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Briefly

Upcoming blood donor clinic

WINCHESTER – A reminder for this Thurs., March 29, at the Joel Steele Community Centre, for the blood donor clinic from 3:30 p.m. to 8:30 p.m. To discover all the ways you can Give Life and to book an appointment, download the GiveBlood app or visit blood.ca.

Lions Club Car Rally & BBQ CHESTERVILLE

Join in on the fun and enjoy some great food at the Chesterville & District Lions Club's 20th annual Car Rally & Chicken BBQ at the Chesterville Legion, on Sat., March 31. Registration time is 11 a.m. to noon and costs \$20 per booklet. There will be cash prizes. The half chicken barbecue tickets are \$13 each but there are only 120 tickets available, so don't delay.

Tagwi Trivia Night AVONMORE – Tagwi

School's Secondary Council is hosting a Trivia Night on April 7 at the Finch arena and there is a call out for all Tagwi alumni, parents, staff and students. Council is asking for donations for a silent auction and live auction. To donate, contact Office Administrator Shelley Lalonde at 613-346-2122 shelley.lalonde@ucdsb.on .ca. If you are interested in attending the trivia night, tickets are available at Scotiabank in Maxville. Chesterville, Cornwall.







Dundas Drainage Day offers welcomed education to landowners Kalynn Sawyer Helmer

Record Staff

CHESTERVILLE – Last year Steven Byvelds, past president and current Director of the Dundas Federation of Agriculture (DFA), proposed to organize an event for producers and landowners about rural drainage. On Fri., March 23, he did just that. The full-day speaker series featured seven experts who spoke to a packed crowd at the Chesterville Legion about all things drainage.

Continued on page 2

Parade of Nations' hobbies, collectibles, art and crafts show rounds up a crowd

Kalynn Sawyer Helmer

Record Staff LONG SAULT - The 3rd annual Hobbies, Collectibles, Art and Crafts show was held in Long Sault on Sat., March 24. The fundraiser event "for special needs people artistically inclined of all ages living in our surrounding areas," is part of the Parade of Nations' annual projects. Marie Morrell is the driving force behind the Parade of Nations organization and manages to organize and execute such events with only handful of volunteers. "It isn't work for me," said Morrell. "I do it just to be able to see a smile on someone's face." It is with the help of Rhénald Savard, owner of Seaway Slot Car Racing and Parade of Nations' vice president that Morrell can achieve the successful events. Savard, as Morrell said it, puts on the show

Continued on page 8



A really good season for maple syrup!

While visiting Barkleyvale Farms in South Dundas, visitors are provided with the opportunity to see sap boiling over an open fire in a large iron pot or inside the log cabin where the sap is boiled in a more modern method. See story and more photos inside, page 2.

Thompson Goddard photo

Bringing joy to Dundas Manor residents

WINCHESTER — When new residents arrive at Dundas Manor, they are asked one important question: what brings you joy?

"We want to get to know you, hear your story and find out what more we can accomplish together," explained Activity Director Jennifer Hill at the 'Dreams Day' event held on Wed., March 14. "Then we get to be creative and make things happen."

This Dreams Day shone a light on 10 residents, honouring them for their accomplishments.

Resident Dave Given loves to do research and he wrote a book on rock 'n roll that was published in 1980. As part of Dreams Day, the Activity Team tracked down an old copy of his book – *The Dave Given Rock'n'Roll Stars Handbook: Rhythm and Blues Artists and Groups* - *Biographies Discographies References* – and

presented it to Dave. "This is dynamite," beamed Dave. "I'm a total and utter fanatic when it comes to music."

Next, Dundas Manor's five centenarians were honoured – Pearl Burd, Kay Bower, Mary Toppazzini, Lorna Ferguson and Yvette Banning. Each one was presented with a homemade quilt for her bed in recognition of this significant milestone. "I can never thank everyone enough for the good care," said Kay Bower. "I love living here."

At Dundas Manor, there are three wonderful knitters who never seem to stop. Shirley Billings, Alice Roach and Hazel Hartwell knit beautiful mittens and socks for the annual bazaar, family and friends. "You inspire us to keep our hands busy and nimble and you should be very proud of your beautiful work," noted Jennifer Hill.

Continued on page 7

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Page 2 The Chesterville Record

Dundas Drainage Day

Continued from the front

"From my previous municipal life and experiences, I learned that there is a lot of information that landowners and farmers need to have. Education is a good thing. After the 2017 season I think a lot of us were thankful we had most of the municipal drains up to spec.," said Byvelds while kicking off the day.

DFA, with Byvelds as the lead on this project, partnered with the Ontario Federation of Agriculture (OFA), South Nation Conservation (SNC) and the Dundas Soil and Crop Improvement Association (DSCIA).

The agenda began with insights from Sid Vander Veen, OMAFRA Drainage Supervisor Coordinator, and then Lorne Franklin of Robinson Consultants who some advice on municipal drain maintenance. After a hot lunch from Lyle Skuce, Jackie Kelly-Pemberton, OFA Director of District 11, gave a brief rundown of OFA and DFA programs and initiatives. She encouraged producers to get



The conservation side of drainage

Geoff Owen, SNC regulations officer, aimed to explain some of the drainage regulations in regards to the Conservation Authorities Act. He gave the crowd some helpful advice about protecting property while upholding the regulations. Sawyer Helmer photo

involved and join the federations.

The majority of the latter part of the afternoon was filled with information from SNC. Geoff Owens covered Conservation Authority Act regulations and Michelle Cavanagh touched on some of the proposed changes to the Fisheries Act and how could affect landowners. Lastly from SNC, Ronda Boutz explained the benefits of controlled tile drainage for managing land in dry growing seasons. Last to the podium was Albert

Zandbergen, of Quintan Products, who rounded off the informative day with a contractor's point of view the challenges contractors face with earlier planting dates and later snow falls.

Byvelds seemed happy with the turnout and said another such day would not be necessary for roughly five years, or if some of the Act regulations were to change. Otherwise the comments from those in attendance were positive and confirmed there was a lot to learn at the Drainage Day.



Ready to learn

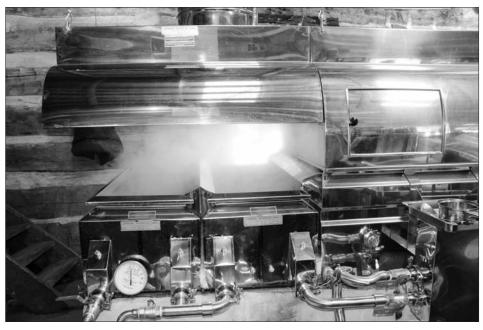
Steven Byvelds welcomed a large crowd and introduced an expert lineup of speakers during the Dundas Drainage Day held at the Chesterville Legion Hall on Fri., March 23. Sawyer Helmer photo

Sunshine and Syrup

Continued from the front Carolyn Thompson Goddard Record Correspondent

SOUTH DUNDAS – For many years, Trish and Brian Barkley have been inviting friends and family to Barkleyvale Farms sugar bush for a spring sugaring off party, called MapleFest. This year's event was held on March 24.

Barkleyvale Farms will be participating in Ontario 2018 Maple Weekend planned for April 7 and 8 as part of the Ontario 2018 Maple Weekend which invites members of the public to visit maple sugar producers in Eastern Ontario. When asked if 2018 had been a good season, Trish replied without hesitation in the affirmative mentioning the sap began running about a month earlier than usual and their first boil was held on Feb. 26.



looks hot

Steam arose from the Parmalat plant in Winchester on Sat., March 17. Unseasonably cold temperatures about -10 degrees Celsius that day gave the illusion of smoke. Vetter photo



While visiting Barkleyvale Farms in South Dundas, you are provided with the opportunity to see sap boiling inside the log cabin. The sap is boiled in this more modern method seen here. Thompson Goddard photo







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Linking Hands Expo and family fun

Carolyn Thompson Goddard Record Correspondent

CHESTERVILLE Maple Ridge Centre was a busy place during the second annual Linking Hands Expo and Maple Ridge Family Fun Day held on March 13 and 14 over the March Break in North Dundas. A post-event press release provided by Casselman, Sandy Coordinator of Linking Hands, indicated that "close to

300 people braved the snowy weather to attend one or both of the March Break events."

New this year was a Sensory Sensitivity Day during the afternoon of March 13, which Casselman described as an opportunity for children who find it difficult to function well in crowds or areas with loud noises to enjoy the event, with a limited number of children being admitted.



Presenting Maison Interlude House

From the left are Nadia Seguin and Bibianne Nsapu, pictured during the Linking Hands Expo and Maple Ridge Family Fun Day held on March 13 and 14 at Maple Ridge Centre in North Dundas. Maison Interlude House provides many support services to women and their children in Prescott-Russell and Stormont, Dundas and Glengarry.

Thompson Goddard photo



Welcoming Dundas

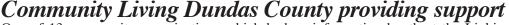
Sandy Casselman is pictured holding the Welcome Dundas bag which contains information about community partners and provided to new residents of North and South Dundas. The Welcome Dundas bag is an initiative of Linking Hands Dundas Thompson Goddard photo

Casselman said there were 13 community organizations and businesses who had information displays at the event including Community Living Dundas County, Naomi's Family Resource Centre and Maison Interlude House. Rachel Potvin, owner of Maple Ridge Centre, said another organization to help make the event more affordable for the community."

During the event, children of all ages were able to pet one of the friendly animals from Vanderlaand The Barnyard Zoo, enjoy a bounce in a

"It is great to coordinate with Tribeck Inflatables or perhaps listen to the wildly engaging entertainment provided by Junkyard Symphony who performed at the Centre on March 14.

> More information on Linking Hands can be found their website www.linkinghandsdundas.ca.



One of 13 community organizations which had an information booth at the Linking Hands and Maple Ridge Family Fun Day held on March 13 and 14, Community Living Dundas County provides support to adults with learning disabilities from its Morrisburg location. From the left are CLDC Director Sandy Casselman, Co-op student Grace Brooks and CLDC employee Shayla Brush.





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Editorial

A new journey

In the 1990s, I was travelling through the United States when I diverted from my planned route in order to visit the Field of Dreams movie site, some 80 miles north out of my way.

Upon arriving at the location, I noticed numerous tourists enjoying themselves playing ball or taking photos in front of the corn where the spirits of the ball players stepped from to play ball and then disappeared back into the corn. I too took photos and visited the gift shop, where I purchased a few mementos, including fridge magnets with lines from the movie, "Is this heaven? No it's Iowa" and "If you build it, they will come.'

That "dream to build" is a reminder of how this town and its village newspaper grew someone's dream over 120 years ago, and all that has transpired in this area and worldwide. Even with the passing of the previous owner-publisher, the late Robin Morris, The Chesterville Record has survived and continued on. News happens, life goes on, no matter who tries to fill his shoes, or sit at his former desk, or whomever leaves.

Tomorrow, Thurs., March 29, will be my last day as editor, as my publishing career ends with my retirement. I have fulfilled many dreams in my varied careers as a former nurse, writer, photographer and editor, but am blessed with many memories as I come to this time in my life. I have worked with and met world-renowned medical specialists, as well as famous people like the late poet Irving Layton, the late John Candy, Rex Murphy, hockey star Paul Henderson, to name just a few. I am reminded of the importance of former mentors who guided me along my nursing and publishing careers, and I will never forget them, as long as my memory remains intact.

It is time now to retire and travel a different path through an aging process that doesn't really impress me with the possibility of bumps and potholes on the way to my final road home. I have much to do in these remaining years here on earth, so on March 30 my new challenges begin - travelling, downsizing, hobbies, and of course grandparenting.

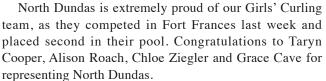
So I thank all of you – the readers, the community and the Record/Villager staff- for allowing me to enjoy and be challenged by the daily grind called "work." The news will continue, the newspaper as

I leave you with these words with which the television personality Ellen Degeneres always ends her program, "Be kind to one another." Muriel Carruthers



By Rosie Backes **Student Council Communications**

Proud of NDDHS teams



A select few of North Dundas' students were chosen to be a part of an Allstar Volleyball Tournament at La Citadelle on Wed., March 21. Those students were Katherine Steele, Shaina Vandemheen, Jarrett Williams and Ian Koch.

Our Midget Girls' Volleyball team started their season last Thurs., Mar. 22, at L'Heritage, and they compete again tomorrow, Thurs., March 29, at Tagwi.

The talent show auditions have been moved to after the Easter holidavs.

Don't forget about the long weekend and Happy

CASTOR Country

By Tom Van Dusen

Remaking McCloskey's

It's been awhile, but last Thursday I spent a few enjoyable hours in one of Eastern Ontario's funkiest, most eclectic beverage rooms, McCloskey's in Chesterville.

The room is difficult to describe. On one level, it appears to have been tossed together by a crazed yard sale addict; on another level, it makes a statement that the place is artsy, free-wheelin', loose and easy, so come on in and set a spell.

I bellied up to the bar to discover that, on this particular night if I wanted a draft beer - something I almost always want – it would have to be a product put out by Waterloo Brewery. Other taps were temporarily disconnected.

Waterloo is promoting an event called The Beautiful North Concert Series which tours musical artists to venues outside the mainstream they otherwise would probably not get to. These aren't bottom-of-the-heap performers: they're talented Canadian musicians, singers and songwriters well worth the time and attention.

As he drew my Waterloo - which was fine, thank you manager Dan Riitano explained the tie-in with Beautiful North is part of The McCloskey Project, an ongoing effort to foster, support and promote music, art and culture locally and regionally.

Dan stepped into the project two years ago when he arrived from Toronto with Zoe Breaks who persuaded him to abandon the Big Smoke in favour of Chesterville to help her parents operate McCloskey's. Maureen and Pete Breaks, who also own a popular pizzeria in Mountain, were trying to build historic McCloskey's into a popular gathering place for musicians, artists, authors and orators of every stripe.

Dan felt he belonged as soon as he walked in the door. He had no trouble seeing the potential of the place and signed on to help raise it to the heights he felt it could achieve. It's been a long time coming and still is. The main challenge now and always has been is raising the McCloskey profile, putting it on the map as an Eastern Ontario destination for good music, good food, and plenty of fun.

As a model for what McCloskey's could be, Dan points to the Black Sheep in Wakefield which features some of the same performers as the Chesterville venue. While they're similar distances in either direction from the Ottawa market, the big differences are that the Black Sheep is well established and is part of a village that's a regional tourist destination while Chesterville's drawing power is limited.

Speaking of good music,

McCloskey's featured two premier singer-songwriter-guitar pickers the night I was there, journeyman performer Matt "Graven" McKechnie whose day job is co-owning Musik Express in Embrun, and Saskatchewan's Megan Nash, a true revelation.

A farm girl from Moose Jaw who was off to Germany after the Chesterville gig, Megan delighted the audience with catchy original tunes, a versatile voice, clever guitar playing, and engaging storytelling about growing up in the wheat belt. As inspirations, she names Dolly Parton and Patsie Cline, along with Stevie Nicks and k.d. lang.

Megan credits her farm background for instilling a work and lifestyle balance suited to being an independent musician. She was so impressive that I sent my brother-inlaw Peter Kuling, a fellow Saskatchewanian, an email to look this lady up the next time he's in Moose Jaw.

While on the subject of good music, next up at McCloskey's is Ottawa's Brock Zeman this Friday. With 12 albums to his credit, Brock's influences are as eclectic as McCloskey's itself... roots, punk, bluegrass and country.

And speaking of good food, Dan took a break from tending taps to make me a meatball sandwich, among the best such concoctions I've ever bitten into. I only dripped a bit of the sauce on my vest and on the vinyl-covered bar; cleanup was relatively easy. I also had a delectable taste of the Breaks' famous overloaded pizza, compliments of Brockville City Councillor Leigh Bursey who was in the house that night with community newspaper reporter and event organizer Deron Johnston of North Grenville.

Four years ago on a Sunday, Maureen Breaks gave me a tour of McCloskey's while describing plans for the future. They're still underway and the best part is that the Breaks family hasn't given up. Aided and abetted by a refugee from downtown Toronto, they're still hoping to remake McCloskey's into what it deserves to be.



March

The March 1 issue reported the North Dundas Rockets won their first-ever playoff series. They made history at game six of the best of seven NCJHL quarterfinals.

The fight to save schools continues. In Long Sault, Mayor of South Stormont Jim Bancroft called on residents to attend the Upper Canada District School Board meetings Rothwellabout Osnabruck's closing.

UCDSB's original plan to close 29 schools was reduced to 12 school closures. Local schools being closed included Plantagenet PS, Rothwell-Osnabruck SS, North Stormont PS, Roxmore PS, and St. Lawrence SS/Cornwall Collegiate VS pending building a new Grade 7-12 school in Cornwall. Schools in North Dundas, South Dundas and Russell townships were not closed, but Seaway District

HS had a close call and was saved from the chopping block.

About 100 supporters of Naomi's Family Resource Centre attended its annual International Women's Day luncheon at St. Clare's Anglican Church in Winchester. Lesley Ault, Mally McGregor and Samantha Berry of Ault & Ault Law Firm gave timely speeches on women and the

The late Alvin Runnalls, Gordon Johnson, the late Marilyn Martin Johnson, Schneckenburger, and Brian Tinkler were inducted into the Dundas County Agricultural Hall of Fame, which had been created the previous year by the Dundas Federation of Agriculture.

The Embrun Panthers beat the North Dundas Rockets and won the NCJHL Championship at the Embrun Arena. It was still the Rockets' best

year.

April

The Chesterville and District Lions Club, in with the cooperation Chesterville Legion, welcomed 28 drivers and raised thousands of dollars at the annual Car Rally on a muddy April 1.

The Black & White Soiree Garden Villa Chesterville raised money for the Chesterville Firefighters Association, members of which served hors d'oeuvres.

May

NDDHS held their annual fashion show fundraiser with dresses donated by Julianna's

Close to 40 people attended the Victorian Tea at the Heritage Centre in Chesterville, in honour of both Canada's and the centre's sesquicentennial celebrations.

The OPP warned of "flood fraudsters" who were claiming to offer services to Ontario residents suffering flood damage, but who were in fact running a scam. As if being flooded out wasn't bad enough...

Local Girl Guides Leah Prosper and Julia Murton received the Lady Baden Powell award for hard work and dedication to their community.

Etcetera Publications (Chesterville) Inc.

Publisher Etcetera Publications Inc.

Editor Muriel Carruthers

Villager Reporter Candice Vetter

Reporters Jeff Moore Kalynn Sawyer Helmer

Brenda Fawcett Anne-Marie Gibbons

Production Manager Chantal Bouwers ↓ocna

Graphic Artist

Proudly printed in

P.O. Box 368. Chesterville, Ont. K0C 1H0

Advertising E-mail: ads@chestervillerecord.com adsrussellvillager@gmail.com

News E-mail: chestervillerecord@gmail.com, thevillager.editor@gmail.com

Telephone: (613) 448-2321 866-307-3541

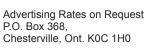
Fax: (613) 448-3260

Published Wednesdays by Etcetera Publications (Chesterville) Inc. Funded by the Government of Canada Canada

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









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North Dundas.

Hopping down the **Finch bunny trail**

Carolyn Thompson Goddard Record Correspondent

FINCH - The Easter Bunny dropped by for a visit on March 25 at Branch 357 of the Royal Canadian Legion for the Breakfast with the Easter Bunny. President Susan Rainey said the money raised during the breakfast will be used for funding the recently completed main floor kitchen. Rainey also expressed her appreciation



Offering after breakfast sweets!

The Easter Bunny took a moment to offer North Stormont Mayor Dennis Fife something sweet during the Breakfast with the Easter Bunny event at Branch 357 of the Royal Canadian Legion in Finch on March 25.

to the Finch & District Lions Club for their generous donation of \$2,000 for the kitchen.

In addition to a delicious full course breakfast, diners were able to purchase a sweet something from the bake sale table or enter a raffle.



Serving up breakfast in the new kitchen

Members of the Royal Canadian Legion Finch Branch 357 gathered in the recently completed renovated kitchen located on the main floor of the Finch Legion.

Thompson Goddard photos

MP Guy Lauzon addresses CDHS

Carolyn Thompson Goddard

Record Correspondent

CHESTERVILLE – During the recent meeting of the Chesterville & District Historical Society held at the Heritage Centre on Tues., March 20, Stormont Dundas and South Glengarry MP Guy Lauzon spoke to the group about his recently released autobiographical book, From Lawbreaker to Lawmaker.

Lauzon said the book took approximately 13 months to write and it describes his life from childhood to the present time providing details on his battle with alcoholism. The Addictions and Mental Health Centre in Cornwall will be receiving proceeds from the sale of this book, with Lauzon crediting his strong faith with aiding in his recovery. He added that it has been almost 44 years since he has had a drink of alcohol and he is "living proof that miracles happen."



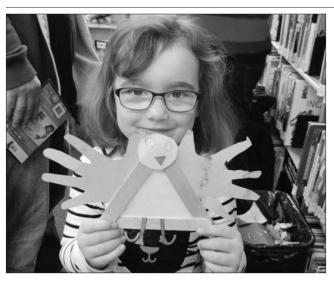
A worthy exchange

Lauzon is shown holding a CDHS T-shirt with CDHS President Jillian Metcalfe displaying a copy of Lauzon's book, at the March 20 CDHS meeting. Thompson Goddard photo



March 24, where nearly 20 children joined in. Beautiful Easter chicks were fabricated and here is Odanna Stockli from Crysler showing off her masterpiece! Thank you to all who participed.





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Hoppin' great time at Old Town Hall

Things were hopping during the afternoon of March 24 at the Old Town Hall in Winchester when 24 children participated in the Visit with the Easter Bunny event organized by Brandon Cousineau, North Dundas Recreation Coordinator. Cousineau explained this was the last fun day planned until the fall and suggested visiting the Township's event calendar for further information on family friendly events such as this. When asked about the children's reactions to the visit by the Easter Bunny, he replied that the youngsters were "excited and wanted to get their pictures taken with the Easter Bunny." He said that for \$10 the children enjoyed Easter-themed crafts, a visit with the Easter Bunny and watched the movie Hop. While the youngsters watched the movie, Cousineau was inspired by some of the artistic renderings of the participants to try his own hand at decorating a picture of an egg.

Thompson Goddard photo

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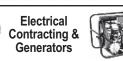
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from you, remembering

with you and looking

ahead to what more we can

dreaming and to keep on

supporting you to be active

and have fulfilling

moments in your home,"

summed up Jennifer Hill.

Wednesday, March 28, 2018

Dundas Manor

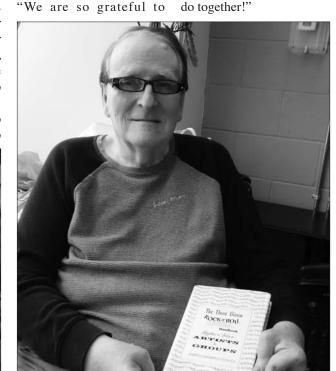
Continued from the front

Finally, two gentlemen were recognized for what they give back to Dundas Manor. Ron Ashby is the home's green thumb, growing everything from garlic to kale to herbs for the kitchen. The team noted that Ron's commitment to putting a plan in place and making it

happen was a great lesson for everyone.

Doug Gallagher has similar energy when it comes to helping out. At Dreams Day, Doug was named 'Honorary Member of the Dundas Manor Activities Team", recognizing the way he always pitches in to help out at events and programs.

commitment to putting a "You all inspire us to plan in place and making it keep digging, to keep



Published author remembered

At Dreams Day at the Dundas Manor on Wed., March 14,, Dave Given was presented with his book he published in 1980 – The Dave Given Rock'n'Roll Stars Handbook: Rhythm and Blues Artists and Groups - Biographies Discographies References.

Courtesy photo



Honouring a centenarian

Pearl Burd, 103, was one of five Dundas Manor centenarians honoured at Dreams Day at the Dundas Manor on Wed., March 14.

Courtesy photo

Christ Church United outreach hosts Dinner on the House

The Christ Church United outreach committee in Chesterville hosted Dinner on the House on March 8. Dinner on the House is a free, weekly community meal – open to everyone and anyone – run by the House of Lazarus (HOL) in



Mountain. Dinner on the House is held every Thursday from 4 to 7 p.m. at the Knox Presbyterian Church in Mountain (2227 Simms Street). Members of the outreach committee provided all the food and served the meal! Thanks go out to Christ Church United for supporting this important community initiative. Pictured, from left are Laurie Lannin, Tina Gasser, Lois Lannin, Janice Paquette and Judy Ouderkirk.

Courtesy photo



Kindergarteners make muffins for HOL food bank

The kindergarten students at Heritage Community Christian School in Addison have been busy baking up a storm for the House of Lazarus (HOL) food bank. Kaitlyn Whitney (right), kindergarten teacher at Heritage, delivered a donation of individually bagged chocolate chip oatmeal muffins on March 22. The students even took the time to decorate each bag! Thanks go out to Heritage and all the students who helped! Pictured with Whitney is HOL Operations Manager Jennifer Tenbult.

Courtesy photo

Obituary

MadNTYRE, Robert Burns



At the Ottawa Hospital Civic Campus on Saturday March 24, 2018 age 81 years. Robert Burns MacIntyre of Finch. Beloved husband of Joyce MacIntyre nee Dunbar. Loved father of Brent (Hedy) of Finch, Pamela MacIntyre (Steven) of Long Sault, Sheila MacIntyre (Trevor) of St. Andrew's and Barbara MacIntyre (Mike) of Burlington. Sadly missed by his grandchildren Sadie, Benjamin, Padraig,

Cullan, Lorne, Nuala, Brayden, Caitlin and Bailey. Cherished brother of Marjorie Acreman (Roy) of California. Predeceased by his parents Rupert and Molvena (Shaver) MacIntyre and five brothers Donald, Gordon, Harold (Patricia of Edmonton), George and Arnold (Elva of Ottawa). Visitation will be held at the Brownlee Funeral Home, 18 Front Street, Finch, on Thursday from 2-4pm and 7-9pm. [A SERVICE IN CELEBRATION OF ROBERT MACINTYRE'S LIFE WILL BE HELD IN ST. LUKE'S-KNOX PRESBYTERIAN CHURCH FINCH ON FRIDAY MARCH 30, 2018 AT 2PM.].

As expressions of sympathy, memorial donations to the Heart and Stroke Foundation or St. Luke's-Knox Presbyterian Church would be appreciated by the family. Online condolences may be made at www.brownleefuneralhomes.com.

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April 2018

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April 2018

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April 2018

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AVONMORE-FINCHMARTINTOWN

PASTORAL CHARGE
Minister: Rev. Lois Gaudet
BBA, BTH, MDIV
Contact: Tel: 613-346-1648
Email: revlgaudet@gmail.com
Sunday April 1, 2018
Easter Sunday Service
9:15 A.M. – Chalmers, Finch
11:00 A.M. – St. James, Avonmore
Sacrament of Holy Communion
March 30, 10:00 A.M. – St. Andrew's,

Martintown. Joint Good Friday Service with Guest Harpist Ian Hepburn.

Come and worship with our family

where all are welcome and Christ is Lord.

April 2018



Evangelical Missionary Church
12010 Ormond Road & Hwy. 31
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Rev. D. Bruce North,
Senior Pastor
Rev. Daniel L. Wallace,
Associate Pastor
www.harmony-church.org
Resurrection Sunday April 1, 2018
9:45 A.M. – Pre-Service Prayer

10:30 A.M. – Worship Service Message by Rev. Bruce North No Evening Service Good Friday (March 30) Service at 7:00 P.M.

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April 2018

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Janice Hickman - 613-448-326 Weekend Masses: Saturday - 5 P.M. Sunday - 8:30 A.M. St. Daniel Sunday - 10:30 A.M. St. Mary Weekday Masses: St. Mary - Tues. - 7:00 P.M.

St. Mary - Tues. – 7:00 P.M. Wed. – 9:00 A.M. Thurs. – 9:00 A.M. Fri. – 9:00 A.M. St. Daniel - Wed. – 7:00 P.M.

April 2018

ST. LUKE'S - KNOX
PRESBYTERIAN CHURCH FINCH
Interim Moderator:
Rev. Bruce Kemp, B.A. S.T.M.
613-267-0928
Student Minister:
Herbert A. Borger
Church 613-984-2201
Sunday April 1, 2018
Easter Sunday Service at 10:30 A.M. Joint Congregational Service at St.
Luke's-Knox. Special Guest: Roman
Centurion who witnessed crucifixion

Good Friday, March 30, 10:00 A.M. – Joint Congregational Service at St. Andrew's Presbyterian, Avonmore Everyone Welcome! April 2018 PRESBYTERIAN
CHURCH - Morewood
ST. ANDREW'S - Chesterville
ST. PAUL'S - Winchester
Rev. Bruce Kemp, B.A. S.T.M.
613-267-0928
Sunday April 1, 2018

WINCHESTER - 10:00 A.M.
MOREWOOD - 11:15 A.M.
Everyone Welcome.

CHESTERVILLE - 9:00 A.M.

COME EXPECTING -LEAVE REJOICING

April 2018

ST. MARY'S
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139 Castor Street, Russell, ON
Parish Office: 613-445-3226
Presiding: Rev. Lee Lambert
secretary@stmarysrussell.ca
Website: www.stmarysrussell.ca

Sunday April 1, 2018 9:00 A.M. – Holy Eucharist 10:30 A.M. – Holy Eucharist Sunday School at 10:30 A.M. St. Mary's Church is engaged in actively sharing God's unconditional grace and love

December 2017

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April 2018

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ads@chestervillerecord.com





Page 8 The Chesterville Record

Parade of Nations'

Continued from the front

The craft show takes roughly a year to plan but that hard work made for a bustling Town Hall on Saturday. Lost Villages Lions Club provided the lunch and six volunteers helped Morrell get things up and running. While the show is her way of helping artists show their work and make some sales, it is also a fundraiser with money raised from the admission and silent auction going towards artistic persons with disabilities – a passion that was sparked after making a promise to her father to help artists with disabilities. Last year the



Brightening the day

Face painter Amanda Brown brought balloons to life at her booth during the craft show benefitting artists with disabilities. Brown holds a balloon giraffe and also offered face painting to the lucky visitors of Saturday's Sawyer Helmer photo

fundraiser brought in \$1,500. This year has been another success and funds raised have been confirmed at a total of \$1,560.

Morrell also wanted to

thank Lucy Hart for her help in getting Parade of Nations a spot selling cards at the Cornwall Bingo hall. "Without her, that would not have happened," she



On track

Seaway Slot Car Racing owner Rhénald Savard had a number of models on display during the 3rd annual Hobbies, Collectibles, Art and Crafts show held in Long Sault on Sat., March 24. Sawyer Helmer photo

said. The money that the she still finds it difficult to charity raises there makes a huge difference.

This year, the craft show featured nearly 40 vendors and had miniature model car and train displays for visitors to enjoy. While Morrell said find volunteers, the show went off without a hitch. "This is my family," she said gesturing at the community members. Her passion and pride was clear in the care taken to organize the day.

Upcoming fundraisers include the Seaway Train Show at the Long Sault Arena on July 21 and 22, followed by the Parade, Art and Multicultural Festival at the Arena on Aug. 18 and 19.

Wednesday, March 28, 2018

Highlighting area history

Carolyn Thompson Goddard

Record Contributor

CORNWALL - With the creation of the Parade of Nations in 2007, Marie Morell has been working tirelessly to promote the multicultural, artistic community and the developmentally challenged community in Cornwall, Akwesasne and the United Counties of Stormont Dundas and Glengarry.

Morell is currently completing a book entitled AKCOUNTIES designed to encourage multiculturalism and pride in the history of the area. The name is derived from the Akwesasne (AK), Cornwall (CO) and the United Counties of SDG (UNTIES). She has been working on this project for a decade and recently told The Record it will include recipes, inventions, artistic accomplishment and history from the local area.

Calling this book "my gift to the people of Akwesasne, Cornwall and SDG," Morell is currently providing sponsorship opportunities for businesses and individuals in the area. For more information on this and other projects of the organization, visit the website at http://paradeofnations.com.



Raising awareness

Marie Morell has spent over a decade building bridges to connect the various multicultural and artistic communities through The Parade of Nations which she founded in 2007. She is close to completing AKCOUNTIES which details historic and cultural aspects of Akwesasne, Cornwall and SDG. Morell is close to completing the first volume of this work and hopes to have it published in the near future.



*Making dreams come true*Close to 40 vendors attended the 3rd Annual Hobbies,

Collectibles, Arts and Craft Show held on March 24 at the South Stormont Community Hall. This event was a fundraiser for the "Make A Dream Come True" program and organized by the Seaway Slot Car Racing organization. Thompson Goddard photos

NDAC announces new farmers' market

WINCHESTER – The North Dundas Arts Council (NDAC) announced recently that it is retiring from operating Winchester Sunday Market, as another group steps up to run a new farmers' market this coming summer. NDAC cochair Ann Brady says she is pleased that the market is being taken over by one of its third season vendors, Amanda Giles, of Oak Valley Produce. "When NDAC launched Winchester Sunday Market, we hoped that once it became established, it would be taken over by members of the community. That moment has finally arrived!'

Founded as a pilot project in 2015, the small but popular event brought together local vendors, performers and customers in a relaxed outdoor venue in downtown Winchester, on Sunday afternoons during the summer months.

Brady says managing a market, especially on a volunteer basis, is a lot of work. "We've welcomed some dedicated volunteers over the years, among them Bert Hill and his son, who designed the Market logo; Lorne Pardy, who helped secure vendors and plan the market; Gail Storring, NDAC's co-chair, who oversaw financial operations and delivered signs; Patsy Lynch, who was our second season driver; and Clare Korth, who created and maintained our website through three successful seasons. We are especially indebted to Butch Oldford and The Oldford Team for their sound advice and generous sponsorship that helped make Winchester Sunday Market possible."

The new event, named The Winchester Market, will be held in the parking lot of Seaway Valley Pharmacy at 507 Main Street, and will run every Sunday from 1 to 5 p.m., rain or shine, with a May 13 launch date. Market Director Amanda Giles is excited about developing her concepts into a larger, more lucrative market that will benefit local vendors and shoppers. Brockville Farmers' Market Manager Rob Harsh will be working with Giles as her advisor and market liaison person.

"This season will be a celebration of local products!" Giles enthuses. "We look forward to providing a market bursting with local fruits and vegetables, foods, music, art and community. We have been busy contacting vegetable and fruit producers, bakers, crafters, artisans, and homemade food concession operators, and are accepting applications for new and returning vendors." Interested parties can contact The Winchester Market at thewinchestermarket@gmail.com for more information and application forms.

"We believe Amanda and her team are going to do a good job of this, and we invite our valued customers to join us in wishing them every success as they launch into their first season," Brady adds. "This is going to be a great summer!"

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April 2018 Activities

April 3	8:30	Breakfast at the Centre: Menu: Belgian Waffles, Warm Syrup, Sausage
		Fruit Cup, Juice, Coffee, Tea. Cost \$6.00

April 4 12:00 Diners' Club. Menu: Pork Slouvaki, Roasted Potatoes, Garden Salad, Rolls,

Apple Crisp. Cost \$7.00

April 11 12:00 Diners' Club. Menu: Coconut Baked Chicken Breast, Baked Potatoes, Peas, Rolls, Blueberry Cake. Cost \$7.00

Presentation: Robbie St. Louis - Facebook 101 Diners' Club. Menu: Roast Beef & Gravy, Mashed Potatoes, Mixed Veggies, April 18 12:00

Rolls. Pie. Cost \$7.00 Presentation: Kelly's Floral Design - Container Gardening

April 24 10:00 Cornwall Shopping Trip. Pick-up at the Finch Support Centre. Cost \$8.00. Please call to reserve your seat.

Diners' Club. Menu: Beef Pot Pie, Potatoes, Coleslaw, Cherry Cake Rolls. April 25

12:00 Cost \$7.00

Health & Wellness Clinics - 9:00 a.m. to 12:00 p.m.

Avonmore (Morningside): Tuesday, April 3rd and 17th Finch (North-Stor Centre): Wednesday, April 11th and 25th Foot Care Clinic: Thursday, April 19th and Friday, April 20th Please call ahead for an appointment.

We also have Diners' Club served at the Centre every day at noon. Please call to reserve your seat.

Weekly activities: Monday mornings: (free)

Exercise classes at 9:30 a.m. Monday afternoons: Euchre at 1:00 PM. Cost \$5.00 (prizes) Tuesday afternoons: Scrabble challenge at 2:30 p.m.

Wednesday mornings: (free) Exercise classes at 10:45 a.m. Thursday afternoons: Afternoon tea & coffee. Cost \$0.50

at 9:45 a.m. / \$5.00 per class. Friday afternoons: (free) April 6: Local history film series April 13: Book club chatter April 20: Needlework & pattern sharing

Friday mornings: Chair Yoga We are actively recruiting Volunteer Drivers for our Transportation and Meals on Wheels programs. You may contact the Finch Office at 613-984-2436 for more information.

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Crysler's Community Supper and Irish Céilidh a huge success

Crysler Community Supper and Irish Céilidh, on Fri., March 16, is an annual fundraising event held by Crysler Citizen Committee and sponsored the Scotiabank Community Matching Funds Program. The Scotiabank-Chesterville Branch has been an annual sponsor of the Community Supper since its inception in 2012 with all profits going towards development maintenance of the Crysler Recreation Trail system. This year saw approximately 150 in

Community Centre with over \$4,000 raised for this very successful event.

Céilidh music was provided by Marc Kenny and Eric Durocher. The 50/50 winner was Sylvie Lachance from Embrun.

A generous \$1,000 donation was received from the Corde à linge Communautaire. volunteer-run used clothing and articles store in St. Albert, which has been a sponsor since 2013.

There was plenty of activity with the 50/50 raffle and the registration/promotion of Run scheduled for May 5, as well as guests being involved in the voting of the youth birdhouse competition.

The Crysler Citizen Committee (CCC) members were certainly given a nice surprise on March 16 when children from 4 to 13 years old showed up with their birdhouses at the St. Patrick supper.

The birdhouse idea came from a desire to involve the children by asking them to embellish the trail with their own uniquely decorated birdhouses. Parents and grandparents bought the kits

family activity to do over the March break. Some of the birdhouses did not return for the competition, and it is suspected the children liked their birdhouses so much that they did not want to part from them in the spring when the birdhouses will be installed on the trail.

An appreciation goes out to J&R Adam from St. Albert who donated the lumber and the volunteers

the kits together. The money raised from the sale of the kits will go to the development maintenance of the 11 km trails in and around Crysler. Thanks to the children, the birds and the trail users will discover these beautiful pieces of art all along the trail. The winners in the 4to 8-year-old category were Deven Smith, Brody Bourbonnais and Katelyn Lavictoire. The 9-to 13-

attendance at the Crysler the 2nd annual Crysler Fun as a Christmas present or a who cut the pieces and put year-old winners were Alex Robinson, Brooke and Brennen Carruthers and Emma Sherwood.

> The Crysler Citizen Committee's goal this year is to provide a good, safe surface on the trail for baby carriages and wheelchairs, as well as for bicycles, runners and pedestrians, by adding a well-compacted layer of stone dust. The profits from this event will greatly contribute to this achievement.



Creativity for the Crysler Trail

Pictured here are a few of the children with their creative and colourful birdhouses entered in the youth birdhouse competition at the CCC Community Supper fundraising event on March 16, with guests participating in the vote for the best



Melistar Chief Taco, Born Mar '18 - Chief x VG-86 2yr Greenway, VG-86 2yr Contrast x Goldwyn Maya VG-88 34* Redlodge Control Columbia, Born Dec '17 - Control x EX Alexander x EX 5* Baxter x EX-94 16* Goldwyn, Alexis Family Mount Elm Jacoby Nightrider, Born Sept '17 - Extra-fancy Jacoby ready for show ring! Potential 11th Generation VG or better. Beaver Ray Jacoby Spirmint, Born Sept '17 - Pretty, Black Jacoby x VG Jasper x EX-3E Goldwyn x EX 54* Triumphant Spooky Greenlark Solomon Alyson, Born June '17 Solomon x EX Goldwyn x EX 6* Dundee * Maternal Sister to Jacobs Goldwyn Valana EX-95, HM-Grand Royal '14 Lochdale Brazzle Savory, JR 2 for '18 - Braazle x VG-88 Zelgadis x VG Shottle,

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Supporting the community
Fiona Plunkett & Emily Wright from the Scotiabank Chesterville Branch volunteered at the Crysler Community Supper and Irish Céilidh on Fri., March 16.



A generous donation

Ginette Patendaude from La Corde à linge Communautaire presented a \$1,000 donation to André Lavictoire, President of the Crysler Citizen Committee, during the community dinner. La Corde à linge is a volunteer-run used clothing and articles store located in the village of St. Albert, which has been an annual contributor to the CCC Community Supper fundraising event since 2013. Courtesy photos

















Who Should Attend?

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Thursday April 5, 2018 6:00 pm to 9:00 pm

A light lunch will be provided

For More Information:

Kelli Campeau, Clerk, Township of South Glengarry 613-347-1166 Brenda Brunt, Clerk, Municipality of South Dundas 613-543-2673 Loriann Harbers, Clerk, Township of South Stormont 613-534-8889 Lise Lavigne, Deputy Clerk, Township of North Glengarry 613-525-1110 Jo-Anne McCaslin, Clerk, Township of North Dundas 613-774-2105 Ginette Martin-Stephan, Deputy Clerk, Township of North Stormont 613-984-2821



Page 10 The Chesterville Record

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HELP WANTED

HELP WANTED

Winchester Legion is seeking part-time 'on call' bartenders. Must be Smart Serve qualified and have good interpersonal skills. Resumés may be dropped off at the Legion at Main Street (Winchester), and addressed to Bar Chairperson.

38-2 HELP WANTED

Cedar Lodge Farms (Morrisburg) looking for candidate with passion for agriculture for full-time General Farm Laborer position. Duties include daily maintenance of equipment, operation of farm equipment during spring planting and harvest, manual labor at times assisted by farm equipment. Must be self-motivated with ability to work solo or in a team. Candidates with farm experience tractor driving (150hp+) will be given priority but training for right person is avail-Fair compensation based on ability and experi-Submit resumé to cedarlodgefarms@gmail.com.

TREE PLANTERS WANTED:

Local forestry contracting company requires tree planters for work in Eastern Ontario from mid-April into May. Pay is piece rate (16 cents/tree). Must be able to work hard and in adverse weather conditions. Some transportation available. Send resumé or questions to jbols@storm.ca. 37-3

VOLUNTEER

STUDENT VOLUNTEERS **NEEDED**

July 14 & 15, 2018, Upper Canada Village, Friends of Crysler Farm Battle Reenactment. Assisting in photo booth and children's activities. If intersted email 1812alivedc@gmail.com.

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Branch 108 of the Royal Canadian Legion is in the

process of compiling a list of local Veterans, currently

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We are seeking this information so we may include you

in invitations to upcoming Appreciation Events. You do

NOT have to be a Legion Member to be included in

this listing. If you are interested in being contacted for

these upcoming events, we invite you to contact the

Winchester Legion by email at tasselin@sympatico.ca

or by phone at (613) 774-3694. If we can't get to your

call please leave a message.

VOLUNTEER

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 1-866-307-3541 with your requests.

NOTICE

HOLIDAY CLOSURE

Bo's Barber Shop in Morrisburg will be closed from Apr. 2 to Apr. 9. Reopening Apr. 10 at 8 a.m.

COMING EVENTS

ANNUAL MEETING

The annual meeting of Goldfield Community Cemetery will be held Mon., April 2 at 2 p.m. in the Presbyterian Church Hall, Finch.

COMMUNITY BREAKFAST SATURDAY, MARCH 31

Community Breakfast and Eggfest at North Stormont Place in Avonmore from 8 to 11:30 a.m. Easter Crafts and Egg Hunt for the children at 10 a.m – Bring your own basket – hosted by Avonmore Rec. Everyone Welcome. Breakfast hosted by Roxborough Agricultural Society.

LAUGH NIGHT WITH STATION NO. 4

Comedy show and dance, Thurs., March 29, 7:30 p.m., at the Chesterville Legion. Show and dance \$20; dance only \$10. Proceeds to Chesterville Fire Department Auxiliary. For tickets call 613-448-1825.

COMING EVENTS

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INFORMATION TALK Join Thom Travel for an information talk about escorted touring presented by Insight Vacations Wed., April 11, 4 p.m. - 5:30 p.m. at the Morrisburg Legion. Exclusive offer, door prizes and refreshments. RSVP by April 6 to melinda@thomtravel.com or 613-543-2133. TICO reg# 1258982.

38-2

COMING EVENTS

SUNDAY BRUNCH April 8, 9:30 a.m. - 1 p.m.

Finch Arena upstairs. \$10 Adults; \$5 children 8 yrs. & under. Sponsored by the Concerned Citizens of North Stormont. 38

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Wed., March 28 and Thurs., March 29.

Wednesday and Thursday from 10 a.m. - 3 p.m.; Sat., 9 a.m. - 3 p.m. A great place to shop for good used items and clothing. Unbelievable prices. St. Andrew's Presbyterian Church basement, 30 Mill St., Chesterville. All donations greatly appreciated. 37tfc

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On Sat., May 5, a.m. 90's Mustang on display for bids. 13055 Kittle Rd. 613-794-5562. 37 & 41

HOT LUNCHEON

St. Andrew's Presbyterian Church Hall, 30 Mill St., Chesterville. Wed., March 28, 11:30 a.m. to 1 p.m. Menu: ham and scalloped potatoes; cabbage salad; buns; lemon fluff dessert; coffee/tea. \$8.00 per person (take-outs available starting at 11 a.m.) Everyone Welcome!

IN MEMORIAM

GROVES, Edith - In memory of a dear Mother, Edith, who passed away March 25, 1986

Sunshine fades and shadows fall,

But sweet remembrance outlasts all.

Ever remembered, Junior and Sheila

GROVES, Edith - In memory of a dear Mother, Edith, who passed away March 25, 1986.

Many years have slipped away

But your memory is with me everyday.

Happy times I do recall All I have are memories

And your picture on the wall. Always remembered, Son, Allan





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HOLIDAY CLOSURES

The Boyne Road Landfill will be CLOSED Friday, March 30, 2018 and Monday, April 2, 2018. Recycling and waste pickup will run as scheduled.

Any questions contact:

Doug Froats Director of Waste Management 613-229-4233



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Appointments to Committees The Municipality of South Dundas invites applications from interested

individuals for appointments to the following committees:

- · Iroquois Waterfront Committee
- Morrisburg Waterfront Committee

Applicants must be at least 18 years of age, a Canadian Citizen, and a resident of or property owner in the Municipality of South Dundas.

Members of the public who are interested in serving on the above noted committees should apply in writing. Applications are available on the municipal website or by email request (mail@southdundas.com). Please contact the Municipal Office for further information at 613-543-

Summer Student Employment

Applications are being accepted for the Water/Wastewater Department For more information please visit our Municipal website. Interested applicants should submit their resumés by 4:30 pm Friday, April 13,

> Municipality of South Dundas 34 Ottawa Street, PO Box 740 Morrisburg ON K0C 1X0 OR by email to dvilleneuve@southdundas.com

Notice: Tax Due Date is March 29

If you have any questions or if you have not received your tax bill, please contact Lea Anne Munro, Tax & Utility Coordinator, at 613-543-2673.







Wednesday, March 28, 2018

Pysanka – artistic egg decorating

Carolyn Thompson Goddard Record Correspondent

LONG SAULT - It was an egg-citing afternoon at The Community Market just outside of Long Sault when 16 people of all ages participated in a Pysanka Workshop led by Corinne Cote and Kathy Enright. Cote described the process like batiking on an egg, and said it was a bit intimidating at first but not difficult.

Each person in the workshop received two eggs and spent the afternoon following a process which included choosing and drawing a pattern on the egg, waxing, dyeing the egg, removing the wax and going home with a work of art for their Spring tables. Cote explained regular hen's eggs can be used which are either blown

empty or left with the yolk and white intact. The process takes about two hours per egg with the longest wait being while the eggs are in the dye, about 20 minutes per dip.

Elaine Lafrance from Cornwall said, "It was "easier than I thought" to create a pysanka and Yvonne Seeley from Lunenburg mentioned "the worst part is removing the wax from the egg." This is accomplished by placing the egg over a lit candle to melt the wax before wiping it clean. During this process the egg can get overheated and singed or cracked.

Pysanka, known as Ukrainian Easter Eggs, are traditionally made in the final days of Lent with the name being derived from a Ukrainian word for "write" as the eggs are written on with wax using a special stylus called a pysachok. This tradition which dates back many centuries will without doubt continue to delight people and adorn Easter tables throughout the



A work of art on an egg

Elaine Lafrance from Cornwall is busy putting the finishing touches using a pysachok to her egg before taking it to the dye dipping station during the Pysanka workshop on March 24 at The Community Market near Long Sault. Thompson Goddard photo



Most of the eggs are in one basket!

From the left, as the Pysanka workshop finished, leaders Kathy Enright and Corinne Cote take a moment to show off the participants' creative talents in making these beautiful Ukrainian Easter eggs. Thompson Goddard photo

SNC's Watershed evaluation reveals stressed conditions

FINCH – South Nation Conservation (SNC) recently produced their State of the Nation Watershed Report Card providing assessments on forest cover, wetland cover and water resources in the

Encompassing 4,384 km2 of Eastern Ontario, the SNC jurisdiction provides invaluable natural resources to parts of the City of Ottawa, United Counties of Leeds and Grenville, United Counties of Stormont, Dundas and Glengarry, and United Counties of Prescott Russell. From headwaters north of Brockville, the South Nation River flows northeast for 175 km, and empties into the Ottawa River near Plantagenet.

SNC regularly assesses and creates report cards on various sub-watersheds to help prioritize stewardship activities and help with planning and development reviews.

The regional forest cover in the SNC jurisdiction in 2014 was 28 per cent, with forest cover being the lowest in the central region of the watershed. Environment and Climate Change Canada recommends a minimum 30 per cent forest cover to help reduce flooding and erosion, filter air and water, provide wildlife habitat, and support aquatic systems at a watershed scale. It is also recommended that 75 per cent of stream length be

naturally vegetated on both sides (i.e. the riparian area).

"At only 22 per cent, our programs and projects need to take a renewed focus on increasing riparian cover," explained Katherine Watson, SNC's Water Resources Specialist. "Wetlands also filter pollutants and provide important wildlife habitat,"

The Watershed enjoys a strong wetland cover rating at 17 per cent, providing

natural flood management during peak flows and water retention reservoirs during dry weather. As for water conditions, areas of poor surface water quality typically had low forest cover especially along the banks of rivers, leading to a loss of filtration, erosion control and habitat.

Residents can help improve the health of the Watershed by participating in SNC's tree planting

program, Woodlot Advisory Service, land donation program, and the SNC Clean Water Program which offers subsidies for landowners for projects that help improve water quality. For the full report, go to www.nation.on.ca/water/rep orts/watershed-report-cards.

For more information, contact Watson at 1-877-984-2948 ext. 291, or by email

kwatson@nation.on.ca.



This has been a challenging time for Perry and me. Words can't express the gratitude we feel when we think about what this community has done for us. You are caring and giving and we want to thank you for your time and effort in helping us when we needed it.

Perry and Wilda

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Rockets inch closer to championship

Record Staff

SAINT ANDRÉ AVELLIN -The North Dundas Rockets opened the NCJHL's championship series against the Papineau Vikings in Buckingham on Friday night for Game 1, welcomed the Vikings on Saturday night for Game 2 and travelled to Saint André Avellin on Sunday afternoon for Game

Vikings 6 Rockets 2: The Rockets travelled to the Stéphane Richer Arena in Saint André Avellin on Sun., March 25, to take on the Papineau Vikings for Game 3 of the best of seven championship games. The Rockets took Game 1 at 3-2 and Game 2 the previous night in overtime taking a 2-0 series lead and looked to get one closer to the championship with a victory.

The Vikings pretty much needed a win to keep their hopes alive in the series. The Vikings got off to a good start as Anthony Laprade opened the scoring at 6:03 of the first period from Justin Labrosse and Maxime Tremblay to take a 1-0 lead.

The Vikings made it 2-0 at 8:54 when Labrosse scored from Mathieu Lapointe and 3-0 as Pascal Leblanc scored from Tremblay and Labrosse. The Vikings added a late powerplay goal at 15:27 as Jacob Osborne scored from Jeremie Trudeau and LeBlanc taking a 4-0 lead into the first intermission.

The Rockets finally got on the score sheet at 13:11 as Tom Fingler pounded one to the back of the net from

4-1 game. The Rockets cut the Vikings' lead in half when Shawn Simms snapped one home from Brad Stitt at 13:37 but the Vikings answered right back scoring just six seconds later as Trudeau scored from Lapointe and Simon Hupe. The Vikings took a 5-2 lead into the second intermission.

The Vikings scored the lone goal of the third period as Nicolas Loyer scored from Lapointe and Tremblay at 10:39 and took the game

Despite the loss, the Rockets head back to Chesterville with a 2-1 series lead. Picking up the win in the Vikings' goal was Yanick Gosselin and suffering the loss in the Rockets' goal was Reilly Tondreau.

Rockets 5 Vikings 4 (OT): The Rockets welcomed the Vikings to the Chesterville Arena on Sat.. March 24, for Game 2 in the best of seven NCJHL championship. The Rockets took a 1-0 series lead after defeating the Vikings 3-2 the previous night and looked to go up 2-0 to inch closer to the title. The Vikings looked to tie the series with a win.

The Rockets opened the

scoring just 2:12 into the first period as Matt Cowley blasted one home from Griffin Mccaffery to take a 1-0 lead. The Vikings promptly tied the game when Anthony Laprade scored from Maxime Tremblay at 4:47. The Rockets retook the lead with just 59 seconds remaining in the opening frame as Justin Lefebvre snapped one home from Cowley and Shawn Simms.

Chris Marchand to make it a The Vikings outshot the Rockets 12-8 in the first period but trailed 2-1 heading into the first intermission.

> The Vikings knotted the affair again at 4:38 of the second period as Tremblay scored from Jacob Osborne and took their first lead of the game at 5:28 as Brad Faubert scored from Laprade and Tremblay to make it 3-2.

> With time winding down in the second period, the Rockets tied the game as Tom Fingler buried one from Connor Roth and Chris Marchand at 3:48. The teams took a three-all draw into the second intermission.

> The Rockets retook the lead when Machand slapped one home from Roth and Fingler with 5:27 remaining in the third. As it looked like the Rockets were just getting comfortable with the onegoal lead, the Vikings surprised them with a goal with just 4:12 remaining as Laprade scored his second of the game from Tremblay and Jeremie Cardinal.

> Neither team was able to to finish the game off before the end of regulation so the game headed to a ten-minute overtime period. Just 52 seconds into the extra frame the Rockets' Brad Stitt ended the game as he slid one to the back of the net from Cowley and Lefebvre.

The Rockets took the game by a score of 5-4 taking a 2-0 series lead. Picking up the win in the Rockets' goal was Jason Buma making 34 saves on 38 shots and suffering the loss in the Vikings' goal was Yannick Gosselin making 24 saves on 29 shots.

Rockets travelled to the Centre Sportif Buckingham on Fri., March 23, to take on the Papineau Vikings for Game 1 in the best of seven NCJHL championship. The Rockets knocked out the St. Isidore Eagles in six games to reach the final.

The Rockets got out to a bit of a slow start in that series, losing two of the first three games but surged back with three consecutive wins.

The Vikings played a similar series against the Clarence Castors in the other semifinal also losing two of the first three but they also stormed back to take the next three, ousting the Castors in six games.

The Vikings took the first lead of the series as Jacob Osborne scored from Jeremy Trudeau just 1:38 into the first period to take a 1-0 lead. The Rockets were quick to even the score as Connor Roth pounded one home from Tom Fingler and McKay Balaton at 4:22.

The Rockets took their first lead of the game as Bryden Van Kessel sniped one unassisted at 9:22 and took a 2-1 lead into the first intermission.

The Vikings scored the lone goal of the second period as Osborne scored his second of the game from Trudeau and Justin Labrosse at 4:03 on the power play. The two teams played a defensive gem for the remainder of the period as both goalies stood on their heads. The two teams took a two-all draw into the second intermission.

The Rockets regained the



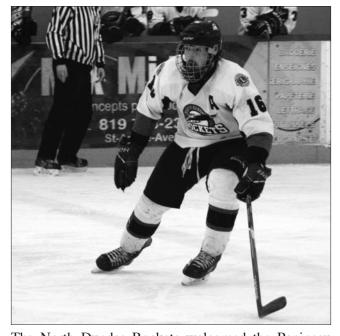
The North Dundas Rockets travelled to the Centre Sportif de Buckingham on Fri., March 23, to take on the Papineau Vikings for game one of the best of seven NCJHL championship. The Rockets goaltender, Reilly Tondreau (1) was very busy in the opening game but held the Vikings' potent offence to just two goals. Tondreau and the Rockets went on to take game one with a 3-2 victory.

Courtesy Lauwers photo

lead when Van Kessel notched his second of the game from Jace Legue at 3:03 of the third period. The Rockets' defence put up a wall for the rest of the third period and the ones that did get through goalie Reilly Tondreau turned them aside as the Rockets took the game 3-2 and a 1-0 series lead.

Picking up the win in the Rockets' goal was Tondreau and suffering the loss in the Vikings' goal was Yannick Gosselin.

Up next: Game 4 in the best of seven NCJHL championship: Fri., March 30, 8 p.m., Rockets vs. Papineau Vikings, Chesterville Arena; Game 5: Sat., March 31, 7:30 p.m., Complex Branchaud-Brière Arena, Gatineau; Game 6 (if necessary): Sun., April 1, 3:30 p.m., Chesterville.



The North Dundas Rockets welcomed the Papineau Vikings to the Chesterville Arena on Sat., March 24, for game two of the best of seven NCJHL championship. The Rockets forward, Brad Stitt (16) became an instant hero scoring just 52 seconds into the first overtime giving the Rockets a 5-4 victory.

Courtesy Lauwers photo

Vikings stave off elimination, force a Game 6

Jeff Moore

Record Staff

CASSELMAN - The Casselman Vikings played four playoff games this past week, as they travelled to Perth to take on the Blue Wings on Wednesday night for Game 2 of the best of seven CCHL2 semifinals, hosted the Blue Wings on Thursday night for Game 3, travelled to Perth on Saturday night for Game 4 and back to the Brisson Complex for Game 5.

Vikings 6 Blue Wings 2: The Vikings welcomed the Perth Blue Wings to the J. R. Brisson Complex on Sun., March 25, for Game 5 of the best of seven CCHL2 semifinals. The Blue Wings took a 3-1 series lead into the game after defeating the Vikings the previous night 3-2 in double overtime and looked to close out the series with a

The Vikings needed a win just to stay alive. The Vikings faced the same ordeal last season as they were down three games to none to the Metcalfe Jets and came back to win the series in seven games. The Vikings opened the scoring when Olivier Brunet fired a onetimer from Jason Cossette and Jonah Peters just 2:43 into the first period to take a 1-0

The Vikings added to the lead when Danyk Drouin slid one home from the slot from Gabriel Rousselle at 17:41. The Vikings took the 2-0 lead into the first intermission. The dreaded 2-0 lead evaporated the previous night and it looked like history was going to repeat itself as the Blue Wings got to within one just 31 seconds into the second period as Colin Baggio scored from Jordan Currie and Joey Laird on a power play that was carried over from the first

The Vikings took another penalty around the three-

Continued on page 13



The North Dundas Rockets travelled to the Stéphane Richer Arena in St. André Avellin on Sun., March 25, to take on the Papineau Vikings for game three of the best of seven NCJHL championship. The Rockets forward Tom Fingler (10) carries the puck through centre ice during the first period. The Rockets did not have a good outing in game three losing 6-2. Fingler scored the Rockets first goal in the second period.

Courtesy Lauwers photo

SPORTS SCORES

Vikings

Continued from page 12

minute mark and again, the Blue Wings took advantage as Laird scored from Matt Knight Bedour and Baggio at 3:53 to tie the game at two. The Vikings responded at 8:13 when Ryan Sabourin scored from the right side of the crease from Brendan Doherty and Sebastien Plante to make it 3-2.

The Vikings made it 4-2 as Sean David walked out in front of the net and roofed one over the Blue Wings' goalie Jonathan Peacock from Plante and Doherty on the power play at 9:25. David scored his second of the game after a bad Blue Wing turnover at the Vikings' blue line as David stripped the defenseman of the puck and went in on a breakaway and made an inside out move that fooled the goalie, giving the Vikings a three-goal lead.

That goal spelled the end of Peacock's night as he was replaced by Cameron Scott. The Vikings took a 5-2 lead into the second intermission. The Vikings tightened the game up slightly in the third period and were able to make it a 6-2 game as Doherty pounded one home from Ethan Wensink and Peters on the power play at 11:12.

The Vikings held the Blue Wings at bay for the remainder of the game as they took the victory 6-2 forcing a Game 6 back in Perth. Picking up the win in the Vikings' goal was Nick Campbell making 25 saves on 27 shots and suffering the loss in the Blue Wings' goal was Peacock making 11 saves on 16 shots and Scott his backup made 19 saves on 20 shots.

Blue Wings 3 Vikings 2 (2OT): The Vikings travelled to the Perth Arena on Sat., March 24, to take on the Blue Wings for Game 4 of the best of seven CCHL2 semifinals. The Vikings were coming off a much-needed 4-2 victory of the Blue Wings in Game 3 to get back in the series but the

Blue Wings still held the lead two games to one.

The Vikings looked to even the series with a win and the Blue Wings could close out the series back in Casselman in Game 5 with a win. The two teams battled to a scoreless first period but the Blue Wings outshot the Vikings 16-9.

The Vikings opened the scoring when Ethan Wensink buried a rebound from Ryan Sabourin and Brendan Doherty on the power play at 8:34 of the second period to take a 1-0 lead. The Vikings made it 2-0 when Danyk Drouin scored from the slot at 12:22 from Gabriel Rousselle and Joseph Heath. The Vikings took a 2-0 lead into the second intermission.

The Blue Wings got a lucky bounce off the official's skate behind the net as it popped out front to Joey Laird who tapped the puck home at 5:30 of the third period from Mack Miller to make it 2-1. With time winding down in the third period, the Blue Wings pulled their goalie in favour of an extra attacker and with just 19 seconds remaining Laird scored his second of the game from a goalmouth scramble tying the game at

Knotted at two after regulation, the game headed to the first overtime period. Neither team was able to score but the Vikings were pretty much in control of the play, outshooting the Blue Wings 4-1 as they headed to the dressing room for the intermission.

Off of the opening draw in the second overtime frame, the Blue Wings entered the Vikings' end and had a great scoring chance but the Vikings' goalie Nick Campbell turned it aside. The Blue Wing player followed the puck to the corner and sent a pass in front of the net and found former Viking Shane McCrank who onetimed it to the back of the net just 15 seconds into the second overtime.

Picking up the helpers were Laird and Colin Baggio

as the Blue Wings took the game 3-2 and a 3-1 series lead heading back to Casselman. Picking up the win in the Blue Wings' goal was Jonathan Peacock making 33 saves on 35 shots and suffering the loss in the Vikings' goal was Campbell making 32 saves on 35 shots.

Vikings 4 Blue Wings 2: The Vikings welcomed the Blue Wings to the J. R. Brisson Complex on Thurs., March 22, for Game 3 of the best of seven CCHL2 semifinals. The regular season champions found themselves in quite a hole after dropping the first two games of the series 5-2 and 7-2 and looked to end that skid with a victory. The Blue Wings would have a chance to wrap the series up at home with a victory.

The Vikings opened the scoring at 13:51 of the first period as Ryan Sabourin fired one to the back of the net from Brady Cloutier to take a 1-0 lead. The Blue Wings outshot the Vikings by a narrow 7-6 count but trailed 1-0 heading into the first intermission.

The Vikings made it 2-0 when Sebastien Plante snapped one home from Jason Cossette on the power play at 6:28 of the second period. The Vikings increased their lead to three when Sean David scored a power-play goal at 10:31 from Plante and Sabourin.

The Vikings made it 4-0 as Plante netted his second of the period on the power play from Brendan Doherty and David at 12:09. The Vikings dominated play in the second period outshooting the Blue Wings 13-2 taking a 4-0 lead into the second intermission.

The Blue Wings finally got on the scoreboard when Joey Laird scored from Matt Knight Bedour and Matt Miller on the power play at 4:50 of the third period. The Vikings played a defensive third period but let down their guard with just 1:32 remaining as ex-Viking Shane McCrank scored from Tyler Somers and Davis Goodwin but that was as

close as they could get as the Vikings took the game 4-2 cutting the Blue Wings' series lead to 2-1.

Picking up the win in the Vikings' goal was Nick Campbell making 19 saves on 21 shots. Suffering the loss in the Blue Wings' goal was Jonathan Peacock making 21 saves on 16 shots and was replaced by Cameron Scott who stopped all 15 shots that he faced.

Blue Wings 7 Vikings 2:
The Vikings travelled to the Perth Arena on Wed., March 21, to take on the Blue Wings for Game 2 of the best of seven CCHL2 semifinals. The Blue Wings took Game 1 by a score of 5-2 and looked to build on that momentum. The Vikings looked to regroup after the embarrassing loss at home.

The Blue Wings continued where they left off in Game 1 opening the scoring at 2:54 of the first period Nathan as MacKechnie scored from Marc Andre LeBlanc to take a 1-0 lead. The Blue Wings made it 2-0 at 7:37 as Mack Miller scored from Matt Knight Bedour and 3-0 at 10:55 when Miller scored his second.

The Blue Wings made it a 4-0 game when Colin Baggio scored from Joey Laird at 15:37 on the power play. Ex-Viking Tyler Somers put it to his old team scoring a powerplay goal at 16:18 from Jordan Currie and Laird.

The Vikings finally got on the scoreboard when Brendan Doherty pounded one to the back of the net from Isaac Lavallee and Sebastien Plante with just 43 seconds remaining in the opening frame. The Blue Wings took a convincing 5-1 lead into the first intermission.

The Blue Wings scored the lone goal of the second period as Laird scored from Baggio and Somers on the power play at 18:04 and took a 6-1 lead into the second intermission. The Blue Wings continued to score at will as Laird scored his second of the game just 1:59 into the third period to make it 7-1.

The Vikings added a short-handed goal as Ethan Wensink snuck one home from Sean David and Kyle Millett at 11:22. Despite outshooting the Blue Wings 35-28, the Vikings took their second loss of the series as they headed home for Game 3

Suffering the loss in the Vikings' goal was Nick Campbell making five saves on eight shots and was replaced by Zachary Paputsakis who made 16 saves on 20 shots. Picking up the win in the Blue Wings' goal was Jonathan Peacock making 33 saves on 35 shots.

Up next: Game 6: Wed., March 28, 8 p.m., Vikings vs. Blue Wings, Perth and District Arena; if necessary for Game 7: Thurs., March 29, at 8 p.m., Vikings vs. Blue Wings, J. R. Brisson



The Casselman Vikings welcomed the Perth Blue Wings to the J. R. Brisson Complex on Sun., March 25, for Game 5 of the best of seven CCHL2 semifinals. The Vikings faced elimination for the first time in the playoffs this season and it was a "win or move on" game. The Vikings' Sean David battled ex-teammate Tyler Somers for the puck. David scored two goals to help keep the Vikings to a 6-2 victory staying alive in the semifinal.

Courtesy Lauwers photo



The Casselman Vikings welcomed the Perth Blue Wings to the J. R. Brissson Complex on Thurs., March 22, for Game 3 of the best of seven CCHL2 semifinals. The Vikings went into the game down two games to one and this was a "must win" game. The Vikings Captain Sebastien Plante (12) battles for the puck against the Blue Wings' Davis Goodwin (10). The Vikings' captain scored two goals including the game winner late in the second period as the they took the game 4-2 getting back int the series. Plante also picked up an assist in the win.

Courtesy Lauwers photo

Pin Tales

Stormont Ladies: Ladies' High Single, Hilda Gillard 212; Ladies' High Triple, Hilda Gillard 578. Team Standings: Kathy 295, Hilda 267, Susan 259.5, Pat 257, Elaine 240.5.

Monday Men's: Regular Season Final. Men's High Single, Frank Jerome 251; Men's High Triple, Frank Jerome 824; Men's High Average, Matt Bird 251. Team Standings: East-Ont 128, Raiders 114.5, A-Team 111.5, Country Boys 95.5, Alley Cats 94.5, Alley Cats 81.

Busy Matrons: Ladies' High Single, Lynn Curtis 298; Ladies' High Triple, Lynn Curtis 606. Team Standings: Hope 9, Faith 8, Love 8, Charity 5.

Defenders: Men's High Single, Glendon Moore 310; Men's High Triple, Glendon Moore 650; Ladies' High Single, Debbie Linton 265; Ladies' High Triple, Debbie Linton 675. Team Standings: Divas+D 12. Gwen 10. Becky 9. Glenson 7. Brian 7.

Finch Mixed: Men's High Single, Colin Sanders 294; Men's High Triple, Noel Lalonde 706; Men's High Average, Noel Lalonde 217; Ladies' High Single, Grace Tilley 288; Ladies' High Triple, Grace Tilley 713; Ladies' High Average, Isabelle Bissonnette 213. Team Standings: Team #4 113, T.V. on 3! 96, C-M-A-T-T 91, 3G 85, TEAM HP 82, THEM 79.

Matilda: Ladies' High Single, Kathy Crump 142; Ladies' High Triple, Inge VonKaenel 585; Men's High Single, Walter Patterson 288; Men's High Triple, Walter Patterson 689. Team

Standings: Danny +217, Jake +93, Walter +33, Brent -16, Kevin -29, Gary -110.

Thursday Seniors: Men's High Single, Ross Bennet 207; Men's High Triple, Ross Bennet 514; Ladies' High Single, Diny Meulenbroek 208; Ladies' High Triple, Diny Meulenbroek 475.

Avonmore Mixed: Ladies' High Single, Anita Byvelds 265; Ladies' High Triple, Anita Byvelds 624; Men's High Single, Brian Casselman 258; Men's High Triple, Frank Jerome 716. Team Standings: Diamondbacks 8627, Vipers 8547, Boas 8388, Rattlers 8354, Copperheads 8217, Pythons 8207.

Les Dynamiques: Men's High Single, Pierre Briere 302; Men's High Triple, Pierre Briere 719; Ladies' High Single, Rejeanne Lefbvre 310; Ladies' High Triple, Rejeanne Lefebvre 682.

Williamsburg Mixed: Playoffs: Men's High Single, Garry Hutt 306; Men's High Triple, Garry Hutt 855; Ladies' High Single, Judy Simser 2216; Ladies' High Triple, Judy Simser 529. Team Standings: Carolyn's Pussycats 2505, Nut Jobs 2466, Fast&Furious 2344, Smurfs 2190, Spaceballs 2154

Winchester Odd Couples: Men's High Single, Darryl Britton 231; Men's High Triple, Alex Smellink/Darryl Britton 639; Men's High Average, Matt Hartle 229; Ladies' High Single, Pat Middleton 228; Ladies' High Triple, Pat

Middleton 612; Ladies' High Average, Pat Middleton 157. Team Standings: Dave's Team 235.5, Last Pin Standing 226.5, The Baileys 225, The Randoms 191, The Bandits 180.

Youth Bowl Canada

YBC Peewees: Girl's High Single, Paige Michaud 130; Girl's High Double, Paige Michaud 218; Boy's High Single, Jakob Fowler 144; Boy's High Double, Jakob Fowler 223. Team Standings: Bruins 2698, Sharks 2652, Leafs 2629, Kings 2559, Thrashers 2533.

YBC Bantams: Girl's High Single, Caroline Sanders 196; Girl's High Double, Caroline Sanders 223; Boy's High Single, Alex Robinson 157; Boy's High Double, Alex Robinson 311. Team Standings: Coyotes 2131, Rangers 2099, Avalnche 2065, Blackhawks 2047, Flames 2030.

YBC Juniors: Girl's High Single, Zena Bowman 199; Girl's High Triple, Zena Bowman 499; Boy's High Single, Aaron Vanderzweep 186; Boy's High Triple, Aaron Vanderzweep 480. Team Standings: Senators 4872, Islanders 4591, Sabres 4247, Wild 4180, Lightning 3772.

YBC Seniors: Girl's High Single, Alayna Gaudette 236; Girl's High Triple, Alayna Gaudette 595; Boy's High Single, Matthew Ridge 241; Boy's High Triple, Matthew Ridge 567. Team Standings: Panthers 3635, Canucks 3535.



Page 14 The Chesterville Record

The more you know, the better your odds

April is DAFFODIL **MONTH**

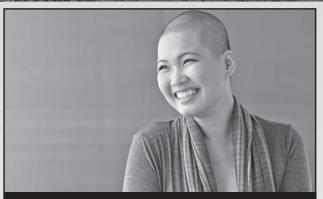


Each year in April, the Canadian Cancer Society (CCS) fundraises for cancer-related initiatives — including research and programs for those living with cancer — by selling both daffodils and pins with the daffodil insignia. Cancer is the leading cause of death in our country, and each year more than 200,000 Canadians are diagnosed with the disease. It's estimated that one in two Canadians will develop cancer in their lifetime and one in four will die from it. The CCS is committed to battling against the disease, but they need support in the form of donations and volunteers to keep the fight alive.

Programs and services for those living with cancer

The CCS offers a number of helpful resources for those with cancer and their friends and family members.

- Information service. A national service for cancer patients and their loved ones that connects them with information about cancer treatments, support services, complementary therapies and many other aspects of coping with cancer. The service is available toll free at 1-888-939-3333 (TTY 1-886-786-3934), in both English and French.
- Transportation. Cancer patients who need assistance getting to and from medical appointments for physical, emotional or financial reasons may be offered assistance through the Wheels of Hope program. Volunteer drivers offer



Helping cancer patients COPE WITH THEIR DISEASE



return trips to patients who are registered in the program. For more information call 1-800-263-6750.

• Wigs. Hair loss can be a difficult side effect to contend with for women undergoing cancer treatments. The CCS has paired with Proctor & Gamble Canada to provide wigs for these women. Find out more through an information specialist at 1-888-939-3333.

Other initiatives include a peer support program that pairs cancer survivors with individuals currently undergoing treatments, an online support group (CancerConnection, ca), accommodation for those receiving treatment out of town, and coaching for those who wish to quit smoking (smokershelpline.ca).

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Alberte Villeneuve-Sinclair launches

book in Russell

Candice Vetter

Villager Staff

RUSSELL - Local author Alberte Villeneuve-Sinclair launched her latest book at the Russell branch of the public library on Sat.,

Muses from the Blue Shack is Vars resident Villeneuve-Sinclair's sixth book. Unlike her previous books, which were novels. Muses from the Blue Shack was published by Baico Publishing and Distribution, and is an anthology of articles she has written and which had been previously published in newspapers. She has worked on the anthology for a long time, and says she has plenty of material for more books.

She writes in both English and French, then translates her works herself. Her themes are about domestic violence, particularly against women. She herself was a victim of domestic violence and had an abusive husband. After he died, she spent time healing and seven years later wrote her first book, Le Jardin Neglige, where she tackled the difficult subject head on.

Villeneuve-Sinclair does not look like the stereotypical victim, but is a smiling, cheerful woman, and greets each day joyfully. She also was happy in her second marriage to George Sinclair, who died in 2003.

She is a sought-after speaker and has often told her story publicly, hoping to support and empower other women and children who are dealing with violence in the home.



Alberte Villeneuve-Sinclair of Vars launched her sixth book, *Muses from the* Blue Shack, on Sat., March 24 at the Russell branch of the public library.

Courtesy photo

Editorial

On to the next project

For about 10 years I've reported on local news, and my stories and photos have appeared in many of the local weekly newspapers published in Eastern Ontario, including, these last three years, in The Record/Villager and the Eastern Ontario AgriNews.

I've lived in North Russell for over 20 years, and had a lot of jobs, so I thought I knew most people in the area, but once I became a reporter, I found a whole new crop of people whom I hadn't known. Then when the Dump the Dump Now movement started I met another bunch of people who cared passionately about their community.

In the years since, I've met many community activists, volunteers and leaders. I call them the movers and shakers and getting to know those people has been one of the joys of the job. I've also been lucky to get invited to events that I wouldn't normally have attended, like the André Philippe Gagnon concert for the Sports Dome, or the International Plowing Match in Finch.

I also appreciated the opportunity to publicize issues. In fact, whenever I've done election coverage (and in the last decade we had more than the usual number of elections) I have found out that I knew more about the issues than the candidates did – that is, every candidate. That, of course, is because I'm out and talking to people almost daily. Because those same people have gotten to know me and trust my work, I've been given the inside scoop on many an issue. Sometimes my work even directly helped others, and that has been very satisfying.

But now I'm leaving the news biz to move on to the book project I've haven't been giving sufficient time to, and catching up on the other duties I've neglected.

Those who have only known me as a reporter have been surprised that I'm leaving the journalism profession. Those who knew me previously are surprised I lasted at one type of job for so long.

For myself, much as I have enjoyed covering local news, I am looking forward to not having stories and issues top of mind all the time. Candice Vetter

Local hospitals go for Silver with Healthy Foods

WINCHESTER – All 20 hospitals in the Champlain LHIN are changing the conversation around food, one dish at a time, by making changes to create supportive, healthy food environments, and almost half of the hospitals have reached Silver status in the program, including the Winchester and District Memorial Hospital.

There are three levels to strive for, Bronze, Silver and Gold. "The Silver level offers more whole grains, fruits, vegetables across meals and phases out unhealthy options such as processed meats and sugary pop," said Program Manager Laurie Dojeji. "As well, hospitals are providing calorie sodium and information for most of their meals and snacks, which goes above and beyond the menu

labeling for large-chain restaurants in Ontario."

"Hospitals in Champlain region are acting as role models for healthy eating as a way of improving the overall health of our communities in rural and urban areas," said Chantale LeClerc of the Champlain LHIN. "So many of the health conditions being treated in hospitals are caused by what we eat. This regionwide program has made significant progress in promoting healthier menu options for thousands of hospitals staff, visitors and volunteers. The Champlain LHIN is proud to be an active partner in supporting and funding such an important initiative."

For more information see www.champlainlhin.on.ca.



Celebrating Silver

Winchester District Memorial Hospital is pleased to be one of nine hospitals in the region which have reached Silver status in the Champlain Healthy Foods Program. Shown here from left to right at WDMH's recent silver status presentation are Susan Vice, Jody Simzer, Sandra Ouderkirk, Kimberly Holmes, Rose Ormsby, Laurie Dojeiji and Cholly Boland. Courtesy photo

Ready for

Metro



Tesla vehicles. No monetary transactions transpire as the vehicles are registered with Tesla when plugged in. According to the Tesla owner, whose vehicle was recharging at the time, the stations have been there for about two months.

the future Casselman's

grocery chain is now ready for the future and green energy support. Seen here are about 10 electric recharging stations to support only specialized

culture associated with the art of Fado. In Albufeira, they experienced some crazy

waves - getting soaked in the process. They visited some impressive and history-rich cathedrals and religious sites, such as the bone chapel, and the Alhambra Complex. This trip sounds like a Dan Brown novel! Overall, the trip was an incredible experience for the students, both educational and incredibly fun.

In more local news, here are a few of the upcoming events to take note of: there will be a literacy test for Grade 10 students on April 10. That evening, we will be

daughter's progress and behaviour in second semester so far.

Relay for Life, a much loved event at our school, is coming up quickly, and the same buzz that comes around every year is back beginning with the exciting "Relay Rally" which was held yesterday. Sign up will happen very soon, and Relay for Life will take place on May 25th!

week at RHS.

Large drug seizure in **Embrun**

EMBRUN - A 52-yearold Embrun man faces nine charges after the OPP's Community Street Crime Unit executed a search warrant in Embrun on March 22, which began with several complaints from members of the community.

Investigators seized over a kilogram of cocaine, 55,000 methamphetamine pills (speed), over five kilograms of cannabis resin (hash), cannabis marijuana, drug trafficking equipment, cash, weapons and contraband cigarettes. The total value of the drugs seized has an estimated street value of over \$350,000.

Rejean Lalonde was arrested and charged with one count of Possession of a Schedule II for the purpose of trafficking - under 3kg, one count of Possession of a Schedule I for the purpose

trafficking methamphetamine, one count of Possession of a Schedule I for the purpose of trafficking - cocaine, one count of Possession of a Schedule II for the purpose of trafficking - over 3kg, one count of Trafficking in contraband tobacco, one count of Possession of property obtained by crime in Canada under \$5,000, and three counts of Possession of a firearm or ammunition contrary to prohibition order.

He was held in custody and appeared at the Ontario court of Justice in L'Orignal on March 23.

Anyone information is asked to contact D/Sgt Dean Canham by email at Dean.Canham@OPP.ca, the OPP Communication Centre at 1-888-310-1122 or Crime Stoppers at 1-800-222-(TIPS) 8477. You can also submit your tip on-line www.tipsubmit.com. Crime Stoppers does not want your name, you don't go to court, and you could earn a cash reward.



coming soon

A group of 18 RHS students took a trip to Spain and Portugal over March

Break, where they learned about – and experienced – the culture and traditions of these neighbouring countries. The group started in Lisbon, made a stop in Sintra, and then visited Albufeira. On the third day of the trip, they finally arrived in Spain, in the city of Seville. From there, they visited Cordoba, Granada and Malaga. Students took part in Flamenco dance lessons, and were lucky enough to watch the real performers afterwards during their show! They made fish cakes with a team of Spanish chefs,

learned about the history and

Carruthers photo hosting parent-teacher interviews, which will give parents an opportunity to check up on their son's or

And that's all for this

Therien Jiu-Jitsu opens in Russell

Candice Vetter

Villager Staff

RUSSELL – Therien Jiu Jitsu opened its seventh club, and its first in the Village of Russell, at the Russell Arts and Culture Centre (former Registry Office), on Mon., March 19, with classes every Monday, Wednesday and Friday evening.

Therien is celebrating its 50th anniversary, and in celebration of both that significant event and its new location, gave a one-week free trial to anyone interested in trying out either Jiu-Jitsu, kickboxing or Brazilian Jiu-Jitsu.

Jiu-Jitsu classes for ages six to 12 start at 5:45 p.m., followed by a class for ages 13 and up at 6:30 p.m., at 7:30 p.m. it offers kickboxing, and at 8:15 p.m. Brazilian Jiu-Jitsu.

Students of Jiu-Jitsu or kickboxing can advance to competitive levels, as many Therien students have. Norm Beauchamp, operator of the school and of the Therien Chesterville location, said for those who didn't want to compete, the purpose of classes was, "Fun, fitness and more fun." He said, "You compete against yourself."

He should know. He started with Therien at age 15, and has been with them now for 43 years. "I was introduced to classes in high school," he said. "I continued, and became certified to teach internationally." He said his career has taken him many places he might not have otherwise visited. "I've been to France, Germany, Switzerland, Norway, Sweden, Finland, and St. Petersburg in Russia." He has lived in Chesterville for the past 25 years.

He was pleased with the uptake the school had already attracted. "We're really happy to be here and open this club in Russell," he said. "In Jiu-Jitsu we encourage parents to be with their children. It's good quality time. Life skills and self-discipline are reinforced and rewarded here."



New to Jiu-Jitsu

Therien Jiu Jitsu opened a club in the Village of Russell, at the Russell Arts and Culture Centre. Shown here on Wed., March 21, from left to right are instructors Thomas Buckle, Norm Beauchamp, Denis Harkness, Mika Harkness, and Russell Mayor and former student of Therien, Pierre Leroux.

Swap meet welcomes hundreds

Candice Vetter

Villager Staff

RUSSELL – The annual March it on Out swap meet organized by the Russell and District Horticultural Society in partnership with St. Thomas Aquinas High School in Russell welcomed what organizers estimated may have been the biggest crowd yet on Sat., March 24.

"People were lined up outside the doors at ten to seven on the morning of the sale," said Ann Jackson, who is both a Horticultural Society member and a teacher at the high school, and has been closely involved in the event since its inception a few years ago. It wasn't only buyers who were eager either. Donations of swap meet items were also numerous. "They started bringing in items the day before about 3:30," Jackson said. "Last night the tables were piled high."

The swap meet had a very simple premise. Donate unwanted but still functional items the evening before and pay \$10 to enter the swap meet, in exchange for taking as many items as wanted. The donated goods covered a huge range, including electronics, children's toys and clothing, sporting goods, books, collectibles, kitchenware, furniture (including a complete set of outdoor wicker), shelving, lamps, and much more.

By 10 a.m. on Saturday, the tables were clearing and most of the goods which had been brought in were on their way



Spring swap meet blooming good

Russell and District Horticultural Society members Peter Van Die, Carole Van Die (front), Linda Duhamel and Lindley McPhail (back) were four of the many volunteers helping at the March it on Out swap meet at STACHS in Russell on March 24.

to new homes. The event provides a great opportunity to clear out unwanted things just as spring cleaning ramps up.

'We're keeping all this stuff out of the landfill," said Horticultural Society member and former president, Lindley McPhail. One of the reasons the event was started was in response to the growing problem of garbage, which was really brought home to Russell residents when Taggart Miller informed the community in 2010 of its plans to establish a megalandfill nearby. Since then community leaders in the area have continued to seek better solutions to garbage.

More items can be kept out of landfills in the near future as well. Residents can

take hazardous waste to Russell Township's Hazardous Waste Day at 857 Route 400 on Sat., May 5, from 8 a.m. to 2 p.m. It also offers the options of disposing of household batteries, aerosols, antifreeze, empty oilcans and oil filters through www.makethedrop. ca, and to dispose of other products such as light bulbs, fluorescents, pesticides, flammable products, fertilizer paint www.regeneration.ca. Barry's Home Hardware at 120 Craig St, Russell, Ont.) accepts residential paints and batteries only (not commercial). Restrictions apply so call 613-445-2171 bringing products.

addition, the

Township's Curbside Exchange Days for 2018, when anyone can leave items at the curb and anyone else can pick them up, are Sat. April 21, July 14, Sept. 15 and Oct. 20, from 8 a.m. to 5 p.m.

And now that the snow is melting, residents can help keep the Township clean by picking up garbage left behind in parks, ditches and along the road. The garbage bags (no tags required) can be left on the side of the road or at an intersection and they will be collected during the following week. The 2018 spring cleaning is also April 21

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