

Briefly Meet Me on

Main Street

SOUTH MOUNTAIN – Meet Me on Main Street in South Mountain on July 20. The entertainment includes Sons of Gord, Smokie Ridge Vineyards and Humble Beginnings Brewery will be on hand.

Sunflowers & bees WINCHESTER -

Smirlholm Farms is hosting the Soak up the Sunflowers and Bee Amazed event in support of the Winchester District Memorial Hospital Foundation's Cancer care Fund on July 29 to Aug. 7. There will be educational displays, horse drawn wagon rides, a two-acre wildflower plot to enjoy, and an Observation Hive where you can watch the bees in action from behind safety glass and more. The cost is \$8 online and \$10 at the door. For more information call Glenn Smirle at 613-371-0962.

South Nation Conservation youth fish camp

WINCHESTER – The camp is planned for Aug. 3 from 9 a.m. to 3 p.m. at the Cass Bridge Conservation Area at 2212 Cass Bridge Road, Winchester.

SNC provides youth with the skills and tools to fish responsibly, including a free rod.

The cost is \$40. Youth must be between the age of 9 and 13 to register; no previous fishing experience required. The price includes a fishing rod, tackle and some snacks. Go to www.nation.on.ca to register.



PM40050631R8905 Volume 129, Number 1 Chesterville, Ontario Thursday, July 14, 2022 Single Copy \$1.00 (HST included)



Meeting friends on Morewood's Main Street

The first 2022 North Dundas "Meet Me on Main Street" event featured live music, refreshments, and an opportunity to visit with friends and neighbours. The weather cooperated and hundreds of people gathered on Moffat Street in Morewood during the early evening of July 6 to visit, enjoy some refreshments and listen to the music of "The Country Boys". See more on page 5. Thompson Goddard Photo

Moose Creek family business closes after 55 years

Joseph Morin Record Staff

MOOSE CREEK – Everything comes to an end and then everything begins again.

Historic commemoration in Morewood Carolyn Thompson Goddard information and consulting with local

Record Staff

MOREWOOD - One hundred and one years after the Morewood Cenotaph was dedicated on July 6, 1921, community members gathered at the Cenotaph on July 6, to rededicate the memorial to those who had paid the supreme sacrifice while serving their country. Originally the event had been planned for July 6, 2021, but due to COVID-19 pandemic restrictions, the commemoration was delayed by one year. In a June 23 press release from the Morewood Cenotaph Committee, it was noted the revitalization of the Cenotaph was accomplished over a period of several years in anticipation of the war memorial's centennial in 2021. "From assisting in fundraising activities, providing

information and consulting with local businesses to ensuring the grounds are kept in immaculate conditions and preparing for the July 6, 2022, commemoration," each member has brought their own skillsets to work on the project.

The \$70,000 project saw the installation of twenty granite pillars on either side of the cenotaph, which provided information on each soldier listed on the memorial plates and the addition of a pillar to "Maurice Cheney, a Morewood native who perished in the Great War for Civilization, but whose name was not listed on the World War One memorial tablet." To the back of the memorial is a 21st pillar that recognized those individuals who returned home from wars but were changed forever by their experiences.



Three generations of the Théoret family over 55 years have created a successful local business in Moose Creek called Chez Thérèse Clothing & Gifts.

The local clothing business has become a favourite place for people from far and wide to shop, from Montreal, Ottawa, and Cornwall, and its closing will create a large hole in the local business landscape.

Vivian and Michel Théoret, the owners of the Moose Creek Mall are ready to retire, and the time is right for them to begin the next chapter in their lives. The couple is liquidating their stores,

Continued on page 3

Continued on page 2



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Historic commemoration

Continued from the front

The press release continued with notes of thanks and expressions of appreciation for the support received as the project moved ahead. "Many present and former residents of Morewood and area donated funds ranging from \$10 to \$1,000 to the project and a sincere "thank you" to each person for their assistance." Several local businesses and organizations donated materials, funds and work which provided great assistance to the success of the project. A special thank you was extended to the township of North Dundas for their continued support of the cenotaph and the MCC, to "SDSG MP Eric Duncan for his assistance during the project and the Commemorative Partnership Program at Veterans Affairs Canada which provided \$25,000 to the project."

The 30-minute July 6 cenotaph rededication event included comments from local dignitaries and selected members of the MCC, the singing of our national and royal anthems, with the re-dedication of the memorial and a prayer of thanksgiving.



Participants in the July 6, 2022, commemoration and re-dedication of the Morewood Cenotaph gathered following the event in front of the memorial which has served as a focal point in this North Dundas community for over a century. Front row, left to right: LCol (Retd) Roy Clarke, SDG warden Carma Williams, pastor Debbie Poirier, Shelly Hutt, Marjory Van Der Veen, North Dundas Mayor Tony Fraser, LCol (Ret'd) William Shearing. Back row, left to right: Bill Smirle, SDSG MP Eric Duncan, SDSG MPP Nolan Quinn, John Grove, Chris Paré, WO Delorme and Piper Nathan Stewart. Courtesy Photo

Thursday, July 14, 2022

Following a brief history of the connection between the Morewood Cenotaph and the SDG Highlanders by LCol (Ret'd) Bill Shearing, LCol (Ret'd) Royal Clarke, former commanding officer of the SDG Highlanders and warrant officer Delorme who currently serves with the SDG Highlanders laid a wreath in memory of the fallen.

"The rededication of the Morewood Cenotaph on July 6 was an amazingly successful event because it upheld and followed the original objectives of memorializing in perpetuity the names of our local heroes who gave their lives for us, and because we have always had a supportive, caring, community with excellent leaders and volunteers" commented MCC chair Bill Smirle.



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LOCAL JOURNALISM THAT MATTERS!

The Friends of the Cryler's Farm Battlefield in partnership with The St. Lawrence Park Commission/Upper Canada Village Present: **Battle of Crysler's Farm** War of 1812 Re-enactment Weekend July 16 & 17, 2022 DAILY SCHEDULE OF EVENTS DAILY ATTRACTIONS Admission opens - Closed 4 p.m. • Period Merchants and Artisans 9:30 a.m. Military Encampments open to the public 10 a.m. • Ongoing a.m. & p.m. Demonstrations and Drills 1 p.m. - 1:30 p.m. Children's Muster Local Historical and Special Interest Groups and Displays 1:30 p.m. 100th Regiment Band • A Walk Through History: Self and Guided Tours; Military Displays, Re-enactment interpretation: The Battle of Crysler's 2 p.m. Regency Fashion Display (Sat. Battlefield Memorial Building); Regency Farm 11 Nov 1813 Era Lifestyles; Period Blacksmith... Post Re-enactment Fire a cannon! "The Artillery Experience": \$75 • Visit the Battlefield Memorial Building: Battlefield Dioramas; meet includes: \$25 FCFB membership and historical talk. local authors Stuart Manson and Ronald Doering. Up to 5 participants per "crew" with one touch off. Visit the Battlefield Memorial 1895 (Guided Tours available) Tickets available at the Administration Tent. Four - Canteen Service by Riverside RA firings daily. DAILY ADMISSION \$7 per person (7 years old and up) Children 6 years old and under - FREE Family Rate \$30 (two adults and up to 4 children under age 18)



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Johnstown, Ontario



Thursday, July 14, 2022



Masons give community garden a boost The Glengarry Highland Lodge 418 – Eastern District Masons donated \$500 to the St. Paul's Community Garden on Wed., July 6. Left to right are Mason John C. Yourt, garden volunteer co-ordinators Leslie Levere and Leslie Scharfe, Community Food Share team leader Jane Schoones and Tom Clapp. The funds will help the garden volunteers with expansion plans. Morin Photo

Business closes

Continued from the front

Barbara Renaud, their daughter and owner of Chez Thérèse Clothing & Gifts located in the mall has made the difficult decision to close her business along with her parents' operations.

The popular clothing store was established by Renaud's grandmother Thérèse Théoret in 1967.

"They told me this past March and I took a few months to figure out what's next for me," said Renaud who has worked in the store since 1991. She worked with her grandmother until her parents bought the store in 2001.

"I continued to manage it and doing the buying from 2001 until 2013 when I bought it myself."

While the store has been successful, the world around it has changed.

Faced with a potential return of the pandemic, along with rising gas prices, and retail costs in general, Renaud decided it was time to begin her own next chapter.

She said, "I just do not want to take the financial risk any longer. Covid times



The Chez Thérèse Clothing & Gifts team left to right are Barbara Renaud, owner, Élise Vallée, employed since 1996, and will be retiring as well, and Julie McNaughton, employed since 2007. Courtesy Photo

peace with my decision now." The decision to close her

store was not easy.

Renaud is enthusiastic and filled with energy. She does not regret her decision at all, and is eagerly looking forward to whatever she does next.

She said, "I thought of my Grandmother Thérèse a whole lot lately, and I feel that if she were still around, she would support and agree that my decision is the best move for to take a leap of faith in life and perhaps the next chapter

will be an even happier one."

Renaud's time at the store has been exciting. She was one of the first small business retailers in the region to move much of her clothing stock over to Facebook, and create her online store. Her customers were able to have a look online at what she had to offer and even bring in screen shots of what they had seen and want to buy.

She remembered, "I created my online store in



Welcome to Winchester

The new Winchester A&W held a soft opening at the end of March but on Mon., July 4 they held their official grand opening. The Winchester A&W is one of many new businesses that have decided to make Winchester their home. Left to right are Kamaljeet Chahal manager, Ana Mendoza from RBC, Nanda Wubs president of the North Dundas Chamber of Commerce, Mayor Tony Fraser, Coun. Gary Annable, Kuldeep Chamal owner, Kanwar Hazrah owner, Crystal DiPietrantonio and Melissa Watson from A&W's head office. Morin Photo

area."

She said her customers were amazed to be able to order items online or use the online presence like a catalogue they could use before they came to the store to shop.

Renaud said she has shipped her clothing all over the world.

"I have shipped to Paris, France. It was an incredible time."

She said some of her customers remembered when their own mothers and grandmothers shopped at the store, and now they are here doing it.

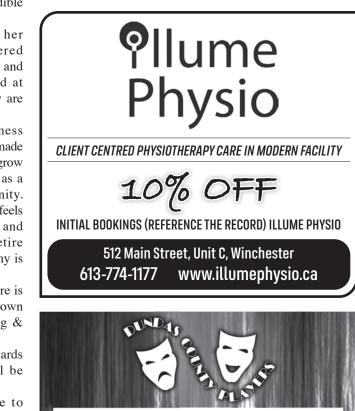
From а business perspective Renaud has made all of the right moves to grow and secure her business as a success in the community. Despite her success, she feels it is time to move on, and helping her parents retire while they are still healthy is a priority for her.

Everything in her store is for sale as she winds down Chez Thérèse Clothing & Gifts

All outstanding gift cards and store credits will be honored until July 29.

Renaud would like to extend her thanks, and deep appreciation to all those who have supported her and her family's businesses over For more information call 613-538-2333.





July 21 – 7:30 p.m. Call 613-297-0097 or purchase online at July 22 – 7:30 p.m. DCPlayers.ca

were a challenge, and buying clothing and merchandise six months in advance, and not knowing what the state of the world will be in has become a hugely impossible guessing game."

The success of her store has been built on the achievements of her grandmother who created a great business environment for the clothing store.

"My grandmother built up a huge business with a wonderful following."

Renaud considered moving the store to a different location, but again, the current difficult economic landscape did not guarantee the success of such a move.

In a Facebook post she said, "But I am at a crossroad now and had to make the very difficult decision. I am at me. Sometimes, you just have 2016 and it was one of the the years. only clothing stores to have an online presence in the

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Editorial

The missing piece of the information puzzle

According to historians, political pundits and the public, fake news may just be what unravels society, as we know it.

We will have to wait and see, and even if that happens will any of us really be aware that it has happened if, and when it does?

Up until now, the reality we all share was for the most part actually shared. We all agreed on what a tree looked like, and what one plus one was, and the names of animals and even colours. Figuring all that out was pretty easy, even though the process of passing on what we agreed on in our reality was more or less a case of sharing that belief with our children, and they in turn would do the same with theirs.

Now that tradition may be ending.

The once called information highway does not seem to have any speed limits posted on it or instructions on how to safely change lanes.

To try and understand the process of how regular factual and slightly censored news morphs into full blown fake news, we can look back to the past in journalism in most news' outlets.

Not too long ago for example, any time before social media arrived, a person, let's say a person who fervently believed in something like ghosts came to the front desk of any community newspaper and asked to see a reporter; a process would then be triggered.

The front desk would call to the newsroom for an available reporter.

Next, the reporter would arrive at the front desk, introduce themselves to the member of the public who wants to share a story about a ghost of a former mayor they encountered in the local government's council chambers late at night, after they had broken into the chambers and smoked more then their share of the local weed.

Always being polite, the reporter takes all the information down and tells the person with the amazing story that they will get back to them. The person is adamant that the reporter will do something about the ghost in the council chambers forgetting the breaking-in and weed smoking aspect of the story.

The member of the public leaves and the reporter goes back to the newsroom.

Hearing all of his or her journalistic alarm bells going off, the reporter has a visit with the paper's editor and recounts the story they have just heard. The editor is not impressed and tells the reporter that to print such a story without further information and proof would be unethical, plus would most likely get the person who tipped the paper off to the story arrested.

Both newspaper employees have had the same person come to them in the past with similarly odd stories that were impossible to verify, and consequently not the kind of

story any newspaper would or should publish.

In an odd way, not writing up the story protects the reputation of the person who claims it really happened as well as the newspaper that lives or dies on the hill of its honesty and credibility.

The reporter and the editor are joined by the advertising manager who is concerned that publishing such a story might give the impression that small business in the small town was just fine with drugs and ghosts running around.

This causes the three people to chuckle, at which point the owner of the paper who was passing by the door of the editor's office sticks their head in and they inquire about what was so funny. They tell him of the request by the person to write the story and the owner, not having any recognizable sense of humour does not laugh, but instead compliments the editorial department for having standards and keeping their paper out of trouble.

Later the reporter will call the person who dropped by the office with a ghost story and tell them they will get to their story, but not right now, knowing full well that they will move on to another equally bizarre story.

And so, it would go with several people becoming part of a decision to not write an implausible ghost story from a less than credible source.

Now lets move on to 2022.

That same person who imagines they encountered the ghost of the former mayor, grabs their cell phone, brings up his Facebook account and tells his story directly to all the people tuned into his Facebook page. There is no thoughtful thinking or benevolent censorship nor is there any way to tell if the person on the other end of the Facebook post has any reason to doubt the credibility of the person making the post.

The local newspaper, radio or television station does not even know about the story because they were not included in the process.

The passing on of the story as truth completes the circle of misinformation and fake news reporting, even though the character telling the story had the best of intentions, which was to tell everyone to watch out for the mayor's ghost in the council chambers.

There is a layer of people who traditionally would be the judge and jury of any idea or story that came to them with the purpose of it being distributed to society in general. Rightly or wrongly those same people would hopefully make the right call. Going from the brain to the internet without some kind of vetting process does not serve any purpose, but does create an unsustainable process of allowing fake news to share a spotlight it does not deserve.

it's just me.

Joseph Morin

Sunshine, swimming, and savouring the days of summer

Not to be overly melodramatic or anything, but with Canada Day over and summer in full swing, it feels like "the end" is just around the corner. Okay, so maybe little а melodramatic, but still a valid concern, I think. I mean, right now, everything is so luscious and green and growing - thriving, really but it won't be that way for much longer, not with fall and winter closing in again. And yes, I know, it's natural, the seasons represent the cycle of life – birth, life, death, and repeat - but just because I many back roads as doesn't mean I have to like it.

from? Well, yesterday, having been in my house for more than a full week, I finally forced myself to leave my apartment. (Yes, it's a mental health issue, but I'm fine.) So, realizing that I needed some semidirect exposure to sunlight, I decided to go for a "quick" drive to Starbucks. (I say quick, but if you live in a rural area like I do, you know that most outings will take a minimum of 90 minutes. So, maybe not exactly quick.)

As always, I took as

Where is this coming along a secluded country road surrounded by forest on all sides when it suddenly occurred to me it won't be long before this is all gone. Snow will cover the road, the trees will be bare, and the beauty and vibrancy of the wildflowers and tall grasses will be nothing but a decaying memory.

> It was a reminder that I need to be enjoying the season while it's here because it could be my last. None of us knows what tomorrow will bring, so we really need to treat each day like the sacred gift of time that it is, because that's what it is -a gift, one with an expiration date. So, summer is here. School is out. Families are vacationing. Water-lovers and sunworshippers are hitting the beach. It's time to soak up the rays – but not too much. It's also time to go swimming in the lake, take a leisurely bicycle ride along a forest trail, or set

> > ->>

out on an adventure hike, scouting for a never-beforeseen species of bird, while gathering edible mushrooms and flowers to make that yummy salad to go along with the mouthwatering barbecue you're sure to have for dinner tonight.

There are so many things we can do in the summer months here in Eastern Ontario that we can't do at any other time of year, or at least not in the same way, and the time to do it just goes so incredibly fast. Poof.

younger, when we went camping, cycling, hiking, swimming, and so on. I suppose that despite being an empty nester for about six years now, I still haven't quite figured out how to be happy doing these things on my own. Yes, I loved floating in the lake all day, sunhat covering my face while I meditated on life, thanking the powers that be for such an amazing life, but I knew my family was on the beach, not far away,

Does being alone mean I can't enjoy summer? No. So, what's stopping me?

playing in the sand. Now,

Me. That's it, just me. I may not be able to go for hikes anymore - at least not right now, but that doesn't mean I can't find other ways to appreciate and enjoy these warm, breezy days of summer. I just need to do it.

Sandy Casselman

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understand the reality, and possible and avoided dare I say the necessity of situations where I might the great cycle of life, that have to exit the car or chat with people. Then, on my

drive home, I was cruising

Etcetera Publications (Chesterville) Inc.

Publisher Etcetera Publications Inc.

Editor Joseph Morin

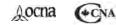
Copy Editor Edith Landreville

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C

Ad Representative Brenda Fawcett

Production Manager Chantal Bouwers



Proudly printed in North Dundas.

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

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News E-mail: editor@etceterapublications.ca

Telephone: (613) 448-2321

Fax: (613) 448-3260

Published Thursdays by Etcetera Publications (Chesterville) Inc.

Funded by the Government of Canada Canada

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

Before you know it, summer is gone.

I've wasted a lot of my summers in recent years. Why? Well, I've been busy working. I've also been physically unable to do many of the things I used to do. But if I'm honest with myself, I don't think those are the real reasons. I think I've been sad for a long time. I loved summers when my children were

One way to show your appreciation is by leaving a generous tip for the people who help make your day special. This may include the staff at a restaurant, hairdresser or beauty salon, as well as an employee who offers to help you.

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The Chesterville Record Page 5

Pickleball is a fun way to stay active and healthy

Joseph Morin

Record Staff

SOUTH MOUNTAIN - The results are in exercise is the best way to better health.

Developing a consistent and repeatable exercise routine is not easy. North Dundas residents have discovered an easy and fun way to increase their investment in their own physical health by signing up for pickleball. Pickleball is the fastest growing sport in North America, and with the support of the township of North Dundas, pickleball is becoming the fastest growing sport in North Dundas as well.

Pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, Washington. Three dads - Joel Pritchard, Bill Bell, and Barney McCallum are credited for creating the game. Pickleball has evolved from original handmade equipment and simple rules into a popular sport throughout the US and Canada, played with a paddle and a plastic ball with holes in it. The game is growing internationally as well, with many European and Asian countries adding courts. Pickleball courts have been set up in Winchester, South Mountain and in Chesterville on their respective tennis courts.

North Dundas resident Cindy Morgan is an avid supporter of the game.

Morgan explained, "My sister-inlaw in Sherbrooke, Quebec was very keen on this sport and kept talking about it, so I got curious. I asked her about it, and she gave me a brief introduction last summer. In September, when I saw a notice on Facebook about playing Pickleball in South Mountain, I decided to go over to the courts and give it a try. It was such a welcoming group and I enjoyed playing so much I just kept going."

One of Morgan's concerns was that she was recently retired and was looking for ways to keep active and at the same time enjoy being with other members of her community.



Dennis McMahon, Linda McMahon, Dawn Erickson, Jenny Loman, Bob Sisson, Cindy Morgan, Ian Butland, Laura Butland, Debbie Myers, Keith Vodden and Sandy Laneville (introductory clinic instructor). Courtesy Photo

"Pickleball certainly did that for me. Pickleball seemed less threatening and more open to a diverse group of players. I enjoy playing it because it challenges me but I can feel successful too. The groups I play with tend not to take themselves too seriously, so we are just out to have some fun and laughter," said Morgan.

Pickleball is unique in that it is a racket sport kind of game because all the action is around the net, which means there is less running to do.

Players have said that because the game is simple, just about anyone with any racket experience can enjoy playing it.

The court is smaller than a tennis court.

Morgan said, "Many of our players began playing this year. We had 85 adults take introductory lessons this spring and many of them are now joining us during open play. If someone wants a lesson they can contact Sandy Laneville and make arrangements for a lesson. Sandy and Andy Laneville have been an integral part of developing pickleball in this area. Sandy began the conversations with the township three years ago and Sandy and Andy have led the introductory clinics."

Because of the support of the municipality the game and number of players has blossomed in the area.

"Even though it is now summer and people have begun to go away for vacations, there are still plenty of people coming out to play. It takes four people to play the game and we have always had enough people to do that," said Morgan.

The pickleball schedule is:

Monday: 6:30-8:30 p.m. in South Mountain; 7:00-9:00 p.m. at Sam Ault Arena in Winchester

Tuesday: 9:00-11:00 a.m. in Chesterville

Wednesday: 9:00-11:00 a.m. in South Mountain

Thursday: 7:00-9:00 p.m. in Chesterville; 7:00-9:00 p.m. at Sam Ault Arena in Winchester

Contact Cindy at 613-407-4585 (Chesterville) or Dora 613-989-2118 (South Mountain) to make arrangements for equipment.

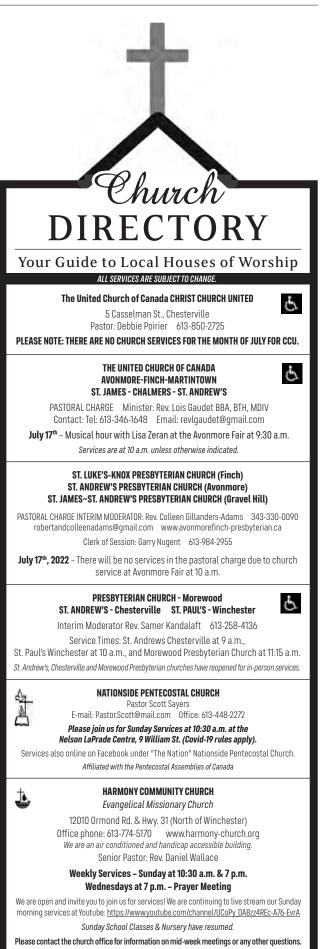
To keep up to date with what is happening with pickleball in North Dundas, you can join the Dundas Pickleball Group on Facebook or for more information contact Sandy Laneville at 613-774-2555 or Nancy Williams at 613-774-3200.



Carolyn Thompson Goddard Record Staff

MOREWOOD - There was a fantastic turnout at the "Meet Me on Main Street" event held on Moffat Street in Morewood on July 6. Musical entertainment from "The Country Lads", delicious food from a variety of vendors, refreshments from local breweries and the opportunity to enjoy a visit with friends and family made the evening a complete success.





ST. MARY'S ANGLICAN CHURCH

0 139 Castor St., Russell, ON Parish Office: 613-445-3226 Presidina: Rev. Anne Ouick infostmarysrussell@rogers.com Website: www.stmarysrussell.ca

We're back to an in-person service of Holy Eucharist at 9 a.m., followed by a Zoom service of Morning Prayer at 10:30 a.m. Register for the live service or to get the Zoom link at 613-445-3226 or infostmarysrussell@rogers.com

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

In 2017, "Meet Me on Main Street" was held in the North Dundas communities of Morewood, Chesterville, South Mountain, Hallville and Winchester to celebrate the sesquicentennial of the Canadian Confederation. The success of these events led to these events being held annually since then, except for 2020 and 2021 due to the COVID-19 pandemic; the community of Marionville added to the list of communities hosting this event in 2022.

In addition to having the opportunity to visit with friends and neighbours, there was face painting available for children of all ages, sponsored by the Chesterville and District Lions Club, and a bouncy castle for youngsters. Onsite food was available from Simply Baked Catering, Moonshine BBO Smokehouse, or the Morewood Recreation Association while take-out sushi was available from Morewood Lucky Mart. Rurban Brewing from Cornwall, Embrun's Brasserie Tuque de Broue Brewery Inc. and King's Lock Craft Distillery from Johnstown provided refreshments during the event.

As the evening ended, there were many people still listening to the music, enjoying refreshments, and visiting while the sun set in the western sky. More information is available on the social media sites of the township of North Dundas.

Lydia Gernon seems pleased with her face painting, provided by Jacky's Face Painting and sponsored by the CDLC during "Meet Me on Main Street" in Morewood held on July 6. Thompson Goddard Photo



Morewood Sushi Take-Out provided customers the opportunity to enjoy some sushi during the July 6 event. From the left: Paul Beaulieu and Alex Lacasse enjoy sushi, provided by Morewood Sushi Take-Out. Thompson Goddard Photo

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Nursery (parental supervision) is available. Covid-19 protocols are in place.

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Photo Vigion

Great day in Iroquois

Carolyn Thompson Goddard Record Staff

IROQUOIS - There was a lot of activity on Sun., July 10 in Iroquois when the Iroquois Flying Club hosted their 54th annual Fly-In. Iroquois Airport resident and manager John Ross explained the airport was a centennial project, opening in 1967.

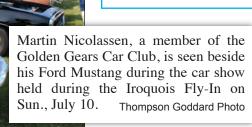
"It's the largest Iroquois event in the year," commented Ross, before continuing how the is always turnout excellent. He continued there were about 50 planes expected at the fly-in, morning there were automobiles from various already 30 planes lined up for people to view.

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People were able to enjoy a full-course breakfast from the new Airport and Campground building, with a steady stream of people lined up to purchase tickets for the breakfast. Ross explained the volunteers inside were organized in an assembly line fashion and able to plate a breakfast in approximately 10 sec.

In addition to enjoying breakfast and seeing the planes, people were able to visit the Golden Gears Car Club. Gary Tracey, a member of the GGCC, mentioned there were around 30 cars on display noting early in the at the event, with decades of automobile history.







Theodore Too drops by Morrisburg The tugboat Theodore Too arrived on Sat., July 2 at the Morrisburg dock for a two-night stay as part of its 2022 tour of the St. Lawrence Seaway that included a few days at the Tall Ships event in Brockville the week before. Theodore Too is a replica of the main character from the CBC and PBS Kids show that ran from 1993 to 2001. On Sun., July 3 visitors to the Morrisburg waterfront were treated to an up-close look of Theodore. Morin Photo

The Iroquois Lawn Bowling Club also provided a demonstration of lawn bowling and behind the Forward House and adjacent to the campground the Historical Society of South Dundas held a very successful "History in the Park" event. Participants included the Dundas Archives, St. Lawrence Branch UELAC, and the Friends of the Crysler Farm Battlefield.

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Class of 2022

The Seaway District Intermediate School graduating class of 2022







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to the family Congratulations to

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Thursday, July 14, 2022



Grade 6 grads at NSPS

On Thurs., June 23, North Stormont Public School in Berwick held their farewell celebration for members of the 2022 Grade 6 class. The following day, graduates gathered at their school sign for a photo. From the left, front row: Allison Taylor. Middle row: Libby Champagne, Veronica Awalt. Back row: Saralynn Danis, Nathaniel Anderson, Carson Regimbal, Jude Crowe, Goshen Iranyumva, Paige Michaud, Taylor Nugent, Penelope Reed, and Harlee Claus. Courtesy Photo

Ontarians encouraged to BounceBack with coping strategies

Sandy Casselman Record Staff

CORNWALL BounceBack Ontario hosted two specialty webinars last month, sharing tips and coping strategies for managing stress and anxiety.

On June 28, Anna Piszczkiewicz, BounceBack's stakeholder engagement and communications' specialist, along with Angele D'Alessio, Canadian Mental Health (CMHA) Association Champlain East's mental health promoter, hosted an online session for community members. The duo also hosted a separate webinar specifically for primary care providers. Sessions were offered in English and French.

"So, here's what we know. From a public opinion poll commissioned by the Canadian Mental Health Association in Ontario in May 2021, it showed that only a third of Ontarians, that's 35 per cent, consider their mental health as very good or excellent, that's a significant decrease from the 52 per cent that was recorded in May 2020 at the start of the pandemic," Piszczkiewicz said. "More than one quarter of Ontarians, that's 27 per cent, are using more substances to cope. This is in light of a public opinion poll commissioned by the Canadian Centre on Substance Use and Addiction (CCSA), where 25 per cent of Canadians said they were drinking more while at home due to the pandemic and, perhaps not surprisingly, rates of stress, anxiety, depression during the pandemic are also worse than ever with nearly 80 per cent of Ontarians expressing the belief that we'll be in a serious mental health crisis post-pandemic." In addition to walking participants through some specific coping strategies, Piszczkiewicz and

D'Alessio also offered skills. information and links to

various resources, including the "Returning to a Shared Workspace: A psychological toolkit for transitioning to a new normal," and a list of 10 things people can do right now to reduce their anxiety, stress, and worry. The two-hour event focused a little more in depth on the following: changing your thought process, being kind to yourself, sticking to the basics, and using other coping strategies.

"This next little part will walk you through how to change unhelpful thoughts," D'Alessio said. "Changing your thought process is not always as easy as it sounds. In this first part of the presentation, we're going to take a closer look at unhelpful thoughts, primarily related to the pandemic. We'll walk you through the cognitive behavioural therapy (CBT) model, and highlight the connection between the way you think, feel, and behave, which can result in physical symptoms." D'Alessio discussed the steps involved in changing unhelpful thoughts, beginning with identifying the thought. She provided examples on how to reframe thinking to produce more balanced and realistic thoughts. She spoke about the importance of having self-compassion, as well as several ways to take care for oneself, including setting boundaries, asking for help, and participating in enjoyable activities. Sticking to the basics involves keeping a routine, being physically active, practicing good sleep hygiene, and staying socially connected with friends and family. The duo also reviewing practical problem-solving

BounceBack is a free, skill-building program for individuals aged 15 and up. The program is available in several languages, and people can self-refer via an online form.

The program description states that through one-on-one telephone coaching, workbooks, and online videos that participants can do from the comfort of their home, they learn lifelong skills to help them better manage their symptoms of low mood, mild to moderate depression and anxiety, stress, or worry.

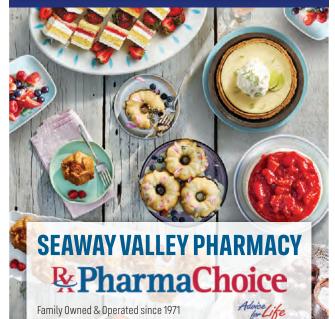
To learn more, visit the BounceBack website (bouncebackontario.ca) or phone 1-866-345-0224. Another resource offered was ConnexOntario: website (connexontario.ca) and phone (1-866-531-2600). To learn more about

CMHA, visit the website (cmha.ca). Those considering suicide are encouraged to call 1-833-456-4566 (toll free) any time, 24 hours per day, seven days per week, or visit talksuicide.ca.

FOOD MARKET EXPRESS

The Chesterville Record Page 7

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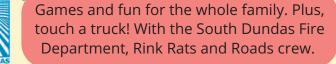


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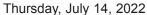
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Thursday, July 14, 2022

The Chesterville Record Page 9

Bystander intervention workshop offers reality check

Sandy Casselman Record Staff

CORNWALL - "Our job as bystanders is to create safety bubbles," Julie S. Lalonde said.

Lalonde, a public educator, and women's rights' activist was the guest speaker for the Community Action Network Against Abuse (CANAA)'s free virtual Bystander Intervention Training workshop on June 23. With roughly 40 people in attendance, the focus of the session was on finding practical tools for bystander intervention with a focus on online harassment and intimate partner violence.

"We live in a society in which, first of all, we don't talk about sex without people feeling uncomfortable, let alone sexual assault," Lalonde said.

What's the reality? In her slide presentation, Lalonde noted that one in three Canadian women, one in six men, and one in five trans people will experience sexual violence in their lifetime. She said girls and women with disabilities are four times more likely to experience sexual violence, while Indigenous women are three times more likely to experience violence. She also said that nearly half of all homeless women have experienced sexual

violence, while the corresponding percentage for homeless Indigenous women is roughly 84 per cent. As for reporting to the police, less than 10 per cent of bystander intervention. of sexual assaults are reported.

"We live in a country in which we operate under a legal system that was not created to protect the vast majority of us. It was created to protect men, white men, rich white men," Lalonde said.

She said the reality at work is that one out of four women and one out of six men have said they were the victim of sexual inappropriate behaviour in the workplace. She also said that one out of three victims of sexual harassment said the harasser was a person of authority.

"A 2017 Pew Study found that while 66 per cent of Americans have online witnessed harassment, only 30 per cent have ever intervened," Lalonde said.

Workshop attendees participated in a virtual poll, answering the question, why don't we intervene. Lalonde provided several options for potential answers, including fear of being targeted next, fear of making things worse, insufficient context to intervene, absence of

concern from others, lack of knowledge about how to intervene, and the situation appears harmless.

"That's the complexity It's very easy to say, 'if I see something, I will absolutely do something,' but once we start scratching the surface of what this stuff looks like, that's when people start thinking like, 'well, oh, it really is too complicated, so I guess I'm just going to remove myself," Lalonde said. "Here's a reality, in our culture, when people decide not to take a side, they're taking the side of the abuser."

Lalonde said that women are equally likely to intend to help a victim whether they know the perpetrator or not. Meanwhile, men are more likely to help if they don't know the perpetrator. She said there's а continuum of intervention ranging from indirect to direct responses. She said it's much easier to address something at the lower end of the continuum than it is to wait for the situation to escalate or to wait until there are multiple incidents with multiple people. Violence against women starts long before the act itself; it starts with the way women are spoken about or spoken to in our society.

"A world that allows catcalls, is a world that also allows rape because when you don't believe that certain people have the right to walk through public spaces and be left alone, that tells me how you value me as a human being, and therefore, I don't have as much value in the workplace or in my personal relationships, etcetera, etcetera," Lalonde said. "If we had a culture that took street harassment seriously, it would also make a dent in the more serious forms of violence that people seem to care more about. It's really important for us to understand that stuff doesn't happen in isolation, it's all connected."

The last part of the twohour workshop presented attendees with potential situations. The first scenario: Your friend posts a feminist message on Twitter and is now being bombarded with hate. What do you do? The second scenario: Your sister tells you that her husband made her have sex last night. What do you do? During this discussion, Lalonde noted that marital rape wasn't criminalized in Canada until 1983.

She told attendees that intervention doesn't always have to be something



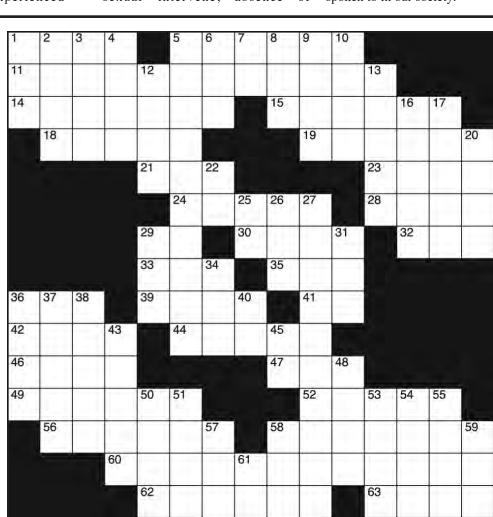
Summer shopping at its best The Planted Arrow Market Garden Party was in full swing on Sat., July 9. The weather was great, and visitors flocked to Winchester to enjoy a day of shopping at the event's two locations. Here Avery Houlzet of Peak Jewelry from Russell showcases her jewelry. Morin Photo

dramatic or huge. For example, if a woman is being harassed on the subway, perhaps interrupt in non-confrontational а manner. This offers support to the woman being harassed and it signals the abuser that he's been seen. He may be more likely to walk away when his victim is no longer alone, and his behaviour is being acknowledged. Above all else, Lalonde said supporting the victim, making them feel safe,

should be the priority.

Lalonde is the author of Resilience is Futile: The Life and Death and Life of Julie S. Lalonde, which was published in 2020. To learn more about Lalonde and the work she does, visit her website (yellowmanteau.com).

"If we don't address it, sexual violence in particular costs \$4.8 billion here to Canadians and most of that cost is placed on the individual," Lalonde said. "It's costing Canadians to not address this issue."



CROSSWORD PUZZLE FOR THE WEEK OF JULY 14, 2022

CLUES ACROSS

- 1. Absence of difficulty 5. Preserve a dead body 11. Gratitude 14. The act of coming together again 15. More cushy 18. Visionaries 19. Large, fish-eating bird 21. Indicates near 23. NY Mets legend Tommie 24. Icelandic books 28. Pop 29. Hammer is one
- 36. Passports and licenses are two 39. Snake-like fishes 41. Air Force 42. Popular computers 44. Intermediate ecological stage 46. Wings 47. Used in combination 49. Laid back 52. Jewelled headdress 56. Slow

35. Electronic data processing

PUZZLE SOLUTION

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Strengthens memory Improve socialization

Help relieve stress

May help prevent brain diseases

Crossword puzzles can fill empty hours with an entertaining and educational activity. However, there are many other benefits to doing crossword puzzles that may surprise even the most ardent puzzle enthusiasts.

30. Sense of self-importance 32. Thyrotrophic hormone

33. Can't be found

CLUES DOWN

1. Body part 2. Mimics 3. Expel large quantities 4. Sea eagle 5. Genetically distinct varieties 6. Dialect of Chinese 7. Famous Mr. T character 8. Consumed 9. Chinese dynasty 10. Menace to yards 12. Ireland 13. Palm trees 16. Fungal disease 17. Willis and Robert are two 20. Affirmative! (slang) 22. It shows who you are 25. The First State (abbr.) 26. Get older 27. Associations

60. Reassertions 62. Periods of time 63. Hyphen

58. Famous Falls

29. Woman (French) 31. Sunscreen rating 34. Brew 36. Leader 37. Plants in the legume family 38. Burn with a hot liquid 40. Junior's father 43. Scads 45. Morning 48. Length of a line (abbr.) 50. Double curve 51. Small, thin person 53. Worn by exposure to the weather 54. Mars crater 55. Humanities 57. Word element meaning ear 58. To the _ degree 59. Residue of something burned 61. It cools your home

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Deadline: Friday at 4 P.M. ^{\$8.00} Plus HST Minimum 25 words. Additional words 32¢ each.

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AUCTIONS

ONLINE TIMED FARM MACHINERY AUCTION FOR JERRY & MARY BOSMA

To be held on site at civic #21351 Con. 4 Bainsville South Glengarry ON KOC 1E0.

Auction opens Thurs., July 14 at 12 Noon and closes Wed., July 20 at 6:30 p.m. (Soft close; Staggered).

Preview: Sat., July 16 from 10 a.m. - 3 p.m. or by appointment with proprietor (Jerry Bosma: 613-347-3884 or 613-861-1376).

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AUCTIONS

3PTH. Cultivator, NH 853 Rnd. Baler (1-owner), NH 315 Sm. Sq. Baler w/ NH 70 Thrower, 3 Horst Double Reach Running Gears, Skidsteer Mount Big Bale Spear (Like New), Lg. Qty. Of Good Quality Gates Incl. 3 Locking Head Valmetal HPAP Gates, Self-Propelled 48in Diameter Bale Chopper w/ Honda Engine And Elec. Start (Very Nice), 3PTH. Fert. Spreader, Leon 707 Front-End Loader, Barn Fans Incl. 2- 48in I.E.L. ES140, 4 Unused 445/65 R22.5 Tires, 12 Used 305/70R 22.5 Tires on 8 Bolt Rims, 4 Used 11R 22.5 Tires on 8 Bolt Rims, 4 Used 315/80R 22.5 Tires on 8 Bolt Rims, Valmetal 542 Feed Cart, Bodco 53 Feed Cart, Wic 45 Feed Cart, Heated Water Systems, Approx. 230ft Of Patz Hook-And-Eye cw. Stable Cleaner Chain With 17in Paddles (Only Used 3 Seasons), Patz Stable Cleaner Trans., Feeders, Miller 250 AC/DC Welder, Snap-On Chest-On-Chest Tool Box, Snapper 46in 22hp. Riding Mower, New General HD Drill Press, New Milwaukee 24in Cut-Off Saw, 4 JD 47Kg. Suitcase Weights, 4 Case 100lb Suitcase Weights, 2- 2021 Mars 4 Stroke CY125 4 Wheelers/ATV's (Unused; Never Registered), 2 Ocean Compatible Handcrafted 17ft Wooden Kayaks Sold Together With Paddles And Transport Trailer (Must Be Seen), 2014 Polaris 800 Ranger 4X4 Side-By-Side (As Is; Needs Motor), 2007 Polaris Ranger 700XP Side-By-Side (As Is; Motor Needs Work – Burns Oil), Many Other Articles Too Numerous To Mention.

Auctioneers Note: This is an extremely nice package of farm machinery that must be seen to be appreciated. This auction is not to be missed! Be sure to check out the pictures online to appreciate this beautiful lineup. Call for more details, if required!

Pickup & Checkout: Thurs., July 21 from 9 a.m. until 5 p.m.

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Props: Jerry & Mary Bosma

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SUMMER ONLINE TIMED AUCTION

AUCTIONS

ON-SITE LIVE ESTATE AUCTION SALE SATURDAY, JULY 23 AT

10:30 A.M. To be held on site at civic #20725 Cty. Rd. 10 Alexandria KOC 1A0 (Approx. 3kms straight East of the

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This listing is only a partial listing due to shortage of time before press and many other outbuildings not yet gone through!

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01-2

THE STORMONT HOLSTEIN CLUB WELCOMES EVERYONE TO OUR TWILIGHT FAMILY NIGHT

At Mylyn Farm, home of Charlie and Tammy Jack and family, Maxville on Thursday, July 28. Dinner at 7 pm. Tickets \$30 each. Games and free hot dogs for children. Ticket deadline is July 23. No tickets at gate. Contact Kathrin Speck 913-8692, Monica Kagi 577-1658 or Cassidy Smith 363-7386. 02

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THE Classifieds

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Barbecues are best with Ben's BS, locally made and sold

MOUNTAIN - It's been roughly two years since Ben Macpherson took the leap into entrepreneurship, and today you can find his popular flavour-filled barbecue sauce, Ben's BS, in several locations throughout the region.

Macpherson made the decision to start his business in 2020. With low-start-up costs, and lots of assistance from local businesses, Macpherson said it was a relatively low-risk venture, one he'd thought about pursuing for quite some time.

"Everybody was home. The sale of smokers and barbecues was going through the roof because everybody couldn't go out," Macpherson said, referring to the COVID-19 pandemic lockdowns. "There was also a lot of local support. Everybody saw their local businesses struggling, so it kind of worked out well with everyone supporting local."

With roughly 35 commercial outlets for his product – and still climbing – Dundas County residents can find Ben's BS at Winchester Foodland, Smyth's Apple Orchard, Rijke's Produce Farm, Morrisburg Home Hardware, Greg's Quality Meats, Loughlin's Country Store, Loucks Pastures, K2D2 Landscaping, Mountain Orchards, and more.

"We can never be too thankful for local support. Winchester Foodland sells a ridiculous amount of my sauce in a year," Macpherson said, noting that the local grocery store has sold roughly 3,000 of the more than 16,000 bottles already sold since Ben's BS was established.

Ben's BS can be found in stores throughout SDG and in the surrounding areas, including Ottawa. Visit

Ben's BS can be found in local butcher shops, grocery stores, produce markets, and businesses. Courtesy Photo Macpherson's website without overpowering the senses.

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(bensbs.myportfolio.com) for a complete list. Ben's BS is also available for purchase online (mylocalmarkets.ca).

Right now, Ben's BS comes in six delicious flavours, including Honey Hot, Maple Chipotle, Root Beer, Honey Garlic, Jalapeno Lime, and Honey Extra Hot. While some have the word "hot" in the name, Macpherson said his barbecue sauce should not be mistaken for hot sauce, as it's just hot enough to enhance the flavour

"I'm in a fair amount of butcher shops, so I think they get a more intimate relationship than maybe some of the grocery stores do, and the feedback from them, so far, has been quite positive," Macpherson said. "I'm going to do these six flavours well and manage the stores to be able to sustain their requests, before I try to do more than I can handle. Once I hit a groove with this, then I've got some new ideas in mind."

Macpherson said he's recently trialed a Bacon and Whiskey flavour, which has

received good review. Until he finds a way to streamline the production of the new flavour, however, it will remain a specialty item.

With the demand for Ben's BS growing, Macpherson has made a few changes. Originally, he rented kitchen space at Matilda Hall, but now Macpherson owns a production kitchen of his own, completely outfitted for current and future growth. He's also added a four-litre jug for restaurants that may be looking to incorporate Ben's BS flavours into their menus.

"Ultimately, you have to have a good product or it's not going to sell," Macpherson said. "So, there's that, but also the local support. It's been nice to be able to do something in the area that I grew up in and to see it take off and to see the support from family and friends and people who are just saying, 'Hey, I want to be part of this. We want to help you. We want to showcase your stuff."

Macpherson said his goal for Ben's BS is to create a delicious quality product, one that allows him to work for himself, while still having time for the important things, like spending time with his wife, Meghan, and their two sons. As the only employee of Ben's BS, Macpherson said he's grateful for his mother and his mother-inlaw, who have both been a tremendous help in getting his barbecue sauces bottled and labeled. Macpherson said his plan for Ben's BS's future is to grow the business at a sustainable rate, one that complements his family life.

To learn more about Ben's BS, visit Macpherson's website (bensbs.myportfolio.com). To stay current on new flavours or product venues, follow Ben's BS on Facebook and Instagram. To contact Macpherson directly, email him at bensqualitybs@gmail.com.

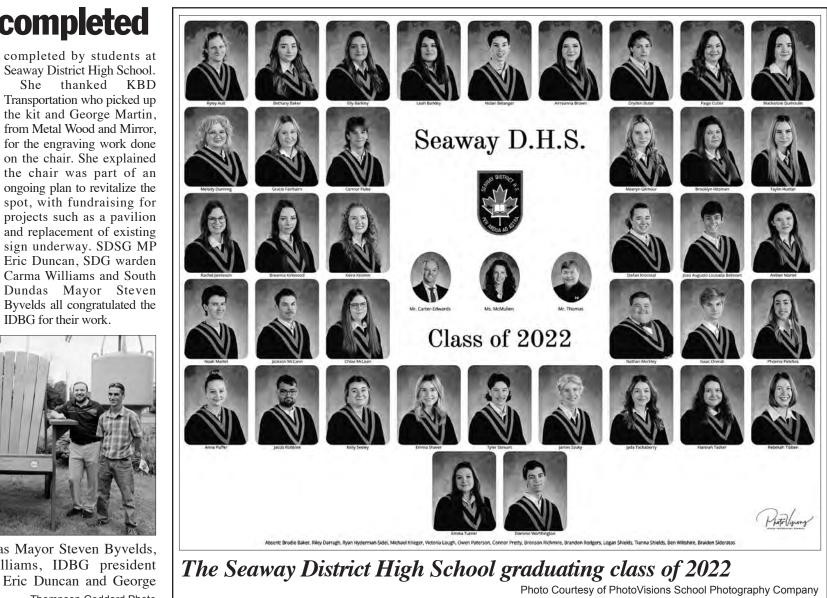
If you would like to have a light shined on your business, please contact us at: editor@etceterapublications.ca or call us at 613-448-2321.

Phase one completed

Carolyn Thompson Goddard Record Staff

IROOUOIS – Just after 1 p.m. on Thurs., June 30 people gathered near the two buoys located on a grassy area between County Road 2 and the Iroquois plaza parking lot. Iroquois and District Business Group

completed by students at Seaway District High School. She thanked KBD Transportation who picked up the kit and George Martin, from Metal Wood and Mirror, for the engraving work done on the chair. She explained the chair was part of an





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president Candace Latulippe welcomed the crowd gathered to the unveiling of the Giant Adirondack Chair. She explained after receiving a South Dundas Tourism Grant, the organization purchased a kit to construct the chair which was

spot, with fundraising for projects such as a pavilion and replacement of existing sign underway. SDSG MP Eric Duncan, SDG warden Carma Williams and South Dundas Mayor Steven Byvelds all congratulated the IDBG for their work.



From the left: South Dundas Mayor Steven Byvelds, SDG warden Carma Williams, IDBG president Candace Latulippe, SDSG Eric Duncan and George Martin. Thompson Goddard Photo Page 12 The Villager July 14, 2022

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Right to Read program connects with students

Joseph Morin Villager Staff

RUSSELL – Students at Russell High School had a unique opportunity to mentor their younger counterparts at Russell Public School and Cambridge Public School this year.

The Upper Canada District School Board, (UCDSB) high school students were part of an initiative designed to help children learn to read.

High school students gathered with primary school students from Cambridge and Russell public School on Fri., June 24 at the Russell Public Library.

This would be the first time the high school students would be able to see the results of their role in the Right to Read Program.

Driven by the Ontario Human Rights Commission's Right to Read Inquiry, the Right to Read initiative involved 49, Grade 7 and Grade 8 students who wrote their own books. The books, referred to as decodable books, are designed to help Kindergarten to Grade 3 students learn to read.

Decodable texts are organized to help children with letter and sound relationships.

The main goal of the project is helping young readers understand phonetics, and how the sounds of different letters combine with the actual letters to enable a child to grasp the concept of reading.

An effective reader has to be able to understand the phonetic code.

Groups of students were given different letters to work with and had to construct sentences using those letters. The resulting sentence was accompanied by a coloured drawing on the same page. The finished books were printed by COBA Studios and Print Shop in Merrickville. The artwork was done by the students.

The students had help in implementing the project from Nancy Lalonde and Megan Radley both are UCDSB Learning Partners.

"We had two teachers on board who welcomed us into their classrooms to work with the Grade 7 and 8 students. Also, we introduced them to a variety of social justice issues, the Right to Read being one of them. What was interesting right from the beginning was we had students say: "I am 12 years old and what can a 12year-old do to help kids learn to read. So we introduced them to what codable books were," Lalonde.

Radley explained, "It began with a Right to Read Inquiry by the Ontario Rights Commission. One of the recommendations was developing a structured literacy program and the need for the explicit teaching of phonics to our early years' students. So, we brought that forward to the Grade 7 and 8s at Russell High School. Helping them to understand the need to read."

She said the principal at Russell High School, Peter Onstein brought the idea to his school. It was his idea to bring the idea to the High School.

Student Henry Geno is in Grade 7 at Russell High School, he said "It was difficult at first but the more that we learned what sounds work together and the different levels we had to do it got easier. We learned about merging letters that made a sound when said together like "sh".

We had to take a bunch of words that had "sh" in them like shoot and shot and put them in our books to try to help them out." The program is one the sta

UCDSB is keen to expand based on the results and the positive participation by both teachers and students. The school board is hoping to incorporate real life learning situations into its curriculum.

Ron Ferguson director of education for the UCDSB, school trustee Corina Parisian and executive superintendent Eric Hardie were on hand for the moment when the students would share their reading program with the younger school students.

Ferguson said, "We are in the business of education and at the core of that is learning how to read. It is not acceptable to have students go through elementary school, and not be able to read, so the Upper Canada District School Board has put a massive focus on doing everything we can to ensure students get a good

In this project we have older students actually being the ones writing the books. All of the students are super engaged and the little kids are

excited about it too." Ferguson added that the UCDSB plans to put major emphasis in the years ahead on ensuring that when students leave Grade 6 and go to Grade 7, they have the reading skills that they need to be successful.

"This is just the beginning. Everyone knows this is the foundation to everything else that we do."

Eric Hardie said, "I think this is tremendous. We have a major focus on literacy at the moment. This is a great example of that work in progress. I think we have a really strong commitment to real world learning. Bringing students out of the classroom and connecting with the



In this photo, Grade 7 student Violette Bisson, on the right shows Cassidy Beaubien from Cambridge Public School how the book works. Morin Photo

broader community. Moving away a little bit from tests, exams, and essays to actually doing what people in the real world do for work."

Parisian explained, "We have two elementary schools. We have Cambridge and Russell Public School along with high school students, and we're able to bring those kids to make connections with older mature students that are able to kind of guide them and show them that this is what I get to do in Grade 7. To younger students this is an exciting look at what they will get to do as they progress through the system. It is important to just find activities that target everybody."

"It is pulling all of their interests together.





Village of Metcalfe loses popular business

Mr. Mozzarella in Metcalfe was destroyed by a fire on Mon., July 11. The owner and his family were able to get out of the building safely. The Ottawa fire services were quick to respond, but the building was too far gone, to be saved when firefighters arrived. A GoFundMe page has been set up by Metcalfe resident Jason Issac to help the owners with issues related to the immediate aftermath of the fire. The GoFundMe goal is \$1,000. You can get to the GoFundMe Page by going to https://gofund.me/ee0e3c16

Photo Courtesy of Jason Issac

The New Kubota L Series sets new standards of performance, comfort, versatility and affordability. This compact tractor offers two engine options ranging from 33 HP to 37.5 HP to suit varied demands. Best of all, it works well with implements and attachments to handle different applications. Package this all up with signature Kubota quality and you have a hard-working tractor that gets it done and then some.



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