





Briefly

Show your support WINCHESTER -

Dundas Manor has launched their "Expanding the circle of compassionate care campaign." Your support will help continue the 45-year legacy of Dundas Manor keeping families together. See page 6 and 7 inside for more details about becoming a donor.

Fair season starts

MAXVILLE – Maxville Fair runs June 23 to 25 at the Maxville Fairgrounds. See the sponsor page on page 9 for more details.

Finch Legion Steak BBO

FINCH – Sat., June 17 and we will have two seatings: from 4:30 p.m. to 6 p.m. or 6:30 p.m. to 8 p.m. at 4745 County Rd 43, Finch. Contact Sue at 613-984-2346 or Sandra at 613-984-2218.

Iroquois-Matilda Lions BBO

IROQUOIS – Sat., June 17 from 3 p.m. to 5 p.m. Tickets available at Mustard's Variety, River Rat Treasures, and Morrisburg Building Centre or from any Iroquois Lions Club member.

It's not too late!

CHESTERVILLE – Enter our draw to "Spoil your man". **See entry form on page 2.**

Elderly abuse is a real concern

CHESTERVILLE – Read the article on page 2 and become aware and protect your loved ones.

Lions Club public announcement

SOUTH MOUNTAIN – The Mountain Township and District Lions just want to make it very clear to the community that there will be no Canada Day events or fireworks put on by our Club in South Mountain.



Team Realty

THE CORRESPONDENCE OF THE SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES

PM40050631R8905 Volume 129, Number 49 Chesterville, Ontario Thursday, June 15, 2023 Single Copy \$1.00 (HST included)



Nothing feels as good as home. That's why we're building the new Dundas Manor.

For 45 years, Dundas Manor Long-Term Care Home in Winchester has helped to keep families together – even though they are living apart due to health challenges. It is the only long-term care home in Dundas County and is an essential part of our local healthcare system. **Now, it's time for a new Dundas Manor**.

Magic happens at Dundas Manor every day – despite the many limitations of an old and crowded building. With your help, the magic will continue in a brand-new home.

Planning for the new home is almost complete and we are ready to expand the circle of compassionate care in our communities.



Please turn to the centre of this newspaper to learn more. You can also visit **www.dundasmanordream.ca** to read about our amazing residents and their future home..



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Recognizing World Elder Abuse Prevention Day

& AKWESASNE – As June 15th is observed as World Elder Abuse Prevention Day, it's important to recognize not all seniors are in the best of circumstances. Every year it's estimated that 200,000 or 10 per cent of seniors are victims of elder abuse. Physical, sexual, psychological, or financial abuse that can result in distress, impairment, or bodily injury. Every senior deserves the right to feel safe, and live free from abuse.

The theme of World Elder Abuse Prevention Day for 2023 is "Rights don't get old." Basic human rights of older adults are challenged and undercut every day. Experts believe elder abuse is not only significantly under-reported, but it also remains a hidden crime. Within the eastern counties alone, the Carefor Elder Abuse Prevention Program has seen an increase of over 40 per cent in financial elder abuse cases in 2022.

Tanya Mayich, Carefor's elder abuse prevention coordinator, and community network chair for the Prevention of Elder Abuse for the eastern counties and Akwesasne shared that "Seniors are being targeted by persistent scams and

EASTERN COUNTIES
AKWESASNE – As June th is observed as World der Abuse Prevention by, it's important to recognize not all seniors are in the st of circumstances. Every ar it's estimated that 0,000 or 10 per cent of fraud every day. Financial abuse against older adults can be devastating and can often leave victims with no way to recoup their losses. It's necessary to ask questions and to not share any important personal and financial information."

It is imperative within our local community that we educate ourselves on the univer-

Carolyn Thompson Goddard

SOUTH DUNDAS - The weather

cooperated, and the Friends of Grand Trunk

Railway 1008 (FGTR 1008) were busy

scrapping, painting, and stabilizing the

exterior of the baggage and passenger cars

attached to GTR Engine 1008 over the

Record Staff

sal warning signs and the associated risk factors concerning elder abuse, and advocate for the rights of seniors. Tanya explained, "This day is celebrated to advocate for seniors so their voices can be heard. We must acknowledge elder abuse as a public and human rights' issue throughout the community and around the world. Every

Preserving our history in South Dundas

older adult deserves to be treated with dignity and respect, and we can only make a difference if we mobilize together as a community."

Seniors have the right to live free from abuse and you can make a difference. If you know a senior experiencing any type of abuse, if you need support, or have

weekend of June 10 to 11. The train is located

on tracks adjacent to the Aultsville Station

the executive board of the FGTR 1008 or as

a volunteer, please contact Kirsten Garden.

organization's Facebook page.

If you are interested in either serving on

More information is available on the

near the Crysler Marina in South Dundas.

any questions or need further information, call Carefor's Elder Abuse Prevention coordinator at 613-932-3451 ext. 4244 or visit www.elderabusepreventionservices.com.

About Carefor and the Elder Abuse Prevention Program

Carefor is a local not-forprofit charity that provides home healthcare and community support services across Eastern Ontario. Whether in the home, in the community, at care facilities or one of its clinics, 1,500 staff are part of the circle of care that is tailored to a client's needs. The Elder Abuse Prevention Program served over 140 vulnerable seniors this past year in the eastern counties.

For more information about Carefor, please visit www.carefor.ca. For more information about Elder Abuse and the Elder Abuse Prevention Program, please visit www.elderabusepreventionservices.com. About the Community Network for the Prevention of Elder Abuse.

The Community Network for the Prevention of Elder Abuse for the eastern counties and Akwesasne is a long standing, well established, local non-profit network that encompasses a full continuum of services dedicated to the social identification, community education, and prevention of elder abuse.

The network is comprised of volunteer board members in the areas of criminal justice, social assistance, community outreach, healthcare, and mental health agencies all within the local community.

For more information contact: Tanya Mayich, community network chair & Elder Abuse Prevention Coordinator for Carefor Eastern Counties tmayich@carefor.ca (Email is preferred) or 613-932-3451 ext. 4244.



From the left: Chuck Cadieux, Kristen Gardner, Randy Burnet, Jim Becksted, Bernie and Craig Stevenson were busy revitalizing and refurbishing the exterior baggage and passenger cars on June 11.

Thompson Goddard Photo





If you or someone you know is experiencing elder abuse, call Carefor's Elder Abuse Prevention Coordinator at 613 932-3451 ext. 4244 or visit www.elderabusepreventionservices.com

Carefor



NAME:	
ADDRESS:	
PHONE NUMBER:	
EMAIL:	
YOUR MAN'S NAME:	
CONTEST RULES: Complete the entry form with your full contact det	

CONTEST RULES: Complete the entry form with your full contact details and your man's name. Send the entry form to the newspaper office at P.O. Box 368 Chesterville, ON KOC 1HO or email contests@etceterapublications.ca on or before June 20, 2023. A draw will be held on June 23, 2023 from all entries received. Participants must be 18 or older. Please note that employees of the newspaper and sponsoring business, including family members, aren't eligible to participate in the contest.

Pizza, burgers and more

Big Mama's Kitchen, located at 25 Main Street in Chesterville, held their grand opening ceremony on Mon., June 12. Brandi Campbell, seen in the photo, owns the business with daughter Kyrstin. Campbell mentioned the restaurant had opened for business on June 2, just in time for the Art on the Waterfront festival. Big Mama's Kitchen is open for take-out from 11 a.m. to 9 p.m. Monday through Sunday, with free delivery inside the Chesterville village limits. More information is available on their Facebook page.

Thompson Goddard Photo

June Bike Night cancelled for third consecutive year

Terry Tinkess Record Staff

NORTH DUNDAS - North Dundas is a great example of what a community can do when they work together, but apparently Mother Nature wasn't on board as the summer's first Bike Night was cancelled for the third consecutive year.

It's disappointing," said Vince Zandbelt, the event organizer. "The smog, this was the best day for no smog. There was a 40 per cent chance of .1 (precipitation) literally. Probably about 2:30 this afternoon the skies went from clear to black and we had a downpour here and other areas were also reporting a downpour. We looked at our radar and it shows us rain till 8:00-9:00 o'clock tonight, so before a lot of vendors got further along with their setup; some of them hadn't been set up yet, we decided to cancel. It was also a safety thing for the



A few hardy souls parked their motorcycles, grabbed a bite to eat, or just milled around and chatted with each other, but there was no disguising their disappointment that Bike Night had been cancelled. Everyone seemed to understand that you can't control the weather, and at least it looked like they might have a dry ride home.

motorcycles coming, and a lot wouldn't because of wet roads. And when they'd get here, they would just be sitting in the rain.

"We thought, okay, who's going to come to have all this food, all this entertainment set up...the band didn't want to unload their equipment, to stand in the rain, to play in the rain, for hardly anyone is here for, so we decided to cancel right there."

So, July 13 is going to be that much better?

"July is going to be that much better," said Zandbelt. "We have a lot of experience in this because this is our third June. All our June dates have been rained out at one point or another. Mother Nature...

The next Bike Night is scheduled for Thursday, July 13 (weather permitting, of course,)

Water/wastewater concerns in South Stormont

Carolyn Thompson Goddard limit access to water and Record Staff

LONG SAULT - South chief Stormont administrative officer Debi Lucas provided a report to council on municipal water and wastewater capacity during the May 24 meeting.

The township has seen growth in both the business and residential sectors over the past few years, with the communities of Ingleside Long Sault experiencing continued population growth. The increased growth is due to a variety of reasons including proximity to markets in Southern Ontario and the US; as well as being within commuting distance to urban centres such as Montreal or Ottawa, which has resulted in "added strain on the services provided."

Lucas provided some background information on the situation mentioning the final design of the Wastewater Ingleside Treatment Plant upgrade is underway. Township officials have investigated the possibility of receiving "funding support from upper levels of government." She explained the discovery of "the system's ability to provide water for new development is nonexistent" and the township has to "strictly monitor and

wastewater connections. This limitation is necessary due to inadequate capacity, the plants (water treatment and wastewater treatment) operations are maintained within ministry regulations and the plants' operational parameters as established when the plants were constructed." EVBEngineering reviewed "the uncommitted reserve capacity review of water and wastewater services in Ingleside and Long Sault" in 2022, with a report which noted "that current water capacity at the regional plant is at its limits and wastewater capacity in Ingleside continues to be a significant barrier." The report mentioned there are assigned connections that are not currently being used and could be perhaps utilized in other locations.

Lucas noted how water and wastewater opportunities is limited, mentioning how "It is anticipated that funding support for expansion to these services is a few years off," and suggested several options to be considered when investigating "alternatives to expand service connections." These include public education, the issue of water into the wastewater system, debt capacity of the municipality and policy options.

WT Infrastructure was hired by the Township of South Stormont in 2022 "to assist in the development of a Mastering Servicing Study." Recently presentation to council was made by Mr. Witherspoon from WI Infrastructure suggesting the township "consider an allocation policy to support prioritizing and ensuring transparent processes for access to water and

infrastructure funding wastewater treatment connections." She explained how this policy option "may consider just how new connections are prioritized, when the connection becomes a service commitment, and in addition the policy may also consider a process to take back unused service commitments."

> She mentioned that a proposal providing draft options for development priorities will be provided at a future council meeting which will "outline what and how developments could move forward, the concentration development opportunities in what location, and what service(s) receives capital spending priority."

> Capital expenditure options include no changes to water and wastewater

plants, introduction of public limits to water use, water and wastewater treatment upgrades in both Ingleside and Long Sault, or in Ingleside only, or Long Sault only.

She concluded her report by mentioning several policy options for council to consider. noting "Administration proposes to host an information opportunity for interested parties, and it is scheduled for June 2023. The information meeting will gather comments, concerns and ideas from residents and developers about the proposed options," with plans for a full report to be presented to council following the information gathering.

A public open house is scheduled for June 19 from 5:30 p.m. - 8:30 p.m. with a formal presentation from CAO Lucas at 7 p.m.

More information is available southstormont.ca/councilme etings.





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NOTICE OF A PUBLIC MEETING

Housekeeping Official Plan Amendment for the United Counties of Stormont, Dundas and Glengarry

TAKE NOTICE that the Council of the Corporation of the United Counties of Stormont, Dundas and Glengarry (SDG) will hold a Public Meeting as per Section 17 and Section 21(1) of the Planning Act on Thursday, July 6, 2023, commencing at 9:00 A.M. at 26 Pitt St., Cornwall, in the Council Chambers.

THE PURPOSE AND EFFECT – The purpose of the Public Meeting is to provide an opportunity for Council to receive input from the public and stakeholders in respect of the current proposed Housekeeping Amendment to the SDG Official Plan. The amendment is intended to correct technical errors, recognize previous land use approvals, and clarify policies for ease of use and interpretation. The errors and omissions include some changes to the Text of the Official Plan as well as to the designations on some selected sites on the Land Use Schedules. The Official Plan applies to the entire geographical area of SDG; as such, no key map is provided.

Copies of the draft Official Plan Housekeeping Amendment and relevant maps can be found at: sdgcounties.ca as of June 16th, 2023.

ANY PERSON may attend the public meeting and/or make written or verbal representation either in support of or in opposition to the proposed amendment to the SDG Official Plan, if you would like to attend or to participate please planning@sdgcounties.ca in advance of the public meeting.

IF YOU WISH TO BE NOTIFIED of the decision of the United Counties of SDG on the proposed Official Plan Amendment, you must make a written request to the Planning Department (at the address below) or to planning@sdgcounties.ca.

ADDITIONAL INFORMATION relating to the Housekeeping Amendment to the Official Plan is available on the SDG website and at the local township offices.

DATED this 9th day of June, 2023

Planning & Economic Development Services

United Counties of Stormont, Dundas and Glengarry 26 Pitt Street, K6J 3P2 Cornwall, Ontario

Tel: (613) 932-1515 Fax: (613) 936-2913



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Page 4 The Record

EDITORIAL&Opinion

editor@etceterapublications.ca

FAX: 613-448-3260

In praise of community volunteers

North, south, east, or highways and byways of the west it is true that home is the best. Growing up in Chesterville was full of ups and downs, but I must admit there were more ups than downs. Despite not living in North Dundas since leaving to go to Carleton, my heart is still deeply entrenched in this small community spanning the two sides of the mighty Nation River.

Over the past few years, a lot of my time has been happily travelling the

golden triangle of Eastern Ontario covering events and speaking with people. I think what amazes me the most is the absolute beauty of both the natural landscape and of the people who call it home. Through the different seasons there is plenty to see driving along going from here to there and back again. The natural landscape is full of beautiful scenes in any season and the variety of views is simply

amazing. There are hills and valleys, forested areas and farmers' fields, sheep, cows, other animals populating the countryside.

Then there are the small communities where people live, work, and play and a sprinkling of homes in the countryside. These are the neighbours who are there to lend a helping hand when needed, who greet you with a hearty hello and how are you doing in the grocery store, or a wave as they pass you in a car and often volunteer to help out at community events.

When out covering community events, I often think about the volunteers who have spent countless hours planning and executing the fair, fundraising dance, dinner, race or rally, bike night, family fun day or festivals like Art on the Waterfront.

There is a lot of hard work

and dedication that go into community event planning. Volunteers spend countless hours in meetings, making telephone calls, looking for sponsors, working with other groups and many other activities which take the spare time of volunteers. What is amazing about this is the time is freely given without any expectation, other than experiencing the joy when it all comes together, and people are having fun.

An old saying goes many hands make light work, and perhaps it is time for people who enjoy these events to thank the volunteers by joining them as they organize these wonderful community events. Having personally experienced both the fun at these activities and that as they are planned, I recommend giving some thought to this. It may be in fact a wonderful way to say thank you both to the volunteers and the community.

Carol Goddard Thompson

REFLECTIONS ON COMFORT & PEACE

The best inheritance

Father's Day is meant to remind us to honour the men who have fed and sheltered us and hopefully taught us to be trustworthy and kind.

Concentrating on making a material legacy without nurturing a strong connection with one's children is a misplaced priority. Fame and fortune rarely last into the succeeding generations of a family. A good name does however, and will present more opportunities to your children. Caring parents want the very best future for their kids and, although a stained family past can be overcome, it is difficult, especially if a person has grown up in a small community.

The writer of Psalm 112 declares "Blessed is the man who fears the Lord, who delights greatly in His commandments. His descendants will be mighty on earth: the generation of the upright will be blessed." (NKJV). In other words, as unfair as it may be, the reputation of a good father will often open doors for his children and grandchildren. If a family business has been founded on a history of honest business dealings, it is more likely to be trusted by customers who have benefited from those dealings. If the parents of a child are known to be upright citizens who make their community welfare an important part of their life, their attitude has more than likely passed on to their children. They will be trusted to be assets to the community.

One of the best ways to ensure that our children have the opportunities to establish honesty and kindness as a part of their life is to encourage them to have faith in God. The principles and precepts of Christian faith based on the life of Jesus who "grew amd became strong in spirit, filled with wisdom: and the grace of God was upon Him." (Luke 2:40 NKJV) What better role model could a child have?

If your children see, by having a close relationship with you, that your priority is your Christian faith, they will make it an important part of their life too and that is the best treasure they could ever inherit.

> Mollie Pearce McKibbon Paster at Winchester Baptist Church



This week at Tagwi Secondary School, our Warriors had a fairly quiet week. After many trips and extracurriculars were cancelled due to the air quality in our area, our students were only left with a couple things to do. On Monday, students in Tagwi's Health and Wellness SHSM took part in a SafeTALK workshop. Finally, on Friday, we held our school's annual Tagwi Palooza.

During the afternoon on Monday, students in Tagwi's Health and Wellness SHSM participated in a SafeTALK workshop. Here, students learned how to recognize signs of suicide and how to lead that person towards someone who can help.

On Friday, students from every grade participated in Tagwi's annual Tagwi Palooza. There were games like soccer, basketball, and volleyball. There was a face painting station, which was run by some incredibly talented artists that attend our school, and there was sidewalk chalk laid out for people to express their creativity as well. The most popular part of palooza by far was the water station. This included kiddie pools filled with water, buckets to dump on each other, sponges to throw, and a foam machine. Throughout the day, students could buy whipped cream pies to throw at each other, or they had the option to pie a willing teacher in the face in the "Box of Shame". For lunch, hot dogs, chips, and a drink were sold for 5 dollars. Also, freezies were sold for two dollars, with all proceeds going to Diversity

As always, student council and the school community are 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).



for more information.



Etcetera Publications (Chesterville) Inc. Publisher

Etcetera Publications Inc.

Linda Vogel **Copy Editor**

Editor

Edith Landreville Reporters Carolyn Thompson Goddard

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Production Manager Chantal Bouwers

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Aocha (+cha Proudly printed in North Dundas.

Advertising Rates on Request P.O. Box 368 Chesterville, Ont. K0C 1H0

Advertising E-mail: ads@etceterapublications.ca adsrussellvillager@gmail.com

News E-mail: editor@etceterapublications.ca

Telephone: (613) 448-2321

Fax: (613) 448-3260 Published Thursdays by Etcetera Publications (Chesterville) Inc.

Fundad by the Government of Canada Canada

Single Copy \$1 (HST Included). Annual Subscription \$45 (HST Included); USA \$150. All Subscription Prices Include HST.

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Thursday, June 15, 2023 The Record Page 5

Ribbon cutting celebrates improvements to Morrisburg waterfront

Terry Tinkess Record Staff

SOUTH DUNDAS -South Dundas Waterfront in Morrisburg was the site of a ribbon cutting on Sun., June 11, recognizing recent improvements made along the Morrisburg waterfront walking pathway.

In attendance were committee members, local dignitaries and numerous residents who were taking advantage of warm, sunny weather as well as hot dogs and cold drinks provided by the Morrisburg Lions. South Dundas Mayor Jason Broad acted as emcee.

A bit of history: In 2022, improvements were made by Green Infrastructure Partners, formerly Coco Paving, to the existing walking trail, including the removal, replacement and widening of existing pathways. The project cost \$207,655 over two years,

Carolyn Thompson Goddard

Record Staff



It was a great day for a celebration! The South Dundas (Morrisburg) Riverfront Committee hosted a ribbon cutting to recognize recent improvements to the waterfront. From left: former Mayor Steven Byvelds, Coun. Danielle Ward, Mayor Jason Broad, Michael Burton, former waterfront committee chair, Trish Morrow, current waterfront committee chair, Coun. Tom Smyth, MP Eric Duncan. Tinkess Photo

supported by \$144,787 from the Investing in Canada Infrastructure Program (ICIP), COVID funding and a \$10,000 donation from the Docksyde. Eric Duncan, MP for Stormont, Dundas, and South Glengarry acknowledged contribution of the federal

government but gave credit to those who he felt really deserved it. "We are so lucky," said Duncan. "There're things we can do in elected office, if it's council, as MP, or Nolan Quinn as our MPP, there's only so much government can do. These projects would not happen, all the in-kind hours fundraising that goes in to make them actually get done and bring all the partners together. We couldn't do it without volunteers, so thank you everybody for stepping up.

We have a beautiful little

gem here, adding to an

beautiful

waterfront. Thank you." Work was also completed in 2023 by J&M Contracting Corp. on an accessible viewing platform on the east side of the path toward the Morrisburg beach. The Municipality of South Dundas budgeted \$32,000 for the project in 2022 and the Morrisburg Lions donated \$15,360. Previous committee chairperson, Michael Burton, and members Bert Marcellus and Keith Robinson spearheaded the project.

Former waterfront committee chair Michael Burton took a moment to explain the circular stone patio that displayed the four points of the compass.

"This is the centre of the old town," said Burton. "That's why we were so important to having this be here. We were lost. We were sunk. We were forgotten in many people's mind. One day, there's going to be big, beautiful trees, benches. And we all come down here and sit and relax and remember that this was once not only Morrisburg, but it was also lived on by the First Nations of our community. And this is a beautiful spot to sit and just remember where you came from and who you are."

The Morrisburg Lions Club were a major contributor to the waterfront improvements, and Linda Robinson took a moment to explain how two Junior Lions members (Called Leo's) were remembered. Two blue and yellow benches were installed on the new accessible lookout in memory of Leo Hannah Warren and Leo Amber Venema.

'The Docksyde funded the benches that are over on the lookout now," said Robinson. "The yellow and blue benches in their names to remember all the times they came together to help us with barbecues and whatever else we needed; they were great volunteers. They grew and developed as being part of the Leo as well, like we could really see their growth as part of the community members. So, you know, we're very glad to be able to dedicate these benches to them."

"We are so thrilled with the upgrades made to the Morrisburg waterfront pathway and the installation of a new viewing platform," said Mayor Broad. "We want to thank everyone who was involved in the projects. Your work has supported beautification and accessibility in South

Church **DIRECTORY**

Your Guide to Local Houses of Worship

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The United Church of Canada CHRIST CHURCH UNITED

5 Casselman St., Chesterville Pastor: Debbie Poirier 613-850-2725

Everyone is welcome to attend Pastor Deborah Poirier's Retirement Reception, June 25th, 12 noon at the church.

> THE UNITED CHURCH OF CANADA AVONMORE-FINCH-MARTINTOWN ST. JAMES - CHALMERS - ST. ANDREW'S

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

June 18th, 2023 – Father's Day Worship at 9:15 a.m. St. Andrew's United Church in Martintown and at 11 a.m. in Chalmers United Church, Finch.

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

INTERIM MODERATOR: Rev. Geoff Howard Email: gl.howard@sympatico.ca Phone: 613-652-6215 www.avonmorefinch-presbyterian.ca

June 18th, 2023 - Finch 9:30 a.m. and Avonmore 11 a.m. with Guest: Ruth Speer

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

6

Interim Moderator Rev. Samer Kandalaft 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.

Services also online on Facebook under "The Nation" Nationside Pentecostal Church Affiliated with the Pentecostal Assemblies of Canada

HARMONY COMMUNITY CHURCH

Evangelical Missionary Church

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

Weekly Services - Sunday at 10:30 a.m. & 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/UCoPy_DABzz4REc-A76-EvrA Sunday School Classes & Nursery have resumed.

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

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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 two in-person services: Holy Eucharist (Holy Communion) at 9 a.m. and at 10:30 a.m. The second service is

usually Zoomed - you can email the church on Saturday evening to get the Zoom link. St. Mary's Church is engaged in actively sharing God's unconditional grace and love.

WINCHESTER BAPTIST CHURCH

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

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



613-774-2236

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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

www.stclaresanglican.ca 2530 Falcone Lane, Winchester

Sunday Service of Eucharest, 10 A.M.

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

already

CHESTERVILLE – Members of the Canada Capital A's Model A Ford Club dropped in for a visit at the Heritage Centre on June 9. Nine restored antique cars dating from 1928 to 1931 and their owners were greeted by members of the Chesterville and District Historical Society (CDHS) as well as several local residents.

Welcome to Chesterville

The group began a weekend tour that included St. Raphael's, Williamstown, the Lost Villages Museum at Ault Park and other local stops. After a tour of the Heritage Centre and some light refreshments, the group set off for the St. Albert's Cheese Factory for lunch before continuing to Cornwall.

"To see so many vintage Ford Model A's driving through town, that were first built between the years 1928 to 1931 was a rare sight and the enthusiasm of the club, with many dressed in period costume, delighted our members and other onlookers lucky enough to meet with them," commented CDHS president Caroline Roberts.

The recently renovated Heritage Centre will be open on Saturdays during June, July and August between 10 a.m. and 2 p.m. More information on the CDHS and the Heritage Centre can be found on their social media pages, while a visit to www.canadascapitalas.com can provide information on the car club that visited Chesterville on Friday.



Tour coordinator Patti Mordasewicz is seen standing next to a 1928 Model A Tudor parked outside the Heritage Centre. Thompson Goddard Photo

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- OBITUARY -



July 7, 1943 – June 6, 2023

Formerly of Finch, Ontario, Colin passed away peacefully at Woodland Villa, Long Sault, Ontario on June 6, in his 79th year.

Colin is survived by his brother Karl (Lisette), sisters; Coleen McEwan, Connie (Larry Drew) stepbrothers Dilbert (Jana) MacMillan, Ian

(Sandra) MacMillan and step-sister Sandra Armstrong as well as many nieces and nephews. Colin will be fondly remembered by his extended family and friends in Finch.

Colin was predeceased by his daughters Stephanie Christina and Shannon Lee, (Theresa Clement), and by his second wife Judy, brother-in-law Larry McEwan, step-brother Kenny Armstrong and parents Edward Sloan and Leona MacMillan-Sloan.

A celebration of life service will be held at Capital Funeral Home and Cemetery, 3700 Prince of Wales Dr., Nepean, ON K2C 3H1, on Thursday, June 15 at 1 p.m. Inurnment will occur immediately following the service.

Donations to the Alzheimer's Society in lieu of flowers would be gratefully appreciated. Online condolences can be made online at www.capitalmemorial.ca.







Expanding the circle of compassionate care LET'S BUILD THE NEW DUNDAS MANOR.









Dundas Manor is a place of joy and happiness, jokes, prayers, and peace. It is filled with activities, books, exercise, music, and balloon fights. Life at Dundas Manor is all about living – with care and compassion. From venturing out to local fairs to a toe-tapping fiddler in the living room, there is always something happening.







Dundas Manor...right now

Dundas Manor is warm and cozy - but it is also crowded and dated. It was built in 1978 for 60 residents. While 38 beds were added over the years, the kitchen, dining areas and gathering spaces didn't change.

The dining space is so limited that some residents literally eat their meals in the hallway. Staff members work in offices that used to be closets. Two people can barely pass by one another in the narrow hallways. The building is deteriorating, and renovations are not practical or cost effective. It's time for a brand new, larger, safe, and comfortable home.

The new Dundas Manor... because of you

The new home will have four resident home areas, called Homesteads. Each one will have a wonderful gathering space as well as beautiful outdoor gardens nearby. Hallway dining will be a thing of the past as there will be four large, bright dining rooms with enough space for everyone. All rooms in the new home will have only one or two residents – and everyone will have a window view, which is not the case now.

Current and future residents - and our local communities rely on Dundas Manor to provide 24/7 care, 365 days a year. We need to keep caring for those residents in a new, safe Dundas Manor. They deserve nothing less.



For more information about the new Dundas Manor and the Expanding the Circle of Compassionate Care campaign, please visit www.dundasmanordream.ca or contact the WDMH Foundation team at 613-774-2422 ext. 6162 or 6169.



\$11M OF \$18M RAISED!

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The estimated cost of the new building is \$63 million. The provincial government is providing \$45 million. Our campaign goal is \$18 million. And we're well on our way! To date, more than \$11.1 million has been given by our generous community. Thank you!

Can you help? There are many ways you can give to turn this dream into a reality. For all the details, please visit www.dundasmanordream.ca or contact the WDMH Foundation team at 613-774-2422 ext. 6162 or 6169.





Proud to be a donor? Let others know!

We want to celebrate, thank, and honour our donors' incredible generosity by thanking you publicly. We realize that this type of recognition is a very personal choice. We also know it often inspires others to join you in giving.

Here are some of the ways that donors can choose to be recognized for their significant gifts:

- Your name or family name published on the Donor Wall inside the new Dundas Manor.
- Your name or family name on a beautifully designed metal laser-cut parking lot sign at the new home.
- Your name or family name engraved in a brick in a retaining wall on the beautiful grounds of the new home.
- You can name a public space in the new home.
- Your name listed in our Impact Report.

To learn more about these opportunities, please visit www.dundasmanordream.ca.



Dundas Manor has been a gift to our community for over 45 years. By choosing to invest in local health care, you are helping to ensure that the staff and volunteers at Dundas Manor can care for our residents and community for many years to come in a new home. Thank you so much for your support!

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WDMH Foundation 566 Louise Street Winchester, ON KoC 2Ko (613) 774-2422 x 6162

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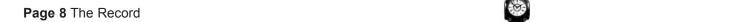
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Expanding the circle of compassionate care LET'S BUILD THE NEW DUNDAS MANOR.

Thank you to everyone who has already made a donation to help build the new home. This has been a dream for the team at Dundas Manor for more than a decade and it is close to coming true. We can't wait for moving day! We still need community support. Please join us by giving as generously as you can to help build the new Dundas Manor. Thank you!



Thursday, June 15, 2023



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Thursday, June 15, 2023 The Record Page 9

JUNE 23-25, 2023

Maxville Fair is back!

afternoon)

9 am - 12 p.m.

4 p.m. - 8 p.m.

5:30 p.m.

6:30 p.m.

6 p.m.

7 p.m.

8 p.m.

9 p.m.

8 am 9 am - 5 p.m

9:30 am

9:30 am.

10 am

10 am

11:30 am

1:30 p.m.

3:30 p.m. 5:00 p.m.

FRIDAY, JUNE 23, 2023

\$10 Admission - Ages 12 and Under Free

Petting Zoo & Pony Rides

Amazing Race Finals

SATURDAY, JUNE 24, 2023

Admission \$10 - Ages 12 and Under Free

All Day: Petting Zoo & Pony Rides

4-H Showmanship

Holstein Show (Arena) English Horse Show

Baby Show (Metcalfe center)

Exhibit Hall Open

9:30 am -9:50 am Preregistration for Baby Show

Exhibition Hall Open (judging in the

Amazing Race Heats 1,2,3 Start

Amazing Race Heats 4,5,6 Start

Amazing Race Check-In for Heats 1,2,3

Amazing Race Check-In for Heats 4,5,6

admission to the Fair or \$10 at the door

County Lads (Metcalfe Centre) *Free with

SUNDAY, JUNE 25, 2023

\$10 Admission - Ages 12 and Under Free

All Day: Petting Zoo & Pony Rides 8:30 am - II am Free Pancake Breakfast

9 am - 3 p.m Exhibit Hall Open (pick up at 3 p.m.) 9 am Highland Dancing

Truck Show and Shine 9 am Western Horse Show 9 am Donkey Show/Parade 10 am. 10 am - 4 p.m. Education Tent Open Antique Tractor Pull Registration 10 am.

Mad Scientist - Slime Workshop Ilam - Ipm (Educational Tent)

II am - 1:30 p.m. Kids' Crafts- (Educational Tent) 130 pm - 2:15 pm Mad Scientist - Presentation (Educational Tent) 2 p.m - 6 p.m Uncle George (Metcalfe Centre) 3:15 p.m. Award Presentation in Exhibit Hall

Fair schedule is subject to change without notice.



Beach Volleyball 10 am - 4 p.m. Education Tent (Pioneer Museum, Glengarry Milk Board, SD&G Library) Little Ray's Reptiles - (Educational Tent) 12:15 p.m. - 1:15 p.m. Kids' Crafts- (Educational Tent) Little Ray's Reptiles - (Educational Tent) 2:15 p.m - 3:15 p.m Kids' Crafts- (Educational Tent) Little Ray's Reptiles - (Educational Tent) Bingo (Metcalfe Centre)



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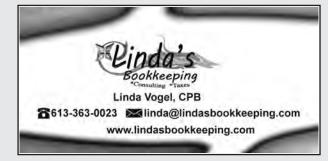
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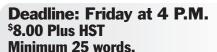












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Auctioneers Note: The majority of the items in this auction are new or in as new condition with a vast assortment of hand, power and other tools related to most trades. 100% of this auction is from one estate with nothing added or removed - be sure to checkout the auction catalog as there is truly something for everyone!

For full listing, photos and catalog visit ww.peterrossauction.hibid.com.

Everything will be sold as is where is and is subject to all terms listed on the auction catalog – NO EXCEPTIONS!

Pickup and Checkout: Will occur Thurs., June 22 from 10 a.m. - 6 p.m.; Fri., June 23 from 8:30 a.m. -6 p.m. and Sat., June 24 from 8 a.m. - 11 a.m. – NO EXCEPTIONS!

Prop: To Settle the estate of the late Bodo (Bob) Friedrich.

Note: Traditionally the summer months are quieter than other times of the year – however this year is exceptionally busy so be sure to follow our upcoming auctions both live and online this sum-

Auction Conducted By PETER ROSS AUCTION SERVICES LTD.

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FOR SALE

FOR SALE - 2012 Chrysler 200, black, 4 cyl., automatic transmission, 223,000kms, A/C, remote start, sold with safety check. Call Bill at 343-573-4888.

FOR SALE - 34 acres of standing hay. For more information call 613-984-0894.

COMING EVENTS

LOUCKS CEMETERY MEMORIAL SERVICE

Sun., June 25, 2 p.m. at the Russell United Church, 38 Mill St., Russell. 50-2

HOLIDAY CLOSURE

Bo's Barber Shop in Morrisburg will be closed for holidays from June 23 to July 3. Reopening on Tuesday, July 4 at 8 a.m.

FUNDRAISING DINNER

Ontario East British Home Child Family are hosting the Neville Memorial Judy British Home Child Dinner on July 8 at St. Clare's Anglican Church. Tickets \$30/one, \$50/two. For more information contact Carol Goddard at 613-938-2455.

CELEBRATE THE LIFE OF EVERT TERMEER

The Termeer family is hosting an informal gathering to Celebrate the Life of Evert Termeer, to be held at the Royal Canadian Legion in Finch, on Sat., June 24, at 7

49-1

YE OLDE **BARGAIN SHOPPE**

30 Mill Street (basement), Chesterville. Shoppe open weekly Tues., Wed., Thurs. and last Sat. of the month from 10 a.m. - 3 p.m. We are also happy to accept donated goods again.

GOLDFIELD CEMETERY ANNUAL MEMORIAL SERVICE

On June 18 at 2 p.m., Goldfield Rd. N. in Finch. Leading the service: Rev. Geoff Howard. All are welcome and please bring your own chair. *Our rained out location will be at St. Luke's Knox Presbyterian Church located on Front St. in

Happy 57th Anniversary!

to Gordon & Kita Coope



Lots of love from your family near & far!

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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.

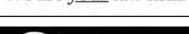
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WINCHESTER DISTRICT **MEMORIAL HOSPITAL**

Will be held on

TUESDAY, JUNE 27TH, 2023 AT 6 P.M.

at the St. Clare's Anglican Church in Winchester

Join us as we review the last year of caring in Winchester and celebrate WDMH's 75th birthday. Dr. Gerry Rosenquist will be our quest speaker, sharing memories about WDMH over his 50+ year career.

The Corporation of the Winchester District Memorial Hospital will be holding its Annual General Meeting for the purpose of receiving the Annual Report of the Board of Directors and officials of the Hospital, the election of Directors, and for the transaction of such other business as may properly come before the meeting. The Winchester District Memorial Hospital By-Laws provide that the Board of Directors shall include the election of Directors by members of the Hospital Corporation.

Please RSVP to: Amy Laflèche at alafleche@wdmh.on.ca no later than June 21st.

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30th Wedding Anniversary of Peter & Roxanne Westenbroek The formal celebration will begin at 8 p.m. on Saturday, June 17th at our South Stormont Township Hall,

All family and friends are invited

to celebrate the

2 Mille Roches Road, Long Sault. Let's celebrate!



FULL-TIME OFFICE/ONLINE SALES

Start Date: ASAP Winchester

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- High attention to detail and extremely accurate
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PAY RATE: To be discussed

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PART-TIME EMPLOYMENT

Start Date: ASAP Kemptville

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- Monday to Friday flexible hours
- Must be able to work well with others and have a positive/helpful demeanor

PAY RATE: To be discussed

Drop resumé off at Rideau Auctions, 2250 CR 31, Winchester or email rideauauctions@rideauauctions.com.



Fat Les's Pub and Poutinerie

CHESTERVILLE - For a small community, Chesterville has quite a few places to choose from when you don't feel like cooking or just feel the need to get out of the house and enjoy a relaxing meal. One choice that is quickly gaining in popularity is Fat Les's Pub and Poutinerie, located at 35 Main St.

Fat Les's has a bit of what you might call brand recognition. Named after Les Winters, they got their start in Kemptville about 16 years ago but have since spread out to several locations across Eastern Ontario. Unlike most of their locations which are built around a food truck format and designed for takeout or for eating outdoors at nearby picnic tables, the Chesterville location is a full-fledged family restaurant where you can come in, sit down, and enjoy all sorts of popular comfort food.

What's your pleasure? Pizza? There are eleven different varieties (not counting custom requests). Award winning poutine? Ten or more, including bacon double cheeseburger. Burgers, sandwiches, wraps, salads and wings and the list goes on. Expect large portions, you won't walk





Fat Les's award-winning bacon double cheeseburger poutine is one of the most popular items on their menu. Tinkess Photo

away hungry! And Fat Les's is licensed as well, so there is a full selection of alcoholic and non-alcoholic beverages.

And while a lot of Fat Les's is about the food, not everything is about the food. They have become a neighbourhood

gathering spot, offering things like Karaoke nights, open mic nights, and sip and paint events are a distinct possibility. They also have a buffet every second Sunday morning. Just a tip: with Father's Day occurring on Sun., June 18, Fat Les's is offering their breakfast buffet that same day, so you might want to consider taking dad out for breakfast. Just saying...

Becoming a part of each community they are in is something that is a part of the Fat Les's philosophy, according to Chenee Winters, a long-time part of the Fat Les's experience. "We pride ourselves on big servings," says Winters, "but we also get involved." They have been a part of the Ride for Dad, and they support the Nation Valley ATV club. On June 20, they will be raising funds for the Children's Hospital of Eastern Ontario (CHEO), something Fat Les's has done for the past 16 years. \$10 gets you two hotdogs, fries, and a drink and 100 per cent of the donation goes to the CHEO foundation.

Eat in, take-out or delivery, Fat Les's has you covered. You can call in your order (613-448-1222) or order online (fatleschipstandchesterville.ca).

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.

Dash, dot, dash

Carolyn Thompson Goddard Record Staff

SOUTH DUNDAS - In Pre-Seaway times, the Aultsville Train Station was a busy place where people began or ended a journey and merchandise arrived or left. With the coming of the Seaway, the train station was moved from Aultsville to its present location near the Crysler Marina in South Dundas.

During the late morning and early afternoon of Sun., June 11, Graeme Roy from the Railway Museum of Eastern Ontario located in Smiths Falls was in the station's operators bay providing visitors with information about the use of the

telegraph machines as communication devices in railway history.

He explained how Telegraph operators learned the Morse Code alphabet, a series of dashes and dots, and were tested once every couple of years on the operating rules of communication. Roy had a flat key sounder and "bug" machine with him, both from the 1950s.

From the right: Roy is joined by fellow railway history enthusiast Tony in the office of the Aultsville Train Station. Prior to his retirement from the Canadian Pacific Railway, Tony drove trains through Chesterville and reminisced about deliveries of sugar and coffee to the Nestlè plant there. Thompson Goddard Photo



South Dundas (Iroquois) Waterfront Committee looking for comments on proposed lighting

Terry Tinkess

Record Staff

IROQUOIS - Some people welcome the darkness and enjoy being able to see the world after the sun sets, unencumbered by bright streetlights. Others however, welcome the comfort of just a bit of light that helps to keep the shadows, and all that they hide, at bay.

But what if you could somehow reach a compromise that could be welcomed by most, and achieve a substantial savings in the process? That is what John Ross and the members of the South Dundas (Iroquois) Waterfront Committee think they can deliver.

Committee members invited residents to attend a public demonstration at the Iroquois Beach on Sun., June 11, just after sunset, around 9 p.m.

The committee was hoping that people would express opinions on a proposed waterfront path lighting project before making any proposal to South Dundas Council.

"The purpose of the proposed lighting is to provide effective pathway lighting along the Iroquois Waterfront between the beach and Boathouse Road, for those that use the path in the evenings," said committee member Tammy Thom.

"This is particularly important in the fall, winter, and early spring when the sun rises and sets for a shorter period of time. It is the Iroquois Waterfront Committee's objective to provide effective lighting for the safety of the residents that walk in the evening or early hours."

Iroquois Waterfront Committee chairperson John Ross has sourced two demonstration lights for the pathway to display. He states that the lights will not create light pollution visible to residents of Elizabeth Drive in Iroquois, nor will they interfere with the view of passing ships.

"It is important to the Iroquois Waterfront Committee that the residents of South Dundas come and see the pathway lighting demonstration themselves," said Thom. "Residents are welcome to view the lighting demonstration, ask questions and give feedback."

Approximately 25 or so people did attend the demonstration, which had two (2) low voltage LED light fixtures mounted on wooden stands to simulate the height the fixtures would be permanently mounted at. They were set up approximately 60 feet apart, again, to simulate the actual positioning being considered.

Those in attendance walked around and observed the effect of the lights from the pathway and from various distances north of the pathway, to see what kind of effect the lights would have on the river view from Elizabeth Drive, the roadway directly north of the path. From a point about a third of the way between the path and Elizabeth Drive, the test lights were more subdued than the existing lights from the dam.

The committee at their next meeting will discuss their next steps, but in the meantime, they look forward to receiving feedback from residents. With a little luck, there

is a good possibility the lights could be installed before the end of the year.

"I want to see all the wiring of the concrete bases in by the end of the summer," said John Ross, committee chair. "Then we can get the poles made and get the lights in, and in a good old time they can be put up, even if it was snowing. But you have to get a big heavy truck to make these holes. And we have a one-month window, mid-July to mid-August, when this is as hard as concrete. After that, you lose a whole year. So that's why I'm meeting with counsel to see if they can accelerate the project. We have to make a recommendation at our next committee meeting to counsel and we'll provide the whole budget; our committee does everything: we don't say we would like lights. [We say], we'd like lights and here's how you do it, and here's the cost for everything and here's the schedule, and if possible, we do the consulting."



Lots of deals at the Chesterville Community Yard Sale

On almost every street in Chesterville there were people hosting yard sales and providing visitors with the opportunity to purchase items they hadn't realized was needed during the community yard sale held on Sat., June 10. Pictured above, there were plenty of deals at the multi-family garage sale on South Street, with Mitchell Hayward and Chelsea Thoms ready and willing to facilitate a bargain.

Thompson Goddard Photo



At Tractor Jam 2.0, the winner was ag mental health

Record Staff

EDWARDS – It's a great location, and a great cause, and can you believe Stanley's Olde Maple Lane Farm has been around for thirty years?

A huge crowd converged at Stanley's on Sun., June 11 for Vintage Tractor Jam 2.0, a friendly competition for local owners of vintage tractors of all sizes. The event was cohosted by Vintage Iron and Traditions of Eastern Ontario. Admission was by donation only with proceeds going to supporting mental health in agriculture.

The event, which ran from 10:00 a.m. until 4:00 p.m. had something for just about everyone. There was an antique agricultural show

with equipment of all kinds, a swap meet, a tractor parade, the always popular Countryside Petting Farm, live entertainment and of course the lawn mower and tractor pull. As always, there was an opportunity for a bite to eat and drink as well.

Donations supporting agricultural mental health seemed to have been pretty good, as of the time of this report, they were still being counted, According to Stewie James of James Auction Services, who was handling the announcing duties for the tractor pull, some of the participants had agreed to donate their winnings to the cause as well. Who would win? Obviously agricultural mental health came out on top, but the grudge match between Andrew Zanbelt and Earl Stanley kicked up quite a bit of dust as well.

Musical entertainment was available throughout the day with Bill Wilson, Jai Vinyl, The Gallaghers, and Ginette Hamilton all keeping things moving.

Time passes quickly, but it is difficult to believe that three decades have passed since the Stanley family, three generations of them, have turned a working farm into one of Eastern Ontario's tourism gems. There were surely a few people present on Sunday that were there for the first time, but you would have a difficult time finding even one that wouldn't come



When the big machines started pulling, there was dust everywhere, at Tractor Jam 2.0, held at Stanley's Olde Maple Lane Farm.

The effect of COPD and respiratory illness

Terry Tinkess Record Staff

ONTARIO - The smoky conditions caused by numerous wildfires in many parts of Canada served as a not so gentle reminder that many people in Ontario suffer from Chronic Obstructive Pulmonary Disease (COPD), or other respiratory ailments. For those who suffer from these afflictions, poor air quality can be much more than an inconvenience, it can become a matter of life and death.

Recent quantifiable statistics reveal the extent of this issue and highlight the urgent need for targeted interventions and improved healthcare strategies. This is men's health month and this week we look at the prevalence of COPD and respiratory illnesses among men in Ontario, exploring the impact these diseases have on affected individuals and the healthcare system.

Quantifiable data paints a bleak picture of the respiratory health crisis facing men in Ontario. According to recent statistics from the Ontario Ministry of Health, an estimated 750,000 Ontarians suffer from COPD, a staggering number that demands immediate attention. Historically, men have born a disproportionate burden of respiratory illnesses, with a higher

prevalence of COPD among males compared to females in the province; but as of 2011 that difference had virtually disappeared, with prevalence for men reaching 11 per cent, while for women it is at 10 per cent.

The Canadian Lung Association reports that COPD is the third leading cause of death in Canada. In 2022, COPD-related hospitalizations surpassed 44,000 in Ontario alone, with an average hospital stay of 8.6 days. One in nine adult Ontarians live with COPD, 37 per cent increase from 1996-97 to 2014-15.

While respiratory illnesses can affect anyone, certain risk factors are more prevalent among men in Ontario, making them more susceptible to COPD and related conditions. Smoking remains the leading cause of COPD, and studies indicate that men in the province have higher smoking rates compared to women. The long-term exposure to tobacco smoke damages the lungs, leading to the development and progression of respiratory diseases.

Occupational hazards also contribute significantly to respiratory illnesses among men in Ontario industries such as construction, mining, manufacturing, and agriculture expose workers to various airborne pollutants and harmful substances, increasing their vulnerability to lung diseases. Prolonged exposure to these occupational hazards places men in these sectors at a heightened risk of developing respiratory conditions.

The prevalence of respiratory illnesses among men in Ontario poses significant challenges for the healthcare system. First and foremost, there is an urgent need to raise awareness and educate the public about the symptoms, risk factors, and prevention strategies related to COPD and other respiratory conditions. Many individuals remain undiagnosed, leading to delayed interventions and compromised quality of life.

To combat the respiratory health crisis, a comprehensive approach is crucial. Public health campaigns should specifically target men, emphasizing the importance of smoking cessation, regular check-ups, and early detection of symptoms. Implementing workplace safety measures, including proper ventilation and the use of personal protective equipment, can significantly reduce occupational exposure to pollutants.

Furthermore, healthcare providers must prioritize early diagnosis and intervention. Routine lung function tests, such as spirometry, can help identify individuals at risk or in the early stages of respiratory conditions. Implementing comprehensive care plans that include medication, pulmonary rehabilitation, and lifestyle modifications can improve outcomes and enhance the quality of life for men suffering from respiratory illnesses.

The burden of COPD and respiratory illnesses among men in Ontario is an issue that demands immediate attention. The statistics highlight the urgent need for targeted interventions, improved access to healthcare, and enhanced awareness about prevention strategies. By addressing these challenges head-on, we can strive to improve men's respiratory health, reduce hospitalizations, and alleviate the burden on the healthcare system.

Library sitting area name announced

Carolyn Thompson Goddard Record Staff

CRYSLER - There is a certain enjoyment to reading a book in the outdoors on a warm summer day. Patrons of the Crysler Branch, Stormont, Dundas, and Glengarry Library have been able to do that since the outdoor sitting area was opened last summer. The area has two benches, three flowerpots and a table and chairs and has become a favourite place for people to gather.

Over the winter, a contest was held to choose a name for the area. At noon on June 10, North Stormont Deputy Mayor Steve Densham and Colson Shane, who had submitted the name chosen, unveiled the plaque announcing the area would be known as the "Outside Chapter".

"The Crysler Friends of the Library are doing a fantastic job integrating their local branch into Crysler's daily community life, turning the branch into a welcoming community gathering place.

Well done to everyone involved," commented North Stormont Deputy Mayor Steve Densham after congratulating Shane for entering the winning name.

Crysler Friends of the Library (CFL) Chair Lynne Laflèche mentioned the area has been well utilized by the community. "Because the outdoor library area has been used to its capacity, then the Crysler Friends of the Library felt it would be good to investigate a phase two of the project," she said.



THURSDAY, AUGUST 3RD,

Anderson Links Golf Course, 4175 Anderson Rd., Ottawa, ON

Book by July 14, 2023

Registration from 12 p.m. - 12:30 p.m. • Kickoff at 12:45 p.m.



From the left: North Stormont Deputy Mayor Steve Densham and Colson Shane unveil the plaque designating the outdoor reading area at the library in Crysler as the "Outside Chapter." SDG Library board chair Margaret MacDonald and SDG Library board member Jo-Anne McCaslin. Thompson Goddard Photo

INCLUDES CHICKEN & RIB DINNER

For details email Golf.EOWIAN@gmail.com

For registration go to https://anderson-links-golf-club.golfems2.com/event/ eastern-ontario-women-agriculture-network-tournament