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Briefly

Night of outdoor entertainment

On Thurs., Sept. 17 from 6:00 p.m. to 9:00 p.m., Naomi's Family Resource Centre will be hosting a night of music ("in the style of Lilith Fair"), celebrating local female musicians while spreading awareness on Violence Against Women (VAW) all while making communities safer. The Take Back the Night – North Dundas Style event will take place outdoors at 100 Club Park in Winchester, Ontario, just outside the Joel Steele Arena. Musicians include: Mena Hardy, Ann Brady, Marleen Fawcett and Amanda Veryl. Spaces must be reserved as only 100 people may attend. All Covid-19 protocols are in place and health guidelines will be followed. This event is free, although we always welcome donations and a donation receptacle will be available on site.

Garden Party Market

WINCHESTER – Victoria Street in Winchester will be closed down to a single lane on Sat. Sept. 12 and on Sat. Oct. 10 between the hours of 8 am and 4 pm. The temporary closure is because of the popular Garden Party Market hosted by the Planted Arrow. The event will have five vendors, which allows for social distancing.



THE CHESTERVILLE RECORD

Serving Stormont and Dundas Counties since 1894



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The beginning of another chapter

School crossing guard Penny Wheeler made sure everyone got across the street to St. Mary Catholic School. Here Vince Goulet shepherds Jona and Ella Goulet across the street as they bravely hold hands on their way to a new school year. This year will be Ella's first year in kindergarten.

Morin photo

MP Duncan appointed to leadership team

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – Stormont, Dundas and South Glengarry MP Eric Duncan has been named to the Leadership Team of the Conservative Party of Canada (CPC) Leadership Team in the federal parliament. The announcement was made by Erin O'Toole who was recently elected the leader of the (CPC) and will serve as the Leader of Her Majesty's Loyal Opposition in the House of Commons on Wednesday September 2nd.

Adrian Bugelli, Executive Assistant to Duncan, explained to The Chesterville Record in an email, the "Leadership Team is responsible for the daily operations of the Conservative Caucus in the House of Commons", adding "Eric will specifically set the roster for Question Period on a daily basis, ensuring that issues that are important to MP's across the country are addressed".

Continued on page 3

Heavy trucks banned from using Bridge Street in South Mountain

Joseph Morin
Record Staff

WINCHESTER – North Dundas has banned heavy truck traffic on Bridge Street and Sandy Row within the village boundaries of South Mountain.

The decision was made at the Sept. 8 North Dundas council meeting after residents in the area lodged a complaint with the municipality.

Bridge Street is located in the middle of the small village and is a two-lane roadway with residential and commercial driveways on both sides of the road.

The condition of Bridge Street is reasonable according to recent surveys.

Recently there have been complaints of

heavy trucks turning left off of Main Street and using Bridge Street to go east or west on the other side of the South Nation River.

"This will be a no truck route except for local deliveries," said Mayor Tony Fraser.

"Residents will see a benefit. There will be a definite reduction in truck traffic in the neighborhood," he said.

County roads are better designed to handle heavy trucks.

As the South Mountain and Sandy Row area becomes more residential, the number of heavy trucks using the route to connect with other parts of the county has become an issue.

Continued on page 2

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Ontario takes extraordinary steps to reopen schools safely

Provincial back-to-school plan includes substantial investments in PPE along with more teachers, nurses, and custodians

CORNWALL — As students, teachers and staff return to school, the Ontario government is providing up to \$1.3 billion in critical supports and has delivered more than 37 million pieces of personal protective equipment (PPE) to safely reopen classrooms across the province. These investments are part of Ontario's comprehensive back to school plan which was developed in consultation with medical experts, school boards, and educators.

"Our entire team has been working around the clock over the last few weeks to make sure all of the public health measures are in place to safely welcome back our students and staff," said Premier Ford. "This school year will be unlike any we have

ever seen, but by working together, we can all play a part to keep our children, teachers and education workers safe and ensure our students continue to thrive and be inspired to learn during these extraordinary times."

The government has taken the following steps to make schools as safe as possible:

- Providing more funding than any jurisdiction in the country to implement physical distancing measures, support hiring of up to 1,300 custodians and adopt enhanced cleaning protocols in schools and on school buses, and hire more teachers to reduce class sizes.
- Hiring up to 625 school-focused nurses to provide rapid-response support to schools and

boards, and facilitate public health measures, including screening, surveillance testing, tracing and mitigation strategies.

Working in collaboration with the Ministry of Government and Consumer Services to ensure that sufficient PPE has been delivered to all 72 school boards and 10 education authorities, including more than 19.5 million masks, 16 million gloves, 317,000 face shields, 320,000 bottles of hand sanitizer, and 218,000 containers of disinfectant, among other critical supplies; and,

- Providing students and families with clear and transparent standards for those that choose fully remote virtual learning, which is teacher-led, timetabled, live, synchronous, and on a

regular daily schedule.

"Our plan is the most cautious, safe and comprehensive in the country, fully funded and fully informed by leading medical leaders to ensure we reduce the risk, support positive mental health, and improve the safety of all students and staff," said Stephen Lecce, Minister of Education. "I remain inspired by our students, and we owe it to them to continue to do our part to stop the spread in our communities to ensure schools can remain safe and positive learning spaces."

The following public health protocols and procedures will be implemented to help protect students, teachers, staff and visitors:

1. Parents must screen their children and all staff

must self-screen every day before attending school. Students and staff who are unwell must stay home from school.

2. Schools must immediately report any suspected or confirmed cases of COVID-19 within the school to the local public health unit. Every day, school boards must report any staff or student absences due to confirmed cases of COVID-19 to the ministry.

3. Students in Grades 4-12 will be required to wear face coverings (non-medical or cloth masks) indoors in school, including in hallways, entrances and during classes. Face coverings are not required but are encouraged for students up to Grade 3. The province is funding each school board to provide PPE to teachers and other school-based staff, including medical masks and eye protection (for example, face shields).

4. Schools will teach and remind students about appropriate hand hygiene and provide breaks in schedules to allow students to wash their hands. Teachers and staff are also receiving additional health and safety training.

5. Each student will be kept with the same group of children and teachers as much as possible throughout the school day.

6. Schools will significantly limit visitors, including parents.

7. Schools will keep rigorous daily class attendance records, seating charts, lists of bussed

students, and approved daily visitors (e.g. supply and occasional teachers, custodians) for contact-tracing purposes.

"With the new school year beginning, the health and safety of students, teachers and staff is our government's top priority," said Christine Elliott, Deputy Premier and Minister of Health. "We have been working closely with our public health experts and making the necessary investments to ensure safety measures and protocols are in place for returning to the classroom."

"Our government's top priority is to ensure students, teachers, and staff have what they need to stay safe when they return to school," said Lisa Thompson, Minister of Government and Consumer Services. "By leveraging our government's collective buying power and introducing new domestic sources of supply, we were able to successfully secure sufficient supplies to support the safe reopening of over 4,800 schools and over 5,000 child care facilities this fall."

"During the past several months, our riding has demonstrated a strong commitment and a spirit of cooperation that has resulted in one of the lowest infection rates in the province," said Jim McDonnell, MPP for Stormont-Dundas-South Glengarry. "I expect the similar success will be achieved by our staff and students and parents."

Heavy trucks banned

Continued from the front

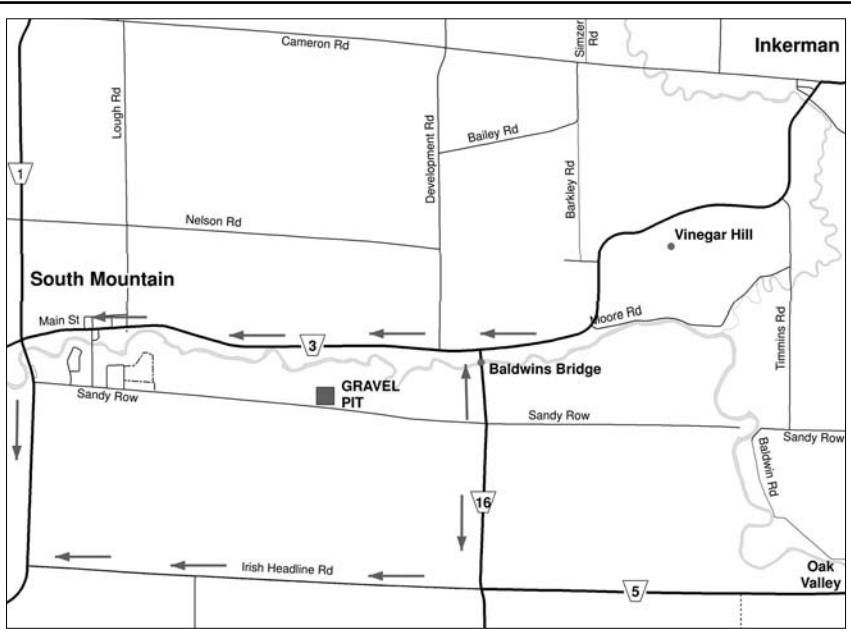
Fraser said, "The intent is to keep heavy truck traffic away from the residential areas."

A report to the council about the truck issue on Bridge Street stated: "Based on 2013 traffic data, Bridge Street has annual average daily traffic of around 200 vehicles, 2 per cent of which is truck traffic. Traffic including trucks has increased from the 2013 traffic data."

Bridge Street crosses over the South Nation River.

The bridge is designed to accommodate heavy truck traffic and cars. The latest bridge inspection was in 2017 and no major problems were discovered.

The report went on, "Staff have received complaints from a resident on Bridge Street with regard to heavy dump trucks using Bridge Street as a through route to access County Rd 3 and County Rd 1. In response, staff



Residents complained about the number of heavy trucks using Bridge Street in South Mountain. The council decided to ban all heavy trucks except for local ones from using the bridge. Courtesy photo Township of North Dundas

have visited the site and have observed dumptrucks using Bridge Street.

The report concluded: "New subdivisions have been built on Sandy Row in South Mountain

increasing the pedestrian and vehicle traffic in that area. It is not just truck traffic on Bridge Street that is the concern. The trucks are also a concern in this built up area on Sandy Row."



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Winchester, Ont. K0C 2K0
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www.northdundas.com

NOTICE Hydrant Flushing

The Ontario Clean Water Agency will be conducting their fall hydrant flushing for North Dundas during the period of September 15th - October 31st.

Residents may notice a discolouration of the water at their homes during this period and for a short time thereafter.

If you notice a discolouration of your tap water, please run the water until it is clear. This discolouration is not hazardous to your health. It is typical of a normal operating water distribution system.

Please call the Ontario Clean Water Agency at 613-448-3098 if you have any questions or comments on how they can better serve you.

Thank you for your patience.
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NOTICE Hydrant Flushing and Maintenance Program

Hydrant flushing will be carried out from September - October 31, 2020 in the hamlets of Ingleside, Long Sault and St. Andrews West

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

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Chesterville loses pole to windy conditions

The strong winds that swept through North Dundas gave some extra work for Winchester's hydro crews. There were five hydro crews working late into Sunday fixing power problems throughout the area. In this photo a crew was in Chesterville near the intersection of Main Street and Joseph Street. A hydro pole had been pushed over by the wind and almost caused a great deal of damage. The pole had snapped at its bottom as a result of the wind and the weight of the cables on it. Hydro worked through out the night to strip the pole of existing wires and cables, dug a hole for a new pole and put it up transferring all of the power to the new pole.

Morin photo

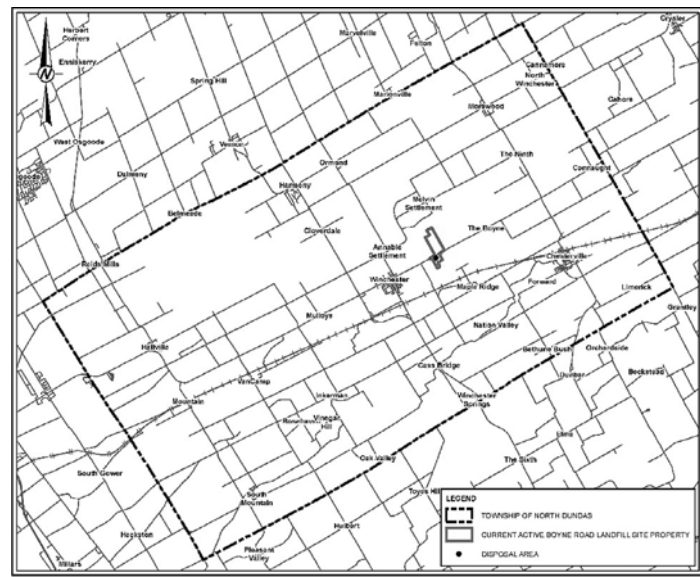


Notice of Commencement Environmental Assessment of the Township of North Dundas Waste Management Plan

The Township of North Dundas (Township) is beginning an environmental assessment (EA) for the Township's Waste Management Plan under the *Environmental Assessment Act*.

What is Being Proposed?

The proposed EA Study is the EA of the Township's waste management plan for management of waste for a 25-year planning period. The Township is seeking to accommodate management of waste corresponding to the consumption of approximately 400,000 m³ of waste landfill disposal (amount to be confirmed during the EA Study) from 2022 to 2047, as its existing Boyne Road Landfill is currently at capacity. The EA Study will evaluate long-term solid waste management options to achieve this objective. Waste diversion can influence the amount of waste requiring disposal over the planning period; waste diversion is proposed as an alternative to be considered, including completion of a diversion study concurrently with the EA. The EA Study will include the area identified as the Township as shown using the black dotted line on the map below.



The Process

On July 1, 2020, the Minister of the Environment, Conservation and Parks (MECP) approved the amended terms of reference (ToR) for the proposed EA of the Township's Waste Management Plan. A copy of the approved amended terms of reference is available at: <http://northdundas.com/town-hall/landfill-recycling/environmental-assessments/landfilllea/>

The approved amended ToR is also available at the following locations during normal business hours:

Township Office 636 St. Lawrence Street Winchester, ON (613) 774-2105	Winchester Public Library 547 St. Lawrence St N., 2nd Floor Winchester, ON (613) 774-2612	Counties of Stormont, Dundas & Glengarry Office 26 Pitt Street Cornwall, ON (613) 932-1515
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This study will be carried out in accordance with the approved amended ToR and the requirements of the EA Act. Results from this study will be documented in an EA, which will be submitted to the MECP for review. At that time, the public, Indigenous communities, and other interested persons will be informed when and where the EA can be reviewed.

Consultation

Members of the public, agencies, Indigenous communities, and other interested persons are encouraged to actively participate in the planning process by attending consultation opportunities or contacting staff directly with information, comments, or questions. Consultation opportunities are planned throughout the planning process and will be advertised in the local Chesterville Record and through the Township's website at <http://northdundas.com/town-hall/landfill-recycling/environmental-assessments/landfilllea/>.

If you would like to be added to our project mailing list or have project-related questions, please contact:

Doug Froats Director of Waste Management Township of North Dundas 636 St. Lawrence Street, P.O. Box 489 Winchester, ON K0C 2K0 Telephone: 613-774-2105 ext. 228 Fax: 613-774-5699 E-mail: dfroats@northdundas.com	Trish Edmond, P.Eng. EA Project Manager Golder Associates Ltd. 1931 Robertson Road Ottawa, ON K2H 5B7 Telephone: 613-592-9600 ext. 3246 Fax: 613-592-9601 E-mail: trish_edmond@golder.com
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If you require any accommodations for a disability to review the approved ToR, contact Doug Froats at 613-774-2105 ext. 228 to make the appropriate arrangements.

All personal information included in a submission – such as name, address, telephone number and property location – is collected, maintained and disclosed by the Ministry of the Environment, Conservation and Parks for the purpose of transparency and consultation. The information is collected under the authority of the *Environmental Assessment Act* or is collected and maintained for the purpose of creating a record that is available to the general public as described in s.37 of the *Freedom of Information and Protection of Privacy Act*. Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. For more information, please contact the Project Officer at 437-244-9402 or the Ministry of the Environment, Conservation and Parks Freedom of Information and Privacy Coordinator at 416-314-4075.

This notice was published: September 10, 2020

Veillez noter qu'il vous est possible de nous communiquer vos commentaires ou vos questions sur le projet en français en les adressant à Yannick Marcerou au 613-592-9600 ext. 3318 ou par courriel à yannick_marcerou@golder.com.

Awards of Excellence returns for second year

MORRISBURG – The Municipality of South Dundas is pleased to announce the second annual Awards of Excellence Program. Nominations for the awards will open on September 9, 2020 with a deadline for entry of October 1, 2020. Due to the COVID-19 Pandemic, this year's Awards will be presented to the winners virtually.

The Municipality of South Dundas Awards of Excellence recognize and celebrate growth and success in the Municipality. These Awards shine a spotlight on success stories of local businesses and

individuals who are contributing to the growth of the South Dundas community.

The eight award categories include: Agricultural Leadership Award, Business of the Year Award, Community Builder Award, Green Award, Innovation Award, New Business Award, Tourism Award and Young Professional Award.

"After the success of our Inaugural event in 2019, our Economic Development Committee is thrilled to be returning with the second annual Awards of Excellence," said Economic Development Officer, Rob Hunter. "Our local businesses play a vital role

in our community and create a vibrant local economy. These awards recognize the dedication and passion of our local entrepreneurs and professionals."

The online nomination forms and more information can be found on the Municipality's website www.southdundas.com/awards-of-excellence/.

Everyone is encouraged to nominate a business, organization or individual who they feel is deserving of this recognition.

If you have questions about the Awards Program or the nomination process, contact Rob Hunter at rhunter@southdundas.com or 613-543-2673.

MP Duncan

Continued from the front

In a press release dated September 2, Duncan is quoted as saying "It is an honour and something that came as quite a surprise. As a new Member of Parliament, I'm humbled that Erin has

selected me for this important job in our caucus". O'Toole commented how he is "incredibly proud to work with these dedicated and professional Members of Parliament who I know will help grow our Conservative movement and ensure more Canadians see a Conservative when they look in the mirror".



Duncan was elected as the Member of Parliament for Stormont, Dundas and South Glengarry in the 2019 Canadian federal election. He is shown here with Conservative Party of Canada Leader Erin O'Toole.

Courtesy photo Constituency Office of Eric Duncan

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EDITORIAL & Opinion

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Browsing resumes at SDG Library

SDG – As Labour Day approaches, the SDG Library is preparing to expand access to their resources. Beginning Tuesday, September 8, the six branches that are currently open for limited access will also allow patrons to have short stays to browse collections and use their own devices in-branch.

Branch capacity continues to be reduced at this time, so visits will be limited to 30 minutes.

Additionally, the hours of operation at the Lancaster and Crysler branches will be increased as of September 8, to better accommodate safety measures required. Curbside pick-up service will no longer be available at these branches.

This expansion of SDG Library services is in addition to those that were re-opened in mid-August, which included access to public computers, printing, photocopying, and faxing, and other services available at Alexandria, Crysler, Ingleside, Lancaster, Morrisburg and Winchester branches.

The SDG Library MakerLab (Finch Branch) will also be available by appointment for public use. Patrons looking for space to undertake do-it-yourself projects can contact the branch directly to make arrangements.

“Our patrons have been patiently waiting to be able to browse our collections again, as well as be able to access our resources,” said Susan Wallwork, Community Librarian. “This is a natural progression from our last stage.”

The Library will continue to take a phased-in approach to re-opening, with the next stage planned for Monday, October 5. At that time, curbside pick-up services are planned at Chesterville, Iroquois, Long Sault, the MakerLab (Finch), Maxville, and Williamstown branches. “This approach has allowed us to carefully consider the impacts and adjust our plans along the way,” said Ms. Wallwork.

Connect. Create. Explore.

The health and safety of our staff and the public is very important to the SDG Library. When visiting Library branches, members of the public and staff are required to wear face coverings as directed by the EOHU and practice physical distancing. Time limits and other restrictions may be in place. Please follow all directions provided by Library staff and posted in the branches.

For more information on what to expect when visiting, please visit www.sdglibrary.ca/limitedbranch-access or contact your branch directly.



Courtesy photo

The art of getting along

Joseph Morin
Record Staff

Relationships are tricky things to maintain.

Healthy relationships are even more difficult to secure.

The human language is filled with nuanced words and phrases that can replace the barking a dog might do, the warning a lion might roar or the unmistakable rattle of a rattle snake letting you know you are about to invade its space.

The concept of diplomacy kind of encompasses all the different ways humans do battle with each other without drawing blood.

Typically diplomacy is described as the skill of managing international relations, typically by a country’s representatives abroad, but the art of getting along while getting what you want is an issue that can be found occurring at every level of our society.

Wherever human beings gather there is most certainly an opportunity or a need for diplomacy of some kind.

When done properly and expertly, diplomacy can allow you to compromise about something while you are congratulating yourself on having won your

argument, not realizing you have changed your position perhaps more than you were aware.

I suppose the early humans were more likely to hit you over the head than negotiate about anything, but over time someone realized how counterproductive out and out violence was when it came to trying to foster a team concept.

Being able to function as a team is the ability that all of the planets creatures are adept to various degrees. In fact it seems to be hard wired into most creatures. The animal version of our diplomacy would likely be two dogs barking at each other, frothing at the mouth and flashing their fangs but in the end that is all they do as to suffer any kind of injury in the wild can mean certain death.

We as in human beings are the only species that has to struggle with the concept.

When the fight or flight urge is triggered we have a few seconds at best to decide what to do.

To run away may be advantageous but not great for your self-esteem and to stay and fight may turn out to be a very big mistake.

Hence the obvious invention of diplomacy.

Our hunting and gathering ancestors had to have had to develop a working model of some kind of diplomacy amongst themselves in order to pull off the team effort necessary for a successful hunt or harvest and allow for the steady evolution of civilization.

Examples of diplomacy are everywhere.

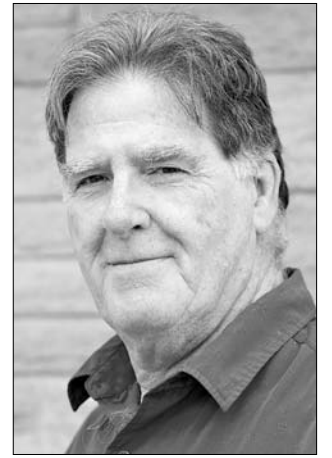
At a council meeting when frustrated or angry spectators agree not to disrupt a meeting but instead wait for the appropriate time to vent their feelings.

Or when someone oversteps his or her boundaries and instead of losing your temper you gently try to deescalate whatever situation someone has created.

It is not always easy or pleasant, but diplomacy does the job most of the time.

Diplomacy is nothing more than a tool to help you maneuver around hardened positions and an often-twisted perspectives.

Going into a grocery for example and waiting for the person coming out so that you will have space to go in while succeeding at social distancing is a basic form of diplomacy.



Joseph Morin

Most of us exercise that skill on a daily basis, and probably do not realize we are doing it.

Diplomacy does more than just stop wars and allow union and management to have a meaningful relationship.

It holds back chaos and buys time for minds to change, attitudes to shift and tempers to cool.

It is how we in the end get along without fighting all the time as we try to keep everyone moving in the same direction towards an agreed upon goal.

Sometimes it is as easy as saying thank you to a coworker or as difficult as turning the other cheek when you are on all sides by negative forces.

Diplomacy keeps our ancient inner beasts on a leash and allows room for our better angels to do what they do.

Get good at it.

The Road Home

Agriculture ... a solid staple

Carolyn Thompson Goddard

I often sit by the front window in the early mornings with a cup of coffee in my hand and listen to the sounds coming in from outside.

These past few days I have heard the loud honking of the first few Canadian geese flying around the area and have realized that summer is pretty much over and fall is making its way into Eastern Ontario. There are other signs that the season is changing – the wet, cool weather, the pumpkins appearing on vegetable stands alongside the last of the sweet corn and soon the field corn will be harvested.

I only have to take a look in my small freezer to realize what a wonderful season it has been. Inside it are bags of locally grown corn, zucchini, tomatoes, green and red

peppers, yellow and green string beans, strawberries, raspberries, and applesauce made from apples from right here at home. In my garlic container are a few bulbs of Canadian garlic, and from past experience I can confirm there is nothing better than locally grown garlic. In my kitchen there are potatoes plucked from the soil of Dundas County which are sure to be a welcome addition to any meal.

As I think about all the blessings we have living in this part of the world and what comes quickly to my mind is the bounty of local food produced by our farmers. Sitting down to a meal or snacking on something delicious and nutritious (remembering of course that chocolate could be considered a vegetable as it is made from cocoa beans), we should give thanks to those

who work the soil. Through all kinds of weather members of the agricultural community are working – feeding their cattle, working the land, harvesting and ensuring the food gets from their farm to our plate.

I recall during the early days of the COVID 19 pandemic restrictions, taking a drive out to the Maxville area and feeling more than a little fearful of what the days ahead might bring for people. On the way back home, I glanced to a field where a tractor was turning the soil in anticipation of spring planting. Suddenly I felt a bit more hopeful for it seemed no matter what was happening in the world, the farmers would be carrying on their essential work of providing those who depend on them for food to eat. This showed me how no matter what was happening, the world was unfolding as it should, and the tomorrow would always be there.



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Virtual care crucial during COVID-19

OTTAWA – As concerns rise over the well-being of people in Canada, leading mental health and substance use organizations are highlighting the value of virtual care services for managing issues related to mental health and substance use during the pandemic. When it is difficult for caregivers and clients to meet in person, technology can enable them to meet virtually.

A new resource, Virtual Care for Mental Health and Substance Use During COVID-19, highlights the importance of seeking care and support early on, and provides information on how to access the many virtual care options available to help people in Canada, including the recently launched Wellness Together Canada portal.

“Recent polling conducted for the Mental Health Commission of Canada (MHCC) by Nanos Research tells us that, while the mental health of people in Canada is worsening, access to online services remains low,” said Louise Bradley, MHCC president and CEO. “We know that a big part of opening the door to care is raising awareness. So we’re reminding people that there are free, readily accessible mental health supports available, even in a time of physical distancing.”

The Canadian Centre on Substance Use and Addiction (CCSA) — in partnership with the MHCC, the Canadian Society of Addiction Medicine, The Royal Ottawa Mental Health Centre and the Canadian Psychological Association — developed this resource to address

“Don’t wait to seek help: Virtual care to support Canadians is available now,” urge mental health and substance use organizations

concern that people in Canada may not be seeking or accessing help for mental health and substance use issues.

“The COVID-19 pandemic has caused stress and anxiety for many Canadians and in some cases is influencing their substance use,” said CCSA’s CEO, Rita Notarandrea. “While physical distancing measures have created challenges for people accessing in-person services, there are many excellent virtual care options available to help Canadians. If you’re struggling during these challenging times, please don’t wait to reach out for help. Seeking care and seeking care early, can safeguard mental wellness and reduce substance use harms.”

“At The Royal, our use of secure video conferencing to deliver care has been growing steadily over the past

ten years with proven results, including a high satisfaction rate among clients,” said Joanne Bezzubetz, president and CEO of The Royal. “During the pandemic, we have built on this knowledge to quickly transition from in-person services to virtual care. In fact, in May we conducted 2,030 virtual appointments over the Ontario Telemedicine Network — that’s almost a 400 per cent increase over the same month last year. By embracing technology, services like The Royal’s rapid access addiction medicine clinic, family support groups and a new prompt care clinic are able to safely provide care and support that is crucial to well-being during this challenging time.”

“In recent years, we have seen more psychologists employ technology in their practices, typically in addition to, rather than as a replacement for face-to-face services,” said Dr. Karen Cohen, CEO of the Canadian Psychological Association. “With the challenges presented by COVID-19, those psychologists who may not have been using technology to deliver services, are doing more so now. There is a lot of mounting evidence that internet-delivered cognitive behavioural therapy is effective in the treatment of depression and anxiety, the two mental health problems most likely to be experienced by Canadians, with anxiety being a common mental health impact of COVID-19 in particular.”

The virtual care resource builds on a suite of resources developed by CCSA, MHCC and other partners.



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Worship services are not being held until further notice.

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Sunday, September 13, 2020
11 a.m. – Worship Service & Sunday School
Everyone Welcome!

PRESBYTERIAN CHURCH - Morewood
ST. ANDREW'S - Chesterville
ST. PAUL'S - Winchester 

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

Sunday, September 13, 2020
Chesterville - 9 a.m. Winchester - 10 a.m. Morewood - 11:15 a.m.
Everyone Welcome!
COME EXPECTING – LEAVE REJOICING

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Evangelical Missionary Church

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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_DABz44REC-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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infostmarysrussell@rogers.com Website: www.stmarysrussell.ca

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Parish Secretary: Patricia Guy - 613-448-3262



Fine feathered friend
During a scenic tour of South Dundas over the Labour Day weekend, a visit to the Iroquois Locks around lunchtime provided an opportunity to view a ship going through the locks as well as a chance to see the osprey in residence at the locks. From the vantage point atop a large pole, the osprey was heard continually voicing its dismay about the massive ship invading its territory.
Thompson Goddard photo

In Memoriam


In memory of Linda Darlene Helmer Windsor.

Prayer for Darlene and me

Dear God,
I miss my wife.
I carry her memory with me everywhere I go.
I pray that you will remind me that she remains a part of me, In everything I do and everything I am.
Continue to show me that she is still part of my life, And that nothing can separate us.
I ask that you keep the bond between us strong in spirit, Until you reunite us in Heaven.


I'll love you forever, Earl

Happy 74 birthday!
Give Kevin Glen a big hug from Daddy.



– Obituary –

Cathy Coulter



At the Winchester District Memorial Hospital on Sunday, September 6, 2020, Cathy Coulter (nee Smail) of Chesterville, age 77. Beloved wife of the late Alton "Bud" Coulter. Loving mother of Ron Coulter of Chesterville. Dear sister of Laney Lacelle (Milton) of Brockville. Cathy will be fondly remembered by her grandsons Christopher and Logan Coulter, her extended family and her many friends and caregivers. She was predeceased by her parents Almon and Gladys Smail (nee Cook), her sister Linda Hutchinson, her brother William Smail and her dear friend Johanne Creteau. A public graveside service will be held at Maple Ridge Cemetery in Chesterville on Thursday, September 10 at 11 a.m. Donations to the Winchester Hospital Chemotherapy Unit 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.

Learning by reading

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – Keep an eye open for a new children’s book entitled *Maggie the Magnificent* written and illustrated by Erin Lee, which is set to be published in the coming weeks. Lee, a teacher with the Upper Canada District School Board, describes the book as the story of Maggie’s journey toward self-realization told in a friendly and fun manner.

During an interview with The Chesterville Record, Lee explained Maggie, the main character, arrives at a new school and finds it difficult to make friends in her class. She hopes to increase her popularity by “promising to magically fulfill one wish for each classmate the very next day.” Maggie has her classmates write their wish in her magical book, later realizing there could be problems when she isn’t able to grant these wishes. Be sure to pick up your copy of the book to discover

how Maggie overcomes the obstacles she has created for herself.



Maggie’s Adventures

Maggie the Magnificent, the heroine of the story written and illustrated by Erin Lee, is shown here.

Courtesy photo Erin Lee

Lee describes the book as written for children between the ages of three and eight, but comments it would be an enjoyable read for children of all ages. She mentioned it would be useful in helping children learn about needed life skills and is currently working on work sheets and activities based on the story for use in an educational setting.

When asked about the length of time needed to complete the project, she mentioned she began writing in 2017, with it being completed and sent for publication in 2020. Lee expects the publishing process for the book to be finished mid-September and she hopes to launch it by the end of the month.

While a release date is yet to be confirmed, Lee explained the launch of *Maggie the Magnificent* is expected soon and suggests following her “on social media to await any announcements and updates” regarding the book.



Author Erin Lee

Erin Lee, former student at Stormont County schools and currently a teacher with UCDSB, expects her book, *Maggie the Magnificent*, to be launched by the end of this September.

Courtesy photo Erin Lee

An apple a day ...

Carolyn Thompson Goddard
Record Staff

IROQUOIS – While apples are in stores throughout the year, there is nothing quite like biting into a crisp, succulent apple grown right here in Stormont, Dundas and Glengarry. As in years past, there are several orchards in Dundas County that offer visitors and residents the opportunity to either pick your own apples or visit the storefront at the orchard to purchase apples.

One such location is Dentz Orchards and Berry Farm (DOBF) located on County Road 16 or Brinston Road between Brinston and Iroquois in South Dundas. Cathy and Calvin Dentz are currently the owners of the DOBF which has been a family run business “operating north of Iroquois for more than 60 years.” In an email to The Chesterville Record, she continued their “teenage children, Laura and Mark Dentz, also work in the family business during the summer break and on weekends.”

Cathy recently told The Chesterville Record that they “currently have Paula Red apples, new potatoes, tomatoes, sweet corn, strawberry jam and unpasteurized honey” for sale in the barn. She continued how Paula Red apples are “not too sweet and not too tart” and are “one of the first apples of the season’s harvest.” They are good for cooking and eating and “particularly good for apple sauce,” before noting that other varieties of apples, such as McIntosh and Honeycrisp should be ready soon.

While the McIntosh apple was discovered in nearby Dundela in the early 1800s, the Honeycrisp apple is a relatively modern variety developed in the mid-1900s and is

considered a premium apple. Cathy commented how they “are crisp and juicy with a honey-sweet and tart flavour,” continuing how Honeycrisp does well in Ontario’s cooler climate and are a bit more costly than other varieties as “they are difficult to grow” and “require a lot of fine tuning for nutrients.”

For those people who are planning school and work lunches, Cathy mentioned she likes to use the

“Honeycrisp apples” because they can be cored, cut into “smaller pieces to be put into an airtight container.” She continued the “apple pieces will not brown as quickly as other apples” and they are “a nice apple for fruit trays and in salads for the same reason.”

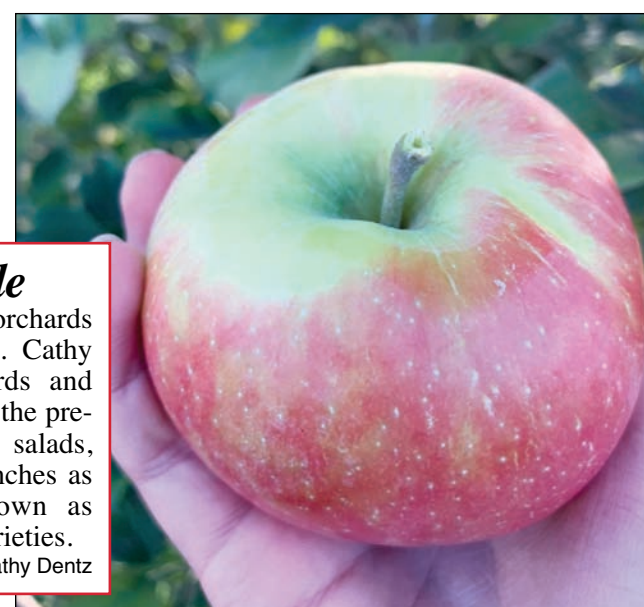
For more information, Cathy suggests visiting either their website at www.dentzfarm.com, follow them on their Facebook page or on Instagram. She continued the store hours are Monday through Saturday between 9

a.m. and 5 p.m. and advises bridge reconstruction has currently closed the northern part of Brinston Road and suggests an alternate route via County Road 18 to the DOBF.

Honeycrisp apple

A relative newcomer to orchards is the Honeycrisp apple. Cathy Dentz of Dentz Orchards and Berry Farm explains that the premium apple is great for salads, fruit trays and school lunches as the flesh does not brown as quickly as other apple varieties.

Courtesy photo Cathy Dentz



Lots of local food

The storefront at Dentz Orchards and Berry Farm has plenty of locally grown food for sale including the first apples of the 2020 season – Paula Reds. More varieties are expected to be ready for harvest soon including the McIntosh and Honeycrisp varieties.

Thompson Goddard photo



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Hot off the presses!

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE — Darlene Montgomery Fawcett and Laurie McDonald have spent a considerable amount of time researching and collecting recipes for their recently published book, *Loyalists at the Table 18th-Century Loyalist Recipes for 21st-Century Kitchen*. Montgomery Fawcett was excited to announce 300 copies of the cookbook have been recently delivered to her and are now available for sale.

She continued, while a book launch is planned for later in the fall, in the meantime the cookbook can be ordered by emailing her at dmfawcett@ripnet.com, by phone at 613 989 5489 or by placing an order through the St. Lawrence Branch Facebook page.



There was a whole lot of excitement in the air as the *Loyalists At The Table* cookbook rolled off the presses and into the waiting hands of Darlene Montgomery Fawcett on the left and Secretary of the St. Lawrence Branch and Branch President Lorraine Reoch.

Courtesy photo St. Lawrence Branch, UELAC

A birthday celebration to remember

Carolyn Thompson Goddard
Record Staff

INGLESIDE—15 years ago, on Sept. 5, Vicky and Jimmy Dingwall opened Jimmy's Restaurant in Ingleside. This past Saturday a steady stream of customers joined the couple at their restaurant to celebrate the 15th anniversary of its opening with food, fun and of course a birthday cake!

Recently The Chesterville Record spoke with the couple about how it all began and how they were celebrating the anniversary. Vicky explained she and her husband wanted to start a business together and decided on operating a restaurant in this South Stormont community, and the rest as they say is history.

Over the years Jimmy's has developed a dedicated following of customers who come to enjoy the delicious food and friendly atmosphere. According to Vicky, the regulars are local people as well as the seasonal visitors to the area who camp in the nearby campgrounds.

For a week prior to Sept. 5, guests at Jimmy's were given a ticket during their meal, with daily prize draws held. Prizes included gifts certificates from local businesses, food prizes from the restaurant and gifts purchased locally by the couple as well as items donated by Fiddlers Finds and Catherine and Mike Malett. On Sept. 5, the draw for anniversary prizes were held with Ken Mark and Paul Flaro holding two of the winning tickets, with one prize still to be claimed.

The couple cut the birthday cake outside and brought pieces of the cake inside the restaurant for their guests to enjoy. Jimmy mentioned as the cake cutting began how he enjoyed meeting the people, both from home and away, who visited the restaurant. He mentioned their appreciation for the staff and expressed how the couple were quite happy with the way things have turned out over the years.

Jimmy's Restaurant is located on Dickinson Drive in Ingleside, not far from the 401 interchange. For more information please visit their Facebook page.



Happy Birthday

Jimmy and Vicky Dingwall opened the doors of Jimmy's Restaurant on Dickinson Drive in Ingleside 15 years ago on Sept. 5, 2005. They are shown with the cake that was served up during the celebrations held this past Sat., Sept. 5.

Thompson Goddard photo

Reopening schools safely matters to everyone

That's why the government of Ontario has worked with health officials, school boards and educators to develop a comprehensive plan to keep kids and staff safe.

- **Physical distancing** measures will be implemented such as desk separation, signs, floor markings and one-way hallways.
- **Face coverings** will be required for staff and students in Grades 4-12.
- **Hand hygiene** will be enabled with hand sanitizer and hand washing.
- **More nurses** will be in schools.
- **School cleaning** will be enhanced.

Visit ontario.ca/ReopeningSchools
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Fall is on the horizon

Throughout Stormont, Dundas and Glengarry, the sweet corn harvest is almost over, and the pumpkin picking is about to begin. Seven Acres Family Farm (SAFF) in South Stormont noted on its Facebook page that the corn season is almost over, with the pumpkin harvest beginning. A visit to SAFF on the weekend provided the opportunity to purchase some of the last of the sweet corn crop and a pumpkin for making that harvest favourite – pumpkin pie!

Thompson Goddard photo

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United Counties of SDG partners with OPP, Cornwall Community Hospital

CORNWALL – A three-way partnership has been created that will lead to better outcomes for police and individuals during calls for service involving law enforcement.

The United Counties of SDG has agreed to fund a Cornwall Community Hospital (CCH) registered nurse to support the SDG detachment of the Ontario Provincial Police when it is apparent a mental health professional is required during a service call.

The \$120,000 funding arrangement, which covers a period of 12 months, complements the service agreement in place between the OPP and the hospital.

County council signed off on the funding agreement at its July meeting.

“This initiative is a great example of a partnership involving three local organizations to provide more resources to residents in need,” said warden Frank Prevost.

“County councillors fully support measures we can take that aid our police, and our residents, during situations that can be fraught with emotion.”

The CCH’s Mental Health Crisis Team (MHCT) and the SDG OPP entered into a partnership agreement to provide the SDG



From left are SDG OPP Staff Sgt. Simon Hardy, Angel Quesnel, manager of the Early Response Teams at the Cornwall Community Hospital, Christine Penney, vice president, Community Programs at the Cornwall Community Hospital, SDG Warden Frank Prevost, OPP Const. Jim Blanchette and OPP Insp. Mike Mulhearn.

Courtesy photo

residents with the most appropriate community-based crisis response during calls for service.

“The purpose of this collaboration is to ensure that the residents of Stormont, Dundas, Glengarry have better health and wellbeing, by receiving the most appropriate and helpful community-based

crisis response at the right time in the right places,” said provincial Const. Jim Blanchette, an SDG OPP community mobilization officer.

“Calls for service involving mental health continue to rise annually and the severity of the mental health concerns that police encounter is increasingly more

complex,” added SDG OPP Staff Sgt. Simon Hardy. “Members of the SDG OPP are excited to have the opportunity to share in this collaboration with community partners who share our vision for safety and wellbeing.

The MHCT will expand rural capacity to assist those with mental health issues in our communities.

We believe that the MHCT will help enable us to provide the best response and care possible for our residents, our families and our friends.”

The completion of the funding agreement had been delayed as a result of the pandemic, but partners are now prepared to move forward.

It has been shown that mental health professionals can provide insights and support during police service calls that result in beneficial outcomes for officers and individuals. “Cornwall Community Hospital is pleased to work with its local partners like the OPP and the United Counties of SDG to support and help address the community’s mental health care needs,” said Jeanette Despatie, president and CEO of CCH.

“Front-line response partnerships like these allow us to move forward on our vision of ‘Exceptional Care. Always.’”

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 Dunbar Rd. Sept. 12 at 10 a.m. Bring lawn chair. 09-5

NOTICE

NOTICE – Bo’s Barber Shop in Morrisburg will be closed for a holiday from Mon., Sept. 14 to Sat., Sept. 19. Re-opening Mon., Sept. 21. Thank you, Bo. 10-3

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Hazardous Waste Day
 The Boyne Road Hazardous Waste Facility will be OPEN Saturday, September 12th between the hours of 8:00 a.m. till 12:00 p.m. for the residents of Dundas County to safely remove their household hazardous waste.
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SMALL BUSINESS Spotlight

Positive thinking sees business through

WINCHESTER – Small business, at the best of times, has to face challenges large and small.

The pandemic has proved to be a discouraging but not fatal challenge for any local businesses

The Heritage House Health Spa in Winchester and Lakeshore Massage Therapy in Morrisburg is one such business. Throughout the pandemic they have continued to flourish as their staff looks forward to a virus free marketplace.

The Heritage House Health Spa owner Natalie Brunidge started up Lakeshore Massage Therapy Health and Wellness Clinic from her home on Lakeshore Drive in Morrisburg 14 years ago. In 2016, she opened a second location in Winchester and called it The Heritage House Health Spa.

When the COVID-19 virus appeared in North America she was about to open up a new location in Morrisburg finally moving to a building she purchased. It was a big step to take.

“We were shut down in March,” she said. “We bought the building and finished renovations on April 1, then we had to shut everything down. That was a pretty trying time but we got through it,” she said.

The new location at 69 Ottawa St. and Fifth Street is now up and running.

Brunidge said, “You do not look back you always look forward.”

That attitude has helped her throughout her journey to establish a successful business in both North and South Dundas.

The pandemic brought with it a whole new set of challenges.

“We had to come up with a blueprint



Owner of The Heritage Spa in Winchester and Lakeshore Massage Therapy in Morrisburg has stayed positive throughout the pandemic and the result is a good example of how small business can survive in challenging times. Morin photo

about how we were going to do things,” she said.

“We started back with registered massage therapy because that was all that was allowed to come back.”

As the months of being shut down rolled by Brunidge was able to stay in touch with her regular customers and ensured her staff stayed positive.

The Heritage House Health Spa had a slow start when they reopened.

“We were not allowed to start up our esthetic services which was very big at this location, but it was definitely a gradual restart,” she said.

Brunidge remembers that everyone was anxious to get back to work so even though they had to wait for all of their services to be reintroduced at different times.

“We were not quite where we were before because we still have restrictions we have to abide by. So for example we had to eliminate

one pedicure station and separate the ones we have with a barricade because there was not enough room to follow social distancing regulations. We have protective shields for the manicure station it is just an extra precaution everyone has to wear a mask anyway.”

Despite all of the precautions staff at The Heritage House Health Spa and Lakeshore Massage Therapy are following, they still are being careful by screening all of their customers.

Even with all of the restrictions, Brunidge has made a visit to either of her locations worry free and a nice experience.

“We are doing what we are supposed to be doing without creating that extra bit of stress,” she said.

“There is a lot of stress and fear out there.”

In the end her staff see the reopening as a team effort.

The pause during the pandemic means she had time to plan and innovate. Consequently Brunidge is introducing a new facial regime.

Wearing a mask has had some negative effects of the skin.

“A lot of our clients are having a problem with their masks chafing, and not allowing the skin to breathe.”

The pandemic has had a similar effect on all small business owners and staff.

Brunidge said, “It is certainly hard times but I look at other businesses and feel I am blessed. I am very fortunate to have such amazing staff. They care about what they do.”

From massage therapy to reflexology to medical acupuncture, the staff at Lakeshore Massage Therapy in Morrisburg and The Heritage Spa in Winchester have stood up to the challenge of operating during a pandemic.

For more information about both locations please call Lakeshore Massage Therapy at 613 543 1419 and The Heritage Spa at 613 441 2122.

Oh, What A Night!

Carolyn Thompson Goddard
Record Staff

WILLIAMSTOWN – While the 209th edition of the Williamstown Fair was a little bit different than in years past, there was still a sense of excitement as the over six hundred vehicles made their way through the Williamstown Fairgrounds on September 5.

The entrance to the tour was located off Johnson Road at the Peanut Line and wound its way through the fairgrounds, past approximately seventy displays and exited on John Street where the St. Lawrence Valley Agricultural Society had a booth set up selling souvenirs.

For those with a sweet tooth, cotton candy, candy apples and caramel apples were available for purchase for five dollars each and delivered right to your vehicle.

The displays featured floats from nearby Char Lan District High School, Williamstown Public School, the Sir John Johnson Manor House, Stormont-Glengarry Junior Farmers as well as antique trucks and farm equipment, animal displays and new farm machinery. Raisin Region Conservation Authority provided 500 white spruce seedlings which were given away to

fairgoers by members of South Stormont Council.

For those who enjoy the cattle competitions and horse shows at the fair, they were occurring online via Facebook, with fair organizers mentioning people from many parts of Canada and the USA were watching via Facebook.

As the parade passed by the cattle stalls, people were able to catch a glimpse of some farm animals which served to delight youngsters of all ages.

Jim McDonell, the Stormont, Dundas and South Glengarry MPP, commented how all the things which people come to expect at the Williamstown Fair were all at the event before congratulating the SLVAS for their hard work.

Mayor Frank Prevost echoed McDonell when he offered his congratulations to the board and thanked the organization for being able to re-think how to hold the Williamstown Fair this year and then make it happen.

Winners of the Home and Garden Virtual Classes at the 2020 Williamstown Fair:

Class 1: Vegetables and Fruit:

Category 1 – A collection: 1st – Wilfred Maloney; 2nd Mary Regan;



2020 Williamstown Fair Opens

From the left: Cynthia Renne-Faubert (ER Charge Nurse) Dr. Diane Poilly (Hospice Cornwall) MPP Jim McDonell, SLVAS President Michael Seguin, Mayor Frank Prevost, Don & Sylvie Longtin (owners of Henderson’s Grocery) and MP Eric Duncan.

Courtesy photo of MPP Jim McDonnell

3rd Ian Kentell.

Category 2 – Odd Shape: 1st Asha Pritchard; 2nd Nicole Pritchard.

Category 3 – Raised garden bed: 1st Colleen MacCulloch; 2nd Andrew Cattanach.

Class 2 Horticulture:

Category 1 – Window box, planter or container: 1st Lyma McIntosh; 2nd Farrah Sinnott; 3rd Madelaine Oeggerli.

Category 2 – “Covid Hero” hanging basket: 1st Pat Larkin; 2nd Laura White; 3rd Alison MacCulloch.

Class 3 Baking:

Category 1 – Cake Decoration (adult): 1st Chelsea Hachette.

Category 2 – Cake Decoration (under 12): 1st Hudson Murray; 2nd Farrah

Sinnott; 3rd Chase Landry.

Category 3 – Baking Video: 1st Jessie Van der Burg; 2nd Mila/Jennifer Kinloch.

Class 4 Preserves:

Category 1 – Showcasing preserves: 1st Madison Fournery; 2nd Jessie Van de Burg.

Class 5 Sewing:

Category 1 – Face Masks 2020: 1st Terri Reid; 2nd Mary Regan; 3rd Lynn Larkin

Category 2 – “Happy at Home” quarantine sewing - 1st Sheila Jasmin; 2nd Bernice Van der Burg; 3rd Terri Reid.

Class 6 Quilting:

Category 1 – “Happy at Home” Quilt Block: 1st Francine Poisson; 2nd Mary Regan; 3rd Terri Reid

Class 7 Photography:

Category 1 – Count your Rainbows: 1st Kim Kubeck; 2nd Colleen MacCulloch; 3rd Barbara Macdonell; Honourable Mention: Chantal Martin.

Category 2 – All is Fair: 1st Shelley Macpherson; 2nd Barbara Macdonell; 3rd Jennifer Lee. Honourable Mention: Steph Jarworski

Class 8 Children’s Section:

Category 1 – Sidewalk/Window art (ages 3-7): 1st George Metcalf; 2nd Keith McKay; Zena Brennan.

Category 2 – Sidewalk/Window art positive message (ages 8-12): 1st Farrah Sinnott; 2nd Adessa Brennan.

Category 3 – Draw/paint a tractor (ages 3-7): 1st Keith McKay; 2nd George

Metcalf; 3rd Milly Winters.

Category 4 – Create a tractor (ages 8-12): 1st Eric Penner.

Category 5 – Superhero Puppet (all ages): 1st George Metcalf; 2nd Audrey Metcalfe; 3rd Laila Neilson

Class 9 - Amateur Floral Design Competition, sponsored by Flowers Cornwall Inc:

1st place Mary Regan, 2nd place Diane Sauve, 3rd place Darleen Aitken.

Class 10 Baby & Children:

Babies of 2020 Showcase; Children’s Parade Showcase.

Class 11 Colouring Contest partnered with Glengarry, NorWesters & Loyalist Museum:

Category 1 – Age 4 and under: 1st Alice Brunet; 2nd Rosie Van der Burg; 3rd Brynn MacCulloch

Category 2 – Ages 5-7: 1st Sukrarat Singh; 2nd Sutton Murray; 3rd Keith McKay

Class 12 Poster Competition (3 entries):

Category 1 – Ages 5-8: 1st Brooklyn Murray; 2nd Zena Brennan.

Category 2 – Ages 9-12: 1st Adessa Brennan.

Class 13 Scarecrow in the Dell:

1st Lily Small



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Town Hall reopened for some in-person services

RUSSELL, September 4, 2020 – The Township of Russell will re-open Town Hall to offer certain in-person services as of Tuesday, September 8th, 2020.

In order to avoid long waiting lines and to ensure physical distancing during this transition, some services will be offered by walk-in while others will remain by appointment only.

Residents will be able to make a payment, submit a form or application, pickup a new resident package, garbage tags, and recycling bins at Town Hall without an appointment.

All other services, including meetings and requests to speak with staff, will remain by appointment only during this transition period. Municipal services are still available by email, phone and online at Russell.ca.

Our offices will be open to the public from Monday to Friday between 8:30 a.m. to noon and from 1:00 p.m. to 4:30 p.m.

Our goal is to provide an organized and effective reopening transition for residents, a safe return to work environment for our staff, all while offering our best level of service available during this time.

As the Township anticipates many visitors, and we value your time, we recommend residents continue to take advantage of our electronic options for submitting documents, registering for

programs, and completing payments. Details on our municipal services during COVID-19 are available at Russell.ca/COVID19_en.

To schedule an appointment for a service or to speak with a staff member in person, please call 613-443-3066 and leave a message or email info@russell.ca. Your message should include your name, telephone number and the reason for your requested visit.

A municipal staff member will contact you within two business days to schedule the appointment.

Please request an appointment by emailing info@russell.ca.

Staff may be contacted through email, telephone, or Microsoft Office Team meeting.

As we continue to reopen our municipal facilities and buildings under the guidance of the Province and Eastern Ontario Health Unit, many may reopen at reduced capacity, by appointment-based visits, and other applicable restrictions to keep you and our staff safe. We continue to update you on how COVID-19 is affecting municipal services at Russell.ca/COVID19_en.

For information, please contact Megan Beehler, Communications Coordinator at 613-443-3066 extension 2342 or by email at meganbeehler@russell.ca.

Carrot Apple Muffins

Apples and carrots keep these tasty muffins moist. Peeling the apples is not necessary, peels soften as they cook.

Preparation Time: 20 minutes

Baking Time: 25 minutes

Makes 12 muffins

Ingredients

Topping:

2 tsp (10 mL) granulated sugar
1/4 tsp (1 mL) ground cinnamon

Batter:

1-3/4 cups (425 mL) all-purpose flour
2-1/2 tsp (12 mL) ground cinnamon
2 tsp (10 mL) baking powder
3/4 tsp (4 mL) salt
1/2 tsp (2 mL) each ground ginger & nutmeg
1/4 tsp (1 mL) baking soda
2 Ontario Eggs
3/4 cup (175 mL) packed brown sugar
1/2 cup (125 mL) Ontario 2% Milk
1/3 cup (75 mL) vegetable oil
1-1/2 tsp (7 mL) vanilla
2 cups (500 mL) finely shredded Ontario carrots
1-1/2 cups (375 mL) diced unpeeled Ontario Apples (such as McIntosh, Cortland or Golden Delicious)
1/2 cup (125 mL) chopped pecans

Instructions

Topping: In small bowl, stir together granulated sugar and cinnamon; set aside.

Batter: In large bowl, combine flour, cinnamon, baking powder, salt, ginger, nutmeg and baking soda. In another large bowl, whisk together eggs, brown sugar,

milk, oil and vanilla. Stir in carrots, apples and pecans. Stir liquid ingredients into dry ingredients just until combined.

Spoon batter into paper-lined muffin cups; sprinkle with topping. Bake in 400°F (200°C) oven for 23 to 25 minutes or until toothpick inserted in centre comes out clean. Cool pan on wire rack for 5 minutes. Remove muffins to wire rack to cool.

Nutritional Information:

1 Muffin
Protein: 4 grams
Fat: 11 grams
Carbohydrate: 34 grams
Calories: 245
Fibre: 2 grams
Sodium: 240 mg



Recipe and Photography: Foodland Ontario

Hunting Opportunities on SNC Lands as Fall Approaches

As fall approaches, it is a special time for many residents in the area. The crisp cool air brings a change in the seasons and summer gives way to autumn, and hunting season.

South Nation Conservation (SNC) owns and manages over 13,000 acres of community forests, wetlands, and grasslands across its 4,441 square-kilometre watershed jurisdiction in Eastern Ontario; over 8,500 acres of which are accessible for hunting with permission from SNC.

The cost for a permit to hunt on select SNC properties is \$100 for watershed residents, paid to the Conservation Authority. Hunters must also have provincial permits from the Ministry of Natural Resources and Forestry (MNR) and are required to provide proof of liability insurance to SNC.

SNC Lands are sustainably managed, restored, and maintained for recreational use and the protection of local natural heritage. Some of these protected natural areas offer a range of hunting opportunities for species such as deer, moose, waterfowl, upland game, and rabbit. Permit fees help to support

land management activities and SNC's annual Youth Hunt Apprenticeship Program.

Hunters should always exercise caution and wear high visibility clothing when accessing SNC Lands as some areas may have multiple users at any given time. Residents are also advised to keep themselves and their pets safe while exploring the outdoors during hunting season by wearing high visibility clothing. Hunting is not permitted in SNC's public Conservation Areas where managed trail systems exist. Residents can access SNC's online mapping tool at www.nation.on.ca to find out which of the

Conservation Authority's properties are permissible for hunting. All Conservation Authority rules and MNR laws apply to SNC hunting areas while a hunter is hunting on conservation lands. It is illegal to hunt on SNC lands without a permit from the conservation authority. Be aware of specific hunting requirements for each location; and be sure to keep your SNC hunting licence on you always.

To report poaching and other hunting or natural resource violations, please call the MNR tip line at 1-877-847-7667. For more information and to access SNC's permit application form please visit www.nation.on.ca/recreation/hunting-and-trapping or call 1-877-984-2948.

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