual refrigeration plant at the end of the season. The inspection revealed that the compressor was using too much oil and making a knocking sound.

As the compressor is responsible for keeping the ice surface of the rink cold, these issues could become a problem. When the issues were identified, the municipality contacted three different contractors who work with arena refrigeration plants. Only two of the companies contacted work with the kind of system used at the arena.

Continued on page 2

Protecting our rights

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – On June 18, Bill 156, "Security from Trespass and Protect Food Safety Act, 2020," received Royal Assent after being "carried on division" on June 17 in the Legislative Assembly of Ontario.

A press release on June 18 by Jim McDonell, Stormont Dundas and South Glengarry Member of Provincial Parliament, describes this bill as designed "to balance the safety and security of farmers, their families and the provincial food supply, with protecting the right for people to participate in lawful protests on public property."

Over the past few years, there have been "increased levels of trespass and theft of livestock" on the farms in this province. This has added to the stress levels in the

farming community. In the release, Ernie Hardeman, Ontario Minister of Agriculture, Food and Rural Affairs, commented "Our government will always protect the right for people to participate in lawful protests," before continuing how this provincial act will not change this, stating that, "that right, has never included trespassing onto private property and harassing farmers and their families."

Hardeman continued how "the importance of a steady and reliable food supply and the safety of those who feed us" has become even more apparent during the COVID-19 emergency situation. Referring to the farmers and members of the food processing and transport sectors as "agri-food heroes." Hardeman stressed his commitment to them as they "worked so hard to keep food on our grocery stores' shelves and kitchen tables throughout this crisis."

Continued on page 3

Mike DEAN LOCAL GROCER

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Chesterville arena

Continued from the front

If the compressor is rebuilt, it is expected to have an estimated 15,000 hours of run time, which translates into approximately 10 years of use.

A new compressor's life expectancy is approximately 30 years

with rebuilds every 10 and 20 years.

The Chesterville arena compressor is only 12 years old so rebuilding it made the most sense.

The cost for a new compressor would be around \$21,000 to \$24,000. The cost to repair the existing one with new parts is between \$15,000 and \$19,000. The decision was made to go ahead with a rebuild using re-conditioned

parts at a cost of \$9,761 with AC Mechanical doing the job.

During the 2020 budget process, there were no funds set aside for replacement or repair of the Chesterville compressor.

The Recreation and Culture Department, responsible for the cost of maintaining the compressors has several capital projects underway. Hopefully some of these

projects will be completed under their estimated budget, leaving funds free to be used for the compressor.

In her report to council about the compressor issue,

Meaghan Meerburg the director of recreation said, "The contractor is going to inspect our other compressors in the Chesterville and District Arena, as well as the two

compressors in the Winchester Arena. This will help us to anticipate any repairs and or replacements that will be required in 2021, so that they can be properly budgeted for."



The Chesterville Arena is getting upgrades including a rebuilt compressor. Morin photo



Nothing but the best

Greg's Quality Meats is open. Last Sat., July 18 the popular Winchester shop was busy. Here, Madison Crober on the left serves Miriam Saumer and Jean Sebastian. Morin photo

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Next generation of auctioneers – Chad Simmons

Carolyn Thompson Goddard
Record Staff

NORTH STORMONT – There is a special kind of excitement at a live auction which combines anticipation, competition, hope and exhilaration when you place the winning bid on an item. For Chad Simmons, his training as an auctioneer began as a child when he accompanied his father to “a sale barn just up the road” from his home on Tuesday nights. He mentioned how “I sat in the front row and watched him sell cattle. It was there that I decided to become an auctioneer.”

A self-taught auctioneer and member of the Auctioneers Association of Ontario, Simmons explained how auctions educate “people on the

industry,” something he learned “growing up in a family that owned an auto auction” and attending sales “for as long as I can remember.” He continued how each auctioneer has a distinctive “chant,” something “which can only be taught by an auctioneer.” Simmons mentioned he had the opportunity of hearing many different styles of auction chants from which to create his own “unique sound.”

Many organizations holding fundraisers have begun holding a combination of live and silent auctions during the event. Simmons has donated his talents and time to many of these organizations throughout the years, including the Canadian Cancer Society,

Ducks Unlimited, Winchester & District Memorial Hospital and the Avonmore Ladies Night events. Nancy Wert of Avonmore, a member of the original team of organizers for Ladies Night Out events in Avonmore commented “Chad was our ‘young auctioneer at our very first Ladies Night to honour Stephanie Grady,” before continuing how when he stepped up to the microphone and started the live auction she thought “Wow, what a talented young man” concluding how “he has returned to help us out every year since.”

Simmons has competed in several competitions including the placing in the top five in the International Plowing Match (IPM) Auctioneers Challenge in 2015 and 2016, and in March 2017, won the Ontario Experienced



Chad Simmons from North Stormont is shown selling at the ADESA Chicago during the World Automotive Auctioneers Championship which he attended, thanks to the sponsorship of ADESA Ottawa (Vars). Courtesy photo

Championship before taking part in the World Automotive Auctioneers Championship in 2018. From taking part in these competitions and championships, he mentions he has learned they “are just for fun. Most of the best auctioneers I have seen have never been” to these types of events.

Looking forward to the future, he is “building towards doing more auctions,” commenting how they are “setup to do

equipment on your site, one of the few “companies setup with Debit” and in addition to auto auctions, they do agricultural and inventory sales. Long before the public arrive at the auction there is a lot of behind the scenes work which must be done. When asked about how an auction is set up, Simmons replied it depends on the type of auction being held, with cataloguing the items up for sale, providing a list of articles on sale day with no set schedule of

items being sold.

Simmons credits his father who “introduced the industry to me” as well as World Champion Auto Auctioneer Phil Faulkner from the Toronto area as being two strong influences on his career choice, but mentioned how through the years, “I have had a lot of great advice and guidance.” His combination of fun-loving wit and auctioneering style has made him a hit throughout the local area.

Protecting our rights

Continued from the front

Protections for farmers are increased with this bill as well as “simultaneously protecting the right for people to participate in lawful protests on public property.” Some of the measures included in this legislation are increasing the amount of fines under the *Trespass to Property Act*, “prescribing aggravating factors that would allow the court to consider factors that might justify an increased fine,” providing the court the ability to order restitution for damage in prescribed circumstances,” including theft and “damage to a farmer’s livestock,” “increasing protection for farmers against civil liability from people hurt during trespassing the property, “provided the farmer did not directly cause the harm” and “removing consent to enter a farm property when it was given under duress or false pretenses.”

Stakeholders across the province were consulted prior to Bill 169 being introduced into the Ontario legislature “to ensure the right balance of protecting Ontario’s farmers and the rights of people to participate in lawful protests.” The ministry will continue to hold meetings with stakeholders across the province to “develop the regulations that must be put in place before the act can be proclaimed into force.”

Keith Currie, president of the Ontario Federation of Agriculture (OFA) commented how the membership of the OFA is appreciative of the “support of the Ontario government in taking the concerns of Ontario livestock and poultry farmers seriously and acting swiftly to address them by passing Bill 156.” Currie continued how there can be a serious threat to the “mental health and well-being of Ontario farmers and significant stress and harm to our animals” by “on-farm trespass.”

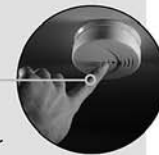
In 2019, the *Provincial Animal Welfare Services Act, 2019* was passed by the Ontario Legislature, it provides the “strongest penalties in Canada [to those] who are convicted of animal abuse” and Ontario “now has the first fully provincial government-based animal welfare enforcement system in Canada” with the ability to call “1-833-926-4625 “and have a trained inspector investigate the allegation.”

Board chair of Dairy Farmers of Ontario (DFO) Murray Sherk is quoted in the press release as saying “Dairy farmers in Ontario take the welfare of the animals in our care and the quality of milk we produce very seriously. The act goes a long way to keeping the integrity of the biosecurity measures we have in place for food safety, and to keeping our animals, families and homes safe from unauthorized visitors.” On behalf of the DFO, Sherk expressed appreciation for consultations held by the government with dairy farmers across the province and commented that he looks “forward to engaging further as the regulations for the act are considered.”

Home Fire Safety Checklist

Smoke & Carbon Monoxide Alarms

- Install working smoke alarms on **every storey of the home** and outside **all sleeping areas**. Install carbon monoxide alarms outside all sleeping areas. **It's the law.**
- For extra protection, install a smoke alarm in every bedroom and a carbon monoxide alarm on **every storey.**
- Test your smoke and carbon monoxide alarms **once a month.**
- Change alarm batteries annually or whenever the low-battery warning sounds.
- Always **follow the manufacturer's instructions** for installing, testing, maintaining and replacing smoke and carbon monoxide alarms.



Home Fire Escape Planning

- Develop a **home fire escape plan** and practice it with the entire family.
- Make sure everyone knows **two ways out** of each room, if possible.
- Determine who will be responsible for helping young children, older adults or anyone else that may need assistance when escaping.
- Choose a **meeting place** outside, such as a tree or lamp post, where everyone can be accounted for.
- Call the fire department from outside the home, from a cell phone or neighbour's home.
- Once out, stay out.** Never re-enter a burning building.
- Make sure exit doors and windows open easily and are kept clear of obstructions.



Cooking Fire Safety

- Always stay in the kitchen** and stay alert when cooking.
- Keep anything that can catch fire—*oven mitts, wooden utensils, food packaging, towels or curtains*—away from your stovetop.
- Keep a proper fitting pot lid near the stove when cooking. If a pot catches fire slide the lid over the pot and turn off the stove. **Do not move the pot.**
- Wear tight-fitting or rolled up sleeves when using the stove. Loose dangling clothing can easily catch fire. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.



Other Things to Consider to Prevent Fire in Your Home

- Keep matches and lighters out of the sight and reach of children.
- Always **blow out candles** before leaving the room.
- If anyone in the home smokes, **smoke outside.**
- Ensure items that can burn are **one metre away** from space heaters.
- Avoid overloading the electrical outlets.** Extension cords should be used only as a temporary connection.



For more information contact your **local fire department.**

North Dundas Fire Service
636 St. Lawrence St., P.O. Box 489
Winchester, ON K0C 2K0
northdundas.ca



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WDMH board holds AGM

Record Staff
WINCHESTER – Like many other organizations during the Covid-19 pandemic, the Winchester & District Memorial Hospital (WDMH) board of directors held a virtual annual general meeting. The June 25 meeting provided an opportunity to review not only 2019, but to also review the first few months of 2020 in a press release from Jane Adams, WDMH communications lead.



WDMH board elects new chair

A special meeting of the WDMH board of directors confirmed James Pitruniak as its chair. Pitruniak is pictured below in a courtesy photo from Jane Adams, WDMH communications lead. Courtesy photo

Some highlights of accomplishments achieved by WDMH reported at the AGM included positive results from inspections and accreditation process, a commitment to staff, physicians, volunteers and high school coop students who are working to “increase their skills through education, combining “high touch with high tech” and “patient satisfaction related to family and patient-centered care” reaching 97 per cent, reflect the top priority given to “quality and patient safety.”

Adams continued “35 new professional staff were welcomed to WDMH” which brought to 213 the number of “accredited staff, mentioning there are “close to 1,000 staff, physicians, volunteers and learners” at the hospital, with “148 active WDMH auxiliary members” and through “input from our Patient and Family Engagement Committee (PFEC) “patients are “part of the decisions we are making every day.”

The press release noted “the WDMH Foundation raised funds to purchase 43 new pieces of medical equipment totalling almost \$1.2-million” and continued that the “finance team received another clean audit as confirmed by external auditors.” Adams continued, how despite ending the year with a small financial deficit for the “first time in several years,” this “will not impact the hospitals ongoing financial stability.”

Mike Villeneuve, outgoing WDMH board chair, commented during the meeting how “the Covid-19 pandemic has overshadowed everything these past few weeks” but “has also served to illuminate something that we already know at WDMH: We are prepared and we have the expertise to care for our local communities.”

During a special meeting of the board which followed the AGM, “James Pitruniak was confirmed as the new board chair, Bruce Millar as vice chair and Renee Belhumeur as treasurer.” Past chair Mike Villeneuve was thanked for his work as board chair, with Andrew Barrett and Dr. Marilyn Crabtree receiving the appreciation of the board as they completed their terms.

As the AGM concluded, community members, patients, families were encouraged to stay connected “by signing up for the hospital’s e-newsletter, visiting the WDMH website, Facebook page or twitter feed, and dropping a line via email or calling the hospital. Adams mentioned how “A joint report to the community will be delivered to close to 60,000 homes in our region in early July. The focus is on the importance of good neighbours providing great care, supported by a grateful community.”

International year of the plant 2020

AJ Al-Rajab, PhD
Record Staff

Healthy plants provide us with 80 per cent of our food and 98 per cent of the oxygen we breathe. The United Nations declared 2020 as the International Year of Plant Health (IYPH). The year is a once in a lifetime opportunity to raise global awareness on how protecting plant health can help end hunger, reduce poverty, protect the environment, and boost the economy.

The world population is projected to reach 8.5 billion by 2030, compared to the current population of 7.8 billion. Consequently, the global demand for agricultural products is anticipated to increase by 15 per cent over the coming decade. The Sustainable Development Goals of the Food and Agriculture Organization FAO, are a collection of 17 global goals that act as a road map for helping to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by the year 2030. Yet almost 690 million people remain chronically undernourished, and the projections show that the world is not on track to achieve Zero Hunger by 2030.

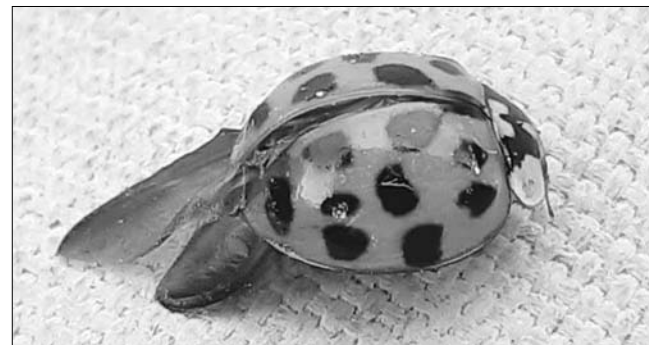
Protecting plants, protecting life

In Canada, crop industries generate over \$23.8-billion per year in exports, and the forest industry contributes \$25.8-billion to the Canadian economy and employ about 210,000 people across the country.

Pests (insects, rodents, weeds and phytopathogenic agents such as bacteria, viruses, fungi, etc.) represent a threat to food security. They can damage crops and reduce availability and access to food, while increasing the cost. Each year, these pests are responsible for 20 to 40 per cent of losses, or about \$310-billion US dollars, worldwide.

Historically, the Irish potato famine from 1845 to 1849 happened when a fungal disease called late blight, caused by the pathogen “Phytophthora infestans,” destroyed the leaves and edible roots of the potato plants. This plant disease caused about one million deaths due to starvation, causing Ireland’s population to fall by between 20 per cent and 25 per cent.

On the other hand, trading plants and plant products plays an important role to sustain the economy for many countries. This could increase the risk of plant pests and diseases spreading. To make trade safe, it is important to comply with the international plant health standard.



The Asian lady beetle is an invasive beneficial insect varying in colour and can be identified with the whitish M-shaped area behind the head.

Al-Rajab photo

Climate change, international trade and travel, and even camping and gardening can cause the spread of invasive plants, plant disease and other pests.

Recently, the emerald ash borer (*Agrilus planipennis*), an invasive insect, has killed over 10 million trees in Canada. Moreover, since the 1960s, the Asian lady beetle (*Harmonia axyridi*), an invasive beneficial insect native to Southeastern Asia, was gradually introduced to the United States as a biological control agent in agriculture; it controlled the amount of aphids and other insects from crops. The species spread quickly and reached Canada in 1994. Its high fertility and ability to live in much diversified environments help it to spread to new geographical zones.

Pesticides for plant protection

Plant protection aims to control and manage pests, plant diseases and other pest organisms that damage agricultural crops. Use of pesticides is essential to protect crops, food, commercial products, animal and public health from different pests, in addition to their use in landscaping and industrial areas. There are over 1000 pesticides used worldwide to protect food from different pests. The Canadian consumption of pesticides in 2016 was 75,318 tons of active ingredients as reported by the Food and Agriculture Organization (FAOSTAT).

However, the agricultural use of pesticides in Canada presents 74.7 per cent of all pest control product use in 2016, while the non-agricultural sector has a 20.1 per cent share of pest control product use as reported by CropLife Canada. The estimated revenues for non-agricultural pest control product manufacturers in Canada amounted to \$312-million in 2016.

For more information about the IYPH 2020, visit the website: www.fao.org/plant-health-2020.

The Road Home

Significant historical events while surrounded by love

by Carolyn Thompson Goddard

When I was at university, I can remember being so surprised upon learning that events which had happened during my childhood and teenage years were being studied and analyzed as historical happenings.

While I don’t remember too much about the assassination of John F. Kennedy (although I do recall watching parts of his funeral on our black and white T.V.) or the Cuban Missile Crisis (Mom told me there was a teacher in Ottawa who wore running shoes during those 10 days in October, so if something happened she could run to her children faster.) they were part of the times of my childhood. The FLQ Crisis of 1970, the assassination of Robert F. Kennedy and Martin Luther King Jr., the Chesterville Tornado in the early 1970s and of course, the celebrations of Canada’s Centennial in 1967, are deeply etched in my memories. I remember hearing Mrs. O’Brien talking to Mom after church about how she had watched on T.V. the night before, Robert F. Kennedy being gunned down as he addressed the convention in far away California; I

felt maybe she would stop watching television as it was getting too violent. Without a doubt, as we sat around the dinner table in our house on King Street, we would talk about all these “historical happenings” which were going on in the world. The Vietnam War, Kent State and My Lai, discussed with as many different opinions as there were people sitting around that big table.

As we sat around that big wooden table which dominated our kitchen in our house, I don’t remember being overly stressed about it. Okay, I do remember crying at school while singing “The Green Berets” during music class and a worried Mrs. Morris (our music teacher) calling Mom to speak to her about this emotional outburst. After talking with Mom, I was reassured to be told that although my brother Paul had recently joined the Canadian Armed Forces while at university, he would most certainly not be sent to Vietnam and be killed.

I suspect perhaps it was discussing the events out in the world which were mostly a bit negative that allowed me to recall without thinking too deeply

the fun of growing up in Chesterville during the 60s and 70s. These “historically important” events were without doubt stress causing occurrences but discussing them with Mom, Dad and “the boys” (well mostly my brother David actually) helped me put things into perspective. In reflection these events were important, but not as important as finding a dead crayfish on the banks of the might Nation or watching people throwing their school papers into the river as they walked home from the last day of school or enjoying French fries on a Friday night from Mr. Liscomb’s chip wagon.

I hope when my children look back to the first Gulf War, they will remember its significance but hopefully they will also recall a time when Mom and Dad let them play video games as much as they wish, in an effort to spare them the televised bombing over in the Middle East. Now I wish for my grandchildren, years from now, will remember this time of Covid-19 as a time when despite the stress caused by the pandemic, they felt safe, secure and surrounded by love.



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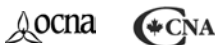
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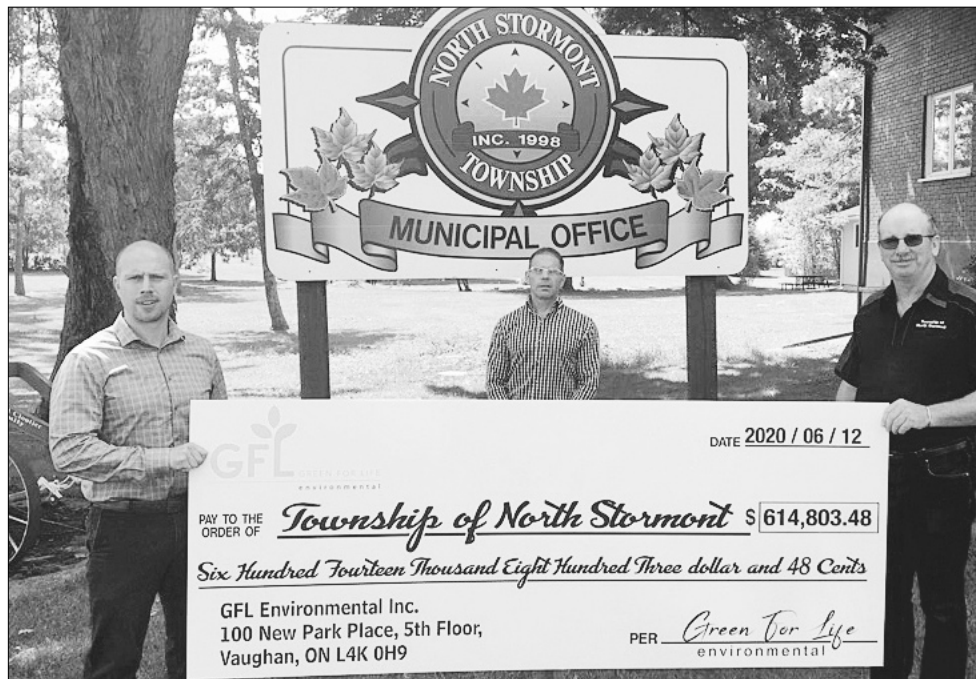
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GFL Provides \$614,000 cheque to North Stormont Township

BERWICK – North Stormont Township received a significant financial boost today in the form of a contribution of \$614,000 from Green for Life (GFL) Environmental Inc. as part of a long-standing host agreement with the municipality. Greg van Loenen, environmental compliance officer with GFL presented the cheque to Mayor Jim Wert at the township office on July 13.



Pictured in the photo are, left to right: Greg van Loenen, Craig Calder/CAO, Mayor Jim Wert. Courtesy photo

The monies were provided via the GFL Host Community Fund. The township of North Stormont recognizes GFL

as a valued community partner. This funding stream is a much needed monetary infusion to the municipality

considering the continued annual decreases in provincial contribution through the Ontario Municipal Partnership Fund.

Protecting Morrisburg waterfront

Record Staff

MORRISBURG – The hot temperatures has resulted in many people seeking relief from the heat and humidity along the St. Lawrence waterfront. On July 2 the Municipality of South Dundas announced the temporary closure of the beach areas in Morrisburg and Iroquois on weekends commencing on July 4 until further notice, with the beaches remaining open through the week. This announcement was made as a result of large numbers of people accessing the beaches on the weekends since their opening on June 22, which raised concerns about lack of physical distancing during the Covid-19 pandemic. Recently there have been concerns raised about the volume of traffic and parking along side the waterfront in Morrisburg, especially on the weekends.

A special meeting of South Dundas council was held on Tues., July 7 to discuss this matter with Mayor Steven Byvelts, expressing as it began, his concerns on this matter and the apparent lack of respect shown to the waterfront. Deputy mayor Kirsten Gardner commented how she noticed there was an “overwhelming” number of visitors to the waterfront with a lack of social distancing and other issues on Sun., July 5.

Coun. Don Lewis expressed how it appeared people along the waterfront were acting in a disrespectful manner to the physical space as well as to individuals when he visited the park on Mon., July 6. He continued how he felt measures have to be taken at this time to resolve the situation.

Coun. Archie Mellan hoped a solution could be found for residents to be able to access the waterfront. He visited the park on Sunday and commented how “it was really disheartening to see our facilities” abused by those utilizing the space and taken advantage of, regardless of where the visitors came from. He commented how what he saw was not what was envisioned for the space during the creation of the Master Plan for the Morrisburg Waterfront and commented a solution to this problem needs to be found.

Coun. Lloyd Wells re-iterated his belief that this green space should be “for the kids, for picnics, no vehicles” and feels the Waterfront Park needs a permanent solution to the parking problem. He commented there was a need for signage, finding alternative parking areas and perhaps instituting fees for parking and use of the site.

Danielle Watson, director of Environmental Services, provided a number of alternative solutions to the problems associated with the use of the Morrisburg waterfront, which includes concerns over parking areas at the site. During her presentation, Watson explained some measures are already being implemented including the installation of large boulders to inhibit parking on the grass.

Byvelts commented how cars with trailers need to park somewhere other than at the waterfront, and that there is a need for accessible parking, and boulders on the pathway. He had a couple of suggestions such as charging for parking, erecting a barrier at Docksye to stop access to the pathway or install a speed inhibitor and use only a specified area for parking. Gardner agreed with Byvelts on several points such as the need for accessible parking the use of boulders. She noted driving on the grass needs to be addressed, using large signs to provide information on use of area and a method of education followed by enforcement for non compliance. She commented there was a need to develop a plan for the creation of additional parking. Wells feels the “green space should be green space,” with no vehicles east of the washroom and using boulders as a barrier in several locations at the waterfront park and provided suggestions as to how the limiting of persons on



A barrier of stones

Workers begin to unload a load of gigantic stones near the Morrisburg beach entrance which will be used in an attempt to stop people from driving over the nearby parkland. In the front of the photo are two of the large concrete barriers which will be located at the entrance to the beach parking lot on the weekends when the beach is closed. Staff photo

beaches could be done. He raised concerns about parking for boaters both on and offsite. Lewis had several suggestions on how to limit parking on grass including the use of boulders and fencing to limit access points to the area before commenting golf carts should not be allowed on green spaces. Mellan agreed there was a need for a fence to inhibit parking on the grass, signage, wondered about fines for parking on grass and signage at the dock to “direct the trailers and trucks and cars” to an offsite parking location with clear indications they are not to park on the grass.

There was a significant amount of discussion about these issues, which included camping along the waterfronts in South Dundas, with staff moving forward with plans to ensure the safety of persons and property at the waterfront.

Obituary

LOUIS MORIARTY

At the Winchester District Memorial Hospital on Tuesday, July 14, 2020, Louis Moriarty of Cardinal, age 91. Loving companion of Stella Horan. Loving father of Tom (Kelli) of Chesterville, Colleen Hyde (Ken) of Ottawa, Dan (Karen) of Chesterville and Sheila Moriarty (Mike Foran) of Wolf Lake. Dear brother of Cassie Doherty of Ottawa, Ann Burkhart of Liverpool, N.Y., Jean LePage of Ottawa, Stella Kelly of Ottawa and Colleen Ethier of Ottawa. Louis will be fondly remembered by grandchildren Rory (Carolyn), Brody (Michelle), Keegen, Brittany, Cheryl (Trevor), Sandra, Alicia and great-grandchildren Kassie, Kase, Kora, Kaisley, Leah, Emerson, Jocelyn, McKinley, Tate, Mac and Locklyn. Predeceased by his wife Mary Semmens, his infant daughter Sheila, his infant sister Sheila, his sisters Teresa Kenzie and Mary McDerimid, his brothers Vincent, Raymond, Leonard, Francis and Harold. Also survived by many nieces and nephews. Due to Covid restrictions a private family service was held at the Marsden and McLaughlin Funeral Home in Williamsburg. Interment was at St. Mary's Cemetery in Chesterville. Donations to Winchester Hospital would be gratefully acknowledged by the family. If you are making your donation online or by cheque directly to the charity, please include the following note with your gift “please notify the family”. Online condolences may be made at marsdenmclaughlin.com.

Church DIRECTORY

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CHRIST CHURCH UNITED**

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Pastor: Debbie Poirier 613-850-2725

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Re-opening to be announced.

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Contact : Tel: 613-346-1648 Email: revlgaudet@gmail.com
Worship services are not being held until further notice.

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MINISTER: Rev. Dr. Cheryl Gaver
613-918-0506 Email: cgaver@cogeco.ca Church: 613-984-2201
Website: www.finch-avonmore-presbyterian.ca

Sunday, July 26, 2020
11 a.m. – Worship Service & Sunday School
Everyone Welcome!

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ST. ANDREW'S - Chesterville
ST. PAUL'S - Winchester**

Rev. Bruce Kemp, B.A. S.T.M. 613-267-0928

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Chesterville - 9 a.m. Winchester - 10 a.m. Morewood - 11:15 a.m.
Everyone Welcome!

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Senior Pastor: Rev. Daniel L. Wallace

Sunday, July 26, 2020

We are beginning to 'reopen' for services by reservation only as space and seating will be limited in compliance of the COVID-19 restrictions.
OR join us via our youtube channel for our live stream at 10:30 a.m.
https://www.youtube.com/channel/UCoPy_DABzz4REc-A76-EvrA
No Sunday School or Nursery provided at this time

NOTE: Registration to attend is required to our Sunday morning service. Please call the church office to reserve your spot.

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Presiding: Rev. Anne Quick
infostmarysrussell@rogers.com Website: www.stmarysrussell.ca

Please join our virtual service, Sundays at 10 a.m.

If you would like to join our service via Zoom
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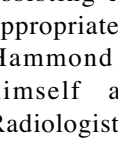
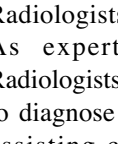
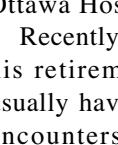
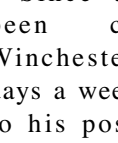
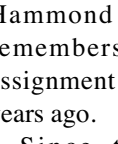
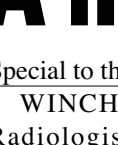
Administration Priest: Fr. Charles Enyinnia
Parish Secretary: Patricia Guy - 613-448-3262



Congratulations to NDDHS Grade 8 graduate students

The 2020 graduation of North Dundas District High School Grade 8 students took place online this year. This year's group is being promoted to Grade 9 in the coming school year.

Photo courtesy of Photo Visions School Photography Company



North Dundas Intermediate School



Mr. Bourne
Principal



Mr. Bartsch
Vice Principal

Class of 2020



Mrs. Byrd Mrs. Cameron Mrs. Deighton Ms. Derks Mrs. Gibbs Mrs. McCadden Ms. Reid Mme Roy Ms. Summers Mrs. Tait Mme Touchette Ms. Van Turnout Ms. Weyermars



Absent: James Casey, Madison Dennerly, Gilbert Caleb, Jaime Nicholls, Brett Wareham



A memory as fresh as yesterday

Special to the Record
WINCHESTER – Radiologist Dr. Ian Hammond says he remembers his first assignment at WDMH, 20 years ago.

Since then, he has been coming to Winchester one or two days a week, in addition to his position at The Ottawa Hospital.

Recently, he announced his retirement. “Patients usually have brief, intense encounters with Radiologists,” he explains. As expert consultants, Radiologists analyze images to diagnose illness, thereby assisting clinicians with appropriate treatment. Dr. Hammond describes himself as a general Radiologist with a special interest in diagnostic ultrasound and bone mineral densitometry.

“I have enjoyed my

time in Winchester,” says Dr. Hammond. “It was a welcoming environment from day one. Having worked in a tertiary care hospital most of my career, I am really impressed with the complexity of issues that the family doctors are dealing with at WDMH. Many have practices in the community and also do shifts in Emergency or the OR. It has been a very good experience for me.”

Dr. Hammond also praises the diagnostic imaging team.

“In my role, you depend very much on the well-trained technologists that you work with. They take the x-rays or perform the ultrasound scans, and I interpret them. The WDMH team is very keen and well-trained.” In fact, the WDMH team credits Dr. Hammond for some of its

success. “It has been a great privilege to work with Dr. Hammond for so many years,” notes diagnostic imaging team leader Shirley Rose and her team.

“His knowledge, experience and effortless teaching practice with our technologists and students have been greatly appreciated and rewarding. Thanks to his profound understanding and insight, he has been an essential resource with accreditation for both mammography and BMD.” Dr. Hammond’s retirement comes after a notable career.

He served as chief of radiology at the former Ottawa General Hospital and chair of the University of Ottawa Department of Radiology.

He also served as a board member of the Ontario Association of Radiologists, president of the Canadian

Association of Radiologists, and president of the Canadian Radiological Foundation.

Most recently, Dr. Hammond received a Physician Clinician Recognition Award from The Ottawa Hospital in recognition of his outstanding clinical career. “Kindness, patience and a pleasant demeanour are how most will describe him,” sum up his teammates at WDMH.

“We also know him to be a master at crossword puzzles. A few things are certain, Christmas will not be the same without his heavenly chocolates, and his kindness and expertise will be greatly missed!”



Dr. Ian Hammond
Courtesy photo



Blueberry season beckons

Carolyn Thompson Goddard
Record Staff

AVONMORE – Rubicon Farm, located just north of Avonmore, is gearing up for the 2020 blueberry season, with u-pick slated to begin on Sat., July 25.

George McBain, who runs the farm with his wife Jenny, recently spoke to the *Eastern Ontario AgriNews* and explained this year the U-pick will be open five days a week, Wednesday to Sunday between 8 a.m. and 5 p.m. He continued that Rubicon Farms will be closed every Monday and Tuesday to ensure there is an ample amount of ripe berries available for picking and expects the season to last to the end of August but as in any agricultural undertaking this is dependent on the weather.

There are in the neighbourhood of 1,800

blueberry plants on the farm as well as a limited number of black raspberries, red raspberry plants and haskap berry plants on site. While the drought has reduced the amount of raspberries available to people, there are still some haskap berries available. George explained the haskap berry, sometimes called a honeyberry, looks like an elongated blueberry. The haskap is an early spring berry which is said to taste like a cross between red raspberries and blueberries. It is good for eating, with George explaining this berry is popular in Japan and because of its tolerance for cold weather; it is growing in popularity in Canada's East Coast.

When asked about the care and nurturing of the high bush blueberry plants found on his acreage, George explained once the

season is finished, you must ensure the roots are properly moist with mulch applied as the dormant season begins. He continued this is a good time to prune the bushes, but you can prune the plants at any time, to encourage the plant to send up new shoots. He added the lack of rainfall has stressed the plants but they irrigated the field as much as possible and things seem to be heading toward a bumpier crop this year.

This year a limited amount of eggs from free-range laying hens is available for sale at Rubicon Farms, with George mentioning later in the season there will be pork available for sale from pastured pigs at the farm. He noted how both the hens and pigs are fed organic feed to supplement their free ranging diet.

Covid-19 protocols including social distancing

and limiting the number of people able to pick at a time, are to be followed at the farm when picking blueberries. George described some of the other changes the pandemic has caused at Rubicon Farms; these include the transactions being conducted in a tent erected in front of the barn and minimizing contact with visitors to the farm by having a flat rate for a level basket of berries instead of paying by weight. Visitors to the farm will pay for the basket of berries before being escorted to the field where they will pick the blueberries, and when the basket is full they will leave the area.

While there may have been a few changes in how the blueberry picking is carried out because of the Covid-19 pandemic, the friendly welcome and tasty berries at Rubicon Farms remain the same as in



This year Rubicon Farms will be charging a flat rate for a level basket of berries instead of paying by weight during the U-pick season. Courtesy photo

previous years. For more Facebook page or their information and updates, website located at please visit either their www.rubiconfarms.ca.

Barbara Ann Glaude receives 2020 4-H Ontario Arbor Award

Carolyn Thompson Goddard
Record staff

STORMONT COUNTY – Stormont County 4-H was pleased to announce that Barbara Ann Glaude, long time volunteer and supporter of 4-H in the Stormont County organization was one of three recipients of the 2020 4-H Ontario Arbor Awards. This prestigious honour was sponsored by Bayer Crop Science and recognizes "exemplary volunteer service with 4-H in Ontario and the community," according to an April 20, news release from 4-H Ontario. The two other recipients were John Fred Sharp from the Northumberland 4-H Association and Beth Meszaros of Durham East 4-H Association.

The press release mentions how Glaude participated in Stormont County 4-H when she was younger, graduating from the program with 45 completed projects and the recipient of many awards. She became a 4-H leader "so her four children could benefit

from, and enjoy the 4-H program the same as she did." Glaude has remained active with Stormont 4-H currently serving as the webmaster for the Stormont 4-H Association and has held positions at the regional level. For many years she has been involved in the Stormont Agricultural Society and currently serves as the secretary of the organization. Neil Robinson, a volunteer with Stormont 4-H, described Glaude as "a seedling enriched by 4-H, and has grown strong, and for years has been enriching the lives of our youth and the community as a whole."

The release noted that the 2020 recipients will be honoured provincially at the 2021 4-H Ontario Arbor Award Banquet, with a "tree planting ceremony for each recipient" to "be held once social distancing protocols are lifted to commemorate their outstanding contributions to the 4-H program and positive youth development within their community."



From the left: front row: Barbara Glaude, Cam Crogie. Back Row: Jill Robinson, Lillian Smith, Neil Robinson. Courtesy photo

Happy Birthday wishes – WDMH Foundation donations

Carolyn Thompson Goddard
Record Staff

WINCHESTER – If you have run out of ideas for a birthday present for that

special someone in your life, the Winchester & District Memorial Hospital (WDMH) foundation has the perfect answer – a

donation to their organization!

In a July 13 press release from the WDMH foundation, communication lead Jane Adams describes how Christine Chevalier, who "has served on the foundation's board for the past several years" told friends to "make a donation to the Family Care Fund at the WDMH foundation" instead of birthday gifts. This resulted in a donation of \$330 to the Family Care Fund (FCF), with Chevalier commenting how the FCF "supports families just like ours" with donations used "where they are needed most – to buy new medical equipment, upgrade existing equipment or meet other urgent needs at WDMH."

WDMH foundation's manager of direct mail & events Cindy Peters recently held her own birthday fundraiser for WDMH and stated, "I hope that others might be inspired by Chris'

generosity and hold their own Facebook fundraisers."

The press release explains "Facebook birthday fundraisers are a new trend that is catching on. They are safe and secure, and donations go directly to the charity via PayPal. Donors can also opt-in to get a charitable tax receipt."



Chris Chevalier is shown holding an oversized cheque showing the donation of \$330 to the WDMH foundation raised during a birthday fundraiser. Courtesy photo

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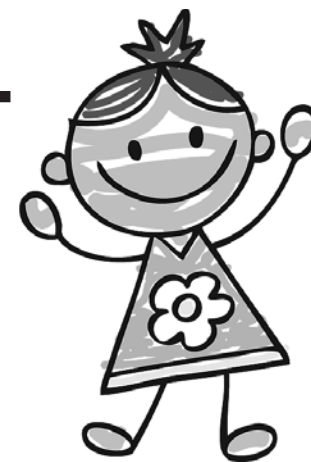


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Summertime Activity COLOURING CONTEST

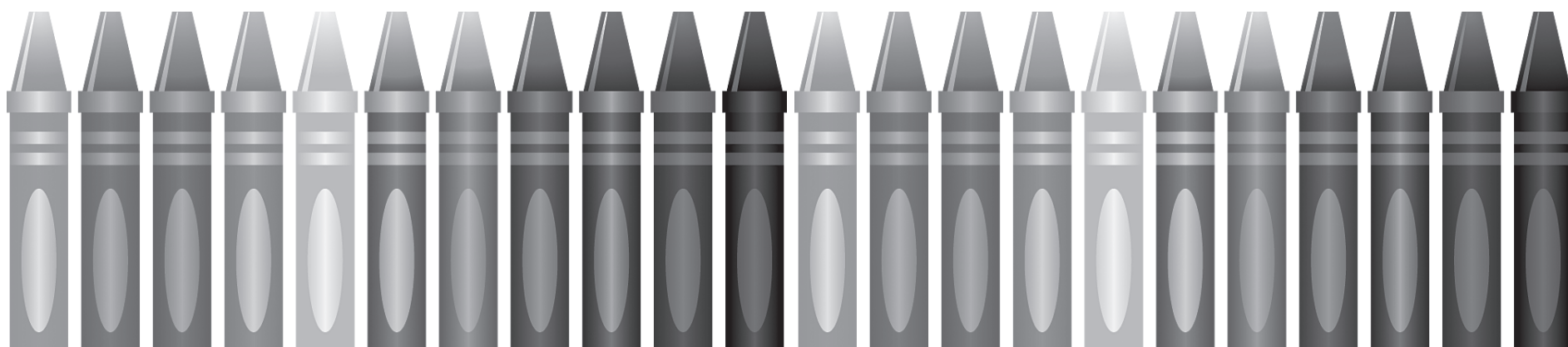


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them to contests@etceterapublications.ca.

See page 9 for colouring pages and form to fill out for your entry.



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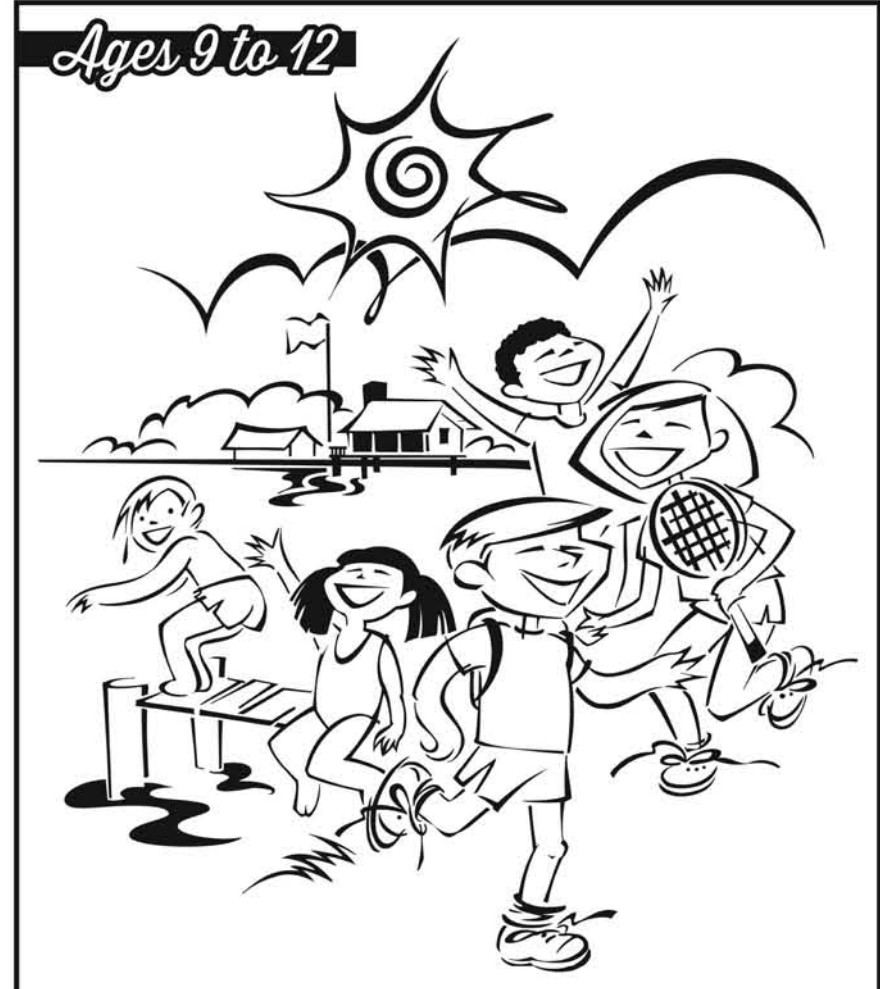
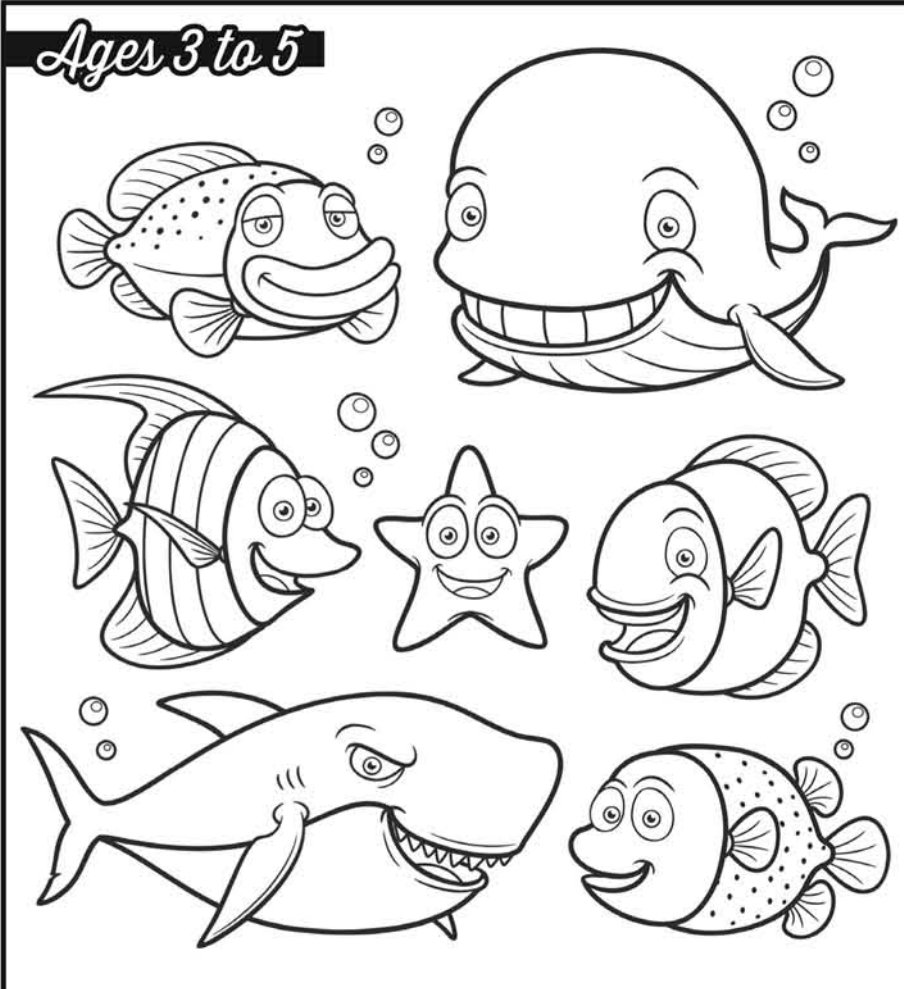
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Summertime Activity

COLOURING CONTEST



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AGE: _____ PARENT'S NAME: _____

HOME ADDRESS: _____

CITY: _____ PROVINCE: _____

POSTAL CODE: _____

PARENT'S PHONE: _____

PARENT'S E-MAIL: _____

Drop off your completed colouring panel and entry form on or before Wednesday, August 5, 2020 to 29 King Street, Chesterville, ON, K0C 1H0 or email them to contests@etceterapublications.ca.

- CONTEST RULES:**
1. Contest open to children ages 3 to 12 years old (three separate age groups) for those residing in the SDG and Russell counties.
 2. Contestants may use crayons, coloured pencils or markers to colour the drawing.
 3. Entries are considered the property of The Chesterville Record and may be printed by them.
 4. All entries must be received by The Chesterville Record by 4 p.m. August 5, 2020.
 5. Winners will be notified by phone or email on or by August 7, 2020 and will be announced in The Chesterville Record on August 13, 2020. Winning entries will be published with the announcement.

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North Dundas stands behind local businesses

Joseph Morin
Record Staff

NORTH DUNDAS – The municipality of North Dundas is determined to do what it can to help local businesses make a come back after months of being held back by the pandemic.

The recent provincial decision to continue to cautiously open up more businesses has created an opportunity for municipalities to help out small business owners.

North Dundas has partnered with the Counties of Stormont, Dundas and Glengarry to fund a promotional project that has small businesses in North Dundas, place an advertisement in their local paper, *The Chesterville Record* (the print edition as well as online).

“Along with the two media outlets, we are combining our efforts with SD&G,” said Mayor Tony Fraser.

We will be using some

of our funds as well as doubling the number of businesses taking part, he said.

Fraser said, “Our council has always been supportive of business.”

Joining in the project is Nation Valley News. It will also be promoting local business on their web page and Facebook page. Each ad will be clickable, in that clicking on the ad will take the reader to that businesses’ website.

The advertisements do not cost businesses anything but the time it takes to apply for a spot.

There are some rules to follow. Businesses have to be in North Dundas to qualify, they have to be open to the public in some capacity and offer their customers the option of curb-side pick-up or delivery, call-in orders and in-store shopping.

Other municipalities are using a similar approach to help their

local business community. Businesses need to submit:

- A high resolution logo that is at least 250 DPI;
- Your business website or social media URL;
- The contact information you want included, such as a phone number or email address;
- Very brief text you would like included on a business card ad;
- Or if you have a business card sized advertising block already created, feel free to submit that as well;
- If a pre-existing advertisement does not exist, *Nation Valley News* or *The Chesterville Record* will create one for you.

The township has the final approval of each successful applicant.

For more details, please contact North Dundas Economic Development and communications officer Stephen Mann at 613-774-2105 ext. 244 or email: smann@northdundas.com.



A great way to begin the weekend

The Chesterville Legion Branch 434 held one of their chicken barbecues on Fri., July 17. They cooked up more than 140 dinners and by the end of the day they were all spoken for and picked up. Pictured here is Bob Siddons picking up seven dinners, collecting them from Maureen Corrick, Glenda MacIntosh and Kairen Cotnam.

Morin photo

Correction

In the second paragraph of the article entitled “Busy North Stormont council meeting,” that ran in the July 9, 2020 edition of *The Chesterville Record*, stated “Tony E. Fleming, integrity commissioner for the municipality, provided council with a report on a complaint which was filed against Coun. Steve Densham earlier this year by Coun. Roxane Villeneuve.”

The paragraph should read “Tony E. Fleming, integrity commissioner for the municipality, provided council with a report on a complaint which was filed against Coun. Steve Densham earlier this year.” This was an inadvertent error and sincere apologies are extended to Fleming, Densham and Villeneuve.

This was an inadvertent error and sincere apologies are extended to Fleming, Densham and Villeneuve.

Deadline: Friday at 4 P.M.
\$8.00 Plus HST
Minimum 25 words.
Additional words 32¢ each.

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03-2

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DUMPSTERS – For rent. Call 613-448-3471.

tfc

COMING EVENT

BLOOD DONOR CLINIC
Tues., July 28 from 2:30 p.m. - 7:30 p.m. at the Joel Steele Community Centre, Winchester. Sponsored by the North Dundas Masonic Lodge. Phone appointments at blood.ca or call 1-888-2-donate.

02

HELP WANTED

HELP WANTED – WILLIAMSBURG WOODS & GARDEN INC., manufacturers & installers of quality fences & decks. Requires carpenters, installers, labourers with or without experience. Outdoor work. Please call 613-543-2666 or send resumé to williamsburgwoods@bell.net.

03-4

HELP WANTED – Handyman services, dry-wall, deck repair, demo, etc. Call 613-774-2922. Ask for Bill.

02

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Chesterville Legion Branch 434

THE CHESTERVILLE LEGION IS OPENING FOR STAGE 3 AS OF WEDNESDAY, JULY 22ND, 2020

The main hall is now available for rental for groups up to 50.

The members’ room will have a limited capacity, so the extended patio will remain open to accommodate all guests.

UPCOMING FRIDAY EVENTS:

- July 24 - Kitchen menu with Hamburgers - 4 to 6 p.m.
- July 31 - Kitchen menu with Hotdogs - 4 to 6 p.m.
- August 7 - Wing Nite - 5 to 7 p.m.
- August 14 - Kitchen menu - 4 to 6 p.m.
- August 21 - Chicken BBQ - Time TBC
- August 28 - Kitchen menu with Hamburgers

The Legion will be CLOSED Sunday to Tuesday

OPEN
1 p.m. - 3 p.m. (Office)
3 p.m. - 7 p.m. (Bar)
Wednesday to Saturday

Like **The Chesterville Record** on

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Cooking thru the ages

Carolyn Thompson Goddard
Record Staff

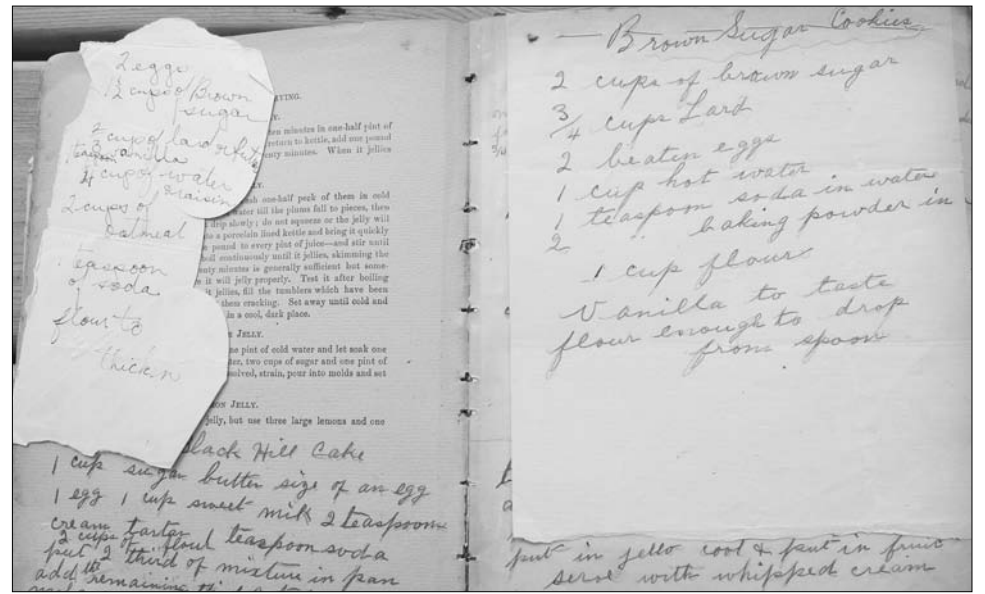
SOUTH DUNDAS – In the mood for a slice of vinegar pie or perhaps a piece of homemade head cheese like great-great-great-great-great grandma may have made in the 1790s? There is no need to look any further than a new cookbook compiled by members of the St. Lawrence Branch (SLB) of the United Empire Loyalists Association of Canada (UELAC).

United Empire Loyalist (UEL) descendent Darlene Montgomery-Fawcett and Laurie McDonald, wife of Stephen McDonald U.E. have been researching, cooking and putting together “Loyalists at Table: 18th Century Loyalist recipes for the 21st Century.” Montgomery-Fawcett explained during a telephone interview how this book of just over 100 heritage recipes is designed to increase the visibility of the branch as well as a method whereby “the recipes used by our loyalist ancestors who settled along the St.

Lawrence River” could be gathered together.

Montgomery-Fawcett continued that many of the recipes have been kitchen tested with several of the featured recipes passed down through families and provided by SLB members, historical organizations, online resources as well as others provided by members of First Nations. She described how in addition to the recipes, there is information on the ingredients and some of the history of the recipe itself. Montgomery-Fawcett spoke about an 1896 recipe book which had belonged to her great-great aunt, Mary Ross of the Hulbert area in South Dundas, mentioning how some of the recipes were sewn into the book as well as handwritten on paper.

The book, which is expected to be on sale in the fall of 2020, will be sold locally with between 300-500 copies available for purchase. For more information on this cookbook, Montgomery-Fawcett suggested visiting the Facebook page of the St. Lawrence Branch or visiting its website at www.uelac.org/st-lawrence.



Recipes from yesteryear

This is a page from the 1896 cookbook owned by Mary Ross, great-great aunt of Darlene Montgomery-Fawcett who has compiled ‘Loyalists at Table.’ Montgomery-Fawcett explained how some of the recipes in the cookbook were sewn into the book itself.

Courtesy photo

North Stormont council

Carolyn Thompson Goddard
Record Staff

BERWICK – Members of the North Stormont council met on July 14 for their regular council meeting. During the opening remarks, Mayor Jim Wert thanked GFL Environmental (GFL) for their recent donation of over \$614,000 to the municipality which is part of an agreement between the municipality and GFL. Coun. Roxane Villeneuve then thanked GFL for their ongoing support to North Stormont noting the company has supported several community initiatives in Moose Creek including sponsoring the successful 2019 Moose Creek Tastefest and the recent Canada Day fireworks in that North Stormont community. She mentioned Moose Creek Tastefest is postponed until Sept. 11 2021 due to health regulations in response to the COVID-19 pandemic.

North Stormont integrity commissioner provided a report which stated how “After conducting the preliminary review, the integrity commissioner found that deputy mayor Frank Landry did not breach the Code of Conduct for a number of the allegations” and in the report provided information on the “detailed conclusions that lead to the decision to not undertake an investigation.” The report noted that in the case of one of the four allegations further information was required and was obtained ‘from the member and from the municipality with the decision that no investigation was necessary’ and “the complaint is dismissed.”

Michelle Trempe from Fairtax provided a presentation to council outlining the advantages of Fairtax and how they can help the municipality in the procuring of grants from private businesses as well as provincial and federal governments. Trempe noted



GFL - A community minded business

During the July 14 North Stormont council meeting, Coun. Roxane Villeneuve thanked GFL for their donation toward the purchase of Canada Day fireworks in Moose Creek. From left to right: North Stormont Coun. Roxane Villeneuve, Moose Creek Recreation Treasurer Lorena Sollows, Daniel Brien and Greg Van Loenen both of GFL.

Record photo

Fairtax has extensive experience in this field and have worked over 25 years for approximately 200 municipalities across Canada.

Following the two presentations, council received reports from the various administrative departments, with council members seeking clarification on several points. Council then debated the proposal brought forth by Public Works superintendent Blake Henderson, to purchase a large tonnage of crushed rock from Clark Construction and at Nation Rise construction sites. Henderson mentioned the crushed rock is being offered at a significant reduction in cost and felt this would be a good purchase to allow the township to improve road conditions. The council voted in favour of requesting Henderson “to provide clear direction on the actual volume the township will purchase and how the budget will be modified to allow for this purchase to proceed” explained North Stormont chief administrative officer, Craig Calder in an email to *The Chesterville Record*.

Villeneuve stated she had received complaints from Moose Creek residents about brown water connected to the water tower and expressed her concern about not receiving a timely response from the township for her request for information. Henderson commented there

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were notices on several sites regarding coloured water and how to resolve the problem which can occur when fire hydrants are being flushed.

Several bylaws dealing with municipal drain maintenance throughout North Stormont were passed as well as the contract with Hume Waste Disposal for “the collection and transportation of non-hazardous waste” that were agreed to by council.

Following this, Villeneuve proposed a “Motion to Complement and Clarify bylaw No. 36-2020 Govern the Proceedings of Council and its Committees” but as the motion failed to receive a seconder it did not proceed further.

The next regular council meeting for the township of North Stormont is scheduled for Tues., Aug. 11 at 6:30 p.m.

FULL-TIME YARD HELP WANTED

This position is for yard work including running a forklift; being able to lift over 50 lbs, various other yard duties. Must possess a valid drivers licence.

Send resumé to
rideauauctions@rideauauctions.com or
can be dropped off at Rideau Auctions Inc.,
2250 CR 31, Winchester, ON, K0C 2K0.

CHURCH TREASURER POSITION

St. Andrew's and St. Paul's United Church in Russell is seeking a candidate to assume the role of Treasurer for the Church. This Treasurer position serves the Church Board and congregation.

The Treasurer is responsible for:

- the general oversight of all revenues and expenses of the church which are recorded and managed through a Quickbooks program;
- the management of information and reports which are recorded in the Church's electronic donation system – Donarius;
- preparation and presentation of regular financial reports to the Church Board and/or congregation;
- regular reconciliations of information between various systems and banking reports;
- seeking annual HST rebates for church expenditures through government programs;
- the filing of annual Charitable Organization Tax Returns to Revenue Canada;
- the issuance of annual T4s for contract staff;
- the issuance of annual Charitable Donation taxation receipts to all donors;
- the development and presentation of year-end reports and new year annual budgets; and
- annual statistical reporting to the United Church.

The Treasurer is paid as a contract employee of the Church at a monthly rate of \$250/month. The work effort required varies greatly throughout the year with the period of January to April being the most labour intensive and the period from May to December requiring only 4-6 hours every 2 weeks.

Interested candidates should apply by email to: Shirley Arnold at bigred5656@hotmail.com or Jim Watson at james.watson@scotiawealth.com and provide information on their most recent work experience in this area. Applications will be accepted until: Friday, August 7th, 2020.



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The Villager News

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Capital City Cowgirls dust off moves at the Circle J Ranch

Joseph Morin
Record Staff

METCALFE – The Capital City Cowgirls are back in the saddle.

The synchronized all-girl equestrian team held their first practice at the Circle J Ranch just north of Metcalfe on Fri., July 17.

The team is made up of 21 members. Last year they performed their specialized brand of Choreography on the Hoof at such equine events as Rawhide Rodeo, Wesley Clover Park, Upper Canada Village and local fairs to name a few.

In 2019 the group was chosen as the opening performance for the 2019 RCMP musical ride sunset ceremonies. They put on a fantastic performance in front of 10,000 spectators.

The team calls the Circle J Ranch their home.

The horseback riding facility is owned by Liz Adamson and her mother Grace Simpson.

The founder and coach of the equestrian team is Jennifer Byvelde of Chesterville the owner of Nation Valley Ranch.

Byvelde is a certified riding instructor and has been teaching competitive riding teams for 10 years.

She also has experience in dance, which explains how the team can do the intricate choreography that it does.

Helping her out is assistant coach Melissa Leduc from 6LAcre. Leduc has been riding with team since its beginnings in 2017 and took on the role of assistant coach in 2018.

“I used to play polo and other team sports,” said Byvelde., who said she liked the idea of equestrian team performances.

“We were put on hold for a year because of COVID-19 and now this is our first practice.”

Byvelde describes what the Cowgirls do as a bit different from what you see at a performance of the RCMP musical ride. “We are faster, have a little more yahoo and entertaining,” she said.

The team performs some interesting suicide maneuvers, said Byvelde.

She teaches riders how to perform gymnastics on their horse.

Byvelde has a name for this particular group of young riders. They are called the Capital City Vultures.

Because of COVID-19 the group has not been able to perform this year because all of the equestrian shows they would normally attend have been cancelled.

Nevertheless, Byvelde felt it was time the riders came out and dusted off their technique and run a practice.



The entire practice group of the Capital City Cowgirls forms up behind one of their sponsors Kimberly Dawn of Kicking Cowgirl Design. Dawn is holding Maui.

Morin photo



Jennifer Byvelde serves as tether for Miriam Miksa as she works on some of her riding acrobatic techniques.

Morin photo



The Capital City Cowgirls practice their maneuvers at Circle J Ranch. Pictured here, left to right are: coach, Jennifer Byvelde on her horse Beau and assistant coach Melissa Leduc on her horse Vicky.

Morin photo

Russell Township asks residents to be water wise

EMBRUN – Residents are asked to use water only when completely necessary.

During this restriction, all mechanical watering activities are suspended and prohibited, with the following exceptions:

Residents with odd-numbered addresses will be allowed to water lawns and gardens on odd-numbered dates starting at 10 p.m. to 6 a.m.

Residents with even numbered addresses will be allowed to water lawns and gardens on even-

numbered dates starting at 10 p.m. to 6 a.m.

The restriction applies to residents of Embrun, Russell and Marionville communities, which are served by the township of Russell’s water distribution

system. This restriction applies even if Russell’s water source is the City of Ottawa.

Upon lifting the restriction, a notice will be posted on our website and through social media. If you have any questions, you may contact us at 613-443-1747 or email infrastructure@russell.ca and for more information, visit www.russell.ca.

Mixed berry salad

Fresh berries are one of Ontario’s sweetest pleasures. They need little embellishment (if any!). Here they’ve been gently tossed with a mint ginger syrup to enhance their flavour.

Preparation Time: 15 minutes

Cooking Time: 1 minute

Standing Time: 30 minutes

Serves 8

- 1/3 cup (75 mL) water
- 3 tbsp (45 mL) granulated sugar
- 3 tbsp (45 mL) chopped fresh Ontario mint
- 10 thin peeled slices fresh gingerroot
- 1 cinnamon stick
- 6 whole cloves
- 1 tbsp (15 mL) orange liqueur (optional)
- 4 cups (1 L) whole Ontario strawberries
- 2 cups (500 mL) Ontario blueberries or blackberries or a combination
- 2 cups (500 mL) Ontario raspberries Ontario mint sprigs

In small saucepan, combine water and sugar; bring to boil, stirring occasionally. Boil 1 minute, remove from heat and stir in mint, ginger, cinnamon stick, cloves and orange

liqueur (if using). Let stand covered for 30 minutes or until cooled.

Meanwhile, slice strawberries in half if they are large. Place in bowl along with blueberries and raspberries. Place sieve over bowl and strain mint syrup, pressing mint with back of spoon. Toss fruit with syrup. Serve immediately or cover and refrigerate for a few hours. Garnish with mint.

Tip: Fruit and syrup can be prepared the night before, covered and refrigerated. Toss just before serving.

Nutritional information:

- 1 Serving
- PROTEIN: 1 gram
- FAT: 0.5 grams
- CARBOHYDRATE: 21 grams
- CALORIES: 93
- FIBRE: 4 grams
- SODIUM: 4 mg

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