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Briefly

Nation Valley ATV Club hosts 13th Annual Fall Rally

WINCHESTER – Come join us on Sat., Oct. 3 from 9 a.m. to 7 p.m. for the rally. This rally marks the anniversary of Nation Valley ATV club's trails that opened on Oct. 4, 2008. The event will take place at the township of North Dundas (636 St. Lawrence St., Winchester).

Winchester Open Mic Cafe

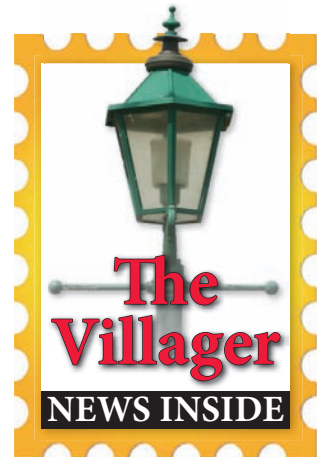
WINCHESTER – On Sun., Oct. 4 at the Old Town Hall in Winchester (478 Main St.), we are holding an Open Mic Cafe from 2:00 p.m. to 5:00 p.m. Service dogs are also welcome.

North Dundas: Family Stick and Puck Program

WINCHESTER – Beginning on Mon., Oct. 5 at the Winchester Arena (577 Main St.), come join in the fun. The Stick and Puck Program enables skaters in full hockey gear to work on the rules of hockey while improving their skills including: passing, puck control, and skating with the puck. The program will take place at the Winchester arena Mondays 5:00 p.m. to 6:00 p.m. and Saturdays 4:30 p.m. to 5:30 p.m. and in Chesterville at the Chesterville Arena on Wednesdays 4:00 p.m. to 5:00 p.m. and Sundays 6:00 p.m. to 7:00 p.m. Visit northdundas.com for more information.

THE CHESTERVILLE RECORD
 Serving Stormont and Dundas Counties since 1894

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Fall 2020 opening anticipated

The sign is up and the interior is nearly complete at Doyle's, located at 35 Main Street in Chesterville. Owned by Christina and John Thompson, Doyle's will provide guests with pub and eatery selections as well as options to delight your sweet tooth. Thompson Goddard photo

Shiver me timbers

Carolyn Thompson Goddard
Record Staff

CANNAMORE – Looking for some afternoon entertainment that features a bit of magic as well as a lot of adventure with twists and turns designed to amuse its audience? Then head on out to Cannamore Orchard, where the Dundas County Players (DCP) are presenting *The Black Albatross and the Treasure of Puffin McGuffin* written by local playwright Matt Kelly.

The one-act play was written by Kelly during the recent COVID-19 lockdown, with Kelly describing it as being about people finding their own place in the world. Cast members were on location at Cannamore Orchard for the full-dress rehearsal on Sat., Sept. 26. The cast described the play's theme as one of acceptance and goodness mixed in with ordinary swashbuckling fun and magical adventures which are sure to keep you entertained.

Continued on page 2

Taking Back the Night – Naomi's Style

Carolyn Thompson Goddard
Record Staff

WINCHESTER – The inaugural "Take Back the Night – Naomi's Style" was held at the Gazebo in the Winchester 100 Club Park on Thurs., Sept. 17. Organized by Naomi's Family Resource Centre (NFRC), the event featured an evening of music, speakers and an opportunity to visit with friends and neighbours.

In an Aug. 31 press release from NFRC, Take Back the Night was described as "the earliest worldwide movement to stand against sexual violence, especially violence against women." It began in the 1960s in England and Belgium to raise awareness about women being unable to safely walk alone, and in 1975, a walk was held "to protest the murder of a microbiologist walking near her home after work" in Philadelphia, US. Since that time the gathering has "grown into hundreds of events

in communities of all sizes and locations."

Amanda Million, shelter manager at NFRC, is quoted in the release as describing the evening as "a candlelit night with music by various amazing local women performers such as headliner Mena Hardy, Ann Brady, Marleen Fawcett and Amanda Pollock. We are also inviting a speaker on human trafficking."

Pat Dussault, from the Akwesasne Family Wellness Centre, spoke to the group gathered at the event on human trafficking. Prior to his address, he spoke with *The Chesterville Record* and described human trafficking as something that happens everywhere including Stormont, Dundas and Glengarry. Dussault continued that it crosses all socio-economic classes before providing a few examples of how this can so easily occur to unsuspecting people.

Continued on page 5



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CSN D's Collision Center Inc. earns official certification

WINCHESTER – CSN D's Collision Center Inc. has been officially certified by Certified Collision Care, a non-profit consumer advocacy organization for maintaining the right tools, equipment, training, and facilities necessary to repair the participating automaker brand vehicles, according to the manufacturer's specifications.

In achieving their certification, CSN D's Collision Center Inc. is now an integral part of the most advanced repair capable and efficient collision repair network in the world. Adding to their credentials, CSN D's Collision Center Inc. is officially certified by Certified Collision Care, Fiat Chrysler, Ford, Nissan, Kia, and Toyota. To become certified by the various automakers, CSN D's Collision Center Inc. passed the rigorous certification process, essential to help ensure a proper and safe repair of the new generation of advanced vehicles.

Less than five per cent of body shops across the nation are able to meet the stringent requirements to become officially certified and recognized.

The Certified Network is made up exclusively of best-in-class collision repair businesses that have met or exceeded the strict requirements of the certification program. According to CSN, D's Collision Center Inc. owner, Phil: "This certification supports our reputation for superior customer service serving our community. We are your neighbours and friends, so it is important to provide our customers with the peace of mind that their vehicles are being repaired correctly by highly trained

professionals that care about them." The certification criteria is based upon the auto manufacturer requirements. These are critical to ensure the vehicle fit, finish, durability, value and safety following an accident. As new model vehicles are being introduced, using lightweight high strength materials and advanced technology, a proper repair according to manufacturer specification is even more important to ensure the passenger safety and proper performance of the vehicle. Auto manufacturers want to ensure that consumers have the option of Certified Collision Repair wherever they live, work, or travel. "Consumers need the confidence and peace of mind to know their vehicle is being repaired by a shop that has what it takes to ensure the vehicle's safety."

CSN D's Collision Center Inc. is officially a Collision Care Provider™," explained Scott Biggs, CEO of Assured Performance Collision Care™. "They represent the standard by which all other body shops are measured." Certified Collision Care is the Canadian division of Assured Performance Network, the largest network of OEM Certified repair providers in the world.

The Assured Performance Network has had over 3,500 Collision Care Providers participating and administering the OEM Certification Programs for Ford, Fiat Chrysler, Kia, Nissan, Infiniti, Toyota, Lexus, Honda and Acura ProFirst. Visit www.certifiedcollisioncare.ca for more information or www.autobodylocator.ca to find a certified facility in your area.

Terrifyingly terrific time

Carolyn Thompson Goddard
Record Staff

CANNAMORE –There was no shortage of patrons on opening night of the 2020 Acres of Terror season on Fri., Sept. 25 at Cannamore Orchard, north of Morewood. Spooky music emanated from the Country Store located on the orchard grounds while witches, monsters as well as other scary creatures made their way to the acreage and waited patiently for the guests to arrive.

Matt Kelly, ride manager for the event, commented how everything is different this year due to COVID-19, with staff and guests required to follow pandemic protocols. He continued how these safeguards would serve to protect people, keeping everyone safe while participating in a frightfully fun time. Kelly explained that approximately 40-50 acres are used for the event now in its 28th year which



A frightfully good time

Wilma, wicked witch of the Whispering Woods, is shown near the entrance to the Acres of Terror on opening night. For more information on this fall favourite, please check out www.cannamoreorchard.com.

Thompson Goddard photo

features four activities including a Spooky Wagon Ride, House of Terror Tour and ending with a fog followed by the maze.

Shiver me timbers

Continued from the front

The outdoor performance is scheduled to begin at 1 p.m. on Oct. 3, 4, 10 and 11 at Cannamore Orchard near Morewood. While there is no set admission cost, organizers would appreciate a donation of \$10 per person. For more information on this and other DCP productions please visit their website or Facebook page.

Away they go

There is sure to be plenty of fun, adventure and perhaps a sea shanty or two sung during the DCP production of *The Black Albatross and the Treasure of Puffin McGuffin*. The one-act play was written by local playwright Matt Kelly. Pirates and Swashbucklers are shown engaging in hand to hand combat during the dress rehearsal held on Sept. 25 at Cannamore Orchard.



Thompson Goddard photo



Municipality of South Dundas
34 Ottawa Street, PO Box 740, Morrisburg ON K0C 1X0
Tel: 613-543-2673 | Fax: 613-543-1076 | southdundas.com

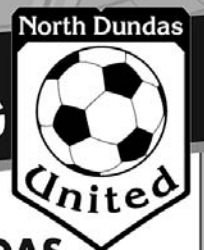
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The Municipality reserves the right to accept or reject any or all quotation. Lowest or any quotation not necessarily accepted.

NOTICE OF GENERAL MEETING



NORTH DUNDAS UNITED SOCCER CLUB ANNUAL GENERAL MEETING

Monday, Oct 19, 2020
Chesterville Legion
7:30 p.m.
— Bring your mask —

Looking for a way to contribute to your community?

NORTH DUNDAS UNITED SOCCER CLUB IS LOOKING FOR VOLUNTEERS

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Obituary Thomas William Feeley

Passed away peacefully at home surrounded by his family on Friday, September 25, 2020, at the age of 63. Thomas will be missed dearly by his companion Marilyn, two daughters; Candy (late Ronald Grenier), Kimberly (J.D.), grandchildren; Austin (Amanda), Kaitlyn (Cordel), Kurtis (Michaela), Krista (Chris), Cory; great-grandchildren; Rylee and the late Abigail, Siblings; Bonnie Mattice (Rick), Connie (Earl), the late Jennie Rae (Richard), nieces and nephews. Predeceased by his parents Douglas and Elizabeth Feeley (nee Duncan). There will be no visitation or funeral service. Donations to the Kidney Foundation 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.

The family wish to express a very special thanks to Dr. Steele, Dr. Bhagirath, Champlain LHIN, Bayshore, and the Winchester Hospital Dialysis team for the excellent care they provided to Thomas.



Obituary Paul Stewart

Suddenly at home on Sunday, September 27, 2020, Paul Stewart of Chesterville, age 58. Loving husband of Donna Stewart (nee Heagle). Dear brother of Gerald "Jake" Stewart (Patsy) of Chesterville and Dale Stewart (Barbara) of South Mountain. Dear son-in-law of Shirley Heagle (late Ray) of Cornwall. Dear brother-in-law of Dale Heagle of Ingleside, Sharol Bowman (Harvey) of Chesterville, Barton Heagle (Linda) of Ingleside, Rosemary Heagle-Smith of Morrisburg and Beth Heagle-Harps (Steven Norman) of Avonmore. He was predeceased by his brother Trevor Stewart. Paul will be fondly remembered by nieces, nephews and cousins.

Due to Covid restrictions private family funeral arrangements will be held at the Marsden and McLaughlin Funeral Home in Chesterville. Donations to Maple Ridge Cemetery 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.



Improved internet for North Stormont

BERWICK – Under the leadership of town council, the municipality completed the development of a strategic plan in early 2020. This plan was designed to reflect the input of all participating stakeholders, including the community which we serve as elected officials. The strategic plan identified key priorities, objectives, and supports consistency in the municipal decision-making process. The requirement in establishing reliable high-speed internet was identified as a priority for the community. The deficiencies in current service levels were identified as a hinderance to advancing community growth.

The COVID-19 health crisis has enhanced, and exposed, these service shortcomings. The situation has brought clear focus on the fallibility of the current infrastructure capabilities in rural internet connectivity. Dependable and reliable internet services are an expectation, and not a luxury, for all communities. COVID-19 has provided clear evidence that the lack of internet service has a significant, and negative, impact on our municipality. The health crisis has created an

environment in which many individuals are expected to work remotely, and children must complete academic tasks from home. A significant portion of our households have limited or no high-speed service.

The mayor and council, recognize there must be long-term and short-term, actions to resolve internet deficiencies for the health and safety of constituents.

Local industry stakeholders are introducing new measures to respond to this community issue now. Xplornet and Roxborough Telephone Co. Ltd. are introducing new technology to provide immediate, short-term solutions to respond to service discrepancies.

Xplornet is currently erecting a new tower that utilizes upgraded wireless equipment to provide services at 50 megabits per second. This network enhancement is part of Xplornet’s plan to provide expanded, fast and affordable internet services to rural residents.

This year, Roxborough Telephone Co. Ltd./Ontarioe--ast is introducing fibre to all homes within its service area. This

upgraded service will offer up to gigabit speeds to available North Stormont residents. This project, currently underway, will add much needed coverage to underserved areas. The company also has future plans to expand this coverage availability to Monkland and Avonmore.

Long-term, the township supports the efforts of the Eastern Ontario Regional Network (EORN) and Eastern Ontario Wardens’ Caucus (EOWC) and its vision of a broadband project which will be capable

of delivering highspeed internet services of up to 1 gigabit to the majority of Eastern Ontario residences.

These strong industry responses are expected to provide relief to area businesses and residents and will promote and allow the community to work remotely, assist student participation in online classes and allow family and friends to stay connected during the pandemic. As both a resident, and mayor, I applaud and endorse such direct efforts.



Inspired by hope

Local farmer takes advantage of the weather to plant fall cereals. A continuous cycle, as one crop comes off the planning and expectations of the next crop season starts. It is always a challenge in the fall to get this year’s crop off early enough to be able to take advantage of a fall cereal rotation, however, this year appears to be providing that window of opportunity.

Vogel photo

What’s for dinner tonight?

Carol Thompson Goddard
Record Staff

FINCH – If you’re looking for something tasty for dinner and don’t feel like cooking – CornerStone Convenience Store in Finch has the perfect solution – pick up an order of Grandma’s Express fried chicken. Connie Nielsen explained the store has been serving up fried chicken since Aug. 1 and has been overwhelmed with the response from the community. She explained it is best to pre-order so it is ready when you arrive, but walk-ins are certainly welcome.



From the left: Connie Nielsen delivers The Chicken Queen her special order of Grandma’s Express fried chicken. Thompson Goddard photo

Catholic student trustee installed for the 2020-2021 school year

KEMPTVILLE – The Catholic District School Board of Eastern Ontario is pleased to announce that Kennah Delage, a Grade 12 student at St. Joseph’s Catholic Secondary School, has been installed as the next Catholic student trustee for the CDSBEO. Delage has assumed the position from Josephine Purcell, who served for the 2019-2020 school year.

For the first time this year, the board will also welcome an associate student trustee. Julia Vo, a Grade 11 student at Holy Trinity Catholic Secondary School was also installed as the associate student trustee at the Sept. 8 board meeting.

“On behalf of the board of trustees, we are pleased to welcome trustee Delage and trustee Vo in their new roles,”



Julia Vo

noted CDSBEO chair Todd Lalonde. “We know that they will make an outstanding contribution as the voice for all CDSBEO students, and we look forward to working with them this year.”

Trustees Delage and Vo were elected to their positions in April by the student senate. “Although this school year is anything but normal, Julia and I look forward to working collectively to make a strong effort to prove that



Kennah Delage

faith and fortitude can lead us through this unique time,” noted Delage in her address to the board of trustees.

“We also look forward to collaborating with the student senate and thank you all for this amazing opportunity and privilege.”

As Catholic student trustees, Delage and Vo will represent the more than 12,800 students across the board and will lead the student senate. The senate

discusses student issues, gathers student opinion, and helps to develop communications with all students across the CDSBEO. It also provides a means for student council leaders and senators to gain leadership skills.

In addition to serving on the board of trustees and the Catholic student senate, trustee Purcell will have the opportunity to meet other student trustees, and trustees from across the province.

The Catholic District School Board of Eastern Ontario operates 39 elementary and 10 secondary schools across eight counties. The CDSBEO offers excellence in Catholic education through provincial-leading programs to approximately 12,800 students.

Advertorial

Staying Home & Staying Healthy

Learn how the Bourgon’s are staying healthy from home with the help of Carefor Eastern Counties.

As the community continues to persevere through the ups and downs of COVID-19, staying safe at home is top of mind for seniors in Eastern Counties.

The Bourgon family is thankful in receiving home care services from Carefor for over seven years. Huguette and Roger, now married for 63 years, want to stay in their home as long as possible. Lucille Ferron, a Carefor Personal Support Worker (PSW) makes it possible to do so.

Huguette’s mobility made it challenging to do certain activities around the home and looks forward to the time she gets to spend with Lucille. “Lucille is a ray of sunshine. She is always happy and encouraging,” Huguette shares. Roger also finds comfort in having Lucille help his wife, as he knows she’s being well taken care of and is always mindful of their health and safety.

The Bourgon family is very careful with people coming and going from their home. “Lucille asks a lot of questions about the family. We are her first priority. She comes and takes our health seriously and does her job with great care,” Roger shares.

PSWs like Lucille do not want to see their clients become ill and take extra precautions to ensure their well-being. “I’ve been doing this for 17 years. I want to see clients stay safe and happy in their home as long as possible. I show them how to safely move in their home and connect them with other services as needed. As soon as I meet with someone for the first time, I do everything I can to make them feel good with respect and safety in mind,” says Lucille.

In looking to the future, Roger shares, “If it is possible, stay in your home. And if you need help to stay home, call



Huguette Bourgon (left), and Roger Bourgon (right) are thankful for the homecare they’ve received from Carefor over the past seven years.

Carefor. Try to have these services. When we have these services, we’re alright here.”

Huguette and Roger are not the only ones in the community planning on living in their home as long as possible. The Home Care Ontario Study found over 95% of seniors in Ontario believe staying home is the safest environment to live in during the pandemic, and over 93% of seniors in Ontario would choose to stay in their homes with home care services instead of moving to a long term

care facility. Carefor’s team of experienced Nurses and PSWs make staying home easier by providing excellent care and companionship to seniors in Eastern Counties.

In 2019, PSWs provided over 22,730 hours of care to seniors across Eastern Counties. This number is expected to increase beyond 2020.

Help Carefor continue to support seniors at home by making a donation today at carefor.ca/donate.

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NDDHS Report

By Jamie Wilson
Student Council Communications



ND is wearing orange today

We have successfully made it through our first few weeks of school as we enter October. Students are still adjusting to the faster paced learning but face to face interaction with teachers makes it much easier for most students at North Dundas. We hope that we can continue learning like this as long as it is safe.

On Sept. 30, students at North Dundas are participating in Orange Shirt Day. Orange Shirt Day started after 6-year-old, Phyllis Webstad who lived on the Dog Creek reserve in BC, had her brand new orange shirt (that her grandmother bought her) taken from her in 1973 by mission staff on her first day of residential school. The day is meant to honour the survivors of the residential school system, and to acknowledge the damage that these schools did to children's self-esteem and well-being. Here at North Dundas we believe that every child matters.

As the month comes to a close, the student council is busy brainstorming ways to take advantage of virtual resources to ensure that the Coronavirus doesn't take away our spirit or our favourite traditions. There are plans in the works for virtual student versus staff challenges and many others, so stay tuned!

Positivity in North Stormont

I hope this article finds you all well and continuing to adjust to the new normal. I think it is important at times like this to compare the challenges our ancestors faced and conquered. I have every confidence that COVID-19 will be added to that list. All that being said, please abide by the guidelines proposed and do your part.

The changing colours of the leaves are a sure sign of fall, but another benchmark is the combines and harvest starting to roll, as the farming community begins another harvest season. With that in mind please be reminded that the township still has Emily 911 signs available at a reduced rate thanks to the United Counties of SD&G and the Stormont Federation of Agriculture. Please check the township website for further details on the Emily 911 story.

Council and the township administration are pleased to announce the newly appointed acting fire chief, Nancy Ann Gauthier. Nancy Ann has had an impressive career within the North Stormont Volunteer Department. Nancy Ann has broad and extensive professional training in fire services. Her fire career commenced at the Moose Creek Fire Station in 2007. She has developed strong relationships with internal and external fire community partners including OFM (Ontario Fire Marshall's office) both locally and provincially. Nancy Ann brings proven legislative knowledge and dedication to the acting fire chief position. Her skills, experience and community knowledge will be continued, and valued assets, to the fire service. Nancy Ann will provide a positive and progressive culture to the North Stormont Fire Service for this six (6) month acting fire chief assignment.

On a closing note, I would like to recognize the efforts of all of our township staff who have delivered above and beyond all their responsibilities during a very challenging period.

Best Regards,
Jim Wert, Mayor, North Stormont

Demand grows for organic food

Tom Manley
Record Contributor

For decades, the skepticism persisted about the long term market potential for organic food. It was speculated that organic food would remain a niche market, that farmers would give up under the pressure of poor yields or expensive costs of production, and that the high price of organic food had a limited audience.

In fact, it is hard to find anyone who now claims that the organic market is small and limited.

The Canadian Dairy Information Centre reports that organic dairy production in Canada grew every year for the last 10 years and now sits at 249 producers and over 1.4M hectoliters of organic milk annually in 2018/19. To keep pace with demand, the Dairy Farmers of Ontario gave priority access for up to three positions from the 2019 New Entrant Quota Assistance Program for use by organic applicants. To entice organic production, the organic premium on milk was about 20 per cent in recent years.

Mercaris, a US organic market monitoring company, reported that organic corn and soybean production are expected to reach record highs in the 2020/2021 market year. Organic corn production will increase by 3 per cent in harvested acres and 6 per cent in yields. US organic soybean production

will increase by 3 per cent in harvested acres and 9 per cent in yields.

With strong demand despite growing production, organic grain and oilseed prices remain very strong. For most of the last 15 years, corn was selling for over \$450 per tonne, feed soybeans over \$700 per tonne, and food grade soybeans over \$900 per tonne.

Ferme Paul DesRosiers farms field crops in St-Albert in Eastern Ontario. He was challenged by a progressive drop in profitability per acre as he was growing his conventional farm. Paul investigated the organic option and visited many large organic farms, both long time and recently organic. His strategy was simple – follow the money. He was impressed by the profitability of the organic field crop farms.

The message was also clear from the buyers that there is growing and profitable market demand for feed and food crops. Paul is now converting 1,200 acres to certified organic field crop production.

West of Waterloo, Pfenning's Organic and More, Ontario's largest organic vegetable farm and distributor, pains to respond to increase demand for organic products amid the COVID-19 pandemic. They report an unimaginable increase in demand and

many impacts on the organic food industry.

Many farmers that run CSAs have either stopped accepting new customers or are looking to Pfenning's for an increased supply of vegetables and storage crops. The Pfenning's production teams are busy packing out bulk storage crops to keep up with the demand. To the delight of producers, they see prices on the rise for organic vegetables even though they already enjoy a premium.

Pfenning's explains that there is the existing annual steady growth in the organic market. Climate, health, and environmental concerns have consumers thinking about food choices. The COVID-19 pandemic adds new pressure as consumers and communities think about food security, buying locally, and buying healthy.

In June, OrganicBiz reported that the US Organic Trade Association had seen an immediate jump in organic produce sales of more than 50 per cent early in the COVID-19 pandemic, which coasted to a 20 per cent increase in late spring.

The UK experienced its own surge in demand. Figures released by the Soil Association, a trade body for organic agriculture in the UK, cited "an 18.7 per cent increase in organic sales in the 12 weeks ending 30 May, which includes 10 weeks of lockdown, compared to 14.2 per cent increase in non-organic food and

drink." In other words, organic is seeing the highest growth in years.

In response to strong demand and lagging supply, the Canadian Organic Growers (COG) implemented in 2019 a program called Growing Eastern Ontario – Organically. The program seeks to recruit, develop, and mentor new organic farmers of all types and sizes. Some farms are in transition from conventional production, while others are the work of new young or second career farmers.

Among other supports, the GEO-O program provides some free consulting with an organic agronomist and a business advisor. Since the program launched in the summer of 2019, there are over 35 participating farms in various fields such as vegetable, livestock, field crop, and garlic production. Based on the success of the program, COG will seek funding to expand the program with partners across Canada.

Furthermore, COG has received a \$640,000 investment from Agriculture and Agri-Food Canada (AAFC) for a collaborative, industry-wide project. This project, spanning two years, will identify current barriers in the organic food supply chain, help the Canadian organic industry fulfill its economic potential, and provide Canadians with increased access to regionally-grown, organic food.

The Road Home

Reliving special moments of childhood

by Carolyn Thompson Goddard

I was in a dollar store the other day and noticed how at the tail end of one of the aisles there was a few Christmas decorations amongst the ghosts and goblins and monsters usually associated with Halloween. I was a bit surprised for it was a sunny, warm and humid day and wondered how anyone could be thinking of Christmas.

However, today on the other hand was chilly, overcast and rainy which led me to the conclusion maybe it was time to start planning for the winter holiday. I have already started to think about Christmas gifts for my grandchildren and have decided to get Zoey a child's digital camera as she has been taking pictures with mine. She had been shown a picture of a pink camera, which I subsequently bought as her Christmas gift, to see what her reaction was, figuring it would soon disappear from her mind.

Boy was I wrong.

This morning as I was driving her to school, thoughts of Christmas entered my mind probably due to the weather, so to make conversation, I asked Zoey what she would like as a gift from Grandma. "I would like a nice pink camera like the one you showed me for Christmas, Grandma," she replied when asked about Christmas gifts. Hiding my surprise at her recollection, I quickly changed the subject by asking her what else she would like and she rhymed off some Lego, some Barbie clothes and a Skipper Doll.

I chuckled as I remembered how over fifty years ago her grandmother had received a Skipper doll for Christmas. This was the year which Skipper, Barbie's younger sister, made her appearance on the mattel toy scene and as I had a second-hand Barbie, there was nothing I wanted more than

a Skipper in her original box. How excited was I opening my one (yes we did only get one gift each at Christmas) and there it was a Skipper in her original box. I remember how she was wearing a red sailor suit style dress and tennis shoes with long brown hair. Of course, she joined my one Barbie (can't believe how children had multiple Barbie dolls) and they lived happily in my room for a few years.

As I got older Barbie, Skipper and all their clothes were left behind, and I think Mom gave them to my niece Beverly. I have no idea what happened to them next, but when Naomi went through her Barbie phase, the memory of Skipper and Barbie returned and now once again I was able to experience the excitement felt that Christmas morning.

Perhaps this is one of the benefits of being a parent and grandparent, you get to relive some of the best parts of growing up with your children and grandchildren.

Etcetera Publications (Chesterville) Inc.

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Etcetera Publications Inc.

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Dinner is served

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – Over two hundred ham dinners prepared by the catering group from Christ Church United were distributed at the Chesterville Legion in the late afternoon of Sun., Sept. 27. Organized by the Morewood Cenotaph Committee (MCC), the dinner raised funds for projects, celebrations and c o m m e m o r a t i o n s surrounding the centennial of the cenotaph in that small North Dundas community. Thanks was expressed to the Christ Church United catering group, the



Carol Barkley, a member of the Christ Church United catering, looks on as SDSG MP Eric Duncan shows the delicious ham dinner he picked up at the Chesterville Legion on Sun., Sept. 27. The successful fundraising dinner was organized by the Morewood Cenotaph Committee for projects associated with the celebration of the centennial of the Cenotaph in Morewood.
Thompson Goddard photo

Chesterville Legion, MCC volunteers and the people who purchased the full-course ham dinner.

There are several fundraising projects currently underway for the celebration of the centennial of the Moorwood Cenotaph, including a Go Fund Me page on Facebook and a planned on-line auction. Those who would like to make donations of household or other items for the fundraiser can drop them off at the Fire Station in Morewood on Sat., Oct. 3 or Sun., Oct. 4 between 10 a.m. and 2 p.m. The online auction will be held on the Facebook page of the MCC between Oct. 10-23. For more information, visit the MCC's Facebook page .

Fries for charity supports local kids

Linda Vogel
Record Staff

Fries for Charity will be onsite at the Foodland in Winchester on Sat., Oct. 3 from 11 a.m. to 1 p.m. The proceeds from sales will be added to the fundraising dollars for CHEO – Kids with Mental Health initiative, while Sobey's will match the proceeds.

"We are set for 11 a.m. to 1 p.m. but as long as there are people supporting the cause we will adjust

the times," says Dan Pettigrew, owner of Foodland. CHEO is "one of the largest providers of child and youth mental health services in Ontario" cites their website; it "has developed programs and services to enhance the lives of children and youth who are affected by mental illness."

CHEO has developed a special



website to help families navigate what options are available to them.

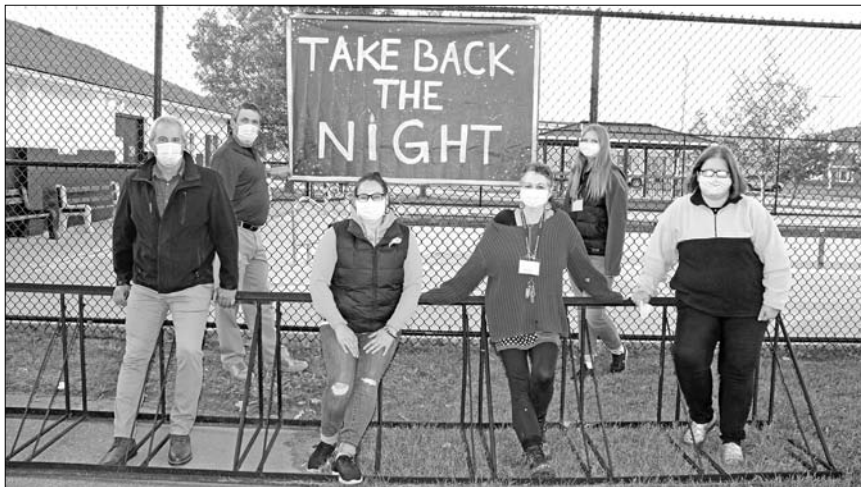
Fries for Charity, provides volunteers to run the event along with their supporters: Carleton Mushroom Farms, S.A. Hicks Insurance Brokers Ltd., Nepean Building Supplies, Orleans Fruit Farm, Graphiki Ottawa, Stagra Automotive and W.O. Stinson and Son Ltd. cover the cost of supplies. These volunteers and sponsors allow for every dollar to go directly to the fundraising event.

Taking back the night

Continued from the front

At the event, Ontario Provincial Police (OPP) Sergeant Jim Blanchett spoke on many issues facing community members such as mental health, domestic and family abuse as well as substance abuse. Blanchett explained how the OPP are building relationships with community agencies to help ensure people have access to the services they require.

Miller was pleased with the turnout at the evening event. She explained how due to COVID-19 restrictions, attendance for the informative and entertaining evening was limited, with only 56 people registering for the event. NRC executive director Deborah Thomson told *The Chesterville Record* how during the early stages of the pandemic lockdown, there was an increase in requests for support received by NRC. The press release



Learning about human trafficking

Pat Dussault speaks to the group assembled for the "Take Back the Night – Naomi's Style" evening held on Sept. 17 at the gazebo in the Winchester, 100 Club Park.

describes NRC as being "a Registered Charitable Organization that provides a safe place for women and their children fleeing domestic violence, a 24-hour

hot line and numerous services to assist women in need, to return to a safe and independent life." More information can be found at www.naomiscentre.ca.



– Obituary – McDERMID, Lyal

Passed away peacefully at Winchester District Memorial Hospital on Friday, September 18, 2020 at the age of 84. Lyal leaves behind his loving wife June (Smith), cherished Father to Donnie (Patsy) of Berwick and Debbie Baker (late Yves) of Berwick. Sadly missed by his loving grandchildren Christy (Alex), Jason (Shelby), Travis (Megan) and Alesha, and also missed by his great grandchildren Ciriaco, Harper, Marcos and Berkley. Predeceased by his parents Dalton and Dorothy (Clements) McDermid and survived by one sister Lois Smith (late Glendon) of Finch. He will be missed by several brothers-in-law and sisters-in-law as well as many nieces and nephews, neighbours and friends. Due to Covid-19, a graveside funeral was officiated by Rev. Lois Gaudet at the Finch Community Cemetery on Friday, September 25, 2020 at 11 a.m., due to restrictions in attendance, the limit was a maximum of 99 people. As expression of sympathy, memorial donations to Chalmers United Church Finch or Winchester District Memorial Hospital (2nd Floor) would be greatly appreciated by the family. Online condolences may be made at www.brownleafuneralhomes.com.



Obituary ARCHER, Audrey-Leona Mary (Nee Bartraw)

Peacefully at the Extendicare West End Villa, Ottawa on Friday, September 25, 2020. Audrey Archer age 95 of South Mountain and Chesterville. Beloved wife of the late Benjamin Archer whom she married on April 15, 1944 in Ottawa, ON. Loving Mom of Randal (late Kendra), Brian (late Lynn), Brenda Lacombe (late Junior), Nancy Hahn (late Bruce), Debbie Dorval (late Meta), Stephen Archer, Gerald (Angie), Karen (Mike) Rossignol and Jonathan Archer. Cherished Grandma of numerous grandchildren and great-grandchildren.

Due to Covid-19 Restrictions, a Private Family Graveside Service will be held at a later date at Pinecrest Cemetery. By family request, donations may be made in Memory of Audrey to the Heart and Stroke Foundation or the Canadian Cancer Society. Online condolences may be made at www.byersfuneralhomeinc.com.



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11 a.m. – Worship Service & Sunday School
Everyone Welcome!

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ST. ANDREW'S - Chesterville
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Evangelical Missionary Church

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Senior Pastor: Rev. Daniel Wallace

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We are 'open' for services by reservation only, as space and seating is limited in compliance with 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 for our Sunday morning service, please call the church office to reserve your spot.

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139 Castor St., Russell, ON Parish Office: 613-445-3226
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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A Taste of Health Café

Carolyn Thompson Goddard
Record Staff

MOOSE CREEK – A Touch of Health massage therapy clinic located at 17071 McLean Road in Moose Creek, has been providing its clients with treatment for a variety of sport and work related injuries since Oct. 1 2009. This October, the clinic will be offering a new service to the community when it opens A Taste of Health Café in a recently renovated section of the clinic.

Robyn Ledoux, a registered massage therapist and owner of A Taste of Health, recently spoke to *The Chesterville Record* about the opening of the café in October. Ledoux explained the clinic moved to its present location in 2019 which provided more treatment rooms, a tanning bed and the services of a registered nutritionist to clients.

In early 2020 planning and funding were in place to renovate a section of the building for a health food café. After several delays, some attributed to the COVID-19 pandemic, Ledoux was pleased to announce the café is nearing



Sign ready for grand opening

The red ribbon is ready to be cut during the A Taste of Health Café grand opening scheduled for the near future.

Thompson Goddard photo

completion, with an October opening date anticipated.

She explained the café would provide lunch and breakfast between Thursday and Sunday with a menu utilizing, as much as possible, local and Canadian sourced food, noting how some food such as bananas can't be grown

in this country. Ledoux continued that the menu will feature both regular and gluten-free bread from a local bakery as well as local seasonal vegetables and fruit.

For more information on this Moose Creek company, please visit their website located at www.touchofhealth.ca.

Coming soon ... Fat Les's Chip Stand 138 in Bonville

Carolyn Thompson Goddard
Record Staff

BONVILLE –It's official! Jamie Scharf, owner of Fat Les's in Finch confirmed that Oct. 15 will be their opening day for the new Fat Les's 138 Chip Stand in Bonville. Scharf explained that 13 years ago Les Winters opened the Fat Les's Chip Stand in Kemptville and now there are several locations including Osgoode, Winchester and soon Bonville where customers can enjoy a selection of food favourites.

Scharf commented the Fat Les's 138

location is "a partnership with Les," with Winters mentioning in an email from Scharf how "this is the first of hopefully many business adventures with Jamie," before continuing that "Jamie is a hard worker and gracious supporter with many local fundraisers and charities. He's a true asset to the Fat Les's Franchise."

The menu at the new location will include pizza, poutine, burgers and features delicious daily specials, with pick up at the stand or delivery within a 20-kilometre radius available. Scharf mentioned to keep a close eye on their Facebook page for there is "more to come in the spring of 2021."



New Bonville location

Pictured here is the new Fat Les's 138 Chip Stand located in Bonville.

Thompson Goddard photo



Mother nature has not failed us

During such a stressful time, mother nature has not failed us in lightening the load with a spectacular colour show; the leaves this fall are wonderfully vibrant. The rural landscape just takes your breath away with magnificent fall colours.

Vogel photo



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Recognizing elder abuse on National Senior Citizens Day

EASTERN COUNTIES – On Oct. 1, in honour of National Senior Citizens Day, The Community Network for the Prevention of Elder Abuse for the eastern counties and Akwesasne and its community partners will

be recognizing that not all seniors are in the best of circumstances.

In Canada alone in 2019, 695,248 Canadian seniors have experienced some form of physical, sexual, psychological, or financial abuse resulting in distress, impairment, or bodily injury. Therefore, it is imperative within our local community that we educate ourselves of the universal warning signs and the associated risk factors pertaining to elder abuse.

The Community Network for the Prevention of Elder

Abuse for the eastern counties and Akwesasne and its partners look to the community every day, but especially on National Senior Citizens Day, to consider the signs and the impact of elder abuse. The Network is a long standing, well established, local non-profit network that encompasses a full continuum of services dedicated to the social identification, community education, and prevention of elder abuse.

“Our seniors deserve so much of our respect and in their later years can, too



Courtesy photo

often, become victims of abuse. Ending elder abuse is in all of our hands, and we are proud to be part of the efforts to keep our seniors safe,” says Tanya Mayich, the community network chair of the program. The network is comprised of volunteer board members in the areas of criminal justice, social assistance, community outreach, healthcare, and mental health agencies all within our local community.

Seniors have the right to live free from abuse and you can make a difference, if you know a senior experiencing any type of abuse, if you need support, or have any questions or need further information contact the chair of The Community Network for the Prevention of Elder

Abuse for the eastern counties and Akwesasne at 613-932-3451 ext. 4244. For more information contact: Tanya Mayich,

chair of the Community Network for the Prevention of Elder Abuse for Eastern Counties and Akwasasne at 613-932-3451 ext. 4244.



It's harvest time at the vineyard

For approximately ten years, family, friends, neighbours and guests have gathered at Smokie Ridge Vineyard near South Mountain in North Dundas at harvest time to learn about picking and processing grapes while enjoying a fun day in the fresh air. Harvest 2020 was held on Sun., Sept. 27 and began early in the morning, with people heading out to harvest grapes off the vine, enjoy a barbecue lunch all while having an opportunity to enjoy the great outdoors. Paul “Smokie” LeBlanc commented that he expects the “harvest won’t be as abundant” as in other years due in part to a frost in May and the unpredictable weather throughout the growing season. Claude LeBlanc, Paul’s son, explained the harvest event was designed to have an outing in the country and enjoy some safe fun in the sun.

Thompson Goddard photo

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Around the courts

Donald R. Good, P.Ag.
Record Staff

You probably think courts only deal with weighty matters in disputes between different parties and that is the bulk of its work. Every once in a while the court must determine procedural matters. The Ontario Court of Appeal is the senior court in Ontario. With some exceptions, decisions from lower courts get sent upward to the Court of Appeal. The final court in Canada is the Supreme Court of Canada and leave is required to get to that court.

I came across an interesting Ottawa case. I am going to do a

comprehensive analysis of this case because it has been in the courts on procedural and on its merits many times. The case is referred to as Oz Merchandising Inc. v. Canadian Soccer League (CSL). It is a complex contract case and Oz Merchandising Inc. lost after a lengthy and complex trial.

The Court of Appeal Rules of Procedure requires that the Factum outlining the Appellant's appeal must not exceed 30 double spaced pages. Oz Merchandising Inc. brought a motion stating that its draft Factum was about 500 pages and it could not get it down to less than 125 pages. Now you wouldn't think that would be any problem. Surely covering the issues on appeal would be more important than the

number of pages. The CSL contested the motion but argues it should also have a bigger Factum if Oz Merchandising Inc. was allowed to.

Well it did not turn out that way. The Court of Appeal Motion Judge (there are three judges on an actual appeal) denied the Motion. The 30 page limit is a Rule not a guideline. This limit can only be extended in exceptional circumstances and appealing every detail the trial judge determined was not an exceptional circumstance. The purpose of the Factum size limit was to force the Appellant to focus on the core issues. An appeal to a higher court is never a new trial. The decision of the lower judge is given deference. The Appellant must show the

judge committed some legal error. By limiting the page size the Appellant must focus his appeal to key points.

Final Note:

It is my intention to review law cases of general interest from the courts in Canada. It is not my intention to provide legal advice and you should always check with your own lawyer before acting on any information provided. I would love to receive your feedback on these case reports. Please also send me the name of any court case or legal subject of interest to you. I will consider reviewing it and providing my analysis and opinion. The primary intent is to provide a lay understanding of the workings of our legal system.

North Stormont acting fire chief appointed

Carolyn Thompson Goddard
Record Staff

BERWICK – In a Sept. 23 press release, North Stormont CAO/Clerk Craig Calder announced the appointment of Nancy Ann Gauthier to the position of acting fire chief for the municipality.

Gauthier is described in the press release as having “an impressive career with the North Stormont volunteer Fire Department” which began at the Moose Creek Fire Station in 2007. She has developed strong relationships with the Ontario Fire Marshall's Office, both at a provincial and local level. The appointment is for six months, with the release noting she will bring “proven legislative knowledge and dedication” to the position where “her skills, experience and community knowledge will be continued, and valued assets, to the fire service.”



New acting fire chief

Acting North Stormont fire chief, Nancy Ann Gauthier is pictured at the township of North Stormont municipal building soon after her appointment was announced.

Thompson Goddard photo

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VOLUNTEER NOW! Organizations or individuals who have tasks which could be done by students looking for their volunteer hours, are welcome to advertise in this space free of charge for TWO (2) weeks. Call *The Record* at 1-866-307-3541 with your requests. tfc

Advertising Pays

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CDAS WINTER STORAGE October 17, 8 a.m. to Noon and October 24, 8 a.m. to Noon (if space is still available). Where: Chesterville Fair Grounds. Please visit our website www.chestervillefair.com to view procedural changes made due to Covid-19. 14-2

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FIRE PREVENTION WEEK – October 4 - 10, 2020

3 ESSENTIALS OF A FIRE-SAFE KITCHEN

Did you know cooking is a leading cause of residential fires? In response to this alarming fact, the National Fire Protection Association (NFPA) has chosen the theme *Serve up fire safety in the kitchen!* for this year's Fire Prevention Week, which runs from October 4 to 10. Here are three components of a fire-safe kitchen.

1. A watchful eye

According to the NFPA, unattended cooking is the number-one cause of kitchen fires. Therefore, you should never leave the kitchen when frying, boiling, grilling or broiling food. If you need to leave the room, even briefly, turn off the burner. While it's safe to leave



food briefly unattended if it's simmering, baking or roasting, you should check it regularly (set a timer to remind you) and never leave the house.

2. A clean space

To reduce the likelihood of a kitchen fire igniting, make sure your cooking area is free of clutter. This includes keeping flammable items like oven

mitts, wooden utensils and food wrappers away from the stovetop. You should also avoid wearing loose clothing when you cook. Remember to clean food and grease from the stovetop and oven after each use.

3. A nearby lid

The most effective way to put out a small grease fire is to carefully slide a lid over the pot or pan and turn off the burner. Never use a portable fire extinguisher to put out a grease fire. Similarly, in the event of an oven fire, turn off the heat and keep the door closed until the appliance cools.

For more safety tips, consult the Fire Prevention Week website at firepreventionweek.org.



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Cooking is the #1 cause of home fires – learn more about fire safety in the kitchen to keep you and those around you SAFE!



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Director of Fire & Emergency Services

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SERVE UP FIRE SAFETY IN THE KITCHEN
FIRE PREVENTION WEEK OCTOBER 4 - 10, 2020
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f t p

Finch Feed & Seed: One stop shop

From wall to wall there is something for everyone inside the Finch Feed & Seed and Jamieson Campbells stores. When you first step into the building there is so much to see, you will have to start in one corner and work your way around. There is really something for everyone. If you are looking for nuts and bolts to seed for 1000 acres, you can get it all, in this one stop shop.

The team building this business, are there to provide the best possible service whether you are a large farmer or want to raise chickens in your backyard.

“People come from all over to purchase our work-boots and outdoor wear. We have very competitive prices and quality to boot,” says Paul Oosterhof, owner.

“I have been here for 16 years but it really is all about the team! I couldn’t do this all myself,” states Oosterhof. Each one of our team members has dedicated knowledge.

If you are looking to raise your own chickens, ducks or turkeys, they are a retailer for Frey’s Hatchery. Not only will they order in your live birds but all of the supplies you need to be successful with your livestock is readily available.

Have a pet? They offer a full selection of quality dog and cat food.

Strengthening our customer experience is Chris Winiger for crop consultations and Katelyn Spence for supporting dairy nutrition.

They carry a variety of seed brands to meet the specific demands of the customer. You may find a variety in one

SMALL BUSINESS Spotlight



Finch Feed & Seed in Finch, Ont. hosts a full line of supplies for the farmer to the pet owner. Paul Oosterhof is proud of the team and the offerings they have within their store walls. “We offer a full country store from wall to wall.” *Vogel photo*

brand that you prefer and a specific variety in another brand. Each customer has specific needs and we are here to work with each one individually.

Offering Speare Seeds, with over 40 years in the seed business, has become one of the fastest growing companies in Canada with superior hay mixtures and

pasture blends. Maple Seeds has a selection of forage seed and cover crop. We have a seed mixer available, so you do not have to settle for a company mix. We can make your custom mix to meet your specific needs.

Brevant and Maizex are the brands of choice for corn and soybeans. Brevant

seed genetics are tailored to your local growing conditions. For those soybean varieties, Brevant offers 2,200 heat units right through to 3,150 heat units. Maizex has been focused on customers’ needs for the last 35 years, which strengthens what they offer for your consideration, for corn and soybean seed. With a wide variety of maturity and a combination of seed and treatment based technologies, you will have help in increasing your yield and profit potential.

C & M Seeds along with a multitude of public varieties provides a large choice for your cereal fields. C & M Seeds markets as “Serious about wheat” as they develop wheat and other cereals to improve your results on spring or fall cereal crops.

We do offer the traditional discounts such as early booking and prepayment between now and December. With our seed storage on site, we can fill the big orders as well as those last minute requirements. Seed is available year round.

Whether this is your first time trying or you are well experienced, Paul and his team can troubleshoot and guide you to achieve your goals.

Spending time outdoors is better outfitted with a trip to one of these stores. “We carry a full line of outdoor clothing, gloves and work-boots, plus all of the tools you need for gardening or fencing,” says Oosterhof.

Take a drive to Finch or Monkland and see what both these country stores have to offer.

If you would like to have a light shine on your business please contact us at: news.chestervillerecord@gmail.com or call us at 613-448-2321.

New program aims to “spark” innovative tourism ideas for Cornwall & SDG counties

CORNWALL – A new program aimed at sparking and supporting innovative tourism ideas for Cornwall & SDG Counties was officially announced on Sept. 21 at 10:00 in the City of Cornwall.

The “Spark” Mentorships & Grants Program will match selected applicants from the region with a tourism mentor and provide a \$3,000 grant to help take their new tourism idea to the next level of development.

Innovation in the tourism industry is critical for the region to respond,

adapt and recover from the significant impacts and evolving travel landscape as a result of the COVID-19 health and economic crisis.

The “Spark” Program was first piloted in Windsor Essex in 2018 by the Ontario Tourism Innovation Lab, and has now expanded to over 10 regions across the province. Its goal is to find, foster and support new tourism ideas, experiences and partnerships that will enhance current offerings, address gaps or challenges, motivate

travel and longer stays, and increase year-round visits.

Applications are encouraged from individuals, small businesses and non-profit organizations based in Cornwall & SDG Counties from Sept. 17 to Oct. 30. Following a review process, the top applicants will be invited to a Pitch Session where three finalists will be selected. The Cornwall & SDG Counties “Spark” Program is being led by Cornwall Tourism, Cornwall Tourism Development Fund, SDG Counties, and

the Ontario Tourism Innovation Lab.

For more information on the “Spark” Mentorships & Grants Program, application guide and Info Sessions go to www.tourisminnovation.ca/CornwallSDGCounties.

“I am proud to support such a collaborative, and innovative program, that is sure to bring new ideas and life to Cornwall and the SDG Counties” shares Cornwall mayor, Bernadette Clement.

“This program is a great way to focus on the tourism industry in a time

that has been particularly hard for tourism-based businesses. I am eager to see what new initiatives may come from the program.”

“Tourism is the foundation many of our local entrepreneurs build their businesses upon.

Everyone is working diligently to find innovative ways to ensure our local tourism industry not only endures the COVID-19 outbreak, but secures a bright future through responding, adapting and recovering from the crisis. The Spark Mentorships & Grant

Program is an excellent resource that fosters new tourism ideas, experiences and partnerships that will add to the success of businesses for the present, and future.” warden Frank Prevost

“We are excited to be launching the “Spark” Program in Cornwall & SDG Counties,” said Justin Lafontaine, program lead of the Ontario Tourism Innovation Lab. “We are keen to spark and support new tourism ideas that will enhance the region’s tourism offerings and drive innovation.”



Cornwall mayor, Bernadette Clement and SDG warden Frank Prevost. *Courtesy photo*



Cornwall Tourism coordinator Kevin Lajoie and SDG Tourism coordinator Karina Belanger. *Courtesy photo*



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Temporary COVID-19 Testing Centre opening in parking lot at Calypso Waterpark

LIMOGES –The Eastern Ontario Health Unit (EOHU), in partnership with Ontario Health East and paramedics from both Stormont, Dundas and Glengarry and Prescott-Russell, is opening a temporary COVID-19 testing centre in the parking lot of the Calypso Waterpark in Limoges. The drive-through testing centre, located just off highway

417 at 2015 Calypso Street, opened on Thurs., Sept. 24 and operates seven days a week from 9:00 a.m. to 5:00 p.m. Testing is open to everyone over one year old.

“[We have opened] the temporary testing centre in Limoges to alleviate the demand at our other testing centres,” says Dr. Paul Roumeliotis, medical officer of health at the EOHU. “The number of individuals coming to our testing centres over the last few weeks has far surpassed our capacity. This new centre will increase access to COVID-19 testing for our region’s residents and shorten wait times.”

The additional testing site will help the EOHU identify cases faster so it can quickly move to isolate them and follow up with their contacts. “As the number of COVID-19 cases across our region and the province increases, having the ability to quickly perform testing and contact tracing will help us once again flatten the curve,” adds Dr. Roumeliotis.

The temporary testing centre in Limoges is the seventh on the EOHU’s territory. If you have COVID-19 symptoms, head to EOHU.ca/coronavirus to find the

location, hours and other details of the nearest testing centre.

EOHU changing priority population for testing

Due to the surge in testing volumes in the health unit’s area and across the province, the EOHU is now prioritizing the following populations for COVID-19 testing:

- Individuals with COVID-19 symptoms;
- Individuals who have been referred by public health due to close contact with a confirmed case of COVID-19;
- Residents or workers in settings that have a COVID-19 outbreak, as identified and informed by their local public health unit;
- Individuals who have been referred by a health care professional or need to get tested to meet ministry guidelines (i.e. prior to a long-term care home visit).

For more information about COVID-19 testing, please consult EOHU.ca/coronavirus and Ontario’s website at covid-19.ontario.ca.

For more information about this press release, please send your request to media@eohu.ca.

Ontario Pulled Pork (instant pot version)

Serves 8

Prep Time: 15 mins. Cooking Time: 1 hour, 5 mins.

Ingredients:

- 3 1/2 lbs pork roast shoulder or butt
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tbsp neutral oil canola, vegetable, avocado
- 2 onions largely diced
- 6 cloves garlic minced or pressed
- 2 tbsp chili powder
- 1 tbsp paprika
- 2 tsp ground coriander
- 3 bay leaves
- 1/4 cup tomato paste
- 1 14 oz can tomato sauce or diced tomatoes
- 2 tbsp brown sugar packed
- 2 tbsp Worcestershire sauce
- 2 tbsp apple cider vinegar
- 473 ml beer 1 tallboy or 1 1/2 regular cans

Cooking Instructions:

1. Turn the Instant Pot to the saute high setting and add in the oil. Allow it to heat up.
2. Season pork generously with salt and pepper. Once the oil is hot, add the salt and pepper pork to the Instant Pot to brown it on all sides. You want a nice crust. It’s okay if bits get stuck to the bottom. Remove the pork to a plate and set aside.
3. Next, lower the pot to medium (still on saute) and add the chopped onions and garlic into the Instant Pot. Let them cook, stirring occasionally, until fragrant – about 5 minutes. Next, add in the chili powder, paprika, coriander and bay leaves. Continue to cook for an additional 2-4 minutes.
4. Add tomato sauce, sugar, Worcestershire sauce, apple cider vinegar and beer. Allow to come to a light boil and then return the pork to the Instant Pot. Do not mix in tomato paste – place it on top of the other ingredients.
5. Change the settings to pressure cook (high setting) and set the timer to 55 minutes. Allow the pressure cooker to run its course, and once it's finished, allow the Instant Pot to naturally release for an additional 10 minutes. If you’re using a larger or smaller roast, you may need to add/subtract 5-10 additional minutes of cook time per pound of pork.
6. Once the meat is fork-tender, remove the pork from the Instant Pot to a plate and turn the Instant Pot back to “saute” on high. Allow the sauce to boil, then lower it to medium to maintain a simmer. Stir the whole time. If the sauce is too thin, you may add 1 tsp of cornstarch mixed with 2 tbsp water to form a slurry. Allow it to simmer until it has reached the desired thickness.
7. Take 2 forks and shred the pork into a pulled pork texture. Return it to the pot and allow it to absorb the sauce for around 5 minutes.
8. Serve with carb of choice (buns, mac and cheese, sliders, etc.) and a vegetable side. Lauren recommends coleslaw or salad.

Nutritional Information

Calories: 360 kcal



Recipe and photo provided by Ontario Pork.

SNC board elects new executive

RUSSELL – Board members appointed by South Nation Conservation’s (SNC) 16 member municipalities were

confirmed at the Authority’s Annual General Meeting (AGM) on Thurs., Sept. 17. George Darouze, councillor for the City of

Ottawa’s Osgoode ward, was elected the new chair. Pierre Leroux, mayor of Russell Township, was elected vice chair, and Bill

Smirle of Stormont, Dundas and Glengarry was confirmed as past chair.

Composed of 13 members, SNC’s board of directors oversee the Authority’s budget, programs and services, and work alongside staff to champion local conservation initiatives.

Today’s AGM also marked the first time since February that the board meets in-person at SNC’s head office in Finch while following health and safety precautions.

The public meeting was live streamed online and is available to watch on the Conservation Authority’s public YouTube channel at www.youtube.com/SouthNationCA.

For more information contact Taylor Campbell, communications specialist, 1 - 8 7 7 - 9 8 4 - 2 9 4 8 , tcampbell@nation.on.ca.



SNC’s 2020-2021 board executive, pictured left to right: vice chair Pierre Leroux (mayor of Russell Township), chair George Darouze (councillor, City of Ottawa, Osgoode ward), and Bill Smirle (public representative, Stormont, Dundas and Glengarry).

courtesy photo

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