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Briefly

Learning to cope
WILLIAMSBURG – Dundas County Hospice will be hosting a zoom workshop for people to share stories and learn how to cope with their feelings of loss and grief with their pets. The event will be Feb. 22, from 6:30 p.m. to 8:00 p.m. For more information email Linda at dcs@dundascountyhospice.ca to receive a zoom link.

Don't struggle alone

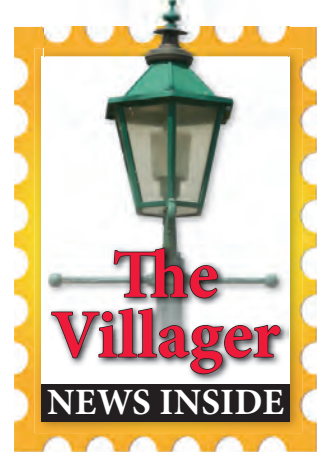
CHESTERVILLE – If you are feeling isolated, lonely or struggling with mental health and not sure where to start you can call 2-1-1 to connect with a support system. This call center is open 24/7. You also have the option of email at gethelp@211ontario.ca or an online chat at www.211ontario.ca. The chat line is available Monday to Friday from 7 a.m. to 9 p.m.

Natural Heritage System maps

FINCH – South Nation Conservation is undertaking a study on behalf of the United Counties of Prescott/Russell (UCPR) and The United Counties of Stormont, Dundas and Glengarry (SD&G). Tune in for the online public information session of the draft Natural Heritage System maps on Tues. Feb 9 at 7:00 p.m. for SD&G and Wed. Feb 10 at 7:00 p.m. for UCPR.

THE CHESTERVILLE RECORD

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Winter Anglers on Hoople's Creek

Hoople's Creek, located between Ingleside and Long Sault in South Stormont, is a favourite place for winter anglers to go ice fishing. The cold weather seems to have led to an increase of ice fishing huts on this body of water over the past week or so. More information on ice fishing regulations in Ontario can be found at www.ontario.ca/page/ice-fishing, with information on winter angling during the COVID-19 pandemic available on the website of the Ontario Federation of Anglers and Hunters located at www.ofah.org/covid19/faq or by contacting your local health unit or the local O.P.P. detachment for more information.

Thompson Goddard photo

Water and sewer rate increases all part of growing community

Joseph Morin
LJI Reporter

NORTH DUNDAS – The future is always about to become the present and the North Dundas council has decided to meet the future head on when it comes to the townships' water and wastewater needs.

According to a study conducted by Sharratt Water Management Ltd. much needs to be planned for.

Their study suggested the population of North Dundas, who are hooked up to the drinking water and wastewater treatment system, will increase from a 2019 number of 4,355 to 8,399 in about 20 years.

When you plug that population increase over time into the existing water and sewer infrastructure it turns out that there will be problems in servicing that many people.

Capital investment, meaning building more water infrastructure and looking after it costs money and is necessary.

Continued on page 3

Budget 2021 talks underway in North Stormont

Sandy Casselman
LJI Reporter

BERWICK – Township of North Stormont's first draft of the 2021 budget was reviewed last week with the second draft expected by the end of February.

Budget deliberations began at 9 a.m. on January 27 with the link to the virtual meeting available on the municipality's website. The meeting was open to everyone with the draft budget available in the agenda package.

"We're going to open and take the council's opening comments," Mayor Jim Wert said. "Then [Treasurer Carly Wheeler] is going to go through the budget, basically committee by committee."

Wheeler said the meeting would start by examining the operations budget, followed by the capital budget. Opportunity for discussion would be held after each of the two sections.

"At the end of the day, we're not looking for a final solution here, but providing direction for Carly to come back to us mid-February with as many of the items we have on our wish list as possible," Mayor Wert said.

Before kicking off the council comments, Mayor Wert reminded his colleagues that this was not a debate, but rather an opportunity for each council member to share his or her expectations and aspirations for this year's budget.

Continued on page 2



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South Stormont recreation report

Carolyn Thompson Goddard
LJI Reporter

LONG SAULT – Parks and Recreation Co-ordinator Sheri-Lynn Servage provided information to council on recreation in the municipality to South Stormont council during the January 27 public meeting.

Servage explained how the provincial shutdown which began on December 26 has resulted in all indoor recreation facilities being closed until at least February 11. She continued how rentals at the Long Sault Arena, meeting rooms at fire stations and the South Stormont Community Hall have been impacted by the Covid-19 restrictions. It is expected that once the restrictions are lifted, then hall rental bookings at the four indoor hall spaces will

proceed, with Servage mentioning there are already bookings being made in anticipation of the lifting of COVID-19 restrictions.

A January 7 meeting between staff and the Upper Canada District School Board regarding the use of the Lancer Centre for community programming by the municipality once the COVID-19 restrictions are lifted was held and are progressing well.

As in other communities, outdoor rinks in South Stormont are open for use, with signage at these locations providing information on EOHU approved pandemic regulations for use including capacity limits established for each rink. Rink houses in St. Andrews West and Newington are closed as directed by the EOHU. Servage mentioned municipal staff are supporting volunteers at these locations with the provision of supplies

and general maintenance assistance provided as requested.

A virtual SD&G Recreation networking group met on January 19, with Servage reporting local programming and facility operation issues which were discussed. Many rural arenas

close for ice rentals at the end of March, with some municipalities waiting to see what happens with provincial restriction announcements in early February before making a decision as to re-opening their arenas. The Long Sault Arena in South Stormont provides ice rental

opportunities to the public until the first week of May, with Servage noting enquiries are being made by minor hockey and figure skating associations as well as other organizations about the possibility of rink rentals between February and April. It was noted in the report that

the ice surface is being maintained during the closure period, with staff anticipating rental of the arena will be long enough to justify this. If needed a further report and recommendation on ice surface rental will be provided for the February 17 council meeting.

Budget 2021 talks

Continued from the front

"I would prefer if we can bring in this budget with a zero per cent increase in taxes," he said. "My goal is to replace the Chrysler Fire Hall in the spring of 2021, complete the Chrysler Water Tower project in the same fiscal year, finalize plans for the Moose Creek Hall in this fiscal year and be ready to go to build the Moose Creek Hall in 2022."

"This is a big ask," he continued. "But it's based on the following factors. The Nation Rise Project has provided \$300,000 into our coffers for the next 20 years minimum, which represents a 10 per cent increase in self assessment. The GFL community agreement is still ahead of us. We have \$212,000 coming out of debt servicing by 2025. Reserves are in a strong position, the proposed balance for 2021 is \$3 million. In 2020, which isn't complete, was 4.4 and if we go back to 2019 it's 2.9 so we're in a very strong

position according to where our history has been. Interest rates are at an historic low and will be under a lot of pressure to stay there. The road user agreement will become available to help [Public Works' Blake Henderson] catch up on the asset management plan."

When asked about the meeting and it's outcome, Craig Calder explained the process and provided a brief summary of what took place and what to expect going forward.

"The initial draft is traditionally broad and is designed to provide the public and council the framework to understand the financial requirements and pressures of the township for the coming fiscal year," Calder said. "Finance is now aware of the council priorities and will update the budget accordingly. The second draft will be more targeted, and its current draft is in its infancy. The finance department has committed to having a working second draft before the end of February when another public council meeting will be held as the budget process evolves."

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Seeds Canada finally comes together

Joseph Morin
Record Staff

OTTAWA – Four Canadian seed growing related associations have followed through on a promise made last year to create a new organization called Seeds Canada.

Last year, in August, five groups voted on whether or not to amalgamate into one group.

At the time all of the groups were in agreement except for one. The Canadian Seed Growers' Association (CSGA) did not vote for the amalgamation with a slim 5 per cent voting against the idea.

The four groups who had voted for the creation of



Seeds Canada | Semences Canada

Seeds Canada have been working toward holding a second vote and finalizing their plan by Feb. 1, 2021. The vote was held in December and Seeds Canada was created without the CSGA participating.

The four partner organizations that agreed to be part of Seeds Canada are the Canadian Plant Technology Agency (CPTA); the Commercial Seed Analysts Association of Canada (CSAAC); the

Canadian Seed Institute (CSI); and the Canadian Seed Trade Association (CSTA)

A press release from the new organization stated: "Seeds Canada will be the leading voice of the Canadian seed sector, helping our members succeed and grow in Canada and around the world. Together, as Seeds Canada, we can accomplish things that we never could have done separately. We will

provide efficient, effective and timely services – and we will continue to grow, as members, through meaningful professional development."

The new organization believes that seed is the first step of many in the complicated agricultural food chain.

This first step contributes more than \$6 billion to the economy. It employs more than 63,000 Canadians and exports more than \$640 million each year.

Seeds Canada launched its new website on Feb. 1.

The Seeds Canada press release stated: "we will be diverse, inclusive, and democratic. All members will have an equal voice at the table, regardless of size, and will work together on behalf of Canada's seed sector. We're proud to introduce our Board of Directors and announce the Seeds Canada Executive Committee: Ellen Sparry, president, Eric McLean,

vice president and Annie Bergeron, Holly Gelech, Quentin Martin – Members at Large"

The logo for Seeds Canada is an oval design made up of four separate seed-like shapes gathered together to form one complete shape.

Ellen Sparry, the organization's first president said "The logo serves as a reminder of the efforts it took to get to this point, a celebration of our accomplishments, and a new vision for the future. We are stronger together."

For more information about Seeds Canada go to seeds-canada.ca

Water and sewer rate increases

Continued on page 3

The water study stated: "The technical memorandum for the water and wastewater servicing upgrades has identified the need for infrastructure improvements to accommodate growth to the year 2040 within the villages of Winchester and Chesterville."

The study indicated charges for capital projects, for example an apartment building or large industrial building will have to increase.

In 2019 the cost of connecting water services to the township was around \$5,223 for a single unit. The new capital rate voted on Jan. 20 raises that cost to around \$6,500. This increase is just a starting point for future increases as the need arises.

"That would be for someone applying

to build and be connected to our water system," said Mayor Fraser. Buildings and industry would use the building code to figure out what their cost to connect would be.

Capital charges pay for capital projects the municipality will need as it grows.

For homeowners already connected to the system the increases are more modest. On average, water and sewage charges go up by around \$30 a year or \$427 for 2021 for a couple, and a family goes up to \$764 from \$736.

The study identifies approximately \$35 million needed for additional water infrastructures. This number does not include approximately \$10 million for water capacity expansion either through wells or connecting to another municipality's water supply such as South Dundas.

The increases do not represent a crisis in the world of water and sewer in North Dundas, but is a pragmatic view of future growth and how to pay for it.

Table 1.2 Annual Water Bills with the Current/Proposed Water Rates 2021-2025 Inflated \$

Hypothetical User	2019	2020	2021	2022	2023	2024	2025
Single Person with 70 M3/Year	\$185	\$189	\$193	\$200	\$207	\$215	\$223
Couple with 125 M3 per Year	\$245	\$250	\$257	\$265	\$275	\$286	\$296
Family 300 M3 per Year	\$438	\$448	\$459	\$475	\$492	\$510	\$528
Coffee Shop (Busy) 1000 m3/Yr	\$1,251	\$1,273	\$1,313	\$1,358	\$1,406	\$1,456	\$1,509
Large Industrial User 500,000m3/Yr	551,185	560,709	579,884	610,859	644,306	679,417	716,272

Table 1.4 Wastewater Bills with the Proposed Wastewater Surcharge 2020-25 Infl. \$

Hypothetical User	2019	2020	2021	2022	2023	2024	2025
Single Person with 70 M3/Year	\$297	\$311	\$321	\$333	\$346	\$360	\$375
Couple with 125 M3 per Year	\$395	\$413	\$427	\$442	\$460	\$478	\$497
Family 300 M3 per Year	\$705	\$736	\$764	\$791	\$822	\$853	\$886
Coffee Shop (Busy) 1000 m3/Yr	\$2,014	\$2,102	\$2,187	\$2,263	\$2,349	\$2,438	\$2,530
Large Industrial User 10,000 m3/Yr	\$22,555	\$23,567	\$24,479	\$25,332	\$26,309	\$27,321	\$28,372

Courtesy Photos

Brampton man killed in truck collision

SOUTH DUNDAS – On Wed. Jan. 27, 2021 shortly after 3:00 p.m. Stormont, Dundas & Glengarry (SD&G) Ontario Provincial Police (OPP) officers responded to a two vehicle collision on Highway 401 Westbound (Between Upper Canada Road and Church Road), South Dundas Township.

Initial Investigation has indicated that shortly after 3:00 p.m., a westbound tractor-trailer collided with another westbound tractor-trailer from behind on Highway 401, for reasons under investigation.

The male driver Dilpreet Singh RAI,

age 46, of Brampton of the westbound passenger tractor-trailer was pronounced deceased at the scene.

The driver of the tractor-trailer was not injured.

SD&G OPP continues to investigate with the assistance of OPP Traffic Collision Investigators (TCI).

A section of Highway 401 was closed to traffic for multiple hours.

Anyone having information on the above incidents or any other crime is asked to call SD&G OPP at 1-888-310-1122 or Seaway Valley Crime Stoppers at 1-800-222-TIPS(8477) or you can submit a TIP online at www.seawayvalleycrimestoppers.ca

Nation Rise Wind Farm making progress

Sandy Casselman
LJI Reporter

BERWICK – Eighteen turbines have been completed for Nation Rise Wind Farm.

A report on the project was included in the Township of North Stormont council's agenda package for the regular meeting on January 26.

The report noted that 18 of the 29 turbines have been

completely assembled. Reporting is in a weekly format, and catalogues the work being done at different sites, as well as which turbines are being commissioned and which ones are functioning. Crane moving and snow removal activities were also reported.

For the January 18th weekly report, it was noted that "drilling activities will

take place at Turbines 10, 32, and 46 and is linked to the installation of vibration monitoring equipment."

Councillor Roxane Villeneuve asked if there were any complaints about the project that had not yet been addressed. It was noted that there was one outstanding complaint, but it would be addressed shortly.



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Protecting and preserving our heritage

Carolyn Thompson Goddard
Record Staff

IROQUOIS – The Dundas County Archives (DCA) provides to residents and researchers access to the history of Dundas County. Located in a portion of the former St. Cecilia Catholic School in Iroquois, it opened to the public in July of 2019, with COVID-19 restrictions closing the DCA since March 2020.

SDSG MP Eric Duncan, who served as Mayor of North Dundas at that time, commented in a recent email how he became interested in the development of an archives for Dundas County because he had “seen and heard of too many historical documents being thrown away because there isn’t a safe, permanent space to store them properly”. He continued after reviewing the success of the Glengarry County Archives (GCA) model, “a group of local history stewards from Dundas County” were taken to the GCA in Alexandria and subsequently the municipal councils of North and South Dundas began working on this initiative.

After consultations with stakeholders, a “steering committee for the archives” was developed by the Municipality of South Dundas and the Township of North Dundas. In 2017 Susan Peters joined the Committee for the Dundas County Archives (CDCA) as the archivist, the committee is composed of the Mayors and Clerks from both municipalities, “community representatives, the St. Lawrence Branch of the UELAC and Larry Empey as “representative for the Lynn Cook Collection”.

When asked about the most important goal of the organization, Peters replied it was the establishment of “an archives that would provide a place to collect, organize and preserve the local history”. One of the first priorities of the committee was to find a safe, accessible location for the historical records of both municipalities and the public. The DCA needed a large enough space to house all the collections, have environmental stability, be accessible, safe and have adequate parking. Peters explained it would have been preferable to have a location “central between the two municipalities” but unfortunately after a “long search, we were not able to locate a building that fit the criteria”.

After the location in Iroquois was selected Peters began the drafting of the “Collection Management Policy, Operation policies and mandate and Mission Statement, which were subsequently accepted by the CDCA”. With respect to the collections held by the St. Lawrence Branch of the UELAC and the Lynne Cook Collection, it established these entities would “operate independently of the Dundas County Archives. Lorraine Reoch, President of the St. Lawrence Branch UELAC, recently spoke with The Chesterville Record, explaining the holdings of these two collections include mainly genealogical resources, newspaper articles, print resources and family history books as well as the Clarence Cross genealogical collection.

Peters explained the main source of funding for the DCA is received from the Municipality of South Dundas and the Township of North Dundas as the DCA serves as the “municipal archives of these communities” a requirement of the Ontario Municipal Act. She continued a Trillium Grant application to “expand our operations, digitalize records, expand on programming and outreach” was unsuccessful, with the newspaper digitalization project currently underway receiving funding from the United Counties of SDG.

She noted generous donations have been received by the DCA from organizations such as “the local legions and Lions Clubs” as well as donations provided by individuals.



The Dundas County Archives are located at 5 College Street, the former site of St. Cecilia Catholic School, in Iroquois. For more information, please visit their website at www.southdundas.com/visit/dundas-county-archives or email the archivist at dundascountyarchives@gmail.com. Thompson Goddard photo

Peters mentioned the donation of “the originals of the land records to the Dundas County Archives” by the SD&G County Library, and from Upper Canada Village a donation of microfilm resources, and a microfilm reader. In the holdings of the DCA are “most of the Women’s Institute Tweedsmuir collections from the region” and Peters is “working with another organization in hopes of getting these records digitized”.

The response from the community has been described as “amazing” by Peters, with donations received from individuals, organizations, committees, and estates to the DCA. Businesses have offered “their space for potential events designed to promote local history or serve as potential fundraisers for the archives”. There have been requests for information from municipal staff, university students and professors as well as researchers. MP Eric Duncan called the DCA “a great success to date” before mentioning his appreciation “that both Councils have kept their commitments to the Archives since Evonne and I finished our respective terms”.

When asked about the re-opening of the archives, Peters commented she doesn’t know when the COVID-19 restrictions will be lifted as the Municipality of South Dundas and the Township of North Dundas make this determination. If people wish to contact the archive this can be done by email at dundascountyarchives@gmail.com, with more information available on the DCA website located at www.southdundas.com/visit/dundas-county-archives.

NDDHS Report

By Jamie Wilson
Student Council Communications



Back in school for the new quadmester

Students at North Dundas started new classes yesterday as we welcomed the beginning of the third quadmester. In person classes have also resumed as of yesterday, and we are happy to see everyone for the first time since December. As this is the first time we are returning to the school in the New Year, it is important to remember our simple rules that help keep everyone safe. All students are required to complete the daily COVID-19 screening prior to coming to school; masks must be worn in the school and on school transportation; and, hand-sanitizing needs to be done each time students enter the school. The only change to our routine is that the cafeteria food service is no longer available.

To welcome the new quadmester in a fun way, we are having Funky Sock Day. Everyone is encouraged to put on their best pair of socks this Friday, February 5th. They can be colourful, tie-dyed, have a cool pattern, or be covered in your favourite animal! We hope this fun spirit day will lead us into our new classes with some great school spirit and cozy feet; we cannot wait to see your socks North Dundas!

Wednesday, January 27th was Family Literacy Day across Canada. This is a national initiative to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. Though the day has passed, this message will always hold true. Hopefully, you can take some time to read an inspiring story or share funny family stories with loved ones. Taking some time to listen, laugh and share some family time is not only a wonderful way to appreciate the importance of literacy but it is also uplifting and has the power to affect our mental well-being in a positive way.

It only takes one

Snowmobiling has been an enjoyable winter activity for so many people. The money invested in the vehicle itself and the economic spin off from these activities has been welcomed in many communities. Unfortunately, there is one aspect of this sport that is often overlooked or taken for granted. Those trails that are maintained by the local snowmobile associations are largely on private property. The landowners offer their land, free of charge to give back to their local community. Allowing the multitude of snowmobiles to race through the land so that the sport can continue.

It only takes one to ruin it. This

winter is no exception. You pay your membership fees to your local association to provide access to these maintained trails. Yes, the fee covers the costs of maintaining the trails, they do however not cover the cost of any damage caused by straying off the trail.

The wide open spaces surrounding the maintained trail may be very inviting but be aware that if you choose to be the one that strays off of the trail and take that extra spin around the field, you could be the cause of the association as a whole losing access to that land.

Behind the controls of the snowmobile, you may see the sea of white with the glaring sun. Think further, what may be under that

perfect sea? If the landowner has planted winter wheat or if there is grass seed (hay field) under the snow, straying off the path can be causing costly damage to the crops.

Don’t be that one; the one who veers off of those maintained trails that your pass pays for. The landowners are entrusting the operators to respect that they have given up a piece of their land so you can enjoy your sport. Be respectful and stay on those trails. There are consequences for every action and in this case, it will make it more difficult to have trails as many landowners are going to revoke the privilege to the local snowmobile associations. Think twice, don’t be that one!

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Crysler Winter Carnival goes ahead

Carolyn Thompson Goddard
Record Staff

CRYSLER – It’s a go! The Chrysler Community Committee is in the final stages of planning the Chrysler Winter Carnival Pandemic Edition 2021. The event is planned for February 12 to 14 and will take the form of “various challenges to accumulate points for our Annual North vs South friendly competition” according to Martine Quesnel, event coordinator at the Chrysler Community Centre.

In an email to *The Chesterville Record*, Quesnel explained this year the Chrysler Winter Carnival will be celebrating 55 years of providing residents with a lot of wintery fun and this year is no exception with events designed with fun and safety in mind. These include “a Scavenger hunt to find 55 bonhommes carnaval across town and on the recreational walking path”, an online live performance of singer Yanik Pepin on Fri. Feb. 12 and several pre-winter Carnival Challenges.

For several years there has been a

friendly North vs South competition during the Winter Carnival in Chrysler, based on which side of the Nation River you live on – the north or the south. As carnival organizers have explained “North is blue and South is red. Even though the Nation River divides our town, we are still united by our community. Come out and enjoy the festivities’ pandemic edition.”

Quesnel explained, “last year the south side won and have had the bragging rights since then”. This year the challenge is back with several activities such as a scavenger hunt to find 55 bonhommes carnaval across town and on the recreational path, a fun colouring contest sponsored by the Friends of the Chrysler Library and other challenges designed to have some safe winter carnival fun and accumulate points in the North vs South carnival competition.

The 50-50 North vs South Challenge is back again this year. Quesnel explained funds raised from the 50-50 draw, “will be used towards

our renovation plans for 2021, which include renovation of the washroom facilities in the hall. The tickets, at a cost of \$5.00 a square, can be purchased at Chrysler Home Hardware between February 1 and 7 and between February 8 and 13th at the Old General Store in Chrysler.

The 2021 Chrysler Winter Carnival wraps up on Sunday February 14 with a drive thru spaghetti dinner following a 2 p.m. visit from the Bonhomme de Carnaval to Chrysler. Keep an eye out for the friendly fellow as he is escorted through Chrysler by firefighters from the North Stormont Fire Services. Quesnel mentioned the same route as the one used for the Parade of Lights in December will be used. At 6 p.m. on Sunday, a live announcement of the winner of the challenges, Friends of Library draw and 50-50 draw will take place on the Facebook page.

More information is available on either the Facebook page of the Chrysler Community Centre or the Chrysler Winter Carnival North Vs South Challenge 2021 (Pandemic Edition) Facebook page.

Politicians push to keep North Stormont School open

Sandy Casselman
LJI Reporter

BERWICK – While Township of North Stormont politicians were united in their desire to save North Stormont Public School (NSPS) from closure, not all agreed on the method of doing so.

During the municipality’s January 26 council meeting, Councillor Steve Densham put forth a resolution in support of deferring NSPS’s transition date from September 2021 to “at least” September 2022.

In addition to deferring the transition date, Councillor Densham’s resolution included two

further requests to be put forward to the Upper Canada District School Board (UCDSB). The first was “that the UCDSB take all necessary time to fully understand the effects of Covid-19 on future safe class sizes and space requirements, short and long term.”

The second request was “that the UCDSB update and revise their projections to be more in keeping with current trends and the expected effects of Covid-19 on local population growth, before finalizing a transition plan, in order to ensure North Stormont and the surrounding area will

continue, without added stress or interruption, to be properly and safely served with quality local rural public education.”

While all members of council agreed that NSPS should remain open, Councillor Roxane Villeneuve wanted to take a stronger stance with the school board, calling Densham’s resolution a “Band-aid” solution.

Councillor Randy Douglas shared Villeneuve’s frustration with the UCDSB’s process in deciding which schools stay open and which ones close.

“I support the idea of what Councillor Densham is

doing,” Councillor Douglas said. “I’m troubled by the fact that we have to be political when the facts speak for themselves.”

Deputy-Mayor François Landry noted that the resolution was a way to “buy time” until they found a way to save the school.

Councillor Villeneuve put forth a motion to alter the resolution to include stronger wording and a demand to UCDSB to “permanently keep the school open.” With no one willing to second the motion, council voted and passed the original resolution put forth by Councillor Densham.

Pandemic negatively impacting ‘everyone’s’ mental health

Sandy Casselman
LJI Reporter

BERWICK – “We are in the midst of a mental health crisis,” Canadian Mental Health Association (CMHA)’s Angele D’Alessio said.

D’Alessio gave a brief presentation on mental health during the January 26 Township of North Stormont council meeting.

She referred to the impact of the COVID-19 pandemic on everyone’s mental health, quoting a recent Ontario survey that showed “three-fifths (58 per cent) believe the mental health of themselves, those in their household (55 per cent) and friends and family outside their household (59 per cent) are negatively affected by the pandemic.”

There are people “suffering in silence,” D’Alessio said, and in an effort to address this growing issue, CMHA is working to educate people about the many resources

available to them, whether online, by phone, or, when possible, in person. She provided a list of local and provincial resources, including BounceBack, which is a free program from CMHA “that helps you build skills to improve your mental health.”

Mayor Jim Wert said North Stormont would, “make sure the information is put up on our website.”

Those looking to access CMHA’s programs and services must be 16 year of age or older, living with a severe mental illness or concurrent disorder, and living in the Champlain East region, which includes Stormont, Dundas, Glengarry, Prescott, Russell and Akwesasne.

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Something Sweet for our Seniors

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE

While flowers and treats are a great gift any day of the year, at least two local businesses are planning something special for seniors on Valentine's Day. Kelly Coleman, proprietor of Sweet Clover Flowers & Gifts began the VAL-O-GRAM initiative which will see floral arrangements delivered to local senior citizens in late January. In Chesterville, Doyle's Pub and Eatery has initiated a Heart to Heart initiative which will see Valentine's Day cupcakes delivered to residents at Dundas Manor and the Garden Villa along with a giant Valentine on February 14.

Christina Thompson, who owns Doyle's with husband John, commented in an email how they had decided to "give back to the community that would be supporting us" by having events and promotions highlighting local organizations such as "charities, community groups, special events and fundraising for those in need, etc". She continued, they decided on supporting senior homes for their first initiative as they are greatly affected by COVID-19 protocols with residents in Dundas Manor and the Garden Villa receiving the cupcakes, giant Valentine



Sweet Clover Flowers & Gifts, located on the outskirts of Finch, are hoping to put smiles on the faces of local senior citizens with the VAL-O-GRAM initiative. For more information, please visit their Facebook page.

card and perhaps view a video of people who have signed the cards. Thompson mentioned how "there are many local senior facilities in our area and we would love to provide them all with this special treat, our budget and resources for special projects allowed us to focus on just a few".

Local residents are invited to stop in at Doyle's and sign the two giant Valentines, and while there, can pose for a photo holding a heart if they like which will be included in a slideshow provided to the two facilities. The oversized Valentine's Day cards were created by Doyle's employee Blythe Armstrong, with Thompson mentioning they will be delivering approximately 225 cupcakes on February 14. She hopes these treats will bring a smile to the faces of the residents of Dundas Manor and the Garden Villa, mentioning how excited the staff are to take part in this initiative.

The VAL-O-GRAM

initiative at Sweet Clover Flowers & Gifts near Finch has been hugely successful according to owner Kelly Coleman in an email to *The Chesterville Record*. Coleman explained the initiative began as COVID-19 restrictions are causing many seniors to feel very isolated and felt a floral arrangement would show them "that the community is thinking of them during this difficult time".

The original goal of the program was to provide a floral arrangement for each of the 98 residents of Maxville Manor. When this goal was reached, it was decided to extend the program to include "the 74 recipients of the Meals on Wheels program in Maxville, Avonmore, Finch, Berwick & Crysler". After this goal was accomplished, the Val-O-Gram initiative is hoping to provide floral arrangements for the twenty residents of Glen Garden senior apartments in Maxville and "possibly the more isolated residents at

Finchview Villa with the support of the local community.

Coleman mentioned local children are encouraged to make valentine cards for the seniors, which can be dropped off in the mailbox at 14812 Country Road 43 Finch, at Stanlee Farms located at 16825 County Road 43, Avonmore or in the bin at the Maxville Manor. While no Valentine's Day cards have been received yet, Coleman is hoping people will be working on them so that each VAL-O-GRAM recipient will receive one with their floral arrangement.

With the donation of \$20.00, the store will be able "to deliver one arrangement to a local senior, mentioning a donation can be made by calling 613-362-8565 with a credit card or send an e-transfer to kelly@sweetcloverflowers.ca.

Thompson Goddard photo



Local residents are invited to stop in at Doyle's and sign the two giant Valentines and while there can pose for a photo holding a heart if they like which will be included in a slideshow provided to the two facilities. The oversized valentine's day cards were created by Doyle's employee Blythe Armstrong, with Thompson mentioning they will be delivering approximately 225 cupcakes on February 14.

Thompson Goddard photo

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Students head back to school during lockdown

Sandy Casselman
LJI Reporter

CHESTERVILLE – Students in the Eastern Ontario Health Unit (EOHU) region are set to be back in school this week.

On January 28, Ontario Minister of Education Stephen Lecce announced that 280,000 students in various parts of the province would return to in-person learning at the beginning of this week. In Stormont, Dundas and Glengarry, most

students were set to return February 2.

While Ontario remains in lockdown until February 9, there have been mixed reactions to the provincial government's decision to re-open classrooms now.

In a January 28 press release, Ontario Secondary School Teachers' Federation (OSSTF) representative Jennifer Seif called the decision "underfunded" and "haphazard."

In contrast, an EOHU press release stated the decision was made "based on the most recent local COVID-19 data, and in consultation with Ontario's Chief Medical Officer of Health, Dr. David Williams, and local Medical Officer of Health Dr. Paul Roumeliotis."

Calling the announcement "very good news for kids, families and schools," Dr. Roumeliotis noted a steady decline in new COVID-19 cases in the area, adding that "in-person learning is essential to the well-being, development and mental health of children."

The health unit referred to the government's introduction of additional safety measures. These include: province wide targeted asymptomatic testing; a requirement for all staff, visitors, and students to wear masks indoors, in hallways, and on school vehicles, with the exception of Kindergarten students who are merely encouraged to wear masks; and enhanced screening measures for all students, staff, and visitors before entering schools.

Meanwhile, OSSTF's release stated that their "members, students and families are tired of hearing about the new safety measures that have been put in place without specific examples of where and how these safety protocols have been implemented in Ontario's schools. The benchmarks that have been used by this government to reopen schools in one

region but not in others, while a provincial declaration of emergency is in effect, continue to be Minister of Education Stephen Lecce's best-kept secret."

Although EOHU's reaction to the announcement is vastly different than that of OSSTF, Dr. Roumeliotis did urge the public to continue following the public health measures in effect, including the stay-at-home order and restrictions for non-essential businesses.

"We are making progress in reducing the spread of COVID-19 in our region," he said. "However, it's very important to continue following public health measures so that we don't start to see another increase in cases and outbreaks. The more we follow precautions, the more likely our schools will be able to remain open and the sooner we'll be able to reopen other sectors as well."

It was noted that precautions include limiting non-essential trips into the community, visiting only with members of your own household, wearing a mask, keeping two metres apart from those in the community, staying home if sick, and working from home if possible.

The OSSTF lamented the government's lack of consultation with education workers and teachers, as well as the inadequate funding to insure safe in-person learning.

"With the threat of new COVID-19 variants and the unknown factors of this pandemic, it is unreasonable and irresponsible not to have transparent metrics and benchmarks communicated to the public," Seif said. "Safety for all requires concrete actions and funding, not watered-down plans and sporadic announcements. The government must do more to protect students, education workers, and teachers."



Loucks Pastures offers home grown products

Samantha Bayham, of Loucks Pastures, is shown in their new farmgate sales location on Loucks Road just north of Chesterville. Bayham explained customers are able to peruse and purchase items on-site between 10 a.m. and 1 p.m. on Saturday's but are able to order on-line 24 hours a day, seven days a week. She mentioned how many products offered for sale are produced at Louck's pasture and include food items such as unpasteurized honey, eggs, pork, beef and lamb. Non-edible items for sale include beeswax wraps, wool dryer balls and soap. For more information, please visit their Facebook page or website at www.loucksfarm.com.

Thompson Goddard Photo

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Heart health: the importance of stress management

According to Health Canada, as many as 11 million Canadians are experiencing high stress levels in response to the COVID-19 pandemic. Since February is Heart Month, here's a look at the impact of stress on heart health and what you can do to manage it.

How stress affects your heart

Sudden intense stress causes a spike in heart rate and blood pressure, which can trigger a heart attack, especially if you have a pre-existing condition or risk factors for heart disease. While the effects aren't as

immediate, chronic stress can also put a strain on your heart, elevate your blood pressure and increase your risk of heart disease.

Fortunately, according to the Heart and Stroke Foundation, nearly 80 per cent of premature heart disease and stroke cases can be prevented by adopting healthy lifestyle habits, including proper stress management.

Healthy ways to manage stress

Many people smoke, drink alcohol or eat junk food as a way to cope with stress. Unfortunately, these behaviours

have a negative effect on your heart health. Here are some healthy ways to lower your stress level:

- Get seven to nine hours of sleep every night
- Exercise for at least 30 minutes every day
- Spend time with friends and family members
- Practise yoga, meditation and deep breathing exercises
- Find creative outlets such as journaling or painting
- Regularly visit parks, beaches, hiking



- trails and other natural settings
- Take breaks from using social media
- Speak with a mental health professional

For more information about how to reduce your risk of heart disease, visit heartandstroke.ca.

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CMHA's hosts first live online 'Bell Let's Talk' event

Sandy Casselman
LJI Reporter

CORNWALL – The Canadian Mental Health Association (CMHA) Champlain East hosted their first online “Bell Let’s Talk” event January 28.

“This is groundbreaking for Cornwall because we’ve never really done an event like this,” said CMHA’s Angele D’Alessio, host of the event.

More than 50 people were watching or participating in the online live video event, including six guests sharing their personal experiences. The guests included Cornwall Mayor Bernadette Clement, singer-songwriter Melanie Brulé, MenTALK co-founder Ivan Labelle, and mental health advocates Chantal Larocque, Mitch Dubeau, and Stephen Douris.

“We know stigma, by far, is the greatest barrier to recovery,” D’Alessio said, kicking off the event. “Sometimes stigma is worse than the actual symptoms.”

D’Alessio invited each guest to talk about the various myths or misconceptions surrounding mental health.

“Just because you look fine doesn’t mean you’re doing fine,” Labelle said. “If you ask someone how they feel, take time to listen.”

The group agreed that anyone can be facing mental health issues and it’s important to keep that in mind when interacting with those we know well, as well as those we don’t.

“When you’re a public person, there’s this perception that you have to be strong and above everything else,” Clement said, noting that it takes more strength to be honest. “It’s difficult, but we’ve got this.”

Douris pointed to a common perception that people who are depressed or facing other mental health challenges should just “suck it up.”

“Crying isn’t bad because everybody hurts,” he said. “We have to take the stigma away from people who have a mental illness. There’s no shame in it. Give people a shoulder to cry on, a hand to hold, and tap on the back. When you see somebody who’s down, help them up.”

It’s been more than a year since the world first heard about the COVID-19 pandemic and due to its effects on everyone’s mental health, D’Alessio invited panel guests to talk about what they do to cope, especially now that Ontario is in a second lockdown.

Brulé was decidedly honest, noting her use of alcohol, marijuana, and ice cream during the first lockdown. She said it got to a point where she realized she was traveling down “a really unhealthy path” and if she wanted things to be better, she would have to restructure her life and the way she was spending her time. She started waking up earlier and going for walks. She added daily exercise. Most importantly, she said, she had to get really honest

with herself.

“What’s right for one person is not necessarily going to be right for another,” she said, noting that medication is right for some people, but not for others and each person has to decide for themselves what will work for them.

Clement, who spoke about the stress of having elderly parents in long-term care homes and the pain of not being able to see them because of the pandemic, said she exercises and dances in her living room to cope with many mental health-related issues caused or exacerbated by COVID-19. When asked, she said her favourite go-to music for her at-home-alone nightly dance session is Beyonce.

Douris said he and his

wife have been coping with the added stress of the pandemic by keeping themselves busy with home renovations, reading, and keeping their minds occupied.

Larocque said she’s turned to her faith and she’s used the time for introspection and getting closer to God. She also talked about the challenges of parenting during a pandemic, noting the significant help she’s received from Parents Lifeline (pleo.on.ca).

Dubeau, who volunteers with Diversity Cornwall, said phone appointments with doctors and counsellors have been helpful, as well as going for walks, exercise, video games and reaching out to others whenever possible.

Other coping strategies suggested by viewers included scream therapy, hugs and laughter, music, singing, and blowing bubbles. D’Alessio said she’s given her children “mental health days” from school and also noted the benefit of outdoor spaces like Moose Creek’s Countryside Adventures where she and her family went skating through the forest.

“I admire the courage it must take to share your stories. Thank you for being so open and sharing your experiences.” This was just one of many comments posted in the live video’s meeting chat throughout the session.

The last segment of the event focused on what D’Alessio referred to as a “call to action,” where each panelist was asked for their

advice for positive coping strategies. Some of the answers included downloading free meditation apps and taking time to do nothing, taking a digital detox, prioritizing self-care, and, above all, connecting with others by reaching out to friends, family or professionals. Contacts for various local and provincial mental health resources were listed.

As for online activity, Clement implored viewers: “If you’re about to ruin someone’s day, don’t do it. It’s a message of ‘just try to be as kind as you can.’”

D’Alessio spoke of the many supports, programs and services, being offered by CMHA locally and provincially.

“You can trust us,” she said. “You can do that leap of faith with us.”

Our generous community does it again

WINCHESTER – For 23 years, our local communities have embraced an annual tradition at the WDMH Foundation.

The Judy Lannin Christmas Wish Tree provides a special way to honour or remember family and friends with a gift to the Foundation. And despite a very unusual year, our donors have done it again - donating close to \$58,000! Since this tradition began, more than \$1.1 million has been raised through this special celebration.

“Our local communities and generous donors continue to amaze us,” says Managing Director Kristen Casselman. “We are so grateful for everyone’s support.” Manager of Direct Mail & Events Cindy Ault Peters agrees. “We held our first virtual tree lighting ceremony this year and many people joined us on Facebook.

It was great to connect – even if it was virtually.” Funds raised are directed to the Foundation’s Family Care Fund – supporting families just like yours. These gifts will help to ensure that that the WDMH team has the right tools needed to care for patients and families, close to home.

Special thanks to the many sponsors of The Judy Lannin Christmas Wish Tree. Watch the virtual ceremony: <https://fb.watch/3k684FhUPS/>



The tree lighting ceremony was held virtually in December. Special thanks to harpist Rhiannon Beckstead for her beautiful music. Courtesy Photo



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INVITATION FOR BIDS FOR SURPLUS TIRES

The Municipality of South Dundas is accepting bids for the sale of the following surplus tires:

- 8 Goodyear 11R 22.5
- 4 Michelin 12R 22.5

Bids can be emailed to mail@southdundas.com by 12:00 p.m. on February 18, 2021. The bids will then be reviewed on the same day as soon as possible after 12:00 p.m. at the South Dundas Municipal Office, 34 Ottawa Street, Morrisburg and streamed virtually to the public. For more information or to schedule a viewing of the tires, please contact Fire Chief Cameron Morehouse at cmorehouse@southdundas.com.



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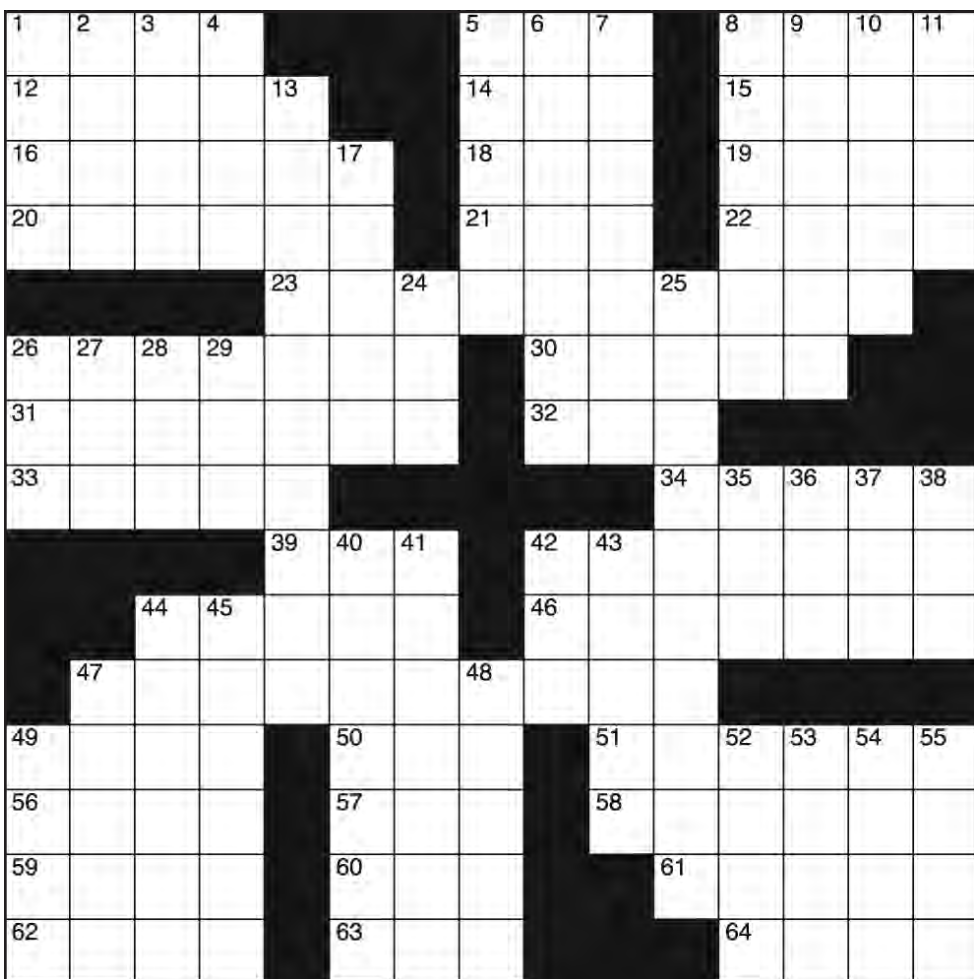
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CROSSWORD PUZZLE

FOR THE WEEK OF FEBRUARY 4, 2021

CLUES ACROSS

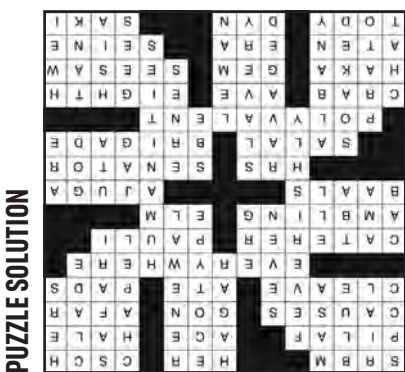
1. Nuclear near reach weapon
2. Of she
3. Hyperbolic function
4. Rice dish
5. A team's best pitcher
6. Strong and healthy
7. Induces
8. Popular manga series
9. From a distance
10. Split
11. Consumed
12. Cushions
13. All over
14. One who provides food
15. St. _ Girl, brand of beer
16. Walking slowly
17. Wood
18. Semitic gods

19. Bugle
20. 60-minute periods (abbr.)
21. Congressman
22. Plant of the heath family
23. Subdivision of an army
24. Having many different forms
25. Shellfish
26. Latin for hail
27. Between sixth and seventh
28. Maori war dance
29. Precious or semiprecious stone
30. Teeter totter
31. Deity
32. A major division of geological time
33. Fishing net
34. Small Caribbean bird
35. Field force unit
36. Japanese beverage

CLUES DOWN

1. Prevents oil spills
2. Monetary unit
3. The color of the sky
4. Dough used to make tortillas
5. Popular comic strip character
6. Distinct form of a plant
7. Replenishment
8. Has its own altar
9. Expedition to see animals
10. Group of related organisms
11. His and _
12. Frenetically
13. Small integer
14. Unit of energy
15. Studies of culture
16. Taxi
17. Doctors' group
18. Don't know when yet

19. Former measure of length
20. Popular CBS series
21. Skin condition
22. Christian creator and ruler of the universe
23. They _
24. Caused severe damage
25. Work done under harsh conditions for no pay
26. One point east of due south
27. Sea eagles
28. Drenched
29. State capital
30. Italian city
31. Sweetheart (archaic)
32. Brief talk
33. Popular disco group: Bee _
34. First Chinese dynasty
35. Military vehicle
36. Chinese Moslem



THE BENEFITS OF CROSSWORD PUZZLES

Even though crossword puzzles have been entertaining and helping people pass the time for more than 100 years, the benefits of crosswords go beyond boredom-busting. Various studies have shown the positive effects crossword puzzles can have on a person's brain and capacity to learn.

- Improve vocabulary
- Strengthens memory
- Improve socialization
- Help relieve stress
- May help prevent brain diseases

Crossword puzzles can fill empty hours with an entertaining and educational activity. However, there are many other benefits to doing crossword puzzles that may surprise even the most ardent puzzle enthusiasts.

Something Special for Everyone

MORRISBURG – If you are looking for a unique gift for that someone special or perhaps an interesting decorative item, Barnfull O’Goodies located in the Morrisburg Plaza should be one of your first stops. Specializing in antique, vintage, and collectible pieces, Barnfull O’Goodies is operated by Marguerite and Doug Baker. Marguerite explained in a recent interview with *The Chesterville Record* the business began in 2014 with an online auction of collectables, vintage articles, and antiques before expanding to the Morrisburg storefront in 2016.

She explained their business journey began when the couple bought a house with a barn and included in the sale were a lot of different items. Marguerite and Doug decided to sell the pieces by setting up an online auction and the rest is, as they say history.

The online auction became quite popular for a variety of reasons including the efficient organization of the auctions and the affordable prices for the items. As their reputation grew, they began going to live auctions to purchase pieces to sell, eventually making the decision to expand the business by upcycling and repurposing items.

With the opening of the Morrisburg store in the plaza the addition of another outlet for their merchandise was provided to clients. Marguerite explained as the business grew, people began contacting her with items they wished to sell both in the store and on the online auction.

Marguerite explained the items

SMALL BUSINESS Spotlight



Barnfull O’Goodies owners Doug and Marguerite Baker are pictured outside their storefront located in the Morrisburg Plaza on a cold Saturday morning in January. Thompson Goddard photo

provided for sale during an online auction are either located in the store or the warehouse. She mentioned how important consistency is in holding an online auction and explained how the auctions are posted at the same time each week on the Barnfull O’Goodies Facebook page Friday night, with closing at 8 p.m. the following Wednesday. Payment is either by e-

transfer, debt or cash in an envelope and a scheduled pickup time arranged.

While some of the furniture has been refinished before sale, there are also “salvaged treasures” which can be upcycled by the purchaser. She mentioned the prices of items for sale range from less than a dollar to hundreds of dollars. Barnfull O’Goodies takes a limited

number of consignment and art pieces “to promote the work friends” or assist local entrepreneurs with their products.

Upon entering the store, a person is transported to different eras with the items available, many of them were used on a daily basis years ago. Marguerite explained an antique must be at least one hundred years old with vintage used to classify a piece twenty-five years or older. She commented how there is a large selection of items throughout the store available to purchase or peruse including knickknacks, records, vintage magazines, pattern or other genres of books.

Like many other businesses, Barnfull O’Goodies has been affected by closures due to the COVID-19 pandemic with the storefront closed during the lockdown period. The online auction division is helping the transition to curb-side pick-up easier in some respects. Customer service has always been an important part of their business, with Marguerite saying how if customers wish to wait until after the Covid closures are finished to pick up items that is fine.

When asked about the future, Marguerite mentioned looking forward to the store being able to re-open as she enjoys seeing and chatting with the shoppers who visit it. She mentioned how her husband Doug is enjoying repurposing furniture and is also creating barn quilts for customers.

More information on this Morrisburg business can be found on their Facebook Page or their website located at www.barnfull-ogoodies.business.site.

If you would like to have a light shined on your business, please contact us at: editor@etceterapublications.ca or call us at 613-448-2321.

Growing a community of gardeners

CORNWALL – Since the pandemic, public interest in home food gardening has soared. Once again, the Transition Cornwall+ Food Action Group is supporting the local interest in food resilience by organizing the Incredible Edible Plant Giveaway at the end of May. This year, the group is also reaching out to the community at large in search of avid gardeners willing to grow vegetable and herb seedlings for the event.

“For the spring giveaway, we rely on volunteers to grow the seedlings that we share with the public,” says Penny Bateman, TC+ food action group chairperson. “Last year’s event was our most popular ever, with over 1,500 plants distributed. Given the ongoing pandemic, we expect even more first-time gardeners this season. To meet this need, we’re hoping numerous community-minded gardeners will also grow us lots of extra plants when they start their own indoors,” says Bateman. “Seeds will be provided, and we also have some equipment available to borrow.”

Home gardeners who have just a few extra vegetable or herb seedlings to share will also be able to drop them off at a collection site when the location is announced in May. As last year, the giveaway itself will take place in the parking lots of commercial partners located throughout Cornwall. Plants available will include tomatoes, peppers, chard, basil, and cucumbers, along with squash, corn, pea and bean seeds.

The Transition Cornwall Food Action Group aims to support food security by promoting the local food economy and home food growing. In addition to the Incredible Edible Food Festival, the group organizes and collaborates widely

on a number of annual food-related events and projects.

To volunteer as an avid TC+ Incredible Edible grower or for more information, please contact: Penny Bateman at pennykb@sympatico.ca.

You can also help increase local food growing by making a donation toward the cost of potting supplies and equipment for Incredible Edibles; any amount is welcome (no tax receipt is available). You can do this by making an e-transfer to Transition Cornwall+ at transitioncornwallarea.finance@gmail.com.

Transition Cornwall+ is a working group with the Social Development Council of Cornwall and Area transitioncornwall.com.

A recent Canadian survey suggests that of the 51 per cent of respondents that grow at least one variety of fruit or vegetable in a garden, 17.4 per cent started growing food at home in 2020 during COVID-19—that is almost one in five Canadians. A total of 67 per cent of new gardeners in 2020 agree that the pandemic influenced their decision to start growing food at home.

“The pandemic clearly motivated many people to garden more this year,” said Lisa Mullins, one of the Agri-Food Analytics Lab’s research associates and lead author of the report <https://www.dal.ca/sites/agri-food/research/home-food-gardening-during-covid-19.html>.



SALE OF LAND BY PUBLIC TENDER

THE CORPORATION OF THE MUNICIPALITY OF SOUTH DUNDAS

Take Notice that tenders are invited for the purchase of the land described below and will be received until 3:00 p.m. local time on February 18, 2021, at the South Dundas Municipal Office, 34 Ottawa Street, Morrisburg Ontario.

Description of Lands:

Roll No. 05 06 006 006 15800 0000; 4759 County Rd. 1 / Carman Rd., Iroquois; PIN 66118-0209 (LT); File No. 18-06; **Minimum Tender Amount: \$13,782.28**

Except as follows, the municipality makes no representation regarding the title to, crown interests or any other matters relating to the lands to be sold. Responsibility for ascertaining these matters rests with the potential purchasers. This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made under that Act. A full copy of the tax sale advertisement and further information about this matter is available on line at www.OntarioTaxSales.ca or www.southdundas.com or you may contact Sarah McMillan, Treasurer, The Corporation of the Municipality of South Dundas, 34 Ottawa Street, PO Box 740, Morrisburg ON K0C 1X0. Phone: (613) 543-2673.



WE'RE WITH YOU AT HOME

As the consequences of COVID-19 affect our community and our world, the importance of our connection to reliable information, resources and one another is more evident than ever. As your local newspaper, we are committed to keeping you connected through local news, outbreak updates, stimulating features and community engagement as we make our way through these troubled times toward a brighter future together.

In order to deal with the recent COVID-19 restrictions, The Chesterville Record's office will be closed to the public, but we are still working.

The Chesterville Record will continue to be published every Thursday.

To contact us call 613-448-2321, or use the following emails:

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UCPR and SDG counties partner with SNC for Natural Heritage Systems Study

Joseph Morin
Record Staff

The United Counties of Prescott and Russell (UCPR) along with the United Counties of Stormont, Dundas and Glengarry (SDG) have partnered with South Nation Conservation (SNC) to complete a Natural Heritage Systems (NHS) study in Eastern Ontario.

The study will look at interconnected natural features such as forests, rivers, wetlands, and agricultural lands. These systems are made up of core natural areas

and natural linkages that support wildlife movement and natural processes necessary to maintain biological diversity, natural functions, and ecosystems.

Because these different but connected natural systems have such an impact on wildlife and plant life around them, protection is necessary to maintain and enhance long-term quality of life, environmental health, and economic prosperity in the region.

The policies will be part of the official plans of both counties to protect the eco-

logical integrity of these areas. Through the partnership, SNC is completing an updated study to ensure these policies remain appropriate, effective, and implementable.

A press release from SNC stated: "SNC has also been working with the Raisin Region Conservation Authority and 14 municipalities in both Counties, along with Indigenous partners and other special interest groups to best redefine the NHS, while finding a balance between Indigenous ecosystems and the importance of agricultural and other land uses in the region."

To help make residents more aware of the study and the impact it may or may not have on their property, the SNC has put the draft NHS maps up on their website at www.nation.on.ca/nhs, as well as frequently asked questions, an interactive story map, and a link to download a free smartphone application where residents can report sightings of moose, fishers and other wildlife to help SNC identify local

corridors and natural linkages.

SNC will also be live streaming public presentations on the new draft NHS maps via their YouTube channel (www.youtube.com/SouthNationCA) on the following dates:

- Tues., Feb. 9 at 7:00 pm (SDG)
- Wed., Feb. 10 at 7:00 pm (UCPR)

Area residents and stakeholders are invited to tune-in to learn more about the NHS maps and may pose questions via YouTube's live chat feature. Those who wish to provide additional feedback may also complete an online feedback form or request a virtual meeting with SNC in February. Feedback received will assist in updating official plan policies for both counties.

"We look forward to working with the counties, our partners, and hearing from area residents on ways to best conserve these natural features and areas for future generations," says Alison McDonald, SNC's approvals lead.

Classic Chicken Noodle Soup

Developed for Chicken Farmers of Canada by Monda Rosenberg

Everything you have ever heard about the soothing powers of a good homemade chicken soup is absolutely true. But the unmatched wholesome taste is justification enough to make it from scratch – versus opening a can. The secret flavour ingredient here – fresh parsnips. Yes, it's worthwhile using them, ask any bubba.

Serves: 12
Prep Time: 30 min
Cook Time: 90 min

Ingredients

- 1 whole chicken or 3 lb bone-in, skin on chicken pieces
- 16 cups water
- 2 onions, quartered
- 2 carrots peeled and cut into large pieces
- 2 parsnip, peeled and cut into large pieces
- 4 large garlic cloves, peeled
- 1 tbsp salt
- 2 tsp thyme, dried
- 4 bay leaves
- 3 oz fettuccine or 3 oz egg noodles
- fresh herbs for garnish such as parsley, coriander or fresh thyme (optional)



Recipe and photography: Chicken Farmers of Canada

Food safety

Before you start, wash all surfaces and your hands with soap and warm water, and remember to wash your hands, utensils and cutting boards after they touch raw meat or eggs. Avoid cross-contamination by using a different cutting board for your meat and other ingredients. Make sure you're cooking to safe temperatures and chilling any leftovers within two hours. For more food safety tips, visit our Food Safety at Home Section.

Directions

At least a day before serving, pour water into a large saucepan or pasta pot and set over high heat. If using a whole chicken, cut into pieces, leaving the skin on as it adds tons of flavour. First turn chicken on its back and cut out the backbone. Cut off wings. Slice each leg into drumsticks and thighs. Slice each breast into 2 halves. Drop all but breasts into the boiling water. Cover and when it returns to the boil, reduce heat and boil gently.

Prepare vegetables and add to water as soon as each is cut. Stir in the whole garlic cloves, salt, thyme and bay leaves. Adjust heat so soup simmers and cook, uncovered for 30 minutes.

Then stir soup and submerge breasts in the broth. Cover and simmer 30 minutes. Remove chicken to a bowl. Pour the remaining broth and vegetables into a large sieve or colander set in a large bowl. Remove the sieve from the bowl of broth, draining excess liquid back into the broth. Refrigerate broth until a pale fat layer congeals on the surface, preferably overnight.

Turn the contents of the sieve onto a large cutting board. Discard bay leaves. Chop vegetables as large as you like and place in a self-sealing bag or bowl. Remove skin and bones from chicken and discard. Coarsely chop chicken and add to cut up vegetables. Seal or cover and refrigerate.

The next day, skim the fat layer from the broth and discard. Pour broth into a large pan set over high heat. Add chicken and vegetables. Stir often until gently boiling. Then taste and add more thyme and salt if needed. A generous sprinkling of dried thyme will freshen the taste. Reduce heat to medium.

If using fettuccine, break into 3 or 4 shorter pieces. They will now measure about 1 cup (250 mL). While stirring soup, gradually sprinkle in noodles. Then boil gently, stirring often to keep them separated, until done as you like. This will take 15 to 18 minutes. Serve piping hot with a sprinkle of chopped parsley or fresh thyme. Refrigerated, this soup keeps well for 3 days or if frozen, at least 2 months. If making ahead, however, for perfectly cooked noodles it's best to hold off adding and cooking noodles until reheating the soup.

Diversity committee moves steadily forward

Sandy Casselman
LJI Reporter

EMBRUN – Russell's Community, Diversity, Equity and Inclusion Committee's Terms of Reference was approved by the municipality's politicians.

The January 18, 2021 council meeting included meeting minutes from the committee's 2020 meetings held on October 13, November 30 and December 14.

The October meeting saw Andrea Beauvais elected Vice-Chair of the committee. Russell Mayor Pierre Leroux is the group's Chair.

During the October meeting, the group decided on four pillars for the committee's Terms of Reference. These include education, policies and programs review, business support, and communication. Members discussed a variety of items relating to the pillars, including how to

support and promote businesses owned and run by minorities, people of colour, and LGBTQ.

This meeting also included an opportunity for members to have a roundtable discussion and answer questions from the public.

The November meeting concentrated solely on completing the Terms of Reference, while the December meeting saw members review and provide input on the completed document before moving to submit the Terms of Reference to the municipal council for approval.

"I am confident this committee will be able to

review policies, investigate educational promotional opportunities, and make positive recommendations to council for its consideration," Mayor Leroux said.

The most recent meeting of the Community, Diversity, Equity and Inclusion Committee was held virtually on January 11, 2021. Mayor Leroux said the group discussed potential policies and by-laws to review.

The tentative date for the next meeting is February 8. Residents can view the meeting by visiting the committees' page on the municipality's website.

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