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**Briefly**

**Remembrance Day services**

SDG & PRESCOTT RUSSELL – Have a look inside for times and locations for local Remembrance Day services.

Please take time to remember. By remembering, we pay tribute to those who served to defend our values and freedoms. We also honour those who continue to serve our country today. Visit [www.legion.ca](http://www.legion.ca) for more informations.

**Christmas Craft Show**

CRYSLER – There will be roughly 70 vendors at this weekend's Chrysler Christmas Craft Show at the Chrysler Community Centre (16 Third Street). The show will run from 10 a.m. to 4 p.m. on Nov. 5. Admission requires donation of a non-perishable food item.

**Adventures in beekeeping**

MORRISBURG – The SDG Library's Morrisburg Branch is hosting a one-hour presentation beginning at 7 p.m. on Nov. 8 about taking up beekeeping as a hobby. For more information, contact branch via phone (613-543-3384) or email ([morrisburg@sdglibrary.ca](mailto:morrisburg@sdglibrary.ca)).

**Christmas in South Mountain**

SOUTH MOUNTAIN – A Christmas Crafts and Vendor Show, that will include crafters, artisans, bakers, artists, jewellers, and more, is set for Nov. 20 from 9:30 a.m. to 3 p.m. at 2967 Lough Road in South Mountain. Admission requires donations of a non-perishable food item for the North Dundas Christmas Fund.

# THE RECORD

SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES




November 6, 2022

PM40050631R8905 Volume 129, Number 17 Chesterville, Ontario Thursday, November 3, 2022 Single Copy \$1.00 (HST included)



**South Stormont 50+ Community Club samples witches' brew**

There was a lot of fun to be had when the 50+ Community Club in South Stormont held their Halloween Witches' Tea on Sat., Oct. 29. The camera caught a group of witches taking a break from their work to enjoy a cuppa tea in real china teacups, enjoy a tarot card reading or perhaps an octopus shaped hot dog.

Thompson Goddard Photo

**Naomi's House and staff in contract dispute**

Joseph Morin  
Record Staff

WINCHESTER – Staff at the Naomi Family Resource Centre, (NFRC) are not going to be locked out of their jobs, according to NFRC's interim executive director Renee Moores.

Rumors that staff at the Naomi's Family Resource Centre in Winchester are facing a planned lockout by their employer, which brought out staff members and their supporters to Winchester on Tues., Nov. 1.

Staff at Naomi's Family Resource Centre have been in negotiations with their employer since January 2021.

Moores stated in an email, "The NFRC is open for business as usual. The employer has no plans to lockout. Any rumour of a lockout is untrue."

The staff represented by Ontario Public Service Employees Union OPSEU/SEFPO local 434 were parked

Continued on page 3

**Historical Society of South Dundas has 'challenging but successful' year**

Sandy Casselman  
Record Staff

IROQUOIS – "It was a really positive meeting," Historical Society of South Dundas (HSSD) member-at-large Wendy Graham said. "We're optimistic and hopeful. We were successful in getting a good turnout at the meeting. We're looking forward to another year promoting history and heritage in South Dundas."

A charitable non-profit community organization, the HSSD held its annual general meeting (AGM) on Oct. 26 at the Civic Centre in Iroquois. Graham said it was a productive evening spent reviewing events from the past year, electing new board members, and discussing ongoing

projects, as well as new projects for 2023.

"The mission of the HSSD is to preserve and promote the history and the heritage of all of South Dundas," the AGM report states. The report covers the period from Sept. 8, 2021, to Oct. 26, 2022. "We believe that connecting with the past expands knowledge, raises awareness, and builds a sense of community. The historical society was established in 2014 and is an affiliate of the Ontario Historical Society."

Currently, the HSSD has more than 30 members, but Graham said they're in need of additional society members, as well as volunteers, donors, and sponsors to help with the group's projects and events.

Continued on page 2



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## Historical Society of South Dundas

### Continued from the front

To become a member of HSSD, contact treasurer Pierrette Racine via email (hssdtreasurer@gmail.com). The cost of membership is \$15 per year or \$75 for a lifetime membership. Anyone, regardless of location, can join the HSSD's membership, where they will have opportunities to share ideas and opinions about heritage in history, in the community. "Individuals who care about heritage and have specific knowledge in finance, construction, administration, or communication are ideal candidates," the report stated.

In 2022, the HSSD faced several challenges, including the loss of a few key members on the executive. However, Graham said the group is focused and ready to move forward. The HSSD's new board includes John Bridge (president), Shawn Walker (vice president), Racine, Christina O'Duffy (secretary), and Graham. Bridge, O'Duffy, and Walker are the newest members to join the board.

"Challenges over the last year were largely related to changes on the board of directors and a shortage of volunteers to assist in the day-to-day management of the organization," the report stated. "These realities resulted in less time being spent on HSSD visibility, which is essential for a community organization such as HSSD."

There are three top priorities listed for HSSD in 2023, beginning with the Forward House project. Having completed year one of a five-year plan to renovate the building and create a multi-purpose community hub, the society is set to focus on the following tasks: remediation work phase one, engineer's structural assessment report and recommendations, inventory plans required for design

## Stuff a Cruiser coming to Dundas County Nov. 12

Sandy Casselman  
Record Staff

MORRISBURG – "The SDG (Stormont, Dundas, and Glengarry) Auxiliary Unit is excited to be part of another generous day in the communities of SDG as they pull together to help people in need," a recent release from the local Ontario Provincial Police (OPP) detachment said.

On Sat., Nov. 12, the U13 Morrisburg Rep hockey team will join members of the SDG OPP Auxiliary Unit as they hold their annual Stuff the Cruiser Food Drive. All proceeds are earmarked

for Community Food Share. The local food bank services both Dundas and Stormont Counties.

The food drive will be held in three locations across Dundas County from 9 a.m. to 2 p.m. on Nov. 12. There will be a Stuff the Cruiser Food Drive at Winchester Foodland, Laura's Valu-mart in Morrisburg, and Mike Dean's Super Food Store in Chesterville.

"From all the members of the OPP Auxiliary Unit and the OPP, we thank everyone in advance as the food drive is sure to be a great success," the statement said.

## Health Unit launches survey to understand mental health

Sandy Casselman  
Record Staff

CORNWALL – "The EOHU (Eastern Ontario Health Unit) is committed to supporting not only our community's physical health, but also its mental health, especially after the additional stresses of the past few years," Dr. Paul Roumeliotis, EOHU's medical officer of health, said.

The EOHU is conducting a survey during the months of October and November using telephone, email, and in-person. The survey is expected to help the health unit understand the state of the population's mental health, which will help them assess the EOHU's current and future programs and services.

Beginning in November, residents in the EOHU may receive a telephone call from the research firm partnering with the health unit for the survey. EOHU staff are expected to be at various locations throughout the region to collect in-person survey responses.

"This survey will tell us how our community is doing and pinpoint the areas they may need more support in," Roumeliotis said. "From there, we can plan and provide the most effective programs possible."

The survey covers the following topics: satisfaction with current mental health care access and offerings, stress levels, coping and management, mental illness, and general satisfaction with life. All surveys are anonymous with no personal information requested or required.

The EOHU will update its health indicators and mental health report with data collected from the survey. That information is to be shared with the health unit's community partners to assist with programming. To learn more about the EOHU, visit their website (eohu.ca) or follow them on Facebook.

development and cost assessment, project estimates from local contractors, grant applications, and a variety of fundraising activities to assist in financing the project.

"Fundraising activities were many and varied this year, and HSSD is proud to have raised \$18,804.36 towards the Forward House renewal and other HSSD activities," the report stated. "Operational expenditures of \$7,475.84 included advertising, insurances, designated substance reports, mold remediation, bank fees, supplies, etcetera. HSSD total balance stands at \$17,668.48 today."

The two remaining priorities for HSSD in the coming year include a sponsorship and community partners initiative, as well as a website and communications' plan. Currently, the HSSD can be found on Facebook and Instagram (@ Historical Society of South Dundas). The group's website (historicalsocietyofsouthdundas.ca) is currently a work in progress, but its completion is one of HSSD's goals for 2023.

The AGM report noted that 2021-2022 had been both a successful and a challenging year for the HSSD. Successes included obtaining charitable status, which means the HSSD can now provide tax receipts for donations. The

Forward House project was established, and work begun on the five-year renewal plan for the roughly 200-year-old building. In addition to the work completed on the Forward House, the HSSD held several fundraising events, participated in several history-inspired events, and worked toward creating community awareness and support.

"In the report, we outline a vision of what the Forward House could become for the community and that's ultimately a venue inspired by history but it's a venue for small groups to meet and do all kinds of different activities," Graham said. "So, it's not just a place for history, although that will be a part of it, but it can also be a place for small groups to meet, chair yoga, teen hangout, children's education classes, lectures, art shows, and things like that in a very accessible space that's open to intergenerational use, across the board for years to come."

The HSSD membership meets roughly six times a year, while the executive meet more often. To learn more about the HSSD, visit the group's Facebook page and follow along as they provide updates on current activities and future events. For membership information, contact Racine via email (hssdtreasurer@gmail.com).

## AVIS DE LA COMMISSION DE L'ÉNERGIE DE L'ONTARIO

### Enbridge Gas Inc. a déposé une requête en vue de renouveler son contrat de concession avec le canton de North Dundas.

#### Renseignez-vous. Donnez votre avis.

Enbridge Gas Inc. a déposé une requête auprès de la Commission de l'énergie de l'Ontario en vue d'obtenir :

1. Un arrêté approuvant le renouvellement d'un accord de franchise de gaz naturel avec le canton de North Dundas qui accorderait à Enbridge Gas Inc. le droit de construire, d'exploiter et d'ajouter au système de distribution de gaz naturel et de distribuer, stocker et transporter du gaz naturel dans le canton de North Dundas pour une période de 20 ans.
2. Un arrêté ordonnant et déclarant que l'assentiment des électeurs municipaux de le canton de North Dundas n'est pas nécessaire en ce qui a trait au règlement administratif approuvant l'accord de franchise de gaz naturel.

#### LA COMMISSION DE L'ÉNERGIE DE L'ONTARIO TIENDRA UNE AUDIENCE PUBLIQUE

La Commission de l'énergie de l'Ontario (CEO) tiendra une audience publique afin d'étudier la requête de Enbridge Gas. À l'issue de cette audience, la CEO prendra une décision quant à l'approbation des requêtes déposées par Enbridge Gas.

La CEO est une agence publique indépendante et impartiale. Les décisions que nous prenons visent à servir au mieux l'intérêt public. Notre objectif est d'encourager le développement d'un secteur de l'énergie efficace et financièrement viable, afin d'offrir des services énergétiques fiables à un prix raisonnable.

#### CERTIFICATS DE COMMODITÉ ET DE NÉCESSITÉ PUBLIQUES

Toute personne souhaitant effectuer des travaux dans le but de distribuer du gaz naturel en Ontario doit se conformer aux exigences de la *Loi sur les concessions municipales* (la Loi). Selon cette loi, toute personne qui prévoit d'effectuer des travaux dans le but de fournir du gaz naturel dans une municipalité doit d'abord obtenir l'approbation de la CEO, sous forme d'un certificat de commodité et de nécessité publiques (certificat). Lorsque la CEO a délivré un certificat pour une zone dans laquelle il n'y a actuellement aucun service de distribution de gaz naturel, une autre personne peut demander un certificat pour construire des ouvrages afin d'approvisionner cette zone.

#### RENSEIGNEZ-VOUS ET DONNEZ VOTRE AVIS

Vous avez le droit d'être informé au sujet de cette requête et de participer au processus.

- Vous pouvez examiner la requête déposée par Enbridge Gas sur le site Web de la CEO dès maintenant.
- Vous pouvez déposer une lettre de commentaires qui sera prise en compte au cours de l'audience.
- Vous pouvez participer activement au processus (à titre d'intervenant). Inscrivez-vous avant le **14 novembre 2022**, faute de quoi l'audience aura lieu sans votre participation et vous ne recevrez plus d'avis dans le cadre de la présente affaire.
- Vous pourrez consulter la décision rendue par la CEO à l'issue de la procédure ainsi que les motifs de sa décision sur notre site Web.

La CEO n'a pas l'intention de prévoir une allocation des frais pour cette audience.

#### EN SAVOIR PLUS

Notre numéro de dossier pour cette requête est **EB-2022-0263**. Pour obtenir de plus amples renseignements sur cette audience, sur les démarches à suivre pour déposer une lettre avec vos commentaires ou pour participer en tant qu'intervenant, ou encore pour consulter tout document relatif à ce dossier, veuillez entrer le numéro de référence **EB-2022-0263** sur le site Web de la CEO : [www.oeb.ca/participez](http://www.oeb.ca/participez). Pour toute question, vous pouvez également communiquer avec notre centre d'information du public au 1 877 632-2727.

#### AUDIENCES ORALES OU AUDIENCES ÉCRITES

Il existe deux types d'audiences à la CEO : les audiences orales et les audiences écrites. La CEO souhaite traiter cette requête par voie d'audience écrite. Si vous pensez qu'une audience orale est nécessaire, vous pouvez faire part de vos arguments par écrit à la CEO au plus tard le **14 novembre 2022**.

#### PROTECTION DES RENSEIGNEMENTS PERSONNELS

Si vous écrivez une lettre de commentaires, votre nom et le contenu de cette lettre seront ajoutés au dossier public et au site Web de la CEO. Toutefois, votre numéro de téléphone personnel, votre adresse personnelle et votre adresse électronique seront supprimés. Si vous représentez une entreprise, tous les renseignements de l'entreprise demeureront accessibles au public. Si vous participez à titre d'intervenant, tous vos renseignements seront rendus publics.

Cette audience sera tenue en vertu des articles 9(3) et 9(4) de la *Loi sur les concessions municipales*, L.R.O. 1990, chap. M55



Ontario  
Energy  
Board | Commission  
de l'énergie  
de l'Ontario



## Naomi's House

Continued from the front

across from the Winchester Library and across from the Winchester Public School on Tues., Nov. 1, handing out leaflets and explaining to anyone who was interested what their concerns were about a potential lock out. The support they have been receiving from the Winchester community has been wonderful according to Brittney Laviolette a staff member from Naomi's House.

She explained, "We have been bargaining with Renee Moores, the executive director of Naomi House. We are at an impasse. What we are at an impasse over, is her trying to

force us to a 16-hour workday."

She said the staff was not happy about the idea and wanted to preserve a healthy work-life balance.

"We are not asking for wages."

Laviolette speculated that the reason for the 16-hour day request, was to ensure that Naomi's House is appropriately staffed.

"Naomi's is staffed 24/7 and we are never without a staff member," she said.

"She actually has not given us a logical reason as to why."

Laviolette explained that staff need to be able to recharge in order to help the women that need them when they come to Naomi's House.

Alex Lane, a representative of OPSEU was



Naomi's Family Resource Centre staff and supporters were out in Winchester Tuesday afternoon explaining their labour situation to Winchester residents. They have been receiving a positive response from the community.

Morin Photo

supporting the Winchester group as they talked to people on the street.

He said that the executive director chose to make the decision that inevitably signals a lockout is inevitable.

Lane is referring to something called a "No Board" report. Such a report is a notice to staff that the government will not be stepping in to appoint a conciliation board to settle a collective bargaining dispute.

The notice may set the time and date when a legal strike or lockout can take place.

He said the executive director filed a "No Board" report.

"Renee Moore pulled that

trigger, so she intends to lock us out," he said.

"The staff do valuable work and are just asking for respect," said Lane.

We have been going door to door here in Winchester and the response has been overwhelmingly positive."

Lane said the bargaining team with OPSEU has been willing to meet with the executive director, but has not been successful in securing any negotiation dates.

Laviolette added that after a year of good faith bargaining, the staff feel they have just been pushed aside.

"We are just asking for respect," said Lane. "We are asking her to come to the table and get this done."

He said the bargaining team is willing to meet right up to any deadline.

Naomi's House currently has 13 staff working in Winchester.

## CUPE Ontario promises to fight province's 'bully tactics'

Sandy Casselman

Record Staff

TORONTO – The Canadian Union of Public Employees (CUPE) Ontario recently released a statement announcing that education workers will not take the provincial government's "bully tactics."

In an Oct. 31 statement, CUPE Ontario noted that Ontario Education Minister Stephen Lecce's "final offer" to education workers included a wage increase of 2.5 per cent for employees earning less than \$25.95 per hour, and 1.5 per cent for those earning more. The offer also included what the union called inadequate protections against job cuts, no prep time for education workers who work directly with students, a cut to the sick leave and short-term disability plan, and more.

"Lecce wants to convince kids and parents and education workers that he has, in his words, no other choice but to introduce this legislation but that's simply not true," CUPE Ontario president Fred Hahn said.

The provincial government released a statement on Oct. 31 announcing the introduction of the Keeping Students in Class Act. If passed, the province said it would "ensure students remain in the classroom where they belong by establishing a fair and fiscally-responsible four-year collective agreement with CUPE education workers across the province."

"[Lecce] has a choice to offer an adequate salary increase that compensates for over a decade of wage cuts. He has a choice to invest in education to ensure adequate staffing levels from the classrooms to the libraries," Hahn said. "And he has a choice to continue negotiations without having the threat of ramming through a contract full of concessions and wage cuts over the heads of frontline workers."

A national CUPE statement noted that CUPE national president Mark Hancock is now in Toronto, where he is showing his support for CUPE's 55,000 education workers in Ontario. Workers are ready to strike on Nov. 4, after the Conservative government tabled legislation that imposes a new contract and overrides the Charter-protected right to strike by invoking the Notwithstanding Clause.

"This is an appalling display of contempt for workers' rights, for the collective bargaining process, and for the workers who look after our kids and keep our schools running," Hancock said. "Going full nuclear and threatening the lowest-paid education workers in the province with fines and the Notwithstanding Clause is just disgraceful, even for this premier and this education minister."

CUPE National said education workers have seen their Charter rights trampled on and their wages decline in real terms by roughly 10.7 per cent since 2012. Hancock told Ontario's education workers that they're not alone, and that CUPE National's 715,000 members are standing with them. He also had a message for Premier Doug Ford's provincial government, calling them to negotiate, rather than legislate.

"Lecce calls this offer a generous one. A half per cent wage increase to an already-insulting offer isn't generous," Hahn said. "An additional 200 bucks in the pockets of workers earning 39K isn't generous. It wouldn't even be generous to accept our proposal – it would be necessary, reasonable, and affordable. It's simply what's needed in our schools."

Both the national and provincial divisions of CUPE have stated that they are not going to let threats and intimidation tactics stop them from fighting for their members. CUPE representatives are calling for Lecce and the provincial government to continue the collective bargaining process, as it's the best way to ensure long-term stability and labour peace.

"There's still time to get a deal done. Instead of bullying the lowest-paid education workers in the province, Doug Ford should be negotiating a fair offer so they no longer have to work second jobs and rely on food banks to make ends meet," CUPE National Secretary-Treasurer Candace Rennick said.

## ONTARIO ENERGY BOARD NOTICE

### Enbridge Gas Inc. has applied to renew its natural gas franchise agreement with the Township of North Dundas.

Learn more. Have your say.

Enbridge Gas Inc. has applied to the Ontario Energy Board for:

1. An order approving the renewal of a natural gas franchise agreement with the Township of North Dundas which would grant to Enbridge Gas Inc. the right to construct, operate and add to the natural gas distribution system and to distribute, store and transmit natural gas within the Township of North Dundas for a period of 20 years.
2. An order directing and declaring that the assent of the municipal electors of the Township of North Dundas is not required in relation to the by-law approving the natural gas franchise agreement.

THE ONTARIO ENERGY BOARD WILL HOLD A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider Enbridge Gas's application. At the end of this hearing, the OEB will decide whether to grant Enbridge Gas's requests.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

CERTIFICATES OF PUBLIC CONVENIENCE AND NECESSITY

In order to construct any works to distribute natural gas in Ontario, a person must comply with the requirements of the *Municipal Franchises Act (Act)*. This Act requires that a person that intends to construct any works to supply natural gas within a municipality must first receive approval from the OEB, in the form of a certificate of public convenience and necessity (certificate). Where the OEB has issued a certificate for an area within which there is currently no natural gas distribution service, another person can apply for a certificate to construct works to supply that area.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process.

- You can review the application filed by Enbridge Gas on the OEB's website now
- You can file a letter with your comments, which will be considered during the hearing
- You can become an active participant (called an intervenor). Apply by **November 14, 2022** or the hearing will go ahead without you and you will not receive any further notice of the proceeding
- At the end of the process, you can review the OEB's decision and its reasons on our website

The OEB does not intend to provide for an award of costs for this hearing.

LEARN MORE

Our file number for this application is **EB-2022-0263**. To learn more about this hearing, find instructions on how to file a letter with your comments or become an intervenor, or to access any document related to this case, please enter the file number **EB-2022-0263** on the OEB website: [www.oeb.ca/participate](http://www.oeb.ca/participate). You can also phone our Public Information Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings—oral and written. The OEB intends to proceed with this application by way of a written hearing. If you think an oral hearing is needed, you can write to the OEB to explain why by **November 14, 2022**.

PRIVACY

If you write a letter of comment, your name and the content of your letter will be put on the public record and the OEB website. However, your personal telephone number, home address and e-mail address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This hearing will be held under section 9(3) and 9(4) of the *Municipal Franchises Act, R.S.O. 1990, c. M.55*.



Ontario  
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# EDITORIAL & Opinion

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## NDDHS Report

By Kate Link-Horvath  
Student Council Communications



### Halloween

Halloween activities put on by the student council made for an enjoyable week for all. A break from the usual busy days, students were able to participate in many different school run events, all of which set the mood for the perfect end to the month.

On the 27th of October, the student council was able to put on our first pumpkin carving competition! With over 40 teams signed up, with 4-5 students per team, the cafeteria was filled with driven students all eager to win. Teams were provided with a medium sized pumpkin, an idea sheet, as well as carving tools. They were given about 50 minutes to pull off their creations, and once their time was up, multiple student council members, as well as vice principal Mr. Blois walked around judging the creations. One 7/8 team winner was announced, and then the top three high school winners were determined. Each of the winning team members received a candy prize.

Later that evening, this year's first dance was held. Almost a quarter of the school's population attended, in costume. The spooky lights were set up, and the decorations lining the entryways made for the perfect backdrop for the night. We even put the freshly carved jack-o-lanterns to use, using them throughout the gym and halls as décor. With all of the ticket sales, as well as money made from the canteen run by the council, we will be able to host more exciting events like this in the future.

Monday, Halloween Day, students were able to dress in costume if they wished, to earn grade points. This spirit day had lots of participants, and it was wonderful to see all of the different creative costumes that students came up with. Keep up the school spirit, ND students!

### When all the stars line up

The universe is a very big place. And because it is so vast, one would imagine that the odds of certain things happening would be incredibly long. Probably longer odds than your LOTTO 6/49.

But sometimes you can beat the odds and often when it happens, it is a cosmic accident.

I had one such experience just the other day.

The backgrounder to this story begins many years ago when I bought a dining room table and chair set from The Brick. Naturally it was made in China hence the incredibly low price. The table and chairs, two with arms for sitting royally at either end of the table are held together with screws.

From time to time the screws work themselves loose and have to be tightened. To get at the screws you need an Allen key wrench.

Because the Allen key is always wandering off mysteriously, migrating to different parts of my kingdom, I have had the foresight to buy several sets of Allen keys to ensure that when I need one to tighten up the chairs, I have one. To date, I have never again been without an Allen key.

The screws in the arms and legs of the chairs fit into threaded inserts, and over time they begin to wiggle in the holes they live in and eventually they just fall out and the arms of the chair fall apart. I am sure there is some production manager over in China who has a computer that accurately tells him when my table and chair screw inserts are about to fail.

Being of Scottish decent along with a few other genetic lines (no doubt from some amazing warrior tribe), I was determined to fix the chairs.

I decided to take the offending chair arms and supports off the chairs completely creating new chairs that did not have to be tightened up on a regular basis, and in a way, making my aging dining room set almost new again.

I work from home these days and have become a master at multi-tasking, so when my cell phone started to blast away at me, I made a split-second decision to answer the phone with one hand and to continue to take all the screws out of the chair with the other. You see, using an Allen key meant all I had to do was insert the key, which anyone can do with just one hand, and bit by bit unscrew the screws. My cat, always quick to volunteer to become a spectator whenever I am working around the house, positioned himself by the chair in order to get a good look at all the action.

As I mentioned earlier, the universe is vast and the odds of something going wrong were so tiny that you would need a really good microscope to see it.

With one hand holding the phone up to my ear and the other turning the Allen key, the stage was set for one of those cosmic occurrences. The Allen key somehow flew out of my hand. The phone stayed glued to my ear. The key went flying, and out of the corner of my eye I saw the cat launch himself into play mode. I saw in an instant that the arc of the Allen key fly dangerously close to the air return vent for the furnace in the floor by the chair. I lunged for the key, the cat zeroed in on the tool and the phone became an afterthought. The Allen key bounced off the back of my hand and just missed the head of the cat who was by now in the middle of a

graceful return to earth, and as fate would have it, the Allen key managed to continue its trajectory right into the heating vent.

The odds of all this happening are not astronomical. The vent is small, the Allen key is small, the room is large and the universe is vast. But there you have it.

To get the key out of the vent meant I would have to lay down on the floor, never a good look, reach down into the pipe and feel around hoping that all the resident spiders were at lunch while I retrieve the Allen key.

I managed to find it after touching just about every piece of dust debris from the house that has been there for a 100 years. I found the key, and trapped it between my fingers and carefully brought it out of the pipe. The cat had a perfect view and seemed a little too interested in what else could be down in the pipe, so at the risk of dropping the key, I had to fight him off as he decided this was the perfect time to go exploring.

For my final act of courage, I had to find a way to get back up. The phone had been returned to my pocket, but I was still lying alongside the air vent with a cat by my side not interested in helping me at all.

As everyone at a certain age must know, getting up from the floor can be a terrifying experience. I rolled around until I could get enough leverage to get to my knees, then with a mighty heave up on my feet, while victoriously clutching the Allen key.

What were the odds something like this could happen, perhaps it's time to buy a lottery ticket.

Joseph Morin

## Different perspectives bring different solutions

I woke up this morning to the realization that it was the end of October and I find myself having no clear idea where the first ten months of the year went. I didn't seem to accomplish a lot, although I recall most days being busy, and I didn't seem to go very far, at least not in the sense of creating life-altering experiences, but there's a lot more mileage on the car. I did add a third grandchild, and had both sons and their families move closer to home, which is very nice, but as I look

back, I find myself wondering "How did I get here?"

"Here," to be specific, is standing at the front of my garage and wondering whether I can safely put the lawn tractor away and replace it with the snowblower. A couple weeks ago, with snow in the forecast, it would have been an easy decision, but now, with the unusually warm weather we have been having, I can almost hear the grass screaming "One more time!"

Don't get me wrong, I enjoy cutting the grass, even though it usually takes me about six hours to complete the task. I tell people that I enjoy it because it is the only thing I do that gives me the time I need to think about all the other things I do. Aside from trying to avoid running into a tree, or into the ditch, it doesn't involve a lot of conscious thought. Cut the first row straight and then just follow the tire tracks. Go around enough times and no problem is unsolvable.

Ponder that for a moment: completing a mundane task and at the same time having enough uninterrupted time to dream, to think, to consider, to wonder and to contemplate. No meetings,

no committees, no focus groups, no thinktanks, just time to think.

I wonder how much more productive some of our leaders would be if they were required to complete some activity like this, or at least seek the unfiltered input of those who do, while at the same time considering the hard choices that we have given them the authority and responsibility to make? I'm not suggesting putting them all on lawn tractors so they would have time to think (although I'll admit I find the thought of that rather amusing). Some already do, and I'm sure they find that having knowledge that stretches beyond the theoretical or hypothetical allows them to find better solutions, and to

understand the consequences of those decisions on the people they represent.

Having the time to look at any problem from a different perspective will almost always guarantee the ability to develop different, more creative solutions. Maybe that's the secret: understand the problem before deciding on a solution.

So, as I stand here, I'm

thinking that if I cut the grass one more time, it will allow me to decide whether it's time to roll-out the snowblower. Maybe I'll also have time to think of a way to convince the cat that switching back to standard time next weekend doesn't mean that he gets to eat at 4:00 a.m. instead of 5:00 a.m.

I wish everything was so simple.

Terry Tinkess

**Etccetera Publications (Chesterville) Inc.**

**Publisher**  
Etccetera Publications Inc.

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editor@etceterapublications.ca

**Telephone:** (613) 448-2321  
**Fax:** (613) 448-3260

Published Thursdays by Etccetera Publications (Chesterville) Inc.

Single Copy \$1.00 HST Included.  
Annual Subscription \$35.00 within 40 miles;  
Outside 40 miles \$40.00; USA \$150.00.  
All Subscription Prices Include HST.

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# Child amputee inspired by Second World War Veteran

**Terry Tinkess**  
Record Staff

Isla McCallum, eight, is an energetic young girl with a big smile. Charlie Jefferson, 98, is a veteran of the Second World War. It is hard to imagine that the two have something in common, but they do: they are both amputees.

Jefferson served as a Lieutenant with the Queen's Own Rifles Regiment. He was injured by an anti-personnel mine explosion in the Rhine Valley, Germany in 1945. The injury resulted in the loss of his left leg below the knee.

When he returned home, Jefferson joined The War Amps, an organization started by First World War amputee veterans to help each other adapt to their new reality. Years later, these veterans established the Child Amputee (CHAMP) Program. CHAMP provides young amputees, like Isla, who was born a left arm amputee, with financial assistance for artificial limbs and peer support.

Isla and her family first heard about Jefferson through War Amps. With Remembrance Day coming up, they arranged to visit him at his Ottawa residence.

Isla looked forward to the visit and was interested in learning about the medals Jefferson earned for his service, and that he too was missing a limb. Isla described Jefferson as a role model who made her feel proud to be an amputee.

Isla's mom, Jamie, says it is important that her daughter understands the sacrifices that many Canadians made for our



Charlie Jefferson, a Second World War amputee veteran and Isla McCallum, a member of The War Amps Child Amputee (CHAMP) Program.

Photo Courtesy of WarAmps

freedom. "Mr. Jefferson and others risked their lives so that we could live in a better world."

The War Amps "Operation Legacy," program helps young amputees across the country like Isla pay tribute to the veteran members of the Association who laid the foundation for programs that continue to make a difference in the lives of amputees today.

"Because of their work, child amputees have the tools and resources they need to be active, independent, and confident," says Jamie.

It is also beneficial to veterans like Jefferson because they can take comfort in knowing that Isla and other "champs" will continue spreading the message of remembrance, even when he no longer can.

"[Veterans] passed this legacy to younger amputees," says Jamie,

"and now it's their turn to share these stories so that the sacrifices of veterans and all those who served are never forgotten. It's a wonderful legacy!"

## - Obituary -

### Blanche Daw



Peacefully at the Rosebridge Manor in Jasper on Tuesday, October 25, 2022. Blanche Daw (nee Casselman) of Cardinal at the age of 92. Dearly beloved wife of Gordon Daw. Loving mother of Jeff and his wife Donna of Merrickville. Cherished grandmother of Jordan and his wife Kimberly of Victoria BC. Predeceased by her sisters Helen Reid and Addie Henry and by her brothers Ellery, Gordon, Carl, and Lyle Casselman. Also survived by several nieces and nephews.

Friends were called to the Marsden McLaughlin Funeral Home in Cardinal on Saturday, October 29 at 10 a.m. until time of the service at the funeral home at 11 a.m. Donations to St. John's United Church 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. Interment at Mainsville Cemetery. Online condolences may be made at [www.marsdenmclaughlin.com](http://www.marsdenmclaughlin.com).

## OBITUARY

### Eric Dean McRae



Passed away suddenly on Thursday, October 27, 2022, Eric Dean McRae of Chesterville, age 70. Loving husband and best friend of Donna McRae (nee Lajoie) for 33 years. Loving father of Jaime Turcotte (Simon), D.J. McRae (Angela), Patricia DeMary, Ryan McRae (Julie),

Megan Fuerte (Ryan) and Mark McRae (Mallorie). Dear brother of Mary McRae, Donald Johnston (Floyd), Peggy Ouderkirk (late Clarence), Peter McRae (Cathy), Carolyn Moke (Randy), Judy Beaudette (Bill) and Steven McRae (Candice). Dear brother-in-law of Muriel McRae, Corrie McRae, John Byvels, Beverley Ferguson and Bob Lajoie. Poppa will be fondly remembered by his grandchildren Blaze, Maddie, Emmitt, Remy, Gracie, Makylnie, Lexie, Avaia, Mackenzie, Regan, Liam, Violet, Evan, Katia, Mear and his great-granddaughter Everly. He was predeceased by his parents Dewey and Keitha McRae (nee Ouderkirk), his sisters Audrey Byvels and Lois Moak (Walt), his brothers Clare, Dewey and Duncan McRae and his brother-in-law Barry Lajoie. He is also survived by many nieces, nephews, cousins and friends. A memorial service will be held at the Royal Canadian Legion in Chesterville on Sunday, November 6 at 2 p.m., followed by a reception. Donations to St. Andrews Presbyterian Church in Chesterville or the Ottawa Heart Institute would be gratefully acknowledged by the family. Online condolences may be made at [marsdenmclaughlin.com](http://marsdenmclaughlin.com). 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".



## - OBITUARY -

### SUZANNE VERA BEGG

Passed away suddenly at home on Monday, October 24, 2022, Suzanne Begg of Crysler, in her 64th year. Loving companion of André Thibault. Former wife of Paul Benoit. Loving mother of Matthew Benoit (Katelyn) of Russell, Jonathan Benoit (Megan) of Finch and Steven Benoit (Christine) of Calgary. Dear sister of David Begg (late Brenda) of Crysler and Greg Begg of Crysler. Suzanne will be fondly remembered by her grandchildren Hayden, Tanner and Rylie Benoit. Daughter-in-law of Gabrielle Benoit of Crysler. Sister-in-law of Lynne Lafleche (Dan) of Crysler, Marc Benoit (Trish) of Crysler. Aunt of Mark Begg (Emily), Lana Henderson (Brandon), Patrick Lafleche (Maria), Alex Lafleche (Claudia), Katrina Lavoie (Karl) Chloë Benoit (Joël) and David Benoit. She was predeceased by her parents Stuart and Bethel Begg (nee Nugent), her sister Debra Begg (John), her father-in-law Jean Benoit, her sister-in-law Brenda Begg and her brother-in-law Roger Benoit. She is also survived by aunts, uncles, great-nieces and great-nephews. Friends may call at the St. Luke's-Knox Presbyterian Church in Finch on Friday, November 4 from 9:30 a.m. until time of the memorial service at 11 a.m. A luncheon will follow upstairs at the Finch Arena. Donations to CHEO would be gratefully acknowledged by the family. Online condolences may be made at [marsdenmclaughlin.com](http://marsdenmclaughlin.com). 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".

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Contact: Tel: 613-346-1648 Email: [revlgaudet@gmail.com](mailto:revlgaudet@gmail.com)  
**November 6<sup>th</sup>, 2022**  
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*St. Andrew's, Chesterville and Morewood Presbyterian churches have reopened for in-person services.*

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*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](mailto:infostmarysrussell@rogers.com) Website: [www.stmarysrussell.ca](http://www.stmarysrussell.ca)  
**We're back to an in-person service of Holy Eucharist at 9 a.m., followed by a Zoom service of Morning Prayer at 10:30 a.m. Register for the live service or to get the Zoom link at 613-445-3226 or [infostmarysrussell@rogers.com](mailto:infostmarysrussell@rogers.com).**  
*St. Mary's Church is engaged in actively sharing God's unconditional grace and love.*

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613-774-2236 [www.stclaresanglican.ca](http://www.stclaresanglican.ca) 2530 Falcone Lane, Winchester  
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## PLUMBING

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# North Dundas Rockets cap banner presentation with a win

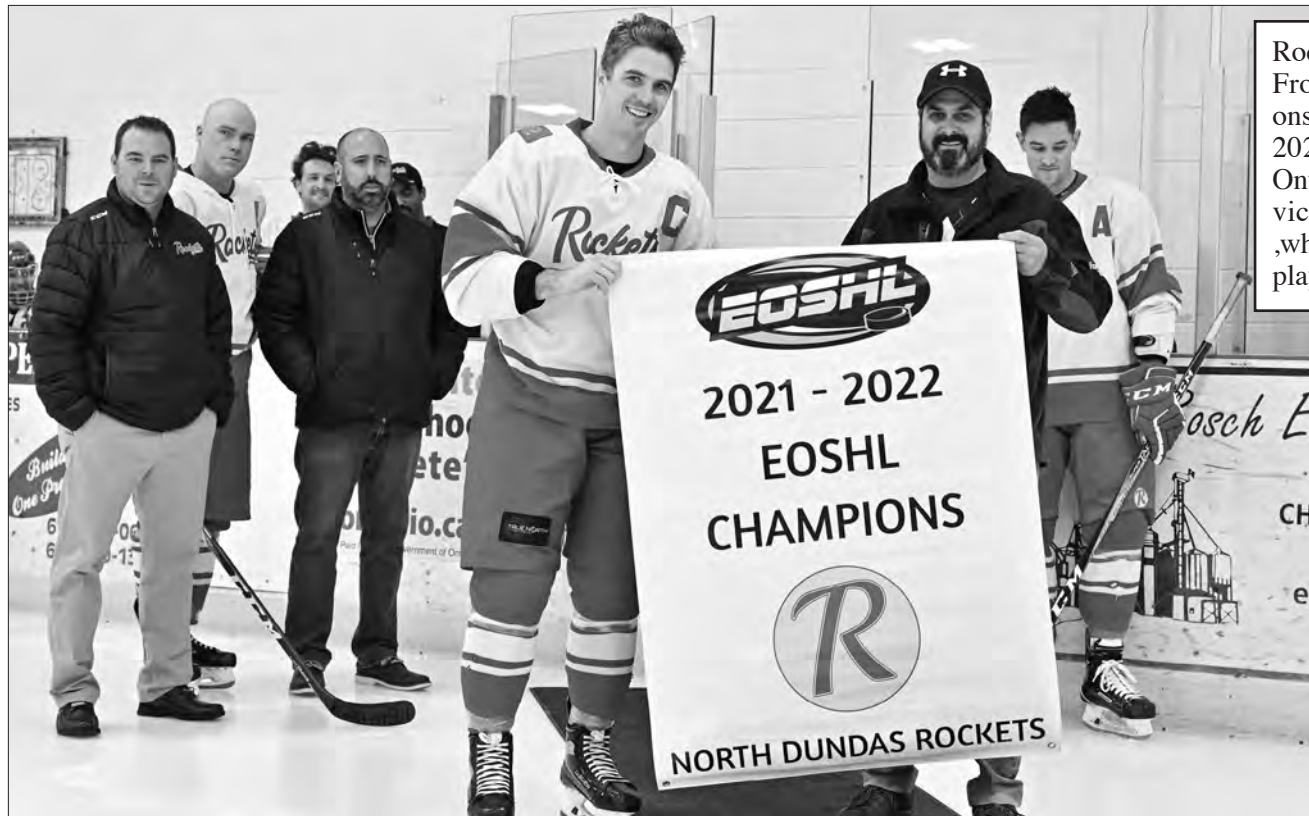
**Terry Tinkess**  
Record Staff

CHESTERVILLE – Just prior to the start of their game on Sat., Oct. 29, the North Dundas Rockets were presented with the 2021-2022 championship banner by Eastern Ontario Super Hockey League (EOSHL) vice president Troy Murray. Then, with the formalities out of the way, they proceeded to defeat the visiting Cornwall Prowlers 15-8, improving their season record to 6-0.

While he couldn't be happier with the team's performance, coach and general manager Rob Sadler gave credit to the community and the fans for allowing the team the opportunity to succeed.

"The community has been phenomenal," says Sadler. "The support we get allows us to run the team, and the fan support has been great too. The team turned out to be a much bigger deal than I thought it would be, which is awesome."

As the league continues to develop, rivalries are building. "That's what we were hoping for," says Sadler. "We want good clean hockey. One of the reasons we started this



Rockets' team captain Derek Froats accepts the championship banner for the 2021-2022 season from Eastern Ontario Super Hockey League vice president Troy Murray, while team management and players look on. Tinkess Photo

league is that we don't want a goon league where they fight and stuff. That's one of the reasons why we went this route.

"You'll see the odd fight, but for the most part we just want good, clean hockey and for the most part it seems to be working, and the other teams seem to be having success too. Cornwall's doing well, South Stormont is doing well, South Grenville is running a good program, there's lots of good



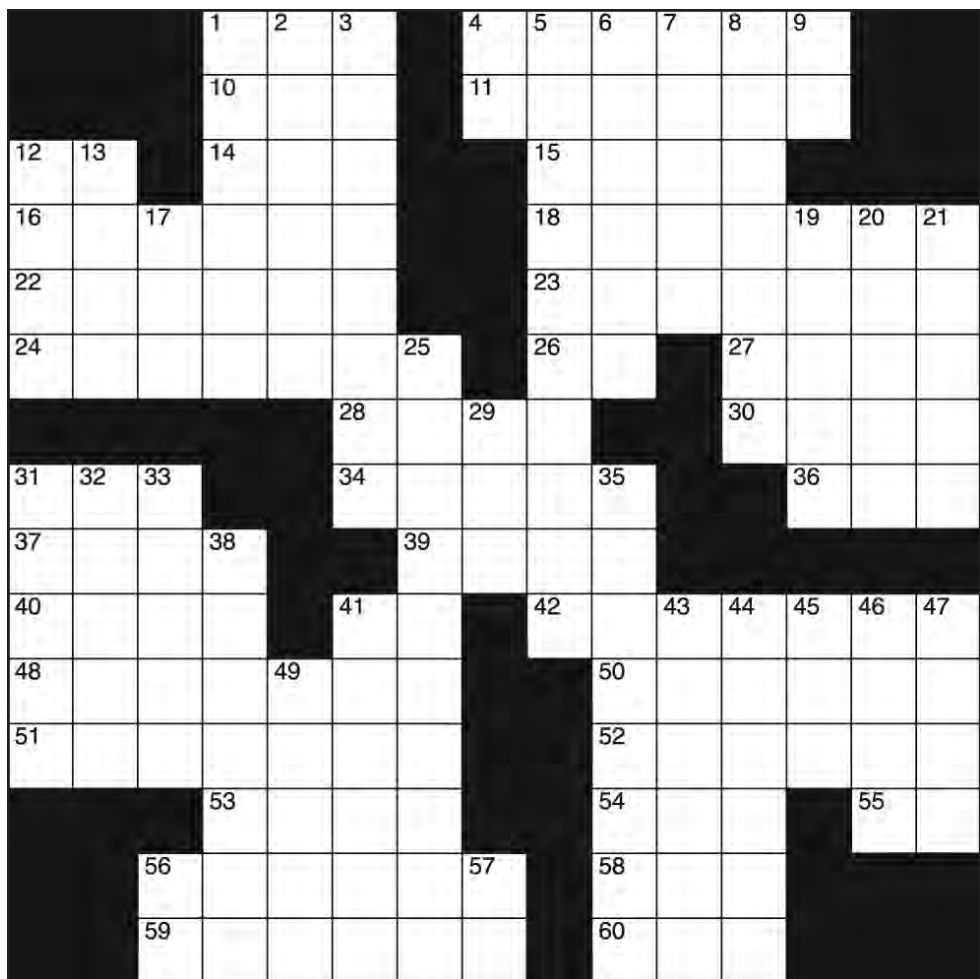
Cory van Delst (centre) was recognized for his ongoing support of the North Dundas Rockets by dropping the puck for the ceremonial face-off. (L-r) Derek Froats, North Dundas Rockets, Cory van Delst, Marc-Andre Labelle and Cornwall Predators. Tinkess Photo

programs."

As part of the pregame activities, the team recognized one of their most loyal fans, Cory van Delst, by allowing him to drop the puck for a ceremonial face-off.

"He's been coming to every game since we started the Rockets' program, starting with the junior team ten years ago," said Sadler. "He doesn't miss a game."

For more information on the North Dundas Rockets, including their schedule, you can visit their website at [www.ndrseniorhockeyclub.com](http://www.ndrseniorhockeyclub.com).



## CROSSWORD PUZZLE FOR THE WEEK OF NOVEMBER 3, 2022

### CLUES ACROSS

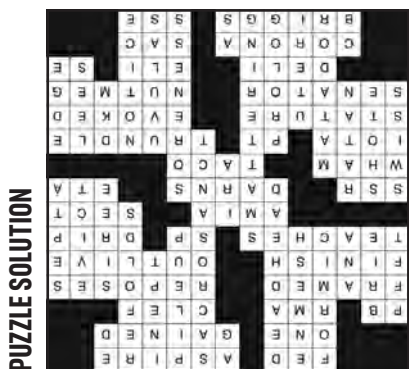
1. The central bank of the US
4. Direct one's ambitions
10. Only
11. "Nothing ventured, nothing \_"
12. Lead
14. Returned material authorization (abbr.)
15. Indicates the pitch of notes
16. Set up to blame
18. States of rest
22. Complete
23. Be around longer than
24. Instructs
26. Childless (abbr.)
27. Coffee machines do it
28. Bowfin
30. A group separate from established Church
31. Soviet Socialist Republic
34. Mends with a needle

36. When you hope to get there
37. Popular 80's pop duo
39. Beloved Mexican dish
40. Extremely small amount
41. Special therapy
42. Cause to move slowly
48. A person's natural height
50. Elicited
51. Legislator
52. Baking ingredient
53. Sandwich store
54. Peyton's little brother
55. Southeast
56. Popular Mexican beer
58. Baglike structure in a plant or animal
59. Car body manufacturer
60. Midway between south and southeast

### CLUES DOWN

1. Colorless volatile acid
2. A way to tangle
3. Jam rock band devotee
4. The nation's highest lawyer (abbr.)
5. Inviolable
6. Collision
7. Clumsy
8. Bends again
9. "Pollock" actor Harris
12. Flew off!
13. Soft creamy white cheese
17. Comedienne Gasteyer
19. Exclamation used for emphasis
20. Expel from one's property
21. Philly transit body
25. Small amount of something

29. Retirement account
31. Holey type of cheese
32. Young pig
33. Climbing palm
35. Discomfort
38. Bullfighter
41. High-level computer language
43. Fleshy extensions above the throat
44. Request
45. Equal to 10 meters (abbr.)
46. Bruce and Spike are two
47. Precipice
49. Wombs
56. A radio band
57. Emphasizes an amount



### THE BENEFITS OF CROSSWORD PUZZLES

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

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

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

PUZZLE SOLUTION

# 2022 FALL CAR CARE

## 5 car noises you should never ignore

Visual checks are an essential part of vehicle care and maintenance. However, you should also use your ears. Strange noises are clues about potential issues with your car. Here are five noises you shouldn't ignore.

**1. Squeaking or grinding.** If you hear a grinding or squeaking noise every time you stop, your car's brake pads, shoes or rotors may be worn out. If left unchecked, these issues can be hazardous.

**2. Hissing.** Your engine could be overheating if you hear a hissing sound coming from under the hood. This sound could also mean the exhaust system is plugged.

**3. Chirping.** A high-pitched chirping sound could indicate that you need to adjust or replace the engine's timing or serpentine belt.

**4. Rattling.** If your steering wheel is rattling or your tires are shaking, it's



time to act. It may mean you've lost a lug nut, or your power steering fluid is low.

**5. Rumbling.** A loud rumbling noise while accelerating is often a sign there's a hole in your muffler or exhaust system. This is dangerous

because toxic fumes can leak into the cabin.

See a professional automotive technician if you hear strange noises coming from your car. Failing to act quickly could result in more costly repairs down the road.

## How to prevent car doors and locks from freezing

If the temperature suddenly plunges, it can cause the doors and locks on your vehicle to freeze. Here are some tips to help prevent this from happening to your car.

### Doors

Are the rubber seals around your doors cracked and worn? If so, replace them. You should also apply a rubber seal protectant to keep the material pliable. In addition, it's best to avoid washing your vehicle in cold weather and always dry it well. In extreme cold, cover your car with a tarp or close the door on a garbage bag to separate it from the chassis.

### Locks

Grease your locks with a liquid lubricant or glycerin. Avoid using WD-40, however, as it can clog your locks. It's also a good idea to keep a bottle of de-icer in your purse or coat pocket.

To avoid getting locked out of your vehicle in winter, make sure to prepare it for ice, snow and freezing temperatures.

### De-icing doors and locks

If you need to de-ice a car door, you'll need to apply pressure to the door or use a scraper to remove the ice. Next, use warm water, a commercial de-icer, an alcohol-based windshield washer fluid or a very small amount of isopropyl alcohol on the seals.

To de-ice door locks, warm up your key and leave it in the lock for a few moments to melt the ice before turning it. You can also use a liquid lubricant or hairdryer.

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# 2022 FALL CAR CARE

## Road reflex quiz

Are you an experienced driver? Here are a few questions to put your know-how to the test.

- When driving, what should you do if you pass a vehicle on a dimly lit road at night?**
  - Turn on your high beams
  - Turn on your low beams
  - Turn on your headlights
- How can you prevent your car from skidding when driving over icy patches of road?**
  - Brake firmly
  - Pump the brakes
  - Gradually release the gas pedal
- What should you do if your passengers are arguing or distracting you?**
  - Honk the horn to get their attention
  - Turn up the radio so you can't hear them
  - Pull over to the side of the road when it's safe to do so
- When can you drive in the left lane on a highway?**
  - At any time
  - When passing another vehicle
  - Only if you're alone on the road
- What should you never do when another vehicle is passing you?**
  - Slow down
  - Maintain your speed
  - Accelerate



- What should you do if your passenger laughs at you for driving slowly?**
  - Laugh it off and maintain your speed
  - Call them a fool
  - Drive faster so they stop laughing
- How can you avoid being blinded by the headlights of an oncoming vehicle at night?**
  - Look at the curb on the right side of the road
  - Close your eyes momentarily
  - Quickly blink several times

ANSWERS  
1-B, 2-C, 3-C, 4-B, 5-C, 6-A, 7-A

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## Why winter car care matters

Winter can wreak havoc on your car. Here's why a professional tune-up is important for your vehicle at this time of year.

### Climatic conditions

When temperatures drop below freezing, your car can be affected. Among other potential issues, vehicle fluids can freeze and damage the engine. Plus, if the gas tank is almost empty, condensation can form inside it and affect your car's performance. Furthermore, the battery's capacity to provide power can be obstructed by the cold.

### De-icing chemicals

On top of the difficulties caused by frosty temperatures, exposing your car to de-icers can be problematic. Road salts in particular are corrosive and can damage

your vehicle's exterior components.

### Treacherous roadways

If your vehicle isn't mechanically sound enough to face winter road conditions, you're more likely to get into a car accident. Operational brakes are a must, and tires with sufficient tread are just as critical.

Your headlights and taillights should also be in good working order. After all, the ability to see and be seen on the road, especially in blustery conditions, will help keep you safe. Likewise, functional windshield wipers will ensure you can see sufficiently during winter storms.

To stay safe on the road this season, make sure your vehicle is professionally inspected and maintained.

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# 2022 FALL CAR CARE

## Why you should rotate and balance your tires

Your vehicle's tires are expensive. Therefore, it's important to do everything you can to make them last as long as possible. Rotating and balancing your tires are two effective methods of prolonging their lifespan. Here's why.

- **More even wear.** Your car's front tires wear out more quickly than your rear ones because turning increases friction with the road. A tire rotation exchanges your tires from front to back and from right to left, so your tires wear more evenly, prolonging the useful life of each tire.

- **Increased safety.** Your vehicle will handle better because rotating your tires leads to less wear and extends the life of the tire treads, giving you better traction for longer.

- **Opportunity for inspection.** Rotating your tires is an excellent time to visually inspect them for damage. You can also check

the tread depth and air pressure and get them balanced if you've noticed vibrations. Unbalanced tires wear out unevenly, decreasing performance when turning or braking.

- **Increased fuel efficiency.** Worn-out tires have uneven contact with the road and increased friction, making your engine work harder and decreasing fuel efficiency.

- **Fewer trips to the garage.** If you don't regularly rotate your tires, you must



replace your front tires more often than your rear ones. When you keep them rotated, you can replace all four tires at once, reducing the number of trips to the tire shop.

Most manufacturers recommend rotating and balancing your tires every 8,000 kilometres. However, the recommended frequency can vary on the type of tires, the size of your vehicle and the road conditions where you usually drive.

## 7 winter car care tips

On top of investing in a pre-winter vehicle inspection, it's important to make time for cold-season car care. To prolong your vehicle's lifespan and ensure safe driving, make sure you perform the following tasks.

### 1. Wash your vehicle regularly

To remove calcium, prevent corrosion and avoid premature wear and tear, clean your car often.

### 2. Use the defrost function

If you remove ice from windshield wiper blades with an ice scraper, it can damage the rubber. Also, you should never pour hot water on your wipers because it may crack your windshield. Instead, use

your car's defrost function to melt ice gradually.

### 3. Allow the engine to warm up

To prevent wear and tear on your engine's moving parts in winter, warm up the oil and other lubricants before driving.

### 4. Check the tire pressure

Cold temperatures can cause tire pressure to drop, and driving on underinflated tires is a safety hazard. To prevent accidents, keep your tires inflated.

### 5. Top up your fuel tank

To prevent condensation from forming on the inside of your gas tank when it's cold out, you should keep it relatively full. If moisture makes its way into the fuel lines, you may have

trouble starting your car.

### 6. Check the washer fluid

Using your windshield wipers without washer fluid can wear out the rubber or scratch your windshield. Always keep washer fluid levels high, and keep a spare jug of it in your trunk.

### 7. Keep your wipers down

Lifting your wiper blades off your windshield when your car is parked has more drawbacks than benefits. Over time, it can damage the springs in the wiper arms and make them less effective.

If you're concerned about the condition of your vehicle, make an appointment with your local mechanic.



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# Remembrance DAY



NOVEMBER 11<sup>TH</sup>

## SALUTING THE HEROS WHO HELD OUR FLAG HIGH

### LOCAL REMEMBRANCE DAY SERVICES 2022

#### WINCHESTER

Saturday, November 5th at the Rural Cenotaph. Visitation at 9 a.m. leave Winchester Legion, travel to Ormond Cenotaph, after a short service, travel to Inkerman Cenotaph, then to Van Camp Cenotaph and finally Hill 70 Memorial. Act of Remembrance, Last Post, Laying of a wreath at each location.

Sunday, November 6th, parade starts at 11:30 a.m. from the Winchester Legion, Remembrance Ceremony at 12 p.m. at the Winchester District Memorial Hospital.

#### FINCH

The Finch Legion Branch 357 will have only one service this year. Friday, November 11th at 11 a.m. at the MacIntosh Park, 6 Cockburn St., Berwick. All the wreaths will be pre-laid.

#### CHESTERVILLE AND MOREWOOD

Will both be holding their services on Friday, November 11th. People who wish to attend should be at the parks in each town by 10:45 a.m. Queen Street in Chesterville will be blocked off from the funeral home to MacEwen's from 10:45 a.m. until approximately 11:20 a.m. There will be a reception at the Chesterville Legion after the service.



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Royal Canadian Legion  
Branch 434  
Chesterville

# Health and wellness front and centre

Carolyn Thompson Goddard  
Record Staff

LONG SAULT – There was a wealth of information provided to those who attended the 3rd Annual Health and Wellness 50+ Fair.

The event was hosted by the Friendly Circle Seniors Club (FCSC) and held in the South Stormont municipal building on Oct. 28. The event featured just under 20 organizations and businesses providing

information about their services, including vision loss, hearing, yoga businesses, the Ontario Provincial Police, the Alzheimer Society as well as information on senior residences. There was also the opportunity to listen to presentations, enjoy a light lunch, participate in raffles and the opportunity to win a door prize during the event.

“There has been a wonderful turnout at the event,” commented Lucy Broome, who chaired the event organizing committee, before expressing a sincere thank you to Ontario Power Generation for their sponsorship of the event. She thanked the local businesses and individuals who made donations for the raffles, as well as the organizations and people who participated in, or attended the event.



From the left: FCSC president Audrey Laframboise, Elaine McIntyre and Lucy Thompson Goddard Photo

# Remembrance DAY

NOVEMBER 11<sup>TH</sup>

SALUTING THE HEROS WHO HELD OUR FLAG HIGH

## POPPY ETIQUETTE

Canadians wear poppies in November to honour veterans and soldiers who gave their lives fighting for freedoms abroad. The Royal Canadian Legion has a Poppy Protocol Guide, with tips on how to wear a poppy appropriately and respectfully. Here's what it recommends.

### HOW TO WEAR A POPPY

A poppy should be worn on the left side of your chest over your heart. The poppy is a sacred symbol and therefore shouldn't be affixed with any type of pin that obstructs it.



### WHEN TO WEAR A POPPY

Wear your poppy from the last Friday in October until Remembrance Day on November 11. You can also wear a poppy at a veteran's funeral or war memorial service such as one held at the anniversary for the Battle of Vimy Ridge.

The Royal Canadian Legion supplies the poppies for free but encourages donations to its Poppy Fund, which helps Canadian veterans and their families.

### HOW TO REMOVE A POPPY

It's fine to continue to wear your poppy after November 11. However, many people choose to remove their poppies and place them on a cenotaph or wreath at a Remembrance Day ceremony's conclusion. This has become a poignant tradition at many war memorials.

Always ensure you store or dispose of your poppy respectfully. If you see a poppy on the ground, please pick it up, clean it off and dispose of it in a respectful way.



## REMEMBRANCE DAY 2022



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# Landmark business in Moose Creek calls it a day

**Joseph Morin**  
Record Staff

**MOOSE CREEK** – Richard Théoret and his family have left their mark on the Moose Creek community.

The mall was a family enterprise, and Théoret’s mother and siblings also owned retail stores in the mall, housed in a former school.

After 43 years in business Richard Men’s Wear is getting ready to close its doors.

The family business at the Moose Creek Mall hopes to be finally able to call it a day by the end of November.

Théoret, the owner of the men’s clothing store has been trying to retire for a while due to the arrival of Covid, a fragile economy and a lack of staff.

Richard and his wife Nicole are currently looking after the business offering bargains and sales as they reduce their stock of fine men’s clothing and accessories.

Richard Men’s Wear opened in 1979 in the Moose Creek Mall that had just been converted.

“We purchased the school in 1978 and expanded it, and converted it to the Moose Creek Mall.

“My mother was running a dress shop up the hill here on Main Street. That business was already up and operating. We bought the school and moved it here and opened the Men’s Wear and shoe store,” said Théoret.

He explained his sister was involved as well and now her daughter is involved in the business. Their



Vogel Photo

bridal shop has moved to the corner.

Théoret’s brother Michael owns and manages the mall, and he wants to retire as well.

Théoret may be retiring from the men’s clothing business but as a licensed builder, he will now make that his main focus.

“Without the staff I felt it was time, and now that my brother and everybody is retiring, I feel I can as well.”

Ironically now that he has the time to retire and the pandemic has shifted and faded a bit into the background, he said he is busier than ever.

He said, “Since January of this year, the business has been crazy. I have had wedding parties and I have been

actually advertising my liquidation.”

The surge in business still is not enough for Théoret to change his mind about retiring.

“I cannot wait to get back into the building business,” he said.

Théoret explained that everything in his store is for sale. His stock of suits, pants, jeans, shirts, cruise wear, sweaters, holiday wear, shorts and winter coats are all on sale.

All items are from 20 per cent to 70 per cent off.

Richard Men’s Wear is located at the Moose Creek Mall at 30 Labrosse St. in Moose Creek. Their number is 613-538-2465. Store hours are Wednesday to Saturday from 11 a.m. to 4 p.m.

# Spookatcular event

**Carolyn Thompson Goddard**  
Record Staff

**MOREWOOD** – There was plenty of fun during the annual “Best Jack-O-Lantern Contest” held in the early evening hours on Oct. 30 at Veteran’s View Park in Morewood.

Hosted by the Morewood Recreation Association, the event provided the opportunity for visiting, while the younger set played in the park or participated in the seasonal carnival games. There were over 30 pumpkins entered in the contest, with prizes



Chad Vokey, Eddie Leith and Brent Richard are all holding the winners from the three pumpkin contest categories. From the left: Chad Vokey, Mayor Tony Fraser, Eddie Leith, Brent Richard, coun. Gary Annable and MRA president Sabrina Borsellino.

awarded for the Most Creative, Mayor’s Choice and Best traditional pumpkin carving. Mayor Tony Fraser accompanied by Coun. Gary Annable viewed all pumpkin contestants before announcing their decision

as the evening drew to a close. Winners each received a \$25 gift certificate to Dollarama and Tim Hortons, which were donated by KT Consulting. The Mayor’s Choice award went to Stefanie Scriver, Most

Thompson Goddard Photo Creative to Jack Finlay and Best Traditional to Cody Lesage.

# TAGWI Report

By Brooke Donnelly  
Student Reporter



# A week with the warriors

This week was a busy one for our warriors. Our cross-country team had an exciting showing. As well, our girls’ basketball teams competed in their last tri-meet of the season. Tagwi dressed up in purple on the 27th to help raise awareness for the supports available in Ontario’s communities. Finally, this week was the start of our three-day long Halloweek.

Our cross-country team met for EOSSAA in Petawawa this week. Grade nine student, Averi Whitton, finished 7th out of 91 runners in the novice division, qualifying her for OFSSAA. This made her the first Tagwi student to make OFSSAA for cross-country in 30 years. Averi and Mr. McDonald, the cross-country coach, will be in Durham for OFSSAA on Nov. 5.

The senior and junior girls’ basketball teams competed in their final tri-meet of the season on Wednesday at St. Lawrence. The girls had a phenomenal day, winning all their games. First, the senior girls’ won against St. Lawrence. Then, the junior girls had a big win against La Citadelle. Finally, the senior girls finished off the day with a close game against La Citadelle, winning 33-31 with just 0.4 seconds left. Both teams secured themselves a spot in the playoffs, which was held on Nov. 2 at Charlan.

This Thursday, our Warriors wore purple to help raise awareness for the supports available in our communities. Thank you to everyone who participated.

Last week marked the start of our 2022 “Halloweek.” On Thursday morning, there was a spooky door decorating contest. As well, there was a school wide BINGO game in the afternoon. Our Link Crew spent the afternoon carving pumpkins with the grade 9s and our WEB leaders spent Friday doing the same with our Grade 7 students. Finally, on Friday, student council held a school-wide movie day where we watched “The Nightmare Before Christmas”. It was also everyone’s favourite spirit day, Pyjama Day. On Monday, we had a costume contest, and everyone will have a chance to win prizes. Our WEB leaders also put on a dance for the intermediate students, and the day ended with a Halloween Kahoot.

As always, student council and the school community is hard at work planning for the upcoming weeks. To stay up to date on what’s happening, we recommend you check out Tagwi’s Instagram page (@tagwiwarriors) and our student council Instagram page (@warriors.student.council).



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*We thank all applicants for their interest, however, only those selected for an interview will be contacted. We will accommodate the needs of applicants under the Human Rights Code during the hiring process.*



**UNITED COUNTIES OF STORMONT, DUNDAS AND GLENGARRY APPOINTMENTS TO COMMITTEES**

The United Counties of Stormont, Dundas and Glengarry is seeking individuals to serve as members on the following committees:

- One member** required for the **Police Services Board**. The board meets approximately 4 times per year at the County Administration Building in Cornwall. A judge, justice of the peace, a police officer, a person who practices criminal law as a defense counsel, or an employee of the County or local municipality within Stormont, Dundas and Glengarry, are ineligible to be members of the board.
- Three members** required for the **Library Board**. The board meets 9 times per year at various locations throughout the County. For more information, please refer to: <https://www.sdglibrary.ca/about-us/library-board>

**To serve as a member of the Library Board, an individual must be:**

- At least 18 years old;
- A Canadian citizen;
- A resident of the United Counties of Stormont, Dundas and Glengarry;
- Not employed by the board or by the United Counties of Stormont, Dundas and Glengarry.

Interested parties may apply in writing by **December 16, 2022**. Written submissions must outline specific skills and applicable experience. Please outline how your skills, experience and expertise support your application.

Please submit submissions to the following:

Lay Appointments Committee  
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Auction opens Thurs., Nov. 3 at 12 noon and closes Tues., Nov. 8 at 2 P.M. (Soft Close - Staggered) Checkout & Pickup Dates Listed in Catalog

Items located at and pickup to occur at 15093 County Rd. 18, east of Osnabruck Centre.

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**Note:** This highly anticipated auction is not one to be missed with a wide array of great merchandise up for auction - something for farmers; contractors and homeowners alike! Be sure to mark your calendars to ensure you don't miss out and visit our website for full catalog. This is an extremely partial listing as items are arriving daily and the catalog is being completed - full catalog to be published by the end of October for your viewing pleasure!

**Preview:** All items situated outdoors can be viewed in our yard from 9 a.m. - 6 p.m., Monday - Friday and Saturdays 9a.m. - 1 p.m. All items located indoors may be viewed by appointment only. ABSOLUTELY NO Sunday calls or visits - Thank you!

**FOR ALL HOURS; MILEAGE; ETC. AS PROVIDED BY CONSIGNORS BE SURE TO CHECK OUT THE AUCTION CATALOG NOTICE; DUE TO THE SIZE AND VOLUME OF THIS AUCTION - BE SURE TO REGISTER FOR THE AUCTION NO LATER THAN NOV. 8 AT 12 NOON TO ENSURE WE CAN PROCESS YOUR REGISTRATION! IF YOU HAVE ANY QUESTIONS - PLEASE BE SURE TO SUBMIT THEM THROUGH HIBID PRIOR TO NOV. 7 SO WE MAY RESPOND.**

**ALL ITEMS SOLD AS IS WHERE IS**

All items to be sold pursuant to terms and conditions on auction catalog and presented at time of registration. Upon registration all participants are bound to terms agreed to and bound to auction dates, times, conditions, and terms. Should you be unable to comply with terms and relevant dates please do not participate in this auction. All sales final!

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tfc

## AUCTIONS

### LIVE REAL ESTATE AUCTION MON., NOVEMBER 21 AT 2 P.M. SHARP

Civic #3283 Main Street, Avonmore (North Stormont).

**Real Estate:** Consists of a 2-storey building of approx. 1,800sq. ft. per floor; situated on a Main Street Lot w/ well and septic. Heated by propane w/ a metal roof. Terms: Purchaser will be required to surrender \$5,000 in the form of cash certified funds at the time of auction made payable to the seller's lawyer in trust (contact auctioneer in advance of auction for vendor(s) lawyer's name). Balance of proceeds due upon closing within 30 days or less. Potential purchasers shall be responsible for all his/her/their own legal fees; inspections; survey or any other costs incurred upon and up to closing. Purchaser must satisfy themselves as to the lot size; location and condition of the property prior to auction (As well as to any other concerns they may have). Property to be sold on a 100% as-is where is basis subject to a 5% Buyer's premium over and above hammer price.

**Note:** This property is definitely priced that it will sell - so do not miss this opportunity as an investor; contractor or anyone else looking to increase their portfolio through real estate.

To arrange a site visit call Peter or Helen Ross at 613-537-8862.

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## COMING EVENTS

### TRI-COUNTY COUNTRY MUSIC ASSOCIATION JAMMING & DANCE

Sat., Nov., 5 from 2 p.m. - 5 p.m., 5 p.m. - 6 p.m. supper, 6:30 p.m. - 8:30 p.m. dance. Admission: \$8; supper \$14. \$4 if you come for the evening dance only. South Stormont Township Hall, 2 Mille Roches Rd., Long Sault, ON. All welcome!  
 17

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## COMING EVENTS

### CANADIAN CLUB OF MORRISBURG & DISTRICT

Nov. 16 at 6:30 p.m. Morrisburg Legion. Speaker: David Ross. He is the CEO of the very successful, Ross Video, which powers live video productions for billions of global viewers daily. David became CEO in 2006 and is also the Chairman of the Board and majority shareholder. Topic: The Story of Ross Video. Tickets \$40. Phone: 613-447-8167 or 613-543-2922. Deadline to reserve: Nov. 9.  
 17-1

## COMING EVENTS

### EUCHRE TOURNAMENT

SAT., NOVEMBER 12, 2022 Oddfellows Hall, 12389 Country Rd. 18 in Williamsburg. Hall opens at 11 a.m., play starts at 12 noon. \$10 per person to play. The kitchen/bar is open. Help the Homeless!  
 18-2



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## Capturing memories with Kevin and Kelly Photography

WINCHESTER – “We absolutely love seeing families come back to us year over year so we can take updated family pictures,” Kevin Middlemiss said. “Seeing new baby bumps, fresh new little babies (fur babies, too), and see little humans grow is so beautiful and it makes us feel so over the moon to have the opportunity to do this as a career.”

Middlemiss and his partner, Kelly Lesage, relocated to Winchester from Kanata in January 2022. Their focus this year has been establishing themselves – Kevin and Kelly Photography – in their new community.

“We are looking to meet new people, make new connections, and collaborate with other businesses in the area,” Middlemiss said. “We offer mostly lifestyle portrait sessions – families, maternity, newborn, engagements, headshots.”

Currently, the couple and their business can be found on Facebook and Instagram, complete with lots of photos to peruse. In the new year, their plan is to add a website.

“Our love for photography began during a road trip back in 2008 when we decided to purchase our first camera to document our many adventures. We fell in love with the power of still images, the emotion they invoke and how important



# SMALL BUSINESS Spotlight



Pictured are Kelly Lesage (left) and Kevin Middlemiss of Kevin and Kelly Photography.

Courtesy Photo

these memories are as time passes,” Middlemiss said. “Using a camera as an extension of our creativity, this love of creating moments turned into passion, and the perfect career opportunity. “With

Lesage behind the camera most of the time, Middlemiss manages the business side of things, including design and computer-related tasks. Lesage noted that he also “holds the fort at home,” caring for

their two children when Lesage is away on a photoshoot.

“We have a very natural approach when it comes to taking photos. We try our very best to help our clients feel comfortable in front of the camera. We understand that not everyone likes to be put in the spotlight, especially kids, but we mastered the art of direction by allowing moments to happen naturally. Dancing, running, playing, cuddling, and giving lots of hugs and kisses are all common during a photo session,” Middlemiss said. “In the end, our goal is to capture that perfect moment for our clients to keep forever.”

Kevin and Kelly Photography are holding Tree Farm Mini Sessions on Nov. 5 and again on Nov. 12 for those interested in having family portraits taken in a beautiful natural setting. The sessions are to be held at Mageau’s Tree Farm, which is located at 4843 Anderson Road in Carlsbad Springs. More information and a booking link can be found on the business’ Facebook page.

To learn more about Kevin and Kelly Photography, follow them on Facebook and Instagram. To contact them directly, email (info@kevandkelly.ca) or phone (613-883-9064). Stay tuned, as the couple are planning to create a website for their business in 2023.

*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.*

## Never forget: Poppy Campaign kicks off

Terry Tinkess  
Record Staff

When we think of October, people typically think of Halloween and pumpkins, but the last Friday in October is also the start of the Legion’s annual poppy campaign, which runs until Remembrance Day, Nov. 11.

In 2020, the last year for which reported figures are available, 11.5 million poppies were distributed, and nearly \$15 million dollars was distributed to support veterans and their families (October 2020-October 2021).

The campaign is very much a local effort with two goals, those being to support local veterans and their families and to help ensure that Canadians “Never forget.”

Shawn Doolan is the poppy committee chairperson at Legion Branch 108 in Winchester, a role he has held since retiring from the military and joining the Legion five years ago. He says the funds raised are extremely important.

“I was told recently about people living in their cars. People are still facing challenges,” said Doolan, “and that is what the Poppy Campaign is all about: helping veterans. Every penny we clear goes to helping veterans, who gave voluntarily to serve Canada.”

Last year, for example, branch 108 raised a total of \$11,101.70 through poppy boxes and donations. The money was distributed in several ways: \$150 in hospital comforts that went

directly to local veterans who had some sort of surgical procedure and were recovering at home, \$1,000 in bursaries to descendants of veterans, \$6,600 to the Perley-Rideau Veterans Centre in Ottawa, and the balance going to different groups, including a small amount to local cadets.

“That’s a heck of an achievement,” said Doolan, “and as you can see, all the money we bring in, goes out. We don’t sit on it, and I think that’s a good thing.”

“I particularly want to point out that we had huge challenges in the past couple of years due to Covid, we all did, and the fact that we did this during Covid is that much more amazing and I only hope that this year we can be that much more



MP Eric Duncan receives his Poppy to launch the campaign.  
Tinkess Photo

advanced.”

Doolan also took time to mention a new initiative that seems to be gaining momentum not only in Winchester, but in other communities across Eastern Ontario. Banners with photographs of local veterans, both past and present are being displayed to

help identify and recognize those who have served, and those who continue to do so.

“One thing that you will see more and more of is the Honour the Veterans banners that are up in this town,” said Doolan. “These are wonderful ideas; living and past veterans living in this community, and I hope

anybody in this area gets the opportunity to point, if they see a family name that they recognize and bring it to the attention of the people they are travelling with on these streets in our town.”

It’s a very small gesture, so little is required to recognize those who gave so much.

## Pin Tales

**Stormont Ladies:** Ladies’ High Single, Marin Middleton 229; Ladies’ High Triple, Marin Middleton 646. Team Standings: Sandra 71, Hilda 67, Susan 59, Pat 54, Angela 50.

**Monday Men’s:** Men’s High Single, Jim Heuff 325; Men’s High Triple, Marc Robinson 823; Men’s High Average, Marc Robinson 241. Team Standings: Alley Rats 37, Alley Cats 34.5, East-Ont 33.5, Raiders 26, A Team 25, Country Boys 12.

**Defenders:** Men’s High Single, Brian Casselman 228; Men’s High Triple, Brian Casselman 579; Ladies’ High Single, Jennifer Connah 177; Ladies’ High Triple, Debbie linton 477; Team Standings: Debbie 71.5, Glendon 66, Brian 65, Gwen 61.5, Ossie 58, Kelsey 56.

**Wednesday Ladies:** Ladies’ High Single, Janice Paquette 179; Ladies’ High Triple, Mary Osborne 473. Team Standings: Mary 92, Corinne 91, Janice 86, Lorna 84, Dianna 68.

**Finch Mixed:** Men’s High Single, Dannt StPierre 259; Men’s High Triple, Theo Hoogenveen 672; Ladies’ High Single, Debbie Sanders 242; Ladies’ High Triple, Isabelle Bissonnette 625. Team Standings: S.M.T.D. 66, The Girls

61.5, Team #2 61, Team #4 55.5, B&S 36.

**Thursday Seniors:** Men’s High Single, Bas Vanwinden 154; Men’s High Triple, Bas Vanwinden 409; Ladies’ High Single, Diny Meulenbroek 148; Ladies’ High Triple, Diny Meulenbroek 407.

**Avonmore Mixed:** Men’s High Single, Frank Jerome 259; Men’s High Triple, Frank Jerome 708; Ladies’ High Single, Joan Benton 183; Ladies’ High Triple, Joan Benton 483. Team Standings: Frank 94, Mike 91, Rob 75, Dan 64, Anita 59.5, Jeannette 57.5.

**Les Dynamiques:** Men’s High Single, Pierre Briere 188; Men’s High Triple, Pierre Briere 481; Ladies’ High Single, Rejeanne Lefebvre 269; Ladies’ High Triple, Rejeanne Lefebvre 641.

**Williamsburg Mixed:** Men’s High Single, Shawn Munro 211; Men’s High Triple, Garry Hutt 576; Ladies’ High Single, Leslie Vanbruijssen 263; Ladies’ High Triple, Leslie Vanbruijssen 643. Team Standings: John 39, Danny 38, Leslie 37, Steve 34, Garry 33, George 29.

**Winchester Odd Couples:** Men’s High Single, Matt Ridge 246; Men’s High Triple, Darryl Britton 585; Ladies’

High Single, Pat Middleton 226; Ladies’ High Triple, Pat Middleton 482. Team Standings: Rednecks 51, The Hardy Boys 51, Bowling B?#!@es 42.5, Balljoints 39.5.

## Youth Bowling Canada

**YBC Peewees:** Girls’ High Single, Vanessa Bissonnette 108; Girls’ High Double, Vanessa Bissonnette 207; Boys’ High Single, Samuel Bissonnette 104; Boys’ High Double, Samuel Bissonnette 176.

**YBC Bantams:** Girls’ High Single, Danika Bissonnette 115; Girls’ High Double, Danika Bissonnette 207; Boys’ High Single, Griffon Schwerdtfeger 139; Boys’ High Double, Griffon Schwerdtfeger 229. Team Standings: Sharks 59, Leafs 57, Red Wings 54, Flames 47, Jets 41, Oilers 36.

**YBC Juniors:** Girls’ High Single, Delilah Marion 184; Girls’ High Triple, Cheyenne Lanoue 429; Boys’ High Single, Clark Sanders 211; Boys’ High Triple, Clark Sanders 519.

**YBC Seniors:** Boys’ High Single, Caleb Shaver 269; Boys’ High Triple, Caleb Shaver 574. Team Standings: Ducks 66, Senators 65, Kings 62, Bruins 62, Sabers 60.



### Tallest Sunflower Prize awarded

The Rotary Club of Chesterville held their annual fall contests at the gazebo on the Chesterville waterfront on Sat., Oct. 29. This year, there was the opportunity to participate in a pumpkin carving contest, a largest corn stalk contest and a contest for the largest sunflower stalk. The winner of the largest sunflower stalk was the Swerdfeger family from the Morewood area. Rotary president Beate Stewart presented the prizes to the winners, with treats and refreshments available during the event. From the left: Captain Cornelius, Rotarian Beate Stewart, Gerald, Grayson, Shelby and Jen Swerdfeger and Farmer Derks.

Thompson Goddard Photo



### Kenyon Ag Society hosted the fall meeting for district 1 OAAS

The newly elected executive is from left to right: Lise Thurler (South Mountain Fair) associate ag director, Amy Leroy (Vankleek Hill Fair) district ag director, Valerie Allen (Vankleek Hill Fair) OAAS provincial director for district 1, Faye Potter (Carp Fair) associate director of homecraft, Meredith Brophy (Metcalf Fair) secretary-treasurer, Cheryl Bunda (Metcalf Fair) director of Homecrafts. The spring meeting will be held on April 22, 2023 in Williamstown.

Vogel Photo

## North Dundas Christmas Fund is there to help

**Terry Tinkess**  
Record Staff

**NORTH DUNDAS** – Winter will soon be upon us, and we all need to be bundled up for the cold weather. Many children in the Township of North Dundas are not fortunate enough to be properly dressed. Once again, the North Dundas Christmas Fund is there to help.

The North Dundas Christmas Fund, in conjunction with the local Lions Clubs, Royal Canadian Legions, local schools and churches, all unite to fill this need. According to Bob Weagant, chair of the North Dundas Christmas Fund last Christmas, they gave out 99 new snow suits to children 13 and under, each costing an average of \$45.

The fund also distributed 161 food baskets to families in the area, representing 156 children and 263 adults. Food drives are organized through the schools and churches and financially supported in part by industry, local service clubs and private donations.

If you would like to register to receive snow suits or Christmas hampers, please call 613-774-0188 or 613-989-3830 Monday to Friday between 9:00 a.m. and noon, between Nov. 1st and Dec. 2nd.

If you would like to help in this mission, please make your cheque payable to the North Dundas Christmas Fund and mail it to Box 27, South Mountain, Ontario, K0E 1W0. We also accept e-transfers at northdundaschristmasfund@gmail.com.

Those in need will thank you very much!

## A spooktacular success!

**Carolyn Thompson Goddard**  
Record Staff

**MONKLAND** – There was a whole lot of excitement, fun and treats for people of all ages during the Halloween Party held at the Monkland and District Community Centre on Fri., Oct. 28. The event featured a haunted house, dancing, games, and hot dogs between 6 p.m. and 9 p.m., followed by a dance party for adults beginning at 9:30 p.m.

During the free family, event guests were able to visit with friends, Monkland & District Community Centre Committee members handed out Halloween treats, and children danced or played games. Many families enjoyed a tour of the Haunted House where friendly spooks added a bit

of atmosphere to the decorated area. “Our volunteers did a fantastic job with the haunted house, decorations, lights and music,” commented MDRCCC president Carol Shea.

The winner of the Best Children’s Costume was seven-year-old Jack Falle, dressed as Huggy Wuggy. He received a family pass for Countryside Adventures and Joanne Faubert, in costume as Hocus Pocus Mary winning a \$50 LCBO gift card for the best adult costume.

“It was great to see families having fun,” commented Shea. She added that there were an estimated 200 people attending the three-hour family party. There were “many ghouls and goblins dancing the night away



There were plenty of costumed people of all ages who visited the Halloween party at the MRCC, with Mallory, Molly and Jack Falle pictured soon after entering the event.

Thompson Goddard Photo

until 1 a.m.” She mentioned the two events, coupled there were many positive comments received about events in Monkland.

## SDHS Report

By Kamryn Larocque  
Student Reporter

### Big wins for the Seaway Spartans!



This week at Seaway, there was a fun series of sporting events. The first event of the week took place on Monday, with Seaway’s varsity boys’ volleyball team playing at Holy Trinity Catholic Secondary School. They took the win against Char-Lan District High School... Way to Go Spartans!

Seaway’s intermediate students travelled to Brockville on Wednesday and competed in a cross-country race. The students were very successful at the meet with the Grade 7 girls’ team coming 2nd, the Grade 7 boys’ placing 3rd, and the Grade 8 girls’ placing 2nd, all in the small school division! The Grade 8 boys placed 1st for the small school division. Great job to the members of the Grade 8 boys’ team: Corson Gilmour, Donovan Shaver, Owen Radley, and Callam Larocque. Way to make Seaway proud! Special congratulations to Hannah Stone (Grade 7, girls), Liam Barkley (Grade 7, boys), Emma Hess (Grade 8, girls), and Corson Gilmour (Grade 8, boys) for being Top Athletes for our school! “I was super excited and proud of this team all year. This was a perfect ending to our season,” said Mr. Gibbs, head coach of the team.

The high school cross country team also had a meet on Wednesday in Petawawa, for the EOSSAA championships. Every runner made Seaway proud by going out and giving their best effort in the competition. Congratulations Spartans!

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## Card of Thanks



The family of the late **LYNN WINDSOR** would like to thank everyone for all the support and sympathy received during and after Lynn's long battle with cancer. Special thanks to Dean and Melissa for the many trips to appointments during this time. Also, special thanks to MacEwen's and my co-workers for all their understanding and so much support during these difficult times. So grateful to Dave Lapierre for truly taking care of everything that needed to be done. Thanks to the Chesterville Legion and staff, to Joan and Louie, thanks for your help. And thanks all that attended the Celebration of Life, who brought food and to all those who made charitable donations in Lynn's honour.

*Thanks, Andy Windsor and Family*

## North Dundas Christmas Fund

*Please give generously!*

**Monetary donations are required to supply snowsuits to children 13 and under and for food baskets for those in need in North Dundas.**

*Your donations will be greatly appreciated.*

E-transfers: northdundaschristmasfund@gmail.com

By mail: Make cheques out to 'North Dundas Christmas Fund' and mail to P.O. Box 27, South Mountain, ON, K0E 1W0.

To register for snowsuits or baskets, call 613-774-0188 or 613-989-3830, Monday to Friday, 9 a.m. - noon.

Snowsuit and food basket requests must be placed by December 2, 2022.



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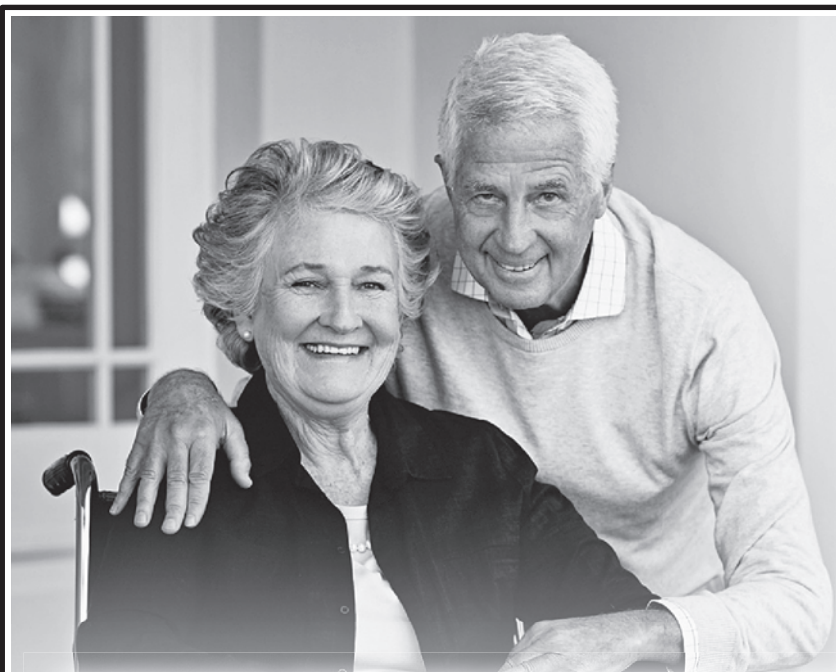
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# National Senior Safety Week

November 6 to 12, 2022

At home and away, let safe habits lead the way.

## 5 WINTER HAZARDS SENIORS SHOULD KNOW ABOUT

Seniors are at risk for injury and illness in winter, and as the days get colder, it's important for them to be aware of potential hazards. Here are five threats the elderly face in winter.

### 1. HYPOTHERMIA AND FROSTBITE

Seniors lose body heat more quickly than younger adults. Plus, thyroid issues, diabetes, Parkinson's disease and some medications make it difficult for them to detect when they're getting too cold. Therefore, seniors should make sure to bundle up before heading outdoors and avoid being in the cold for long periods.

### 2. FALLING

Seniors have a high risk of falling, and it's essential they take extra precautions in winter.

They should avoid walking at night, wear boots with non-skid soles, ensure steps and sidewalks are clear of snow and place an ice pick or rubber tip on the end of their cane.

### 3. CAR ACCIDENTS

Roads can be treacherous in winter. If driving, seniors should have winter tires on their vehicle. In addition, they should keep a charged cell phone in their vehicle as well as an emergency kit with jumper cables, blankets and first aid supplies.

### 4. HOUSE FIRES

Using space heaters, candles and fireplaces increases the risk of having a house fire. To prevent this, ensure heaters are placed sufficiently away from furniture and curtains, and never leave a fire unattended.

Additionally, smoke alarms should be inspected regularly.

### 5. CARBON MONOXIDE POISONING

Turning on your furnace could trigger a carbon monoxide leak. It's a colourless, odourless gas, so you need a carbon monoxide detector. Symptoms of CO poisoning include a dull headache, dizziness, shortness of breath and nausea.

By being aware of winter hazards and taking steps to prevent mishaps, seniors can stay safe throughout the season.

National Senior Safety Week takes place from November 6 to 12, 2022. It's one of eight annual campaigns run by the Canada Safety Council. For more information, visit their website at [canadasafetycouncil.org](http://canadasafetycouncil.org).

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For more information visit: [Carefor.ca](http://Carefor.ca) /CareforEC



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## Honouring their service

Carolyn Thompson Goddard  
Record Staff

IROQUOIS – On Sun., Oct. 30, just over 50 people gathered at the war memorial in Iroquois to witness its re-dedication.

“We are here today, and we are what we are today because of the service and sacrifice of those whose names are etched on the plaques and the cenotaph at this new beautiful site,” said SDSG MP Eric Duncan chair of the committee, composed of Cindy Ault-Peters, RCL branch president 370 Darlene Riddell, SD Coun. Archie Mellan, and Jim Locke who facilitated the cenotaph re-location and enhancement.

Duncan explained how following the 2019 restoration and enhancement of the cenotaph and bronze plaques at Matilda Hall in Dixons Corners, the committee decided to begin a similar project in Iroquois. The committee was composed of Duncan.

The cenotaph and bronze plaques were in two different locations. The cenotaph moved to the Iroquois Civic Centre joining the bronze plaques located there. This location has a good vehicle and pedestrian traffic and will serve to increase public knowledge during the day and lighting features which will enhance the site.

In nine months, the committee has been able to meet its goal to complete the project. Duncan thanked the major



Back Row: Piper D.J. McDonald, Colour Party RCL Branch 370. Front Row: Jim Locke, Cindy Ault-Peters, SD Coun. Archie Mellan, SD Deputy Mayor elect Marc St. Pierre, SD Mayor elect Jason Broad, SD Coun. elect Tom Smyth, SDSG MP Eric Duncan, RCL District G Deputy Commander Don Swerdfeger, RCL 370 president Darlene Riddell and RCL District G3 Commander John Martineau, Rev. G. Howard and SDSG MPP Nolan Quinn.

Thompson Goddard Photo

contributors to the project which included the Commemorative Partnership Program of Veterans Affairs, GFL, Municipality of South Dundas, Swank Family and Swank Construction, Ross Video, Ontario Power Generation, and a donation from the Tim Hortons Smile Cookie Campaign.

The Iroquois and Matilda Lions Club, Masons, the Legion Ladies Auxiliary and RCL 370 as well as many local business and individuals donated funds with Sherry Mowat of Sherry's Williamsburg donating the two flag poles for the site. The engraved stone project helped to raise funds and

personalize the project by people having a name engraved on a brick to be located at the war memorial for a donation.

SDSG Nolan Quinn expressed his thanks for those that made donations to the project and to committee members. Quinn mentioned this will assist the next generation to understand those who served during a war. Coun. Archie Mellan expressed appreciation to all who donated and served on the committee. Mayor elect Jason Broad expressed his thanks for the work done by the community and invited families to visit the site to remember those

who served. Darlene Riddell, president of RCL Branch 370, mentioned it was nice to see people attend, she commented, “on behalf of our veterans past and future, this is and will always be a beautiful monument in their memory here in Iroquois.”

Following a musical interlude and an Act of Remembrance, wreaths were laid, Rev. G. Howard of the Riverview Presbyterian Church in Iroquois re-dedicated the war memorial, with the service concluding with Duncan commenting how projects such as these remind us of the power of collaboration and community.

## United Way Centraide SDG announces the 10th Annual Holiday Gala to be held on Nov. 26.

Carolyn Thompson Goddard  
Record Staff

CORNWALL – In an Oct. 17 press release, United Way Centraide SDG announced the 2022 Holiday Gala will be held at the Cornwall Golf & Country Club on Sat., Nov. 26. The event will be hosted by the UWC SDG and presented by ZipGrow Inc.

“As a company whose mission supports food security, we understand the importance and value of tackling social issues at a local level,” commented Zipgrow Inc. president Eric Lang. He noted SDG and Cornwall have been supportive of his company, saying it is an honour “to give back with a contribution to United Way Centraide SDG, that will directly benefit residents in need.”

The event will feature a live auction, gourmet food, entertainment, and top-shelf libations as well as raffles

for prizes including wine or beer for a year. Ninety per cent of the tickets for the Holiday Gala are already sold through sponsorships, however there are still tickets available to purchase.

“All money raised from the Holiday Gala stays local and supports United Way Centraide SDG’s critical work in poverty reduction, while also helping it invest in 15 local agencies and 18 programs that are tackling the complex issue of poverty on several fronts, including food security, mental health, and education,” explained UWC SDG campaign & communications coordinator Stephanie Lapointe.

For the 10th year, Karen and Ray Brunet are event chairs for the Holiday Gala and were the winners of the André Mailhot Award, United Way Centraide for their volunteer work. “We could never have sustained an event of this size if not for the vision, leadership

and passion from Karen and Ray who have gifted us with 10 years. That includes hundreds of hours of free work planning the gala, while also helping us educate the community on our mission without wanting an ounce of recognition for it. They even pushed us to be creative and find new ways to host this event during the pandemic where we raised nearly \$100,000 during two of the hardest fundraising years for charities. I can’t put into words the gratitude I feel for everything they have done for us. This year’s gala is not only an effort to raise money but also a celebration of the decade of work they’ve put into it as volunteers,” commented UWC SDG executive director Juliette Labossière.

For more information, please contact Stephanie Lapointe, campaign & communications coordinator, at stephanie@unitedwaysdg.com or 613-932-2051 ext 21.



From the left: Stephanie Lapointe, ZipGrow Inc. president Eric Lang and Juliette Labossière.  
Courtesy Photo

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# RAPA prepares to kick off their fall production in Russell

**Joseph Morin**  
Record Staff

RUSSELL – Life is all about relationships and the Russell Association for the Performing Arts, (RAPA) will be making a great relationship with its audience as they prepare to perform the musical *I Love You, You're Perfect, Now Change*.

The group is almost ready to pull the curtain back on its performance of this off-Broadway musical at the Russell High School beginning on Nov. 12 at 7:30 p.m., and Nov. 13 at 2 p.m. then beginning again Nov. 15 to Nov. 19 at 7:30 p.m. The RAPA organizers suggest the play is adult themed and not for children.

The musical production written by Joe DiPietro has been a popular one since it first appeared in 1997.

It has been translated into 17 languages and has



From left to right to: Dave Rama, Melissa Fournier, Stuart Brink, Roxane Delisle, Sam Van Dusen, Jordan Quayle. Chesser Photo

played from Los Angeles to London to Toronto and now Russell can enjoy its very own production.

*I Love You, You're Perfect, Now Change* is presented in the form of a series of vignettes connected by the central theme of love and relationships.

The different moments of the performance depict different stages of a typical

relationship from that first date to the rest of a character's life. While each vignette is different from the ones before, the theme remains the same.

*I Love You, You're Perfect, Now Change* features many characters but all of them are performed by a relatively small group of actors, in this case six.

The theatre group has been getting ready to resume its typical two performances a year routine.

Director of the production Guibeault said, "Not too long ago they did a murder mystery at the Russell Curling Club. That was an attempt to get back at doing things and it was very well received."

Guibeault said she pitched the idea of this particular show to the group around two years ago.

"When the opportunity came to start the show again they came back to that one because it is a small cast, it's not a show that requires a lot of sets and costumes and that and I know the group felt that maybe this was the right time to do it and get our feet wet again."

Guibeault said the show normally has just four cast members but that means they are all very busy, so she expanded that number to six.

"There was certainly enough material for six, and

it also allowed us to use people as understudies in case someone was sick."

She said that on Sat., Oct. 29 the group had their first run-through of the play and everything went smoothly.

"It came together very nicely," she said. "Everyone is well rehearsed."

The cast of the play throughout the course of the performance has to play 60 different characters from all of the various scenes.

"The cast plays different people. In each scene they are different people in a different circumstance, and a different age. It's about relationships and all their forms from dating, to getting serious to marriage to children and all the way through to widowhood. If you do not relate to one theme, there is another one coming up right behind it."

You can get tickets online at [www.rapa.ca](http://www.rapa.ca) or purchase them at Russell Food, Pronto or Tuque de Broue Brewery in Embrun.

# Township of Russell seeks resident input for 2023 budget

**Sandy Casselman**  
Record Staff

EMBRUN – The Township of Russell has launched a short public survey to get resident feedback for council discussions on the upcoming 2023 budget discussion, as well as the 2023-2026 strategic plan.

Posted on Oct. 26, Russell residents have until Nov. 9 to participate in the online survey. The link to the survey can be found on the township's website ([russell.ca/en/news/2023-strategic-direction-survey.aspx](http://russell.ca/en/news/2023-strategic-direction-survey.aspx)). For an alternative survey format or for accessibility support, residents are encouraged to contact the township office ([info@russell.ca](mailto:info@russell.ca)).

"Our township is getting ready to welcome a new municipal council and assist

them in the development of their 2023-2026 strategic plan," the 2023 budget direction survey's introduction states. "Think about the Township of Russell in 2023 and beyond. What do you think should guide the direction of our community? Should the township expand current services, or maintain them? Would you prioritize environment and sustainability, or attainable housing? What about leisure and safety?"

To learn more about Russell's budget process – what's included and how it works – visit the township's website ([russell.ca/en/your-township/budget-and-finances.aspx](http://russell.ca/en/your-township/budget-and-finances.aspx)). The page includes a video on the township's budget process. A link to information about the last 2019-2022 strategic plan can also be found online ([russell.ca/en/your-township/russell-township-strategic-plan.aspx](http://russell.ca/en/your-township/russell-township-strategic-plan.aspx)).

# SNC hosts Community Day in Russell

**Joseph Morin**  
Record Staff

RUSSELL – South Nation Conservation, (SNC) in partnership with the Ontario Power Generation, (OPG) hosted a Community Day at the J. Henry Tweed Park in Russell on Oct. 22.

The public was invited to take part in a tree planting session in the park as well as watch SNC presentations about water quality and the work the SNC has done to look after

erosion around the streams that run through the park. The funding provided by OPG for the current work at J. Henry Tweed is to manage dead ash trees that have been lost to the emerald ash borer and to repair shorelines that have eroded within the park. The funding provided by OPG also goes toward supporting biodiversity improvements as well as tree and shrub planting to stabilize stream banks and improve water quality.

A spokesperson for the SNC said, "SNC hosted the Community Day as a way of thanking the residents and showing our appreciation for their patience and understanding during the loss of many trees and the inconvenience of such a large restoration project."

Michelle Cavanagh, the team leader for special projects was at the daylong event said, "The weather is beautiful and everyone is very enthusiastic."



Heide Wiedenfeld and Kaitlyn Donovan plant a tree during the tree-planting event on Community Day in Russell. Morin Photo

# Residents needed for Township of Russell council committees

**Sandy Casselman**  
Record Staff

EMBRUN – As one term is ending and another beginning, Township of Russell residents are being invited to consider joining one of council's many advisory committees.

In a recent online announcement, the municipality posted several positions available in six different areas. The Accessibility Advisory Committee has four positions to fill, the Planning Advisory Committee and Committee of Adjustment have three open positions, and the Property Standards Committee has three to five available positions. There are also five open spots on the Township of Russell Public Library Board. In addition, there are three to five open positions for Line Fence Viewers, and one position available for Livestock Pound Keeper.

To apply for any of these positions, applicants must be Canadian citizens who are at least 18 years old, and a resident of the township. While bilingualism is not a requirement, it is listed as an asset. The position begins

and ends with the next term of council or until a successor member has been appointed.

"Remuneration for each committee or board is specified in the honorariums for non-elected members of committees and local boards Bylaw 2020-015. Please contact the clerk's office at 613-443-3066 extension 2310 to request a copy," the township's notice stated. "For further details regarding the specific mandates and meeting procedures relating to the above committees, please contact the clerk's office."

To be eligible for consideration, a Committee Appointment Application Form must be completed, signed, and submitted by 4 p.m. on Nov. 10. Forms can be attained via the clerk's office. It was noted that only selected candidates are to be contacted for interviews.

Russell's advisory committees were formed to give feedback to council via recommendations. To learn more about Russell's various committees, visit the township's website ([russell.ca/en/your-township/committees.aspx](http://russell.ca/en/your-township/committees.aspx)).

## AMIC JIGGS DINNER

SATURDAY NOVEMBER 26<sup>TH</sup> STARTING AT 4:30PM  
RUSSELL UNITED CHURCH BASEMENT

I DIES FOR A FEED OF JIGGS DINNER

<p><b>Menu</b></p> <p><b>Jiggs Dinner:</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Potatoes</li> <li>• Carrots</li> <li>• Turnip</li> <li>• Stuffing (Dressing)</li> <li>• Peas Pudding</li> <li>• Figgy Duff or Blueberry Duff</li> <li>• Cabbage</li> <li>• Gravy</li> <li>• Salt beef</li> <li>• Corn</li> <li>• Green Peas</li> <li>• Toutons</li> </ul> <p><b>Desserts:</b></p> <ul style="list-style-type: none"> <li>• Lemon Lasagna or</li> <li>• Apple Pie or</li> <li>• Snow Balls</li> </ul> <p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>• Tea or</li> <li>• Coffee</li> </ul>	<p><b>TICKET SALES</b></p> <p>TICKETS TO BE PURCHASED IN ADVANCE AT A COST OF \$40.00 PER TICKET.</p> <p><b>TAKE OUT ORDERS</b></p> <p>PICK UP AT 4:30 IN THE ST. ANDREWS AND ST. PAUL'S UNITED CHURCH BASEMENT IN RUSSELL.</p> <p><b>SIT DOWN ORDERS</b></p> <p>STARTING AT 4:30, COME IN AND SIT DOWN, ENJOY YOUR JIGGS WITH FRIENDS WHILE LISTENING TO SOME DOWN HOME TRADITIONAL NEWFOUNDLAND MUSIC.</p> <p><b>TO PURCHASE TICKETS</b></p> <p>CONTACT BILL NORMAN AT 613-445-2974 (LEAVE A MESSAGE) OR EMAIL: <a href="mailto:wnorman@rogers.com">wnorman@rogers.com</a></p>	<p><b>Jiggs Dinner</b></p> <p style="font-size: x-small;">Nutrition Facts Serving Size A Feed</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr> <td>Calories</td> <td>What Odds?</td> </tr> <tr> <td>Total Fat</td> <td>% Daily Value</td> </tr> <tr> <td>Cholesterol</td> <td>Cholesterol</td> </tr> <tr> <td>Sodium</td> <td>1 Dies At Dat</td> </tr> <tr> <td>Total Carbohydrates</td> <td>Oh Me Nerves</td> </tr> <tr> <td>Calcium</td> <td>Leaves It!</td> </tr> <tr> <td>Protein</td> <td>What?</td> </tr> <tr> <td>Vitamin A</td> <td>Tad Bit</td> </tr> <tr> <td>Vitamin C</td> <td>Yes By</td> </tr> <tr> <td>Iron</td> <td>Right Some Good</td> </tr> </table>	Calories	What Odds?	Total Fat	% Daily Value	Cholesterol	Cholesterol	Sodium	1 Dies At Dat	Total Carbohydrates	Oh Me Nerves	Calcium	Leaves It!	Protein	What?	Vitamin A	Tad Bit	Vitamin C	Yes By	Iron	Right Some Good
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# LEST WE FORGET

## REMEMBRANCE DAY

# NOVEMBER 11<sup>TH</sup>



### Remembrance Day Ceremonies



Municipalité de  
**RUSSELL**  
Township

#### Russell

Organized by the Russell Legion  
November 11, 2022, at 24 Legion Lane, Russell (Russell Legion).  
Parade begins at 10:15 a.m. followed by a ceremony at 10:45 a.m.  
As the Legion branch is closed for renovations, residents are invited to the Russell Curling Club after the ceremony.

#### Embrun

Organized by the Embrun Knights of Columbus  
November 11, 2022, at 3:00 p.m. at Town Hall, 717 Notre-Dame Street, Embrun.

#### Limoges

Organized by the Limoges Recreation Committee  
November 11, 2022, at 11:00 a.m. at 461 Limoges Road, Limoges (Cenotaph)

### Cérémonies du jour du Souvenir

#### Russell

Organisé par la légion de Russell  
Le 11 novembre 2022, au 24 Legion Lane, Russell (Légion de Russell). Le défilé débutera à 10 h 15 et sera suivi d'une cérémonie à 10 h 45. Comme la filiale de la Légion est fermée pour des rénovations, les résidents sont invités à se rendre au Club de Curling Russell après la cérémonie.

#### Embrun

Organisé par les chevaliers de Colomb d'Embrun  
Le 11 novembre 2022, à 15 h à l'hôtel de ville, 717, rue Notre-Dame, Embrun.

#### Limoges

Organisé par le comité des loisirs de Limoges  
Le 11 novembre 2022, à 11 h au 461, chemin Limoges, Limoges (Cénotaphe)



## Ways to Remember

Canadians often associate The Royal Canadian Legion with Remembrance ceremonies and the annual Poppy campaign. Through these initiatives, we honour and remember Canada's fallen Veterans and help ensure Canadians never forget.

While November is recognized as a time of Remembrance, for the Legion and for many across the country, Remembrance is a year-long commitment. At any given moment, there are many opportunities available to anyone wishing to show their appreciation for those who served, including:

- Becoming a Legion member to support Veterans year-round

- Making a donation to the Legion's Poppy Trust Fund at any Legion Branch
- Saying "Thank you" to a Veteran
- Wearing a Poppy
- Honouring a fallen Veteran on the Legion's Wall of Honour and Remembrance
- Planting Poppy seeds or growing a garden of Remembrance
- Visiting a cenotaph
- Inviting a Legion Branch to make a presentation at a school or community group
- Visiting the Canadian War Museum or local history museums
- Volunteering to help Veterans, and more!

Most importantly, take a moment now and then to reflect on the freedoms and peace in your life, and to remember the men and women who served and sacrificed for all we have today. [- www.legion.ca](http://www.legion.ca)



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### REMEMBRANCE DAY CEREMONY

*Lest We Forget*

**NOVEMBER 11, 2022**

Long Twiname Henderson  
Russell Legion Br. 372  
24 Legion Lane, Russell

Parade at 10:15 a.m.  
Ceremony at 10:45 a.m.  
Reception to follow at the  
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