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Briefly

Free family spaghetti dinner

WINCHESTER – St. Clare's Anglican Church in Winchester is hosting a free family spaghetti dinner on Jan. 6 at 4:40 p.m. The dinner menu consists of spaghetti, Caesar salad, garlic bread and cookies for dessert. There will be board games for families to play, crafts to create as well as a short movie shown on our big screen! Suitable for families with children of all ages.

You can register online at <https://www.eventbrite.ca/e/family-spaghetti-dinner-and-games-tickets-489994214887>

Youth indoor soccer at Morrisburg Public School

MORRISBURG – Indoor soccer is a new program offered by South Dundas Soccer at no cost to players. The program is designed to help young soccer players develop ball control and decision-making skills and to improve reaction time.

The program will run Wednesdays at Morrisburg Public School, 16 Second Street, Morrisburg. The dates are Jan. 11, 18, 25, Feb. 1, 8, 15. Two nightly sessions (70 minutes) are offered: 8- to 12-year-old girls – 6:15 p.m. to 7:25 p.m. and 8 to 12 year old co-ed – 7:35 p.m. to 8:45 p.m.

Registration is at the door. Players under 10 must have a parent or guardian remain at the school during play time. Players require clean indoor running shoes and shin guards.

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Storytellers and musicians entertain at Old Town Hall

Storytellers and musicians from True Stories 2022 are pictured at the Old Town Hall in Winchester where two performances were held. From the left, front row: Tom Schoch, Sandra McNeill and Tony Glen. Middle row: Rick Ventrella, Gabriella Thomas, and Jean Pierre Leduc. Back row: Steve Wilmlink, Gary Pelow, Sylviane Duval, Murray Barkley, Chantal Tranchemontagne, Patrick Burger and Harmony Koiter.

Courtesy Photo

Having fun while raising funds

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – A Bunch of People Arts and Events have been entertaining the community while raising money for the House of Lazarus in Mountain.

This past year the organization raised \$2,200, which was donated to HOL on Dec. 20. The money represents the profit from the six events the organization held in 2022. "The goal is to have fun, doing things we love to do, music, writing, acting, singing and while doing it the money raised goes to House of Lazarus in our community to help people when they need a bit of help," explained Amanda Burger, president, and founder of ABOP.

The six events included the popular Writing in 150 competition. It provided four genres for participants to

Continued on page 3

Blood donors in high demand

Joseph Morin
Record Staff

WINCHESTER – North Dundas and area residents came out Nov. 29 to donate their blood at the Joel Steel Community Centre in Winchester.

The Canadian Blood Services, (CBS) held the blood donor clinic as part of their regular schedule of donation events, but the need for blood donations has never been greater.

North Dundas Deputy Mayor, Theresa Bergeron was at the clinic to do her part.

Bergeron was concerned that older potential blood donors in the area may believe that they are too old to make a much-needed donation.

At the age of 71, Bergeron feels she is far from being finished doing her part to help others who need it.

Rhonda Coughlar, a Winchester resident

and the Charge Donor Care Associate for the clinic said that the age limit for donations is no longer an issue. The only age limit now is that a donor has to be at least 17 years' old.

She said, "Now if you meet all of the criteria you can donate blood."

Residents can register online to donate their blood and at the same time can find out if they are allowed to. Visit blood.ca to find out information online or you can call 1-888-2 DONATE.

Bergeron said when she was younger, she weighed less than 110 pounds, and that weight limit prevented her from donating. A lifetime later she has gained enough weight to be eligible.

"There are so many people who could donate their blood, but they do not know that they can," said Bergeron.

Continued on page 2



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Blood donors

Continued from the front

She donates her blood whenever she can when a blood donor clinic comes to Winchester or Kemptville.

On Nov. 29 Bergeron donated her blood, and her one donation will potentially help three other people.

"I cannot do this forever," she said.

Bergeron is hoping to raise awareness about donating blood.

A press release from the Canadian Blood Services stated: "There is an immediate need for donors from all communities to book and keep appointments and help restore and grow the blood and plasma supply for patients this winter season."

The organization has a shortfall of 1,500 or 10 per cent of their traditional and expected blood and plasma collections.

Rick Prinzen, Canadian Blood Services' chief supply chain officer and vice president of donor relations said, "Weather conditions are presenting significant challenges to our re-distribution opportunities, making national inventory balance a challenge. We urge donors from

all communities across Canada, who can safely get to a Canadian Blood Services donation centre, to book an appointment as soon as possible to help restore and grow the blood and plasma supply for patients."

Severe winter weather has contributed to several planned blood donation clinics across the region.

Prinzen said, "We've had to cancel many collection events since Dec. 20. In addition, donors will have had difficulty meeting their scheduled appointments. We anticipate disruptions to continue in the weeks ahead as winter weather events continue to grip the country. Patients across Canada need donors more than ever as we head into the new year. Poor weather can also create an increase in trauma events, increasing the demand for blood. Every donation counts. It could literally save a life."

Canada's blood inventory has fallen by over 35 per cent since the start of October.

The CBS announced last week, "Currently, we have three or four days on hand of several blood types. The ideal inventory of fresh blood products is between five and eight days. We can and will turn this around and we need donors to



Cynthia Culp, on the left, a donor care associate looked after Deputy Mayor Theresa Bergeron at the Nov. 29 blood donor clinic in Winchester. Morin Photo

fill all open appointments. We are extremely grateful to the donors that regularly donate and also respond to these immediate needs. We also strongly encourage new donors to join Canada's lifeline. Ensuring that the national supply meets patients' needs over the coming weeks is an imperative for all of us. We also ask that donors, to the extent possible and reasonable, keep their appointments this

week and throughout January."

A decline in regular donors has resulted in a drop of 31,000 since the start of the COVID-19 pandemic. Patients' needs are still being met by the smallest donor base in a decade.

Book your appointment online at blood.ca, on the GiveBlood app, or by calling 1-888 2 DONATE (1-888-236-6283).

JANUARY IS

Alzheimer's Awareness Month

Fight the stigma

The power of music: Alzheimer's disease

Alzheimer's disease is a brain disorder that affects memory, thinking and behaviour. As the disease progresses, patients often struggle to do everyday tasks. January is Alzheimer's Awareness Month in Canada, an opportunity to raise awareness and fight stigmas around this disease that affects more than 700,000 Canadians.

Did you know that music benefits Alzheimer's patients in varying stages of the disease? Musical memories often remain intact for quite some time because the condition leaves the critical brain areas linked to music relatively undamaged.

Studies show that Alzheimer's patients feel more focused and engaged while listening to music. Music also evokes positive emotions and memories, which can help relieve the stress and

anxiety that often accompany this disease. Moreover, listening to music encourages purposeful movement, like dancing and swaying, which promotes good physical health.

Listening to music can also benefit caregivers by providing a way to connect with their loved ones, especially with those who have difficulty verbally communicating in the later stages of the disease.

This Alzheimer's Awareness Month, help a loved one reconnect with the soundtrack of their lives with the Alzheimer Society of Canada. The Music Project provides MP3 players loaded with personalized playlists to people living with dementia to improve their quality of life. For more information, visit alzheimer.ca.

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Singing the way to Christmas

Carolyn Thompson Goddard
Record Staff

WINCHESTER – The final caroling-along at St. Clare’s Anglican Church on the outskirts of Winchester was held on Thurs., Dec. 22.

Organized and led by Tracy van Gilst and her son Ezra, there were four evenings of community carol singing at St. Clare’s, held on Thursday during the event season. The multi-generational event featured van Gilst on the acoustic guitar leading people in singing some of their favourite Christmas carols; followed by the opportunity to socialize while enjoying light refreshments.

Rev. Stephanie McWatt, incumbent of St. Clare’s, explained “Tracy wanted to offer a community event that was fun and seasonally appropriate, to share with others her love of carols,” she noted, “the average attendance was

20 per evening.” She continued how the event saw grandchildren singing along with their grandparents, embodying “what the church is to be – a group of people living together as an extended family. At St Clare’s, we are endeavouring to live and serve in our communities as the Family of Christ - showing this by our love and acceptance of everyone, regardless of

their background, their financial status, their family status - or even their creed.”

Rev. McWatt mentioned there are upcoming community events planned for early January at St. Clare’s, which includes a free community spaghetti dinner on Jan. 6. The free tickets for this and other events can be ordered through Eventbrite at www.eventbrite.ca/o/st-clares-anglican-church-in-winchester-58401819943.



Thompson Goddard Photo

A visionary gift

Jane Adams
Special to the Record

The Morrisburg & District Lions Club has done it again! Recently, they presented a cheque for \$1,000 to the WDMH Foundation’s Ophthalmology Fund.

Lions Clubs believe in changing the world by serving the need of local communities. One of their key areas of focus is vision, working to improve the lives of the visually impaired and prevent avoidable blindness. At WDMH, we provide eye care services through outpatient

clinics, the ophthalmic lab and in the operating room. So it’s a great fit!

Since 1999, the Morrisburg & District Lions Club has donated \$138,695.24 to the WDMH Foundation, including a \$100,000 donation toward ophthalmology equipment in 2002.

“Thank you to the amazing volunteers who are part of the Morrisburg & District Lions Club,” notes Kristen Casselman, WDMH foundation managing director. “They have been long-time supporters and we are so grateful.”



At the presentation are, left to right: Linda Robinson, Lions Club president; Kristen Casselman, managing director, WDMH Foundation, and Lions Club member Jeff Wilcox. Courtesy Photo

Festive baby brings joy at Christmas

Jane Adams
Special to the Record

WINCHESTER – Mother Sarah knew she wanted to deliver her third baby at the same place where her first two children were born – at Winchester District Memorial Hospital (WDMH).

Having the first WDMH Christmas baby of 2022 was an added bonus!

Sarah’s daughter Aila was born on Christmas Day at 5:25 p.m. Aila’s older siblings (a four-year-old sister and a seven-year-old brother) stayed home with Dad in Ottawa to open their Christmas presents.

“I am very happy,” said Sarah. “Everything went very well. Thank you very much.”

“I am so glad I had the opportunity to help with the miracle of life this Christmas at the Winchester Hospital,” notes Dr. Shamsa Deeb who delivered the baby.

“This is the family’s third baby at the hospital and I’m grateful to have been with them for all of them. The labour and delivery went very well with the exceptional support from the WDMH team, that I am very happy to be a part of.”

The WDMH team provided little Aila with a festive hat, mitts and booties.

Congratulations to the whole family!



Celebrating are, left to right: Dr. Shamsa Deeb with Mom Sarah and baby Aila and her mother-in-law. Courtesy Photo

Arts donation

Continued from the front
choose from. These included fiction, non-fiction, poetry/spoken word and song writing. The song writing category, had a new twist in 2022, as it included a partnership between ABOP and the Railroad Recording Company of Chesterville, to record the winning piece. Other events included A Bunch of Sketches, Sing It, the Car Rally/Scavenger Hunt and True Stories. “We had a Pay What You Can Carol Sing and showing of It’s a Wonderful Life,” said Burger who explained the North Dundas Movie Committee partnered in the event. She continued how rehearsal space, when required, has been provided by Armour Development and is located at the North Dundas Business Centre, because all art events occur at the Winchester Old Town Hall.

“ABOP is sponsored by The North Dundas Business Centre, Railroad

Recording Company, and the Township of North Dundas. Without these sponsors, we would not be able to do what we do. Finally, ABOP ensures that not only do we provide a donation to help our community, we also ensure our ticket price to our events is low so that the arts are accessible to all.”

Looking forward to 2023, Burger commented how she expects the events will be discussed and finalized in January at the AGM. “I am expecting that our Writing in 150, A Bunch of Sketches and True Stories 2023 will be part of our upcoming events.” She mentioned how the organization is looking at something for St. Patrick’s Day which will benefit Carefor Nor-Dun. “I personally am thinking of one or two other performance events, maybe even a dance piece with all dancers being over 60 years old and a chorus which would work toward a performance of popular songs done in a four-part harmony and performed Acapella (this would be in lieu of Sing it),” mentioned Burger.

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- 3 YOU GET TO ENJOY ADDED VALUE.** When you buy local, you receive more than just a product. Whether it’s the story behind it, the quality of the item or the sense of community your purchase provides, there’s plenty to be proud of.
- 4 YOU GET TO CHOOSE THE BEST.** Goods from local producers are designed and manufactured to improve your daily life and allow you to get the most out of them. When it comes to food, buying local means gaining access to fresh fruits and vegetables.

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Whew – what a ride!

That was quite a ride in 2022, with or without your seatbelt on.

You could compare last year to having your automobile's air bag going off every few minutes.

The politics of last year featured some unsettling events from the war in Ukraine to the commission looking into the Freedom Convoy's occupation in Ottawa.

The Canadian agricultural industry was left trying to figure out how they would help their country reach carbon

emission goals without going bankrupt, and the Ontario legislature came up with some legislation that gave some mayors too much power in large urban areas, which critics have said are clearly undemocratic.

Another unexpected and poorly received bill was passed by the current government that is intended to encourage more housing in the province. Unfortunately according to planning staff across the majority of Ontario's 444 municipalities, the new rules found in Bill 23 the *More Homes Built Faster Act* will most likely result in a loss of revenue, and just as importantly control of how development evolves in a municipality.

Apart from the spattering of contentious political events last year, primarily about healthcare funding issues between the federal government who doles out healthcare funds to the provinces, and the provinces themselves that refuse to use that crucial funding for healthcare, there was not a great deal to complain about from a federal perspective.

The federal government has not been stirring any political pots lately, and the provinces, notably Alberta and Ontario have become the focus of many issues from sovereignty to healthcare.

The weather has been relatively tame for the most part in 2022, with exception of the recent Christmas weekend winter storm. Now we have to worry about too much rain falling on frozen ground, which melts all that snow, but the resulting water has no place to go other than in our basements.

The Covid-19 pandemic receded in our collective rearview mirrors only to be replaced with a flu bug that seems to be on steroids.

The last year continued to make work situations easier, where many organizations went all out on helping their employees work from home.

For the most part, the change in the average work environment has been applauded by those employees who were able to take advantage of the move.

However, there is a downside to all of that; if you are fortunate to be working from home you have to deal with unexpected and bizarre bouts of talking to yourself and having to work on new food addictions like too much chocolate and snacks.

Going for a walk becomes a highlight of many stay-at-home employees.

The big winners are all of the cats and dogs, and budgie birds that have been enjoying the company of their human family members who normally would be at work during the day.

The relief from Covid-19 restriction has been tempered with all of the other issues that have been rising up to take the pandemic's place.

The good news, and there is a great deal of good news, is that the traditional resilience of people has snapped back from the two years of restrictive situations.

Community events are coming back in full swing as demonstrated by all of the Santa Claus parades throughout Stormont, Dundas and Glengarry in the weeks running up to Christmas. Next up should be the flood of winter fairs that are most likely to take up residents' time as winter moves along.

We can confidently announce that community traditions continue to win over community catastrophe, even something as scary as a global pandemic.

So, the good news is 2022 is over and done with, and all we have to do now is clean up the mess it left behind.

Hopefully 2023 will be so boring, that that will be our only complaint.

Joseph Morin

Reflections on comfort and peace

St. Clare's Anglican Parish Winchester

Reverend Stephanie McWatt

WINCHESTER – Happy New Year! This is a new column that our community paper, *The Record* has asked local clergy to contribute weekly. We hope this space will create a feeling of community, providing a source of hope and peace within our community.

We at St. Clare's would love to welcome you to our small community of people learning about Jesus and loving each other. I would love to hear about your experiences here in North Dundas. You can reach me at: stephanie.mcwatt@stclaresanglican.ca

The beginning of a new year is often full of "resolutions" – promises of better behaviour or promises to avoid certain behaviours to shape who we are as people. One of the most common ones is to start to frequent a gym more often to get our physical bodies into better health. Getting in shape is often dropped as a resolution by February as one's schedule edges what did not really have deep meaning for the individual.

You see, resolutions are only as good as the inner meaning and resolve one has to fulfill them. This is where my previous training as a social worker can come in handy. When crafting resolutions, it is helpful to make use of a SMART goal – that is, a goal (or resolution) that is SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT AND TIMELY.

Christians are also reflecting on the Name of Jesus this week – what's the connection with New Year's resolutions? In John 1:1, we learn that Jesus is also called the Word of God - Logos, which is understood to be a personified instrument of executing God's will.

We can tie these two thoughts together – by creating a New Year's resolution and understanding Jesus as the Logos of God. A spiritual discipline we can engage in this new year is scripture writing. Here is a New Year's resolution that I am inviting all of you to join me in: I will write out a portion of scripture (narrow this down for yourself) each day during my regular Bible study time; I will do this for January.

My prayer for everyone this week is that the peace of God that passes all understanding will uphold you and your families as we enter this new year.

Happy New Year!

With the holiday season over and the new year just beginning, there is a certain sense of anticipation as to what 2023 will bring. We are all hoping that this year will bring more of those events we have loved over the years; the winter carnivals, the church dinners, theatre productions and the opportunity to get out into society to enjoy associating more with people.

The blizzard conditions that began on the eve of Christmas Eve brought holiday travelling to a standstill, with many people's plans having to change. My turkey was cooked and dressing was prepared a day early, making sure my cell phone and laptop were kept fully charged just in case I lost power. Facebook posts from other local areas told of long periods of power outages, road closures and people stranded. It was nice to see people responding to those who needed help keeping warm, cooking meals, or needing a place to sleep until the conditions got better.

Many were looking forward to celebrating at New Years Eve parties and other celebrations such as the Hogmanay in Williamstown or the potluck dinner at Christ Church United in Chesterville. The fog and rain may have had people re-thinking their plans and perhaps adjusting them but it would seem that the events were well attended. My big new year's tradition is to ensure a dark-haired person crosses my threshold first, to bring luck to my house. So early on New Years Day, I made the first footing into my house, as my hair has not totally gone grey.

My mom always tried to have the child with the darkest hair, usually me,

pop out the door just before midnight and when she opened the door the first footer came in to bring a year full of luck with him or her. One of her other traditions was the baking of a Twelfth Night Cake for eating on Jan. 6, or Little Christmas as she called it.

Twelfth Night was the last day of the Christmastide and is celebrated with a party to end the holiday season before the return to the work of everyday living. William Shakespeare wrote "*Twelfth Night*" as a play to celebrate the end of the season and many of us know the holiday song, *The Twelve Days of Christmas*. Jan. 6 also commemorated the arrival of the magi to worship the Christ Child and provide him with gifts. As a child, Mom explained to me that many households held celebrations on Jan. 6 and for many years provided gifts wrapped in white tissue paper for her children and grandchildren, for Little Christmas as she called Jan. 6.

She would sometimes make Twelfth Night Cake for us to have for dessert on Jan. 6 using a recipe she got from Madeline Piche; a friend of hers who lived in Marionville. Mom described it as a molasses or gingerbread cake, which could be made from ingredients found in every country kitchen. For years I had a copy of the recipe which included having a raisin or perhaps a bean baked in the cake. The person who received the "gift" in their piece was the king or queen of the party. When I baked it for my young children, I made sure to put more than a few raisins in the cake, so as to ensure there was no arguing about who was king or queen.

Unfortunately, I can't find the recipe and so can't share it with you, but instead will wish everyone a wonderful new year.

Carol Thompson Goddard

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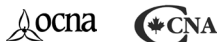
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News E-mail:
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Three Eastern Ontario hospitals announce successful launch of 'Epic' health information system

WINCHESTER – Deep River & District Hospital (DRDH), Kemptville District Hospital (KDH) and Winchester District Memorial Hospital (WDMH) are delighted to announce the successful launch of the Epic digital health information system at all three hospitals on Nov. 5, 2022.

“Epic has ushered in a new era in healthcare at our hospitals, both for patients and their care providers,” said KDH CEO, Frank J. Vassallo. “The credit for the successful launch goes to our dedicated care teams at each of our hospitals, who spent many months training and preparing for go-live.”

“We also want to thank the patients and families in our communities for their patience and understanding as our teams adapt to the new system,” added Cholly Boland, WMDH’s CEO, noting that the three hospitals reduced some services over the first few weeks following the launch to ensure that staff had time to care for each patient while learning to use the new system. Each hospital was focused on reducing disruptions for patients and making the transition as seamless as possible.

“Thanks to the support received in our hospitals’ early weeks with Epic from The Ottawa Hospital and our partner hospitals across the region, we were able to work together and ensure a smooth and successful transition,” said DRDH CEO Janna Hotson. “Our sites were ready and prepared to resolve issues as they arose in those first few days with the new system. Now that we are more than a month in, we are looking at continuing to improve the system at each of our hospitals.”

A 24-hour command centre was established at each site to oversee the launch. On an ongoing basis, Epic experts continue to provide ongoing support for the care teams when issues arise. All three hospitals have also reported that their staff and physicians are helping and supporting each other.

“Epic has challenged the teams to work differently and adapt to new workflows,” said Jennifer Ellis, KDH’s VP nursing/clinical services. “The teams have done a remarkable job adjusting and, most importantly, teaching and bringing each other along. It’s been a very successful start and, like the rest of my team, I am excited to see what is next!”

Here is a recap of the benefits of Epic for patients and providers:

- Epic uses the latest technology to securely store, organize, and access patient records while maintaining patient privacy, providing a comprehensive digital health record for every patient.

- Epic replaces dozens of electronic and paper-based systems, making every



Celebrating the launch at Kemptville District Hospital are (l-r): Frank Vassallo CEO, Catherine Miller RN, Spencer Hayward RPN, Amy McLaughlin Epic project support/educator, Brittany Rivard CFO & VP of Operations + Epic project lead, Cathy Burke RN Epic clinical lead, Cara Duhaime physiotherapist. Courtesy Photo

patient’s medical information readily available to their providers in one secure place online.

- Epic gives patients better access to their own health information through the MyChart portal.

Anywhere, anytime, MyChart subscribers can see their medical history, diagnostic test results, upcoming appointments, lists of allergies and medications, and even educational materials.

- Epic improves patient safety by reducing errors.

- Epic is proven to reduce wait times, length of stay in hospital, and readmissions.

By implementing Epic, DRDH, KDH, and WDMH have become part of a fully integrated network of nine hospitals in the Ottawa region using the state of the art health information system. This means that when a patient is transferred between hospitals, critical information will be available immediately to their new healthcare team and the patient will not have to repeat their medical history over and over.

The result is more seamless care.

For more information about Epic and how to register for MyChart, please visit your local hospital’s website.

ABOUT DEEP RIVER & DISTRICT HOSPITAL

The Deep River & District Hospital (DRDH) is a 16-bed acute care hospital located on the wooded banks of the Ottawa River, within the town of Deep River. DRDH is part of a person-centered campus of care, which also includes the Four Seasons Lodge Long-Term Care Home and the North Renfrew Family Health Team, all on one site. Our campus of care is expanding, innovating, and modernizing to better serve our communities and further our ability to provide excellent, compassionate care, every time. Supported by a dedicated team of employees and physicians, DRDH is committed to advancing our mission of caring for every person like a loved one, within an integrated health system. With partners across the Ottawa Valley Ontario

Health Team, DRDH is collaborating on new models of health care delivery that put patients, families and caregivers at the centre of the health care system. Accreditation Canada has recognized the organization’s clinical and operational performance with its highest rating, exemplary standing. For more information about DRDH, visit www.drdh.org.

ABOUT KEMPTVILLE DISTRICT HOSPITAL

Kemptville District Hospital (KDH) is a 40-bed acute care hospital located in the rapidly growing Eastern Ontario municipality of North Grenville, 40 minutes south of Ottawa. We provide 24-hour emergency care, inpatient care, advanced orthopedic surgery (as a satellite of The Ottawa Hospital), Convalescent Care, Interim Long-Term Care, Day Surgery, Diagnostic Imaging, an ever-growing list of outpatient clinics, and education and wellness programming including Diabetes Education and Support. Committed to advancing our mission of Building Healthier Communities, we are an integrated health services organization with deep partnerships in our community and region. With our partners in the Ottawa West Four Rivers Ontario Health Team, we are collaborating on a new model

of health care delivery that puts patients, families and caregivers at the centre of the healthcare system. For more information about KDH services, visit www.kdh.on.ca. Media contact: Jenny Read: 613.258.6133 x 223 | jread@kdh.on.ca.

ABOUT WINCHESTER DISTRICT MEMORIAL HOSPITAL

We’re here for you! That’s the message from the team at Winchester District Memorial Hospital (WDMH). WDMH cares for families throughout our region, with a patient and family-centred approach region. It is a full-service hospital from childbirth to seniors’ care – and a hub site for cancer care, dialysis and cataract surgery. WDMH has a 24/7 Emergency Department and Diagnostic Imaging services including digital mammography and CT scans. Day surgery and specialty clinics, with visiting specialists from Ottawa hospitals, mean that patients can receive care without travelling to the city. Research and education initiatives drive quality and best practices. WDMH has an award-winning reputation for compassionate excellence. For more information about WDMH services, visit www.wdmh.on.ca Media contact: Jane Adams: 613.729.4864 | jadams@wdmh.on.ca.

– Obituary –

Deeks, Lois Yvonne “Yvonne”

Peacefully after a brief illness with her friends by her side at the Winchester District Memorial Hospital on Thursday, December 22, 2022. Yvonne Deeks age 86 of Morrisburg. Predeceased by her parents Fred and Grace (Tully) Deeks and a brother John; sister of Alan and aunt of Michael and Lorna.

Cherished friend of Mary Sullivan and Doug and Patricia Grenkie. Yvonne commenced her legal career with G. William Gorrell Q C in 1956 and continued with the law firm of Gorrell Grenkie Leroy & Remillard. Yvonne was a 50 year member of Morrisburg Rebecca Lodge and a 60 year member of Moonlight Chapter O.E.S. Iroquois.

By Yvonne’s request there will be no Visitation. A Private Graveside Service will be held in the Spring of 2023 at Fairview Cemetery. Cremation has taken place. Please no flowers, and for those who wish, donations in Memory of Yvonne may be made to the In Memoriam Fund at St. James Anglican Church, Box 615, Morrisburg K0C 1X0. Arrangements entrusted to the Byers Funeral Home, South Mountain (613-989-3836). Online condolences may be made at www.byersfuneralhomeinc.com.

Church DIRECTORY

Your Guide to Local Houses of Worship

ALL SERVICES ARE SUBJECT TO CHANGE.

The United Church of Canada CHRIST CHURCH UNITED

5 Casselman St., Chesterville
 Pastor: Debbie Poirier 613-850-2725
January 8th, 2023 at 10:30 a.m.

THE UNITED CHURCH OF CANADA AVONMORE-FINCH-MARTINTOWN

ST. JAMES - CHALMERS - ST. ANDREW'S

PASTORAL CHARGE Minister: Rev. Lois Gaudet BBA, BTh, MDiv
 Contact: Tel: 613-346-1648 Email: revlgaudet@gmail.com

January 8th, 2023 – Worship services will resume at 9:15 a.m. in St. James Avonmore and at 11 a.m. in Chalmers Finch. Let us make worshipping together our top New Year’s Resolution!

ST. LUKE’S-KNOX PRESBYTERIAN CHURCH (Finch)
ST. ANDREW’S PRESBYTERIAN CHURCH (Avonmore)
ST. JAMES-ST. ANDREW’S PRESBYTERIAN CHURCH (Gravel Hill)

PASTORAL CHARGE INTERIM MODERATOR: Rev. Colleen Gillanders-Adams 343-330-0090
robertandcolleenadams@gmail.com www.avonmorefinch-presbyterian.ca
 Clerk of Session: Garry Nugent 613-984-2955

January 8th, 2023 – Pulpit Guest: Keppel Bharath. St. Luke’s-Knox Finch Church Service at 9:30 a.m., St. Andrew’s, Avonmore Church Service at 11 a.m.

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

Interim Moderator Rev. Samer Kandalaf 613-258-4136

Service Times: St. Andrews Chesterville at 9 a.m., St. Paul’s Winchester at 10 a.m., and Morewood Presbyterian Church at 11:15 a.m.
St. Andrew’s, Chesterville and Morewood Presbyterian churches have reopened for in-person services.

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

Please join us for Sunday Services at 10:30 a.m. at the Nelson LaPrade Centre, 9 William St. (Covid-19 rules apply).

Services also online on Facebook under “The Nation” National Pentecostal Church.
Affiliated with the Pentecostal Assemblies of Canada

HARMONY COMMUNITY CHURCH
 Evangelical Missionary Church

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

Weekly Services – Sunday at 10:30 a.m. & 7 p.m.
Wednesdays at 7 p.m. – Prayer Meeting

We are open and invite you to join us for services! We are continuing to live stream our Sunday morning services at YouTube: https://www.youtube.com/channel/UCaPy_DABzz4REc-A76-EvRA
Sunday School Classes & Nursery have resumed.
 Please contact the church office for information on mid-week meetings or any other questions.

ST. MARY’S ANGLICAN CHURCH

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

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.

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

WINCHESTER BAPTIST CHURCH

486 Main St., Winchester
 Pastors Bud McKibbin and Mollie McKibbin

Join us Sundays at 11 a.m. for our in-person or virtual service.
 Church has reopened for in-person services. Traditional Music - Centred Services.

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The Gathering House
 2 Water St., Chesterville 613-448-1758

Join us at www.thegatheringhouse.ca on Sunday mornings beginning at 10 a.m. for our weekly worship service. Nursery and Sunday School classes have resumed.

ST. MARY OF THE PRESENTATION CATHOLIC CHURCH

Administration Priest: Fr. Cyril Duru
 Parish Secretary: Nancy Richer - 613-448-3262

ST. CLARE’S ANGLICAN CHURCH OF NORTH DUNDAS

613-774-2236 www.stclaresanglican.ca 2530 Falcone Lane, Winchester

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

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

ST. ANDREW’S AND ST. PAUL’S UNITED CHURCH

38 Mill Street, Russell, ON 613-445-3111 www.russellunited.org
 Minister: Rev. Peter Dahlin, B.A. M.Div 613-443-7603 (peterdahlin52@gmail.com)

11 a.m. Sunday Worship
 Nursery (parental supervision) is available. Covid-19 protocols are in place.

Reflecting on 2022 and looking ahead to 2023 in South Stormont

As we start the new year, it is important to reflect on how far we have come as a community and look forward to where we are headed in 2023 and beyond.

An election year can always throw some surprises at us, but I am happy to continue to work with so many familiar faces from our previous term of council and look forward to working alongside our newest councillor, Reid McIntyre. We are excited to have his experience at our council table and have no doubts he will be a great fit and help us achieve great things in South Stormont.

Council has worked hard to move initiatives forward over this term, despite the challenges the pandemic presented,

and the continuity of a mostly familiar council will allow us to seamlessly continue our forward progress.

We have and will continue to move discussions with the St. Lawrence Parks Commission forward to secure waterfront lands to see our exciting Waterfront Development Plan through. We will also continue to push the province to make significant safety improvements to Highway 138. While a new roundabout at the intersection of Headline Road and Highway 138 is scheduled for spring 2023, we need more action to be taken on this dangerous roadway.

Our Parks and Recreation Department

had yet another banner year! Staff were successful in securing grant funding to install five new play structures throughout the township, expanding our trail network in Long Sault to improve community connectivity, as well as four new pavilions to be installed in Long Sault, Ingleside, St. Andrews West and at the Lost Villages Museum.

The township has also implemented Development Charges in 2022. These charges are applied to new developments and expansions and are designed to allow growth of the township to be funded by the developer and lessen the burden on the existing taxpayer. The charges will be allocated to fund expansion of services,

such as road infrastructure, fire and rescue services, parks, and recreation initiatives, etc.

It has been a very productive term of council and in 2022, our township continued to advance. We are excited with the team we have in place in terms of both council and staff, and we look forward to continuing the great work we have begun in the previous four years.

On behalf of council and staff of the Township of South Stormont, I want to wish everyone a very safe and happy holiday season. Merry Christmas, and all the best in 2023.

Sincerely,
Mayor Bryan McGillis

A wet week for SD&G

Joseph Morin
Record Staff

CHESTERVILLE – All of that rainfall this past weekend has had an effect on our winter landscape.

The rainfall, along with above zero temperatures has kept basement sump pumps busy. The rainfall along with several days of melting snow have

contributed to potential flooding in the region.

The South Nation Conservation in a press release stated: “Forecasted rainfall may produce higher water levels and possible nuisance flooding in low-lying areas across the jurisdiction. Unstable ice conditions may also result from higher flows.

Residents are advised to exercise extreme caution when near rivers and water bodies as the forecasted weather may rapidly increase river flows and cause slippery conditions. Parents are encouraged to explain these dangers to their children. Residents in flood prone or low-lying areas, historically susceptible to flooding, should take the necessary precautions to protect their property.”

The concern over flooding in these conditions will exist until Fri., Jan. 6 at 5 p.m.

To counter any flooding



The warm weather last week made for some foggy weather. The warm air coming into North Dundas and the surrounding area when in contact with the colder earth created the perfect condition for fog. This photo was from just outside Winchester.

Morin Photo

in basements you can ensure:

- Sump pump is clear, in good working condition and has a backwater valve on it.
- Downspouts are clear and the outlet is at least 3 m

from the dwelling.

- Easy access to portable backup generator and pump.
- Securing items that might float away as flows increase.

To provide feedback

with respect to changes in water related conditions please email waterwatch@nation.on.ca, post on our Facebook (/SouthNationConservation) or Twitter (@SouthNationCA).

With a flick of the fingers

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE –The holiday crokinole tournament hosted by the Chesterville, and District Historical Society was held at the Heritage Centre on Dec. 19.

The crokinole boards, scoring pads and pencils as well, were set up for the first post pandemic restrictions’ crokinole tournament. Members and guests were at the ready for an evening of socializing, game playing and enjoying a variety of refreshments.

Crokinole is a classic game that is played on an eight-sided wooden board which has a circle in the middle and three scoring areas. Either two teams of two people play or two teams of one person each play the game. The object of the game is to get the highest number of points each game by flicking the disc onto the board using a finger. Each team is allocated twelve wooden discs, and if four people are playing, then each person would receive six discs. More information on the game can be found at www.crokinole.ca.

“I am delighted that the tournament is back in person,” commented CDHS president Caroline Roberts as the tournament began. When asked about CDHS achievements during 2022, Roberts mentioned the renovation of the Heritage Centre, presentations by Ian Reveller and Bob Pitruniak, as well as workshop on preparing exhibitions led by Tony Glen. She mentioned CDHS meetings are held the third Tuesday of each month at the Heritage Centre, with the Society’s Annual General Meeting scheduled for the new year.



The 2022 CDHS Holiday Crokinole Tournament’s winning team of Corrie McRae and Lester McInnis. They were presented with a gift certificate from Louis’ Restaurant in Chesterville. They will also have their names inscribed on a plaque, that will be placed on the CDHS tournament trophy. From the left: Corrie McRae, CDHS treasurer Verne McMillan and Lester McInnis.

Thompson Goddard Photo

Babies of 2022

**Brock Brandon
Reginald Henderson**



FEBRUARY 8, 2022

Son of Lana and Brandon Henderson.

**Alyssa Serenity Vally
Dulmage**



JUNE 17, 2022

Daughter of Tamara and Chance Dulmage. Proud grandparents: Dwayne & Heather Pemberton and Karen Richardson & Ray Smith.

Charles Anthony O’Donnell



AUGUST 29, 2022

Son of Emma and Sam. Proud Grandparents of Amy & Tony Fraser and Dawn & Kevin O’Donnell.

YEAR IN REVIEW 2022

January 2022

WDMH making changes to help keep everyone safe

WINCHESTER – Recent Covid restrictions that have taken the province back a step caused community organizations to take a look at their own rules and regulations regarding being pandemic ready.

The Winchester District Memorial Hospital, (WDMH), is more than ready to deal with the effects of the pandemic.

After the announcement that the province was going back to a modified stage 2 situation, the WDMH made a few changes to its pandemic regulations. The changes are in line with what the province is proposing.

Brunt returns to retirement as Leslie Drynan becomes clerk

MORRISBURG – “Brenda, I don’t know what we would have done if you didn’t come back, so I want to thank you very much from the bottom of my heart,” Municipality of South Dundas Coun. Don Lewis said.

Lewis made the statement during the township’s Jan. 10 council meeting, where local politicians passed a bylaw confirming the appointment of Leslie Drynan to the position of clerk. Drynan is replacing clerk Brenda Brunt who, after a brief retirement, returned to the position last fall when her replacement unexpectedly vacated the position. In Brunt’s report, it was noted that Drynan was chosen to fill the position after two rounds of advertising and interviews by the hiring committee.



Fresh air, good ice and family

As winter settles in for another year, local outdoor rinks are a great place to spend some time. In Inkerman, the outdoor rink was busy on Sat., Jan. 8 with families coming out for an afternoon skate. In this photo Alexis, Cynthia and Keirsten Crowder, get ready to go out on the ice.

Morin Photo

South Dundas looks at water/sewer budget

MORRISBURG – The Municipality of South Dundas got a head start on the 2022 budget last month with a summary of the Water and Wastewater Budget.

In a special meeting held Dec. 15, updates were provided on the four components of the Water and Wastewater Budget, including the South Dundas Water System, and the Morrisburg, Iroquois, and Williamsburg Wastewater Systems. Politicians were also given a few other previews of what’s to come with the new year’s budget deliberations.

Province imposes short-term pandemic restrictions

CHESTERVILLE – Ontario is taking a step back from reaching the pandemic finish line. With the numbers of omicron cases soaring in the province, Ontario’s Premier Ford has re-imposed strict regulations to slow down the Omicron virus, which is the new variant of Covid and at the same time try and preserve what spaces Ontario hospitals have, to deal with the virus.

South Stormont names new

public highway, Jim Bancroft Boulevard

LONG SAULT – In addition to passing a bylaw to dedicate land as a public highway, the Township of South Stormont council also voted in favour of naming it the Jim Bancroft Boulevard.

The decision was made during council’s Jan. 12 meeting, where director of planning and building Karl Doyle made the recommendation, noting the public highway is needed to facilitate expansion of a new road in the Long Sault East Industrial Park, which will support future development opportunities expected to commence this year. Township politicians were in full agreement.

“It is necessary to dedicate the road as public highway,” Doyle said. “Should council not pass the necessary bylaw, development within the Long Sault Industrial Park would be halted and potential opportunities could be lost.”

February 2022

North Dundas salary increase put on hold

WINCHESTER – The North Dundas council is working on its 2022 budget. Each municipal department has kicked off the budget planning with their individual wish list. Councillors will be going through each department list to ensure it is affordable and necessary. There will be several meetings in February when budget line items will be looked at.

Meanwhile, North Dundas staff have had their yearly salary increase put on hold at the Jan. 25 council meeting until councillors can look at its remuneration bylaw.

In 2012, the municipality passed a bylaw that streamlines yearly salary increases. Instead of having to negotiate any salary increase each January, every year, North Dundas staff would receive an increase tied to the inflation rate detailed in the annual Consumer Price Index (CPI).

North Stormont approves Jen Sub Development Inc. zoning changes

BERWICK – Township of North Stormont council voted in favour of rezoning lands owned by Jen Sub Development Inc., making it possible for the company to add semi-detached dwellings, multiple attached dwellings, and apartment blocks to its subdivision in Moose Creek.

The decision was made during the municipality’s regular Jan. 25 council meeting, which directly followed a roughly one-hour public meeting focused solely on the zoning request. With only three of the five council members present, it was Mayor Jim Wert, Deputy Mayor François Landry, and Coun. Randy Douglas who made the final decision. South Dundas denies rezoning requests for two cannabis production facilities.

Continued on page 8



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YEAR IN REVIEW 2022

Continued from page 7 South Dundas denies rezoning requests for two cannabis production facilities

MORRISBURG – During a recent council meeting, Municipality of South Dundas politicians voted in favour of refusing two separate zoning amendment applications for cannabis production facilities in Morrisburg and Riverside Heights.

North Dundas compromises on salary increases

WINCHESTER – North Dundas' municipal staff get green light for salary increase but the council has put a cap on how much they can receive each year. This year they will be receiving an increase of 3.0 per cent. The municipality has a policy that in the past automatically generated an annual salary increase based on the consumer price index (CPI). Municipal staff did not have to negotiate every year for any kind of increase.

responsible thing to do," Deputy Mayor Kirsten Gardner said. "I like putting a pause on it. I know that comments within our community are about whether or not we're saying 'no' to business, and I think what folks need to understand is it's not saying no to business.

Dundas Federation of Agriculture AGM highlights agricultural concerns

MOREWOOD – Raising agricultural awareness, celebrating the farm, farmland preservation and mental health were just a few of the issues raised at the annual general meeting, (AGM) of the Dundas Federation of Agriculture, (DFA) held on Fri., March 4.

The meeting was held at the Glen Haven Farms, owned, and operated by the MacGregor family in Morewood. The meeting featured a presentation by Brian Rijke of Rijke Produce Farm in Morrisburg. Brian and Jenny Rijke operate the farm, which was the winner of the South Dundas New Business Award in 2021.

Masks are done except in certain situations

ONTARIO—Beginning on March 21, masks are no longer mandated in Ontario; they will no longer be required in public places, including schools.

A press release from the Eastern Ontario Health Unit (EOHU), stated: "We are in a place where masking and other

April 2022 North Stormont approves water and wastewater asset management plan

BERWICK – Politicians with the Township of North Stormont recently approved a new Water and Wastewater Asset Management Plan.

"The first thing that I like to point out is why we have an asset management plan," Ontario Clean Water Agency (OCWA)'s Nick Larsen said. "You'll see that I put regulatory compliance at the bottom of the list because while 'yes', it's important to have regulatory compliance, I think even in the absence of Ontario Regulation 588 there's a lot of value to an efficient, properly designed asset management plan that becomes, as you'll see, your living document that can be updated efficiently on an annual basis."

GFL Environmental Inc.'s Moose Creek expansion project moves steadily forward

BERWICK – The long process of gaining approval for the expansion of GFL Environmental Inc.'s Eastern Ontario Waste Handling Facility (EOWHF) in Moose Creek is steadily moving forward.

During the April 5 council meeting, the Township of North Stormont's township consultant planner Jesse

McPhail recommended that council approve the necessary zoning amendments to move the project forward.

North Dundas' firefighters gear up to train in Chesterville

CHESTERVILLE – Firefighters throughout North Dundas will have a great opportunity in a few weeks to take their training to a higher level.

Training for firefighters never ends. Firefighters have to be prepared for anything and everything from car accidents, house fires and unexpected calls for their service. Getting the right training has always been a challenge for all rural fire departments. Coming April 19 to the Chesterville Arena parking lot is one of three mobile live fire training units.

Cinnamon Boulanger recognized with the North Dundas Mayor's Award

WINCHESTER – Life is scattered with unexpected events.

If you are lucky, the right people, will be in the right place, at the right time when you need them the most. Heather Cooke Erwin loves her hockey and on Sun., March 13 she along with her KC's Lawn Maintenance hockey team of the Winchester and District Ladies Hockey League was playing a game at the Sam Ault Arena in Winchester.

Stay tuned to next week's *Record* for more 2022 Year in Review!



Freedom Convoy swings through Chesterville

A last minute Freedom Convoy was organized on Tues., Feb. 1, 2022. The convoy of more than 50 semis followed by another large group of cars left Embrun at 12:30 p.m. and drove to St. Albert, Crysler, Finch, Chesterville, Winchester, Morewood and Russell. The convoy was made up of some of the many trucks that were in Ottawa and the truckers wanted to show their appreciation for the support they have been receiving from residents. A large number of well-wishers gathered in Chesterville to cheer the truckers on.

Morin Photo

March 2022 North Stormont second draft budget coming March 8

BERWICK – "It's a big day with lots of numbers," Township of North Stormont Mayor Jim Wert said. "Every time I go through this process, the complexity of our accounting division and the thoroughness that we're able to track numbers is outstanding."

Wert made this statement at the close of an all-day budget session on Feb. 16. The session began with opening statements from members of council followed by an outline of how the day would progress from director of finance and treasurer Carly Wheeler.

South Dundas passes Interim Control Bylaw for cannabis facilities

MORRISBURG – The Municipality of South Dundas recently passed an Interim Control Bylaw for Cannabis Facilities that for the most part effectively bars new facilities or expansions from happening for now. "I think this is actually the

restrictions can be removed in most circumstances due to a significant decrease in the number of COVID-19 cases, hospitalizations, and outbreaks as well as high levels of vaccination among people older than 12 years old and increasing vaccine uptake in students aged 5 to 11 years old," says Dr. Paul Roumeliotis, medical officer of health at the Eastern Ontario Health Unit (EOHU).

Homeowner and farmers with railway crossings on the hook for safety upgrades

CHESTERVILLE – Hundreds of farmers and homeowners in Stormont, Dundas and Glengarry who have railway crossings on their property are facing new maintenance costs for their particular crossing.

In early 2020, Canadian Pacific Railway began contacting landowners with private crossings without agreements in place, to sort out who was responsible for the crossing and, "confirm certain design parameters which are crucial in determining the amount of work required to meet the Nov. 27, 2021 deadline at those crossing(s)."

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VOLUNTEER

VOLUNTEER (part-time hours) OPPORTUNITY AS TREASURER FOR STORMONT AGRICULTURAL SOCIETY Details are available www.stormontfair.ca. Deadline for applications: January 12 at noon.

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VOLUNTEER NOW! Organizations or individuals who have tasks which could be done by students looking for their volunteer hours, are welcome to advertise in this space free of charge for TWO (2) weeks. Call The Record at 613-448-2321 with your requests.

tfc

COMING EVENTS

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Sat., Jan. 21 from 12 p.m. - 4 p.m. at St. Matthews, 15 Memorial Square in Ingleside. \$50 for 1st place. Share the wealth draw/door prize. For info call Betty at 613-984-1431 or Jack 613-537-2295.

28

EUCHERE TOURNAMENT SAT., JANUARY 14, 2023

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!

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PROPERTY WANTED - Cash buyer waiting, with deep pockets for: A. Waterfront home; B. Hobby Farm; C. Hunting Land; D. Acreage; E. Building Lot; F. Profitable business property; G. Fixer upper homes & cottages, any location. Call me for details: Gerry Hudson - 613-449-1668 Realtor, Solid Rock Realty Brokerage.

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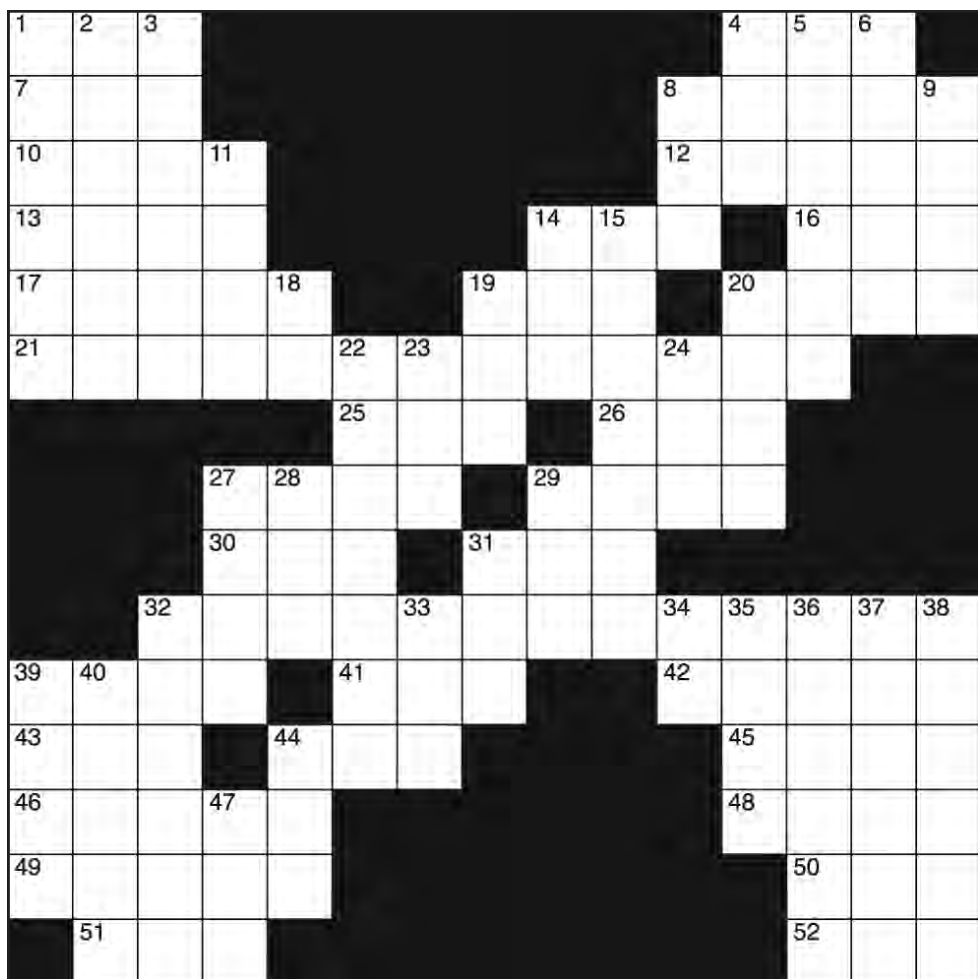
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CROSSWORD PUZZLE FOR THE WEEK OF JANUARY 5, 2023

CLUES ACROSS

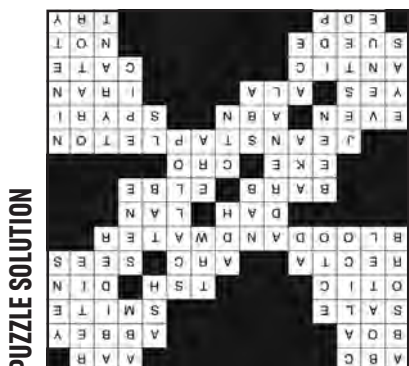
- 1. Basics
4. Swiss river
7. Constrictor snake
8. Building occupied by monks
10. Discount
12. Deal a blow to
13. Relating to the ear
14. Thyrotropin
16. Loud, unpleasant noise
17. Large intestines
19. Move with a curving trajectory
20. Witnesses
21. You need both to live
25. Dash
26. Network
27. Dig

CLUES DOWN

- 1. Engulf
2. Waterside hotel
3. Printed cotton fabric
4. Defensive nuclear weapon
5. One who follows the rules
6. Lace up once more
8. Fire byproduct
9. Hankerings
11. Outer
14. One-time aerospace firm
15. Seafood
18. Commercial
19. Epoxy hardener (abbr.)
20. Samoan monetary unit
22. Type of gland
23. Arrest

- 29. C. European river
30. Supplement with difficulty
31. Corporate executive
32. Carroll O'Connor's onscreen wife
39. No variation
41. Airborne (abbr.)
42. "Heidi" author
43. Affirmative
44. Pie __ mode
45. W. Asian country
46. Grotesque or bizarre
48. Delicacy (archaic)
49. Textile
50. Denial
51. Electronic data processing
52. Attempt

- 24. Check
27. Past participle of be
28. Alias
29. A major division of geological time
31. Kids programming channel (abbr.)
32. Joked
33. Helps little firms
34. Roman numeral 50
35. Impressive in size or scope
36. Domineering leader
37. A person who delivers a speech
38. One after 89
39. Young hawk
40. The scene of any event or action
44. A team's best pitcher
47. Integrated data processing



PUZZLE SOLUTION

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.

SMALL BUSINESS Spotlight

The Creek

"If it can be done in house, we're doing it in house!" said chef Monique Vermeulen

MOOSE CREEK – The Creek, a restaurant located on the outskirts of this North Stormont community, opened on May 4 of this year, and is owned by chef Monique Vermeulen. She continued how Chuck, her husband, "has been exceptionally supportive and helpful!" and is at the restaurant as much as possible.

Vermeulen commented her husband named the restaurant, after the couple had spent some time contemplating what to call the business, knowing "it had to represent us". With the decision made to name their business The Creek, she explained, The Creek is a nickname for the community, as her husband was born and raised in Moose Creek. Vermeulen mentioned after moving here she is proud to call Moose Creek her home.

"A classically trained chef by trade, food and all things food-related run wildly and passionately through my veins," commented Vermeulen. She continued how the opportunity to open a restaurant presented itself shortly after moving to Moose Creek. "I'd recently moved to Moose Creek after reuniting with my childhood sweetheart. I fell in love with the town, and all the stars aligned for this to happen!"

Vermeulen explained customers are offered to dine-in or take-out at The Creek, as well as providing special event catering or take-home meals. Patrons can enjoy pub evenings at The Creek in the pub area located adjacent to the café, beginning at 5p.m. on Thursday, Friday, and Saturdays.



Chef Monique Vermeulen is shown with her mother Fern at The Creek in Moose Creek. For more information, please visit their social media pages.

Thompson Goddard Photo

She mentioned market/convenience item availability is currently in the planning stages.

There is a lot of work associated with setting up a small business. Vermeulen explained when setting up a restaurant, there is a lot of time spent setting up accounts, finding suppliers who provide products needed, developing recipes, creating menus, and hiring staff. "I have a passion for local - whenever possible, we

buy and support local, working with several producers in the area. It's important to me to have a small, local footprint," continued Vermeulen. She added that: "a passion for items prepared in my own kitchen - I'm a little extra that way - we even make our own peanut butter!" Other challenges included staffing and "being unprepared for the sheer volume of business! Our beloved town had been sorely lacking good food."

She mentioned meeting and interacting with customers is an experience she enjoys as is running a restaurant. "Our customers are amazing! Moose Creek (and neighbouring areas) have been extremely supportive, encouraging and loyal!" Vermeulen commented. Priorities for The Creek including "providing the absolute best service, food and drinks possible" she said, before continuing how the top priority is to ensure customers are happy, not wanting "anyone to leave disappointed."

Suggestions from Vermeulen to those considering opening a restaurant include being ready "to put your everything into your business but that's because that's what it takes - but it's so, SO worthwhile!" She also explained how it can be scary opening your own business because "You're opening yourself to the public, and that's a vulnerable place to be. For myself, food is my passion, but it is perhaps one of the most subjective things to offer - what I love, you may dislike" and business is often unpredictable.

"Our vision is to build community by providing food and drinks that bring people together and an atmosphere that is a hub for locals and visitors alike," commented Vermeulen. She concluded by saying "our mission is to provide our beloved town of Moose Creek with a relaxed environment, unique twists in every bite, hyper-local sourcing - all to be enjoyed in a beautiful setting."

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.

Celebrating Christmas

Carolyn Thompson Goddard
Record Staff

WINCHESTER - Christmas at the Old Town Hall, produced by the Railroad Recording Company from Chesterville, provided musical seasonal treats on Dec. 22 at the Old Town Hall in Winchester.

RRC is a professional recording studio, that provides live sound for events, private music lessons as well as "recording/mixing/mastering/editing" services.

Dave Tettmar, and Laura Greenberg operate the RRC, they explained the event was "part of a year-long concert series," which included performances by Old Whiskey Road, The Texas Horns, Matthew Chaffey and OK Naledi throughout 2022. He commented the goal of the concert series was to bring great talent to the local community.

"After many events this year, we wanted to bring

together lots of musicians, and the community, and a Christmas concert felt like a great way to do that. We also wanted to give back by raising money for charity, and we are pleased to make a donation of \$600. We hope to make this a yearly show," said Tettmar. He mentioned there had been a good turnout for the concert despite the weather.

The audience was treated to a variety of special effects including "programmable stage lights, and a lighted backdrop," commented Tettmar. "All of the lights, colours, and movements were programmed in the weeks leading up to the show, so that they would complement each song," he explained, noting a snow machine was used at the end of the evening, with the lights designed to "add visual interest to the show."

Performers at the event included Kristine St-Pierre, Nick Beaton, Matthew Chaffey, Finley June,



From the left: Ken Workman, Nick Beaton, Kristine St-Pierre, Dylan Roberts, Matthew Chaffey, Finley June, Lauren Cassleman and Al Wood. Not pictured: Laura Greenberg, Dave Tettmar, Tracy Howe, Bogdan Gheorghe and Scott Harvey.

Thompson Goddard Photo

Lauren Casselman, Al Wood, Scott Harvey and Tracy Howe. Bogdan Gheorghe, Ken Workman, Dylan Roberts, Laura Greenberg and Dave Tettmar were members of the house band at the event. The back of the house team included producer Dave

Tettmar, and musical director Laura Greenberg as well as Bogdan Gheorghe, Aaron Della, Tony Glen, JP Leduc, Moira Law, Andrea Lloyd and Ami Johnson.

On behalf of RRC, Dave Tettmar thanked their community partners, Dundas County Players, A

Bunch of People Arts and Events, Winchester Open Mic, A Night at the Movies and the Township of North Dundas for their continued support.

"We would also like to thank everyone who attended one of our concerts this year. It's not a show without an

audience, and we hope everyone enjoyed the concerts as much as we enjoyed presenting them," said Tettmar. He mentioned the 2023 concert series, expected to begin in March of this year, is in the planning stages, with announcements forthcoming.

Pin Tales

Stormont Ladies: Ladies' High Single, Leslie Vanbruijssen 220; Ladies' High Triple, Leslie Vanbruijssen 532. Team Standings: Sandra 171.5, Angela 161.5, Hilda 157, Pat 149, Susan 143.

Defenders: Men's High Single, Blaine Symonds 232, Men's High Triple, Denis Letourneau 539; Ladies' High Single,

Fredda Symonds 266; Ladies' High Triple, Fredda Symonds 557. Team Standings: Gwen 161.5, Debbie 155, Glendon 150, Brian 147, Ossie 135, Kelsey 133.5.

Finch Mixed: Men's High Single, Danny StPierre 262; Men's High Triple, Danny StPierre 677; Ladies' High Single,

Isabelle Bissonnette 240; Ladies' High Triple, Isabelle Bissonnette 703. Team Standings: Diggers 144, The Girls 135.5, T.D.DJ 135.5, S.M.T.D. 133, B&S 97.

Thursday Seniors: Men's High Single, Bas Vanwinden 175; Men's High Triple, Bas Vanwinden 473; Ladies' High Single, Sue Shay 151; Ladies' High Triple, Sue

Shay 388.

Avonmore Mixed: Men's High Single, Kevin Osborne 296; Men's High Triple, Frank Jerome 728; Ladies' High Single, Joan Benton 247; Ladies' High Triple, Joan Benton 538. Team Standings: Frank 202.5, Mike 171, Rob 151, Dan 149, Anita 142, Jeannette 129.



WDMH's first baby of 2023 arrives on Jan. 2

Jane Adams
Special to the Record

VARs – Ruby Bergeron took her time ringing in the new year, joining the party at 6:13 a.m. on Jan. 2. She is the first baby born at Winchester District Memorial Hospital (WDMH) in 2023 and her parents Selena and Marc couldn't be happier!

The Bergerons, who live in Vars, have had three children at WDMH – all born during the month of

January. "We'll be having three birthday parties in the same month which should be pretty fun," says Selena. Ruby's older siblings Cora and Elliot are almost five and two. They had a video chat with their new sister soon after she was born. "Cora is ecstatic because she really wanted a baby sister. Elliot isn't quite sure about what is going on but he's in for a big surprise," adds Selena.

"We love Winchester Hospital because it is a small, cozy hospital where you get exceptional care," sums up Selena. "The whole experience and the team are wonderful, and I wouldn't go anywhere else."

Congratulations to the Bergeron family from everyone at WDMH.



Cora and Elliot Bergeron with new baby sister Ruby. Courtesy Photo

Welcome to Canada

Carolyn Thompson Goddard
Record Staff

GREELY – Thanksgiving weekend 2022 will be remembered for a very special reason by two families. For the Aleksenko family from Ukraine they began their new life in Canada on Oct. 8 in their new home with Ivy and Charles Livingstone.

Ivy recounted that while visiting a friend in London Ontario, the news about the war in the Ukraine and the effect it had on the people living there was most upsetting. Knowing there was an empty apartment in their Greely home, she spoke with her husband, and the couple decided to offer it to a family who had been displaced by the war.

When she returned home to Greely a few days later, she contacted the Ukrainian Orthodox Church in Ottawa. They suggested that she try the Catholic Immigration Services. She eventually was able to speak with someone at the CIS, where she and her husband were vetted, and after five months of waiting and anticipating, they were eventually connected with the Aleksenko family in Poland. Ivy explained, that in early September, the two families got to know each other through email

correspondence, noting once the process began things moved rather quickly.

Hennadii and Anna have three children, a 10-month-old Daniel, a 16-year-old daughter Valeriia, and 13-year-old son Illia, who attend two separate high schools. The family also has a two-year-old Jack Russell Terrier, Emelia, who accompanied the family to Poland and was able to emigrate to Canada with them.

Valeriia, who speaks several languages and provided translation during the interview, explained that her family had lived in a Ukrainian city close to the Russian border. There her father had owned a body shop business in his community, with several employees. Before the war with Russia began, the situation became so tense that the decision was made by the family to relocate to Poland where they were able to make a temporary home with extended family members, and where baby Daniel was born a mere week before Russia invaded the Ukraine.

As refugees streamed into Poland, Valeriia and her family began researching a more permanent home for the family. They learned that Canada was accepting Ukrainian refugees, the



The Aleksenko family is joined by Ivy Livingstone who has opened her home to them in October as they begin their new life in Canada. From the left, front row: Anna, Illia, Valeriia and Hennadii holding Daniel. Back row: Ivy Livingstone. Courtesy Photo

weather was similar to that of the Ukraine, and it was a safe place to live. Anna explained the family was interested in coming to Canada to live because she had learned this was a country where people of different nationalities and cultures were welcomed and valued.

Once the family made the decision to come to Canada, Valeriia explained the process began to move along. Her father, who had owned a body shop business in their community, researched and was able to secure a job in his field in Ottawa. With that hurdle passed, and their documents in order, they were granted permission to emigrate. The family landed in Canada on Oct. 8, five months after making the decision to move to this

country.

When asked about the challenges they faced, Anna mentioned there were some challenges with the changes, noting the flight presented several of them. "It was all a bit terrifying!" she said. The family had spent almost a full 24 hours travelling from Poland to Canada, arriving at 4:20 p.m. at the Ottawa International Airport where they were greeted by the Livingstone's and their friend Rosemarie Pallasch, who was providing additional transportation. Both Anna and Valeriia did say, that after arriving in Canada, it had become much easier because Ivy is so helpful.

"Ivy has done a remarkable job," commented Greely resident Doug Thompson, continuing to

note how she has facilitated the family's transition and helped them navigate through the various government departments to receive the documentation they need. He mentioned Ivy is a perfect example of how to get done what needs to be done to assist people coming to Canada.

Valeriia's face lit up when she was asked about her

favourite fast-food restaurants, before replying "McDonalds and Kentucky Fried Chicken." She continued, "the family is enjoying living in Greely as there is a big back yard and the neighbours are quite friendly."

During the 2022 holiday season, Ivy and Anna worked together to create several dozen Christmas treats. Ivy mentioned that a tree trimming party was held at their home in December, with everyone enjoying the event and the holiday treats. Valeriia mentioned the family looked forward to experiencing a Canadian Christmas this year and celebrating on Dec. 25 but mentioned the Ukrainian traditional Christmas date of Jan. 6 would likely be celebrated.

Welcome to your new home in Canada, Hennadii, Anna, Valeriia, Illia, Daniel and your canine companion Emelia and Happy New Year!

Out with the old!

The holidays are now behind us, another Christmas having passed in a flash. If Santa (or your family) was good to you, then perhaps you have some nice, shiny new gear to add to your kit. That also means you may have some older equipment you may want to dispose of. As someone who changes directions all too frequently, I may be able to help you with that.

One thing you need to understand about used camera gear is that it does not hold its value. That isn't to say that it isn't functional; it may even look just like new and if you are wise, you would have kept the original packaging. Still, prepare to be at least slightly disappointed.

Some companies have a policy that guarantees you a trade-in value if you upgrade within a set timeframe, usually a year. Henry's (henry's.com) has an official "Half-Back" policy through which they will give you 50 per cent of your original purchase price (before tax) provided the gear is in good working order, you have all the accessories that came with the purchase, and you have the original sales receipt and photo I.D... This policy applies to cameras, lenses and "major accessories", so it is a good idea to ask at the time of purchase if your items are included.

Some other companies offer similar arrangements, although they don't publicize it as much, so again, don't be afraid to ask.

An added benefit of trading in old gear is that you will save a bit of sales tax. For example, if you had a camera that was originally \$500, and you received a trade-in of \$250 which you used towards a new camera valued at \$1,000, you would only pay HST on the difference of \$750 (\$1,000 - \$250 trade-in = \$750.)

There are many large, US based companies willing to purchase your used gear, but for most you must pay to ship it to them. After evaluating your equipment, they will provide you with a price they are willing to offer. If you accept, you can usually choose to receive payment by cheque or PayPal, and it will be in US funds. If you decline, they will pay to return it to you. Don't be afraid to negotiate since they may be willing to pay a bit more to avoid having to pay to return the gear to you.

In my experience these US dealers pay 65 per cent to 75 per cent of what they would sell the used gear for (not the original "new" price), so make sure to browse their website for similar items so you can have at least a ballpark figure of what you can expect to receive.

Selling privately (person to person) will usually net you the largest amount for your used gear, but it also comes with the greatest risk. Selling to someone you know is the safest route, but when dealing with strangers, any



number of things can go wrong. There are many people out there only too willing to take advantage of you and the risk increases with the value of the gear being sold. Selling online through platforms like eBay can be very risky, since they are focused on keeping the purchaser happy, and it is not unusual for a seller to report that the item was not as described and get a full refund without having to return your gear to you.

Getting 70 per cent of the resale price plus saving the 13 per cent HST is about as good as it gets in terms of value, safety, and simplicity, particularly if you really want the shiny new lens or camera. By the time you get to this point, you've probably already decided what you want to do, it's just a matter of justifying it.

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