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Briefly

Fall Home Improvement

CHESTERVILLE – Inside you will find our 12 page Home Improvement Insertion. There is a lot of information in there to help you with preparing for fall and putting a little colour in your home. Local businesses are highlighted throughout this section.

Small Business Week

CHESTERVILLE – Small Business Week is a great time to highlight local businesses and the impact they have on our community. Look around and continue to support these local small businesses. It is important that we continue to shop local and keep our community vibrant.

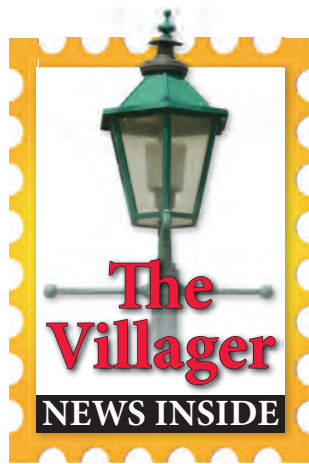
Halloween Museum Camp Kits

VERNON – The Osgoode Township Museum is selling Halloween kits. Each kit includes 6 epic Halloween crafts and activities including a spooky candy house and a real pumpkin craft. Each kit is \$35. Proceeds from the kits will support kids' programs at the museum.

McIntosh Park Committee

BERWICK – The McIntosh Park Committee is holding a craft and yard sale to raise funds to replace the walkway into the Berwick Gazebo. The committee is also working on providing free internet service while you are at the park. Contact Ernie Coumont at erniecoumont49@gmail.com or call 613-984-1762 to register a table. Tables are \$20 each.

THE CHESTERVILLE RECORD
Serving Stormont and Dundas Counties since 1894



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Busy day at Rosevine Farm

The Stormont County Plowmens Association held their 2021 Stormont County Plowing Match on Sat., Oct. 9 at Rosevine Farms in North Stormont. There was plenty of action, with 57 participants competing at the event.

Thompson Goddard Photo

Competitors flock to plowing match in Stormont

Carolyn Thompson Goddard
Record Staff

BERWICK – The sun was shining all day when the Stormont County Plowmens Association held their 2021 Stormont County Plowing Match (SCON) on Sat., Oct. 9 at Rosevine Farms owned by Barrie, Lill, Kelsey and Cassidy Smith and located at 2558 Goldfield Road in North Stormont.

Lill explained the plowing match was held on a 22-acre portion of their farm and throughout the day visitors were able to watch as competitors plowed as straight a furrow as possible.

Jean-Guy Thivierge of Hammond was one of the competitors and plowed using a 1943 W4 McCormick-Deering Standard at the match. When asked if he was enjoying the event, he replied with a resounding "yes!", before continuing the weather was wonderful and it was nice to see people again.

Continued on page 3

Kemptville Campus welcomes students to class this week

Sandy Casselman
Record Staff

KEMPTVILLE – Tuesday, October 12 was an exciting day for 21 students at the former Kemptville College Campus as the Upper Canada School Board launched its Level 1 Commercial Vehicle and Equipment Apprenticeship Program.

The new 10-week training program will be taught through the TR Leger School of Adult, Alternative and Continuing Education at the Kemptville Campus Education and Community Centre in Kemptville, located in the former college's heavy equipment building. It is the ideal place for students to take the first steps in their journey towards a rewarding career working on trucks, tractors and vehicles.

The program is available for qualified students enrolled in the Ontario Youth Apprenticeship Program (OYAP) or who are working toward completing their Ontario Secondary School Diploma.

The course is a ten-week program. The course is a combination of online instruction and at the same time a teacher is in the room as the class works through course material.

Teacher Anthony MacKay is leading the class.

MacKay explained that each student has a laptop and can access the course from anywhere there is internet. In the case of a snow day, for example, this ensures students will not fall behind.

"The program is about 60 per cent theoretical and about 40 per cent practical," said MacKay.

Continued on page 2



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Kemptville Campus

Continued from the front

The course has proved to be a popular one with a waiting list already being compiled for next year.

MacKay said the program's industry partners have been extremely supportive. "We have almost \$300,000 worth of donations."

The donations come in the form of engines, trucks and buses, tools and tractors.

"Our industry partners have put on a good push for this program to take place," he said.

The program received donations of equipment from Rush Truck Centres, Valley Bus Lines, Weagant Farm Supply Ltd., Napa, Universal Supply, Matco Tools, Snap-On Tools, Valvoline and Brockville Tractor Trailer Maintenance (2001) Ltd.

The arrangement of having a classroom surrounded by the equipment the class will be learning about is that whenever the theory aspect of the course becomes confusing the object of the theory is right in the class waiting to be looked at from a hands on perspective.

MacKay said the program is designed to accommodate any and all of the different ways that people learn.

While Oct. 12 marked the first day of classes for the 21 students enrolled in the course, the

Twenty-one students have enrolled in the Level 1 Commercial Vehicle and Equipment Apprenticeship Program at the former Kemptville Campus. The class took a short break to gather for a group photo in front of one of the tractors they will eventually be learning about.

Morin Photo



UCDSB, in partnership with Kemptville Campus, the Catholic District School Board of Eastern Ontario, le Conseil des écoles publiques de l'Est de l'Ontario, and le Conseil des écoles catholiques due Centre-Est, hosted a grand opening late last month. The Sept. 29 event saw not only the partners in attendance, but also local dignitaries and the public.

Those listed to speak during the grand opening event were provincial Minister of Municipal Affairs and Housing and Leeds-Grenville-Thousand Islands and Rideau Lakes MPP Steve Clark, as well as North Grenville Mayor Nancy Peckford, UCDSB Chair John McAllister, and Parliamentary Assistant Deepak Anand, who was there representing Ontario's Minister of Labour, Training, and Skills Development, and Lambton-Kent-

Middlesex MPP Monte McNaughton.

"Establishing this program has been a true collaborative effort among all local school boards and Kemptville Campus," UCDSB superintendent of schools Susan Rutters said. "We look forward to supporting the learning of this first group of apprentices and to expanding opportunities for apprenticeship training at this site in the future."

In addition to qualified students enrolled in the OYAP, the new Level 1 Commercial Vehicle and Equipment Apprenticeship program is also available to students who are working toward completing their Ontario Secondary School Diploma (OSSD) and who are also interested in completing a co-op or enroll in OYAP. The class takes a maximum of 20 students and currently there are 20 students enrolled from each of the

four participating school boards.

"The UCDSB remains an avid believer in hands-on, experiential learning opportunities that align with our mission to prepare students for a successful life," McAllister said. "This program emulates that belief and we're so excited to now see it in action."

The Level 1 Commercial Vehicle and Equipment Apprenticeship program at Kemptville Campus provides students with a chance to gain knowledge and skills through in-class learning, as well as with practical experiences specific to the three motive power trades included in the program, which are Agricultural Equipment Technician, Heavy Duty Equipment Technician, and Truck and Coach Technician.

"I am so please to recognize the innovation and collaboration that has allowed for this fantastic opportunity in North Grenville," Clark said. "We know from the industry that early exposure to apprenticeships at the high school level generates greater interest and higher number of apprenticeship registrations and completions."

For more information on this program, visit the TR Leger website (trleger.ucdsb.on.ca). For more information about what's happening at Kemptville Campus, visit the Education and Community Centre's website (kemptvillecampus.ca).

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To Market, To Market

Carolyn Thompson Goddard
Record Staff

WINCHESTER – The final Garden Party Market for the season was held on Oct. 9, with locations at St. Paul’s Presbyterian Church and The Planted Arrow Flowers and Gifts in Winchester. There were 40 plus vendors at the two locations, with plenty of selection for visitors to view while enjoying the beautiful day.

Kelly Windle from The Planted Arrow Flowers and Gifts explained this year the market grew “with the help and volunteers of St. Paul’s Presbyterian Church” with the addition of space in the community garden enabling more vendors to be featured. She mentioned Lisa at Main

Street Clothing organized music in the Sweet Corner Park helped to provide free entertainment on market days as well as help with the flow of traffic. She continued sponsors of the music performed by The Barrows Gang and the group Branded included Waters Financial, Dairyfest, The Planted Arrow and the Cooperators.

Firefighters from North Dundas Fire Station Number 3 were located at the St. Paul’s location, with fire chief Dan Kelly explaining there were Hallowe’en treat bags available for youngsters, fire prevention and fire safety information available as well as the opportunity to purchase a pumpkin for



Lori Hall of Forever Knots in Prescott was one of the over 40 vendors at the final Garden Party Market on Oct. 9. She commented it was her first time at the event and was enjoying being there. From the left Barbara Hall and Lori Hall. Thompson Goddard Photo

donation with the proceeds going towards the purchase of rescue equipment.

This is the second year for the Garden Party Market, with plans to continue the markets next

year, with Windle commenting “With the feedback received from vendors and clients it was a well run and a very welcome addition to the Winchester community.”



Firefighters from North Dundas Station Number 3 were at the St. Paul’s location of the Garden Party Market on Oct. 3. From the left: On the truck: Drew Anderson. From the left: Dave Wilcox, Danny Villeneuve, John Lennox, Ryan McRostie, Blake Lennox and fire chief Dan Kelly. Thompson Goddard Photo

She wished to extend a sincere thank you to the “Vendors, customers, volunteers at St. Paul’s Church and my staff” as well as the Township of North Dundas for their

support. Looking forward to next year, there are expectations for another successful year and “bringing Winchester a unique shopping experience.”

Stormont County Plowing Match

Continued from the front

Kelsey Smith, the 2021 president of the SCPW, commented there were 57 people participating in the event which featured horse, antique and modern plowing which also included five individuals from Stormont County 4-H.

Smith explained points awarded at this competition will help determine who will be competing at the 2022 International Plowing Match scheduled for Sept. 20 to 24 in the Municipality of North Grenville. The 2021 Queen of the Furrow for Stormont County is Cassidy Smith. She explained the competition generally consists of a prepared speech, interview and then plowing during the SCPM. Cassidy commented she is “very happy and excited to represent the Stormont County Plowmen’s Association at the 2022 International Plowing Match in Grenville County.”

With registration beginning at 9 a.m. and plowing continuing throughout the day, there were in all probability a lot of tired but happy people as the day ended.



Jean-Guy Thivierge is seen plowing a furrow during the 2021 Stormont County Plowing March on Oct. 9. Thivierge used a 1943 W4 McCormick-Deering Standard tractor at the event. Thompson Goddard Photo



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Leaf and Yard Waste Collection

Fall collection for leaf and yard waste will be happening in the following areas:

- October 18th, 2021:** Morewood, South Mountain, Mountain, Hallville, Inkerman, Ormond, Forestwood Heights subdivision
- October 25th, 2021:** Villages of Winchester and Chesterville, Thompson subdivision



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After all said and done they still put a stick up your nose

Heading out on a holiday can be stressful especially if you plan to be away for some time and will be staying at different locations in different provinces.

This particular holiday was not overly ambitious and involved a leisurely drive through Quebec, then New Brunswick; always mindful of the chance to run into a moose, and finally to Prince Edward Island, (PEI), for a few days staring out at the

Atlantic Ocean and eating everything in sight.

But first, thanks to Covid, there was the information gathering stage of the trip planning which involved figuring out what Quebec wanted in terms of Covid vaccination protection, and then New Brunswick because they had their own views about vaccination accreditation and finally PEI which seemed to be very interested in keeping anyone who could even

spell covid out of their province.

Getting out of Ontario was easy, but once in Quebec we had to be ready to show anyone in a uniform identification and proof of a completed vaccination. The most nerve-wracking part of getting ready for Quebec was remembering where the heck the original vaccination slips were.

The wrinkled pieces of paper were eventually found so we were good to go until we had to go online and get a vaccination pass from the folks in New Brunswick. That involved filling in a form online and emailing them proof of vaccination and of course a drivers' licence.

A day after that information was submitted New Brunswick emailed a letter stating that we had permission to enter their lovely province.

Next we had to follow the same protocol with PEI. An online form perfectly completed then proof of vaccinations was filled out, and then a drivers' licence.

In a few days the kind folks in PEI, who I suspect were already stocking up on fish and chips anticipating my arrival in

their island home got back to us with a letter stating we were good to go.

So, armed with passes, vaccination slips and the promise of a welcome wherever we went we started off without a care in the world. Even the next few days of rain did little to dampen spirits eagerly looking forward to looking out across an endless expanse of ocean and kilometres of trees changing colour.

Quebec was fun with no problems at all, but then we came to New Brunswick. We knew something was up when we saw the police roadblock up ahead in the rain. There were several police cars with all lights flashing blocking the road right where an imaginary border between Quebec and New Brunswick should be.

We stopped the car and immediately were surrounded by four burly policemen, soaking wet from the rain and not in a particularly good mood. They must have been there all night. We fumbled for our vaccination slips and drivers licence.

Before we had everything in order and out for the policemen leaning in the drivers' side of the car he asked, "where are

you coming from?" Ontario we said offering up the official paperwork. "Have you been vaccinated?," he asked. "Yes" we squeaked a bit intimidated by the lights and the police all around our car soaking wet and seemingly waiting for us to make a run for it. Without looking at our proffered permissions he looked each of us right in the eye and then said, "your word is golden to me have a nice trip."

That was an interesting vacation memory.

Next stop was PEI after a great drive and hotel stay in New Brunswick.

Eventually we arrived at the Confederation Bridge, nearly 13 kilometres long and is the longest bridge in Canada. It is also the longest bridge in the world that spans ice-covered water. The bridge itself is an amazing gateway to the island.

After crossing the bridge we were greeted with another roadblock at the entrance to PEI right at the off ramp from the bridge.

There we saw several people in hazmat suits with masks and hoods again standing in the rain. Behind this group of people were several police cars parked behind the groups waiting for

something to happen.

We stopped the car and were asked the same questions you are asked when you go into any restaurant in Ontario. We presented our hard won proof of vaccination and drivers' licence to the suited man who approached the car. We had arrived.

After all was said and done, online registrations completed, and passes received from two provinces the man handed us back our paperwork and said, "Great. All is in order, but I will have to give you a quick Covid test. I will stick this swab up your nose. If you are positive we will call you in about two hours and you will have to leave PEI. You can wait and park over there while we run the tests or you can continue on your trip and the police will find you if you tested positive and do not leave."

And so we were tested, and after two hours of wondering if our holiday plans were about to be swabbed down the drain we happily realized we were not going to be called and deported back to Ontario.

But, they still got to put a stick up your nose.

Joseph Morin

NDDHS Report

By Savannah Coleman
Student Council Communications



Devastating loss

This past week at North Dundas District High School we had our Students vs Staff ball game; it is always what students look forward to in their first month of school, and what teachers can strategically plan from the first day. They have time to plan who they are going to recruit to their team and figure out their best options; that's what might have secured their win this year. With not being able to have the game last year, they had that much more time to decide who they were going to bring in from the community. All in all, it was an awesome day full of enthusiasm from every angle and smiles everywhere. There was music pumping, a nice welcoming for each team, live plays being announced, cheerleading, and much more! It is always a fun time at ND's Students vs Staff ball game. To add to the spirit of the day, Mr. Deighton dressed as a clown and visited classrooms to thank all those who participated in last week's Terry Fox Run. North Dundas fundraised over \$1700, so Mr. Deighton had to fulfill a challenge to dress in costume and parade through the halls! We can't wait to see what challenge the students will come up with next!

Along with the ball game, ND had much more going on this week. Our beautiful outdoor classroom was being used by many with the nice fall weather we had; Ms. Richmire's class made apple and pumpkin pies from scratch in our food prep room for the students to take home to their families for Thanksgiving; NDDHS held its second Covid-19 vaccination clinic!

Lastly, October 5th was World's Teacher Day. On behalf of the entire ND student body, we thank our amazing teachers for making North Dundas a fun place to be every day and for always encouraging us to do our best. You truly do make a difference!

Happy Thanksgiving!

The Road Home

Carolyn Thompson Goddard

I was down in Chesterville the other day to pick up something from Gail Parker who lives on Main Street in town. After getting out of the car I looked over at the house where Francis Morarity lived with his family in the 60's and 70's. There, just as it had been back in the day, was the wall, a couple of feet high, that went along the inner edge of the sidewalk in front of the house.

If memory serves me right, those sidewalk edges at one time went along the sidewalks (breaking only for the driveways) in front of all the properties on Main between Emma and Queen. In my mind I saw this young girl and some of her friends, walking along the top of these sidewalk edges as they made their way to or from school. I have absolutely no idea why they were built in the first place and to my memory were only

along that stretch of sidewalk, but it certainly helped to relieve some of the boredom associated with walk to and from Chesterville Public twice daily.

These long walks were made in the morning (we marched off to CFRA's General Grant at 8:30), home for lunch, then returning afterwards to school and walking home from school in the late afternoon. I understand that now children are bused to CPS from my area of King Street, but when I was a student, it was walking, walking, walking and more walking to school.

I suspect it didn't do much harm to my development, despite my somewhat constant complaining about having to walk so much in the changeable weather. I remember one time commenting on the amount of rainfall we had received and getting a bit wet walking home. My attempt to have Dad drive us to and from school

was unsuccessful as Mom explained if I tried hard enough, I might be able to skip between the falling raindrops. I can attest to the fact that this didn't work but with a rain hat, raincoat and galoshes over my shoes I really didn't get wet as thought I did with the ploy to have Daddy drive me to and from school unsuccessful.

Many decades have passed since those golden days of youth and looking back this Thanksgiving I realize the many things for which I must give thanks. Throughout my life, my basic needs were covered and as I grow older am blessed with three wonderful children and two fantastic grandkids as well as extended family members near and far. There is this oft repeated statement of how "it takes a village to raise a child" and in my case I am thankful it was Chesterville which provided me with a place to grow.



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Rogers approaches North Stormont for towers in Finch and Moose Creek

Sandy Casselman
Record Staff

BERWICK – The potential for improved cell and internet service was discussed during the township of North Stormont’s recent council meeting.

On Oct. 5, Coun. Steve Densham asked chief administrative officer (CAO) Craig Calder to elaborate on the topic, which was included briefly in his monthly update to council. The report indicated that cellular and internet access may be enhanced, as municipal staff have been in discussions and negotiations with Rogers for the possible

erection of two new towers, one in Moose Creek and one in Finch.

“I just wondered whether, first of all timing on those – if we know any timing, and also the reach of those. Fantastic for Finch and Moose Creek but I’m also wondering if there’s anything in the works that would either, through the coverage of those two towers, cover Avonmore, Monkland, Crysler, or whether there’s also plans for additional cell towers there that you’re aware of,” Densham said.

Calder said the discussions are still in the preliminary stages, at this point. He said Rogers has

not yet had a site visit but expects that to happen before the end of the year. He said they’re looking at placing one tower at the pump station in Moose Creek, as it’s strategically located, while the other will be on private land in Finch.

“These two towers are supposed to, and they’ve confirmed this to me in emails, that it will not just improve cell service, it will improve internet service,” Calder said. “So, of course, I was very supportive and tried to remove any obstacles to push the project forward.”

Densham asked if it would be possible to have Rogers come to council at some point to ensure politicians understand what’s being offered. Calder said he was certain Rogers would be on board with doing so once things progress past initial talks.


Deputy Mayor François Landry asked about the connection speed, referring to the province’s stated

intent of providing internet access at 50-megabytes per second throughout Eastern Ontario. Calder said the new towers are simply a starting point for now.

“This is a band-aid solution at this point. I think everybody around the table is aware of EORN’S project that hasn’t gained traction, but certainly the vision for both the federal and the provincial governments is to provide that minimum standard service for all Canadians,” Calder said. “But you’re correct. This would be a band-aid solution for the short-term. But I’m just trying to look at the positive and trying to help the community, who obviously have gaps in their cell service and internet service, for any improvement.”

EORN – the Eastern Ontario Regional Network – is a non-profit organization focused on improving rural connectivity.


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Please note that our church has reopened for in person services. Masks and social distancing in place.

PRESBYTERIAN CHURCH - Morewood 

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

Interim Moderator Rev. Samer Kandalaft 613-258-4136


St. Andrews, Chesterville and Morewood Presbyterian Churches have reopened for in-person services.

NATIONSIDE PENTECOSTAL CHURCH 

Pastor Scott Sayers
E-mail: Pastor.Scott@mail.com Office: 613-448-2272

Please note: No Sunday and Wednesday meetings during the pandemic.
Please join us for Sunday Services at 10:30 a.m. Resuming online only effective September 5th on Facebook under "The Nation" Nationside Pentecostal Church.

Affiliated with the Pentecostal Assemblies of Canada

HARMONY COMMUNITY CHURCH 


Evangelical Missionary Church

12010 Ormond Rd. & Hwy. 31 (North of Winchester)
Office phone: 613-774-5170 www.harmony-church.org
We are an air conditioned and handicap accessible building
Senior Pastor: Rev. Daniel Wallace

Weekly Services – Sunday at 10:30 a.m.

We are currently open for services at a 25% capacity. If you'd like to reserve your spot, please contact the church office. We are continuing to live stream our services on YouTube at https://www.youtube.com/channel/UCoPy_DABz4REc-A7e-EvRA
Sunday School Classes & Nursery have resumed.

Please contact the church office for information on mid-week meetings or any other questions.

ST. MARY'S ANGLICAN CHURCH 


139 Castor St., Russell, ON Parish Office: 613-445-3226
Presiding: Rev. Anne Quick
infostmarysrussell@rogers.com Website: www.stmarysrussell.ca

Effective October 3rd, we're returning to our old schedule. Services of Holy Eucharist at 9 a.m. and 10:30 a.m. on Sunday morning, IN the church.

St. Mary's Church is engaged in actively sharing God's unconditional grace and love.


WINCHESTER BAPTIST CHURCH

486 Main St., Winchester
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Church closed until further notice. Traditional Music - Centred Services.

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Sunday Service of Eucharist, 10 A.M.
Covid-19 Protocol in place.

Visit us online for Sunday Service at our links below.
On Facebook at The Anglican Parish of North Dundas at St. Clare's.
On YouTube at St. Clare Anglican.

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11 a.m. Sunday Worship

Nursery (parental supervision) is available. Covid-19 protocols are in place.



Early Thanksgiving turkey dinner
Members of the Ingleside-Long Sault Lost Villages Lions Club are shown serving up meals and preparing take-out dinners during the Oct. 6 Turkey Dinner at the South Stormont municipal hall in Long Sault. Thompson Goddard Photo

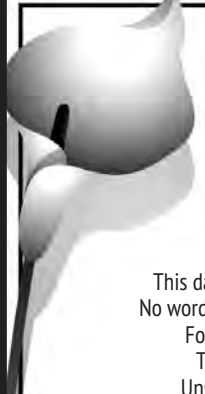
Hazardous material spill at Ross Video

Sandy Casselman
Record Staff

IROQUOIS – There was a hazardous materials’ spill incident at Ross Video’s Iroquois location late last week.

The South Dundas Fire and Emergency Services (SDFES) provided a statement Oct. 7, noting that there were no victims identified at the scene. Also, no crew members were injured at the scene.

The initial cause assessment of the single-station incident is that it was an accident. Crews were assigned to mitigate building exposure issues. While there were short-term road closures, utility outages were not expected to result from the incident.



In Memoriam


ELDON OUDERKIRK

September 19, 1929 – October 8, 2017

This day is remembered and quietly kept
No words are needed, we shall never forget.
For those we love don't go away
They walk beside us everyday.
Unseen, unheard, but always near
So loved, so missed and so very dear.
It's lonely here without you
We miss you more each day.
For life is not the same for us
Since you were called away.
To your resting place we visit
Place flowers there with care.
But no one knows our heartache
When we turn and leave you there.

Dearly Missed, Fondly Remembered, Forever Loved.

Pat and Shannon



- OBITUARY -

BERT VAN KESSEL

Peacefully following a brief illness at the Winchester District Memorial Hospital on Sunday, October 10, 2021, Bert van Kessel of Chesterville, age 86. Loving husband of Theresa van Kessel (nee Desormeaux) for over 57 years. Loving father of Gerry van Kessel (Kim Pakeman) of Athens and Michelle "Mimi" van Kessel of Chesterville. Bert will be fondly remembered by his grandchildren Ruby, Dylan, Danika, Mackenzie and Abigail. Dear brother of Toni Byvelts (John) of Williamsburg, Anton of Ottawa, Pieta Prokott of Minnesota and Corrie McRae of Chesterville. Dear brother-in-law of Pauline van Kessel, Carol van Kessel of Whitby, Edna Brisson (Denis), Irene Van Delst (Cory), Andre Desormeaux and Georgette Carriere (Pierre). He was predeceased by his sisters Anna Jacobs (Harry) and Grace Centen (Arnold), his brothers Martin and Peter, his sister-in-law Cisca van Kessel and his brothers-in-law Michael Prokott, Dewey McRae, Gerald Desormeaux and Richard Desormeaux. He is also survived by many nieces & nephews. Due to Covid restrictions, a private family Mass of Christian Burial will be celebrated at St. Mary of the Presentation Roman Catholic Church in Chesterville. Interment of cremated remains will be at St. Mary's Cemetery in Chesterville. Donations to the Ottawa Heart Institute, the Canadian Cancer Society or St. Mary's Cemetery Fund 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.

In Memoriam

ELDON OUDERKIRK

SEPTEMBER 19, 1929 - OCTOBER 8, 2017

DAD

If I could write a story
It would be the greatest ever told.
Of a kind and loving Dad
Who had a heart of gold.
I could write a million pages
But still be unable to say.
Just how much I love and miss him
Every single day.
I will remember all he taught me
I'm hurt but won't be sad.
Because he'll send me down the answers
And he'll always be my Dad.

**Love and miss you dearly,
Your daughter, Shannon XO**

Smiles all around

Carolyn Thompson Goddard
Record Staff

IROQUOIS – There were smiles all around when owners of the Iroquois Tim Hortons, Shawn and wife Lisa Lockett presented the Iroquois-Matilda Lions Club with a cheque for \$3,017 on Oct. 9. The

money was raised during the 2021 Tim Hortons Smile Cookie Campaign that ran between Sept.13 to 19.

Lion Carol Thompson, president of the IMLC, explained that during the Smile Cookie Campaign the IMLC Lions helped to decorate the cookies daily. Thompson commented they “had a great time” and developed a new appreciation for people working behind the scenes as it is “not as easy as it

appears.” There were a lot of steps involved when decorating the smile cookies.

The Iroquois Tim Hortons opened in mid-spring according to Thompson. She commented that the business is a benefit to the local community and the owners have been “exceptionally kind and generous.” Shawn mentioned how they are thankful for the community support since the business opened a few months ago.



From the left, front row: Lion Evonne Delegarde, Lion Carol Thompson, Tim Hortons store manager Chelsea Wilson, Tim Hortons owner Shawn Lockett and Lion Shirley Pettinger. Second row: Lion Jim Mustard, Lion Jacques Juneau, Lion Doug Culver, Lion Jacques Asselin and Lion Nancy Barkley. Back row: Lion Les Craig and Lion Jim Devenny.
Thompson Goddard Photo

Finch and Moose Creek towers

Continued from page 5

Created by the Eastern Ontario Wardens’ Caucus, EORN’s intent is to help create innovative public-private partnerships to address the digital divide.

Councillor Roxane Villeneuve then asked if township staff had approached any other internet service providers and whether they would be seeking out at least two more companies, so as not to violate North Stormont’s procurement policy.

“We’re not purchasing the towers,” Calder said. “For the sake of clarity, the

cost incurred for the erection of these towers is totally at the cost of Rogers. It doesn’t cost the township any money. We’re actually going to be compensated on, just like we would any other tower, on our properties.”

Rogers approached the township, Calder said, as it’s the company with the contract for the cell project. While it wasn’t the municipality that sought out Rogers, Calder did say North Stormont had been conversing with a smaller company prior to this but it didn’t materialize past that point.



From the left: Iroquois Tim Hortons manager Chelsea Wilson, IMLC president Lion Carol Thompson and Iroquois Tim Hortons co-owner Shawn Lockett.
Thompson Goddard Photo



Proud of their spuds

These Glengarry 4-H members were all smiles while delivering their potatoes to the Community Food Share in Winchester for their achievement day. Jane Schoones mentioned that the little spuds is the most costly item for the Community Food Share; they are a staple in many family diets, yet they are expensive. These members took on the challenge to learn about growing potatoes and what an impact they could have on their community. The club of six delivered 550 pounds of potatoes. Left to right are Siobhan Frei, Callan MacDonald, Zoe MacDonald and Quinn MacDonald.

Vogel Photo



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It's a wrap!

Carolyn Thompson Goddard
Record Staff

INGLESIDE – The first season for the South Stormont Vendors' Village and Pop-Up Market came to an end on Fri., Oct. 8, with South Stormont Fun Raisers (SSFR) president David Smith commenting how "All in all, Vendors Village did some very good things during the very trying Covid summer." He continued there was a good variety of crafts available for sale at the markets, with everyone involved contributing to a successful season by working together. Smith explained "Reg Coffey was our lead in this

project and did a fantastic job getting it started and seeing it through."

South Stormont Fun Raisers have been very active in the South Stormont community holding several special events including a baseball tournament earlier this summer and last weekend a well attended Local Heroes Hockey Challenge which raised money for Meals on Wheels program at the Carefor South Stormont Seniors' Support Centre.

The SSFR is planning an Elton John Tribute Show on Oct. 30 at the South Stormont municipal hall in Long Sault, with a limited number of tickets available at Jimmy's Restaurant in Ingleside or by texting 613-577-2081.



Smith commented the SSFR have "got some good recognition in the community and made some money to invest" in future community projects.
Thompson Goddard Photo

"Thank you all, for all you do!"

Carolyn Thompson Goddard
Record Staff

LONG SAULT – South Stormont Fun Raisers presented Carefor South Stormont with a cheque for \$1,500 for their Meals on Wheels program as the Local Heroes Hockey Challenge began at the arena in Long Sault on Oct. 3. Dave Smith, president of the SSFR explained the event was designed to acknowledge the work of the first responders and to have some fun, with all pandemic protocols followed at the event.

In his welcoming address, just prior to the start of the game, Kevin Rivette commented the first responders working "around the clock" are our heroes. He then extended a sincere thank you to the local businesses who took the risk of exposing themselves to the virus to assist us during the pandemic. Michele Morgan, supervisor at South Stormont Senior

Support Centre in Ingleside was very appreciative of the donation. She noted how there has been "a significant surge in requests for meals" during the COVID-19 pandemic.

Fundraising for the non-profit organization is an ongoing need, as provincial funding does not cover all the support offered to the senior population according to Jennie Stephenson, communications, and fundraising specialist at Carefor. Stephenson continued that statistics indicate how 18 to 23 per cent of the senior population will require programs like those offered by Carefor by 2030, to ensure good health for citizens 65 years of age and over.

More information on Carefor can be found on their Facebook page or website at www.carefor.ca. For those interested in upcoming events planned by South Stormont Fun Raisers, please visit their Facebook page.



From the left: Michele Morgan and Dave Smith are shown with the donation cheque for \$1,500 prior to the Local Heroes Hockey Challenge.
Thompson Goddard Photo

True stories

Carolyn Thompson Goddard
Record Staff

SOUTH STORMONT – A Bunch of People (ABOP) of People Arts and Events are holding what plans to be an evening of true storytelling accompanied by music on Oct. 16 at the United Church in Winchester starting at 7 p.m.

A press release from the ABOP explains the event is based on a concept developed by Harmony Koiter. She explained "It used to be we would sit together as friends and through the telling of our stories, we felt closer" and this event hopes to capture a similar feeling of "our community coming together after nineteen months of isolation."

Ten local authors and five musicians will "deliver a captivating evening of storytelling and instrumental music." Storytellers include Sandra

McNeill, Jed Looker, Daphne Evans, Patrick Burger, Jo-Anne Barton, Harmony Koiter, Marie-Thérèse Robinson, Paul Stockton, Gordon Owen and Amanda Million, with Michael Trolly, Tony Glen, Rachelle Eves, Rick Ventrella, Steve Wilmink and Daniel Trolly providing musical accompaniment.

Tickets are available for \$15, with a 10 per cent discount available for group reservations of four or more people and \$10 for ages 13 to 18. Marie-Thérèse

Robinson, event co-director with Koiter, explained "the content should be considered PG 13."

Robinson continued "We have to respect all Covid related protection, including proof of double vaccination and photo ID to attend the event."

ABOP mentioned "All profit from this event will go to a local charity (House of Lazarus)," commenting "What is better than having a good time? Knowing the profits from what you enjoyed are going to help the community."

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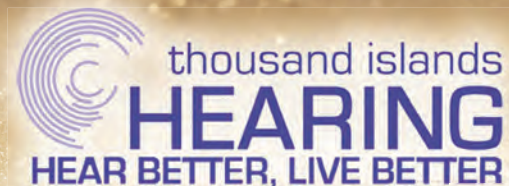


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Small Business Week

Honouring the resiliency and courage of Canadian entrepreneurs

Pandemic-inspired business trends: how small businesses have adapted

BDC Small Business Week, which takes place from October 17 to 23, is an ideal occasion to celebrate Canada's small businesses and recognize their critical role in the country's economy. Although they were particularly hard hit by the COVID-19 pandemic and the subsequent economic crisis, many small business owners demonstrated resilience and ingenuity. Here are a few ways these entrepreneurs have adapted to new business realities.

Transforming their offerings

While many Canadians were eager to support local businesses during the pandemic, owners still had to figure out how to get their products into the hands of consumers despite lockdowns and public health restrictions. Some restaurants, for example, created new dining experiences with ready-to-cook meal kits or take-out picnic baskets.

Making it work from home

Companies of all sizes had to adapt to having a remote workforce during the pandemic. For certain small business owners, however, this required them to think outside the box. Yoga instructors and personal trainers, among others, hosted virtual classes over video chat and organized outdoor events to stay connected with their clients.

Embracing technology

The already popular trend of shopping online skyrocketed during the pandemic. Many small retailers took the opportunity to build or bolster a transactional website for their business. In addition, this pivot to digital solutions opened up new possibilities for companies to improve their customer experience and increase productivity.

As Canada's entrepreneurs have shown over the past year and a half, being adaptable is the key to ensuring small businesses can survive and thrive.

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Small Business Week

Honouring the resiliency and courage of Canadian entrepreneurs

How to become a successful entrepreneur

If you want to run your own company and become a successful businesswoman, here are some tips to help you achieve your goals.



when they arise. In addition, being ready to overcome failures and keep moving forward is a key part of the process.

• Believe in yourself.

Confidence in your abilities is crucial if you want to attract employees and investors who see the potential of your product or service. This will ensure you build a solid team around you.

• Decide on a mission. If there's a goal that's important to you, make it the mission for your business. This will help keep you on the right track. You should also determine what sets you apart from your competitors and, above all else, be passionate about your pursuit.

• Prepare yourself mentally. A good state of mind will make it easier for you to face challenges head on

• Don't be afraid to go for it. Stop doubting yourself and overthinking your plans, and just launch your business. Whatever skills you're

lacking, you can pick up along the way. Remember that books and training programs can be great resources.


• Manage your time wisely. Since it can be challenging to juggle various professional and personal responsibilities, don't be afraid to delegate tasks. In order to succeed, you must be organized and know how to make the most of your time.

Now, it's up to you to show the world what you can do.

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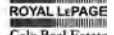
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Oct. 20th, Meet and Greet, 6:30 p.m. Dinner at 7 p.m., followed by speaker Bert Cunningham, Topic: The Dorian Bay Model Ships' Museum. Cost is \$25 for October only. Covid protocols in place, including MUST be double vaccinated with ID to attend. RSVP by Fri., Oct. 15th to ensure your spot. The Club is also looking for new members and anyone interested in joining the Board of Directors. Contact Clara Edwardson at 613-774-2407 for membership; or Steven Caza 1-613-989-5348 or Muriel Carruthers 343-543-2564 for RSVP for Oct. 20 event.

14

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14-1

NOTICES

North Dundas United Soccer Club will be holding its Annual General Meeting on Mon., Oct. 18, 2021 at the Nelson Laprade Centre in Chesterville starting at 7 p.m. All are welcome. Contact president@ndusc.ca for more information or if you are interested in volunteering with the club.

14-2

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17

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Flora Physio and Integrated Health provides specialized care in a local setting

WINCHESTER – “I do not provide any sort of ‘cookie-cutter’ plan or program. Everything we do is tailored to each person’s needs and goals. There is never anything that is too much information in the clinic room. I provide a space for women to share things that they may not have felt comfortable sharing with other health providers,” Physiotherapist, and owner of Flora Physio and Integrated Health, Janessa Russett said. “I’m looking forward to caring for the women in my own community and forming deeper roots and connections here.”

Russett, who lives in Winchester with her partner, a local dairy farmer, officially opened Flora Physio at its new 512 Main Street – Unit C location on Oct. 12. Although located within Illum Physio’s space, Flora Physio is a separate business, owned and operated solely by Russett.

“Conditions I treat and specialize in include chronic lower back, hip, abdominal, and pelvic pain. Many women who have received previous treatment with no full resolution of these issues often have great success with the missing link – the pelvic floor,” Russett said. “I also treat symptoms related to chronic conditions, such as endometriosis, Crohn’s/Colitis, interstitial cystitis, pelvic organ prolapse, urinary incontinence, urgency, and overactive bladder, to name a few.”

Russett has her Masters of Physiotherapy from Queen’s University. She’s worked with national-level varsity athletes. She has advanced training in pelvic floor health, breast/lactation health, and oncology rehab. She also offers acupuncture/dry needling, and manual therapy. Russett said she strives to stay current on women’s health science. She’s also continuously working to expand her knowledge and skillset.

“I have special training in trauma-

SMALL BUSINESS Spotlight



Janet Russett, owner of Flora Physio and Integrated Health caring for women in her local community.

Courtesy Photo

informed treatment. Adverse life experiences often have a way of presenting with very real physical symptoms. I provide a safe space to be able to discuss these experiences,” Russett said. “One hundred per cent of your care is spent with myself, I do not use any assistants. Our time is spent on education, discussion, hands-on therapy, and goal-tailored treatment.”

Flora Physio provides appointments ranging from 45 to 90 minutes in length, to ensure clients have ample time to discuss their concerns. Referrals are not necessary, and children or partners are welcome to attend. In addition to in-clinic work, Russett provides virtual sessions, as well as a limited number of home-care visits, depending on location.

“Many people believe that physiotherapists ‘fix’ people. My philosophy is that we guide and facilitate and can provide tools for people to be actively involved in their own rehabilitation,” Russett said. “My goal is to not have anyone depend on me as a therapist but leave feeling empowered that they are capable of being in the driver’s seat of their recovery.”

Russett, whose had her own sports-related injuries in the past, became interested in physiotherapy as a profession after being treated by a female physiotherapist whose approach to treatment she admired. She said she was impressed with the holistic approach the therapist took rather than simply focusing on the sports’ injury itself.

“She truly got to know me as a person and not just a name on her schedule. She truly made a difference in my life, and I told myself that I’d be part of that change,” Russett said. “I strive to provide that level of therapeutic connection and care for others and to be able to have the same positive impact on their lives.”

With local women undertaking the 45-minute drive to Ottawa to see her, Russett said the need for someone with her specialized focus and skillset in the Winchester area became obvious. She provides services to those in the Winchester, Kemptville, Morrisburg, and surrounding areas.

“Studies show that 95 per cent of women with low back pain also have pelvic floor dysfunction,” Russett said. “Physiotherapy is the gold-standard for most types of pain and limitations in function such as athletic injuries, arthritic changes, autoimmune conditions, and everyday aches and pains. Pelvic pain, prolapse, or incontinence are no exception.”

As a pelvic physiotherapist, Russett also addresses a client’s mental health and well-being, diet, relationships, sexual health, and trauma-related concerns. Pelvic floor issues can arise in young children, adolescents, as well as adults.

“Whether you’re a high-level athlete, a new mom, a weekend warrior, or someone who maybe just needs a little TLC, phyiotherapy can help you,” Russett said. “I offer online booking, check-in, and invoicing, which is convenient and super easy to use. I utilize an amazingly simple electronic software for clients that allows them to receive any exercises, information, and communication from me. It allows for a very streamlined process for clients to book themselves in whenever suits their schedule.”

To book an appointment, visit floraphysio.janeapp.com, email floraphysiotherapy@gmail.com, or phone 613-402-6754. Flora Physiotherapy is also on Facebook and Instagram.

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.

Osgoode Township Museum Halloween Camp Kits now on sale

Sandy Casselman
Villager Staff

VERNON – The Osgoode Township Museum (OTM) is encouraging parents to “treat [their] little ghouls and goblins to at-home Halloween fun,” this October with their generously-sized Halloween Camp Kits.

The \$35 kit includes six activities, such as a spooky candy house, decorating a real pumpkin, potions, a

light up Halloween lantern, a Papier Mache mask project, and a game. While the kit was designed with children aged 4 to 11 in mind, those aged 12 and up will, no doubt, enjoy it too. With a limited number of boxes available, museum staff suggest visiting the OTM website (osgoodemuseum.ca/gift-shop), ordering the number of kits needed, and remembering to curbside pick up at the museum on

Sat., Oct. 23 between 10 a.m. and 4 p.m. Museum staff first developed the take-home camp kits in March 2020 in response to the COVID-19 pandemic lockdowns. Proceeds from the kits supports children’s programming at the museum.

“Museum Camp Kits began at the museum the Friday before March Break of 2020 when staff had to quickly pivot plans from in-

person to at-home fun,” OTM education officer Caitlyn McDougall said. “Since then, the museum’s summer, March Break, Halloween, and gingerbread barn raising kits have been a popular way for kids to enjoy museum activities at home and have become an

important source of revenue for programs at the museum.” Located in the small village of Vernon just south of Ottawa, the Osgoode Township Museum was founded back in the early 1970s. The museum shares the history and stories of Ottawa’s rural and agricultural heritage.

To purchase an at-home Camp Kit, or to find out more about the museum and what it has to offer, visit the museum’s website, or contact McDougall by email (education@osgoodemuseum.ca). The Osgoode Township Museum can also be found on Facebook.



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Russell celebrates century-long history of scouting

Sandy Casselman
Villager Staff

EMBRUN – While Scouting celebrated its 100th anniversary nationally and internationally in 2007, the 2nd Russell Scouting Troop is set to hit the same milestone at the end of this month.

On Oct. 23, the 2nd Russell Scouting Troop will be taking part in a special dedication hosted by the South Nation Conservation, (SNC) at the J. Henry Tweed Conservation Area. The SNC will be honouring the anniversary of the scouting movement in Russell and at the same time explaining their winter tree management plan to visitors.

Randy Miller, also known as Old Wolf, is one of the group's longest serving members, having put in 37 years working with the Russell scouting movement at every level.

The movement in Russell involves a Beaver colony, a Cub pack, a scout troop, a Venture company, and a Rover troop.

"All in the village of Russell," said Miller.

Because of Covid the various groups have tried to stay connected with an online presence.

"The last year has not been all that good," said Miller. "We still ran a program. Six scouts took part in the program," he said. A part of the program was conducted through zoom and the rest was all outdoors.

"The Beavers held meetings by Zoom, so they did do a few things to keep the youth interested in the movement."

All of the different groups are now meeting at the Marionville Community Centre on Wednesday nights.

Despite the pandemic, the Russell Scouts are still going strong.

The 1st Russell Scouting Troop was founded on Oct. 31, 1921 and ran until the end of the 1970s. Initially, there were 15 youth members in the Scout Troop. Uninterested in forming and supporting a Cub Pack, the 1st Russell Scouting Troop didn't have enough youth to maintain itself past 1978-1979.

This led to the formation of the 2nd Russell Scouting Troop in 1978, when a group of interested parents, together with the United Church as a sponsor, chartered the new group, which included one Cub Pack. A Scout Troop was added beginning in 1981, followed by the first Beaver Colony in 1982, a second Beaver Colony in 1983, and a third in 1986.

A Venture Company was created in 1987. It lasted one year, but was reborn a couple of years later, lasting for roughly two years before collapsing. Another was created again in 1992, but only lasted for a year. It made a comeback again in 1998 for roughly three years.

The second Cub Pack was added in 1990 and operated for several years, followed by a third Cub Pack in 1996, which also operated for several years.

The first year that women were permitted to participate in the Scout Troop was 1997. In 2010, Scouts Canada adopted a new National Program Standard, implementing new National Program Quality Awards for each section. In 2011, Scouts Canada changed the names of section programs, and offered a new design for both uniforms and badges. New points systems, badges, and awards were created as Scouting evolved and grew.

Since its inception in 1921, Russell Scouting has seen packs, troops, companies, and colonies come and go, but it has maintained its presence and its foothold in the area. Over the years, participants attended jamborees throughout the country, accumulating a variety of both individual and group awards both for participants and organizers.

Russell's Scouting members have been in the news several times throughout the years, usually for their participation in what was an annual balloon race held during Russell's Winter Carnival. A long-time fundraiser, the Balloon Race made headlines in 1991 when one such balloon was found to have made its way all the way to Ireland.



This is a photo of the original Scout badge design used by the Russell Scouts. Courtesy Photo

RHS Report

By Janel Therkelsen
Student Reporter



Lots happening around RHS

Hey everyone!

Welcome back from the Thanksgiving long weekend! Hope you all had full tummies and quality time with family and friends! I certainly did!

For all those basketball lovers/players out there, tomorrow is the Basketball Day festival. Check your emails to sign up! If you didn't get a chance to join the rest of the T-Wolves for our last sports' festival, this is your chance to join in on the fun. In other sports news, congrats to our two RHS golfers who took part in the PRSSAA Open at GreyHawk on Tuesday. Charlie Pascoe and Evan Houle, we're sure you had great rounds and made RHS proud. We'll find out the results next week.

In addition to sports, clubs are finally starting to take place in person this school year as well. There are currently two making a return. Kindness can be shown in many forms, as we have definitely learned the past few years. Join Mrs. Jones-Miller at lunch and join the kindness club! The Pride Alliance is making a comeback this school year as well! If you are a part of the community or consider yourself an ally, join them at lunch! Everyone is welcome!

Enjoy our short week this week! I'm excited :)

Russell politicians get first glimpse of draft budget forecasting 2.5 per cent increase

Sandy Casselman
Villager Staff

EMBRUN – The first draft of the 2022 township of Russell budget was introduced to local politicians during the first council meeting in October.

"The total 2022 budget is \$51,035,111 broken down as follows: operational budget at \$37,370,711 and capital budget at \$13,664,400," director of finances and treasurer Richard Godin said.

Godin submitted a report during

the Oct. 4 council meeting, asking that council acknowledge receipt of the draft, which is to be discussed further during the two scheduled budget working sessions on Oct. 20 and 21. The initial budget forecasts an overall tax increase of 2.5 per cent, which includes a one per cent increase for the recreation complex reserve.

"A tax increase of one per cent represents an additional revenue of about \$142,799," Godin said. "The

average household of about \$346,000 in assessment will see a tax increase of approximately \$44.53."

Councillor Mike Tarnowski noted the difference in some of the numbers presented from last year to this year. Godin confirmed all questions would be answered during the budget working session discussion later this month. Mayor Pierre Leroux encouraged his council colleagues to send Godin emails with any questions ahead of the two-day budget session.

Russell hires company to conduct level of service review

Sandy Casselman
Villager Staff

EMBRUN – Township of Russell politicians have directed municipal staff to hire KPMG to conduct the township's level of service review exercise.

Executive director of infrastructure services Jonathan Bourgon made the recommendation during the Oct. 4 council meeting. Bourgon said two bids were received in response to the request for proposal issued in early September. Using a points system, KPMG scored 92, while the other firm scored 81.75.

"Based on the technical component and price, the administration recommends awarding the contract to KPMG," Bourgon said. At \$95,000, KPMG's price was \$5,000 less than its competitor.

Director of finances and treasurer Richard Godin said that while the 2021 budget includes \$100,000 for the project from the township's efficiency reserve funding, staff were successful in their application for a \$100,000 grant to perform the review. It was suggested that the original budgeted amount might be used for a deeper

review following KPMG's level of service review or it could be assigned to other efficiency projects.

"It's exciting to see this move forward and so, I'm very supportive of it," Coun. Mike Tarnowski said. He asked if a timeline had been set for the completion of the report. Godin explained the grant money comes from the Municipal Modernization Program, which requires specific deadlines. In this case, the report must be completed by the end of January. Godin confirmed that KPMG has agreed to meet that deadline.



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A SPECIAL SUPPLEMENT TO THE CHESTERVILLE RECORD/THE VILLAGER • OCTOBER 14, 2021



Secrets to making your home look like you hired a design pro

Photo spreads in home design magazines can be awe-inspiring. Quite often homeowners wish they could lift the looks right off the pages of magazines and transform their own homes into picture-perfect retreats.

It takes an eye for design to pull a room together even with inspiration and make it both functional and attractive. While hiring an interior designer is one way to go, homeowners can use some of the tricks and techniques the designers employ to do a remarkably good job of improving the interiors of their homes without such help.

Gloria Logtens, owner of Treats & Treasures in Finch advises that: "it can be the little things you do that make you smile the most." You don't have to blow the bank to get that splash of colour to re-invigorate your living space.

Embrace texture

The colors used in a home can add impact, but designers often utilize various textures to create aesthetic appeal. A single-color scheme can be enhanced by various fabrics. Consider a leather sofa made more cozy with chenille pillows next to a rustic side table. Figure out ways to incorporate a few different textures to add depth to the room.

Be careful with color

Many high-end homes showcase neutral shades that are enhanced by pops of color. If you like a rich, royal purple, leave room for other colors as well. Add touches of purple in vases, throw pillows and other accessories.

Also, many designers work in shades of three for room colors. There may be one main color for walls, another color for larger accents, such as couches and chairs, and then a third color that pops in accessories such as flowers, pillows, and collectibles. These can be any colors, but the most muted tends to be the more abundant shade.

Add a bit of bling

Glittery items and metallics can add a touch of luxury feel to any space. A shiny table lamp, mirrors, a sparkling chandelier, and the like are easy ways to produce a high-end feel. Reflective surfaces also will cast light around the room, giving the illusion of a larger space.

Choose a big statement piece

Many homeowners make the mistake of filling a room with several small pieces of furniture that

only contribute to clutter. Instead, look for a statement piece, which can be a cabinet, armoire or chaise. Mix and match large and small elements for a sense of balance.

Accessorize

Finish the room with accessories and flowers. When placing and hanging knickknacks and wall art, odd-numbered

groupings often look the most cohesive and interesting. Experiment with different scales and heights for even more dimension. Brighten your entrance with a beautiful changeable mat while protecting your floors, suggests Logten.

When inspiration hits, take some cues from interior design pros to make spaces look like they belong on the pages of your favorite magazines.

With less daylight and colder weather, you will probably be spending more time indoors. Decorate your home to create a comfort zone that makes you happy. Sometimes, it's the little things that can make you smile each day.



A relaxing picture on the wall or a beautiful door mat to greet you as you enter. Sometimes, it's the little things that can make you smile each day. Courtesy Photos



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Fall is back, watch for rodents!

AJ Al-Rajab, PhD
Record Staff

There are two peaks in rodent populations, in urban areas throughout Ontario. The first one is in spring and the other one is happening right now in fall. The approaching of cold weather makes rodents seek a warmer shelter to spend the winter, where they can have access to food sources and avoid natural predators; therefore, it is time to rodent-proof your house.

Rats and mice do not hibernate during winter and their habits remain consistent regardless of their environment (outdoor or indoor). Rodents can cause major problems by transmitting diseases, consuming food, damaging structures, and causing distress to pets and humans.

The two most prominent species of rodents in Ontario are the brown Norway rat (*Rattus norvegicus*) and the house mouse (*Mus musculus*). Both species originate from Asia, and have been spread worldwide; they are nocturnal, omnivorous, breed year-round under favourable conditions and are underground dwellers in the wild. Rats and mice have poor eyesight, are colour blind; they rely more on hearing, and have an excellent sense of smell,



Rodents gnawed an interior wall (about 5" opening) to make their way into the attic in an Ottawa house in September 2021.

Al-Rajab Photo

taste, and touch.

How to identify a rodent infestation?

If you observed one or more of the following signs of rodent activity, you may have an infestation in your house:

Presence of droppings in the kitchen near food supplies, basement, or along the walls;

Sightings of rats or mice inside or around the house especially at night;

If you observe rats during the day, that is a sign

of high infestation and over-population;

Sounds of gnawing, squeaks, or climbing in walls, especially at night;

Rodent odours: rats cannot control their urine and they urinate wherever they go, and leave a sewer like odour along their path;

Gnawing marks: rats and mice gnaw persistently on non-food materials (wood, plastic, etc.) to keep their incisor teeth honed.

How to prevent rodents?

Some practices may help

to effectively keep rats and mice out of your house:

Repair cracks and seal any holes around doors, windows, foundation, and roof to minimize the potential access of rats and mice into the house. Surprisingly, rats and mice can get through a hole of 1" and 0.5" in diameter, respectively.

Trim all trees touching the house, as rats are great climbers and might use the trees to infiltrate into the attic; also trim under shrubs.

Eliminate all sources of food or water around the house. All garbage containers should be rodent-proof and always closed properly.

Keep tall grass, bushes, and mulch away from the house foundation.

Keep ground bare at least 15 cm from the house.

Avoid feeding birds around the house. Rodents are attracted to any source of food.

Importance of rodent control

Rodents are the most destructive vertebrates in the world; they can cause damage to a house in many ways:

Disease transmission: rodents are considered carriers of about 45 diseases (i.e., swine dysentery, salmonellosis, hantavirus, and tapeworms).

Rats and mice can carry fleas, ticks and lice on their body and pathogens on their feet, which increases the spread of disease. Diseases that are carried by rodents are considered a serious threat to humans and animals.

Damage to structure: rodents can cause electrical fires by chewing the wires of the house or appliances; also, they enlarge gaps in the walls and foundations, attics, and plumbing. Rodents can destroy the insulation of a house, which causes an increase in energy cost in addition to the cost of re-insulation.

Food consumption and contamination: an adult rat consumes about 25 to 30 g of food daily, while mice consume less food at about 5 g daily per mouse. Rats and mice contaminate 10 times the amount of feed they eat with their droppings, urine, and hair.

Damage to vehicles: If there is any idle vehicle around, rats and mice can build nests from a combination of natural and synthetic materials in the engine compartments and ventilation systems.

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Beautiful fall colours do not include ladybugs

Linda Vogel
Record Staff

Oh look, those pesky ladybugs are back! Where do they come from? They are not the cute little ladybugs that never seemed to bother anyone. Nope, they are the Asian lady beetles and they bite, smell and generally take over our homes. If you are looking for the positive in this invasion it would be that they are not dangerous.

Asian lady beetles, like all varieties of lady bugs are useful for your garden. They feed on many insects, such as aphids that attack plants.

According to John Kymco, zoologist at Atlantic Canada Conservation Data Centre in Sackville, N.B. these multicoloured lady beetles fold their limbs and do

something called “flex bleeding” which involved exuding a substance from the leg joints containing chemical compounds that are, “very distasteful.”

“Predators of lady beetles, when they eat the beetle, they would get that in their mouth and presumably spit the beetle out and then remember, “don’t eat bright coloured beetles that have black spots.” This makes them not at risk from predators.

Asian lady beetles are “overwintering” insects that hibernate as adults and spend the winter in protected places such as under tree bark or under the siding of buildings.

There are insecticides that can be used to protect your home from this invasion. Mouse Management Inc.

recommends having the product applied three times a year. Jess Fowler, owner of Mouse Management recommends the months of May, July and September. This will eliminate up to 60 different types of insects from entering your home.

If you have the lady beetles inside your home, the best way to get rid of them is to suck them up with a vacuum. Since the beetles secrete their stinky odour when distressed, it is best to use a shop vac and not your regular indoor vacuum as this smell will be inside your machine.

Asian Beetles cluster throughout your house. They bite, smell and are not pleasant.
Bouwers Photo



3 resources to help you restore an old house

If you own a heritage home, you might be interested in restoring it. Here are three resources that can help you with your renovation project and ensure you respect the building’s history.

1. Craftspeople

When it comes to old houses, there are a number of repair and maintenance tasks that require specific tools and training. Look for individuals and companies that specialize in traditional trades, as they’ll have the know-how to assist you with your restoration. Reach out to local guilds to find talented craftspeople in your area.

2. Technical guides

Restoring a historic building is a major undertaking. Fortunately, there are guidebooks available that outline the steps involved and provide recommendations based on the style of your home. They might also give you a better idea about which types of professionals can help with your project.



3. Building inspectors

To ensure your restoration project is up to code and respects local regulations, you’ll need to hire an inspector. The Canadian Association of Home and Property Inspectors (CAHPI) is a great resource to help you

find building inspectors that specialize in historic houses.

Finally, be sure to contact your municipality before you get started to find out if you need special permits to restore your heritage home.

Loralee Carruthers

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Bedbugs spread easily, but hard to eradicate!

AJ Al-Rajab, PhD
Record Staff

If you plan to travel or buy second-hand furniture this fall, beware of bedbugs. Infestations with this pest increased dramatically in recent years worldwide, especially in big cities. The infestation with bedbugs may spread in several ways such as: with luggage, on clothes or shoes, from neighbouring apartments, infested furniture, hotels, planes, or any other place with a high movement of people in and out.

Ottawa was ranked 10th among the most infested cities with bedbugs in Canada in 2020 as reported by ORKIN Canada, the largest pest control provider in the

country. In November 2019, some 11 federal buildings in Ottawa and Gatineau have reported bedbug sightings. Also, some incidents of bedbugs' sightings were reported in recent years in public transportation in the big cities of Canada.

History of bedbugs

Historically, bedbugs have coexisted with humans for centuries, they were reported by the ancient Egyptians 3,500 years ago. Through the mid-20th century, about 30 per cent of households in the USA were infested with bedbugs. But, with the development and use of synthetic insecticides after the second world war, bedbugs' infestations were



Eggs, nymphs, and adult bedbugs in summer 2021, on a highly infested box spring found in a house in Ottawa.

Al-Rajab Photo

under control for a while. However, bedbugs have re-emerged again worldwide because of the high increase of people travelling, climate change, application of strict regulations on use of pesticides, and banning of certain cheap and efficient insecticides.

Bedbugs' identification

Bedbug (*Cimex lectularius*), is a small insect that feeds only on the blood of humans and animals while they sleep. Adult bedbugs have an oval flat body, wingless, reddish-brown colour, and measures about 5-10 mm. Young bedbugs have the same body shape as the adults, but they are smaller (1.5 mm long)

and lighter in colour.

Blood meals are needed for the adult females to lay eggs and for the larvae to complete their development. The bites can happen anywhere on the skin and can take from a few minutes to 14 days to appear, depending on the person. The insect's bite and its saliva may cause itching, allergies, anxiety, and insomnia; however, this insect doesn't transfer diseases. Bedbugs are active at night and hide during the day in the bed or surrounding furniture, or even in small cracks in the walls. Humans' emission of heat and carbon dioxide attract bed bugs.

Continued on page 7B

Crysler Home Hardware's 'small but mighty team' is ready to serve you

Sandy Casselman
Record Staff

CRYSLER – If you're looking for the right tools to get your home ready for winter, then Chrysler Home Hardware is the place to be.

"We have a small but mighty team at the Chrysler store, who are constantly learning about new products and services in order to help our customers with whatever project they're working on," owner Mark Begg said.

It's open seven days per week for customer convenience. The local hardware store is open from 8 a.m. to 6 p.m. Monday to Thursday. On Fridays, it's open from 8 a.m. to 7 p.m., on Saturdays from 9 a.m. to 5 p.m., and on Sundays from 11 a.m. to 4 p.m.

"This is traditionally a busy time for paint sales. People are getting their places ready for the winter months ahead, and generally sprucing things up with a coat of

fresh paint is on many people's list of things to do," Mark said. Chrysler Home Hardware serves homeowners, do-it-yourself enthusiasts, businesses, and contractors.

"We are very proud of our Beauti-Tone brand of paint," Mark said. "Many do not know that all Beauti-Tone paint is manufactured right here in Ontario, and it's shipped across the country to all Home Hardware stores and Home Hardware Building Centres. The brand has recently been refreshed with a new logo and new paint can labels to highlight the quality of our 100 per cent Canadian product."

Begg said the business was purchased in August 2017 and became Chrysler Home Hardware. Prior to that, he said it was known as Chrysler Home Centre.

"This location is particularly special to me as my great-grandfather first purchased

the building in 1923 when it was a sash and door factory," he said. "Over the years, the factory transitioned to a lumber yard and eventually to a hardware store. They joined the Home Hardware group in 1965. It was then sold to the Quesnel family in 1973 from whom I purchased it in 2017."

The local hardware store offers the following services: colour match, delivery, free estimates, Home Gift Card, key cutting, kitchen and bathroom design, knife sharpening, lock repair, propane, Re Key Locks, screen repair, special orders, wedding registry, and commercial maintenance. There are roughly 100,000 different items available through Home Hardware, ensuring all your project needs are covered.

"We are a typical hardware store that carries a variety of home improvement items in tools, electrical, plumbing, paint, seasonal, and small appliances" Mark said of the Chrysler branch, which is located at 68 Charles Street. "We do our very best to find the products and/or services required by our customers."

Currently, there is a Kitchen and Bath Sale taking place at the Chrysler location from September 30 to October 20. In addition, there are new sales every week. To follow the store's current sales and promotions, be sure to like and follow them on Facebook (facebook.com/cryslerhomehardware). In addition to dropping by during business hours, store representatives can be reached by phone (613-987-2802).



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Call Local 613 Property Maintenance for your home's small-scale projects

Sandy Casselman
Record Staff

CHESTERVILLE – If you're a homeowner, getting ready for winter is as simple as calling Local 613 Property Maintenance in Chesterville.

Owner Mike Cross is just a phone call away from helping you with all your handyman needs. He and his staff are friendly locally sourced professionals with plenty of experience. So, if you think you could use a little assistance preparing your home – indoors or outdoors – this fall, call Mike at 613-229-3302.

Mike's maintenance business is a relatively new venture, but it's a natural addition to what he's been doing for years with M. Cross Contracting. Although they're "sister" companies, they're still separate and unique from one another, Mike said. While the contracting business is about building something new, the maintenance business is more about "handyman projects that don't require a contractor and that aren't large scale projects."

Through the work he's been doing with M. Cross Contracting, Mike said he noticed a gap in services for this area, as there aren't enough businesses available to tackle small-scale



Local 613 Property Maintenance is here to help with outdoor work, including lawn maintenance. Courtesy Photo

projects, such as eaves trough cleaning. Both Local 613 Property Maintenance and M. Cross Contracting service the area from Morrisburg to Russell and from Avonmore to South Mountain. There are times, Mike said, when he's gone beyond these boundaries, but this provides a rough idea of where most of the work is done.

"I decided to add this because of the lack of support for minor projects," Mike said. "All the contractors around, including myself at M. Cross Contracting, have been too busy at larger-scale jobs to have time in our schedules to go and do the smaller projects. And, secondly, I'm seeing,

through M. Cross Contracting, I'm seeing jobs where with a little bit of preventative maintenance they wouldn't have been such large jobs. So, they could have had somebody there even to do an inspection, recalc the windows, clean the gutters and whatnot, and some of these larger projects where it's due to rot wouldn't have ever happened."

Mike said he's hired two additional employees for now, as he's taking his time to build this new business. For now, they work for both companies, depending on where they're needed. As for COVID-19 supply issues, Mike said this isn't really a concern for Local 613 Property Maintenance

because for that business he's not doing any custom work, but rather fixing what's there.

"We've been quite busy. We're booked a little bit ahead now for the handyman stuff," he said. "There's the handyman projects, lawncare and maintenance and leaf removal in the fall, pressure washing, window caulking, eaves trough cleaning, leaf guard and snow guard installation, dump runs, on-site screen repairs, and anything, really, to do with your home."

Mike's new employees, those hired primarily for Local 613 Property Maintenance, were chosen for their experience. The person he hired in the



Local 613 Property Maintenance cleans eaves troughs. Courtesy Photo

spring has an education in turf management, as well as roughly 10 years experience in the golf course industry and residential lawncare maintenance. The second employee hired to focus on the new sister company has more than 40 years of contracting experience, Mike said, noting he considers both employees to be quite valuable to the company.

In addition to his new employees, Mike said those who work for M. Cross Contracting also have years of specialized experience, as well as general contracting experience. Also, while Mike himself will be mostly coordinating the jobs for both businesses, he is available and ready to

step in if additional expertise and manpower is needed.

"Most of the people involved also donate or volunteer their time to organizations and charities," he said. "So, when people hire Local 613 Property Maintenance, they're hiring people who are invested in more than a paycheck."

Mike and his employees have donated their time and expertise on multiple projects, including those for House of Lazarus Outreach Mission in Mountain. Mike also said his employees are all local, which means the money being invested into the business is eventually being reinvested into the local economy.

Continued on page 7B

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Local 613 Property Maintenance

Continued from page 6B

“We’ve had multiple repeat customers already,” Mike said, when asked if he’d received any feedback from clients. He said he’s had roughly six repeat customers so far and Local 613 Property Maintenance has just been in operation since the spring. Mike hasn’t been advertising during that time, as he’s been taking his time and building gradually. “References can be supplied upon request.”

Mike has put a lot of thought into the new business and is building gradually to ensure things are being done in the best way possible. This, he said, includes doing things on a “green scale” as much as possible.

“So, we’re purchasing as many electric tools as possible,” he said. “And we’re trying to reduce our carbon footprint. We’re trying to do our part as much as we can. We’re going to use electric tools



Some indoor work completed by Local 613 Property Maintenance. Courtesy Photo

and we’re going to try to use products that are environmentally friendly, as well.”

The business operates Mondays to Fridays from 7:30 a.m. to 5 p.m. and, if needed, Saturdays from 8 a.m. to noon. Mike, and Local 613 Property Maintenance, can be contacted via phone (613-229-3302) or email (local613pm@gmail.com). While they’re not up and running quite yet, Mike said he is working on developing a website for the new business, as well as a Facebook page, which will provide additional contact options.



Local 613 Property Maintenance is committed to going green and lowering its carbon footprint. Using new electric equipment is part of that initiative. Courtesy Photo

Bedbugs spread easily

Continued from page 5B

How to prevent bedbugs?

Inspect your hotel room before settling in, and wash/dry your cloths as soon as you are back home. Inspect used furniture before bringing it into your home.

Vacuum the mattress and box spring regularly. Avoid visiting the infested areas, if known.

If you live in an apartment, seal between the baseboard and floor, and any cracks in the walls.

Bedbugs’ fun facts

Bedbugs feed only on hot blooded hosts.

Life cycle is about six months, but some individuals may live up to three years.

Adults can fast for up to a year while waiting for their next blood meal.

The female bedbug lays only one egg a day, with a total of 200-500 eggs in its lifetime.

Males inject their sperm directly into the abdomen of females, using a syringe-like organ.

Human DNA can be detected in the bedbug’s body for up to 90 days; therefore the police could potentially use the DNA in a criminal investigation.

There is no reported cases of bedbugs transmitting disease to humans.

Bedbug infestations have been reported worldwide and on every continent.



Al-Rajab Photo

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How home design trends are evolving for social distancing

COVID-19 has brought changes to everything, and home design is no exception. Experts are expecting to see lasting impacts on everything from the materials we use to the rooms we prioritize. Check out these and other noteworthy trends:

Houses over apartments: Many people who live in condos or apartments do so to be closer to the action — work, entertainment and shops — and never planned on spending much time at home. But the pandemic has changed that, and more people are going to want a home that offers plenty of

room and outdoor space in case they need to self-isolate again.

Self-sufficiency: A hard lesson we've learned is that things and services we thought we could count on aren't necessarily a sure thing, so items that increase self-reliance will become very popular. Expect to see more homes with sources of energy like solar panels, sources of heat like fireplaces and stoves, and even urban and indoor gardens that allow you to grow your own produce.

Outdoor living: Between playgrounds closing and parks becoming

overcrowded, many of us are turning to our balconies, patios and backyards for fresh air and nature. This means we're going to be investing more in our outdoor spaces, with functional kitchens, soothing water features, cozy firepits, and high-quality outdoor furniture to create a much-needed escape.

Healthier spaces: Thanks to spending more time indoors and reprioritizing our health, we'll turn to design to help ensure our homes are safe and healthy for our families. We'll see a rise in products like water

filtration systems as well as materials that improve indoor air quality. For new homes and additions, alternatives to wood-framing like insulated concrete forms from Nudura, which offer improved ventilation for healthier indoor air quality and an environment that's less susceptible to mold, will be key.

Home office space: Business experts are suggesting many companies

will see that working from home is not only possible but offers tangible benefits, like saving money on office space rent. With working from home on the rise, creating a home office space that inspires productivity will be a major project many of us tackle. Luxury home office furniture that feels chic and blends into your décor as well as ergonomic chairs and desks will see a major boost.

Custom and quality: With the hit to the economy, people are going to be buying less, but what they do buy will be better quality, while at the same time making an effort to support Canadian businesses. When it comes to design, trends will shift to locally made furniture, custom-built homes and pieces and materials that stand the test of time.

Find more information at nudura.com.

Need some pesky branches trimmed before winter?

Call Michaud Tree Service!

Sandy Casselman
Record Staff

WINCHESTER – Are you looking to safely and affordably clean some of the trees on your property this fall?

“With winter coming up it's a good time to get those branches away from your house and away from your pools,” Joe Michaud of Michaud Tree Service said.

Joe is the person to call – any time of year, including winter – if you need tree work done on your property. With years of experience, Joe is ready to tackle many of your arbor-related

needs – big or small – such as tree and branch removal, pruning, and stump grinding.

“We are safe, simple, affordable, and convenient. We will give you that extra sunlight you wanted in your yard or remove those branches threatening your property and your wallet – at reasonable rates,” Joe said.

Joe can be contacted by phone (613-809-9673) or by email (joemichaud.jm@gmail.com). Michaud Tree Service also has a Facebook page (facebook.com/Michaud-Tree-Service-528096700720008).



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The many benefits of houseplants

The lines between the outdoors and indoors are being blurred. Homeowners build extensive outdoor living spaces so they can relax on weather-resistant furniture and even cook in lavish kitchens in their backyards. In addition, indoor three-season rooms full of bright, open windows that showcase outdoor vistas challenge the boundaries between outside and inside.

For those working with limited budgets, there are some easy, inexpensive ways to enjoy the majesty of natural landscapes indoors. Houseplants can be used to improve indoor spaces, and they also provide various health benefits.

Help with allergies

According to WebMD, rooms with houseplants tend to have less dust and mold in them than those without any foliage. Leaves and other parts of the plants serve as natural filters, catching airborne particles and allergens. Plants with textured leaves might be especially effective at trapping particles.

Put more oxygen into the air

The human respiratory system works by bringing in oxygen and releasing carbon dioxide. Plants do the opposite during photosynthesis. They absorb carbon dioxide and then release oxygen. Plants can put much more oxygen into the air, improving indoor



Houseplants can improve indoor areas and positively affect personal health.

conditions.

Increase indoor humidity and reduce illness

Studies from the Agricultural University of Norway found that indoor plants can increase humidity in indoor spaces, which decreases the incidences of sore throats, dry coughs, dry skin, and the common cold. Higher absolute humidity can decrease the chances of survival and transmission of the flu virus.

Filter the air

Researchers who presented their work at the 252nd National Meeting &

Exposition of the American Chemical Society found certain houseplants can combat the potentially harmful effects of volatile organic compounds. Plants may help filter out VOCs like benzene, acetone and formaldehyde, which can enter indoor air via cleaning supplies, dry-cleaned clothes, furniture, printers, and paints.

Improve interior atmosphere

Prevention magazine says plants can be used to screen unattractive areas, moderate room temperature by shading spots from the sun and even reduce noise. Plants also can

improve ambiance and create a pleasing atmosphere in a room.

Can improve mood

Growing and caring for plants can alleviate everyday stress. A nationwide study from UK Magazine Gardeners World found 80 percent of gardeners declared themselves satisfied with life compared to 67 percent among non-gardeners. Gardeners were more positive mentally. Greenery can help people feel more at home and improve mental health. A rehab center in Norway found patients reported a greater increase in well-being four weeks after having greenery added to their surroundings.

4 advantages of smart thermostats

Smart thermostats are home automation devices that can be used to control heating, cooling and ventilation systems. Since they connect to your smartphone or tablet, you can easily adjust them remotely. Here are four benefits of installing smart thermostats in your home:

They can send notifications to your smartphone to alert you if the temperature in your home crosses a certain limit.

They lower the cost of your energy bills because you can program them to adjust the temperature based on factors such as the time of day and the weather forecast.

They connect to user-friendly applications, which makes them easier to operate than standard programmable electronic thermostats.

They help make your home more energy efficient and eco-friendly by allowing you to turn off your heating or cooling system when no one's home.

To enjoy these and other benefits, be sure to equip your home with smart thermostats.



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How to choose the right lighting inside your home

Lighting in a home serves both practical and aesthetic purposes. It's easy to maneuver around a well-lit home, reducing the risk of slips and falls, and the right lighting can help homeowners create their desired ambiance, which typically changes depending on which room you're in.

When choosing lighting for their homes, homeowners must walk a fine line between appearance and functionality. A fixture in the foyer that instantly impresses visitors likely won't prove as awe-inspiring if it's installed in the living room. When choosing lighting for a home, some general rules about what works in each room can help homeowners make the most

informed decision.

Kitchen

Kitchens are often the busiest room in a home, so lighting here can be especially important. A kitchen often benefits, both practically and aesthetically, from different types of lighting. For example, pendant lighting above kitchen islands can make meal preparation easier and safer, but such lighting likely won't work in breakfast nooks and informal dining areas in the kitchen. Recessed lighting works best in such areas. In kitchens with no island, under-cabinet lighting can be used to illuminate countertops and simplify meal preparation.

Formal dining room

Many people enjoy the look of chandeliers in formal dining rooms, and such fixtures can be installed directly above the dinner table. The interior design experts at Better Homes & Gardens advise hanging chandeliers roughly 33 inches above the table in dining rooms with eight-foot ceilings, adding three inches for each additional foot above eight feet. Darkened dining areas may be ideal in restaurants, but homeowners may want to split the difference at home and choose dimmable chandeliers for their dining rooms. This allows homeowners to dim the lights for romantic dinners but turn them up for family

gatherings with lots of people around the table.

Living room

Adaptability also is important in the living room, where homeowners may host anything from movie nights to book clubs to parties for the big game. It can be a tall order to accommodate such a wide range of activities, and many homeowners come down to deciding between recessed lighting and track lighting. If the living room currently has neither style, homeowners should recognize that it will cost considerably less to install track lighting than recessed lighting. Better Homes & Gardens notes that flexible track lighting provides ambient, task or accent

lighting, and track lights can even be moved to change lighting schemes at any time, making them a budget-friendly option for homeowners whose living rooms are multi-purpose spaces. Recessed lighting also works well in living rooms, especially ones with low ceilings. That's because recessed lighting is installed into the ceiling, meaning it does not take up any visual space in the room. That can help living rooms feel bigger.

Bedroom

The home improvement experts at BobVila.com note that bedroom lighting should provide enough light when getting dressed, but also be able to be toned down as residents prepare for their

bedtime routines. Both portable and installed lighting can be used in bedrooms to serve these various functions. Recessed fixtures that dim can ensure there's ample light to get dressed in the morning, but they also can be dimmed at night as residents try to get ready to sleep. Portable nightstand lights can make it easier for couples sharing a bedroom, allowing one person to stay up and read while the other goes to sleep.

Homeowners have many options and many needs when choosing lighting for their homes. A professional consultation with a lighting expert or interior decorator can help homeowners find lights that provide both practical and aesthetic appeal.

How to set a budget for your renovation

If you want to renovate your home, it's essential that you establish a budget before you get started. This will allow you to determine what you can afford and whether you need to adjust your plan. Here are some tips to help you allocate sufficient funds for your renovation.

• **Be precise about your project.** A surefire way to blow your budget is to improvise. If you want a relatively accurate estimate of how much everything will cost, make sure your plan is as detailed as possible. You should also be mindful of how you spend your money in order to

maximize the value you'll add to your home.

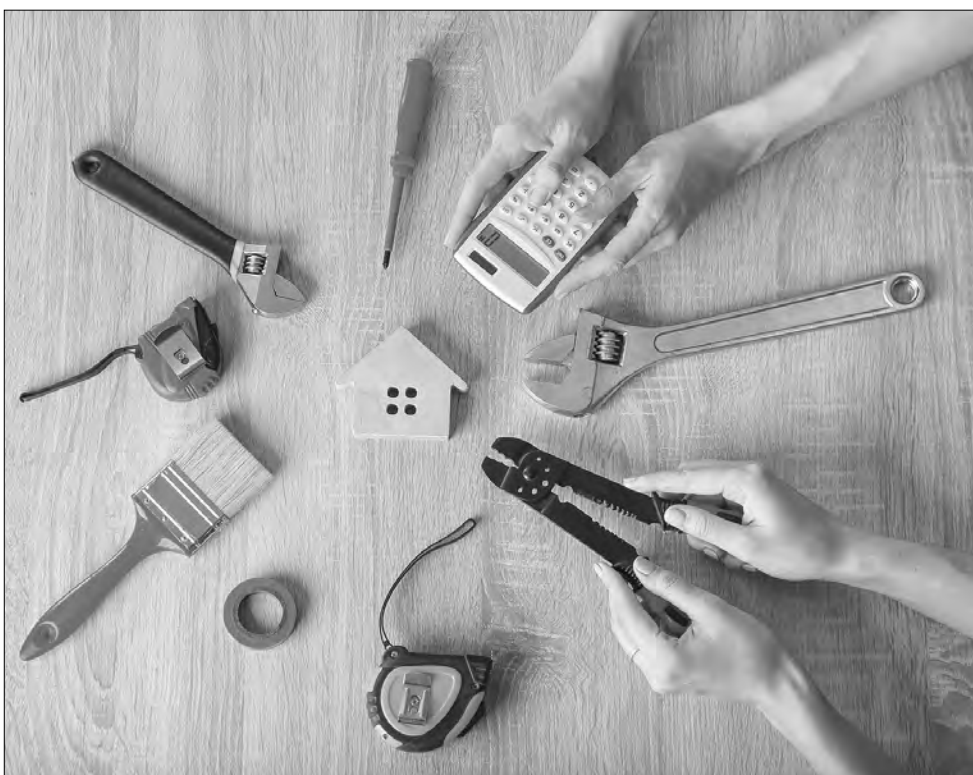
• **Assess your financing options.** If you plan to upgrade the appliances, windows, doors or insulation in your home, find out if you qualify for an energy efficiency rebate offered by the government. If you're considering taking out a loan to pay for the renovation, be sure to factor the interest into your budget.

• **Estimate the various costs.** Do some research to find out the price of the materials you want to use and the professionals you'll need to hire. Keep in mind that the size and age of your home

may influence the cost of your renovations. If you want a more accurate figure, consider hiring an estimator.

• **Plan for unforeseen expenses.** When it comes to renovating a home, unexpected costs are almost inevitable. Therefore, you should reserve about 15 per cent of your budget for contingencies. These funds may be needed to remove mould, bring the home up to code or deal with other hidden issues.

Lastly, if you decide to work with a contractor, request a detailed timeline of the project. This way, you can keep track of expenses and spread out your payments.



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Tar and gravel: a practical option for flat roofs

An ideal way to cover homes that have a flat roof is with tar and gravel. This option involves using four or five sheets of asphalt-coated roofing felt, which is then covered with gravel to protect the underlying material from sun damage.

This multi-layered surface can resist impact from hail and falling debris. It also greatly reduces the risk of water infiltration. While durable and easy to repair, a tar and gravel roof must be properly maintained in order to reach its life expectancy of 25 years. Most importantly,

you should inspect the roof once a year and add gravel as needed to ensure the roofing felt isn't weakened by the sun's UV rays.

An affordable option for flat surfaces, a tar and gravel roof can be easily adapted to accommodate chimneys, skylights and other features. However, it's not compatible with certain types of insulation.

To avoid any issues, your tar and gravel roof should be installed by an experienced professional. Reach out to a local roofing company to ensure optimal results.

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Get your home ready for winter

Sandy Casselman
Record Staff

CHESTERVILLE – With winter fast approaching, Jason Munro Plumbing and Heating Inc. has some tips to help you ready your home for before the cold hits and the snow flies.

The Chesterville Record reached out to Craig Munro to see what he might suggest for homeowners looking to ready their home by addressing any potential plumbing and heating concerns. He sent plenty of tips on both fronts.

Let's start outside. Be sure to drain any outside taps and hoses before winter to prevent issues with freezing. Check the grading around your house foundation to ensure there is adequate slope so that water can get away effectively. Then, check your eavestrough downspouts to ensure they're not obstructed and to ensure they've pointed away from the house. Make sure the sump pump discharge is also pointed away from the house with no obstructions and be sure to check that there is adequate drainage.

If you have an outdoor air conditioner, keep the coil clean by ensuring there are no grass clippings getting blown inside. The coil needs to be protected to ensure shrubs, and trees aren't growing in and obstructing it.

Now, let's move indoors. If your sump pump doesn't run consistently all year, manually cycle it before the spring and fall wet seasons to test its operational status. Be sure to

keep your water softener salt topped up. This help increase the life of everything downstream, including fixtures.

Remember to change the furnace filter before starting your furnace for the season and be sure to use a filter that is not too restrictive. It's also important to keep your floor vents free of clutter and obstructions.

It's a good idea to test your heating system early, start it before it gets too cold in case there are issues and parts that need to be replaced. Craig said there can be delays in getting certain specialty parts and any additional time to order them before winter hits could be beneficial in ensuring you aren't stuck without heat when you need it.

If you're equipment is in a damp basement, Craig suggests running a dehumidifier constantly. This will keep the air moisture lower, which will help increase the life of the furnace and other systems.

Also, don't forget to clean out your dryer vents! Unclean vents can lead to fire.

Jason Munro Plumbing and Heating Inc. is located at 14012 Gibeault Road in Chesterville. To find out more about the services they provide, you can visit the website (jasonmunroplumbingandheating.com). You can contact Craig or one of his team members by email (office@munroplumbingandheating.com) or by phone (613-448-9000).

Do you know what's covered by your home insurance?

Sandy Casselman
Record Staff

WINCHESTER – Did you know that your home insurance might cover more than just the things inside your home?

Your detached garage and even your garden shed are both covered, as well as the items inside. In addition, the outdoor trees, lawns, shrubs, and plants on your property can be covered to a certain extent, as well.

These are just two of the "10 surprising things that are covered by home insurance" that you can learn more about in McDougall Insurance & Financial's online blog (mcdougallinsurance.com/blog/). The blog was posted in August 2020, and it notes its origin as economical.com.

The list beings with your stuff and not just when it's in your home. Insurance also covers your things when they're not at home too, when you're on a vacation or at the gym, for example. It might also cover your

children's stuff when they're away at college or university, or even your parents' things when they're living in a nursing home or assisted living facility.

The blog also notes that "many home insurance and tenant insurance policies include coverage for some of the expenses that tend to follow identity theft," such as legal fees. Your home insurance may also include coverage for "tips that lead to arrests" for people who provide information leading to the arrest of someone who's burglarized your home or stolen or damaged your things.

Home insurance can also provide you with liability coverage when you're working as a volunteer. In addition, it may cover your children as well, should they find themselves on the hook for a neighbour's broken window.

And the tenth thing on McDougall's blog of "10 surprising things that are covered by home insurance" is addi-

tional living expenses, such as out-of-pocket expenses (food, alternate living arrangements, etc.) if you're forced to leave your home due to an insured event or government-ordered evacuation.

"While these 10 coverages are included in most standard home and tenant insurance policies, every policy and insurance company is unique," the blog states. "To find out what specific coverages are included in your own policy, you'll need to review your policy documents or get in touch with a licensed insurance broker."

In addition to tips about home, commercial, and car insurance, McDougall's online blog also showcases employee profiles, and welcomes new insurance brokers to the team.

The Winchester branch of McDougall Insurance & Financial is located at 473 Main Street East. They can be reached for more information by phone (1-800-487-3706 or 613-774-2832) or email (winchester@mcdougallinsurance.com).

Timing might be right to refinance

Linda Vogel
Record Staff

Now, may be your time to refinance or renew your mortgage.

The benefits to reviewing your mortgage before your current mortgage is due can be for many reasons. Are you looking to lower your monthly payments or is there a need to "cash out" some of the built-up equity in your home?

Refinancing can be an opportunity to help cover the cost of home renovations, a child's post-secondary education, consolidate debts or to free up funds for investments.

If you are purchasing your first home, finding the right payments and structure are vital to your continued growth. With the increase in house prices, it is necessary to have a team that has your best interests in mind. Securing that first mortgage can be a daunting and fearful task.

The criteria to meet with some financial institutions can be very difficult. The one package fits all mentality does not work for many mortgagees. The independent services of Watters Financial can help

you choose the right options and get you into that new home.


Times have changed and going to your typical financial institutions for your mortgage may very well not be in your best interest.

Having the strength of knowledge of a multitude of financial options will provide you with independent expert advise on your options. The advantage of not being tied to one financial institution elevates the ability to provide you with the best options for you. Research and negotiating the best terms for you. You can free up time and reduce the frustration of providing your information to multiple financial institutions. There is no charge to you for the services.


Watters financial will negotiate on your behalf. Many people are uncertain or uncomfortable negotiating mortgages directly with their bank, even if they have a positive relationship with their branch.

Think outside the branch for your mortgage. The opportunities are there, let us do the hard work for you!

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The timing might be right to refinance or renew your mortgage

New rates may help you significantly lower your monthly payment. Or, you might want to "cash out" some of the built up equity in your home.

Refinancing your mortgage can allow you to take advantage of any equity in your home to:

- Help cover the cost of home renovations
- A child's post-secondary education
- Consolidate debts
- Free up funds for investments

Refinancing could possibly even pay off your mortgage sooner!

Give us a call to discuss your options.

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Tips to improve Wi-Fi around the house

Linda Vogel
Record Staff

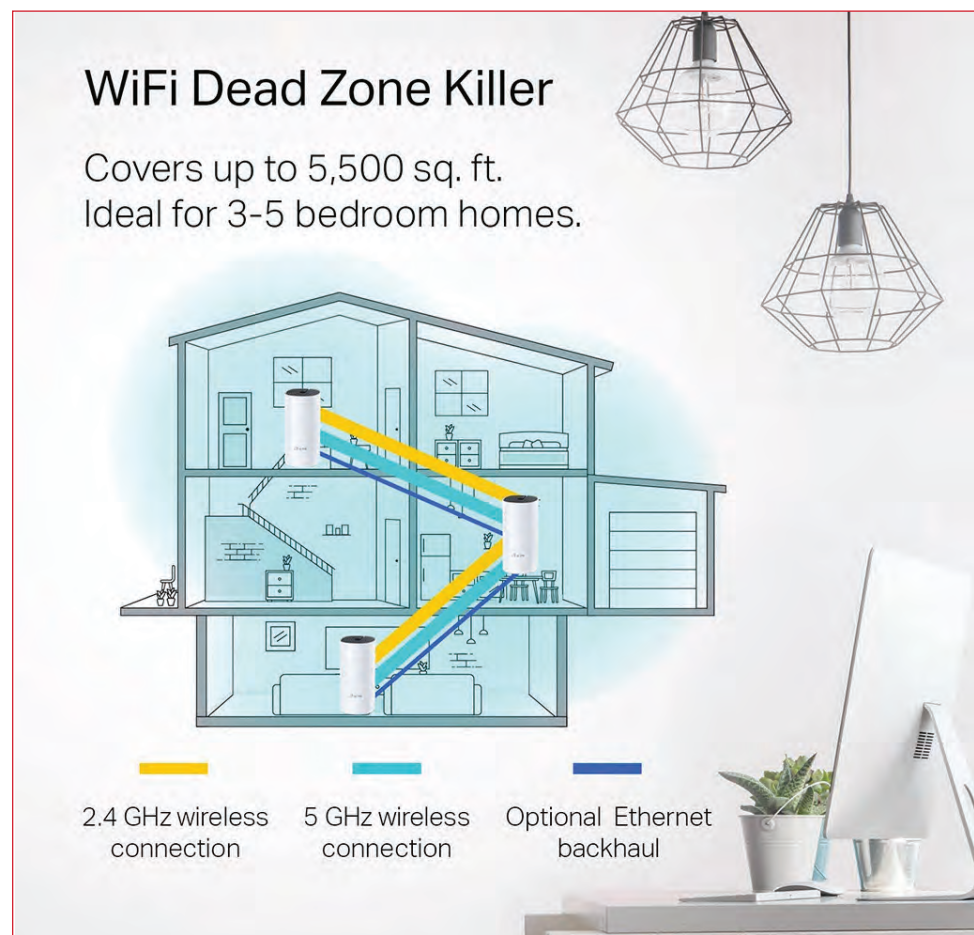
Rural internet has been a challenge. Living in the rural community has its advantages but without a doubt one of the most challenging issues is internet.

As more people are working from home, students are learning online, and we gain so much knowledge through the internet. Reliable internet is something people have quickly grown to demand. That's no doubt why dropped Wi-Fi signals can be so frustrating.

Various things can contribute to slow or interrupted Wi-Fi. As a result, there's no one-size-fits-all solution to address underperforming Wi-Fi. But that's good news, as it means there's an assortment of strategies that consumers can try to improve the Wi-Fi in their homes.

Upgrade your router. Many people rent their routers from their internet service providers, but it may surprise some to learn that they can buy their own. Buying your own router can be beneficial in various ways, not the least of which is it can save money. Router rental fees vary, but they typically cost between \$10 and \$15 per month. Consumers will save money in the long run by buying their own router rather than renting one from their ISP. When buying their own routers, consumers also can pick from a host of options, including routers with strong performance ratings that may contribute to better Wi-Fi performance.

Set up automatic firmware updates. It's easy to forget a router after it's been plugged in, and internet service starts working. However, manufacturers routinely issue firmware updates to improve router performance. Turning on automatic updates may improve Wi-Fi performance, and such updates also can provide a host of additional



There's an assortment of strategies that consumers can try to improve the Wi-Fi in their homes.

benefits, including added security measures.

Relocate the router. PCMag.com notes that the location of the router can affect Wi-Fi performance. If possible, locate the router in the center of the home so it can easily reach all parts of the house. Locating wireless routers away from walls and other

obstructions also may improve performance.

Switch frequencies. Switching frequencies can help wireless consumers whose service might be adversely affected by congestion. Consumer Reports notes that wireless congestion can affect Wi-Fi performance in apartment buildings and densely populated



TP-Link Deco Courtesy Photo

neighborhoods. In such instances, consumers can check their routers to see if they're running on the 2.4 GHz frequency band. If so, switching them to the 5 GHz band, which has more channels and is likely to be less congested, may improve Wi-Fi performance.

Slow and/or interrupted Wi-Fi signals can be very frustrating. Thankfully, various strategies can help consumers quickly remedy such issues.

Experiencing dropped internet can be frustrating. If you have a larger home with at least 3,000 square feet or two stories or interior brick walls you probably have experienced Wi-Fi dead zones. With the Mesh Wi-Fi system you can roam throughout your home seamlessly. A mesh network is a group of internet hubs working together to minimize dead zones. Most are easy to setup and allows you to move from room to room or be farther away from your modem/router. This can also increase your transmission speeds as the distance between your router is decreased. The mesh router may be the best thing to happen to home wi-fi.



4

Autumn tips

to enhance your curbside appeal



1 Power up

It's the perfect time to professionally pressure wash the outside of your home to rid it of dirt, fallen leaves, cobwebs and more. If you encounter paint that peels in the process, apply a fresh coat for a clean, new look.

3 Make an entrance

Give your front door a fresh coat of paint, and polish or replace the hardware. Take a look at your light fixtures, and replace anything that's dated, weathered or worn with one of today's beautiful new designs. Then add an attractive welcome mat and shiny new door knocker or seasonal wreath.

2 Bring in fall colours

Plant fall flowers and foliage that complement your shutters and front door - not just in your flowerbeds, but in pots as well. Choose pots of varying heights and sizes for contrast and interest, and place them in groups of three on your porch.

4 Add outdoor lights

As the days get shorter, it becomes increasingly important to provide potential homebuyers with a safe path to your front door. Use decorative lights to illuminate walkways, and install floodlights or lanterns to brighten up entrance areas.

Looking for more tips to add value to your property?

Call us for a no-obligation chat about your needs!

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