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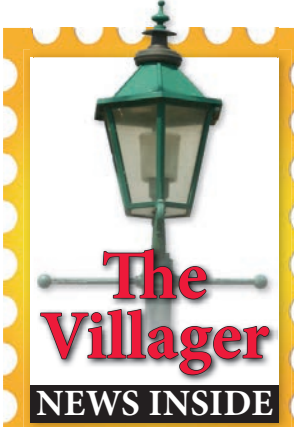
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# THE CHESTERVILLE RECORD

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**The Villager**  
NEWS INSIDE

PM40050631R8905 Volume 127, Number 14 Chesterville, Ontario Wednesday, October 16, 2019 Single Copy \$1.00 (HST included)

**Briefly**

**Demolition derby fun**

CHESTERVILLE – The Chesterville Fair is hosting their annual ‘Fall Ender Bender’ demolition derby this Sat., Oct. 19 at the Chesterville Fairgrounds. The fun will start at 1 p.m. Be sure to stop in and take in the show!

**Supporting WDMH**

WINCHESTER – This Fri., Oct. 18 the WDMH Auxiliary Bazaar is being held in the hospital lobby. The event will include fresh produce, Christmas decorations, knitting, and baked goods for sale. All proceeds will go toward the hospital, and parking will be free during the event. The bazaar will take place from 9 a.m. to 3:30 p.m.

**Chesterville’s big moments**

CHESTERVILLE – As part of *The Chesterville Record’s* 125th anniversary celebrations, we are looking for residents to share photos of the history of Chesterville over the last 50 years. Interested individuals are invited to bring their photos to *The Record* office during business hours to have pictures scanned. Thank you for your help in celebrating Chesterville’s history.



**Plowing up a furrow!**

**Carolyn Thompson Goddard**  
Record Staff

INGLESIDE – From the horse drawn plowing, to antique tractors pulling antique plows, through to tomorrow’s farmers holding their 4-H Achievement Day, walking through the 2019 Stormont County Plowing Match was like walking through a part of agricultural history.

Organized by the Stormont County Plowmen’s Association, the event was held just outside Ingleside at 14855 Dafoe Road in South Stormont on Sat., Oct. 12. Kelsey Smith, president of the SCPA, explained the event has been held since 1932.

Continued on page 5

**PPC candidate Sabile Trimm wants your support**

**Kory Glover**  
Record Staff

SDSG – Sabile Trimm, SDSG’s People’s Party of Canada candidate, says she wants to fight for the small farmer. “I’ve been an advocate for local food for about 15 years; that’s actually the reason I decided to run this time around,” she said. “I want to support small farmers, which there is not enough support [for]. I think that is a big problem for the environment.”

Trimm explained that, while it began as a protection for farmers, supply management has indefinitely lowered the number of dairy farmers in Canada to a shocking low.

Continued on page 9



**SDSG candidates debate as election date approaches**

On Thurs., Oct. 10, the SDSG candidates for the upcoming federal election met at the Joel Steele Community Centre in Winchester to debate trade agreements, balancing the budget and childcare as well as other national issues. Pictured from the left, Conservative candidate Eric Duncan, Liberal candidate Heather Megill, Green Party candidate Raheem Aman, People’s Party candidate Sabile Trimm and New Democratic Party candidate Kelsey Catherine Schmitz.

Glover photo

**Federal SDSG candidates debate in Winchester**

**Kory Glover**  
Record Staff

WINCHESTER – As the opening statements ended at Winchester’s All Candidate Federal Debate, Conservative candidate Eric Duncan and Liberal candidate Heather Megill were immediately asked by the Dundas Federation of Agriculture to comment on the current trade issues and compensating farmers for lost marketing opportunities.

Megill first commented that, regardless of the United States’ stance on removing supply chain management, the Liberals want to keep them in check. “We’ve recently had to go head-to-head with the Americans over NAFTA; we know that the Americans want us to totally destroy our supply chain managements. Canada made it very clear, in those negotiations, that we want to keep them,” she said. “As Liberals, we understand what it’s like to take on big risks and, at the same time we had dramatic cuts from Stephen Harper as far as business risk management programs, we understand how farmers are dealing with that. The Liberal party is absolutely behind our farm

sector and will work hard in any negotiations with any countries, we’ll be going up against the EU and Britain certainly looking at things if they leave [with] Brexit.”

Duncan mentioned that, in the last four years, there has not been a lot seen in timely compensation in terms of the trade deals, targeting both Comprehensive Economic and Trade Agreement (CETA) and the changes to the North American Free Trade Agreement (NAFTA). He also touched on the Prime Minister’s “embarrassing” slip ups impacting our current trade agreements.

“Respectfully in the last four years, we have not seen much timely compensation in terms of the impact of some of these trade deals. A perfect example is CETA and some of the other changes that are coming up to the NAFTA 2.0 agreement; a couple weeks before the election, after years of agreements being put into place, the minister came out in support for the dairy industry for impacts of supply management,” he said. “Two issues, they were years late with what they should’ve been and they were only one year in length;

Continued on page 3

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### Searching for the great pumpkin

The Ingleside-Long Sault-Lost Villages Lions Club has been busy providing a number of community events throughout the year, with perhaps one of the favourites being the Pumpkin Hunt, which has become a fall favourite in South Stormont. The event, which combines child friendly activities, a delicious hot dog lunch with the chance to pick out a perfect pumpkin to take home, along with a bag of Halloween treats, gives the opportunity to children of all ages to have a bit of fun. Lion Sharon Potvin, president of the ILSLV Lions Club estimated 50 plus attended the event on Oct. 5 at the South Stormont Community Hall in Long Sault. While their parents visited or perhaps joined in the fun, children were able to enjoy some of the themed Halloween crafts, games and after picking their pumpkin, could decorate it before taking it home. From the left, Macy Denny and Ella Denny are shown following their hunt for the perfect pumpkin.



Thompson Goddard photo



### Lion size portions at the Thanksgiving Turkey Dinner!

According to Ingleside-Long Sault-Lost Villages Lions Club president Lion Sharon Potvin, the turkey dinner hosted by the club on Oct. 2, was a resounding success with approximately 60 people attending the event in the first hour alone! The Thanksgiving Turkey Dinner included turkey and all the fixings freshly prepared and cooked by volunteers, with Potvin commenting how this is a community event sponsored by the ILSLV Lions Club. After enjoying the delicious turkey, potatoes, dressing, gravy, corn, pickles, coffee and dessert, there was ample opportunity to visit with friends, with former Chesterville area resident Carson Elliott mentioning: "It was just delicious and another example of the Lions Club's excellent community service." Lion Paul Gunther, a member of the Morrisburg & District Lions Club, is served by Lion Monica McPhail of the Ingleside-Long Sault-Lost Villages Lions Club.

Thompson Goddard photo

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 10:30 a.m. - Awards Ceremony (inside North Stormont Place)

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# Federal SDSG candidates debate

Continued from the front

that does not provide stability in the industry to get what we need to do. What we need to do is keep going out and having strong leadership on the world stage and, frankly, I think in the last four years, a line I like to use is, 'maturity matters.' We all remember the trip that the Prime Minister took to India and the embarrassment it caused on the world stage, and it was [an embarrassment] and it impacted our relationship, our ability to trade there and that's been replicated in a different form in China as well."

The Chamber of Commerce, worried about the lowered career opportunities in SDSG, asked Megill and NDP candidate Kelsey Catherine Schmitz about their plan to get the government out of the way of entrepreneurs, so that businesses can create more jobs in the riding.

Megill stated that more money needs to be poured in entrepreneurship, asking business owners to come forward with their ideas so that the Liberal government can help them grow their businesses.

"We're going to be developing, asking for people to come forward and then when they have those great ideas, we're going to help them grow their business and market these great innovations around the world. That's something that is really important," she said. "You probably all know that we had a small business tax cut, it was up at nine and now it's down to seven per cent, that's quite a drop. We want to encourage entrepreneurs in this country because we know that small business is the driving force behind our country."

Schmitz, citing a personal story involving her friend's daughter's



**Eric Duncan**

tribulations of one day adopting the family farm, stated that she wants to ensure that entrepreneurs are supported; stressing the importance of finding ways to work cooperatively with farmers to ensure that the way that the NDP is investing feels appropriate, allowing businesses to grow.

"I went to a friend's dairy farm last night, went out to the barn with her husband and we were talking about her daughter's interest in inheriting the farm. We were talking about how difficult it could be for her if she ever decided that she wanted to grow from what the family currently had access to and the kind of regulations that are existing," she said. "I reflected about our party's regulations when it comes to supporting entrepreneurs and small businesses and reviewed the idea that we're going to be supporting small businesses and small new farmers by providing low interest loans and supporting people that way."

In the light of the social service cuts by the Conservative government, especially on the provincial level, Schmitz and Green Party candidate Raheem Aman were asked what they would do to help lower and middle-class families with childcare and simply living day-to-day lives.

Schmitz started by commenting on the affordability of the social services and that the root cause is not being addressed; wages are not rising as high as the cost of living inflation. According to Schmitz, support across the field is required and that's why the NDP party is investing in universal



**Heather Megill**

childcare.

"Affordability and the things like medication are outrageous when it comes to cost; we need better support across the field when it comes to affordable housing, access to good pharmacare, access to dental," she said. "We also need to make sure people are able to return to the economy and their jobs, create jobs by ensuring that their children have adequate childcare, so we're investing in universal childcare. The reason why we're doing this is because we believe that there are priorities and a way we can spend our money more effectively and take better care of individual people, their families and aging seniors as they are putting more strain on the healthcare system."

Aman continued in agreement of his running mate, stating that the services are simply not affordable right now. He made a point to mention that Canada is one of the only western developed countries that has universal healthcare but doesn't include pharmacare and a stance needs to be taken in order to change this.

He also mentioned that the element of environment is still there and the government will want to move toward a green economy.

"We want to be able to make life more affordable for everyone, we have to remember the element of the environment and how we're going to have to shift to a green economy," he said. "Over time, this is something our government is going to want to take action on; so, we're going to want to introduce a guaranteed little income to



**Raheem Aman**

those who are falling between the cracks."

A major question that was asked of Duncan and People's Party of Canada candidate Sabile Trimm involved the plank of their platforms that involve balancing the budget, each giving a different accomplishment time frame.

Trimm, whose party claims that the budget can be balanced in a matter of two years, states that many measures will be taken into place to save the country billions of dollars. She also mentioned that this needs to happen in two years because of, in her words, the pending recession that we're not prepared to tackle.

"There are many ways we are going to balance the budget, we're going to stop Foreign Aid unless it's for emergencies. We're going to pull out of the Paris Climate Agreement because it is not effective, that'll



**Sabile Trimm**

save us a few billion dollars, and we're going to cut corporate welfare; several billion dollars there as well," she said. "There are many measures we're going to take, it's going to be tough, but the truth is that we survived the 2008 recession because we went into it in good shape; there was a surplus thanks to Paul Martin. But now, the interest rates were low and the economy was growing, that was a good time to pay off debt and put ourselves in a good situation for the next recession which there are already signs that it's coming and coming close."

Duncan, whose party claims that the budget can be balanced in five years, rebutted Trimm's answer stating that, during the time of Jean Chretien and Paul Martin, the budget was balanced due to severe cuts to dire services and the People's Party of Canada's will do that same.

"Sabile mentioned in her



**Kelsey Catherine Schmitz**

opening that the last time it was done in a shorter time frame with Jean Chretien and Paul Martin back in the '90s and she mentions that it's going to be tough; it would be and here's why," he said. "They balanced the budget by cutting health and social transfers to the province. We're in a demographic right now that if we were to make any cuts to our health and social transfers, it would be crippling. We have an aging demographic and I don't think anybody will disagree that there is already a strain in our healthcare system and as our population ages, we need more long-term care and our hospitals are going to be getting busier. You can balance the budget in two years, don't get me wrong but it'll be on the backs on important programs like that."

Be sure to cast your vote on election day Mon., Oct. 21.

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## Starter Company PLUS program opens for applications

CORNWALL – The Cornwall Business Enterprise Centre, in partnership with the Government of Ontario, is pleased to announce the launch of the Starter Company PLUS program, available to residents from Cornwall, SD&G and Akwesasne.

Starter Company PLUS offers the successful applicants unparalleled assistance to start, grow or purchase an existing small business. Assistance includes training, business skills development, mentoring from local business leaders and all-important access to capital. The program is open to residents 18 years of age and older.

“Training and mentorship are the core of the Starter Company PLUS program,” said Ryan Kuhn, program coordinator with the Cornwall Business Enterprise Centre. “Participants will partner with centre staff and local entrepreneurs and experts who will help them develop the skills needed to launch and sustain a successful business. Participants are also eligible to apply for a grant of up to \$4,500.”

Prospective entrepreneurs are invited to visit the CBEC website for an outline of this Starter Company PLUS program and to find application information. CBEC staff will work with approved entrepreneurs to create a learning plan, schedule necessary training, and ultimately create a business plan, start-up budget and a two year financial forecast.

Eligible entrepreneurs include those purchasing an existing business, starting their own, or expanding their already existing business. In order for a business expansion to be eligible for a grant, concrete growth goals must be established – ideally including the hiring of staff. Once training is complete, the applicant is eligible to apply for funding of up to \$4,500. No funding will be provided to the participants during the training module.

“There have been some changes made to the Starter Company PLUS program,” said Candy Pollard, business consultant with the Cornwall Business Enterprise Centre. “Applications will be accepted twice per year as opposed to a continual application intake. Applicants are encouraged to pay close attention to these dates.”

The Cornwall Business Enterprise Centre has been operated by the City of Cornwall since 1997 and is funded in part by the Government of Ontario. The centre provides information and support to entrepreneurs during start-up and growth stages of business operation. Seminars, workshops and special events are held throughout the year on topics of interest to various types of businesses. The centre also administers the popular Summer Company program for student entrepreneurs and the highly successful Starter Company PLUS program.

The Cornwall Business Enterprise Centre is located at 100 Water Street East (Cornwall Civic Complex) and can be contacted by phone at 613-930-2787 ext 2276 or online at: [www.businessenterprisecentre.ca](http://www.businessenterprisecentre.ca).

## NDDHS Report

By Carley Milne-Servage  
Student Council Communications

### Students win for the second year in a row



A huge congratulations goes to our student baseball team! On Fri., Oct. 11, North Dundas hosted a Students vs. Staff baseball game during the last period of school. It was a close game, but the student team won in the end. Don't worry, the students provided boxes of tissues for the staff while they celebrated their victory.

Halloween is coming up, and we have some treats available. On Fri., Oct. 18, Halloween o-grams will be going on sale. For \$2, you can buy a Halloween treat for yourself or a friend.

Our fall school fundraiser has been sent out. We are selling wreaths, cheese, and poinsettias. Money and order forms are due Oct. 30 and the items will be available for pickup Dec. 4.

Finally, school clothing is on sale this week. It will be sold until the 29th. Order forms and clothing samples will be available at lunch.

## CASTOR Country

By Tom Van Dusen

### No green scene

With Thanksgiving out of the way, it's time to turn our attention to the next big whoop, the federal election this coming Monday.

In my case, the Thanksgiving gathering involved a room full of guests in cardboard pig snouts making loud barnyard noises... I don't think Election Day will be quite as colourful, although I might be tempted to make barnyard noises in the booth to indicate my displeasure at the lack of viable options in party leaders and platforms.

In Glengarry-Prescott-Russell, we have an array of candidates to choose from including an Independent, however the Green choice was removed after the party discovered that anti-abortion comments were made by Marthe Lépine, 77; her candidacy was slow on getting certified by Elections Canada only to crash and burn. Remember: When you're in the booth making barnyard noises, Lépine is not a valid place to mark your X if you are looking to vote for the Green Party; although her name remains on the ballot, she is now running as an Independent.

I don't care about superficial issues such as how often Trudeau wore blackface or Scheer's reticence about his dual

citizenship; both so-called issues indicate these leaders don't always possess the best judgement but nothing more than that. We're all cursed with lapses in judgement.

My big issue is always fiscal responsibility, a topic that has almost completely evaporated from the campaign discussion with all parties tripping over each other in promising exorbitant spending on a plethora of luxury programs with no valid explanation as to where the money will come from. Extra taxes for the rich is always the mantra and that never pans out.

The one big thing we can say about the Tories is they're traditionally more frugal than the spend-happy Grits. The NDP has never had a chance to show how it would manage our money nationally and, by all signs to date, won't get one this time around. Yes, Jasmeet is becoming increasingly appealing as the campaign grinds on but not enough to really matter.

Max Bernier's People's Party of Canada has been resoundingly ruled out by most Canadians because of its divisive policies. Independent MP's never accomplish anything of note, leaving the Greens as an alternative in this age of climate change... but not in GPR.

That's OK because I

looked at the Green platform and came away unimpressed. Let's consider a few platform biggies. Like the Grits, the Greens want to dump many extra millions a year - \$315-million to be exact - into the CBC for no reason that I can fathom, other than it would bring Canada more in line with the taxpayer contribution by the Brits to their public broadcaster. Why should that be the yardstick?

I love the dear old CBC, especially radio which I listen to as background most of the day. It's on right now as I wrap up this column at 5:40 a.m. Tuesday morning. However, the broadcaster is pulling well over \$1-billion a year out of the public purse which it has trouble reasonably accounting for. As a taxpayer, I don't want to pour any more cash down that sinkhole and can't vote for a party that thinks it's a good idea to do so, including the Grits.

Another hard-to-swallow Green position is eliminating post-secondary education tuition and forgiving the portion of existing student debt held by the federal government. Even with a kid who just entered law school, I have trouble with this one. As I've always preached to my son, you have to understand that advanced education is worth something and be prepared to work for it, to pay all or most of your



billions... including your accumulated debt. He's probably going Green; he's in a city riding with a valid name beside that box.

And the third deal-breaker is May's outrageous intention to ban the sale of combustion engines in 10 years and have electricity originating strictly from renewable resources in the same time frame. She also plans to prohibit new pipelines, oil and gas drilling including offshore, cancel the Trans-Mountain Pipeline, and phase out bitumen production. The Greens are prepared to wipe out an entire industry without a solid plan to replace hundreds of lost jobs.

So, without a clear choice at the national level, I'll cast my ballot for the local candidate I find to be most impressive and that's Conservative Pierre Lemieux, a likeable, hard-working representative who lost to the Libs in the Trudeau wave last time around and has shown the fortitude to attempt a comeback... with no Justinmania to contend with this time around.

### House fire

SOUTH GLENGARRY – On Oct. 8, SD&G OPP officers responded to a residence on Willow Drive, South Glengarry Township to check on the home owner; upon arriving to the house it was observed to be on fire. Officers observed that there was a person inside the structure.

The individual was able to escape the residence with assistance from South Glengarry Fire Department. The victim was transported to hospital with non-life threatening injuries.

An officer involved attended hospital and was treated and released for smoke inhalation.

South Glengarry Fire Department members attended the scene to extinguish the fire.

Investigators from the Ontario Fire Marshall, assisted by SD&G OPP officers and SD&G OPP crime unit continue the investigation.

### Mail fraud

SD&G – On May 27, SD&G OPP began an investigation regarding apparent mail fraud, along with a potential criminal harassment and impersonation investigation.

SD&G OPP have received additional complaints regarding the delivery of unexpected packages containing, what appears to be, court documents, along with fictitious sexual assault register documents. The SD&G OPP Crime Unit continued to investigate the matter which resulted with two individuals being arrested on Oct. 10.

Ryan Flaro (age 42) of South Glengarry, was arrested and charged with: Criminal Harassment (three counts); Obstruct justice (two counts) and Fail to Comply with conditions of a recognizance (two counts). He was held in custody (bail) and scheduled to appear in Cornwall Court of Justice on Oct. 11.

Allison Dent (age 46) of St. Lambert, Quebec was arrested and charged with: Criminal Harassment (four counts); Make forged document (two counts) and Personating peace officer.



### Police Report

This accused was released and is scheduled to appear at the Ontario Court of Justice in Cornwall on Nov. 28. The SD&G OPP Crime Unit continues to investigate the matter.

### Vehicle thefts

SOUTH STORMONT – Overnight (Oct. 9-10), several vehicles were entered as they were parked at residences on Myers Road, South Stormont Township. Inside, Canadian currency was stolen.

SD&G OPP are seeking the public's assistance in obtaining any outdoor surveillance video or information on any suspicious persons that have been observed in the area during the previous evenings. The investigation continues.

Anyone with information on the above or any crime is asked to call SD&G OPP at 1-888-310-1122 or crime stoppers at 1-800-222-8477.



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# Stormont County Plowing Match

Continued from the front

Smith, on behalf of the association, wished to extend a big thank you to David Brown who provided the land for the plowing match, lunch and covered the entry fees for the 2019 event.

Smith explained that this year there were 54 people competing, with 14 members of the Stormont County 4-H Plowing Club holding their Achievement Day at the event. There were seven classes of plowing including a number of specials such as Best Open Split, Best Finish and trophies available in some categories.

Fast and Furrowing, the

Stormont County 4-H Plowing Club, members were busy plowing furrows in a northern section of the field, with another Stormont County 4-H Club, the Farm Tour Club, holding their Achievement Day in the hospitality area. The nine members of the Farm Tour Club toured farms throughout Eastern Ontario and Western Quebec, with leader Lillian Smith explaining each member was then assigned to write a report on one of the farms.

The hospitality building located just south of the large plowing field included the display for the Farm Tour Club, an opportunity to purchase some local produce, a display from the Stormont Glengarry Junior Farmers as well as an opportunity to purchase some lunch in support of the Stormont County 4-H. A large collection of tractors

was on display in the hospitality building providing people with an opportunity to view the evolution of this very important farm machine.

Following the conclusion of the match, a banquet was held at the Masonic Lodge in Ingleside where the Queen and Princess of the Furrow were crowned, and winners of the various plowing competitions announced. Cassidy Smith was named this year's Queen of the Furrow, and Emily O'Connor was named Princess of the Furrow.

SCPA secretary, Alyssa Waldroff, commented how the association was "grateful for the continued support of local plowmen returning each year," with Smith mentioning she would "like to thank the community for their support."



## Horsepower at the 2019 Stormont County Plowing Match

Tom Bourdan walks behind the hand plow pulled by Moondance and Raven, two beautiful Percherons. Bourdan was one of 54 competitors in Saturday's Stormont Country Plowing Match held in Ingleside. The event has taken place since 1932, and includes several classes of competition.

Thompson Goddard photo



## 4-H Achievement Day

Members of the Stormont County 4-H Farm Tour Club held their Achievement Day at the 2019 Stormont County Plowing Match. Standing behind their displays, from the left, Lil Smith (leader), Hannah McIntyre, Jakob Vogel (leader), Ben Spichtig, Dougie Robinson, Janine Spichtig, Haylee Doucet, Haleigh-Jo template, Emily O'Connor, Stephanie Allen, Brandon Doucet and Bobby Robinson.

Thompson Goddard photo



## Busy at the helm

Shaw Knelsen, owner of Iron Forge Pizza, was so busy during his one-year anniversary in business Sun., Oct. 6, that he couldn't stop for a photo; that's customer dedication! For the restaurant's anniversary, the loyal customers were offered their favourite pizzas at half-price and there was even live entertainment from the local band, Ken Julian!

Glover photo

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# bdc\* Small Business Week October 20 to 26, 2019

## Success in the digital age



### What small businesses should know about measuring their digital performance

If your business has a website, maintains a social media presence and uses online marketing campaigns, it's important that you take full advantage of all data regarding traffic, click-through rates and purchases. This information will help you retain your current clients and attract new ones. Here are a few types of data to help you make sense of your digital performance.

#### Unique visitors

Calculating the number of unique visitors your website gets, on which pages they spend time and the geographical location where they reside provides you with critical information with which to evaluate your current marketing strategies.

You can also determine whether visitors found your website through a search engine or a social media website. This is valuable information you can use to craft more targeted campaigns.

#### Click-through and bounce rates

Tracking the number of clicks per visitor and how long they spend on each of your website's pages can tell you a lot about its quality.

If visitors tend to leave quickly, it may be time to think about a redesign. Similarly, if they never seem to visit important pages, or any page past the homepage, a revision of the site or of your marketing strategy may be in order.

#### Survey results

Tracking customer satisfaction through survey results is a good way to identify your platform's strengths and weaknesses. If you have an e-commerce component, you can also identify popular products. This will help you define effective marketing strategies to attract new customers and retain current ones.

To get the most out of your online presence, determine which indicators are the most relevant to your business. There's a lot of data out there and using it could help you more than you realize.

**For tips and practical resources to enhance your online performance, visit [bdc.ca](http://bdc.ca).**





# Small Business Week October 20 to 26, 2019

## 5 reasons to have a website for your small business

If you own a small business, having a website is vital to its success. To mark BDC Small Business Week, which runs from October 20 to 26, 2019, here are five reasons you should create a website for your company.

### 1. Gain visibility

Websites allow clients to find out more about your business. If search engine optimization (SEO) is used, they can also help you connect with your target market when they appear in search engine results.

### 2. Provide information

Websites are great platforms for organizing and communicating a lot of information efficiently. A well-designed website, both in terms of ease of use and of the information you put on it, can make a huge impact on your bottom line.

### 3. Extend your reach

Word of mouth shouldn't be underestimated but having a website will allow you to reach clients in other cities and regions. This is especially relevant if you have an online store.

### 4. Get free market research

Tracking your website's traffic statistics can be a powerful way to shape your marketing strategy. You can find out more about the kinds of people who search for your business and what motivates them to make purchases.



### 5. Enhance your brand image

Your website says a lot about your company. It can be the glue that holds your brand image together, and the design choices you make will play a key role in converting visitors into customers.

To create an attractive and effective website, work with a reputable business. In particular, many local media companies offer website creation services.

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# What services do you need?

**Kory Glover**  
Record Staff

**DIXONS CORNERS** – Have you ever been in need of a service but you didn't know where it was or if it was even available in your neighbourhood?

That was the point of the sixth annual Wellness Day Thurs., Oct. 3 at the Matilda Hall in Dixons Corners.

"Currently, we have over 100 people [who have] come to the event," said Taryn Carruthers, J.W Macintosh operations assistant. "We're just educating those in our community about what's available to them."

With this being the sixth event, Carruthers and the rest of the team have gathered a network of services that would best serve the senior community of North and South Dundas. These services include financial services, health services, mental health services and much more.

A total of 25 booths were in attendance, according to Carruthers. The House of Lazarus, Seaway Valley Community Health Association, Williamsburg Non-Profit Housing Corporation and SDG Library were only some of the services included in the roster.

"It's through who we know," she said. "Different services that we know our clients have and sometimes we have booths approach us when they hear about events going on and other booths suggest other organizations."

There were also presentations made available throughout the day, speaking about retirement living, community support services and estate preservation and retirement planning.

"This is also a great networking event," added Carruthers. "They actually collect information from the booths themselves too, so that whenever they're talking with their clients, they can share information about other organizations."

The event ran from 10 a.m. until 1 p.m.



## Some light reading?

The SDG Library was in attendance at the Wellness Day, extending information about their services and library memberships. Pictured from the left, district supervisor Cheryl Servais and casual support assistant Ian McKelvie. Glover photo



## Let's get active!

A seniors' fitness session was put on by Family Physio, to get attendees moving at the Wellness Day. Glover photo

# Small Business Week a week away

**Kory Glover**  
Record Staff

**NORTH DUNDAS** – Small Business Week is an event that is meant to gather together like-minded entrepreneurs to support one another.

The North Dundas Chamber of Commerce is bringing in certified speaking professional, sales trainer and executive coach, Doug Dvorak to inspire, educate, motivate, encourage and enlighten audiences Wed., Oct. 23 at Winchelsea Events. His presentation will focus on motivation, business, team member optimization philosophies and strategies to take entrepreneurs' businesses and teams to high levels of performance and engagement.

"He specializes in team-building and customer experience, as well as sales excellence," said Mary Tessier, administrative coordinator of the North Dundas Chamber of Commerce (NDCC). "We're very excited to have him."

Dvorak holds a Bachelor of Arts degree in business administration, Master of

Business Administration in marketing management and a Doctor of Laws degree. Information on Dvorak from the NDCC website states that "Dvorak's philosophies have been featured in several articles and interviews including; *The Wall Street Journal*, CNN, CBS and other national and international publications."

He has also been named one of the top 10 sales professionals in America by *Personal Selling Power* magazine while also being "honoured with induction into several prestigious national and international Who's Who organizations including Who's Who in Professional Speaking," the NDCC website went on to state.

For the rest of the week, if businesses are interested, Dvorak will be offering to meet with different entrepreneurs and teams to help them one-on-one build skills that they may need to be more effective and successful.

Small Business Week will run in Dundas County from Oct. 20 – Oct. 26. For

tickets to the Small Business Week Celebration, featuring Dvorak, at Winchelsea Events, visit the Facebook event page called

"SmallBusinessWeekCelebration."

For an opportunity to benefit from a special consult with Dvorak, visit northdundaschamberofcommerce.wildapricot.org/news.

**- Thank You -**  
**CARRUTHERS**

The family of Ken Carruthers wish to extend our sincere thanks for condolences, cards and support that we received during this difficult time. We also would like to give our thanks and appreciation to Marsden McLaughlin Funeral Home, Pastor Debbie Poirier and the caterers (Bill & Linda Devaul). Special thanks to Dundas Manor for the special care they gave to Ken and family in the time he was there as a resident and in his last days. It will always be remembered. We were blessed to have Ken as a husband, father, grandfather, great-grandfather and best friend.

*Marilyn, Lee, Doug, Pattie and Tracey*

**NORTH DUNDAS**  
*Christmas Fund*

**Please give generously!**

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

*Your donations of cash, new toys and food items will be greatly appreciated.*

To register for snowsuits or baskets, call 613-774-0188 or 613-989-3830, Mon.-Fri. 9 am-noon.

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And now we pause to remember  
Let us all fondly recall,  
How dearly each of us loved her  
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# → Fall HOME IMPROVEMENT




**Ready your home for the colder weather!**



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# 2019 Fall HOME IMPROVEMENT

## A simple guide to getting your home and garden ready for winter

Summer may be over, but don't put away your gardening gloves just yet: your home and yard need to be prepared for the cold months ahead. Here's a fall checklist to ensure you're ready for winter.

- 1. Remove dead plants.** Once the growing season is over, uproot plants that won't grow back next year and compost them.
- 2. Prune large perennials.** If a plant has grown too large for its allotted space, this is the perfect time to trim and/or divide it.
- 3. Prepare the soil for spring.** Add mulch, manure or compost to your beds and turn the soil with a pitchfork. This will replenish nutrients that were depleted over the summer.
- 4. Bring potted plants indoors.** Check them thoroughly for insects before bringing them into your home.
- 5. Prepare the lawn.** Cut your grass short so that sunlight can reach as close

to the roots as possible. Rake fallen leaves and use them as mulch for your flower or vegetable garden.

- 6. Protect trees and shrubs.** Wrap them in burlap to protect them from the wind and cold.
- 7. Plant bulbs.** Before the first frost, plant tulip, daffodil, crocus and other spring bulbs.
- 8. Trim branches.** Prune trees and bushes that grow close to your home. This will prevent them from damaging your property.
- 9. Close the pool.** Drain the water, empty the filter, remove the skimmer basket, detach the ladder, set up the winter cover and bring the pump indoors.
- 10. Winterize outdoor plumbing.** Drain the hose and turn off the water supply to prevent pipes from bursting.
- 11. Prepare the sump pump.** Disconnect and clean it. Afterwards, run a bucket of water through the sump pit to make sure the pump works.

**12. Tidy the shed.** Organize everything and be sure to clean and sharpen your garden tools so they're ready to use in the spring.

- 13. Store the patio furniture.** Clean chairs and tables before putting them away for the winter. Make sure to bring your cushions indoors.
- 14. Put away the barbecue.** If you're not planning on using it over the winter, clean the grill, disconnect the propane tank and cover the barbecue before storing it.
- 15. Check the home's foundation and windows.** Look for cracks that water or cold air might get through and seal them.
- 16. Inspect the roof.** Replace curled or damaged shingles and remove all debris. Consider getting a professional roofer to conduct a thorough inspection.
- 17. Clean the gutters.** Once the leaves have completely fallen, remove all debris from your gutters

to make sure water flows freely. If the gutters need to be repaired, do it now.

- 18. Get the chimney swept.** Hire a chimney sweep to ensure your fireplace is free of fire hazards. Determine whether the chimney cap is in good repair or if a new one should be installed. This device prevents animals from getting into your home.
  - 19. Inspect the furnace.** Before turning on the furnace for the season, get it inspected and ensure it works properly. Replace the filter so that the air is clean and circulates freely.
  - 20. Check the vents.** To keep rodents out, place grills on vents that need to remain open all year, like the extractor fan, the bathroom fan and the dryer vent.
- Winterizing your home and garden ensures they're protected during the coldest months of the year and guarantees that there's less work to do in the spring.



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## Mini storage grows bigger

**Kory Glover**  
Record Staff

CHESTERVILLE – Need to clear up some clutter in your home? Your garage and car trunk won't fit anymore stuff? No to worry, because Dundas Mini Storage recently put in a third unit to ensure residents have enough space for their treasures that no longer fit in their castle.

"We simply got filled up," said co-owner Kandi Herkeens. "We were unfortunately turning people away from it and we would rather not do that because that's profit. So, we decided that it was worth our while to put the third building up this year."

The third unit was up, fully functional and ready for storage by mid-June approximately.

"It took a couple of months, there was quite a bit of excavation and grading," said Herkeens. "We had to

deal with that first before the foundation. The steel building itself went up fairly quickly, within about three weeks."

Dundas Mini Storage offers different size units for the convenience of the customer including 5x10, 10x10, 10x15, 10x20 and a whopping 10x30. While locals are encouraged to fill the units with whatever they desire from their household, there are a few restrictions.

For one, nothing flammable/explosive can be stored within the units. No food items either, nothing that can create a smell and/or attract wildlife.

"We store anything that is of a household item," said Herkeens. "Some people even store their vehicles, we just ask that fluids and other stuff don't leak and that

protection is laid down."

While none of the units have ever experienced water damage and the establishment has regular visits from pest control to ensure that no invasive critter will make an unwanted nest, Herkeens states that it is always recommended that you have your storage unit insured for a worst-case scenario.

"They want to get insurance on their items if they haven't so already. We don't insure any personal property that is within the units," she said. "People store everything themselves, we give them the locker, the key for their access and they're responsible for transporting it in and store it however they want."

If you need some clutter removing from your home, Dundas Mini Storage can help give your household some wiggle room.



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# 2019 Fall HOME IMPROVEMENT

## Cornwall Counter Tops

Carolyn Thompson Goddard  
Record Staff

CORNWALL – The kitchen is an important part of any home, with many people giving top priority to renovating or updating that area. One of the ways to quickly update your kitchen is to get a new countertop with several options available to people.

After a bit of research, you may want to speak to the professional team of Andre and Joanne Baron, who since 2007 have owned Cornwall Counter Tops located at 12 Sixth Street East in Cornwall. Their store serves customers from many areas of Eastern Ontario and specialize in countertops only. Information on their website describes Andre's experience in the kitchen business beginning in 1976; and having been involved in several aspects of this business brings a wealth of information and experience to the table.

Joanne Baron, in a recent email to *The Chesterville Record*, explained their business specializes only in countertops presently, continuing that they “now have undermount sinks with the laminate tops.” An undermount sink installs beneath the countertop with advantages including a more streamlined appearance and easier cleaning than the traditional sink mounting.

She mentioned that Cornwall Counter Tops offer DuPont's Corian solid surface countertops as well as laminate countertops to customers. Solid surface countertops are the same from the top to the bottom of the piece which is advantageous when small repairs are required.

Their goal is to complete the job in a timely manner and to their customer's satisfaction. More information on Cornwall Counter Tops can be found at their Sixth Street Store or on their website at [cornwallcountertops.ca](http://cornwallcountertops.ca).

## 10 tips to make your home more energy efficient

Would you like to pay less for utilities? Here are ten tips to help make your home more energy efficient and reduce your monthly costs.

1. Install a programmable thermostat. Set it to adjust the temperature whenever you're sleeping or away from home for more than a few hours.
2. Wash your clothes in cold water instead of hot.
3. Hang your clothes to dry instead of using the dryer.
4. Swap old lightbulbs for high-efficiency ones.
5. Use a timer for your outdoor lights.
6. Turn off your dishwasher's drying cycle. Instead, open the door and let your dishes air dry.
7. Make sure your



8. Insulate your heating ducts so warm air can't easily escape.
9. When the outside temperature plummets, wear a sweater and slippers instead of turning up the thermostat.
10. Plant shrubs and

dishwasher and washing machine are full before running them. trees near your house. They'll provide shade in the summer and help block cold air in the winter. Implementing these simple changes can drastically reduce the energy your home consumes. Not only is using less power good for your wallet, but it's also kinder to the environment.

## Time to put away the AC

Kory Glover  
Record Staff

CHESTERVILLE – With our early morning greeted with a chill in the air, there is no more use for our air conditioning units this year. Time to store it away for another season but how to ensure your unit has a long-lasting shelf life?

Well, first thing you have to do is take it out of the window. Make sure the AC unit is unplugged and that there are towels on the floor to absorb any water that may leak out.

Now, as it is very common knowledge, AC units can be quite hefty in weight; so unless you're ready to lift 50 – 75 pounds by yourself, make sure you get a hand or two.

When you've successfully removed the unit from the window, remove the filter for cleaning; this can be done by placing it under running water or a hose, and clean away any dirt and dust with a hard-bristle brush or toothbrush. If the dirt proves to be too hard to remove, add soap and then cleanse thoroughly with water.

For a little extra protection, you can also kill bacteria and allergens by soaking the

filter with water and vinegar for approximately one hour. Make sure the filter is completely dry before putting back into the unit.

Next, you should clean the condenser coils and water pan. Remove the front part of the AC unit and the cover and then spray the coils down with a mixture of water and a few drops of soap. Afterwards, spray the condenser coils to loosen up dirt, dust and anything else that has stuck in the past three months.

Spray it down with a hose until all particles have been removed and allow everything to dry thoroughly.

Lastly, clean the exterior of the unit as best you can with a sponge, moist rag or any kind of cloth.

After that, you can finally store the unit in a cool, dry room in an upright position to ensure that the oil remains evenly distributed and settled. Storing the unit on its side can damage the compressor.

If you follow these simple steps each year while storing your AC unit for the winter season, you can be sure that you will be able to keep your house cool for many summers to come.

hello fall

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# 2019 Fall HOME IMPROVEMENT

## Carpenter ants? Don't let them chew your house!

**AJ Al-Rajab, PhD**  
Record Staff

With the arrival of the cold season, carpenter ants are working hard to prepare their nests for winter and store the maximum amount of food in their colonies. For sure, nobody wants carpenter ants in their house.

Unfortunately they are a common destructive pest known worldwide. These ants were named from their nest building inside wood structures. Ants do not eat wood, however they chew through the wood to make tunnels, to create their nests. As such, ants are different from termites which eat wood as a source of cellulose as their main diet. Carpenter ants do not sting but their bite can be painful because they spray their bites with formic acid, which compounds the pain.

Ants are an important component of ecosystems. They existed on earth about 140 million years ago during the Jurassic period. There are more than 12,000 species of ants worldwide, and over 100 species in Canada, some of which are structure-damaging species such as carpenter ants.

### Identification of carpenter ants

The black carpenter ant (*Camponotus pennsylvanicus*) is the most common in Ontario and Quebec and is known with its big size from 6 to 12 mm. Ants are social insects and live only in colonies. A mature colony (three to six years old) has more than 3,000 ants; the number may reach 50,000 in large colonies, of which about 10-20 per cent are workers. When foraging, ants leave a pheromone trail so that they know where they have been. An



Al Rajab photos

ant can lift 20 times its own body weight. Each colony is controlled by only one wingless queen which could live 15 years and lay more than 70,000 eggs. When the colony is established for more than 2 years, winged males and females (swarmers) are produced, they leave the colony to mate and establish new colonies. Swarming usually occurs in summer months in Ontario and Quebec from June until August.

### Can carpenter ants damage the garden?

Carpenter ants do not cause direct harm to plants and can be beneficial for growing vegetables; however, the company they tend to keep can harm the garden. Carpenter ants feed on sources of protein such as insects and sugar such as the honeydew (sweet liquid produced by aphids and scale insects). While gathering food, carpenter ants can unwittingly pollinate flowers and as such, because they build



their nests from dead wood and leaves, they can often carry away dead matter; allowing growing vegetable matter better air flow. Further, ants often feed on insects that would otherwise harm the plants. Carpenter ants have a very important ecological role, they chew tons of decayed wood and turn it to sawdust that degrades and provides compost for new growth.

### How to control carpenter ants?

In nature, carpenter ants are considered beneficial and their presence is important for ecosystems. However, they are only considered a destructive pest when they enter the house; once inside, carpenter ants eat any source of food available such as meat, pet food, sugar, honey or other

sweets. Carpenter ants build their colony preferably in decayed wood, softened by fungus which is associated with a moisture problem, or in standing trees (living or dead).

Eliminating an existing infestation of carpenter ants is a challenge and can be quite costly. The cost may range from \$400 to \$1,500 depending on the infestation, control method and warranty duration. During the elimination process, the nest should be found to destroy the entire colony which is difficult in cases of high infestation and nests can be found inside or outside a structure. If carpenter ants are seen inside a structure only during the summer months, the ants may only be worker ants looking for food and infiltrated inside, however, during winter months if the

ants are seen active indoors, there is likely a nest on the inside of the house. However, prevention plays an important role in the integrated pest management program for carpenter ants. For example, the wood for the fireplace must be inspected before being brought inside; should any ants or tunnels be seen in the logs, they must be left outside. Also, the wood should be stored away from the house foundation, and the structural wood should remain dry. The house should be inspected from outside and all cracks in the structure or openings around windows and doors must be sealed. In case of carpenter ant infestation, a

professional pest control technician may help in locating the nest and will apply the proper treatment with baits or other chemicals. However, a faster solution would be to spray the house inside and out with a registered insecticide but treatment in this manner should be repeated if the infestation returns. If the colony was not located or completely destroyed. On the other hand, using baits seems slower but more efficient in the long-term. By utilizing ant baits, the worker ants carry the poisoned food to their colony; feed all ants in the nest which results in the complete elimination of the colony.

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# 2019 Fall HOME IMPROVEMENT



## How to use a blower door test to fix air leaks

Do you find it challenging or expensive to keep your home at a steady, comfortable temperature? Or maybe you want to make sure the house you're building is as energy efficient as possible? In either case, a blower door test can determine how airtight the building is and whether outside air is getting in.

### What is it?

A blower door is a special type of fan attached to a flexible frame and panel

that fits into the doorway of a home. During the test, all exterior doors and windows are closed but interior doors are opened to ensure proper air flow.

### How does it work?

When the fan is turned on, it pulls all the air out of the building. This allows the outdoor air with its higher pressure to flow in through any gaps, cracks or holes. The technician may use a tool like a thermal image camera or a smoke pencil to pinpoint where the leaks are.

### Fixing leaks

If leaks are found in a new construction, they can be fixed before the walls are closed. This ensures the structure is as energy efficient as possible.

In existing homes, the test helps to pinpoint the exact place where outdoor air is getting in. These are often easy to fix on your own with new caulking or weather stripping around your windows and doors. Larger leaks may need to be repaired by a professional.

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### 5 renovations that are better to do in the fall

Thanks to its typically temperate weather, fall is the ideal time to complete a number of renovations. Here are some types of projects that are best to undertake in autumn.

**1. Update the siding.** Nothing boosts your home's curb appeal like a fresh coat of paint or brand new siding.

**2. Repave the driveway.** A freshly paved driveway will stand up to the harsh winter weather that's approaching.

**3. Repair or replace the roof.** Your roof protects your home against rain, snow and wind. If yours is due for a renovation, fall is the best season to complete the task.

**4. Change the windows and doors.** Much like your roof, your windows and doors play a big role in keeping your home comfortable and dry.

**5. Remodel the kitchen.** If you schedule it right, you could complete your kitchen renovation in time to do your holiday baking in the updated space.

Most of these projects will increase your home's value. They'll also protect your home from the elements and, in some cases, help to lower your monthly energy bills.



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**WINCHESTER** – Looking for an investment? This duplex has a 2 bed, 1 bath setup on either side, plus separate parking and outdoor spaces! Nat-gas heating and great location!

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**NEWINGTON** – Rare find! 100 acres surrounding this century home with 2 barns and a guest house. Land is approx. 30 acres open field and 70 acres bush. A great place to put down roots!

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**IROQUOIS** – Fantastic 2+1 bed, 2 bath log home on a large lot! Spacious master bedroom with a cheater ensuite and great updates including a newer nat-gas furnace and shingles!

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**WILLIAMSBURG** – All brick century home with 3 bed, 2 bath, and a large detached garage currently used as a workshop! Beautiful wrap-around deck and perennial gardens!

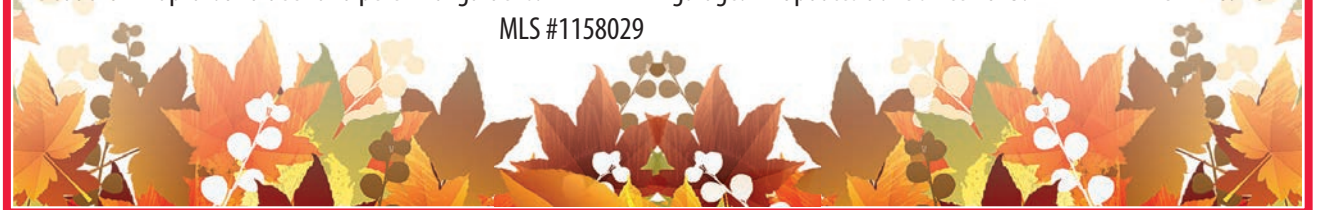
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**MONKLAND** – A true slice of country paradise with this renovated 2 bed, 2 bath bungalow on 15 acres! Huge detached garage! All updates done since 2015.

MLS #1169781







# 2019 Fall HOME IMPROVEMENT

## L.A. Forgues Woodworks Inc.

**Carolyn Thompson Goddard**  
Record Staff

**MOOSE CREEK** – If you are in the market for a new kitchen and want to have it designed, manufactured and installed by a team of dedicated, experienced professionals, then a trip to L.A. Forgues Woodworks Inc. in the small North Stormont community of Moose Creek is in order. Recently *The Chesterville Record* visited their show room on MacLean Road and spoke with Nick Forgues, son of Luc and Johanne Forgues who began the company in 1987.

Nick explained the company offers a customers the opportunity to sit down with designers and create a customized kitchen to their liking. He described the process as beginning with a customer arriving at the showroom with preliminary measurements and ideas as to what they would like for their new kitchen. He explained the company does not do modifications



Greeting customers to L.A. Forgues, a place where kitchen dreams can become a reality.  
Thompson Goddard photo



A view of the show-room in Moose Creek where customers are able to look at many-design options available.  
Thompson Goddard photo

or resurfacing but rather specializes in making the kitchen ready for the electrical and plumbing specialists to complete the construction.

After discussing options of cabinet style, colour, surface treatment and of course the countertop and accessories final measurements are taken at

the customer's home. Following this, the construction phase begins where the art of cabinet making takes over. Nick explained how a customer once brought a picture of a cabinet and they were able to produce the piece. This is one advantage of having custom work done, with Nick mentioning

customization is important when putting a new kitchen in an older house. Once the various kitchen pieces are assembled, they are delivered and professionally installed in the customer's home.

For more information on L.A. Forgues Woodworks Inc. please visit their website at [www.laforgueskitchens.ca](http://www.laforgueskitchens.ca).

### Did you know?

According to the home improvement resource HomeAdvisor, adding square footage to a home can cost homeowners anywhere from \$7,000 to \$100,000. When adding square footage to a home, homeowners may need to knock down an interior wall or walls, the cost of which can vary widely depending on the

walls being knocked down. Load-bearing walls are needed to support the home, and while such walls can be removed, homeowners may need to hire structural engineers at additional cost to orchestrate such removals. In addition, homeowners can expect to pay more when knocking down walls that contain

ducts or electrical wiring. It also can be costly for homeowners, whose homes are old, to knock down walls. HomeAdvisor notes that the wall-removal process in old homes that contain lead paint or lath-and-plaster walls is more intricate and may cost homeowners more money.

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# 2019 Fall HOME IMPROVEMENT

## Why you should sell in the fall

If you're entering the housing market in the fall, don't worry about it being too late to make a sale. In fact, here are four reasons why listing in autumn might turn out to be a savvy selling strategy.

### A different buyer pool

There are three types of buyers who tend to prefer less saturated markets: millennials, empty nesters and employers who need to relocate new hires. These buyers typically swoop in late to avoid high season real estate rates — you might even get a quick sale from employers needing to settle their hires fast.

### Buyers are more serious

Spring buyers can afford to be picky because of the sheer number of houses for sale. It might be months before they decide to make an offer. But by the time September rolls around, you're left with

only serious buyers who know they don't have much time before winter hits.

### There's less competition

Selling in the fall means competing in a much smaller market. Combined with the impending arrival of harsh weather and the holiday season, this is a strong bargaining chip that can help you close quickly.

### It's easier to make improvements

Selling in the fall means you can take advantage of the warm weather preceding the season to make improvements. When you're ready to sell, your house will be too.

Though conventional wisdom recommends selling in the spring or summer, selling in the fall has a number of advantages and may prove to be the more lucrative time to list your home.



## How to make a windowless room seem brighter

Whether it's a powder room, a basement or an office, a room with no windows can be dark and hard to decorate. Here are a few tips to help you brighten your windowless room.

- **Play with lighting.** Install overhead pot lights evenly across the whole ceiling. Set up a few tables or standing lamps for times

you don't want all the lights on.

- **Use the right colours.** Opting for pastels or light neutrals will give the room an airy, open feel. Stick with a simple colour scheme and avoid contrasting shades.

- **Hang a mirror or two.** Mirrors reflect light, making the space seem

brighter and bigger. Metallic, glass and other reflective surfaces have the same effect.

- **Keep it simple.** To keep the space feeling open and light, choose streamlined furniture and avoid filling the room with too many decorations.

- **Install interior**

**windows.** If possible, replace a door or wall between two rooms with a frosted glass window or door. This will allow light from the adjoining room into your windowless space.

Even a windowless room can be light and airy. Follow these tips to make it a space you'll love to spend time in.



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# 2019 Fall HOME IMPROVEMENT

## What you need to know about geothermal heating and cooling systems

No matter how much the weather might fluctuate on the earth's surface, if you go deep enough underground, the temperature stays stable at around 10 °C. Geothermal heating and cooling systems tap into this constant source of heat to keep your home at a comfortable temperature year-round.

### How it works

Geothermal heating and cooling systems use indoor heat pumps combined with a series of pipes buried deep

underground to regulate the temperature in your home. A fluid, usually made of water and methanol, continually circulates through the pipes.

When the system is heating, the liquid in the pipes extracts the underground heat and carries it to the heat pump. The pump then compresses the air to the desired temperature and distributes the heat through the home's ventilation system. During the cooling cycle, the process is reversed and the

heat in the air is removed and stored underground.

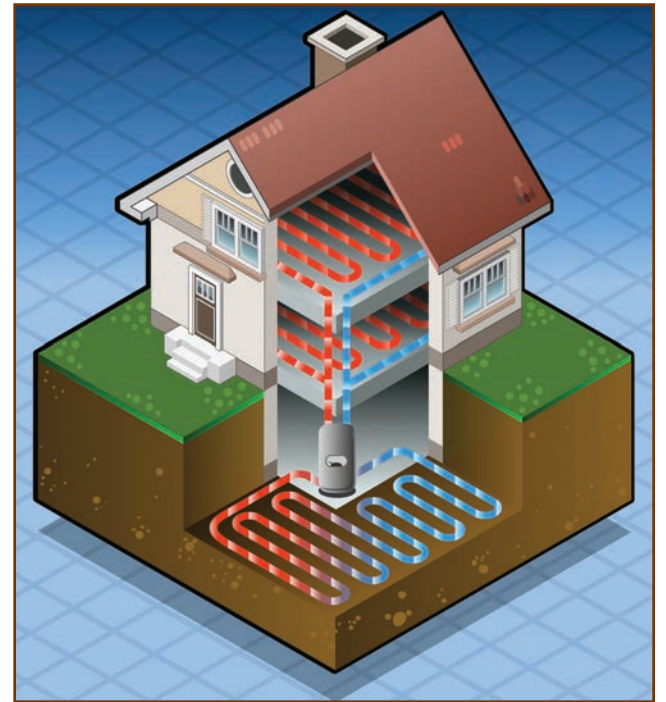
This type of system requires electricity to run the heat pump, but you can expect heating and cooling costs to go down by 50 to 70 per cent.

### Installation

Installing a geothermal heating and cooling system involves digging trenches to accommodate the required pipes. These can be buried horizontally or vertically, making this type of system

suitable for both rural and urban developments. However, retrofitting an existing house may be costly and difficult as it requires digging into your existing landscape.

If you're building a new home or renovating, consider installing a geothermal heating and cooling system. It will provide an eco-friendly way to heat and cool your home, last generations and permanently reduce your energy bills.



## 5 ways to make your laundry room more efficient

Your laundry room may not be the most glamorous part of your home, but it's certainly a space that gets regular use. Here are five things you need to make your laundry room more efficient.

**1. A sorting station.** Instead of heaping piles of clothes on the floor, create a designated space for white, bright, dark and delicate clothes. This can involve placing laundry baskets on a shelf or even installing slide-out laundry drawers.

**2. A drying area.** Some clothes do fine in the dryer, but others need to air dry. To save space, mount a drying rack on the wall, or buy a folding rack and neatly tuck it away after the laundry is done.

**3. A folding surface.** A long counter that provides you with enough room to fold your clothes as soon as they come out of the dryer is ideal. Consider building the counter over your washer and dryer to save space.

**4. A supply shelf.** Keep laundry supplies handy on a shelf near the washing machine. Store laundry detergent, stain remover and dryer sheets alongside a receptacle to hold things left behind in pockets.

**5. An ironing board.** Having a wall-mounted board that



includes space to store an iron makes it easy to quickly iron your clothes when you're on the go.

For a laundry room that's as beautiful as it is functional, choose a colour scheme and apply it throughout the whole room. You could also use clear glass jars to hold your laundry supplies instead of storing them in their ugly, plastic containers.

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# 2019 Fall HOME IMPROVEMENT

## Raccoon in the attic? Avoid rabies!

**AJ Al-Rajab, PhD**  
Record Staff

Seven cases of rabies in raccoons were confirmed in Ontario this year as reported by the Canadian Food Inspection Agency. Rabies is a viral disease that attacks the central nervous system of mammals, including humans. Despite the importance of raccoons in nature for their role in the ecosystem, nobody wants them in their house. With the cold weather approaching at a fast pace, raccoons are looking for warm shelter to spend winter inactive – your attic may be one of these places.

The common raccoon (*Procyon lotor*) is probably best known for its black face mask. The name raccoon is derived from the Algonquian Native word arakun, meaning "he scratches with his hand." The species name, lotor, refers to the raccoon's supposed habit of washing food with its front paws.

### Raccoons' identification and behaviour

Raccoons are usually a grizzled grey in colour with a tail marked by five to ten alternating black and brown rings. Total body and tail length for adults averages 80 cm; males are generally larger than females. Raccoons usually weigh 4 to 8 kg, but they may reach 28 kg for adults in fall in some areas. Raccoons are able to live in a wide range of habitats as long as they have access to water, food, and a protected area for denning. However, their best habitats are floodplain forests, fresh- and saltwater marshes, and farmland. Because of the high adaptation of



A raccoon caught in live trap in the shed. Al-Rajab photo

in most cities in Canada. The home range of raccoons is usually between 1 and 4 km<sup>2</sup>. The annual life cycle of raccoons consists of a breeding period during late winter and early spring, a growth and fattening period during the summer and fall, and a winter denning period. Winter denning allows the raccoon to conserve energy in the form of fat reserves when food is not available. This is not hibernation, but a period of inactivity. Preferred denning sites include hollow trees, caves, and buildings such as barns. In city areas, denning sites include

residential chimneys, sewers, garages, and attics. Raccoons are omnivorous and will consume any food such as corn, crayfish, fruit, nuts, small animals, and insects.

The breeding season of raccoons generally begins in late winter. Mating tends to take place in March in most areas. Male raccoons are polygamous, or will mate with several females in succession. Females, however, are monogamous, and will mate with only one male and will not tolerate other males after mating has occurred. Litter sizes tend to be between three and seven young per litter. The gestation, or pregnancy, period averages

two months. The life span of raccoons in the wild is estimated at three to five years; most populations are completely replaced over seven years. More details about the raccoons' biology are available on the website of Canadian Wildlife Federation website.

### Why remove raccoons?

Raccoons are known to be handy, smart and strong animals. They may cause serious damage to the house such as electrical fires by chewing the wires, enlarging the gaps in the walls and foundation, attics, and plumbing. Raccoons can destroy the insulation in the attic which causes the increase of energy cost in addition to the cost of re-insulation.

On the other hand, raccoons are known to carry different diseases such as rabies, baylisascaris procyonis, giardiasis, leptospirosis, salmonella, E. Coli, fungus and other parasites. Raccoons can carry fleas, ticks and lice on their body and pathogens on their feet which increase the spread of disease.

### Protect your house from raccoons

Raccoons are nocturnal animals that are active at night to feed. However, some tips might help you keep them away from your property such as: Protect your trash by using containers with secure lids; clean up around your house; fence the garden;

remove food from your backyard (fallen fruits, pet food, etc); trimming all trees directly touching the house; inspect the roof and repair any holes. In case you observe a sign of a raccoon's presence on your property, avoid being in direct contact with the animal, and call a wildlife specialist to remove it. A humane removal and relocation of raccoons should be handled by a certified professional. Live traps can be used to catch the animal which will be taken away and released again in nature a few kilometers away from your property. However, in spring and early summer, some restrictions apply for animal removal if it is a female with babies.

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# 2019 Fall HOME IMPROVEMENT

## What causes curled shingles?

No homeowner wants to look at the exterior of his or her home and see roof damage. Such damage may lead homeowners to think they need a new roof, a potentially costly expense that can quickly throw household budgets into a state of disarray.



According to the HomeAdvisor, the average homeowner spends a little more than \$7,600 installing a new roof. Various factors, including the size of a home and the type of roof homeowners prefer, will affect the cost of a roof replacement. In addition, homeowners who see roof damage can rest assured that not all roof problems will necessarily require a replacement roof to be installed.

Curling shingles are a problem many homeowners have encountered. This particular problem is not always indicative that a roof is on its way out. In fact, the home improvement resource "This Old House" notes that, as asphalt shingles age, their corners often begin to curl downward or upward. Homeowners who notice this early enough can glue down the curled section of each shingle that's beginning to curl.

Some shingles may be curling because they're defective. Fortified Roofing, a New Jersey-based roofing company that specializes in the repairing and replacing of various roofing configurations, advises homeowners to contact a local roofing professional to diagnose the cause of the curling. Doing so quickly can prevent

curled shingles from contributing to more widespread damage.

Moisture and poor ventilation may be contributing to curled shingles as well. Homeowners with attics in their home may see curled shingles on their roofs because moisture is building up in their poorly ventilated attics. In addition to causing damage such as curled shingles, a poorly ventilated attic allows moisture to build up, potentially contributing to mould growth. Mould presents a host of additional problems, including some that can adversely affect the health of a home's inhabitants.

Improper roof installation also may be the culprit behind curled shingles. When a roof is not installed correctly, shingles may not be aligned or nailed down in the right way. This might be what's causing shingles to curl on recently installed roofs.

Curling shingles are unsightly and can pose a significant threat to a home if not addressed promptly. Homeowners can protect themselves and their roofs by working with skilled roofing professionals, who can diagnose issues like curled shingles and offer the right solutions.

## Easy ways to clean up leaves

Autumn is marked by colourful foliage and plummeting temperatures. Once those leaves reach peak colour, they fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf clean up easier.



One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape solutions service, says that mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes can also make faster work of gathering leaves into piles.

The home improvement resource The Family Handyman advocates for the use of a lawn sweeper. This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed leaves, the bag can be emptied into a compost pile or distributed

where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast

option for cleaning up yards but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf clean-up.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.

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## All hands on deck

**Kory Glover**  
 Record Staff

CHESTERVILLE – It was bound to happen but, summer is officially over; and with that, so is swimsuit season.

So, it's time to close up the pool and lock up the deck for another year, but how can you make sure that your deck will last as long as possible? Well, here are some tips for you.

First, removing all leaves, twigs and other debris will help prevent mold, mildew and algae from forming. Afterwards, wash the surface with soap and water; use a

power-washer if you have one to remove stuck on dirt. Just make sure the pressure isn't too high in case of damage to the wood.

It's important to inspect the entire deck from top to bottom looking for rotting pieces, loose rails and any other pieces of wood that are showing signs of warping. If it seems that re-hammering the nails or tightening screws causes the nails or screws to sink into soft wood or splits the wood, then the piece should be replaced.

After needed repairs are completed on your deck, the surface

should be lightly sanded to remove any graying or discoloured spots, while also loosening any extra debris and dirt.

Lastly, the deck should be sealed with a water repellent on a clean, dry surface. This will ensure limited water infiltration during extremely cold temperatures and the thaw that winter commonly brings.

Proper care and maintenance will ensure that the lifespan of your deck will be extended to its full use. If you continue these practices every fall, you will definitely get the most out of your deck.

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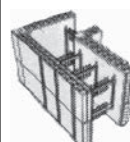
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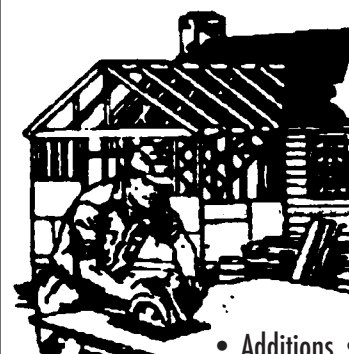
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# 2019 Fall HOME IMPROVEMENT

## Rodents' time!

AJ Al-Rajab, PhD  
Record Staff

The approaching of cold weather makes rodents seek a warmer shelter to spend the winter; to have access to food sources, and to avoid their natural predators. So, it's time to rodent-proof your house.

Rats and mice do not hibernate during winter and their habits remain consistent regardless of their environment (outdoor or indoor). Rodents can cause major problems by transmitting diseases, consuming food, damaging structures and causing distress to pets and humans.

The two most found species of rodents in Ontario are the brown Norway rat (*Rattus norvegicus*) and the house mouse (*Mus musculus*). Both species originated from Asia, then spread worldwide with the development of agriculture which provided them with shelter and food supply. They are nocturnal, omnivorous, breed year-round under favourable conditions and are underground dwellers in the wild. Rats and mice have poor eyesight and colour blind, rely more on their hearing; they have an excellent sense of smell, taste and touch. There are 22 different species of squirrel in Canada; six of them are tree species, while 16 are ground-dwelling species. Rats and mice may live anywhere inside the house, while squirrels usually infiltrate to the attic or nest in idle cars in the garage.

### Rats & mice identification

The brown rat measures 40-50 cm (from nose to tail, the tail being longer than the body) and weighs 300-500 g. In nature, it lives in territorial colonies of 50-300 rats, its territory (home range) is 25-150 m in diameter, and can travel up to 3 km and back in one night. The female rat has four to six litters per year, each containing six to 12 baby rats, each litter takes- only 3 weeks after conception. The newborn rats grow rapidly and can eat solid food at the age of 2-3 weeks; they reach productive maturity at 3 months and their lifespan is from 2 to 3 years. Rats breed most frequently in spring and fall, while the reproductive activity declines in summer and often stops completely in the winter depending on the habitat.

The house mouse measures 6-9 cm and weighs 12-30 g. Its home range is less than 10 m<sup>2</sup> and the daily movement is only a few meters. A female mouse produces five to 10 litters per year, each containing six to 12 puppies, the lifespan of a mouse is 1-2 years.

### How to identify a rodent infestation?

There are different signs of rodent infestation in your house:

- Seeing rats or mice inside or around the house especially at night; if you observe rats in daylight, it is a sign of a high infestation and overpopulation;
- Sounds of gnawing, squeaks, or climbing in walls;
- Presence of droppings near the food supplies in the kitchen or along the walls;
- Rodent odours: rats cannot control their urine and they urinate wherever they go, they leave a sewer like odour on their path; and
- Gnawing marks, rats and mice persistently gnaw on non-food materials (wood, plastic, etc.) to keep their incisor teeth honed.

### Tips to prevent rodents

Some practices may help to effectively keep rats and mice out of your barn or facilities:

- Repair cracks and seal any holes around doors, windows and roof to minimize the potential access of rats and mice to the house. Surprisingly, rats and mice can get through a hole of 1" and 0.5" in diameter, respectively;
- Trim all trees directly touching the house; rats are great climbers and might use the trees to infiltrate the attic; also trim under shrubs;
- Eliminate all sources of food or water around the house. All garbage containers should be rodent-proof and closed properly all the time;
- Keep tall grass, bushes and mulch away from the house foundation; and
- Keep ground bare at least 15 cm from the house.

### Why control rodent infestations?

Rodents are the most destructive vertebrates in the world; they cause damage to houses and farms;

- Disease transmission: Rodents are considered carriers of about 45 diseases, e.g. swine dysentery, salmonellosis, leptospirosis, trichinosis, toxoplasmosis, hantavirus and tapeworms. Rats and mice can carry fleas, ticks and lice on their body and pathogens on their feet which increase the spread of disease. These diseases carried by rodents are considered a serious threat to humans and their pets;
- Damage to structures: Rodents can cause electrical fires by chewing the wires of the house or the appliances; also they enlarge gaps in the walls and foundation, attics, and plumbing. Rodents can destroy

the insulation in the house which causes an increase to energy cost, in addition to the cost of re-insulation. If there is any idle vehicle around, rats and mice can build nests from a combination of natural and synthetic materials in engine compartments and ventilation systems;

- Food consumption and contamination: An adult rat consumes daily about 25-30 g of food, while mice consume less food about 5 g daily per mouse. Rats and mice contaminate 10 times the amount of feed they eat with their droppings, urine and hair.

### How to control rodents?

If a rodent infestation occurs in your house, their control should be handled by a professional pest control company. A full inspection of the house from inside and outside should be done to determine the infiltration points and the infestation level (low, medium or high). The rodents' control program is a combination of mechanical and chemical treatments.

**Mechanical control:** There are different physical ways that are involved in the rodent management program as follows:

**Live traps:** Humane traps could be a cage or a trapping box designed for small animals. After the catch, the animals will be taken away and released again in nature a few kilometres away; this humane practice might help solve the issue as the rodent goes from the site and is transferred to another area;

**Snap traps:** In case of low infestation, snap traps or box traps are efficient in reducing the rodent population; baiting the trap will attract the rodents (usually rats prefer meat based baits, while mice prefer peanut butter or chocolate). Rats are smart animals and distrustful of anything new in their environment (home range), so it is recommended to leave the baited traps non-set for a few days to allow rats to get used to its presence, if a rat does not get caught in the snap trap, it learns how to avoid it in the future. There are different models of



An adult house mouse (*Mus musculus*) found in a backyard. Al-Rajab photo

snap traps and catch boxes on the market. The size of trap depends on the target pest; either rats or mice;

**Electronic rodent traps:** The principle of these traps is similar to snap traps but the rodent will be killed by an electric shock. Some recent models are equipped with Wi-Fi and alert the user on their phone if a rodent is caught. The electronic traps are re-usable but more expensive than snap traps and the battery needs to be recharged after each catch;

**Glue boards:** They are cheap and very effective against mice in a clean area but they are not efficient in dusty areas; however, an adult rat is often able to pull itself free from a giant glue board;

**Electronic rodent repellent:** The sound and ultrasound devices might be effective in small areas to keep the rats or mice away but rodents become quickly used to them in a few days. Also, these devices may cause distress to the farm animals;

**Chemical control:** Chemical control is based on the use of rodenticides to eliminate the rodents from a specific infested area. Rodenticides vary depending on the active ingredient and their mode of action.

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# 2019 Fall HOME IMPROVEMENT

## How to grow fresh herbs indoors

Fresh herbs can make a mediocre meal mouth-watering. To ensure you have them on hand at all times, why not grow them right in your kitchen? Here's what you should know about growing herbs indoors.

### Getting started

Growing an indoor herb garden will require nutrient-rich soil, pots with good drainage and a sunny window. Generally, herbs need a minimum of six hours of sunlight a day to thrive. If you don't have a space that can provide this amount of natural light every day, consider getting an LED grow light instead.

### Choosing your herbs

You can grow your herbs from seed or purchase seedlings from a garden centre or nursery. If you buy young plants, choose ones with shiny leaves and strong stems. Some herbs that do well on a windowsill include:

- Basil
- Rosemary
- Parsley
- Chives
- Oregano
- Thyme
- Mint

### Taking care of your herbs

Herbs should be watered regularly but not overwatered. You'll know it's time to water them when the top layer of soil is just starting to dry out, but the deeper layers are still damp. Plants in smaller pots need to be watered more often.

Additionally, regularly feed your herbs nitrogen-rich fertilizer to encourage strong leaf growth. To remove salt residue caused by

fertilizing, flush the plants once a month by holding their pots over the sink and running water over them until it flows from the bottom of the pot.

To keep your herbs in great shape, harvest the leaves regularly. To do this, simply pinch off the topmost ones as you need them. Just be sure not to pick the big lowermost leaves that provide plants with a sturdy base. Regular harvesting will ensure your plants thrive.



## Bedroom decorating tips to help you get more Z's

Many people suffer from the occasional bout of insomnia. However, if this happens to you more often than you'd like, making a few tweaks to your bedroom may be the solution. Here's what you should do.

### Get the right bed

Resting on a comfortable mattress makes it easier to fall and stay asleep every night. Choosing the right one, however, can be tricky.

The best thing to do is find a store with a good return policy so you can sleep on the mattress for at least a month before you decide if it's a good fit.

Your bedding can also make a difference. Choose soft linens made of natural materials and comfortable pillows.

### Make it a relaxing space

Decorate your bedroom with soothing colours, round shapes, soft textures and cosy or airy fabrics.

Many sleep experts also recommend keeping your bedroom clutter-free and clean. A disorganized space can stress you out, while a dusty and dirty room can aggravate allergies and make it harder to sleep.

Also, it's a good idea to install blackout curtains to make the room as dark as possible when it's time to sleep.

### Keep technology out

It may be tempting to keep a television in your bedroom, but the light from the screen can trick your body into thinking it's not tired. The same goes for your smartphone and even digital clocks.

For a restful sleep, keep your room free of light-emitting technology. If you need to unwind before bed, read a book or write in a journal instead.

One last tip: consider lowering the thermostat. Cool rooms help you fall asleep quicker and encourage deeper slumber.



## 3 air exchanger mistakes to avoid

New homes are more tightly sealed than ever before, and older houses with modern windows and doors can be just as well insulated. While this helps maintain your home's temperature and thereby reduce your energy bills, it also stops fresh air from getting in. An air exchanger may therefore be necessary if you live in a home that doesn't breathe.

Air exchangers remove stale, polluted air from your home and replace it with fresh, filtered air. To get the most from yours, avoid making these three mistakes.

1. Installing it yourself. Though instructions for installing air exchangers yourself are easily found online, this job is ultimately best left to a professional. The machine will need to be installed correctly in order to work efficiently.

2. Not keeping it on. This may seem like a good way to save money, but you risk your health and that of your family. An air exchanger is only effective if it's turned on.

3. Not maintaining it. Like all household appliances, your air exchanger needs regular maintenance in order to continue working well. Following the frequency suggested by the manufacturer, periodically clean the filter with soap and water.

Don't let poor indoor air quality affect your health or that of your loved ones. Installing an air exchanger is a great way to ensure you're always breathing clean air.

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# St. Lawrence Branch UELAC holds Charter Night Dinner

**Carolyn Thompson Goddard**  
Record Staff

INGLESIDE – At the end of the American Revolution, or the War of Independence, depending on your view of the conflict, several hundred people left their families, homes and livelihoods because they had remained loyal to the British Crown and settled in what is now Nova Scotia, New Brunswick, Quebec and Ontario. They became known as the United Empire Loyalists or Loyal Refugees and today their descendants in this country number in the hundreds of thousands.

On Oct. 5 of this year, the St. Lawrence Branch of the United Empire Loyalist

Association of Canada held their 42nd Charter Night Dinner at St. Matthew's Presbyterian Church in Ingleside. Branch president, Lorraine Reoch, provided information on the project which has seen the Loyalist Research Centre (that holds genealogical records from the St. Lawrence Branch), the Lynne Cooke Collection and the Clarence Cross Collection as well as records from Class VanderBarren and the Keith Casselman collections, re-established at the Dundas Archives in Iroquois. This project, which took about three years to complete, was the result of dedicated work from Larry and Sandy Empey, Darlene Fawcett,

Roger and Jean Tupper as well as Reoch preparing the records for the move from the Cooke residence on Augustus Street in Morrisburg to the Dundas County Archives. JED Express Ltd. from South Mountain facilitated the move which occurred on May 15 of this year.

Guest speaker for the evening was Cornwall resident and local historical Stuart Manson, U.E. Manson spoke on the Loyalist Cemetery Project which began in 2018 to formally recognize cemeteries in Stormont Dundas and Glengarry where loyalists have been buried. The cemeteries themselves are recognized

as a loyalist burying site, but not individual loyalist names. The first two cemeteries have been designated with the first one being the cemetery adjacent to Trinity Anglican Church in Cornwall and the second being St. Andrew's United Church Cemetery in Bainsville. Stuart mentioned when the U.E.L. left their homes in what is now the United States of America to come to this country as refugees, they left behind the final resting places of their ancestors. The evening concluded with several people being presented with their U.E.L. certificates which certifies their descent from a United Empire Loyalist.



## Preserving history

UELAC St. Lawrence Branch president Lorraine Reoch, U.E. is shown reporting on the Loyalist Research Centre relocation from the home of the late Lynne Cook U.E. to the Dundas archives in Iroquois during the 42nd Charter Night Dinner.

Thompson Goddard photo

## Sabile Trimm

Continued from the front

"Surprisingly, the People's Party is the only one that wants to phase out supply management," she said. "The message out there to the public is that supply management protects farmers and that was the intention originally, but that's not what's happened. Before supply management, there were 174,000 dairy farmers in Canada, and now, there are 10,000 and it's decreasing constantly."

She states that while farmers are continuing down the option of "selling out," the People's Party of Canada is offering a chance to start over with a new beginning.

"If you're going to sell out, you might as well sell out to the government, [the People's Party of Canada] will buy you out and release you from your quota," said Trimm. "And then you can just farm freely; and if we allowed that, there would be a boom to small farmers and local food."

Another major plank in Trimm's platform involves the economy, which is something she is extremely concerned about. She mentioned that, in the wake of another pending recession, the country will not be

prepared for what could be coming.

"Paul Martin's excellent job as finance minister, paying off debt and leaving us with a surplus, when we went into the 2008 recession, our economy was healthy and we fared very well because of that," she said. "Recessions come and go in waves but we have another one due soon. So, right now, there are no interest rates and the economy was growing; now is the time to pay off debts, but we haven't, we've just accrued more debts."

Trimm continued to explain that, when the next recession comes our way, we're not going to do as well as we did 11 years ago. She also mentioned that it's odd that the other parties are offering and promising Pharmacare, which is not offered on the federal level of government, it's offered on the provincial level.

"The NDP, the Liberals and Green Party are offering Pharmacare, which is great, but that's a provincial jurisdiction," she said. "So, why are they offering that at the federal level? It's very weird."

Another major plank in Trimm's platform is an issue that has been a hot button topic throughout the debates; the Carbon Tax and the belief that it's not helping improve the environment, calling it a "tax grab."

"Compare it to putting higher taxes on cigarettes to encourage people to stop smoking," she said. "Higher taxes on cigarettes never stopped anyone from smoking, it just made the poor poorer. That's all it did and that's all the Carbon Tax is going to do."

Trimm states that she is 100 per cent in agreement that pollution needs to be reduced. She, along with the rest of her party, are in complete agreement about the instalment of an oil pipeline.

"I consider myself an environmentalist, I care very much about the environment but I'm also a realist. I don't think you can just say, 'no more oil,'" she said. "There is oil, so what's the best way to deal with it?"

She mentioned that other transportation options would actually give off more carbon than the use of a pipeline.

"It's more environmentally friendly to transport through a pipeline," she said.

Trimm will be running alongside other SDSG candidates including Eric Duncan (Conservative), Heather McGill (Liberal), Kelsey Schmitz (NDP) and Raheem Aman (Green Party) in the coming election. You will be able to cast your vote Mon., Oct. 21.

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COMING EVENTS

CHESTERVILLE LEGION ALL YOU CAN EAT FISH FRY
Sat., Oct. 19 5 to 7 p.m. Complete meal included (Boston Blue Fish Cod). Adults \$15, 13 years under \$13, toddlers Free.

COMING EVENTS

TURKEY PARISH SUPPER
Rev. Cyriaque Balla and the parishioners of Our Lady of the Angels Parish, invite you to their parish supper, Sun. Oct. 20, 4:30 - 7 p.m., at the Roxborough Community Hall, St-Polycarp St., Moose Creek. Adults \$12, Children 6-12 \$5, Children Under 6, Free. Take out meals also.

FREE CONCERT
Nationside Pentecostal Church invites you to a free Concert with Trevor Baker, Christian Singer/ Songwriter on Sat., Oct. 19 @ 7 p.m. Location is at Christ Church United, 5 Casselman St. in Chesterville. A free will offering will be taken.

COMMUNITY CLOTHING GIVEAWAY
Nationside Pentecostal Church invites you to a free Community Clothing Giveaway on Sat., Oct. 26 from 11-2 p.m. This event hosted by Nationside, Christ Church United and The Gathering House will be held at Christ Church United, 5 Casselman St. in Chesterville. Bring your friends and neighbours. Enjoy a hot dog and refreshment.

BREAKFAST AT NORTH STORMONT PLACE
In Avonmore from 8 to 11 a.m. held in conjunction with the 5th Annual Avonmore Firefighters Run. Breakfast hosted by Roxborough Agricultural Society. Adults \$10, Children 6-12 \$5, 5 and under Free. Everyone is most welcome. www.avonmorefair.ca

WINTER STORAGE
Chesterville & District Agricultural Society, Sat., Oct. 26 and Sat., Nov. 2 (if space available) 8 a.m. to noon. Chesterville Fairgrounds. For more info visit www.chesterville-fair.com/winter-storage/.

COMING EVENTS

TURKEY SUPPER
St. Andrew's Presbyterian Church, Avonmore. Sat., Oct. 26 4:30 - 7 p.m. at North Stormont Place. Advance tickets only. Tickets are available for sale through: Barkley Store - 613-346-5765. Adults (ages 13+) \$15, Children 5-12 \$8, Under 5 - Free.

WDMH ANNUAL FALL BAZAAR
The Auxiliary of WDMH invites you to our annual Fall Bazaar on Fri., Oct. 18, from 9 a.m. - 3:30 p.m. It will be held in the hospital lobby and parking is free. All proceeds go to the hospital auxiliary.

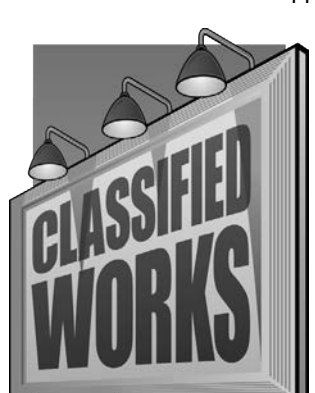
CHILDREN'S HALLOWEEN PARTY
Chesterville Legion is hosting a children's Halloween Party Sun., Oct. 27, 1 - 4 p.m. at the Legion Hall. Ages 0 - 12 are invited. Prizes for best costume in different age groups, along with winners of various games.

YARD SALE
Fri., Oct 18, 2 - 5 p.m. and Sat., Oct. 19, 9 a.m. - 2 p.m. 552 Main St., Winchester. Lots of items for everyone.

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BIRTH

WINDSOR - SWERDFEGER
Big brother, Grayson, is thrilled to announce the birth of his little sister, Shelby Lynn, born on Sept. 27, 2019. Weighing 5 lbs., 11 oz. at the Ottawa General Hospital. Proud parents are Gerald Swerdfeger and Jen Windsor. Shelby is also welcomed by grandparents Andy & Lynn Windsor and Garry & Helen Swerdfeger.



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## North Stormont firefighters attend Autism Awareness Training

Carolyn Thompson Goddard  
Record Staff

MOOSE CREEK – Over half of all North Stormont firefighters attended Autism Awareness Training at the Moose Creek Recreation Centre on Mon., Oct. 7.

The training was conducted by Jennifer Fullarton and Dominique Payment with a view to provide firefighters with information on Autism Spectrum Disorder as well as how to recognize and diffuse situations involving high anxiety. Fullarton explained that the training consisted of information on ASD, training scenarios and providing participants with the tools needed to deal with possible situations.

North Stormont fire chief Dan Gauvin explained that Autism Awareness Training, though not presently mandatory, is being provided to all firefighters in Stormont Dundas and Glengarry. He was pleased with the turnout at the training session and commented how it is “a great program, it will increase their awareness” as to possible situations encountered by emergency personnel or first responders.

Gauvin continued that each fire station in North

Stormont will be provided with an Autism Spectrum Disorder Kit that was donated to the township by Rachel’s Kids. North Stormont fire prevention officer Nancy-Ann Gauthier explained these kits contain weighted lap pads, PEC [Picture Exchange Communication] cards with universal images, fidget and tactile objects, a massage roller, bubbles, a pinwheel and the Rachel’s Kids’ bear, Ted.

An information pamphlet from the North Stormont Fire Service defines a special needs person as someone who has “a mental, emotional or physical disability” and may need assistance with “c o m m u n i c a t i n g , movement, self-care [and/or] decision-making.” The pamphlet explains first responder training will assist in acquiring knowledge on potential trigger situations, challenges faced by family or caregivers and help them prepare for emergency situations.

A special needs assessment form has been created for residents in either paper or electronic form. Once it is completed, “two Fire Rescue Stickers will be mailed to residents.” These stickers are to be



### Firefighter training

Members from all four of the fire stations in the Township of North Stormont gathered at the Moose Creek Recreation Centre on Mon., Oct. 7 to receive Autism Awareness Training.  
Thompson Goddard photo

placed on the front door of the home as well as the window of the “resident with special needs.” Information contained in the completed form “will be entered into our dispatch database” that will alert first responders to an emergency situation where a special needs person is present.

For more information on the services provided by the North Stormont Fire Service, you can contact them by calling 613-984-2421 or stopping by the municipal office in Berwick.

### Graduation



Dayton Kelly

Congratulations to Dayton on completing a Bachelor of Biomedical Science and a Masters of Science in Psychology at Trent University in Peterborough. Dayton is currently in his first year at the Northern Ontario School of Medicine in Sudbury in pursuit of his dream of becoming a physician.

Love Darrin, Rhonda and Spencer



### Tender # 19-2019: Ingleside Wastewater Treatment Plant Mould Abatement Project

Tenders, clearly marked will be received by the Township of South Stormont, 2 Mille Roches Road, Long Sault, ON KOC 1P0 no later than 2:00 p.m. on **Wednesday, October 30<sup>th</sup>, 2019.**

Hard Copies of the tender documents may be obtained by contacting HSP Engineering at the address listed below.

#### Engineer

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Blake Michels

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Phone : 613-932-3289 x 222

Email: bmichels@hsp.ca

There will be a mandatory job showing at the Ingleside Wastewater Treatment Plant, located at 17754 County Rd. 2, Ingleside on **Tuesday, October 22<sup>nd</sup> at 9:00 a.m.** Sub-contractors or suppliers may attend .

Additional tender details can be found at [www.southstormont.ca](http://www.southstormont.ca)



### Happy anniversary!

Lisa Williams (right) celebrated Main Street Clothing’s fifth year in business Thurs., Oct. 10 – Sat., Oct. 12 by offering her loyal customers refreshments, door prizes and discounts galore. After previously working in clothing stores and then deciding to take a step back for her family for many years, she decided to get back to it with her own business. But why Winchester? Because it’s her home and both her and her family love the community. Also pictured: Margot Guy.

Glover photo



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## Rockets drop a pair of weekend games

Jeff Moore  
Record Staff

**CARP** — The North Dundas Rockets played two games this past weekend as they welcomed the St. Isidore Eagles on Saturday night and travelled to Carp on Sunday afternoon to take on the West Carleton Inferno.

### Inferno 4 Rockets 3

The North Dundas Rockets travelled to the W. Erskine Johnson Arena in Carp on Sun., Oct. 13, to take on the West Carleton Inferno, in the NCJHL. The Rockets went into the game still tied for second place in the West Division with the Inferno and the Metcalfe Jets.

The Rockets opened the scoring just 24 seconds into the first period as Brad Nash sniped one from Justin Lefebvre and Jack Dewan taking a 1-0 lead. The Inferno outshot the Rockets 16-10 in the first period but trailed 1-0 heading into the first intermission.

The Inferno knotted the affair at 7:53 of the second period but the Rockets retook the lead when Jack Van Kessel tapped one home unassisted on the power play. The Rockets took a 2-1 lead into the second intermission.

The Rockets made it 3-1 when Nick Carroll scored his first goal as a Rocket from

Nash and Lefebvre at 4:27. The Inferno got to within one at 5:42 and tied the game at 11:27 on the power play. The Inferno took their first lead of the game with just 2:04 remaining in regulation.

The Rockets pulled their goaltender in favour of an extra attacker but could not bury the game tying goal as the Inferno took the game and the two points with a 4-3 victory. With the win, the Inferno moved into sole possession of second place.

The Inferno outshot the Rockets 37-24. Suffering the loss in the Rockets' goal was Emerson Hunt making 33 saves.

### Eagles 6 Rockets 3

The North Dundas Rockets welcomed the St. Isidore Eagles to the Chesterville Arena on Sat., Oct. 12, in the NCJHL. The Rockets went into the game in second place in the West Division but had only one win and a loss and sat six points behind the South Grenville Rangers in first place.

The Rockets opened the scoring just 1:37 into the first period as Joel Hunt slapped one home from Pierce Egan taking a 1-0 lead. The Rockets took a two-goal lead when Jack Van Kessel ripped one home from Xavier Langevin and William Watson at 9:42. The Rockets took a 2-0 lead into the first intermission.

The Eagles scored the lone goal of the second period at 8:34. The Rockets took a slim 2-1 lead into the second intermission.

The Eagles came out in the third period on fire scoring at 5:32, 6:49, 8:30 and 8:45 taking a 5-2 lead.

The Rockets got back to within two when Cole Hodges tipped one home from Brett Lannin and Hunt at 10:36 on the power play. The Eagles closed out the scoring at 12:33 and hung on for a 6-3 victory. With the loss, the Rockets allowed the Metcalfe Jets and the West Carleton Inferno to tie them in the standings.



The North Dundas Rockets welcomed the St. Isidore Eagles to the Chesterville Arena on Sat., Oct. 12, in the NCJHL. The Rockets added a new player this past weekend from the Gatineau Hull-Volant. Nicholas Carroll looked good in his debut but the Rockets had a bad third period costing them the game 6-3.

Moore photo

The Eagles outshot the Rockets 34-30. Suffering the loss in the Rockets' goal was Caleb Gervais making 24 saves.

### Up next

The North Dundas Rockets welcome the West

Carleton Inferno to the Chesterville Arena on Sat., Oct. 19, at 7:30 p.m. and return the favour as they travel to the W. Erskine Johnson Arena in Carp to take on the Inferno on Sun., Oct. 20 at 4:10 p.m.

## Demons hunt down Rangers

Jeff Moore  
Record Staff

**WINCHESTER** — The North Dundas Peewee B Rep Demons welcomed the South Grenville Rangers to the Joel Steele Community Centre on Wed., Oct. 9, in the UCMHL.

### Demons 6 Rangers 2

The Demons opened the scoring just 1:03 into the first period and took a two-goal lead at 10:45. The Rangers took the 2-0 lead into the second period.

The Demons cut into the deficit at 2:05 of the second period as Dylan McCarthy scored from Merrick Crawford.

The Demons tied the game when McCarthy scored his second of the game from Josh Lafrance

and Carter Williams at 4:33. The Demons took their first lead of the game when Tyler Dunham scored from McCarthy at 9:51. The Demons took a 3-2 leading the final stanza.

The Demons increased their lead to two as Markus Bols scored from Nathan Epps just 1:11 into the third period. The Demons made it 5-2 when Ryan Wilson scored an unassisted goal at 3:12 and closed out the scoring at 14:39 as Jake Weber scored from Lafrance and Williams.

The Demons hung on for a 6-2 victory. The Demons outshot the Rangers 29-19. Picking up the win in the Demons' goal was Kolton Belmonte making 17 saves.



The North Dundas Rockets travelled the W. Erskine Johnson Arena in Carp on Sun., Oct. 13, to take on the West Carleton Inferno, in the NCJHL. The Rockets forward, Joel Hunt (22), gets cross checked to the ice while trying to slide the puck into the net by the Inferno's defenseman, Aron Burgess (23). The Inferno goalie, Nathan Cheung follows the puck as it slides by the net. The Rockets built up a 3-1 lead but the Inferno completed a comeback taking the game 4-3.

Moore photo

## Hawks pick up a much needed point in OT loss

Jeff Moore  
Record Staff

**PERTH** — The Winchester Hawks played just a single game this past weekend as they travelled to Perth on Friday night to take on the Blue Wings.

### Blue Wings 4 Hawks 3 (OT)

The Winchester Hawks travelled to the Perth Arena on Fri., Oct. 11, to take on the Blue Wings in the CCHL2. The Hawks went into the game in fourth place in the Martin Division one point behind the Ottawa Jr. Canadians and two points behind the Casselman Vikings in second place.

The Blue Wings sat in fourth place in the Richardson division and are the defending Barkley Cup champions.

The Hawks opened the scoring when Kyle Fleming scored his third goal of the season from Kyle Fleming at the four-minute mark of the first period taking a 1-0 lead. The Hawks made it 2-0 when Marco Haw lit the lamp for the fifth time this season from Kyle Kuenhi and Jacob Giacobbi with 2:14 remaining in the opening frame. The Blue Wings got to within one with just 24 seconds remaining but trailed 2-1 heading into the first intermission.

The Blue Wings scored the lone goal of the second period at 17:37 despite being outshot by the Hawks 13-12 in the second period. The teams took a two-all draw into the second intermission.

The Hawks retook the lead when Ryan Nielsen scored his second of the season from Eric Vitale at 9:09 of the third period. The Blue Wings knotted the affair at 13:13. Neither team was able to claim the victory before the clock wound down in regulation, so the game headed to a five-minute three-on-three overtime period. The Blue Wings ended the game at 3:17 of the overtime period taking it 4-3.

With the single point, the Hawks moved to within one point of the Casselman Vikings but fell to two points back of the Canadians after they beat the Vikings. The Blue

Wings outshot the Hawks 5-37. Suffering the loss in the Hawks' goal was Lucas Devries making 46 saves.

### Up next

The Winchester Hawks welcome the Casselman Vikings to the Joel Steele Community Centre on Fri., Oct. 18, at 8:15 p.m. and travel to the Cobden Arena on Sat., Oct. 19, to take on the Whitewater Kings at 7:30 p.m.



The Winchester Hawks travelled to the Perth Arena on Fri., Oct. 11, to take on the Blue Wings in the CCHL2. The Hawks' defenseman, Ryan Nielsen (17) has been a stalwart on the blue line this season but also contributes offensively scoring two goals and five assists in seven games. Nielsen scored the go-ahead goal early in the third period but the Blue Wings battled back to take the game in overtime.

Moore photo

## Cedar Glen Men's Night

The results from the Cedar Glen Men's Night on Thurs., Oct. 10, were: first low gross A - Dave Bird 37, closest to the pin on number six - Billy Dejong, first low gross B - Larry Harper 40, first low net B - Peter Schoenfeld 32, second low gross B - Jeff Derue 4, longest drive on number seven - Harold Chalker, first low gross C - Gary Whitteker 43, first low net C - Stephen McMillan 35, second low gross C - Shaler Hill 46, closest to the pin on number nine - Kevin Whitteker, first low gross D - Bruce Kerr 48 and first low net D - Pete Brown 35. Other winners A/B Skins: Kevin Whitteker with a four on one. C/D Skins: Bruce Kerr with a five on one, Pete Brown with a four on three and Stephen McMillan with a four on seven. 50/50 winner was Gary Dave Bird.





# Vikings fall to Canadians in a battle of one vs two

**Jeff Moore**  
Record Staff

CASSELMAN—The Casselman Vikings played just one game this past weekend as they welcomed the defending CCHL2 champions, the Ottawa Jr. Canadians on Tuesday night.

## Canadians 3 Vikings 1

The Casselman Vikings welcomed the Ottawa Jr. Canadians to the J. R. Brisson Complex on Thurs., Oct. 10, in the CCHL2. The Vikings went into the game in sole possession of second place in the Martin Division two points behind the Canadians who we're holding down first place.

The teams battled to a scoreless first period but the Vikings doubled the shot count 12-6 over the Canadians.

The Vikings opened the scoring when Justin Gregoire scored his first goal of the

season, and as a Viking, at 5:35 of the second period from Frederick Gagnier and Zachary Power taking a 1-0 lead.

The Canadians tied the game at 8:18 and took their first lead of the game at 9:26. The Canadians took a 2-1 lead into the second intermission.

The Vikings pressed to tie the game and with just over a minute remaining, they pulled their goalie in favour of an extra attacker but it was the Canadians who found the empty net with just seven seconds remaining and took the game 3-1.

With the loss, the Vikings fell to three points behind the Canadians but also slipped into third as the Ottawa West Golden Knights won their next two games to surpass the Vikings by a pair of points. The Vikings outshot the Canadians 30-24. Suffering the loss in the Vikings' goal was Nick Campbell making 21 saves.



The Casselman Vikings welcomed the Ottawa Jr. Canadians to the J. R. Brisson Complex on Thurs., Oct. 10, in the CCHL2. The Vikings forward, Maxime Desjardins gets a glorious scoring opportunity against the Canadians' goalie, Ryan Whitehurst but was unable to find the back of the net. The Canadians went on to take the game 3-1 handing the Vikings their first regulation loss of the season.

Moore photo

## Up next

The Casselman Vikings play three games as they travel to the Brockville Memorial Centre to take on the Tikis on Wed., Oct. 16 at 7:45 and travel to the Joel

Steele Community Centre in Winchester on Fri., Oct. 18 to take on the Hawks at 8:15 p.m. The Vikings then welcome the Ottawa West Golden Knights to the J. R. Brisson Complex on Sun., Oct. 20 at 7:30 p.m.

# Panthers slip past Hawks into fourth place

**Jeff Moore**  
Record Staff

COBDEN—The Embrun Panthers played a pair of home games this past weekend as they welcomed the Ottawa West Golden Knights on Friday night and the Whitewater Kings on Sunday afternoon.

## Panthers 6 Kings 2

The Embrun Panthers welcomed the Whitewater Kings to the Palais des Sports on Sun., Oct. 15, in the CCHL2. The Panthers were coming off a tough 2-1 loss to the Ottawa West Golden Knights and remained in fifth place in the Martin Division but still had a chance to move into sole possession of fourth place with a win.

The Panthers opened the scoring when Robert Beaudoin scored his fourth goal of the season unassisted just 1:58 into the first period

taking a 1-0 lead. The Panthers made it 2-0 when Beaudoin scored his second of the game and fifth of the season from Cayden Martin at 11:04.

The Panthers continued their assault scoring at 16:54 as Tristan Taillefer scored his eighth of the season from Alexandre Caron and Eric Skyba. The Panthers took a 3-0 lead into the first intermission.

The Panthers got to within two at 2:30 of the second period but the Panthers restored their three-goal lead when Cameron MacMillan scored his second of the season from Juno Gregoire and Tyler Cummins on the power play at 7:09.

The Panthers made it 5-1 when Cummins scored his first of the season from MacMillan and Jarrett Ladouceur, just seven

seconds later. The Panthers took a five-goal lead when Gregoire scored his fifth of the season unassisted at 11:15. The Kings got back to within four at the 12-minute mark but trailed 6-2 heading into the second intermission.

The Panthers outshot the Kings 12-10 in the third period but neither team was able to score as the Panthers went on to claim a 6-2 victory.

With the win, the Panthers leap frog the Winchester Hawks into sole possession of fourth place. The Panthers outshot the Kings 40-30. Picking up the win in the Panthers' goal was Josh Paradis making 28 saves.

## Golden Knights 2 Panthers 1

The Embrun Panthers welcomed the Ottawa West Golden Knights to the Palais des Sports on Fri., Oct. 11, in the CCHL2. The Panthers

went into the game in fifth place in the Martin Division and were looking to jump ahead of the Winchester Hawks for sole possession of fourth.

The teams battled to a scoreless first period with the Panthers edging out the Golden Knights in shots on goal 14-13.

The Golden Knights opened the scoring at 4:22 of the second period taking a 1-0 lead. Thee Golden Knights took the 1-0 lead into the second intermission.

The Panthers brought the score to even when Oskar Mollot scored his first goal of the season unassisted at 12:07 of the third period. The Golden Knights retook the lead at 13:32 and hung on for a 2-1 victory. The Panthers outshot the Golden Knights 34-29.

Suffering the loss in the Panthers' goal was William



The Embrun Panthers welcomed the Ottawa West Golden Knights to the Palais des Sports on Fri., Oct. 11, in the CCHL2. The Panthers' rookie goaltender, William Nguyen was dialled in during this matchup making a stop through traffic. Nguyen made 27 saves on 29 shots but it was the Golden Knights who took the game 2-1.

Moore photo

Nguyen making 37 saves.

## Up next

The Embrun Panthers travel to the Billy Gebbie Arena in Alexanria to take

on the Glens on Fri., Oct. 18, at 8 p.m. and travel to Centre 76 in Athens on Sat., Oct. 19, to take on the Aeros at 7:30 p.m.

# Lions pick up first point of the season

**Jeff Moore**  
Record Staff

MORRISBURG—The Morrisburg Lions played two games this past weekend as they travelled to Ottawa on Friday night to take on the Bytown Royals and played host to the Gatineau Hull-Volant on Saturday night.

## Volant 7 Lions 2

The Morrisburg Lions welcomed the Gatineau Hull-Volant to the Morrisburg Arena on Sat., Oct. 12, in the

NCJHL. The Lions picked up their first point of the season the previous night and were looking to ride the momentum into this game.

The Volant were sitting in a two way tie for fourth place in the East Division with a record of 2-3. The Volant opened the scoring at 9:58 of the first period taking a 1-0 lead. The Lions responded just 48 seconds later as Justice Brownlee slapped one home from Braden Kehoe

and Tyler Rae. The teams took a one-all draw into the first intermission.

The Volant scored two power play goals at 4:03 and 13:36 of the second period and took a 3-1 lead into the second intermission.

The Volant added another four power play goals at 6:32, 7:06, 7:59 and 8:21 taking a 7-1 lead. The Lions closed out the scoring at 17:32 as Kevin Doyle snapped one to the back of

the net from Brownlee and Jake Amo but it was too little, too late as the Volant took the game 7-2 handing the Lions their fourth loss of the season.

The Lions took 72 minutes in penalties to the Volant's 38. Suffering the loss in the Lions' goal was Riley Phillips.

## Lions 1 Royals 1

The Morrisburg Lions travelled to the Bernard Grandmaitre Arena in Ottawa on Fri., Oct. 11 to take on the Bytown Royals in the NCJHL. The Lions went into the game in last place in the West Division and were looking for their first win of the 2019-20 season.

The Royals sat at the top of the East Division with a record of 4-2. The Royals opened the scoring at 17:49 of the first period and carried the 1-0 lead into the first intermission.

Neither team was able to score in the second period But the Royals outshot the Lions 17-12.

The Lions found themselves a man down in the middle of the third period, but at 9:44, Justin Shay



The Morrisburg Lions welcomed the Gatineau Hull-Volant to the Morrisburg Arena on Sat., Oct. 12, in the NCJHL. The Lions' forward and alternate captain, Cal Bilmer (23) carries the puck out of the corner as the Volant defender, Jeremie Cardinal looks on. The Volant had the last laugh taking the game 7-2.

Moore photo

scored while shorthanded and unassisted tying the game at one. Neither team was able to score before the time ran out in regulation so the game headed to a five-minute three-on-three overtime period.

The Royals outshot the Lions 5-3 in the extra frame but neither team was able to pick up a victory as they settled for a one-all draw. The

Royals outshot the Lions 59-29. Picking up the single point in goal for the Lions was Riley Phillips making 58 saves.

## Up next

The Morrisburg Lions travel to the Larry Robinson Arena in Metcalfe on Fri., Oct. 18, to take on the Jets at 8:15 p.m. and play the hosts to the Clarence Castors on Sat., Oct. 19 at 7:15 p.m.

# Bantam House Demons wrangle Rangers

**Jeff Moore**  
Record Staff

WINCHESTER—The North Dundas Bantam House Demons welcomed the South Grenville Rangers to the Joel Steele Community Centre in Winchester on Sun., Oct. 13, in the UCMHL.

## Demons 5 Rangers 4

The Rangers opened the scoring at 4:51 of the first period taking a 1-0 lead. The Demons tied the game when Braden Barrie scored an unassisted goal at 9:14. The teams took a one-all draw into the second period.

The Rangers retook the lead at 3:15 of the second period and took a two-goal lead at 6:51. The Demons got back to within one as

Cam Shaver scored an unassisted goal at 9:46 and knotted the affair with just 1:29 remaining in the middle frame as James Martens scored from Luke Byvelds. The teams took a three-all draw into the third period. The Rangers retook the lead at 4:30 of the third period but the Demons tied it again as Shaver slid his second of the night home from Nolan Stewart and Myles Smith at 5:13.

The Demons took their first lead of the game when Shaver completed his hat trick from Maddux England at 6:36. The Demons were able to fend off the Rangers offence and hang on for a 5-4 victory. Picking up the win in the Demons' goal was Quinten Barrie.



# Pin Tales

**Les Dynamiques:** Men's High Single, Pierre Briere 198; Men's High Triple, Pierre Briere 508; Ladies' High Single Rejeanne Lefebvre 195; Ladies' High Triple Rejeanne Lefebvre 464.

**Williamsburg Mixed:** Men's High Single, Paul Dechamps 278; Men's High Triple, Paul Dechamps 733; Ladies' High Single, Valerie Vanderveen 241; Ladies' High Triple, Leslie Vanbruinessen 569. Team Standings: Fuzzy Leprechaun's 29.5, George Gang 27, Wow Team 27, Garry Angels 26, Corner Pins 26, Struggler 14.5.

## Youth Bowling Canada

**YBC Peewees:** Girl's High Single, Danika Bissonnette 96; Girl's High Double, Danika Bissonnette 184; Boy's High Single, Isaac Bradley 100; Boy's High Double, Isaac Bradley 199. Team Standings: Bruins 37, Leafs 24.5, Sharks 19.5, Kings 19.

**YBC Bantams:** Girl's High Single, Robin Sanders 140; Girl's High Double, Paige Michaud 251; Boy's High Single, Clark Sanders 182; Boy's High Double, Clark

Sanders 326. Team Standings: Avalanche 59, Red Wings 42, Coyotes 39.5, Blackhawks 37, Flames 36, Rangers 34.5, Jets 29.

**YBC Juniors:** Girl's High Single, Lindsay Burnett 219; Girl's High Triple, Lindsay Burnett 542; Boy's High Single, Carter Daines 159; Boy's High Triple, Alex Robinson 415. Team Standings: Ducks 30.5, Senators 30.5 Sabres 29.

**YBC Seniors:** Girl's High Single, Kendra Brown 214; Girl's High Triple, Kendra Brown 543. Team Standings: Canucks 24, Panthers 21.

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## GPR candidates debate serious issues

Kory Glover  
Villager Staff

GPR – As the federal all-candidates debate for the riding of Glengarry-Prescott-Russell hosted by Rogers TV began, the topic of immigration was dropped on the candidates after opening statements.

“Absolutely, we do need more immigrants; immigrants serve a very important role in our country,” said NDP candidate Konstantine Malakos, whose, in his words, father was an immigrant and is currently married to an immigrant. “We need to focus on family reunification, it’s taking way too long. It’s very important for families to have their parents and grandparents here to truly make them feel at home.”

Malakos also made a note to mention that when people come here from other countries, their education should be recognized; referencing people working in Canada in jobs that do not match their trained profession.

People’s Party of Canada candidate Jean-Jacques Desgranges immediately rebutted: “So, you will accept that certain standards that are below Canadian standards when we’ve got people coming into Canada with certain qualifications,” he said. “The problem is that the rest of Canada has to support the parents for your unification program.”

Desgranges went on to explain that the PPC’s program is very simple, detailing that if you have skills that are proven useful or required in Canada’s economy, you are able to work for the country, bringing your spouse and kids. The parents and grandparents are able to visit, not stay because funding them to live here would put a strain on the economy.

Malakos rebutted by saying that there is plenty to go around and that there shouldn’t be a choice as to which family is brought in.

Marthe Lépine, now running as an independent candidate, after her recent drop from the Green Party, pointed out that Desgranges assumes that these immigrants are going to be funded by the

government.

“In large part, they are going to be supported by their children and there’s an old-fashion principle in the economy, ‘if you bring money into the economy, it goes from one person to another and it multiplies,’” she said.

Conservative candidate Pierre Lemieux cut off Lépine, stating that while his party does believe in immigration, the system needs to think about what is best for Canada and its citizens. “Under the Conservative leadership, that’s exactly how we focus our immigration system, in fact, we cleared up a lot of backlog and we raised the numbers to the betterment of Canada,” he said. “What we need to do is make sure our immigration system, and its processes, are fair, just and equitable and the Liberals have not done this. They have not protected the integrity of our immigration system, which is why Canadians have concerns about immigration, when they shouldn’t have because they do support immigration.”

Liberal candidate, Francis Drouin was quick to defend his party, stating that the Conservative and PPC parties were simply fear-mongering with misinformation.

“Our immigration system is reliable; what Mr. Lemieux is doing is confusing the refugee system and the immigration system and that has been fear-mongering from the Conservatives and the People’s Party,” he said. “I just want to clarify that we need immigration, otherwise we’re not going to meet our economic growth goals.”

Drouin continued to explain that sustaining Canada’s economic growth will include an immigration system that works for everyone.

The next question in the debate was aimed toward Lemieux, whose party leader has attacked the Liberal party leader on honesty and integrity, asking about Andrew Scheer’s work background and US citizenship. The question simply asked, why Canadians should trust Scheer.

Lemieux explained that it was a question of perspective. “Justin Trudeau has broken the federal law on two occasions and it’s

not Conservatives that are saying that, it’s the ethics commissioner that is saying that,” he said. “He has also claimed to be a feminist, yet he has thrown two women out of his caucus and he fired his attorney general. Why did he do that? Because she would not do what he told her to do.”

Lemieux went on to say that a Liberal MP wanted to run in this federal election but Trudeau blocked her from doing so because she refused to call him a “great feminist.”

“There are a lot of ethical problems with Justin Trudeau, Canadians are seeing this, and they are losing confidence.”

Again, Drouin was quick to defend his party and his party’s leader, bringing the conversation back to the topic of Scheer’s credibility.

“I don’t think it’s asking too much when the person [is] applying for the top job in the country... they be honest with Canadians and, in Mr. Scheer’s case, maybe he was an American insurance broker,” he said.

Malakos also immediately went after Lemieux, asking him if he gets lessons in deflecting a question, after being asked a direct question about why Canadians should trust Scheer and only speaking about Trudeau.

Lemieux stayed on course, speaking about what he perceives as Trudeau’s failures throughout his term as Prime Minister, comparing his behaviour to that of his own children. Independent candidate Daniel Fey agreed with Malakos’ statements.

“He was correct, you were asked a question about Scheer and I would’ve like to hear an answer about Scheer,” he said.

Lemieux rebutted, explaining that Scheer’s dual citizenship controversy pales in comparison to the current Prime Minister’s downfalls.

“It goes back to this comparison, when Mr. Scheer was asked that question, he answered in a very direct and forthright manner,” he said. “When Mr. Trudeau has been asked questions, he has not.”

The next question was directed at Desgranges, whose party has promised balancing the budget in a quick time frame of two years. He was asked how this is

possible without the fear of service cuts.

“It’s with a critical look at the books, a critical look at the programs which may not be useful anymore or that have matured,” he said. “One of these is the *Multicultural Act*, there is money being spent under that act to promote many cultures, who can now stand on their own. That act has done very good things, but now it has matured.”

Desgranges stated that more programs need to be looked at to ensure money is not being wasted.

Malakos was quick to state that the PPC “admitted” they are against multiculturalism, telling viewers to think about that. Drouin was also quick to accuse the PPC for failing to provide Canadians with a fiscal plan.

Desgranges simply asked Drouin if he was planning to in-debt all future children and grandchildren, because that’s the path the Liberals have us on. Fey weighed in on the conversation, stating that some hard choices need to be made. “We should not have deficit spending at all,” he said. “We know how much money is supposed to be coming in, we [should] know how much we need for the next year.”

Lemieux pointed out that the Liberals promised to balance the budget by 2019 and they have failed to uphold that promise.

“The amount of deficit they have accrued in over four years tops \$70-billion,” he said. “There is no balanced budget in sight and, in fact, over the next four years, if they win this election, it’ll be up to \$100-billion.”

Desgranges ended the question, stating that the PPC will ensure the budget be back to equilibrium in two years.

“We’ll do that by looking at the programs that are in place and the programs that can actually be cut or reduced,” he said. “In doing so, there will be enough money to cover the deficit and once the deficit is done, a bright new world will come out of that for Canada.”

To view the entire debate, you can visit rogerstv.com/media?lid=237&rid=4&gid=320505. Advanced polling has started, and election day is Mon., Oct. 21; be sure to cast your ballot.

## Unveiling of the winner of the Russell Public Library Photo Contest

RUSSELL – Congratulations to Katrina Lamont Stanley, the winner of the Photo Contest held by the Russell Public Library. Stanley’s photo of the Castor River on a misty morning was selected by the jury and will be printed on all new library cards starting in Jan. 2020.



Winning photograph:  
Katrina Lamont Stanley

“We want to thank all the amateur photographers who shared their most beautiful photos of the Russell Township. We are satisfied with the number of entries received for this first edition of the contest and we intend to hold it again next year,” said France Séguin-Couture, CEO of the library.

The elements used by the jury to judge the submitted photos were composition, visual impact, technical quality, originality and creativity. The

jury selected the winning photo and four other finalists from the entries received.

“The community is invited to an exhibit of the finalists’ photos at the Russell Branch on Thurs., Nov. 14 from 6 p.m. to 8 p.m. during our event ‘Our Shared Vision’ at the library,” continued Ms. Séguin-Couture.

The municipality will also use the photos of the finalists in their publications to promote the beauty of the township.



### Hard working jury

From the left, jury members Shanna Steals (executive director of Prescott-Russell Arts Council), France Séguin-Couture (CEO of the library) and Jean-Paul Deveau (photographer).

Courtesy photo



### Welcome to Russell Signs

Eric Brisson, president of Oligo Group, presents a cheque for \$1,000 to the Kin Club of Russell for their “Welcome to Russell” signs project. This ‘Community Leader’ sponsorship by Oligo Group was made on Oct. 10 to assist the Kin Club in the construction of two large Welcome to Russell signs. These village signs will be placed on Castor St., by the bike path between Russell and Embrun and also on Craig St., close to Boundary Road. Major sponsors will have their names enshrined on a commemorative plaque near the bike path sign location. Names will appear in order of the size of their donation first, then alphabetically. All other donations are welcome!

Courtesy photo





# Cannabis and hemp in Russell Township

**Kory Glover**  
Villager Staff

VARs – Industrial-scale B2B genetics and micropropagation company, apollogreen, officially

unveiled their brand new 5,000 sq. ft. facility on Wed., Oct. 9 right off Highway 417 in Vars. This is a first stage building that will supply premium quality (safe, lab-

tested, and disease-free) cannabis and hemp starter plants to the global market.

“This is a big celebratory day for us,” said CEO Tyler LeBlanc, to the crowd. “This

has been a long haul to get off the ground, we’ve been working on this for almost five years and we finally got all three licences from Health Canada. We’ve got plants inside now, growing, and we’re in business.”

Russell Township Mayor Pierre Leroux, dressed for the occasion, was in attendance at the open house, giving LeBlanc and his large team his congratulations and support for their business in Russell Township.

“On behalf of Russell Township, we’re extremely proud to have apollogreen set up shop here in our township,” he said. “As you can tell, our industrial park is booming, we have tons of companies that are noticing us and it’s so important to have these innovative types of companies establish here. It’s an old field but a relatively new field.”

Glengarry-Prescott-Russell MP Francis Drouin also gave his blessing for the newly opened business.

“I really want to thank the investors who believed in the team to get this going because I know Health Canada doesn’t give out LPs very easily; it takes a long time,” he said. “What we see here is the tip of the iceberg, but there is a lot of work that goes behind a building and having a licence to produce, a lot of regulations. I want to congratulate Tyler and his team, and welcome to Prescott-Russell.”

After the presentations and photos, *The Chesterville Record* caught up with LeBlanc to ask more questions about his coming business to the GPR area.

LeBlanc wanted to start a company like this because he believes in the benefits of cannabis and hemp and how it can help people. He also wanted to be part of a

new global marketplace that could have a lot of benefit toward mankind.

LeBlanc went on to explain his business: “At apollogreen, we’re a genetics and micropropagation company,” he said. “Genetics means the different varieties of cannabis; they all have different terpenes. We focus basically on helping other licensed producers with propagation, we used tissue culture which allows us to clone plants in a very efficient manner.”

This would help speed up the process by taking from several smaller plants instead of taking from one ‘mother plant.’ Plants have already started to grow in their facility and they hope to have some available for market in the next couple of months

“It takes a couple months to ramp up stock and in about six weeks from now, we’ll have plants available for the market,” he said.



Glover photo

## The whole team celebrates

Apollogreen CEO Tyler LeBlanc invited his whole team, as well as Russell Township Mayor Pierre Leroux and GPR MP Francis Drouin to cut the ribbon of their new cannabis and hemp market company.

## Marthe Lépine removed from Green Party, continues to run as an Independent

**Michelle O’Donohue**  
Villager Staff

GPR – Early last week, the Green Party of Canada announced in a press release that Marthe Lépine was being removed from their party. Lépine was the candidate for the Glengarry–Prescott–Russell riding in the upcoming (Mon., Oct. 21) federal election. The Green Party chose to cut ties with Lépine due to social media posts the candidate had made about abortion.

The release read: “Today [Oct. 7] the Green Party of Canada (GPC) removed Marthe Lépine as its candidate for Glengarry–Prescott–Russell. Lépine had recently published several posts expressing views about abortion that did not align with GPC policy.” The release concluded in stating: “The Green Party will always fight for access to timely, safe, legal abortions,” said Green Party director of communications John Chenery. “It recently came to light through social media posts, that Ms. Lépine does not support this position so she has been removed as a candidate.”

While Lépine has been removed from her former party, the deadline had already passed for her name to be removed from the ballot. When asked through email if her intention was to continue to run in the election, Lépine responded, “Yes, I am still interested.” She went on to note, “I checked with Elections Canada, and I am allowed to still run as an Independent.” Lépine went on to clarify that on voter ballots, her name will still be associated with the Green Party but votes cast for her will not be associated with that party. “[If] someone wants to vote for me, they can do it, even though my name will still be followed by a mention of the Green Party. Those votes will not be attributed to the Green Party but to myself as an Independent candidate,” she said.

When asked for comment about the decision of the Green Party to remove her as a candidate, Lépine expressed that when parties block candidates with anti-abortion beliefs, this could lead to large sections of religious Canadians feeling “disenfranchised.” She added, “it seems to me that it could be seen as a breach of our Charter of Rights in the matter of religious freedom.”

When asked what she believed to be the two most important local issues for GPR, Lépine responded: “Infrastructure to support small businesses and attract new businesses, particularly in the tourism sector,” and “support [for] family farms, particularly through maintenance and/or expansion of the supply management system.” At the national level, Lépine believes the most important issues to be: “Climate change, of course. Related issues such as reducing the reliance on fossil fuels, to be replaced with clean technology, while redeploing current energy workers towards a green economy; abandoning plans for more pipelines,” and “more accountability from politicians.”

## Desgranges, People’s Party of Canada candidate for GPR

**Kory Glover**  
Villager Staff

GPR – Jean-Jacques Desgranges wants to be the next MP of the Glengarry-Prescott-Russell riding under the People’s Party of Canada (PPC).

“The PPC is the only party that has clearly identified the issues Canadians face today and that has proposed real, concrete solutions to address them,” he said. “The other parties’ proposed solutions vaguely address the actual and long-term needs of Canadians. The PPC provides an alternative vote for a truthful and forthright party that chooses not to capitalize on collective hysteria but rather to remain calm and consider all the facts before providing a diktat.”

Desgranges stated that honesty and forthrightness is a large part of the PPC’s values, which include personal responsibility, individual freedom, respect and fairness. He stressed he will welcome views and discussion on topics pertinent to the federal government, considering all sides “before making a decision based on common sense instead of ideological possession and progression if elected.”

One of the major planks of the Desgranges’ platform is freedom of expression, or free speech and keeping this freedom available to all Canadians.

“When a person or groups are shut down, stopped or limited from providing their ideas or points of view, all Canadians suffer from not having had the possibility of debate,” he said. “For example, the mainstream media including the CBC, CTV and printed media have refused to cover the PPC’s campaign depriving the electorate of our alternative view. Debate is what allows proponents of certain points of view to

question their convictions and re-adjust them in light of the new information they are presented with.”

Another plank on Desgranges’ platform is an issue the PPC has been very vocal about, public finances. He wants to bring control to what he views as the unneeded spending that the Liberal government has been doing.

“Spending profusely as the Liberals have been doing, claiming it is being done because of a false state of emergency, will only mortgage our children and grand-children,” he said. “Returning them to a state of serfdom as they continue to pay interest – presently at \$50,000 per day – on the debt our generations have contracted. This is totally irresponsible.”

The environment is also a large part of Desgranges’ platform, stating that the country has been neglecting to take care of the issues and remitting tax dollars to other countries to address climate change.

“Meanwhile, in Canada, 215 billion litres of sewage is being dumped, untreated, in the St-Lawrence and some communities don’t even have access to potable water,” he said. “This is also totally irresponsible. Canadians deserve to have a sustainable environment and clean water.”

Desgranges also went on to comment that the Carbon Tax, which was implemented this past April 1, is nothing more than a tax grab to, “pay for a suspicious United Nations program, the IPCC (Intergovernmental Panel on Climate Change).”

“Canadians are expected to finance an international program that goes against their interests,” he said. “Mr. Trudeau comforts Canadians by giving tax credits; however, by way of illustration, this is the same as taking \$100 from a taxpayer and returning \$80, \$10 of the

remaining \$20 being kept to hire more public servants to manage the program and the other \$10 remitted to the IPCC.”

As an alternative, the PPC plans to allow the market to dictate the price of petroleum products in a market where the petroleum industry is not financially supported by the government.

“In other words, the PPC will put an end to corporate welfare, which not only support large failing corporations (which should be allowed to fail in their own right) but also provide tax dollars to existing successful companies,” he said. “The true price of the commodity, including money expended for possible environmental disasters, is to be paid at the pump or meter.”

Lastly, Desgranges touched on agriculture in the area, stating that, while it’s a very important part of the very rural Glengarry-Prescott-Russell riding, the high cost of the quotas causes an inflation in the price of products for the consumer, in turn negatively impacting the less fortunates’ food budget. The PPC party hopes to phase out supply management to help producers do what they do best.

“The PPC’s Agriculture platform rests on the fact that Canada has excellent agricultural product producers and that their quality products need to reach the markets where they are in demand,” he said. “For instance, Canada’s wheat producers freely sell their product in Canada and can also export it to countries that are willing to buy it for a good price. We have a number of excellent producers in GPR who do the same, except for producers of dairy products, eggs and poultry. This is because they are caught in the supply management system.”

Be sure to cast your vote on Mon., Oct. 21.

## Keeping up with STA Food drive wraps up at STA

**Andrew Newton**  
STA Contributor

Our Junior Boys’ football team hosted their first home game of the season last Friday against Carleton Place High School, winning 14 – 4. The boys play Fellowes High School in Pembroke today. On to soccer, the Varsity Boys’ team soccer started their season this month in Hawkesbury. After a convincing win against local rival Russell High, the boys lost a challenging match against Le Sommet. Hopefully, the boys win their first home game today, as we

cheer them on! Cross Country members participated in the annual Turkey Trot in Kemptonville last week; students had a great run. Now regarding academics, our Grade 12 students participated in the CIP (College Information Program) this past Friday. Students were able to speak with 24 college representatives from across all of Ontario. Students wishing to pursue University will have a chance to attend their respective UIP (University Information Program) at the end of the month. All students and staff were happy to have had an extended long weekend, spending time with family on Thanksgiving. Students will also have another day off school next week, on Fri., Oct. 25. Finally, as the food drive ends today, students look forward to seeing who came in 1st place to win two free dress down days.