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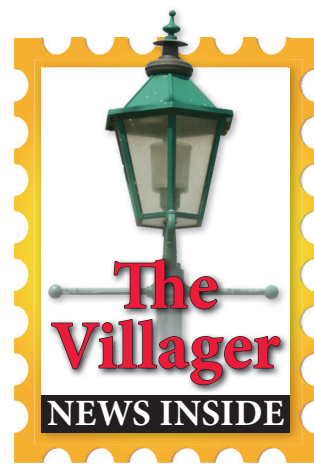
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THE CHESTERVILLE RECORD

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PM40050631R8905 Volume 124, Number 44 Chesterville, Ontario Wednesday, May 17, 2017 Single Copy \$1.00 (HST included)

Briefly

Plant Sales

Chesterville's Green Action Gang are holding their annual plant sale this Fri., May 19, from 9 a.m. to noon. at the Main St. Gazebo. Donations of perennials are always welcome. Don't miss out on the deals – arrive early!

The Russell and District Horticultural Society is holding its annual plant sale at MacDougall Park in Russell on Sat., May 20, from 8 a.m. to noon. Society members will be on hand to offer expert advice. There will be vegetable plants grown by the students at STACHS as well as plants shared by members from their own gardens. Rain or shine! For other upcoming Society events, see www.russellgardeners.ca.

Farmers' Markets

Chesterville Farmers' Market opens this Sat., May 20, at the Gazebo area. Follow the market on Facebook.

Winchester's Sunday Market at Sweet Corner Park starts up again this Sun., May 21, from 4 to 8 p.m. Visit WinchesterSundayMarket.com for more details.

Metcalfe Farmers' Market opened May 13 and runs to Oct. 14, at the Metcalfe Fairgrounds, on 8th Line Rd. Sign up for the market's newsletter at www.metcalfefm.com.

North Dundas Business Expo 2017

Kalynn Sawyer Helmer
 Record Staff

WINCHESTER – After months of planning, the 2017 Local Business Expo finally took place on Sat., May 13, at the Joel Steele Community Centre in Winchester. Over 800 people made their way through the doors of the Expo throughout the day making the Expo a whopping success.

Approximately 80 local businesses, vendors and community booths were set up on both floors of the Centre, with representatives manning the inviting displays for

Continued on page 3

Successful South Stormont Trade Show

Carolyn Thompson Goddard
 Record Contributor

LONG SAULT – Over 200 people attended the 3rd annual South Stormont Small Business Trade Show held on May 13 in Long Sault. Organized by Britannia Events, this show featured many different small businesses in the local community.

Lunch and breakfast were provided by the South Stormont Foundation, a group of residents who come together to raise funds for worthy community projects, such as the Ingleside splash pad project which is the recipient of funds raised by the Foundation at this event.

Julie Whalley, of Britannia Events, said both rooms in the municipal hall were used to accommodate the 42 vendors who participated in the event. She mentioned there was a more diverse group of vendors participating, including landscaping companies, realtors, direct sales representatives and local small businesses.

Photo on page 2



Avonmore Ladies Night rocks for children's camp fundraiser

During the 4th annual Avonmore Ladies Night Out, Scotiabank Chesterville representative Patricia Stinson presented a cheque for \$2,000 to Carefor Camp Erin Eastern Ontario. From left are Nancy Wert, Michele Smith, Nancy Galway, Miriam Vallance, Donna Tinker, Patricia Stinson, North Dundas Mayor Eric Duncan and Lianne Acres-Hanna.

Thompson Goddard photo

North Stormont Place rocked and rolled raising funds for Camp Erin

Carolyn Thompson Goddard
 Record Contributor

AVONMORE – The 2017 Avonmore Ladies Night held on May 12 at North Stormont Place in Avonmore raised \$11,200 for Carefor Camp Erin Eastern Ontario. Nancy Wert, a member of the Avonmore Ladies Night organizing team, said Camp Erin was chosen to receive the funds raised at this event because it provides "a safe place for children to grieve with others who have lost a loved one to disease, sickness or accident."

Since the Avonmore Ladies Night began four years ago as a fundraiser for Team Grady's "We're NUT Givin' Up" campaign in support of Stephanie Grady, the event has raised funds for such organizations as Beyond 21 and Open Hands.

The theme for this event was A Little Bit Country ... A Little Bit Rock and Roll, with table decorating and

costumes inspired by everything from country music to hard rock to western movies. There was even a horse-thieving drama played out, but all the sturdy steeds were eventually safely returned to their owners. Sheila Lefebvre won a gigantic basket of goodies.

In between bidding on the silent auction, visiting with friends or chowing down on munchies or desserts and waiting for auctioneer Chad Simmons to begin the live auction, there was entertainment provided by various tables including Country Sweets & Rockin Beats, Avonmore Music Awards and Heard it thru the Grapevine.

It was a case of rock versus country with a wide variety of singers belting out lyrics from both musical genres, with the audience being well entertained by all the performers.

Continued on page 2



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Avonmore Ladies Night

Continued from the front

Despite the fun and food, everyone knew why they had come together – to support and raise funds for Camp Erin Eastern Ontario. Camp Erin is an initiative of the Moyer Foundation which is designed to assist young people between the ages of 6 and 17 navigate the bereavement process after the loss of a loved one. During the evening a short film presentation revealed how Camp Erin began as part of the Moyer Foundation and the accomplishments in assisting children.

Prior to the presentation of a cheque for \$2,000 by Scotiabank Chesterville, North Dundas Mayor Eric Duncan spoke about Camp Erin, which began when Lianne Acres-Hanna approached him with the



Led by their singing idol, a group of Dolly Parton look-a-likes made their way across the stage and back to their table during an entertainment portion of the 2017 Avonmore Ladies Night.

idea of establishing a Camp Erin, with the first camp held in late August 2015.

This year the camp will run from June 16-18 at Rideau Hill Camp near Kemptville. Michelle Smith of Carefor Camp Eastern Ontario commented during a telephone interview on Monday that there will be just over 40 campers between the ages of 6 and 17 in attendance.

She told the story of a young fellow from Montreal who came to Camp Erin Eastern Ontario in 2016. His mother was so impressed with the change in her son post camp that she has begun the process of establishing a Camp Erin in their area. Smith is hopeful in the future other out-of-area parents of campers will feel inspired to set up their own

local Camp Erin with the support of the Moyer Foundation.

Nancy Wert expressed her thanks to the community for its support, commenting she “can’t thank all the ladies enough, Lianne Acres-Hanna for all her help this year in support of Camp Erin” and “all I can say is these Country gals sure know how to rock it!”



Lianne Acres-Hanna (above) assists auctioneer Chad Simmons as the live auction begins at the 2017 Avonmore Ladies Night. Below, a lady transformed into a shoot-em-up wrangler. Thompson Goddard photos



Volunteers cooking up community spirit

Members of the South Stormont Foundation were busy cooking up breakfast and lunch during the South Stormont Trade Show held on May 13 in Long Sault. From left in the front row are Kaila Campbell, Evan Waldroff, Carson Elliott and Maureen Thompson; from left in the back row are Pyper Waldroff, Kim Waldroff, Gloria Waldroff, Carol Carbino and Rick Waldroff. Thompson Goddard photo

House of Lazarus

Tea & Talk

The next Linking Hands Tea & Talk is on Tues., May 30. Rhythm 'n Moves with Leisa Fawcett and Marilyn Arsenault from 10 a.m. to 11:30 a.m. at Chartwell Hartford Retirement Residence. Register for free by May 26 at www.linkinghandsdundas.ca, 613-989-3830 or scasselman@houseoflazarus.com. Free transportation is available.

Basic Income Forum

Linking Hands' Basic Income Forum will be held on Fri., June 9, from 8:30 a.m. to 2:30 p.m. at the Joel Steele Community Centre, Winchester. Registration is required, \$30 per person. Lunch will be provided by Leatherworks Catering. Contact www.linkinghandsdundas.ca, 613-989-3830 or scasselman@houseoflazarus.com.



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North Dundas Business Expo 2017

Continued from the front

guests to explore. While many of the booths offered samples and options for guests to purchase, many of the vendors agreed the Expo was more about the exposure of local businesses in the community than anything else.

Planning for the Expo began around January and February of 2017. The Chamber of Commerce presented the idea and it was well received by the members. When presented to the Township of North Dundas, the Township jumped at the chance to be involved and the excitement grew. Many of the business owners were connected to the Chamber of Commerce, getting their foot in the door for the event. Combined with the word of mouth around town and at the 2016 Winchester Shop Crawl, local businesses began filing in.

Chamber of Commerce Treasurer and Town Vintner owner Shawn Brownlee was happy to have fortunate weather

on Friday's set-up day and was unfazed by the rain on Saturday since the community was at the Expo anyway. Brownlee spoke about how big an undertaking the project was for both the Chamber and Township, but with such a big turnout, it was all worth the long hours of work. The partnership with the Township worked out well for everyone, as the Community Centre was donated free of charge. This allowed for free admission to the Expo for the entire community. "Broad exposure events like this focus attention on local businesses," said Brownlee. Almost every business owner present at the Expo has a story from Saturday's event, about a guest not realizing they had a local option for those services.

Over 10 years ago the North Dundas Community held an annual arena sale for local businesses, but the event fizzled out. In the last few years, however, the community has shown a new drive to bring back the collaborative events to showcase the business talent in the area. It is no surprise that the Expo had a sold-out register for business booths.

The Expo had more than just the business booths though. A constant stream of performances and presentations were entertained on the main stage, local musicians showed off their skills upstairs and tasty treats were on sale throughout the Centre. After one of the performances by the talented dancers of Joanne Whittaker School of Dance, Main Street Clothing Company and Stella & Dot took to the stage for a mother/daughter fashion presentation.

Main Street Clothing Company owner Lisa Williams and Stella & Dot stylist Amy Tibben are no strangers to a fashionable partnership and the Expo fashion show was no exception. Williams and Tibben showed off a slew of different styles to keep wardrobes looking fresh and comfortable this season. Williams highlighted the fashion show as a great way for clients to see the store's fashions on real women. As Williams said during the show, "It's all about finding pieces that make you feel good about yourself." In addition to the two fashion shows during the Expo, Williams was promoting her store's options for private shopping parties and their new personal styling sessions. "It's all about exposure. I love coming together [as a community] and featuring what we have to offer," said Williams. Tibben added that the Expo was a great way for customers to realize that, "we are here and we are open for business."

Cup of Joe owners Jo-Ann and Cory Houle had a welcoming display of breakfast sandwiches, muffins, baked goods and of course, coffee. Jo-Ann Houle said, "as a



Wining and shining

Shawn and Irene Brownlee of The Town Vintner pose in front of their large selection of wines, balsamic vinegars and olive oils at the 2017 Local Business Expo on Sat., May 13.

Sawyer Helmer photos

business owner, it's nice to give support to all the other local businesses." Houle is on the Chamber of Commerce and found it easy to get behind the idea of the Expo. "It's just awesome to see what others have to offer," Houle added.

Community projects like the Expo are becoming more and more popular. The exposure and small town economic development potential means a lot to rural communities. This sentiment was shared by John D. Mehard, VP Sales and Marketing of Armour Development. At the Expo, Armour Development was promoting their upcoming North Dundas Business Centre. The soon-to-be rentable office space is another opportunity for businesses in North Dundas to prosper and grow the local economy.

At the end of the day, the Expo was a, "huge success," said Mayor Eric Duncan. Duncan continued to express how beneficial the venture was to change the community's frame of mind concerning local businesses. "It's all about meeting people and serving locals," Duncan added. With the revitalized community spirit and more events always coming to North Dundas, Duncan concluded, "You never know what's next."



From left, Main Street Clothing Company owner Lisa Williams and Stella & Dot stylist Amy Tibben show their styles off to the numerous guests at the 2017 Local Business Expo in Winchester on Sat., May 13.

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Letters

Arts Council pleased with North Dundas Business Expo

The Editor,

There's pride – and then there's pride in a job well done, last Saturday's North Dundas Business Expo 2017 a case in point. As one of the participating groups, not only did we enjoy visiting the many vendors and businesses that exhibited, we also had fun meeting and chatting with people – including a genuine old-time cowboy who still rides and keeps horses! We were especially proud to present a full slate of some of the area's best musicians, who came out to entertain the crowds: Cory M. Coons, Lynda Craig, Ken Julien, Brian McAuley, Rick Ventrella with Maggie Reid and Didi Bradette, Amanda Veryl, and Gordon Wall. We also want to thank Shane Freeman who helped with sound, and organizer and President of the North Dundas Chamber of Commerce Rachel Potvin and her team, who put on what turned out to be one of the biggest social events and business successes seen out here in many years.

Ann Brady, Co-Chair,
North Dundas Arts Council, Winchester

Open letter to federal and provincial leaders

The Editor:

Dear Ms. Wynne, Mr. Trudeau:

It is so discouraging:

- when the federal government gun law requirements include, and we quote:

(2) An application that is made by an individual who, for religious reasons, cannot be photographed must be accompanied by (a) a declaration, signed by the applicant, stating that the applicant cannot, for religious reasons, be photographed; and (b) a declaration, signed by an individual who is of the same religion as the applicant and who is authorized under the laws of a province to solemnize marriages, stating that religion prohibits the taking of photographs of its members that the applicant is a member of that religion.

- when the federal government passes Bill 103 and its author states, "I vow to be the first person to oppose any motion or law that negatively impacts our multicultural, secular society." (*Globe and Mail*, Tuesday, March 21, 2017). Secularism is the principle of the separation of government institutions and persons mandated to represent the state from religious institutions and religious dignitaries (<https://en.wikipedia.org/wiki/Secularism>).

- when the Ontario Humans Rights Tribunal fines a Toronto man \$12,000 for injury to his former tenants' feelings and dignity;

- when the Alberta Human Rights Commission fined the Calgary Webber Academy a total of \$26,000 for distress and loss of dignity;

- when people living in Canada are unable to know what is going on under/behind totally black garbed individuals;

- when young Canadian girls are made to sit behind a line because they are considered "unclean";

- when Canadian governments allow foreign companies to secretly approach individuals, offer enormous financial remuneration, have contracts approved by provincial and federal governments without regard for what the majority of the residents want but have all people of Ontario and Canada pay the final bill;

- when the provincial government plans for the average hydro bill to spike to \$153 per month by 2023 and \$225 by 2040...almost double today's average (Jim McDonell, *This Week in Queen's Park* – May 12, 2017) because the money is needed to pay a foreign country;

- when Third Reading debate has been reduced to nothing but 10 minutes per party, or 20 seconds per piece of legislation contained in Bill 127. It is clear the government has no intention to let Ontarians know what they're doing, or listen to communities' voices. (Jim McDonell, *This Week in Queen's Park* – May 12, 2017).
When is it going to end?

Ruby and Joe Mekker
Finch

CASTOR Country

By Tom Van Dusen

Fit for a Queen

On behalf on the Russell and District Horticultural Society, Pegi Holtz presented the Tulip Report to the Queen and her royal assembly May 10 at Russell Meadows Retirement Community where they had gathered for High Tea.

Just like the cold, rainy weather for most of this spring, Pegi's report was a dismal one. After a quick survey that morning, she could only find one open flower – in front of Russell High School – among 3,000 Canada 150 Celebration tulips planted by society members last fall.

If she was nervous about the situation, she didn't indicate it. After all, the state of the weather wasn't her fault. And the Queen seemed to understand that.

Instead of screaming "off with her head", her Royal Highness commiserated along with her subjects, hoping for better weather and an uplifting red and white tulip show at some point soon in public patches throughout Russell Village and Embrun.

After the battering they've been taking, maybe the tulips will feel up to emerging by this Saturday, just in time for the horticultural society's legendary annual plant sale at MacDougall Park, getting underway at 8 a.m. If you make it to the sale, take a moment to thank society members for purchasing and planting all of those bulbs last fall as a Canada 150 project.

And if you happen to get over to Russell Meadows, thank the staff there for the elaborate 150 celebration they facilitated, the Queen's High Tea with resident Mera McLeod putting together just the right look to portray Elizabeth II and resident Veteran Rae Lowe following dutifully behind as the Duke of Windsor. Mera's red-headed grandson Michael Rowland played a stately Prince Harry rather than the royal hell-raiser we've come to know through the headlines.

That Rae Lowe... I'll tell you! A few years ago, he conned me into writing a two-part eulogy about him under the Meadows "Share Your Dream" program. I assumed he wasn't long for this world; but he's still alive and kicking better than most in their 90s and many a lot younger.

Rae accompanied the Queen on a horse-drawn landau tour with stops at village schools. The royal party then returned to the Meadows to be escorted into the Queen's High Tea by members of the Highland Mist Pipe Band.



The room was a sea of finely turned out women and some men, most of their heads decorated with fancy colourful hats or fascinators as befitting a royal event. As they always do, Meadows Social Director Doris Leclerc and Managing Partner Eric Chartrand dressed to the nines for the event.

Guests munched on those little sandwiches, some of them rounded with green and red cherries in the middle, the crust trimmed off, and other plates heaped with delicious squares.

As a member of the Russell Male Choir (RMC), I got to sample the goodies which kept arriving at the back tables we were assigned after we performed several tunes, including leading the guests in God Save The Queen.

The choir scored a couple of great gigs last week where we were appreciated and well fed; the one was at the Meadows, the other at the Top Generation Club off Ramsayville Road where members snacked on homemade pie and tarts after presenting our full one-hour repertoire.

The RMC has its own 150 project underway in that our current repertoire is all Canadian, almost all of the songs written by natives of this country and all of them performed by our own people. While we offer standards such as Farewell to Nova Scotia and crowd pleasers such as Stompin' Tom's The Hockey Song, we include such unexpected material as Justin Bieber's Love Yourself which, while not often recognized by residents of the seniors' homes we visit, earns a double take from younger staff. Our next gig is this Friday, 2 p.m., at Winchester's Dundas Manor.

Speaking of 150 projects, my partner Lynn and I are attending the grand unveiling of one at the Lombardy Fairgrounds next Wednesday (May 24) which once again revolves around red and white tulips. It all started when John Joynt, a member of the local agricultural society, won 1,000 bulbs in a mail-order seed company contest.

Like Russell Horticultural Society members, Lombardy volunteers planted the bulbs in the fall, watched the plants struggle through this spring, and have been waiting for full flowers to manifest. They're hoping their timing is perfect for the 24th.

Good luck with that... and good luck with all of your 150 plans and projects.

The Road Home

Fond Mother's Day memories

Carolyn Thompson Goddard
Record Contributor

Mother's Day has always been a special day for me as I was born on Mother's Day in 1956. This fact has become an important part of my life story for I always reply, when asked about my birth, I was born on Mother's Day with six older brothers, which almost certainly receives the response "Boy you must have been spoiled!"

My stock reply is our family was too poor to have any spoiled members, but over the years I think perhaps all of us may have been spoiled by our parents, if that refers to having parents who were totally dedicated to your well-being and growth.

Both Mom and Dad didn't have an easy time growing up which resulted in their children being the centre of their lives. In case you are wondering if somehow that meant that we had the best of every material thing going, including clothes, cars and anything our hearts desired – that was certainly not the case.

Our family didn't have a whole lot of disposable income to be splurged on fancy things, but we did, as Mom would often say, have a roof over our head, clothes on our back, food in our stomach and books to read. We also had a safe place to call home where despite the tussling and teasing which inevitably happened when seven active and intelligent young people co-existed, it really was a great place in which to grow up.

I suppose my memories of Mom are somewhat different than those of the boys, but one thing we would have to agree on would be that she loved us and tried to do her best

to make sure we grew up to be relatively responsible adults. Mom was always somewhat of a mystery to me, until I stopped trying to figure out what made her tick and just love her unconditionally as she had loved me.

I suppose it was when I became a parent myself that I really understood the trials and tribulations faced by my Mom and Dad (and I think parents throughout the world) but that beneath lay the most basic of emotions – love. Rarely does a day go by that I don't think of these two people who were such an important part of my life. Rarely does a day go by that I wish just one more time I could hear them say my name.

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70 years of service to the environment

Kalynn Sawyer Helmer
Record Staff

FINCH – In order to celebrate 70 years of environmental service, South Nation Conservation is hosting monthly events, and May's event was an eco-adventure day for over 300 students, followed by an open house for the public.

All of this took place on Thurs., May 11, from 10 a.m. to 2 p.m., with over 300 students from Roxmore Public School, North Stormont Public School, Centennial '67 Public School, Maynard Public School, Roxwell-Osnabruck Elementary School and Nationview Public School.

On the back lawn of the SNC, 15 different eco-stations were set up with SNC staff there to give short presentations and answer questions. Students were separated into small groups to spend 10-minute intervals at each station before moving on. Topics discussed with the students included water, wildlife, fish, and forests and trees. Students also had the opportunity to paint their very own dreamfish for the SNC's legacy project. The painted fish will be assembled into the property's chain link fence to make the "Stream of Dreams."

At the maple station, students were shown how to use the SNC's kits for tree tapping and making maple syrup. Communications Specialist Lisa Van De Ligt explained that the SNC currently has an 18-year-old



Finding mussels

From left, Caleb Row, Alexander Simon and Warren Lalonde use a pylon-looking mussel finder to search for mussels native to the area. The trio learned a lot during the SNC eco-adventure day on Thurs., May 11.

Sawyer Helmer photo

partnership with Sand Road Maple Farm, where students can go and learn the ways of maple farming. However, if a school cannot get the funding for the field trip, the SNC lends out their kits to the school to do in-house education.

Another station educated students on source water protection. The display provided examples of how shallower wells are more prone to contamination versus deeper wells. The knowledgeable staff made the day interesting and fun for students to learn about their environment.

When the students were packed up and headed home for the day, the SNC opened its doors to the public for their open house. Local vendors and artists set up their booths in the SNC

conference room while information displays and stations were available throughout the building. Attendees were also invited to paint a dreamfish for the Stream of Dreams.

Vendors present mingled well with SNC's environmental themes. Local artists displayed their take on nature and the environment while other vendors sold homemade soaps, lotions and natural products. All the while the SNC staff were on site to answer questions and discuss the SNC's work in the community.

The SNC's open house wasn't just a celebration of 70 years but another way in which they can continue their work in protecting the water shed and local environment by educating the public on what they do everyday.

NDDHS Report

By Alexis Henderson
Minister of Records



Another busy week

Congratulations to the 12 students who qualified in 17 events at the SD&G meet last week. They will be competing at EOSSAA in Brockville next week.

Congratulations to the Junior Boys' Soccer Team who won against LaCitadelle 2-1, and tied Tagwi 1-1. And to the Senior Boys' Soccer Team who won against LaCitadelle 1-0, but unfortunately lost against Tagwi 1-0 on Wed., May 10.

The Intermediate Grade 7 students grew tomatoes, cilantro, carrots, and other delicious vegetables in the greenhouse throughout the year, and have now harvested them. They delivered foods such as tomato and cilantro to the House of Lazarus on Mon., May 15.

Good luck to the Girls' Rugby team who will be playing St. Joes today (Wed., May 17) to earn a spot at EOSSAA. They are currently tied for first.

Good luck to the Archery team at OFSSA as they will be competing in this year's Ontario High School Archery Invitational Tournament today (Wed., May 17) and tomorrow (Thurs., May 18).

The Spring Fling Oscars Dance will take place tomorrow (Thurs., May 18) for Secondary students from 7-10 p.m. The dance will be held in the courtyard of the school and if there is bad weather, the dance will be moved into the gym. Oscar awards will be awarded to students who were nominated, and are present at the dance.

The Intermediate WEB leaders are having a dance on Fri., May 19, to raise money for Jonathan Pitre, 'the Butterfly Boy' of Russell. Grades 7 and 8 students are asked to donate what they can to attend the dance.

The last late bus route for this year will be tomorrow (Thurs., May 18) after school.

The Grade 12 grad gowns are here. Grade 12s are asked to pay \$20 for their cap and gown that they get to keep after graduation.

The band exchange started at the beginning of this week. Students who took place in the band exchange from Saskatchewan came to North Dundas last week. The North Dundas band and the band from Saskatchewan had two great performances on Thurs., May 11, at ND.

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RURAL WINCHESTER

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- 1.32 acre Hwy. Commercial.....\$199,000

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- 21+ acre building lot.....\$79,900

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- 33+ acres building lot.....\$195,000

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WILLIAMSBURG

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The youngest guy at the gala will be the loudest

WINCHESTER - Have you met Brandon Scheepers? Or better yet, have you heard of him? Scheepers is this region's newest auctioneer and he'll be bringing his talents to The Red and White Gala. And he's only 17.

"I've always liked auctions and have gone to many of them with my father and grandfather. I started auctioneering last fall and have done a lot of auctions since," he explained.

Scheepers is a Grade 12 student at North Dundas District High School and lives in Winchester. He says he has a few tricks up his sleeve to get guests bidding. "I'm really

looking forward to the gala and was honoured to be asked. I even made a gavel at school so I'm ready!"

In addition to live and silent auctions, there are many more fun events planned for the evening. "It's going to be a busy night for our guests," said Kristen Casselman, Managing Director of the WDMH Foundation. "Please bring your enthusiasm, your dancing shoes and your pocketbook!"

The Gala will include a 50/50 draw, crazy games including Canadian trivia, music from WDMH's own CEO Cholly Boland and his family band The Fundamentals, Canadian drink options from the

Winchester Lion's Club bartenders, a sea-to-sea Canadian buffet and fundraising contests. The first 150 people who buy a

ticket to win a \$1,500 Commemorative Canadian 150 diamond, will also receive a free long-stem red rose.

The Gala is set for Sat., June 3, at the Winchester Community Centre. Proceeds from the event go to the WDMH Foundation's Family Care Fund, supporting care for families just like yours.

Tickets are on sale for \$125 per person and quantities are limited. Stop by the Foundation office in the hospital lobby or call the Foundation Office at 613-774-2422, ext. 6162, to purchase your tickets.

North Stormont plans Volunteer Appreciation event

Carolyn Thompson Goddard
Record Contributor

BERWICK – During the May 9 North Stormont Council meeting, \$1,500 was authorized to be used for an event honouring community volunteers planned for June 24 with McIntosh Park in Berwick as the probable location. North Stormont Economic Development Officer Amy Martin expressed the hope of securing "additional funds through fundraising and donations from businesses to help offset the cost" in an email to *The Chesterville Record*.

Martin explained the event will be open to "any person and their families who volunteer their time within North Stormont", citing as examples of volunteers as recreation committee members and firefighters.

Martin continued how the idea for the volunteer appreciation event began when "our Fire Chief wanted to recognize the efforts of our volunteer firefighters" and after discussions with North Stormont CAO Marc Chenier the event was "expanded to recognize all of our volunteer groups, including the

firefighters."

While plans are still in the formative stages, Martin explained there will be a barbecue, children's activities and municipal trucks, such as the snowplow, fire trucks, etc., on site, and also mentioning the goal is to have a "family friendly event."

Martin concluded by stating the "Township feels it's important to hold an event to commend" the dedication and work done by community volunteers who "are crucial for the provision of services in North Stormont."

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Toe-tapping good time at Chartwell Hartford Gala

Carolyn Thompson Goddard
Record Contributor

MORRISBURG – Chartwell Hartford held their 5th annual Black Tie Gala on May 10 at the Chartwell Hartford Senior Residence in Morrisburg. Residents and visitors visited with friends while enjoying light refreshments and listening to the country-style music of Ron Donnelly and the Marlboroens.

During the event, there was the opportunity to bid on items in a silent auction, which had several items donated from the local community. One of the items was a round piece of swamp ash on which was burned a hummingbird. This piece of art was donated by Jeff Breckenridge whose

daughter Sara is part of a Grade 6 class at Morrisburg Public School who regularly visit with seniors at the residence.

Julianne Swindells, General Manager of the Chartwell Hartford Senior Residence, said this event is a fundraiser for local non-profit organizations and this year Linking Hands of Dundas County was chosen to be the recipient of the funds raised on May 10. Swindells thanked the community for their generous support of this event.

Linking Hands of Dundas County is an organization which works to provide a voice for poverty reduction in Dundas County. Sandy Casselman, Linking Hands Coordinator, commented the organization



Woodcarving art for silent auction fundraiser

From left are Leisa Fawcett, Sandy Casselman, Jeff Breckenridge and Sara Breckenridge. Jeff Breckenridge holds the work of art he created for the silent auction held during the Black Tie Gala at the Chartwell Hartford Retirement Residence in Morrisburg on May 10.

Thompson Goddard photo

tries “to identify and in resources and services in address the gaps that exist Dundas County.”

Mother's Day with local flair at Monkland

Carolyn Thompson Goddard
Record Contributor

MONKLAND – Close to 100 people enjoyed a Mother's Day brunch on May 14 at the Monkland Recreation Centre with Jambel serving four entrees to choose from. Included in the event was a Pop Up Market featuring local food producers with a percentage of the funds raised to go the Agapé Centre and the Monkland Recreation Centre.

The hardworking volunteers of the Monkland Rec Committee will be just catching their breath after this busy day before the next Paint Night on May 30 will be happening and plans coming together for a Canada's 150th



Local vendors at the Pop Up Market

From left, Angel Lascelle (Ledoux Sirop), Stephen Burgess (Honey from the Glen), Marc Dacosta (Jambel), Beth Drury (Monkland Rec volunteer), Robin Andrew (Lambros) and Monkland Recreation Committee VP Tami Lascelle are pictured at the local Pop Up Market held at the Mother's Day Brunch on May 14 at the Monkland Recreation Centre. Raisin Region Conservation Authority provided tree seedlings and potted trees for sale at the event. Thompson Goddard photo

birthday celebration on June 10 (rain date June 11), featuring a multitude of activities including a basketball tournament, community yard sale, barbecue and entertainment by local artists.

OBITUARY

SPRUIT, Adriana Theodora (nee Verkleij)

Peacefully at the Winchester District Memorial Hospital on Sunday May 14, 2017. Adriana Spruit in her 89th year, of Mountain. Beloved wife of John. Loving Mom of Jane (Lyll) Levere, Betty Spruit (Darren Fleury), late Neil, Maggie Spruit, Joe (Kathryn), Marie Spruit, Henry (late Diane Seguin), Tony (Shelley) and Johnny (Brandi). Cherished Oma and Grandma of 17 grandchildren, 16 great-grandchildren and the late Conner. Survived by many sisters, brothers, sisters-in-law, brothers-in-law in the Netherlands and U.S. and a sister-in-law Mary Vanderlaan (late Leonard) of Winchester. A Memorial Visitation will be held at St. Mary's Catholic Church Hall, Chesterville on Thursday, May 18, 2017, from 10 a.m. until time of Memorial Mass at 12 noon. By Family request donations may be made to the Dundas Manor Activity Fund or the St. Mary's Catholic Church Building Fund. Arrangements entrusted to the Byers Funeral Home, South Mountain (613-989-3836). Online condolences may be made to www.byersfuneralhomeinc.com

Obituary

VAN TURNHOUT, Chris



A resident of the Hartford Home in Morrisburg for the past 6 months, Chris Van Turnhout passed away at the Winchester District Memorial Hospital on Sunday, May 7, 2017, at the age of 94.

Chris was born in Made, The Netherlands on March 5, 1923, to his parents Antonius and Johanna Van Turnhout (nee Avontuur) and he immigrated to Toronto in 1958. In 1962 he and Mary purchased a farm near Berwick where they lived until they moved to Chesterville in 1991.

Chris is survived by his wife Mary Van Turnhout (nee Pruysten), his son John (Beatrix) of Berwick and his siblings Adrianus Van Turnhout (Nel), Anna Van Turnhout, Kees Van Turnhout, Cornelia Vanlent, Wim Van Turnhout (Rieka), Johanna Vandermade and Toni Broeders, all of the Netherlands. Opa will be fondly remembered by grandchildren Colleen Young (Kent), Chris, Ashley and great-grandchildren Brandon, Areanna, Christine (Matt), Kalleigh, Cassandra, Kobey and Chloee. He was predeceased by his brothers Tony and Theres Van Turnhout. He is also survived by nieces and nephews.

There was no visitation or funeral service. Donations to Winchester Hospital would be gratefully acknowledged by the family. Online condolences may be made at marsdenmclaughlin.com.

Obituary

LYNN, Gord



With great sadness, the family announces the passing of Gord Lynn (owner Lyn-Kel Electrical Contractors), at his home in Williamsburg, ON, surrounded by his family and close friends on, May 10, 2017, at age 59. Beloved husband of Cheril/ Che Lynn (nee Brodeur). Loving father of Brad Lynn (Oromocto, NB) and Darcy Lynn (Oxford Mills, ON). Cherished “Grumpy” to grandchildren Logan, Chloe, Danica and Dante. Predeceased by parents Walter & Audrey Lynn (Stayner, ON) and inlaws Leo and Irene Brodeur (Williamsburg, ON). Survived by 3 brothers and 2 sisters. Dear brother-in-law of Paul & Cindy Kelly. Fondly remembered by his nieces, nephews, extended family and dear friends.

Friends called at the Marsden and McLaughlin Funeral Home, Williamsburg, ON, on Monday, May 15th from 2-4 p.m. and 7-9 p.m. Funeral service was held at the Funeral Home on Tuesday May 16th at 2 p.m. A private graveside interment service will be held at Maple Ridge Cemetery, North Dundas Township, at a later date. Donations to Dundas County Hospice, Williamsburg, ON would be gratefully acknowledged by the family.

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Assemblies of Canada

April 2018



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Rev. D. Bruce North, Senior Pastor
Rev. Daniel L. Wallace,
Associate Pastor
www.harmony-church.org
Sunday May 21, 2017
9:45 A.M. – Pre-Service Prayer
10:30 A.M. – Worship Service
Message by Rev. Bruce North.
Evening Service - to be announced.
Preparing Disciples of Jesus.
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April 2018

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Parish Priest:
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613-538-2348 / 613-987-2870
Sunday May 21, 2017
Sat. 5:00 P.M. – (English)
Sun. 10:30 A.M. – (French)

OUR LADY OF THE ROSARY CATHOLIC CHURCH

Crysler
Sun. 9:00 A.M. – (French/Bilingual)
Welcome/ Bienvenue
January 2017

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Administration Priest:
Fr. Cosmas Ajawara
Parish Secretary:
Janice Hickman - 613-448-3262
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.
Wed. – 9:00 A.M.
Thurs. – 9:00 A.M.
Fri. – 9:00 A.M.
St. Daniel - Wed. – 7:00 P.M.

April 2018

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Interim Moderator:
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613-267-0928
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Everyone Welcome!

April 2017

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10:30 A.M. – Worship Service
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You are invited to join us.

April 2017

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BBA, BTh, MDIV
Contact : Tel: 613-346-1648
Email: revlgaudet@gmail.com
Sunday May 21, 2017
Worship with Barbara Jacobs at
9:15 A.M. – St. James, Avonmore
11:00 A.M. – Chalmers, Finch
Come and worship with our family
where all are welcome and Christ is Lord.

April 2018

PRESBYTERIAN CHURCH - Morewood

ST. ANDREW'S - Chesterville

Rev. Bruce Kemp, B.A. S.T.M.
613-267-0928
Sunday May 21, 2017
CHESTERVILLE - 9:00 A.M.
WINCHESTER - 10:00 A.M.
MOREWOOD - 11:15 A.M.
Everyone Welcome.

COME EXPECTING – LEAVE REJOICING

April 2017

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Presiding: Rev. Lee Lambert
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10:30 A.M. – Holy Eucharist
Sunday School at 10:30 A.M.

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April 2017

Newington Firefighters Association serves up Breakfast

Carolyn Thompson Goddard
Record Contributor

NEWINGTON – South Stormont Fire Station #3 in Newington was a busy place on the morning of May 13 when the Newington Firefighters Association held their fundraising breakfast at the station. District Fire Chief Drew Cameron was very pleased with the turnout for the event which featured a variety of breakfast foods, a bake sale from the Newington Wesleyan Church and a Mother's Day basket draw put together by the Association's Ladies Auxiliary.



Firefighters and volunteers serving in Newington

Newington Firefighters Association held their fundraising breakfast at South Stormont Fire Station #3 on May 13. Organizers were pleased with the attendance at the event which featured a Mother's Day basket draw, bake sale and of course a full-course breakfast.

Thompson Goddard photo

Oak Valley Pioneer Park gets a spring cleaning!

Carolyn Thompson Goddard
Record Contributor

WINCHESTER SPRINGS – Oak Valley Pioneer Park, a hidden gem of North Dundas and South Nation Conservation, received its annual spring cleanup on May 13. This 10-acre park, which is dedicated to local pioneer families and nut tree research, is maintained jointly by the Volunteers of Oak Valley Pioneer Park and South Nation Conservation for around 35 years.

Park activities include fishing, walking, geocaching, historical site seeing, dog walking (on leash) and there are picnic facilities. The site is open from dawn until dusk from the May long weekend until October.

For more information on this park, visit www.nation.on.ca/recreation/historic-sites/oak-valley-pioneer-park-winchester-springs-ontario.



Spring cleanup at Oak Valley Pioneer Park

From left, Mike Leger (SNC Lands Assistant), John Adams, Margaret Johnson, Gerry Johnson, Friends of Oak Valley Pioneer Park President Lester McInnis, Murray Inch, Pat Piitz (SNC Team Lead Property) and Phil Duncan (SNC Property and Approvals Assistant) take a brief break for a photo in the spring cleanup of Oak Valley Pioneer Park on May 13 near the pioneer memorial in the park.

Thompson Goddard photo

Art on the Greenfront

CHESTERVILLE – In an effort to beautify Chesterville for the annual Art on the Waterfront festival, residents are invited to decorate their lawns for the new Art on the Greenfront Contest. The contest is open to all residents of Chesterville. Judging will take place Fri., June 2, and the winner will be chosen based on the following qualities: artistic spin, uniqueness, creativity, colour, and gardening/landscaping. Prizes, which will be awarded on Sat., June 3 at 1 p.m., include certificates for tour and tasting at Smokie Ridge Vineyard (valued at \$150 each); Byer's Lawn Service – mowing (value \$75); and a bear sculpture donated by Top Notch Tree Maintenance & Removal.

In order to participate, a registration form must be completed and sent to

Ashley Small via email at therightbitebakery@gmail.com or at www.artonthewaterfront.ca by May 31. Forms are available online.

Thanks to Wubs Transit and Deputy Mayor Gerry Boyce, there will be a shuttlebus for Sat., June 3, to help lessen parking problems downtown this year. It will allow people to park at the arena and to be shuttled to the waterfront. It will also make it easier for patrons when the motorcycle Ride For Dad (fundraiser for prostate cancer) comes through Chesterville on the Saturday.

According to organizer Cheryl Beasley, to date there are over 40 artists and artisans booked, including a music program and a children's zone planned, and they are still accepting registrations. For more info, visit www.artonthewaterfront.ca.

Roast and Toast for Osgoode Care Centre

Carolyn Thompson Goddard
Record Contributor

OSGOODE – The Stuart Holmes Roast & Toast Charity Dinner is planned for June 3 at the Stuart Holmes Arena. This event will raise funds for the Osgoode Care Centre. Hosted by the Osgoode and District Lions Club, of which Holmes is a charter member, the event will feature family members, fellow Lions, friends and community leaders commenting on the contributions made by Holmes during his career as an educator, a supporter of local sports, a Lion Club member and his service on community boards.

Acting President of the Osgoode and District Lions Club Bob Cooper and Co-Chair Osgoode Ward resident Doug Thompson are looking forward to the dinner and silent auction which will raise funds for the Osgoode Care Centre, a 100-bed facility located in Osgoode Township, which Holmes served as Board Chair for many years.

Tickets for the event are \$50.00 per person or \$400.00 per table and more information can be found on the Osgoode and District Lions Club facebook page or by contacting either Bob Cooper at 613-826-0542 or Doug Thompson at 613-816-3684.



Former Chesterville resident Doug Thompson, co-chair of the Stuart Holmes Roast & Toast Charity Dinner, is pictured with Stuart Holmes. Early in his career as an educator, Holmes taught at Gordonville Public School located north of Morewood.

Courtesy photo

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NOTICE TO RESIDENTS

SPRING CLEAN-UP DAY - May 27, 2017

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*New Requirements:

- Proof of South Dundas residency **MUST** be produced at the landfill site and will be strictly enforced
- Only cars, pick-up trucks and small trailers will be permitted to enter the landfill site
- No hazardous waste or recyclables accepted
- No mixed loads
- Limit of 8 Tires (no rims)
- Traffic at the landfill will be strictly controlled

Commercial and construction garbage shall be charged in accordance with our regular fee schedule

No tipping fees for the following:

- Unlimited household garbage
- Unlimited white goods (NO appliances with Freon will be accepted and will be strictly enforced)
- Electronics

REQUEST FOR TENDER

PW17-07 - Supply of Granular

Sealed tenders, clearly marked as to contents, will be received until 12:00 Noon, May 31, 2017 at the South Dundas Municipal Office, for the delivery of the above products and services:

The Municipality reserves the right to accept or reject any or all tenders. Lowest or any tender not necessarily accepted.

APPOINTMENTS TO COMMITTEES

The Municipality of South Dundas invites applications from interested individuals for appointments to the following committee:

- Iroquois Galop Canal Marina 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 committee should apply in writing. Applications are available on the municipal website or by email request (mail@southdundas.com). Applications are due by 12:00 Noon on May 31, 2017.

Please contact the Municipal Office for further information at 613-543-2673.

Happy
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ANNIVERSARY

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2017 LAWN AND GARDEN

Shade-tolerant plants help to complete landscapes

Plants need sunlight to thrive and grow, but some need less sunlight than others. People who find their landscapes are less supportive to sun-loving plants can choose from a variety of shade-tolerant plants, shrubs and trees.

Shade tolerance refers to a plant's ability to withstand low levels of light. Certain plants have adapted this feature to survive in the wild. Plants that grow at the base of forest floors, for example, will get less sunlight than others outside of the tree canopy. Such adaptations enable a wide variety of foliage to grow even though they are not exposed to much sunlight.

While sun-loving plants often have broad leaves and expend significant energy to capture sunlight for photosynthesis, shade-tolerant plants expend less energy and tend to be more efficient consumers of soil nutrients and sunlight.

Penn State Extension's Plant and Pests division says the amount of shade a plant is growing under will directly affect the density of the foliage and the plant's flowering and fruiting characteristics. Blending shade-tolerant plants into the

landscape can be an effective use of space. Before choosing plants for an existing landscape, it's important to assess the level of shade or sun the plants will receive.

- **Heavy shade:** Heavy shade is when no direct sunlight reaches a plant. This occurs at the base of northern-facing walls or beneath thick tree canopies.

- **Full sun:** Areas that receive full sun enjoy direct sunlight between six and eight hours per day.

- **Moderate shade:** These sites have reflected sunlight that may come off of water features.

- **Light shade:** Plants in these areas will get partially filtered or dappled sunlight.

Once homeowners understand which type of shade they are dealing with, they can then visit plant nurseries and select their plants. Most greenery comes with care instructions that include recommendations regarding the amount of shade/sunlight the plant will need to do well. If further assistance is needed, a knowledgeable employee can make suggestions based on landscape needs.

Those who are looking for some preliminary guidance when it comes to selecting shade-tolerant shrubs, plants or trees can consult the following list.

- **Bleeding heart:** Bleeding heart, or *Dicentra spectabilis*, is typically found in woodlands. It's a perennial in the poppy family that produces mounded foliage and arching vine-like stems of heart-shaped flowers in the spring.

- **Amethyst flower:** *Browallia* hybrids offer star-shaped blooms of blue and violet. These plants will billow out of hanging baskets or containers, and they prefer warm shade or filtered sunlight.

- **Coleus:** The coleus, *Solenostemon scutellarioides*, is another perennial that can have a variety of different leaf colours and striations.

- **Witch hazels:** These are a genus in the family *Hamamelidaceae*, which has four different species in North America. This shrub or small tree features arching

branches with dense, multi-stemmed clumps. Witch hazel produces flowers in the late autumn when most other plants are sparse.

- **Bayberry:** *Myrica pensylvanica* can grow in partial shade as a hedge or natural property divider. The leaves of this shrub are aromatic when crushed. The shrub will produce tiny, gray/white fruits in late summer.

- **English Ivy:** Also known as *Hedera helix*, this trailing plant is widely cultivated as an ornamental plant. It will spread easily and can become invasive.

Those searching for shade-tolerant trees can choose among Sugar maple, Black alder, Flowering dogwood, and White spruce, among others.

Shade-tolerant plants can make welcome additions to the landscape, offering greenery and colour in the darker areas of a property.

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2017 LAWN AND GARDEN

Lawn machines and maintenance

Kalynn Sawyer Helmer
Record Staff

WILLIAMSBURG – With spring in the air, it's time to crack out the old mowers and trimmers. Whether or not a machine has been winterized, Eastern Engine's owner Wim Berghuis can help get this running smoothly.

The shop offers a variety of services and machinery to help keep lawns looking pristine. Berghuis recommends that every machine should have a tune-up done once a year for larger properties and at least once every two years for smaller properties. A tune-up includes blade sharpening, an oil change, greasing the fittings, pumping the tires and cleaning the deck.

Sharp blades are necessary for lawn maintenance machinery. Clean cuts to the grass will not only keep lawns looking nice but will also keep grass healthy.

Berghuis recommends keeping track

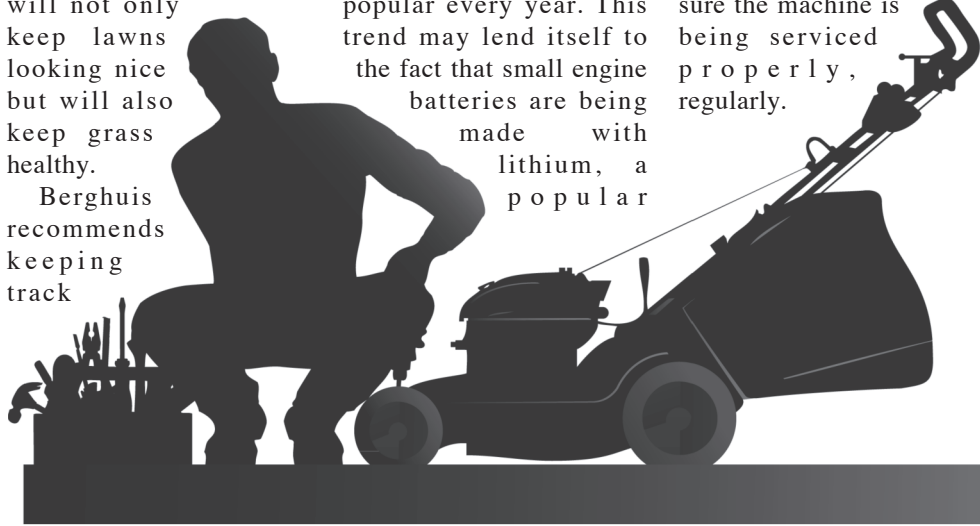
of a machine's fuel-life. He advised that standard at-the-pump fuel has a shelf-life of approximately 60 days. Berghuis said there are a lot of people who are unaware of this, since a tank of gas in a car is almost always used up in that time. It is a good idea to acquire smaller amounts of fuel at a time to ensure the fuel does not sit in a garage or shed for more than 60 days. Small engines such as lawn mowers that have trouble starting should be refuelled with new product, as old fuel can cause this problem. While premium fuel can last somewhat longer, it is still recommended that a machine's fuel be changed regularly.

Berghuis said that battery-powered trimmers and lawn tools are becoming more and more popular every year. This trend may lend itself to the fact that small engine batteries are being made with lithium, a popular

product for construction grade equipment. This change helps the batteries to last longer and perform better.

Also becoming more popular for two-stroke engines is a pre-mixed fuel blend. Eastern Engines carries the MotoMix brand. Berghuis said the fuel's shelf-life can last up to two years after the container is opened and burns off cleaner due to the non-ethanol, high-octane mix, making it better for the environment. Since the product is currently sold in smaller quantities, it is not as popular for mowers but is gaining a reputation with trimmers and chainsaws.

Whether a machine is new or old, Berghuis' final recommendation is to always take good care of the engine and make sure the machine is being serviced properly, regularly.



Did you know?

One of the ways homeowners can keep their lawns looking lush and green is to aerate the turf when the need arises. Aerators perforate the soil with small holes. These holes allow air, nutrients and water to penetrate all the way to the roots, helping them grow deep and strong. Deep, strong roots are essential to healthy, lush lawns. While aeration can help many lawns, not every lawn will necessarily need to be aerated. Lawns that get heavy use, such as those that are often played on by children or pets, will likely benefit from periodic aeration. Feeling the lawn also can help homeowners determine if it needs to be aerated. Lawns that dry out quickly or

feel spongy may be overcome with thatch, which can prevent lawns from getting the air, water and nutrients they need to thrive. Lawncare professionals recommend aerating lawns that contain thatch that is more than one-half inch. Thatch also can foster grub infestations, providing another benefit to removing it and aerating a lawn. When to aerate depends on the type of grass. Homeowners should consult with a lawncare professional about the best time to aerate their particular lawns, but it's generally recommended that cool-season grasses be aerated in early spring or fall, while it's best to aerate warm season grasses in late spring.

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2017 LAWN AND GARDEN

It's all in the stone

Natural stone integrates perfectly with every type of property, regardless of style. Whether you dream of a modern terrace design or something more rustic that will complement your garden and surrounding landscape, your dreams can become reality with a beautiful, natural stone floor! It all depends on your choice of stone and installation technique.

There are many reasons why natural stone terraces have remained a popular choice among homeowners for so long. First and foremost, stone is a robust material that requires very little maintenance. Forget about repainting or re-staining each year! Next, because every stone is unique, it's very possible to create an original patio design that won't go unnoticed. In fact, landscaping experts, as well as companies specialized in the manufacture of natural stone, can skillfully create real works of art. For a sophisticated design, natural stone carved with a guillotine offers a clean-cut finish, while stone cut by hand is ideal for those more rustic projects. The installation of natural stone is in itself a creative process that requires exceptional attention to detail.

Limestone, silica, slate and granite are all natural



materials that enhance the beauty of your yard and increase your home's overall market value. Available in a wide array of colours and textures, natural stone combines elegance and durability — two widely sought-after qualities for many homeowners.

Whether you dream of a modern or rustic design, natural stone patios integrate beautifully with any type of property.



Three golden rules for getting birds to flock to your garden

If you wish to attract migrating birds and their hatchlings to your garden while they're home for the summer and still stay loyal to the species that frequent your garden year-round, read on for some key tips.

1. Offer shelter from wind, bad weather and predators. Birds need a place where they'll feel safe to nest with their family throughout the night. Ferns,

large shrubs and hedges offer excellent protection against strong winds, cold rain and the neighbour's mischievous cat. Note that a diverse mix of ferns, trees and shrubs will attract a larger variety of birds.

2. Provide food for all tastes. Choose indigenous plants that produce both seeds and fruit. Considering that some birds prefer eating on the ground while

others feed in trees, a staggered landscape is your best bet to satisfy every species. Once summer ends, let the flowers in your garden go to seed to allow birds the opportunity to feast even once the cold sets in.

3. Ensure access to water year-round. No matter the season, our feathered friends need access to a source of clean water at all

times. Because of their shallow basin, birdbaths sold in stores seem to delight birds of every flock and feather.

Do you love waking up to the song of birds every morning? To find out more about plants and landscaping elements that appeal your region's bird population, visit a garden centre near you.



A diversity of conifers, deciduous trees and shrubs attracts a larger number of bird species.

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2017 LAWN AND GARDEN

Combat summer heat with a shade garden

There's no better feeling on a sweltering hot day than finding a cool, shady spot where you can hide from the sun's powerful rays. Creating a shade garden for UV and heat protection is an increasingly popular trend, and garden centres everywhere have a variety of shade-hardy plants in stock to brighten up the space.

Pick a shady area in your yard to set up a magnificent garden where you'll be free to relax and cool off, refreshing drink in hand. Create your very own oasis of peace by adding a bench, lounge chair or hammock

accompanied by a little side table. For a more elaborate design, bring in some garden furniture and install a fountain or even a play area for the children.

Are you afraid the space will look too dark and lifeless? Rest assured! By selecting a variety of plants that thrive in the shade, you can easily achieve a beautiful and inviting garden. First, determine the type of shade you're dealing with (light, medium or dense). To help guide you, note the number of hours of sunlight that space typically gets on any given day. Furthermore, are there any tree roots present in the area? Is the soil rich

or poor, dry or moist? Before heading out to your favourite garden centre, jot down every detail you can about the space you intend to turn into a shade garden. This way, the specialists in store will be able to recommend plants that will grow without difficulty, regardless of the lack of sun exposure.

Naturally, flowering plants that thrive in the shade are far and few between. Thus, to succeed in creating a beautiful shade garden, it's recommended to play with the shapes, textures and colours of the foliage instead. On that note, happy gardening!



Fertilizer: moderation is key

Adding the right amount of fertilizer to your annuals and perennials is a delicate task. To make matters even more complicated, numerous varieties are available on the market: chemical-based, 100 per cent natural, quick- or slow-release, all-purpose or specialized formulas, etc. With so many choices, it's not always easy to determine which is right for your gardening needs. However, one thing's for certain: while fertilizer is often needed to help your plants grow strong, too much of it can actually be detrimental to the health of your plants and soil. You can tug on your plants' stems all you want, but they won't grow any faster. Nor will they blossom if you feed them too much fertilizer. If you exceed the recommended dosage, you may find yourself with plants boasting plenty of foliage, but they'll barely produce any flowers or fruit, guaranteed. Why? It's

simple: plants that grow in a highly fertilized soil have trouble absorbing water. Furthermore, they risk becoming fragile, sick or nutrient-deficient, which attracts a greater number of voracious pests. Put simply, excessive fertilization is every gardener's nightmare!

For beautiful flowers in your garden and flowerbeds, opt for 100 per cent natural (or organic)

fertilizer blends, like those made with bone or seaweed meal. Whatever your choice, carefully follow the manufacturer's usage recommendations and add sparingly. One last piece of advice: take the time to generously water your plants before fertilizing, as wet soil acts as a barrier that prevents the fertilizer from burning the plant's roots.



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2017 LAWN AND GARDEN

3 tips for a bee-friendly flower garden

We don't all have a green thumb, but a beautiful flower garden doesn't have to be difficult. Planting a little patch of colour can be easy and rewarding, not just for us, but also for pollinators like honey bees. By following these tips, anyone can turn their outdoor space into an area that looks beautiful and helps feed hungry honey bees all summer long.

1. Your garden is like a buffet for honey bees. Plants reproduce through pollination. This occurs when pollen is transferred from one flowering plant to another. Moving the pollen is where honey bees come in. They use nectar and pollen as food for their hives, but in their travels they can also spread the pollen. Make sure you plant honey bee-attractive flowering plants that will bloom in your garden at

different times throughout the summer.

2. Plant wherever you can. It doesn't matter if you live in a house or an apartment — whether it's on your balcony, on a rooftop or in your backyard — a small patch of flowers can help feed honey bees in your community. Consider plants native to Canada like lance-leaved coreopsis, sneezeweed, New England asters, dense blazing stars and golden tickseed.

3. Choose the right seeds. Researching the best plants for your area doesn't have to be a long and cumbersome process. Bees Matter offers free pollinator-friendly seeds with an online sign-up at www.beesmatter.ca. Using pre-packaged Buzzing Gardens seed kits can help make planting your garden quick and easy.

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Growing outside the box: unusual edible plant varieties

You may have noticed some of the following fruits and vegetables in the specialty produce aisle, but did you know that you could grow them at home? It's true: these four hardy varieties — which add an unexpected touch to gardens and salads alike — are suited to most climate regions in North America.

Pineberries (*F. x ananassa*)

With their white skin and red seeds, pineberries look like strawberries on opposite day, but taste like tiny pineapples. Plant them in the spring, once the ground has warmed up somewhat, and pick the berries as they mature to aid production.

Cucamelons (*Melothria scabra*)

While these adorable fruits are native to Mexico and Central America, they can thrive in nearly any climate. They look like grape-sized watermelons and taste like tangy cucumbers. Add some to your summer side dishes for a crowd-pleasing conversation starter.

Kohlrabi (*Brassica oleracea*)

Part cabbage, part turnip, kohlrabi is a versatile annual vegetable with multiple uses in the kitchen. Its root — which has a similar flavour and texture to broccoli stems — can be enjoyed raw as well as cooked, and its leaves

can be used in salads interchangeably with other collard greens.

Romanesco broccoli (*Brassica romanesco*)

If your kids aren't fans of good old broccoli, this psychedelic-looking variety might just change their minds. Sow romanesco seeds in a sunny spot at the beginning of May; their lime-green spiky heads should be ready to pick by the end of July.

As always, the pros at your local gardening centre can offer valuable advice on growing all sorts of tasty plant varieties, from the familiar to the far-out.



The pineberry is an albino strawberry that tastes like pineapple. Yes, really.

Strawberry allergy? Read this

Common garden strawberries turn red as they ripen thanks to a protein called Fra a 1, which isn't found in pale white pineberries. Fra a 1 also happens to be the cause of most strawberry allergies (but not all, so always check with your doctor); therefore, individuals who are allergic to regular strawberries can often consume pineberries without concern.

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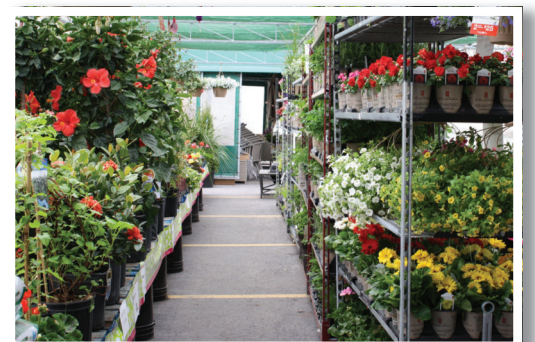
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2017 LAWN AND GARDEN

Wood decks: durable and affordable

Among all of the flooring options available on the market for decks, terraces and patios, treated lumber is undeniably one of the more popular choices, mainly for its reasonable cost and long lifespan. Often made from pine or spruce, these pressure-treated wooden planks are equally suitable for ground-level patios and elevated balconies. Are you looking to complement your yard with a beautiful terrace? Treated wood might be exactly the building material you're looking for.

Easy to cut, carve and paint, treated lumber is the perfect choice of material for a terrace that is unique in design and resistant to insects and rot. In addition to its superior resistance, it's also very easy to work with. For example, to preserve the natural beauty of the surface, you can stain or paint the wood in a colour of your choosing. Furthermore, to ensure your deck remains in prime condition for years to come, you can apply a transparent, waterproof sealant available at any hardware store.

Contrary to popular belief, wood is actually one of the more eco-friendly options available for deck flooring. Given their exceptional durability, wooden planks limit the number of trees chopped down each year. Additionally, wood is a reusable and biodegradable material that is highly regulated by environmental agencies worldwide. To build a timeless wooden deck of the highest quality, entrust your project to a professional carpenter!



Treated lumber is the perfect choice of material for a beautiful and durable deck your family can enjoy for years to come.



Good things grow in Chesterville

The Green Action Gang fundraiser event is set for Fri., May 19, but even before that, the members are hard at work making the Chesterville waterfront gazebo area look inviting. From left, Shirley Coons, Marg Van Bruinessen, Marge Norg, Virginia Patenaude and Ralph Norg were getting their hands dirty on Fri., May 12, laying top soil and cleaning up the flower beds along Main St.

Sawyer Helmer photo



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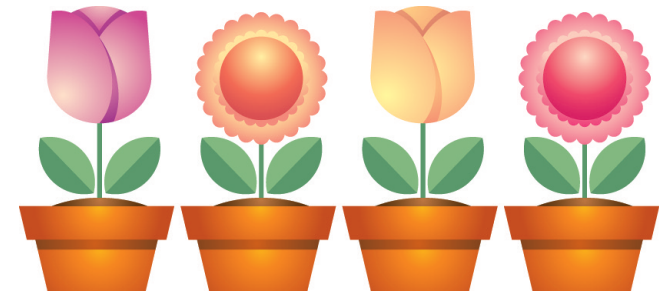
2017 LAWN AND GARDEN

Poured-in-place rubber: a surface fit for kids and adults

Ever heard of poured-in-place rubber surfaces? Commonly used in daycares, amusement centres and other areas where kids play, rubber surfaces ensure optimal comfort and safety. But did you know that this type of flooring is also perfect for your patio? It's the best option on the market for homeowners looking for a durable, attractive, anti-slip solution that requires very little maintenance.

Composed of fine rubber granules, poured-in-place rubber is a supple and versatile material. Special installation companies can set it down on any number of surfaces, including wood, cement, stone, asphalt, aluminum and brick. Believe it or not, the results are stunning! When you opt for poured-in-place rubber, you're getting a uniform surface devoid of cracks and visible joints. If your current patio is in need of a facelift, trust that a rubber surface will restore its beauty and vigour. Available in an array of colours to match virtually any style, rubber floors are exceptionally easy to maintain. All it takes is a simple pressure wash to get the surface looking as good as new! In addition to boasting flame retardant, antibacterial and antifungal properties, poured-in-place rubber is also resistant to high temperatures, stains and UV exposure.

Do you have children? If your patio sits under the sun, a light-coloured surface is recommended to avoid burning little feet. What's more, this supple material is shock resistant and absorbs the pitter-pattering sound of kids at play. Enjoy a tranquil and injury-free summer outdoors on your newly renovated patio!



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Ornamental grass: Eye-catching and easy to grow

Ornamental grass is increasingly popular among homeowners looking to embellish their outdoor space. Graceful and light, these plants — characterized by thin, long foliage — complement every style of

landscape. Ornamental grasses traditionally border water gardens and Zen corners; however, more and more gardeners are making the bold move of planting them in the heart of their flowerbeds mixed with various

annuals and perennials.

Resistant to drought, illness and destructive insects, ornamental grass is extremely easy to maintain. The majority of varieties only require a 10-centimetre trim every spring, while evergreen varieties like blue oat grass don't require any trimming at all. Furthermore, ornamental grass grows vigorously in poor (anemic) soil, as long as it's well drained. Add a bit of fertilizer upon planting and you're set!

Are you afraid that ornamental grass will take over your garden? Visit your local garden centre or plant nursery to find varieties that remain compact as they grow, such as silver grass (*Miscanthus*), reed grass (*Calamagrostis*) and greater wood rush (*Luzula sylvatica*), the latter of which is perfect for shaded areas.

Boasting feathery spikes and green, red, yellow or blue foliage, ornamental grass is sure to embellish your property and attract the eye of passers-by all season long!



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2017 LAWN AND GARDEN

The art of lighting your property and landscape

Embellishing your deck, yard or garden with lighting involves more than simply lining your pathways and flowerbeds with light fixtures. Indeed, there are certain rules you should follow for your landscape lighting to effectively show off your property come sunset.

First, let's focus on safety. Your steps and pathways need to be clearly visible so that you can walk around with ease while staying out of harm's way. Wall-mounted sconces and embedded ground lights are extremely useful for lighting dark areas with style. Next, think about which elements of your landscape you would like to showcase. A beautiful plant that you're particularly fond of? The entrance gate? The fountain? The statue? To add a bit of magic, play with the lighting and install your fixtures (lights, lanterns, projectors, etc.) at random. All it takes is a well-focused beam of light to create an illusion of depth and volume in any yard, big or small.

Above all, it's important to note that it isn't necessary to illuminate the entire garden to create a warm atmosphere. An attractive yard that you'll enjoy

admiring from your patio or upstairs bedroom window is but the result of a careful blend of shadow and light.

Professional services

Many landscaping artists offer design and installation services for outdoor lighting projects. To take full advantage of your yard, day and night, it is an investment worth considering!



Countless models of ground lights are available on the market to suit every style and budget.



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Thank you for supporting local business and have a great spring and summer!

Patience is key

Kalynn Sawyer Helmer
Record Staff

WILLIAMSBURG – This year, a gardener's best tool is patience, says local horticulturist and Landscape Technician Erin VanGilst. VanGilst is the owner of Gardens by Create It.

Every year comes with its colour trends, and while VanGilst hasn't noticed any particular colour making itself a highlight of the season yet, she says pastels are in style. To go along with this, VanGilst said she noticed a trend of annuals being planted in planters while gardens are getting the shrubs. This is due to the low maintenance of shrubs. With so many varieties, homeowners can achieve the colourful garden they desire without the effort of planting and maintaining annuals.

While gardeners might be eager to get

planting, VanGilst says it's best to take a step back. The soil is wet and cool. Go ahead and clean up the garden, even digging out is okay according to VanGilst, but hold off on the flowers. If you must, buy pansies. VanGilst says she waits until the May long weekend before she really gets to work. If you're itching to get your hands planting, this time of year is good to plant trees.

For the at-home vegetable gardens, VanGilst recommends raised planters that are great for drainage. No matter what trends gardeners and homeowners are looking to pursue, VanGilst is a knowledgeable expert that can make gardening dreams come true. More info at 613-535-9942, email erin@gardensbycreateit.com or web www.gardensbycreateit.com.



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Before



After



Before

Erin VanGilst 613-535-9942
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2017 LAWN AND GARDEN

Planning a brand new yard

Candice Vetter
Villager Staff

New home buyers spend days, even weeks, planning the layout and finishes of their home, but the yard is often an afterthought.

A little planning can help turn the sod and small tree which you started with into your own outdoor oasis that suits your family's needs. There are four major areas to consider: intended uses, your yard's features and limitations, maintenance and sustainability, and costs in both time and money.

How do you want to use your yard? Children need room to run and explore. Decks, pergolas and patios make entertaining easier. Do you plan to grow a garden? Have fruit trees? Plant flowers for butterflies and birds? If you want to have a pool or trampoline check the bylaws in your area. Think about the uses before you put in those rose bushes that end up in everyone's way.

Second, what do you want to show off and what do you need to work around? You may have a lovely view you don't want to hide, or you may have a street or neighbouring buildings you want to screen

your yard from. When planning your entertaining area consider privacy and noise reduction. Trees, shrubs and hedges filter sound, dust and sight. A septic field will limit uses in that area. Most vegetables and flowers need sun so figure out what parts of the yard have the most sun and shade, are wet or dry.

Maintaining a yard and keeping the time, money and resources going into it sustainable requires some realistic thinking. Seed catalogues and garden centres are very seductive, but plants need planting, watering, weeding, and sometimes pruning or harvesting. Perennials require more time and expense up front but less work later. If you have new sod it needs special care the first year or two to become a healthy lawn. Water in the mornings or evenings to reduce evaporation and if there are areas where the grass naturally doesn't do well, consider changing that area to something ecologically suitable for that spot, a rock garden in a dry area or shade-tolerant perennials between the house and hedge for

example. Encourage existing trees and if you have room add trees or shrubs that need little care. They add beauty and value to your property, reduce mowing time, and provide cooler shade than roofs or awnings. But remember, you do not have to do everything at once. Add a small project every year and eventually your yard will find its own balance without taking over your time.

Finally, cost. Smaller plants are less expensive, native plants need less replacement, use your own kitchen compost, your own leaves and grass clippings, and if you are able, your own eyes and hands. Seriously consider adding a vegetable area to your yard. Even if space is really limited, lots of small and continuously productive plants like tomatoes, herbs and beans do well in containers and provide delicious fresh produce for long periods. By growing food in your yard you make it pay for itself, you can enjoy the freshest and tastiest additions to meals, and you can get exercise in the outdoors at the same time.

Did you know?

If you think that the only way to exercise and burn calories involves gym equipment, think again. Yard work can be just as challenging as a thorough aerobics workout at a nearby fitness club.

To reap the greatest benefits, gardeners should use as little motorized machinery as possible. Manual tools will get you moving and can burn a substantial amount of calories. Try to vary positions and alternate which hands

you use to reduce strain and get an even workout.

Fitness experts say that gardening can improve strength, increase endurance and assist with flexibility. According to a report in the U.K. publication *The Telegraph*, clearing a pond or weeding can burn some 300 calories in an hour. Forty-five minutes worth of gardening can burn as many calories as 30 minutes of aerobics.



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2017 LAWN AND GARDEN

Stay cool and refreshed this summer

Kalynn Sawyer Helmer
Record Staff

WINCHESTER – Installing a pool or spa may seem like a daunting task, but Christina Stewart from Funtastic Pool and Spa believes that with all the new and efficient technology within the pool industry, managing a pool is a lot easier than homeowners may think.

“A pool and hot tub offers homeowners a place to relax without having to leave their home. We live in such a fast-paced world that it is often hard to relax and unwind after a long day. Coming home and going for a swim or soaking in the hot tub is a great way to unwind. Both pools and spas offer many health benefits. Aside from lowering stress, going for a swim provides excellent exercise without having to go to the gym. Hot tubs also provide relief for anyone suffering from muscle stiffness, back and knee issues, arthritis, or

fibromyalgia. It can even improve sleep and cardio health,” explained Stewart.

Aside from the many health benefits, a pool or spa can be a nice addition to the aesthetics of a homeowner’s yard and they don’t have to come with piles of maintenance or take up a lot of time. Over the past 10 years, the pool industry has been making improvements to make owning a pool more convenient and less expensive, said Stewart. At the top of the tech list are robotic cleaners, variable speed pumps and high-tech filter media.

The robotic cleaners at Funtastic Pool and Spa, “are some of the best on the market,” said Stewart. The business offers two types of cleaners for above-ground and in-ground models. “They are very popular because they are a self-contained unit, meaning they do not run through the pump and filter like traditional cleaners.” The robotic cleaners are easy to use and some

even come with remote controls so owners can control where it cleans.

The variable speed pumps are some of the latest tech to save money while maintaining the quality of a pool. Pool owners who turn their pumps off during the day to save money could be damaging their pool’s health by leaving the water to remain stagnant. “With a variable speed pump, the pump can be programmed to run at a lesser RPM during peak hydro hours and be boosted up during off-peak. This way the water is still circulating and being filtered, just at a lower cost. These pumps have built-in timers that do all the work for you,” explained Stewart.

As for some of the newest technology in filter media, Stewart mentioned the Crystal Balls Filter Media. “These are made from 100 per cent polyethylene that have a network of interlaced strands that offer outstanding efficiency.” The tech offers

“optimally fine filtering,” with extremely low residues. They are also made to install with ease and have a long lifespan. The product can be, “easily washed in the washing machine to help their ability to filter fine particles and help with their lifespan.”

Both current and new pool owners can rest easy and enjoy their pool or spa by keeping up with good maintenance practices and researching the latest technology. On a final note Stewart said, “The pool industry is coming out with efficient products that make pools easier to manage. I’m a firm believer that with good quality chemicals, a regular maintenance routine, and a robotic cleaner, a pool owner shouldn’t have any trouble with their pool – all things I can help pool owners with.”

Funtastic Pool and Spa is located at 495 May St., in Winchester. For more information, call 613-774-2341.

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2017 LAWN AND GARDEN



Careful planning needed before garden sculpting

The plans were made in April for a family reunion at the end of August and invitations sent out. The property owners had a challenge to highlight the bare sides of the house with flowerbeds, hostas and sedums, with planters of colourful flowers scattered about. The local nurseries (Meadow Greens and A.B. Greenhouse) provided what was needed for the perennials and annuals. A bright idea then occurred to add a final welcoming artistic rock sculpture, an Inukshuk. First, a rough rendition of the figure was drawn, then gathering the rocks around the farm and the nearby woods. The backhoe to move the rocks around was a godsend, as was the farmer who helped. After a few weeks of positioning and re-positioning the stones in various weights and shapes, the Inukshuk sculpture was completed. After three years, including harsh winters, frost, windy weather and rainstorms, as well as providing perches for small animals and birds, it still stands proud.

Carruthers photos

Do you lack a green thumb?

With the right advice, anyone can create a beautiful garden bursting with colour. If you think you lack a green thumb, here are seven tricks to help you grow stunning, healthy plants that will make you proud to say, "I planted those."



Anyone can achieve a beautiful, colourful garden if they try!

1. Use gardening soil specifically intended for planting purposes and add compost to enrich the earth. Avoid buying regular black earth, which is poor in essential minerals.

2. Choose plants that are easy to grow. You can find out which plants are best suited to your region and require little maintenance by speaking to a specialist at your local garden centre.

3. Make sure you plant everything in the right place. Always follow the sunshine recommendations on the label, or else your plants will remain frail and flowerless.

4. To reduce the risk of disease, add a good layer of mulch to keep weeds from invading your flowerbeds, and be careful not to overwater.

5. Water your

flowerbeds with lukewarm or cool water either early in the morning or late at night. Do this once or twice every week; it's better to water less often but in greater quantity. Avoid watering the leaves and flowers directly. Instead, aim the water stream at the base of each plant.

6. Get rid of weeds and wilted flowers regularly.

7. Add fertilizer to your flowers and shrubs every 15 days, or according to the manufacturer's directions.

Successfully creating a beautiful garden is often a question of trial and error, so don't get discouraged! All it takes is a little confidence.

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Avonmore's Spring into Summer

Carolyn Thompson Goddard
Record Contributor

AVONMORE – Twenty-four local vendors showcased their products at the first Spring into Summer event held on May 5 at North Stormont Place in Avonmore.

Organizers estimate almost 200 people attended the local business showcase which provided an opportunity to shop, support local entrepreneurs, and visit with friends and neighbours.

Throughout the event, three local businesses – the Massage Therapy Clinic in Avonmore, Kelly's Florals of Finch and Darlene's Hair Design and Day Spa in Avonmore – provided free workshops.

Kerri-Ann Mainville, a member of the organizing team, was pleased with the turnout, mentioning profits from the event will be provided to the Avonmore Recreation Committee.

Organizer Vicky Butzer

commented how this event demonstrated the number of local businesses in the area as well as providing residents with the opportunity to shop while visiting with neighbours and friends.



Members of the organizing committee for the Spring into Summer event which showcased local businesses gather together. In the front row, from left, are Carrie Curry, Tina McNairn and Mandy Hodge; back row, from left, are Sarah MacMillan, Vicky Butzer and Kerri-Ann Mainville.

Thompson Goddard photo

Morewood community high tea

Kalynn Sawyer Helmer
Record Staff

MOREWOOD – A traditional high tea with homemade sandwiches and scones is hard to come by these days. Laurie Rae, however, organized and hosted one such tea on Tues., May 9, for seniors over 65.

Rae had the help of Carol McElheran, Donna Reid-Wallingford, Ally Reeves, Estelle Brisson, Judy Douglas and Debbie Courneyea. The group of seven ladies pulled together a quaint and traditional afternoon that had the participants glowing.

The completely free, high tea came with real china, traditional silver tea service and an all-around good community spirit.

The tea was hosted at the Morewood Community Centre but Rae said that the event held no specific affiliations, it was just a nice afternoon to celebrate the seniors in the community. With Mother's Day just around the corner, each lady was given a carnation gift on the way out. Rae and her team of friends organized the entire afternoon right down to the doilies, out of the goodness of their hearts.



A giving group of seven

Seven volunteer community members of Morewood hosted a splendid afternoon of a traditional high tea for seniors over 65 at the Morewood Community Centre on Tues., May 9. Pictured front from left, seated, are Mary Fawcett, Sharyn Manley and Loretta Chambers; standing at back are from left, Ally Reeves, Donna Reid-Wallingford, Estelle Brisson, Laurie Rae and Carol McElheran. Chesterville resident Marion Adams observes behind (at right of McElheran).

Sawyer Helmer photo

Relay for Life Maxville

MAXVILLE – The Stormont, Dundas and Glengarry and Prescott-Russell Unit of the Ontario branch of the Cancer Society is reaching out to the public regarding the upcoming Relay for Life, at the Maxville fairgrounds on Fri., June 2. There will also be a Francophone relay in Plantagenet on Fri., June 9. The Relay for Life is the largest charitable cancer fundraiser in the world, with events taking place in communities across the

country. In 2016, the event raised \$3.3-billion for cancer research.

Bernice Patterson, who has been a cancer survivor for the past four years, is helping to organize the event.

The six-hour long event, which runs from 6 p.m. to 12 a.m., will have a lot of different activities going on throughout the evening, including a child's lap, a colour run, a glow run, line dancing, and music from Polar Sound DJ.

This year's Relay for Life is particularly important because the local daffodil campaign the Cancer Society usually holds every April was disrupted, as the local chapter had to move offices.

People can participate in the relay individually or in teams of two or more people. There is a registration fee of \$15 per person, and team captains can come and get kits with pledge forms and other resources at the Cancer Society's new office at 113 Second Street East, or by calling

Trudy Watt at 613-932-1283, ext. 3673.

The Cancer Society is also looking for people to volunteer to help out with the event itself by helping set up the venue, collecting pledge forms and overseeing different activities. Anyone interested is encouraged to call Watt.

More information can be found at relayforlife.ca/Maxville.

Walker wins Bronze at Skills Ontario Competition

CHESTERVILLE – North Dundas District High School student Bobby Walker has won bronze at the Skills Ontario Competition for the third straight year, in a release from the Upper Canada District School Board.

The Grade 12 student won the honour recently in the small-powered equipment event at the 2017 competition, held May 1-3 at the Toronto Congress Centre. He medalled after an impressive performance in the six-station event, which challenged him to accomplish everything from completing an electrical circuit to identifying faulty or missing parts in a broken lawn trimmer and fixing it.

"It feels pretty good," said Walker of his performance. "In a way it is satisfying to know that I haven't gotten any worse over the years. I wish I could have performed better, but in the end I'm happy with it."

Walker, who will graduate this year, plans to pursue his natural mechanical ability and apply it to an apprenticeship program to become a truck and coach diesel mechanic.



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45

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48tfc

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tfc

COMING EVENTS

RUSSELL FLEA - MAY 20
You'll find antiques, art, baking, games, jewellery, furniture, locally crafted goods and more on Saturday, May 20, inside Russell High School. Open bi-weekly from 9-3. 982 North Russell Rd. Dates, info and vendor applications at RussellFlea.ca

44

CHESTERVILLE KAYAK CLUB - CANOE PADDLE POKER RUN

Sat., May 27, 9 a.m. registration; 10 a.m. start. Start: Cass Bridge; Finish: Veteran's Park, Chesterville. Registration \$25, includes meal. Call 613-346-7095 www.chestervillekayakclub.com.

45-2

HUNTER EDUCATION COURSE

Hunter Education Course on June 10 and 11 in Winchester. Contact Kerry Coleman at 613-258-7515 or kerrycoleman@xplornet.com

46

GREEN ACTION GANG PLANT SALE

Fri., May 19, 9 a.m. to noon. Main St., Gazebo. Donations of perennials are always welcome.

44

COMING EVENTS

HOCKEY SCHOOL IN FINCH
Every Saturday in May, 10:30 - 11:30 a.m. Except May 6, 8 - 9 a.m. Also in Cardinal, Sat., May 13 & 20, 1 - 2 p.m. 613-294-7237. Finnertyhockey.com

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tfc

YARD SALE

ANNUAL THOMPSON SUBDIVISION-WIDE GARAGE SALE
Sat., May 27, rain date May 28. Over 12 families participating. Selling a wide variety of items: tools, furniture, dishes, professional microscopes, antique dolls, plants, video games, more! 8 a.m. - 12 p.m. Just off Hwy 43 and Forward Rd., West of Chesterville. Follow the signs!

45

FAMILY YARD SALE
Sat., May 20, 8 a.m. - 4 p.m., 12675 Maple Ridge Rd., Winchester. Clothing, dishes, some furniture. Something for everyone.

44

YARD SALE
Sat., May 20 - 8 a.m. - 4 p.m. 65 Mill St., Chesterville. A large amount of antiques, coil lamps, teapots, pepper and salts, dishes, wicker furniture, wooden farm tools, horse equipment and much more.

44

YARD SALE
Sat., May 20, 8 a.m. - 1 p.m. 13224 Froats Road, Chesterville.

44

IN MEMORIAM

MORAN, Pat - In loving memory of a dear husband, father and grandfather, Pat, who passed away May 20, 2010. In tears we saw you sinking, We watched you fade away. Our hearts were truly broken, You fought so hard to stay. But when we saw you sleeping, Peacefully and free from pain, We could not wish you back, To suffer that again.

Sadly missed,
Beulah, Cheryl, Mark,
Karen, Kim and John

44

CARD OF THANKS

I would like to say thanks to everyone who attended my surprise birthday party at Morningside Place on Saturday and for all the beautiful cards and gifts. A very special thank you to my family for organizing it and making it a special day.

Myrtle Bryan

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North Dundas public schools celebrate Canada 150

Winchester PS Red and White Flag Dance

Kalynn Sawyer Helmer
Record Staff

WINCHESTER – A total of 440 students and about 30 teachers of Winchester Public School braved the cool May weather to perform a red and white flag dance to celebrate Canada's 150th birthday. The performance on Tues., May 9, was the finale to a lot of organization and practice from both students and teachers.



Canada pride

A mass of red and white flags were raised proud and high on Tues., May 9, for Winchester Public School's school-wide celebration flag dance.

Courtesy Derrick Casselman photo

The two creative women behind the performance were Amy Murphy and Joanne Duprau. The idea came after last year's Physical Education "part three" curriculum, when a group came to the school for

a flag dance performance. Murphy and Duprau saw the show and thought the concept would work well for the whole school to celebrate Canada's big birthday.

Every teacher in the school

helped to make the 960 red and white flags, while practice started mid April for the students. Set to the instrumental version of the song *Hand Clap* by Fitz and the Tantrums, students

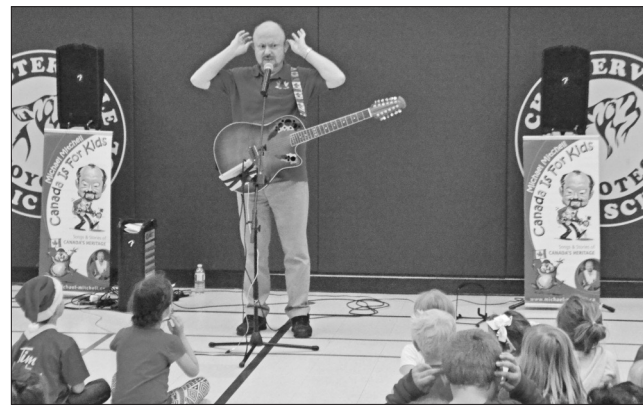
followed along to an accessible and well-choreographed number created by Murphy and Duprau. The dance was a great way for Winchester Public School to celebrate Canada 150.

Chesterville PS welcomes well-known musician Michael Mitchell

Kalynn Sawyer Helmer
Record Staff

CHESTERVILLE – Michael Mitchell has been travelling with his "Canada is for Kids" show for decades. However, with Canada's 150th birthday this year, his show becomes even more prominent. One of his stops in SD&G included Chesterville Public on Tues., May 9. Mitchell visits around 250 schools a year and over his career has been to more than 5,000 schools across the country. His aim is to identify some of the many aspects that make Canada a great country and get kids involved in Canadian history.

While the core concept of his show remains the same, this year's seems a bit more special. This was easy to recognize as the halls and classrooms of Chesterville PS were buzzing with excitement leading up to the show. Mitchell sends his materials to the schools beforehand so students can learn the songs and participate in the show. It also helps students to come up with their own great ideas about why Canada is special, said Mitchell. The students at Chesterville PS knew almost every word.



Joining in on Canada's big day

The students at Chesterville Public School sit in rapture while listening and participating with performer Michael Mitchell for the school's Canada 150 celebration on Tues., May 9.

Sawyer Helmer photo

Mitchell also performed at Iroquois and Morrisburg on Wed., May 10, before heading out to all corners of the country, continuing his Canada 150 tour.



Welcoming all mothers

Guildcrest Homes in Morewood held a Mother's Day open house at the plant on Sat., May 13, and Sun., May 14. Here Curtis Beattie and Dana Simmons greeted visitors and offered all moms a potted African Violet plant.

Vetter photo

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Red takes out Black in scorefest, Blue retains top spot

Jeff Moore
Record Staff

CHESTERVILLE — The Chesterville Women's Ball Hockey League opened week three as Red welcomed Black in the first game and Yellow played host to Blue in game two.

Red 7 Black 5

In the first game of the night in the Chesterville Women's Ball Hockey League, Red welcomed Black on Thurs., May 11, at the Chesterville Arena. Red went into the game with a 1-1 record after losing 3-1 to Blue last week while Black went into the game with 0-0-1 record after tying Yellow last week.

Black opened the scoring at 2:27 when Amy Bekkers slapped one to the back of the net from Dayna Bekkers to make it 1-0. Red tied the game when Lindsay Feeley swatted one home from Kaitlyn Kerr

and Lesley Ann Tupper at 9:30 but Black answered three minutes later when Amy Bekkers scored her second of the game from Alyson Erwin and Heather Cook Erwin.

Black took a 2-1 lead into the second period. Red knotted the affair when Kerr got one to go from Feeley and Tupper at 4:27 of the second. Black retook the lead at 7:37 when Dayna Bekkers scored from Selena Shane but Red tied the game again at 10:45 as Feeley scored her second of the game from Tupper.

Black added two late goals at 12:23 as Amy Bekkers completed her hat trick from Jessica Winters and again with just 1:41 remaining as Amy Bekkers scored her fourth of the game unassisted. Black took a commanding 5-3 lead into the third period.

Red got to within one as Kim Elliott bulged the twine at

2:33 from Sara Desjardins. Red tied the game at 3:49 as Tupper lit the lamp from Kerr and Feeley. Red took their second lead of the game at 7:49 when Elliott scored her second of the game from Desjardins and Hailey Imrie.

Red took a two-goal lead when Tupper netted her second of the game at 11:36 unassisted. Red hung on for the 7-5 victory improving to 2-1 on the season. Picking up the win in Red's goal was Jennifer Byrne.

Blue 3 Yellow 1

In the second game of the night, Yellow welcomed Blue. Blue went into the game with a perfect 2-0 record after beating Black in week one and Red in week two and looked to remain undefeated with a win. Yellow went into the game with just a tie against Black the previous week.

Blue opened the scoring



Blue's Cinnamon Boulanger (8) slips the ball past Yellow's goalie Cashelle Baldwin (1) to make it 2-0 for Blue. Yellow's defensemen Alecia Jones (6) and Jenny Wright (13) try to sandwich the goal scorer. Blue went on to take the game 3-1 remaining undefeated on the season.

Moore photo

when Rebecca Kennedy scored an unassisted goal at 1:40 of the first period taking a 1-0 lead. Blue made it 2-0 when Cinnamon Boulanger sniped one on a breakaway at 10:12 and Blue took a 2-0 lead into the second period. Blue made it 3-0 when Sam Benoit slapped one home from Jaclyn Crump and Carly Crump at

5:11 of the second period.

With time winding down in the middle frame, Yellow finally got one to go as Jenny Wright scored an unassisted goal with just 1:46 remaining.

Blue took a 3-1 lead into the third period. Yellow tried to close the gap in the third period but neither team had any luck scoring and Blue took the

game 3-0 and took sole possession of first place. Picking up the win in Blue's goal was Roxanne Crump.

Up next

In week four of the Chesterville Women's Ball Hockey League on Thurs., May 18, Blue welcomes Black at 7 p.m. and Yellow plays host to Red at 8 p.m.

Major White Pioneers open season with two wins

Jeff Moore
Record Staff

WILLIAMSBURG — The Williamsburg White Pioneers had two games this past week as they travelled to Kemptville on Tuesday night to take on the Kemptville 4 Wildcats and were the visitors to the Green Pioneers on Thursday night.

White Pioneers 9 Green Pioneers 2

The Williamsburg Green Pioneers played host to their brothers the White Pioneers on Thurs., May 11, at the J. C. Whitteker Ball Park in the Upper Canada Little League. The White Pioneers won their opening game in Kemptville with a win over the 4 Wildcats with a convincing 14-3 trouncing and looked to make it 2-0 on the season. For the Green Pioneers it was their home and season opener.

The White Pioneers got five batters to the plate in the top of the first inning but failed to score but they also managed to hold the Green Pioneers off the board allowing only four batters to the plate.

The White Pioneers opened the scoring in the top of the second inning with two runs. The Green Pioneers got six batters to the plate but failed to score in the bottom of the second. The White Pioneers scored two more runs in the top of the third inning to take a 4-0 lead and their pitcher Cam Shaver struck out the side.

The White Pioneers blew the game wide open in the top of the fourth inning scoring five runs taking a 5-0 lead. The Green Pioneers added two runs in the bottom of the fourth and neither team could score in the fifth inning as the White Pioneers picked up their second win of the season 9-2.

Scoring for the White Pioneers were Cam Shaver and

Brayden Barrie with two runs each and Terrence Mudded, Dryden Buter, Devon Honders, Austin Roy and Hudson Fetterly each scored singles. Buter pitched the first two innings, Shavers pitched the third and fourth, and Barrie pitched in the fifth.

Scoring the runs for the Green Pioneers were James Martens and Marty McLeod.

Pioneers 15 Wildcats 3

The Williamsburg Major White Pioneers opened their season on the road as they travelled to the Riverside Ball Park in Kemptville to take on the Kemptville 4 Wildcats on Tues., May 9, in the Upper Canada Little League.

The Pioneers scored the maximum five runs in the top of the first inning and the Wildcats had no answer in the bottom half of the inning. The Pioneers scored four more runs in the top of the second inning but allowed two to come across the plate in the second taking a 9-2 lead into the third inning.

The Pioneers' bats were humming as they scored another five runs in the top of the third and held the Wildcats off the board in the bottom of the inning. In the fourth inning, the Pioneers only got four batters to the plate and three of them struck out.

The Wildcats had their last at bat but could only manage a single run as the Pioneers went on to take the game 9-2 for their first victory of the season. Scoring the runs for the Pioneers were Terrence Mudde and Cam Shaver with three each, Mason Hummel, Brayden Barrie and Ben Joldersma scored two and Dryden Buter, Olivia Mudde and Austin Roy scored singles.

Barrie pitched the first two innings, Shaver pitched the



The Williamsburg White Pioneers were the visitors at their own ballpark on Thurs., May 11, as the Green Pioneers were the host. The White Pioneers' pitcher Cam Shaver had a good third inning as he struck out the side. The White Pioneers went on to take the game 9-2 picking up their second win of the season.

Moore photo

second and third innings and Buter finished the game in the fifth.

Up next

The Williamsburg Major White Pioneers welcome the Kemptville 3 Wildcats to the J. C. Whitteker Ball Park on Thurs., May 18, at 6:15 p.m. The Pioneers then travel to the Riverside Ball Park in Kemptville for a return game against the Kemptville 3 Wildcats on Mon., May 22, at 6:15 p.m.

Warriors squeak out a win in home opener

Jeff Moore
Record Staff

WILLIAMSBURG — The Williamsburg Warriors had just one game this past week as they welcomed the Kemptville Wildcats on Wednesday night for their home opener.

Warriors 17 Wildcats 16

The Williamsburg Bantam Midget Warriors welcomed the Kemptville 1 Wildcats to the J. C. Whitteker Ball Park on Wed., May 10, for their season and home opener in the Rural Ottawa Minor Softball Association. The

Warriors' defence held the Wildcats to just three batters in the top of the first inning, none of whom made it around the bases but they couldn't take advantage as they went three up and three down.

The Wildcats broke the goose egg in the top of the second with a single run but the Warriors answered with four to take a 4-1 lead into the third inning. The Wildcats scored another single in the top of the third but the warriors fired back with three more.

The Wildcats scored four

runs in the top of the fourth inning but the Warriors matched that with another four runs making it 11-6. The Pioneers' defence showed some cracks in the top of the fifth inning allowing the Wildcats four runs getting to within one run of tying the game.

The Warriors created some separation in the bottom of the fifth scoring three runs making it a 14-10 game. The Wildcats' bats came alive in the top of the sixth inning scoring six more runs, taking a 16-14 lead heading into the Pioneers'

last at bat. The Pioneers scored three runs in the bottom of the sixth inning taking the game 17-16.

Scoring the runs for the Warriors were Kalleigh Young with three, Brooke Lapier, Martina Lewis, Maggie Wells, Brooke Stewart, Cassandra Young and Chloe Zeigler each scored two and Annaka Gibbons and Morgan Hummel scored singles.

Up next

The Williamsburg Bantam-Midget Girls Warriors welcome Osgoode (ROMSA 1) to the J. C. Whitteker Ball Park on Wed., May 17, at 8:15 p.m.



The Warriors' Martina Lewis gives the ball a ride on this play. The Warriors went on to win the game 17-16 and Lewis scored two of those runs.

Moore photo



Junior-Senior Pioneers undefeated after two

Jeff Moore
Record Staff

WILLIAMSBURG — The Williamsburg Junior-Senior Pioneers had two games this past week as they opened their season in Kemptville on Tuesday night and welcomed Cornwall 3 on Wednesday night for their home opener.

Pioneers 16 Cornwall (3) 0

The Williamsburg Junior-Senior Pioneers welcomed Cornwall 3 to the J. C. Whitteker Ball Park on Wed., May 10, in the Upper Canada Little League. The Pioneers were coming off a big 9-7 victory over the Kemptville 1 Wildcats the previous night and hoped to keep the momentum rolling.

The Pioneers' defence

came up big in the top of the first inning allowing just three batters to the plate. The Pioneers got some big hits and scored the maximum amount of runs (5).

The Pioneers shut the door again in the second inning only allowing three batters to the plate and added another five runs in the bottom of the inning, taking a 10-0 lead into the third inning. After a scoreless third inning, the Pioneers' gain held Cornwall to just three batters and scored another five runs taking a 15-0 lead into the fifth inning.

The Pioneers struck out the side in the top of the fifth and scored a single in the bottom half of the inning taking the game 16-0. Scoring

for the Pioneers were Kendrew Byers, Thomas Rae and Aron Keeler with two each and Nolan Henry, Dean Lapier, Torrey Burnett, Isaac Cummins, Brendan Shaver, Noah Keeler, Devon Swindells, Raden Irvine and Isaiah Summers with singles.

Pioneers 10 Wildcats 7

The Williamsburg Junior-Senior Pioneers travelled to South Gower to take on the Kemptville 1 Wildcats in their season opener on Tues., May 9, in the Upper Canada Little League. The Pioneers wasted no time getting to work as they scored three runs in the top of the first inning and held the Wildcats to just one in the bottom half of the inning.

After a scoreless second

inning, the Pioneers scored four in the top of third and again holding the Wildcats to just a single in the bottom of the third taking a 7-2 lead into the fourth inning. The Pioneers let the Wildcats back into the game after being shut out in the top of the fourth. The Pioneers allowed four runs to score in the bottom of the fourth cutting their lead to 7-6.

The Pioneers added two more runs in the top of the fifth and held the Wildcats to just one taking the game 10-7. Scoring the runs for the Pioneers were Dean Lapier with three, Torrey Burnett and Brendan Shaver with two each and Nolan Henry, Kendrew Byers and Parker Baker scored singles.



The Williamsburg Junior-Senior Pioneers welcomed Cornwall 3 to the J. C. Whitteker Ball Park on Wed., May 10, in the Upper Canada Little League. The Pioneers' pitcher Dean Lapier throws a strike on this pitch. Lapier and the Pioneers won the game 16-0 for their second win in as many days. Moore photo



Bell scores two silver medals

The North Dundas District High School Devils travelled to the Terry Fox Athletic Facility in Ottawa for the SD&G Track Meet on Tues., May 9. The Devils' Curtis Bell participated in the Midget Boys 200m dash. Bell finished second in the event to go along with a second-place finish in the Midget 100m dash.



Bronze medal finish

The Devils' Justin Schoenfeld participated in the Midget Boys 800m and the 1500m runs and finished with a bronze medal in the 1500m run. Schoenfeld finished the 800m run in sixth place. Twelve NDDHS athletes in 17 events will compete in the EOSSAA track meet in Brockville this week.



Fourth place in the 200m

The Devils' Jacob Holmes took part in the Junior Boys 200m dash at the SD&G Track Meet. Holmes finished in fourth place just out of the medals. Moore photos

SD&G track meet results

OTTAWA — The SD&G track meet was held at the Terry Fox Athletic Facility on Tues., May 9. The results for North Dundas District High School, Tagwi Secondary School and Rothwell-Osnabruck High School were:

North Dundas

Midget Girls: 100m dash - 9th Ella McNaughton 1:14.09; 800m run - 3rd Fabienne Puentner 3:03.62; 1500m run - 1st - Fabienne Puentner 6:22.13; 300m hurdles 30" - 3rd Fabienne Puentner 1:09.32; shot put - 6th Brooke Richards 5.55m; and discus throw - 6th Brooke Richards 9.99m.

Midget Boys: 100m dash- 2nd Curtis Bell 12.61; 100m dash - 6th Zach Hamilton 13.24; 200m dash -2nd Curtis Bell 25.62; 800m run-6th Justin Schoenfeld 2:24.01; 1500m run-3rd Justin Schoenfeld 5:25.30; 100m hurdles 33"-1st Curtis Bell 18.29; 100m hurdles 33"-2nd Liam Antille 11:45.26; 300m hurdles 33"- 1st Liam Antille 50.86; 4x100 relay-1st 51.78, high jump-2nd Liam Antille 1.45m; and long jump-1st Zach Hamilton 5.05m.

Junior Girls: 1500m run-4th Ashley Wheeler 6:35.91; long jump-6th Ashley Wheeler 3.52m; long jump-8th Amy Proulx 3.22m; triple jump-5th Ashley Wheeler 7.78m; shot put-5th Mya Woods 6.53; and discus

throw-7th Mya Woods 14.90m.

Junior Boys: 100m Dash-7th Jacob Holmes 12.86; 200m Dash-4th Jacob Holmes 26.56; 800m-4th Chase Holmes 2:30.69; 100m Hurdles 33"-1st Dylan Barkley 18.40; 100m hurdles 33"- Cameron Hermer 20.43; and 300m hurdles 33" - Cameron Hermer 52.28.

Senior Girls: 100m hurdles 30" - Jamie Quintan 19.10.

Senior Boys: 800m run-6th Cole McCooey; 1500m run - 6th Cole McCooey 5:23.85.

Tagwi

Midget Boys: 100m dash-5th Sheldon Martell 13.01; 100m dash-7th Jack Devries 13.28; 200m dash-5th Sheldon Martell 26.66; 200m dash-6th Liam Ault 30.52; 400m dash- 6th Liam Ault 1:08.36; 1500m run-6th Ethan Canham 5:38.88; 3000m run-2nd Ethan Canham 11:45.26; 3000m run-Connor McIntosh 12:56.10; 100m hurdles 33"-5th Thomas Handy 19.97; 300m hurdles 33"- 3rd Thomas Handy 55.19; 300m hurdles 33"-4th Liam Ault; long jump-2nd Jack Devries 4.97m; long jump-5th Kade McMillan 4.62m; long jump-10th Schuyler Schellenberg 3.91m; triple jump-1st Thomas Handy 9.83m; shot put-1st Rylan Iwachniuk 10.45m; shot put-3rd Owen

Kane 10.19m; discus throw-1st Rylan Iwachniuk 33.76m; and discus throw- 2nd Schuyler Schellenberg 29.78m.

Junior Girls: 200m dash-5th Jasmine McNairn 35.54; 400 m dash-1st Annie Bender 1:06.72; 1500m run-1st Janine Spichtig 5:58.49; 1500m run-2nd Annie Bender 6:03.94; 300m hurdles 30" - Janine Spichtig 58.02; and high jump-1st Annie Bender 1.46m.

Junior Boys: 100m dash-2nd Caleb Douma 12.34; 200m dash-1st Caleb Douma 26.20; 400m dash-4th Andrew Doyon 1:00.91; 400m dash-10th Reid Baker 1:07.08; 800m run-1st Reid Baker 2:26.84; 300m hurdles 33"-2nd Andrew Doyon 51.13; 4x100 relay-2nd 51.02; and long jump-3rd Jesse Taylor-Breakenridge 5.22m.

Senior Girls: 100m dash-8th Dallas MacMillan 14:74; 200m dash-7th Dallas MacMillan 32.62; 200m dash-12th Kaylee Patenaude 35.87; 400m dash-3rd Kaitlyn Murray-MacDonald 1:10.91; 100m hurdles 30"-3rd Kaitlyn Murray-MacDonald 1:21.51; 4x100m relay-4th 58.43, high jump-1st Brooklyn Woodside 1.35m; long jump-5th Cassie Macdonell 4.17m; triple jump-2nd Cassie Macdonell 9.01m; shot put 4kg-3rd Carlie Bender 8.51m; and

shot put 4kg-7th Kaylee Patenaude 5.75 m.

Senior Boys: 400m dash-5th Alex Smith 59.18; 400m dash-10th Josh Demers 1:19.31; 1500m run-5th Noah Benoit 5:22.83; 1500m run-7th William Beaton 5:23.96; 3000m run-2nd Noah Benoit 11:29.64; 300m run-3rd Jacob Metzger 11:30.08; 300m run-4th William Beaton 11:39.08; 110m hurdles-2nd Nicolas Devries 21.07; long jump-3rd William Manley 5.25m; long jump-5th Adam Taylor-Rawlings 5.08m; triple jump-2nd William Manley 11.26m; shot put-1st Morgan Kane 11.63m; shot put-4th Connor MacMillan 9.00m; shot put-7th Alex Small 8.61m; discus throw-1st Alex Small 40.03m; 2000m steeplechase-3rd Noah Benoit 9:20.00; and 2000m steeplechase-4th Andrew Doyon 9:21.00.

Rothwell-Osnabruck

Midget Girls: triple jump-1st Elaina Read 8.79m; triple jump-4th Britney Barkley 7.16m; discus throw-2nd Elaina Read 19.04m; and discus throw-4th Alana Coderre 18.16m.

Midget Boys: javelin throw-3rd Camden Donnelly 26.88m.

Junior Girls: discus throw-1st Regan McRae 20.20m; discus throw-2nd Danike Zummach 19.90m; discus throw-3rd Jessica Barkley 19.80m; and javelin throw-7th Jessica Barkley 19.42m.

Junior Boys: 800m run-

5th Austin Pfothenauer 2:44.22; long jump-1st Liam Blais 5.34m;discus throw 29.81m; discus throw 1kg-5th Connor Hutchinson 23.43m; discus throw 1kg- 7th Autsin Pfothenauer 13.51m; and javelin throw-3rd Liam Blais 37.51m.

Senior Girls: discus throw-2nd Eryn Morgan 24.60m; discus throw-3rd Cassandra Hric 20.55m; and

discus throw-5th Lindsay Creskey 17.90m.

Senior Boys: long jump-9th Anthony Carello 4.25m; shot put-2nd Tyler Murray 9.17m; shot put-5th Fraser Young 8.68m; shot put-10th Tyler Robinson 7.25m; discus throw-4th Anthony Carello 29.02m; discus throw-6th Tyler Murray 26.30m; discus throw-7th Tyler Robinson 25.63m; and javelin throw-7th Tyler Murray 35.13m.

Ravens double up T-Wolves

Jeff Moore
Record Staff

RUSSELL — The St. Thomas Aquinas Catholic High School Ravens Intermediate Girls' basketball team welcomed the Russell High School T-Wolves on Wed., May 10, in the PRSSAA. The Ravens went into the game with a three and two record while the T-Wolves also had the same record.

The Ravens came ready to play scoring 10 first-quarter points and holding the T-Wolves to just two buckets. The Ravens' defence was strong in the second quarter allowing only four points again but their offence sputtered a bit scoring just eight points taking an 18-8 lead into the dressing room at the half.

The T-Wolves held the Ravens to just eight again in the third quarter but their offence kept hitting a wall. The Ravens outscored the T-Wolves just 6-4 in the third taking a 24-12 into the final frame. The Ravens' defence held the T-Wolves' attack off allowing just four more points in the third quarter and knocking down another eight for themselves taking the game 32-16.

Scoring for the Ravens were Meadow Donnelly with eight points, Paige Hannaford and Emily Way with four each and Mackenzie Campbell, Emma Gordan, Katelyn Knap, Kate Lamothe, Ally Marcellus, Kyra Streng, and Grace VanNoppen with deuces.

Scoring for the T-Wolves were Abby Boszormeny and Megann Hughson with four points apiece and April Whisselle, Aryssa Henderson, Jessa Peterson and Laurel Pearson with deuces.



Grads
Get home safe,
DRIVE SOBER!

Are you willing to gamble with your life for a drink?

The big day is fast approaching! You and your friends have likely spent the last few months planning every little detail to make sure your prom night is one for the ages. But have you thought about how you'll make it home safe and sound after the party? Every year, young adults tragically lose their lives or become seriously injured in prom night car crashes, and alcohol, sadly, is usually involved. If you anticipate raising a glass (or

several) in celebration, make sure to take the necessary precautions. Find a designated driver, call your parents, hail a cab or stay the night at a friend's place; whatever you do, just don't get behind the wheel. Remember, prom is a celebratory event to mark the end of an important chapter in your life and the beginning of a new one. Don't let a reckless decision turn your night to remember into a terrible nightmare. Say NO to drunk driving!

Distracted driving: texting behind the wheel is a danger to all

Each year, hundreds of Canadians die and many more are injured in collisions that involve a distracted driver. In an alarming number of these incidents, cellphone use is a factor. However, the characterization of distracted driving includes any behaviour that diverts the attention of the individual behind the wheel away from the primary task of driving. There are three categories of distracted driving: visual, in which eyes are off the road; manual, in which hands are off the wheel; and cognitive, in which thinking is diverted away from driving. Because texting combines all three categories, it's by far one of the most dangerous forms of distraction behind the wheel. All provinces and territories — with the exception of Nunavut — have laws that forbid hand-held cellphone use while driving.

However, research has shown that any form of cellphone use is distracting for individuals driving. Penalties issued are a combination of fines and loss of demerit points.

- Drivers who engage in texting behind the wheel are 23 times more likely to be involved in a crash or near-crash event.
- Five seconds is the average time eyes are off the road while texting. When driving at a speed of 90 kilometres per hour, this timeframe is long enough to traverse the length of a football field.
- Approximately 20 per cent of all crashes involve driver distraction.
- In many provinces, fatalities due to being distracted while driving (DWD) now outnumber fatalities due to driving under the influence (DUI).



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Panel advises parents on fentanyl use

Candice Vetter
Villager Staff

RUSSELL — A panel composed of police and health professionals addressed parents about the rise of the drug fentanyl, on Thurs., May 11, at St. Thomas Aquinas Catholic High School in Russell.

The Eastern Ontario Health Unit's Medical Officer of Health Dr. Paul Roumeliotis, OPP officer Dean Canham, Hawkesbury General Hospital's Wenda McOuat, Nikolas Hotte of EOHU, and Cher Goulet of the Kin Club's Reality Tour, made presentations about fentanyl use, its dangers and how to cope with potential exposure to the highly-addictive and dangerous drug. Several presentations have been held in area schools in May, in cooperation with EOHU, the OPP and HGH, as well as local school boards.

Hotte showed slides which dramatically illustrated the difference between a fatal dose of heroin and a fatal dose of fentanyl. The reason fentanyl is responsible for overdoses, including fatal overdoses, is that it is being added to other drugs, usually sold in pill form, which may look like illegal recreational drugs such as ecstasy, or like legal prescription drugs. "They have very good pill pressers," said Hotte. "There are no safe street drugs. The

only drugs you should use are medicines prescribed to you and purchased from a pharmacy."

Fentanyl is often added to counterfeit or street drugs to increase the addictive quality, but because it is such a concentrated opioid a tiny fraction of a tiny piece can be enough to stop breathing and cause death and there is no way to know if the drug is present.

Officer Canham pointed out that Cornwall police have seized pills which tested positive for fentanyl but he said an overdose problem had not been noted in Eastern Ontario yet.

Dr. Roumeliotis said Eastern Ontario had a high number of emergency room visits due to analgesics and opioids like oxycontin from 2010 to 2013, but that has decreased. Oxycodone/oxycontin have been taken off the market, but as Hotte pointed out, hydromorphone use is up. "Why don't we just take drugs off the market?" he asked. "We do that and another drug moves in." That new drug is often worse, as is the case with fentanyl.

Various charts showed the ages when students are most vulnerable to drug experimentation and the most open to advice about safety. For students in Grades 6, 7 and 8 that is a good time to push safety, and Grades 9 to

12 is when there are big upticks in all kinds of substance use, including recreational drugs, alcohol and tobacco. "It's a time of experimentation," said Roumeliotis. Panelists pointed out something that seemed to surprise some of the approximately 50 parents attending. "Abstinence isn't for everyone."

He said some youth will want to try these drugs, and he said in the past they advised "safer use," that those who were going to experiment try very small quantities. Since adulteration with fentanyl, however, which is so deadly in such tiny doses, there is no safe way to try pills.

Said Canham, "The big problem is that kids aren't going out and buying fentanyl — they're buying speed, Xanax, whatever, but there is fentanyl in it."

Focusing on the issue of harm reduction for teens who are using alcohol or drugs already, it is important to focus on the child's strengths, to reinforce good behaviour, to encourage positive social activities (in particular, don't take away healthy activities as punishment), and don't be afraid to ask for help.

Panelists encouraged watching for signs of drug use, particularly eyes, and talking openly with kids, saying, "I don't accept you using drugs, but I want you



Fentanyl advice from the pros

EOHU's Medical Officer of Health Dr. Paul Roumeliotis, OPP officer Dean Canham, Hawkesbury General Hospital's Wenda McOuat, Nikolas Hotte of EOHU (not shown), and Cher Goulet of the Kin Club's Reality Tour, made presentations about fentanyl use at STACHS on Thurs., May 11.

Vetter photo

home safe," and not getting angry if your child calls needing your help or a ride home.

Safer use also included: not using drugs alone, finding a safe place and staying there (not with strangers, not out on the street or in the middle of the woods), knowing limits and staying in them, avoiding pill use, not taking any random drug, having a sober buddy, limiting drugs or alcohol you carry (which also helps avoid serious criminal charges), not sharing paraphernalia, questioning whether use is affecting quality of life, and calling 911 if something doesn't feel right. They also pointed out a recent change in drug laws, as now a person cannot be prosecuted if helping someone. So if you use a

drug, and a friend is in medical distress, you cannot be prosecuted for drug use or possession because you took that friend to the hospital. Officials are hoping this will help prevent overdose situations that could have been treated.

Roumeliotis discussed naloxone, the anti-OD treatment, saying it works within two to three minutes, lasts about two to three hours, and may need more than one dose. "Call 911, stay with them, and keep them in the recovery position until an ambulance arrives." Naloxone is available through EOHU and many pharmacies, and is recommended for drug users and their parents.

Wenda McOuat of HGH described mental health and

addiction services available through the hospital and its satellite offices. She said not everybody is ready for abstinence, but there are therapies for how to stay safe, to establish goals, and access to psychiatrists, social workers, occupational therapists, addictions team, gambling therapy, relapse prevention (mindfulness), cyber psychology using virtual reality (which is proving effective and well-received with young people), and methadone treatment.

Goulet briefly plugged the Reality Tour, which is designed for parents and kids to attend together. The presenters partner with Harvest House, bringing four recovering addicts in to talk to the audience.

Environmental Commissioner hears South Nation Conservation plans

Candice Vetter
Villager Staff

FINCH — South Nation Conservation welcomed Dianne Saxe, Environmental Commissioner of Ontario, to the SNC office in Finch on Tues., May 9.

There Rhonda Boutz gave a detailed presentation on SNC's phosphorous trading program, which is a unique program that has potential to help reduce the amount of phosphorous leaving fields and entering waterways, and John Mesman gave a presentation on loss of forest cover.

Boutz discussed phosphorous offsets, which are traded within the watershed only. SNC's focus is on best management practices, and on grant delivery, through the existing Clean Water Program. General Manager Angela Coleman and former GM Dennis O'Grady discussed what has made their offsets program successful, including having all the documents needed in one place and helping fill out all the forms. O'Grady also pointed out that the multi-stakeholder system of evaluating grants, with a committee composed mostly of farmers or former farmers, in a group which had worked together since 1993, was also part of the program's success.

Mesman then gave a short presentation about tree cover loss and the concerns about returning this area to a flood and drought

cycle, like it experienced in the early 20th century after rivers were dammed and forests were clear-cut, resulting in the silting up of creeks and rivers to the point of near-desertification. In the South Nation watershed, 69 per cent of recent forest loss has been due to agriculture, with the largest amount in Russell Township, which has about 12 per cent forest cover.

Naturally the discussion turned to flooding, and to the increased speed with which water, whether through storm water run-off systems in developments, or through tile draining of fields, is contributing to disastrous floods in areas which were once considered far enough from water to be protected. Municipalities which have to respond to flooding are considering ways to mitigate the situation. Saxe noted that some areas of Ontario are experiencing flooding followed by drought, and expressed an interest in keeping more of the water retained on the land for use later in the year.

After the presentations, SNC GM Angela Coleman and SNC Chair Francois St. Amour presented Saxe with a gift, then SNC took her out in the field to examine, under the guidance of research scientist David Lapen of Agriculture and AgriFood Canada, a gate system for drains which helps control the way and velocity which water leaves tile-drained fields.



Environmental Commissioner visits SNC

South Nation Conservation's General Manager Angela Coleman (right) and SNC Chair Francois St. Amour welcomed Dianne Saxe, the Environmental Commissioner of Ontario, to the SNC office in Finch on Tues., May 9. There, SNC Team Lead of Stewardship Rhonda Boutz gave a detailed presentation on SNC's phosphorous trading program, and SNC Team Lead, Communications, John Mesman gave a presentation on loss of forest cover.

Vetter photo

5 Cyclone Air Cadets take first in drill competition

Kim Ferguson

Special to The Villager

SAINT-JEAN-SUR-RICHELIEU, QUE. – On Sun., April 30, in Saint-Jean-sur-Richelieu, Que., the 5 Cyclone Royal Canadian Air Cadet Squadron drill team won first place in their category at their provincial drill competition, competing in the “Walsh” category. The prestigious Walsh Trophy is awarded to the top drill team, in that category, in the Quebec and Ottawa Valley region. This year was the

first in squadron history that a drill team has taken home this prize.

After placing in the top three teams in the local area earlier in March, the team, led by Cadet Sergeant Samantha Theriault, was invited to participate at the next level. The drill team, under the coaching and mentoring of Captain Denis Tanguay and Master Warrant Officer Chris Batchilder, executed a 100-movement compulsory sequence followed by a four-minute silent routine

with only one word of command. The team has been practising since September and this was the culmination of the hundreds of hours of work and effort they put in.

“We were nervous but had worked so hard for this,” said Sgt. Theriault. “We were ready. It all came together on the parade square. I am so proud of the team.”

The Air Cadet program is open to any youth between the ages of 12 and 19 during the months of September to



Drilling up

The 5 Cyclone Air Cadets Drill Team won the 2017 Walsh Trophy in St-Jean-sur-Richelieu on April 30.

Courtesy photo

June. 5 Cyclone Air Cadet Squadron will hold their annual ceremonial review

on Sat., May 27, at the Embrun arena from 2 to 4 p.m. Everyone is welcome

to attend. For more details, visit their website at www.cycloneaircadets.com.



Go fly a kite!

The Durant sisters of Russell enjoyed the bright and windy weather recently, as they flew kites at the small soccer pitch near the Russell Library.

Vetter photo

Russell High School Report

Mackenzie Lafontaine
RHS Correspondent

RUSSELL – Mon., May 15, at Russell High School, there was an equity forum for students who wanted to learn how they could make the world a better place. The forum took place in the learning commons and the art room and many students attended and had a great time.

Wed., May 17, and Thurs., May 18, are sports days starting with intermediate basketball playoffs for the first day and EOSSA Track and Field on the second day. There will also be a guest speaker from Harvest House on May 18, from 10:15-12:25.

On Fri., May 19, there will be more EOSSA track and field events.

Students leaving on the

New York City trip will be taking off and starting their three-day trip to the Big Apple, returning on May 21.

Russell H.S. hosts track and field meets

RUSSELL – On Wed., May 3, Russell High School hosted the Grades 7-8 track and field day, and an invitational track meet. Coach and teacher Gord Zubyk drew special attention to RHS athletes who set new school records. One young man set two new records in the Grade 7 boys 200m and the vertical jump. Another student set a new record in the Grade 7 boys 1500m run and Ruby Hustins tied the Grade 7 girls vertical jump record. Grade 11 student Vanessa MacDonald also set a school record in the senior girls 1500m run.

First-place entrants were: Abby Boszormeny for girls pee wee 80m dash, 200m dash, pee wee turbo jet, pee wee long jump; Chandler Campbell for pee wee 80m dash; pee wee high jump, pee wee long jump, pee wee shot put; Jacklyn Bryson girls pee wee 400m dash; Owen Johnston boys pee wee 400m dash; Ruby Hustins pee wee high jump; Alec MacGregor pee wee triple jump; Quinn Provost pee wee turbo jet; Chloe Lanouette pee wee turbo jet; Logan Alcantara boys bantam 80m dash; Anna Schoeni girls bantam 80m dash, bantam 200m dash, bantam long jump; Devon Lanoix boys bantam 200m dash; Seth Middleton boys bantam 400m dash; Jeremy Tomaro boys bantam 800m run; Anthony Larrivee boys bantam high jump; Ruben Jaquemet boys bantam long jump, bantam turbo jet; Jessica Millaire girls bantam turbo jet; Emmalyn Fraser girls bantam shot put; Cassandra Duval (Hawkesbury) girls 12-14 80m dash; Dave Scott-Borden (Hawkesbury) boys 12-14 80m dash; Lori Bigras (Hawkesbury) girls 12-14 200m dash; Adam Barkley (North Dundas District High School) boys 12-14 200m dash; Jaymee Cranham (NDDHS) girls 12-14 200m dash; Jack North (NDDHS) boys 12-14 400m dash, 800m run; Sophie Trahan (Hawkesbury) girls 12-14 800m run; Emma McRostie (NDDHS) girls 12-14 1500m run; Renaud-Pierre Charlebois (Hawkesbury) boys 12-14 800m run; Renaud-Pierre Charlebois (Hawkesbury) boys 12-14 1500m run; Simon Frappier (Hawkesbury) boys 12-14 high jump; Danika Neilson (NDDHS) girls 12-14 long jump; Mederik Lampron (Hawkesbury) boys 12-14 long jump; Alison Roach (NDDHS) girls 12-14 triple jump, turbo jet, shot

put; Anthony Larabie (NDDHS) boys 12-14 triple jump; Ewan Wilson (NDDHS) boys 12-14 turbo jet; Daniel Weaves (Cornwall Collegiate) boys 12-14 shot put; Faith Albright (Vankleek Hill CI) girls 14-19 80m dash; Ryan Malcolm (VCI) boys 14-19 80m dash; Ashley Langelier (CCI) girls 200m dash; Camren Oakes (CCI) boys 14-19 200 m dash; Janyka Leroux (Hawkesbury) girls 14-19 400m dash, triple jump; Tyler Allard (VCI) boys 14-19 400m dash, triple jump; Maya Gauthier (Hawkesbury) girls 14-19 800m run; Hunter Jourdain (VCI) boys 14-19 800m run; Vanessa MacDonald (RHS) girls 14-19 1500m run; Julien Santini (Hawkesbury) boys 1500m run, 3000m run; Amelie Buma (St. Thomas Aquinas CHS) girls 14-19 3000m run; Ashley Langelier (CCI) girls 14-19 long jump; Matt Manion (RHS) Boys 14-19 long jump; Megan Assaly (Hawkesbury) girls 14-19 javelin; Zach Vandermolen (STACHS) boys 14-19 javelin; Shanelle Godin-Hankey (Hawkesbury) girls 14-19 shot put; Derek Leclerc (VCI) boys 14-19 shot put; and Devyn Brammall (CCI) boys 14-19 100m hurdles, and 300m hurdles.

RHS track and field practices are Monday, Wednesday and Thursday after school from 3:35 p.m. to 4:45 p.m. at the gym and new members are always welcome.



Flying high

Matt Manion makes a winning long jump at the track and field meet hosted at Russell High School on Wed., May 3.

Courtesy photo

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