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Briefly

Get a head start on Valentine's Day

MONKLAND – Bring your skates and come out for Monkland & District Community Centre's Disco on Ice family Valentine's Day celebration Feb. 11, from 5 p.m. to 1 a.m. at 17337 County Rd 43, Monkland. This is an indoor and outdoor celebration with music and dancing. The bar & kitchen will be open. All proceeds support the Monkland & District Community Centre.

Pancake breakfast

IROQUOIS – Join Iroquois residents for the annual Iroquois Firefighters Association Pancake breakfast from 9 a.m. to 1 p.m. at the Iroquois Civic Centre at 1 Dundas Street in Iroquois on Sun., Feb. 12.

Calling all snowmobilers

MOUNTAIN – The annual Sweetheart/Family Day Rally is planned for Feb 18. Breakfast, 8:30 - 10 a.m. at the Mountain Trail Blazers Clubhouse, VanCamp Road. Registration 10 a.m.-12 p.m. The event is weather dependent. Contact Heather Erwin 613-989-6145 or John Havekes 613-989-5477.

Family Day

INGLESIDE – The Upper Canada Bird Sanctuary is planning for family fun on Family Day on Mon., Feb. 20 from 11 a.m. to 4 p.m. There will be a barbecue, skis to rent and snowshoes to explore the sanctuary with. There is a special family rate of \$20 for the day. You can find more information at: friendsofthesanctuary.org and you can email them at: info@friendsofthesanctuary.org

THE RECORD

SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES



PM40050631R8905 **Volume 129, Number 31 Chesterville, Ontario Thursday, February 9, 2023 Single Copy \$1.00 (HST included)**



Hitting the nail on its head!

There was a whole lot of fun during the nail hitting contest on Saturday afternoon at the Morewood Winter Carnival. There were two teams of three people competing in the initial contest. Smirlholm Honey Team was comprised of Glenn Smirle, Glen Briggs and Dean Broome, with the Green Team members being Brent Richard, Syd Van Der Zweep and Donna Sauve. From the left: Glenn Smirle and Donna Sauve are seen during their turn hitting the nail on its head during the relay. **See page 7 for more details.** Thompson Goddard Photo

South Dundas Council approves exception to municipal alcohol policy for Morrisburg Junior Lions' Hockey Club

Terry Tinkess
Record Staff

MORRISBURG – At the Jan. 30 regular meeting, council agreed to reconsider a request from the Morrisburg Junior Lions' Club (the Club) to host a Special Occasion Permit to sell alcohol at home games.

The club proposed to make an application to the alcohol and Gaming Commission of Ontario for the permit, cover any additional insurance costs and provide Smart Serve attendants.

Continued on page 3

ACAA volunteers honoured

Carolyn Thompson Goddard
Record Staff

AVONMORE – The weather was very cold outside North Stormont Place, but inside there was a lot of warmth as the Avonmore Community and Athletic Association held their Volunteer Appreciation Night 2023 on Feb. 3.

ACAA president Sophie Branchaud described this year's event as "A night to thank our community volunteers for all of their hard work. We also took this opportunity to recognize some of the original members of the ACAA and their contributions to the village over the years."

Following a social hour with music from members of Hadrian's Wall and the opportunity to enjoy a bite to eat from a large and beautiful charcuterie board from Floral Expressions in Cornwall, Branchaud welcomed guests to the event and introduced local historian Murray Barkley.

Barkley provided an interesting and informative history of the ACAA that began in the summer of 1969 at a meeting hosted by Mavis Wert. Audrey Bush, Iva Bush, Yvette Delaney, Eunice Henderson, Grace McElheran, and Mavis Wert founded an organization to provide the girls in Avonmore opportunities for participation in sports' activities. This organization became known as the Avonmore Sports Committee in March 1970 and ultimately the ACAA.

"Our first presentation this evening is to the six founding mothers of the ACAA, and I would call upon Nancy Wert to please come forward to receive it. The presentation is a plaque and framed article from *The Chesterville Record* for display in the board room in this building, recognizing all the founding mothers of the ACAA," said Barkley shortly before Branchaud made the presentation to Wert.

Continued on page 3



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Crysler Winter Carnival 2023

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WEDNESDAY, FEBRUARY 15

7 p.m. Winter Carnival Bingo. Community Centre. Doors open at 5:30 p.m.

THURSDAY, FEBRUARY 16

6 p.m. - 9 p.m. Ladies Night. Community Centre. Uncorked & Unwind. A night for ladies to relax, treat yourself with services & products our vendors have to offer. Sip on Wine accompanied by delicious St. Albert cheese & enjoy the kind but funny words from guest speaker - comedian RACHELLE ELIE (en anglais). \$10 at door (includes a beverage).

FRIDAY, FEBRUARY 17

5 p.m. - 7 p.m. Meet & Greet Supper. Community Centre. French Canadian menu. Pork stew, meat pie, potatoes. 13 years old and up - \$12.50; 4-12 years - \$7; 3 and under - free.
6 p.m. - 7 p.m. Magicians presented by OrbitalTalent
6:30 p.m. - 9 p.m. Rock & Skate in the ODR
7 p.m. Louis Racine & Les Pourquoi Pas group. French Canadian singing and square dancing. Free admission. Sponsored event.

SATURDAY, FEBRUARY 18

9 a.m. - 11 a.m. Petting Zoo at the Community Centre.
10 a.m. - 11 a.m. Crafts Petting Zoo at the Community Centre. Presented by the Friends of the Chrysler Library.
11 a.m. - 12 p.m. Kids Magician "The Great Arjuna's Magic" at the Community Centre. Sponsored event.
12 p.m. - 1 p.m. Hotdog/chips/juice will be sold for lunch. Free cupcake decorating.
1 p.m. - 3 p.m. Animal Kingdom Challenge. Starts at the ODR. Join the Carnival Team for the family challenges to win points for your side of town! Dress according to the weather, as all activities will be held outdoors!
1 p.m. - 3 p.m. Public Skating (ODR). Snowhill (Park)
5 p.m. Tony's Rockathon. In memory of Tony Briere. Participants will rock for 24 hours to raise money for ODR. Ends Sunday at 5 p.m.
9 p.m. - 1 a.m. Country-Rock Boots "N" All Groupe hometown band. \$10 Early Bird Tickets. Sold at the Old General Store & Chrysler Home Hardware. \$15 at the door. Sponsored event.

SUNDAY, FEBRUARY 19

9 a.m. - 11:30 a.m. Breakfast at the Community Centre. 13 years old and up - \$12.50; 4-12 years - \$7; 3 and under-free.
12 p.m. - 1 p.m. Storyteller for kids "Timm Holmes". Presented by Orbital Talent. Sponsored event.
1 p.m. - 3 p.m. Public Skating (ODR). Snowhill (Park)
1 p.m. - 3 p.m. Games to Go Truck (Video Gaming)
1 p.m. - 3 p.m. Snowshoeing on the Lagoon Trail with the Chrysler Citizen Committee.
3 p.m. - 3:50 p.m. Hockey Games. North vs South Youth (13 and under).
4 p.m. - 4:50 p.m. North vs South Adult (14 and up). Helmets required.
5 p.m. - 7 p.m. Spaghetti Supper. 13 years old and up - \$12.50; 4-12 years - \$7; 3 and under-free.
7 p.m. 50/50 Draw
7:15 a.m. Fireworks

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ACAA volunteers

Continued from the front

Following this, Barkley provided information on the community work done by Jean Canham, wife of Earl Canham. She was described by Barkley as “always energetic, indefatigable, and cheerful Jean Canham,” and announced the hall at North Stormont Place “will henceforth be known as The Jean Canham Hall,” with Earl Canham receiving the honour on behalf of his late wife.

The third presentation of the evening was in honour of Mavis Wert, “in recognition of her unending commitment to work” in the community, the kitchen of North Stormont Place “will henceforth be known as “The Mavis Wert Galley.” Continuing, Barkley noted “Mavis was always kind and pleasant and businesslike, and things always ran smoothly and efficiently when she was in charge!”

Following these presentations, Branchaud announced the Volunteer of the Year Award for the ACAA was being initiated in 2023. She noted the importance of each volunteer’s contributions, and commented there were several nominations this year. “This award will serve to recognize one individual



From the left: ACAA president presents Nancy Wert with a framed article from *The Chesterville Record* relating the history of the ACAA, which will be hung in the boardroom at North Stormont Place.

Thompson Goddard Photo



From the right: Kerry Adams was honoured for his dedication and work as a volunteer with the ACAA by being presented by ACAA president Sophie Branchaud.

Thompson Goddard Photo

who, over the past year, has demonstrated an abundance of dedication to the community through their work with Rec. This individual is nominated by their peers, and ultimately selected by the president.”

It was announced that the recipient of the 2023 Volunteer of the Year Award was Kerry Adams. He has volunteered with the ACAA for nearly 25 years and assisted with several projects and initiatives. These include “organizing our financials, to helping to manage the final phases of the park project, to installing festive lighting around town, driving fire trucks around for parades, maintaining our new outdoor skating rink, and many other things,” explained Branchaud, noting he has great ideas as well as being able to get things done.

“It’s truly humbling to be given this award by your fellow volunteers. Avonmore is a great little town and Avonmore Rec. is a fantastic group of people helping to make it better for everyone!” commented Adams.

ACAA vice president Josee Poirier then took a few minutes to thank Branchaud for her many years of service to the organization. “Sophie is a humble Rec. leader. She

continuously expresses “it’s a team effort,” always conveying to each of us how thankful she is for the role we played here in Rec. She overlooks to congratulate herself for all the hard work she accomplishes and a positive impact her being our president has played within the Rec. family and in our community,” said Poirier. She continued how Branchaud, co-owner of Sage Floral & Design, has sponsored community events and demonstrated an “unwavering commitment” to the Avonmore Park project and achieved many

accomplishments on this project by her work with stakeholders.

Poirier concluded her comments by noting “Sophie and I have discussed on how much we love that Avonmore has evolved but remains authentic. A town where you are proud to live in, where children can be children, the neighbours are friendly, access to great local schools, historical corner store, a pizzeria with delicious ice cream, and notably when someone loses their chicken, we can identify who they belong to!”

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Municipal alcohol policy

Continued from the front

In the fall of 2022, the hockey club was turned down when they requested an exemption from policy 9.1, which is the municipality’s alcohol policy. The exemption would have allowed the club to apply for a liquor licence for the sale of alcohol during their games.

The issue was brought to council as a discussion item at the Jan. 9 regular meeting by Deputy Mayor Marc St. Pierre, who said a couple members of council had been approached by members of the Lions organization asking that the decision be reconsidered. St. Pierre stressed that he was just bringing the question to council. “All I’m basically asking is do we want to reconsider,” said St. Pierre, “Do we want to reconsider supporting a liquor licence for

the junior “C” games?”

At that time, following lengthy discussion, the matter was deferred to be brought back to council at their next meeting on Jan. 30 with additional information gathered from staff and through meetings with the hockey club.

At the Jan. 30 meeting, David Jansen, the municipality’s director of parks, recreation and facilities explained that staff are happy to work with the club in their application to the Alcohol and Gaming Commission of Ontario to seek approval of a Liquor Sales Licence at the facility.

Outlined in the report prepared for council’s consideration were pros and cons from a staff, facility, and risk management perspective.

Following discussion, the request was supported following a motion by Coun. Ward and seconded by Deputy Mayor St. Pierre to exempt the club from the municipality’s alcohol policy. “The Junior C Lions’ Hockey Club have been a good partner through our Tubie Weekend and have excellent results in this area,” said Mayor Broad.

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EDITORIAL & Opinion

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Happy Valentine's Day every day

Valentine's day is just around the corner.

If you can look past all the commercialization of the special day, you will find that its beginnings, at the very least, had good intentions.

The modern Valentine's Day celebration has a history going back to ancient times.

The special day has several origins, originating in different cultures and different rules going back to Roman Greek times.

Bits and pieces of Valentine's Day came

together thanks to present day marketing to create what we all recognize now as the one day in the year we announce our feelings for our loved ones with romantic cards and of course chocolate.

But the famous day was not always so.

In the Middle Ages, according to history buffs, Valentine's Day became a romantic holiday.

Scholars back then believed that birds mated in mid-February, specifically on the 14th, day of the month of Valentine's Day.

The church was a driver of traditional dates to honour its many saints and Valentine's Day, named after St. Valentine, had its own special day.

Because the church calendar pegged Feb. 14 as St. Valentines Day, consequently that day was associated with birds mating and just like birds, people would symbolically pair and go off together.

Chaucer was an English poet, author, and civil servant best known for *The Canterbury Tales* who lived in the 1400s.

He wrote a poem called Parliament of Fowls in 1381. One of his versus was, "For this was on Saint Valentine's Day, when every fowl comes there his mate to take."

Some historians believe that the poem bringing love struck birds together with St. Valentine's Day,



special day.

Some historians claim the day is based on the lives of two men. There were two men executed for their crimes suggesting that love was a real emotion during times when love was considered something that was in the way of making an empire. They died in different years. One was Saint Valentine of Terni, who was put to death for secretly officiating a wedding for Roman soldiers, something that was against the emperor's wishes. The other was St. Valentine who wrote the first "valentine" greeting to a young girl he tutored and

fell in love with while he was imprisoned, as well for taking part in weddings. Before his death, he wrote her a letter signed "From your Valentine," which remains a commonly used phrase to this day.

So for those out there who see Valentine's Day as a commercialized day commemorating love, you are only partly correct.

Sure, there is a great deal of money to be made but there is nothing wrong with taking advantage of the marketplace shenanigans to express your feelings for someone else, especially if it is someone you love and hope to spend the rest of your life with.

You can make Valentine's Day anything you want it to be, and in fact, if you so desire, you can make every day with your mate a celebration of your union even when there are no Valentine's Day cards to be found.

Joseph Morin

TAGWI Report

By Brooke Donnelly
Student Reporter



A week with the Warriors

Although our week wasn't a long one, our Tagwi Warriors still had a busy week. Our secondary students concluded the first semester with their period 3 and 4 exams on Monday and Tuesday, respectively, and the new semester began on Thursday. While our secondary students were finishing the first semester, the intermediate boys and girls' UC volleyball teams competed in the UC Playoffs. Finally, to conclude the week, our senior and junior boys' basketball teams had their first meet of the month.

After roughly eighteen weeks, the first semester of the 2022-2023 school year came to a close on Tuesday. After students had the day off on Wednesday, they returned on Thursday for the beginning of semester two.

Whilst secondary students were writing their exams on Friday and Monday, our intermediate volleyball teams hosted UC volleyball. The girls played on Friday, unfortunately not winning any games. The boys played on Monday, and they played many close games, but ended up losing as well. We'd like to thank the members of athletic council and other volunteers for their help running these events.

To close out the week, both the junior and senior boys' basketball teams competed at Seaway District High School. The junior boys played North Dundas, one of their strongest competitors, and after a hard-fought game, they lost. Later, the seniors played Seaway. After a back-and-forth match, our warriors ended up winning by three points.

As always, student council and the school community is hard at work planning for the upcoming weeks. To stay up to date on what's happening, we recommend you check out Tagwi's Instagram page (@tagwiwarriors) and our student council Instagram page (@warriors.student.council).

Stop the bleeding

It's funny, how many people talk about how they would like to simplify their life, that they would like to downsize, eliminate the things they don't need and find a life where what they do is guided by what is important to them and not by what they owe or what they would like to acquire.

The thing is, while many people talk about it, few follow through and do something about it. If you are in debt, and you are an ethical person, you can't just walk away from it, but if you can manage to "stop the bleeding" of over consumerism, you can bring things under control. It will take time, but it can be done.

A more interesting quandary arises when you have to think about the things you do that you really don't want to do, but someone wants you to, so you comply.

Who hasn't had a conversation with a co-worker where someone said, "I know they should fix the problem, but if I don't do this/finish this/do as they ask, who will? The question that doesn't usually get asked is what happens if you don't do it, whatever "it" might be. Guess what, the world won't come to an end, the sun will come up, and maybe, just maybe the problem will get fixed or at least it will be realized that there is a problem (unless there are more people like you who feel the need to take

responsibility for a situation they did not create. We often overstate our importance to the process, but if we step off the conveyor belt, it will continue to turn.

That's not to say you just walk away without warning; you may like much of what you do but if you don't make it known that there is a problem, no one will ever see the need to fix it.

Ultimately, we all have a finite number of years, months, days, hours, and minutes on this earth, and it is up to us what we do with them. Would you rather visit a client who had to struggle to find time to meet with you, or spend time with your grandchildren? Would you rather work

a double shift, or take time to see the moon rise or the sun set? Wouldn't going through the drive-thru with your four-legged friend who thinks you are the best thing ever be better than staring blankly at a screen?

I don't imagine there are too many tombstones that read "I wish I had spent more time at work," but ultimately the only one who can control that is you. We need far less than we want and everything in life has consequences. You just have to decide if the value of what you are receiving is equal or greater than what you are giving up. Those that finish with the fewest regrets, win.

Terry Tinkess



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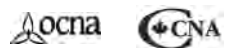
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A refreshing moonlit ski

Terry Tinkess
Record Staff

The Friends of the Sanctuary held a moonlight ski and snowshoe evening on Sat., Feb. 4 at the Upper Canada Migratory Bird Sanctuary. While it was quite cold and the moon only occasionally peeked out from behind the clouds, those who attended seemed to have a very pleasant evening.

Ross Miller, president of The Friends of the

Sanctuary was one of the volunteers on-hand, collecting registrations and making sure that each participant was well equipped, either with their own skis or snowshoes or some of the rental equipment available.

“You know, before the pandemic we still had a midnight ski and it was minus 30,” said Miller. “And that’s not with the windchill factor. “That’s a nice thing to note.”



Participants at the Moonlight Ski were equipped with headlamps and accompanied by volunteers who are familiar with the trails. Tinkess Photo

According to Miller, the Sanctuary’s winter program is going well. “Things are good. I mean, it was off to a slow start in January because of the weird weather we’ve been having in the last little while. We’ve managed to pick up a little snow, and it was a little cold today. But I understand we had a few people come out because it was a beautiful day.”

The Friends of the Sanctuary have several other events coming up. On Family Day, Mon., Feb. 20, they will have activities

from 11:00 a.m. until 4:00 p.m. There is a special rate of \$20 for family ski or snowshoe rentals, and there will be a barbecue at an additional cost.

During March break there will also be a full slate of activities. Their website and Facebook page will be updated as events are confirmed. Their website is friends-of-the-sanctuary.org, and their Facebook page is facebook.com/FOS.UCMB.S.

The Upper Canada Migratory Bird Sanctuary is located at 5591 Morrison Road, Ingleside, Ontario. (South of Highway Two at Aultsville Road.)

REFLECTIONS ON COMFORT & PEACE



On a recent drive home from Ottawa, I looked up [way up] and there was wonder in the sky. After what seemed like endless days of snow, the sun was breaking through. What caught my attention was a cloud formation that looked like an oyster shell and the sun was wondrously placed inside like a fine pearl.

Attention is the beginning of devotion. The poet’s pearl of wisdom.

As I write this wee piece, folks are revelling in Groundhog Day, shadows or no shadows. Remember the Bill Murray movie *Groundhog Day*? Murray’s character, Phil, has lost his way. He’s going through the motions and taking life for granted and he keeps waking up to yet another Feb. 2 in his job as a reporter, until he decides to learn, engage, and wonder. The gift of wonder and amazement transforms him. His spirit comes alive!

Every day offers us challenges, worries, and a whole host of reasons to withdraw. Life is also precious.

In our church, we often share a “time to wonder” as we ponder God’s word, our call and vocation as disciples and our role as stewards of God’s wondrous world. This sacred time is inspired by something activist and philosopher, Rabbi Abraham Heschel once wrote: “Never once in my life did I ask God for success or wisdom or power or fame. I asked for wonder, and he gave it to me!”

How does Rabbi Heschel’s pearl of wisdom resonate with you? Will you welcome wonder today? How might you cultivate a sense of awe as our wintery season graces us with countless curiosities?

As we celebrate Black History month, I will make mention of yet another moment. Rabbi Heschel survived the Holocaust and later walked alongside Dr. Martin Luther King Jr. in Selma and said, “I felt my legs were praying.” He lived a life of Godly wonder and holy action.

My February prayer is simple; I pray for courage to see with soft eyes, awakening hope, joy, love, new insights, and the ability to receive the brightness of God’s presence. A sacred responsibility!

Rev. Christine Lowson

- OBITUARY - MADOLYN EBNER



On Thursday, February 2, 2023 Madolyn Ebner passed peacefully from this life after a valiant battle with cancer. She was the beloved wife of Gottfried Ebner for 62 years, cherished mother of Derek (Raun Griffiths), Jeff and Rhonda, grandmother of Justin and Kiersten (Connor Ross) and great-grandmother of Sydney Elizabeth. She is also survived by her brother Harrison “Teddy”, sister-in-law Rita and many cousins, nieces and nephews. She was pre-deceased by her parents Myles and Ethel (Fairfield) Hummel, brothers Waverly and Donald, her sisters Violet (and husband Bert) Kennedy and Jean (and Hartley) Carkner.

Madolyn was a 3x-great-granddaughter of Chesterville founder George Hummel and his wife Rebecca Merkley and was proud of her United Empire Loyalist heritage. She was a great cook and baker. She cultivated beautiful flower gardens and was a skilled genealogist. She was a dedicated public servant, retiring from the Canada Revenue Agency (CRA) in 2008. She loved ice cream and watching the birds at her feeders and no stray cat ever crossed her path that didn’t get adopted. Madolyn was a blessing in the lives of all who knew her and her loss is immeasurable. At her request, there will be no funeral or public gatherings. Those wishing to honour her memory could do so by contributing to their local animal shelter or another worthy cause. Online condolences can be shared at www.dignitymemorial.com.

- OBITUARY -



Floyd Bradford

Passed away suddenly at the Ottawa Heart Institute on Thursday, February 2, 2023, Floyd Bradford of Chesterville, age 96. Loving husband of the late Mildred Bradford (nee Nicoll). Loving father of Alison Bradford (Rene Boulanger) of North Gower, and the late Grayson Bradford. Dear brother of Douglas Bradford (Barbara) of Vernon,

B.C. and Phyllis MacWilliam (Hugh) of Burlington, Vermont. Dear brother-in-law of Agnes Bradford of London, Ontario. He was predeceased by his parents Douglas and Edna Bradford (nee Graham), his sisters, Marjorie and Margaret Bradford, and his brothers Russell and Rogers Bradford (late Ora). He is also survived by many nieces and nephews. A Legion service will be held at the Royal Canadian Legion in Chesterville on Friday, February 10 at 11 a.m. followed by a Celebration of Floyd’s life. A reception will follow. Donations to the Ottawa Heart Institute would be gratefully acknowledged by the family. Spring interment will be at Maple Ridge Cemetery in Chesterville. If you are making your donation online or by cheque directly to the charity, please include the following note with your gift “please notify the family.” Online condolences may be made at marsdenmclaughlin.com.

- OBITUARY -



IN Buri, Johann-Niklaus (Nik)

April 20, 1954 - January 27, 2023

Passed away peacefully after a long and brave battle with dementia. Beloved husband of Barbara Buri (nee Beck) for nearly 46 years. Cherished father of Daniela Buri and Franziska Buri (Brian Dundon) and adored Neni to Mia and Théa Kowlessar. Son of the late Ernest and Maria Buri (nee Stucki) and brother of Anna Baumgartner. Son-in-law of the late Andreas and Elsbeth (Betty) Beck and brother-in-law to Eva Piazza (the late Gigi) and Zilla Induni. Also survived by many nephews, nieces, great-nephews, great-nieces, extended family and friends. The family wishes to extend their gratitude to the staff of St. Lawrence Lodge in Brockville for the compassionate care provided to Nik during his illness.

Please join us on February 10, 2023 from 2 p.m. - 7 p.m. at the Oddfellows Hall, 12389 County Road 18, Williamsburg, ON, for a celebration of life. To honour Nik’s casual style, please feel free to wear his favourite attire, plaid shirts and jeans. In lieu of flowers, donations to the Alzheimer Society of Canada in Nik’s name are greatly appreciated by the family.

Arrangements entrusted to the Marsden McLaughlin Funeral Home Iroquois. If you are making your donation online or by cheque directly to the charity, please include the following note with your gift “please notify the family. Online condolences may be made at www.marsdenmclaughlin.com.

Church DIRECTORY

Your Guide to Local Houses of Worship

ALL SERVICES ARE SUBJECT TO CHANGE.

The United Church of Canada CHRIST CHURCH UNITED

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

February 12th, 2023 at 10:30 a.m.

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

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

February 12th, 2023 - Joint Charge worship service at 10 a.m. at St. James Avonmore followed by St. James’ annual meeting. No services in Martintown or Finch.

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

INTERIM MODERATOR: Rev. Colleen Gillanders-Adams 343-330-0090
robertandcolleenadams@gmail.com www.avonmorefinch-presbyterian.ca
Clerk of Session: Garry Nugent 613-984-2955

February 12th, 2023 at 10:30 a.m. - St. Luke’s-Knox Presbyterian, church service amended to 10:30 a.m., Joint service with Avonmore; no service in St. Andrew’s, Avonmore. St. Luke’s-Knox annual meeting to follow service.

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

Interim Moderator Rev. Samer Kandalaf 613-258-4136

Service Times: St. Andrews Chesterville at 9 a.m., St. Paul’s Winchester at 10 a.m., and Morewood Presbyterian Church at 11:15 a.m. St. Andrew’s, Chesterville and Morewood Presbyterian churches have reopened for in-person services.

NATIONSIDE PENTECOSTAL CHURCH

Pastor Scott Sayers
E-mail: Pastor.Scott@mail.com Office: 613-448-2272

Please join us for Sunday Services at 10:30 a.m. at the Nelson LaPrade Centre, 9 William St.

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

HARMONY COMMUNITY CHURCH

Evangelical Missionary Church

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

Senior Pastor: Rev. Daniel Wallace

Weekly Services - Sunday at 10:30 a.m. & 7 p.m.

Wednesdays at 7 p.m. - Prayer Meeting

We are open and invite you to join us for services! We are continuing to live stream our Sunday morning services at Youtube: <https://www.youtube.com/channel/UC0pYrDABz4REc-A76-EvrA>
Sunday School Classes & Nursery have resumed.

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

ST. MARY'S ANGLICAN CHURCH

139 Castor St., Russell, ON Parish Office: 613-445-3226

Presiding: Rev. Anne Quick
infostmarysrussell@rogers.com Website: www.stmarysrussell.ca

We’re back to two in-person services:

Holy Eucharist (Holy Communion) at 9 a.m. and at 10:30 a.m. The second service is usually Zoomed - you can email the church on Saturday evening to get the Zoom link.

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

WINCHESTER BAPTIST CHURCH

486 Main St., Winchester

Pastors Bud McKibbin and Mollie McKibbin

Join us Sundays at 11 a.m. for our in-person or virtual service.

Church has reopened for in-person services. Traditional Music - Centred Services.



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Join us at www.thegatheringhouse.ca on Sunday mornings beginning at 10 a.m. for our weekly worship service. Nursery and Sunday School classes have resumed.

ST. MARY OF THE PRESENTATION CATHOLIC CHURCH

Administration Priest: Fr. Cyril Duru
Parish Secretary: Nancy Richer - 613-448-3262

ST. CLARE'S ANGLICAN CHURCH OF NORTH DUNDAS

613-774-2236 www.stclaresanglican.ca 2530 Falcone Lane, Winchester

Sunday Service of Eucharist, 10 A.M.

Covid-19 Protocol in place.

Visit us online for Sunday Service at our links below.

On Facebook at The Anglican Parish of North Dundas at St. Clare’s.
On YouTube at St. Clare Anglican.

ST. ANDREW'S AND ST. PAUL'S UNITED CHURCH

38 Mill Street, Russell, ON 613-445-3111 www.russellunited.org
Minister: Rev. Peter Dahlin, B.A., M.Div 613-443-7603 (peterdahlin52@gmail.com)

11 a.m. Sunday Worship

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

North-South Dundas Snowarama

Terry Tinkess
Record Staff

RIVERSIDE – Because of the frigid weather conditions, the number of snowmobilers who ventured onto the trails was down a bit on Sat., Feb. 4, for the local version of the North/South Snowarama for Easter Seals Kids.

Fortunately, cold weather or not, a hot breakfast prepared by someone else always tastes good, as everyone who came out to the Riverside Heights Recreation Hall discovered. At only \$5 for pancakes, sausages, and a hot drink, it was the best deal in town.

Heather Cooke-Erwin was one of the local organizers and she said that fundraising was down a bit, but as we spoke there was still a steady stream of people arriving.

“Because we have the breakfast, we have to stick to the schedule,” said Cooke-Erwin. “Some people can reschedule, like Kemptville, theirs is tomorrow so they will have nicer weather. We changed it last year because we had no snow and did it in March and it was a big success.”

The local run actually had two purposes, as Cooke-Erwin explained, “This is a memorial run too, for Debbie McHaffie-Strader and Jean MacDougal, because when Nation Valley started, I joined in with them. It was the two of them, me, and Elaine Whittaker. We had big runs, we had 58 women one year.”

Snowarama for Easter Seals Kids is locally sponsored and endorsed by the Ontario Federation of Snowmobile clubs (OFSC.) If you still want to donate, you can call Heather Cooke-Erwin at 613-989-6145, or email at, or visit Snowarama.org. This year all Snowaramas are working toward a combined goal of raising \$150,000, so every donation counts.



You can tell from the happy faces that the Summers’ family really enjoyed their breakfast. The event was part of the Snowarama fundraiser for Easter Seals’ kids. From left: Brentley Summers, Ayden Summers, Steve Summers, JJ Jacob Moffitt, Alicia Summers, Olive Summers. Tinkess Photo

Marionville Winter carnival returns

Joseph Morin
Record Staff

MARIONVILLE – Thanks to the pandemic, the residents of Marionville have had to cancel their traditional winter carnival for two years.

This past weekend the fun returned in the small village, as families enjoyed three days of dining, dancing and fun, and a silent auction all at the Marionville Community Centre.

President of the winter carnival committee is Nathalie Paquette.

On Sat., Feb. 4, she was looking after the registration



The afternoon at the winter carnival at the Marionville Community Centre featured games for all of the children there to play. In this photo: Lori Anne Richer tries to move little round balls from one tray to another using a spoon.

Morin Photo

table at the Marionville Community Centre. The room was quickly filling up with families and their children who

had games to play, food to eat and a magic show to watch.

“We have activities for all age groups,” said Paquette.

The carnival got under way on Friday night with a spaghetti and bean dinner served up by the Knights of Columbus. There was live music by Liam Ciccarelli and games like cards, beanbag baseball and pool.

On Saturday it was a full house at the community centre, with lots of games to play and a fun magic show put on by Abracadabra the Magician. His performance was introduced by Marie Eve Richer.

In the evening a carnival party took place organized by the broomball team Les Boys.

The winter carnival was rounded out with a Sunday family mass at Ste-Thérèse-d’Avila Church.

At noon there was a brunch served up by the Knights of Columbus.

Spinning wheels ... spinning round!

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – The 2023 Chesterville Spin-In, held on Sat., Feb. 4 at the Chesterville Legion, was a resounding success, with organizer Nancy MacMillan mentioning over 80 people attended the event, which was the first one held in three years because of the pandemic.

“I have had many messages from attendees thanking me for having the much-missed Chesterville Spin In again and comments about how much they enjoyed being able to see other fiber friends and enthusiasts once again,” commented MacMillan.

She continued, there were fifteen vendors who had wool, wool products, paintings and associated crafts for sale and several spinners who demonstrated the age-old skill of creating yam from wool.

Organized 22 years ago by Margot

Dixon and MacMillan, in collaboration with the Chesterville & District Historical Society as a heritage month event, it has become an eagerly anticipated gathering of spinners, vendors and people interested in learning about the wool industry in Canada.

In addition to the ability to visit with vendors and spinners, there was an educational component to the event. “I was very happy with the turnout and proud to talk about the campaign for Wool Canada and what they are doing to promote wool in Canada,” commented MacMillan.

After noting the Patron of Wool Canada is King Charles II, she explained a small film series called *Fabric of Canada* was created by this organization “to show how valuable wool is in Canada and as an export. These films can be found on Facebook, Youtube and Instagram on the

Campaign for Wool Canada pages.” The films provide information on the Nonia Knitters of Newfoundland, the 100 Mile Jacket, the Coast Salish Weavers of British Columbia and felt artist Rosemarie Petoquin of Manitoba.

“I also spoke about another interesting project that started with a Kickstarter Campaign to educate people about sheep farming and fiber in Canada by Longway Homestead Farm and Fiber Mill in Eastern Manitoba in the form of a book.

During the event, 50 door prizes were awarded to those who attended the Spin-In and MacMillan thanked the individuals and businesses who donated door prizes. She wished to offer her thanks to the Royal Canadian Legion Branch 434 in Chesterville for donating the use of the Legion Hall and volunteers from the Chesterville & District Historical Society for providing snacks and operating the entrance desk.



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FREE LUNCH—FARM TOURS—SIGN UP @ [OPACA.NET/EVENTS](https://www.opaca.net/events)

Thanks for a wonderful winter carnival!

Carolyn Thompson Goddard
Record Staff

MOREWOOD – The cold weather didn't seem to stop people from enjoying the 2023 Morewood Carnival held between Fri., Feb. 3 and Sun., Feb. 5 in this small North Dundas Community. The weekend long event was organized by the Morewood Recreation Committee, and it provided the chance to enjoy some family fun for visitors to the event. From the opening ceremonies on Friday, to the conclusion of Sunday's Dart Tournament, there were plenty of activities both inside and outside the Morewood Recreation Centre and two events on Sunday at Morewood Presbyterian Church. Throughout the carnival people of all ages were able to enjoy skating on the outdoor rink adjacent to the centre, or perhaps toboggan down or play on one of the snow hills on the grounds.

On Friday evening, following the opening ceremonies at 7 p.m., the Morewood firefighters hosted a free family bingo evening that was well attended and on Saturday morning firefighters were cooking

up a pancake breakfast complete with sausages, home fries, juice and coffee. Guests were able to enjoy the breakfast while visiting with friends and neighbours, bid on an item on the silent auction or visit the firefighters table to pick up information and a promotional item or two to take home.

During the afternoon on Saturday, the Chesterville & District Lions Club hosted a euchre tournament, with six tables of four enjoying the card game, while youngsters of all ages were able to enjoy activities at the Arts and Crafts' table. There was a presentation by the Zoo Crew, a colouring contest, sponsored by McLaughlin Electric, and face painting by Jacky's Face Painting thanks to the sponsorship of KT Consulting.

Outside the recreation centre, there was the opportunity to paint the snow wall during the afternoon, with Tawny Bryski-Wilson, a member of the Morewood Recreation Committee mentioning "The kids also really enjoyed painting our snow wall with our coloured water." To the rear of the building a series of competitions were held, which included a tug of war as well as



During the Saturday afternoon of the carnival, youngsters of all ages were able to participate in a snow painting activity just outside the Morewood Recreation Centre.
Thompson Goddard Photo

log sawing and nail hammering, with people who were watching or competing, able to warm up around contained wood fires.

The day ended with a community spaghetti supper sponsored by Camouflage Property Management between 5 and 7 p.m., and silent auction winners announced as the evening concluded. There were 35 items in the silent auction, with Bryski-Wilson mentioning many items went over the listed values and five items "ended in bidding wars."

On Sun., Feb. 5, the Morewood Presbyterian Church hosted a Carnival church service that included a social time

afterwards and a special presentation of the Zoo Crew between 11:15 a.m. and 12:15 p.m., with donations for the Winchester & District Hospital Foundation accepted during the event.

A dart tournament ended the 2023 Morewood Carnival during Sunday afternoon. It was described as awesome in a message from Bryski-Wilson who mentioned there were 18 players in the tournament with the top three teams being presented with prizes.

"We would like to thank all of our sponsors and donors, as without their support we wouldn't be able to host events such as this one."

Representing Nunavut: Connor Ejetsiak

Terry Tinkess
Record Staff

It's amazing the feeling that comes from representing the place you come from in any kind of organized sporting event. It is an opportunity not everyone has a chance to enjoy, and for those that do, it is a treasured moment.

Imagine being able to do it twice within a matter of weeks? That is exactly the experience Connor Ejetsiak is enjoying right now.

Connor Ejetsiak is Inuk. He was born and raised in Iqaluit. He moved south in August to go to school and play hockey. He's been playing hockey his whole life in Iqaluit with the Iqaluit Wizards. After arriving in the area, he was enrolled in Grade 10 at Tagwi Secondary School and was selected to play hockey with the Seaway Valley "AA" team.

Connor's mom, Tarrah Kelly says that Connor was thrilled to get to play hockey in the Arctic Winter Games. "All of the boys on the team have been playing for so long," says Kelly, "and you know, the Arctic winter games is something they all look forward to. It's a pretty big thing to make the team. This is his first Arctic Winter Games. He was scheduled to attend in 2020 to play futsal (like indoor soccer) but because of COVID it was cancelled, so this is his first time."

It has been a year of change. Initially Connor was separated from most of his family by the move, but now they are back together.

"We actually just moved down the rest of the family," says Kelly. "We just moved down a couple of weeks ago, Jan. 14, I relocated with my job. Now we're all down here as well. So, he's back living with us and still going to school and playing hockey."

"He adjusted really well," adds Kelly. "He's very smart, he's very intelligent, but he's also very independent. For him, the transition was really, easy. He made friends right

away, he kind of got into the swing of things with the hockey. He's doing well in school. He's had no issues."

His mom obviously is very proud of him, for how he has dealt with change, but also for the type of person he is, on and off the ice. "He's all about the team. It really is a team sport. And he's big on, you know, things like if the goalie makes a good save, he goes and congratulates the goalie. As well, if the goalie let in, you know, a bad bounce and he should have had it, he'll go and comfort the goalie. He's there for every celebration. He usually has more assists than goals. He's always about making the plays and what's best for the team, which in my opinion, you know, that's what you need."

"Normally, it's very unusual that you would have Arctic Winter Games and Canada Winter Games in the same year. That doesn't happen, but because of COVID, right? Just one more thing that the virus affected. Between the Arctic Winter Games wrapping up and the Canada Winter Games starting, there wouldn't have been much point in Connor taking an expensive flight home for only a couple days, of school, so he decided to spend the week with his grandparents before attending a week-long training camp for Team Nunavut before heading to PEI and the Canada Winter

games."

At the completion of the Arctic Winter Games, in which Team Nunavut won the bronze medal in hockey, Ejetsiak spoke about the experience. "The best part was playing again with the guys, and just having a whole bunch of fun. It was great winning the bronze medal too. It was 3-3, but with about six minutes left in overtime we scored."

When asked if there was a professional hockey player who he tried to model himself after, he showed that he has really high standards. "Nathan Mackinnon," he said, "or Connor McDavid."

Not bad role models. After a few days to recover, it's back to hockey and preparation for the Canada Winter Games in PEI. He says he expects it to be harder and faster. "I've just been told that it's a bigger turnout than the Arctic winter games," said Ejetsiak. "There's going to be a lot more scouts and stuff. Every game there's going to be scouts everywhere. That's pretty much all I've heard. It's going to be faster hockey, more physical."

In the meantime, between tournaments he has a chance to spend some time with his grandparents. He knows, however that a lot of people in Eastern Ontario will be cheering for Team Nunavut when the Canada Winter Games begin.



Team Nunavut came away with the bronze medal at the Arctic Winter Games. Connor Ejetsiak is the ninth person from the left. Courtesy Photo

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February is Heart Month

A healthy heart is a gift for life

5 types of exercise that boost heart health

Heart disease affects approximately 24 million Canadian adults. February is Heart Month in Canada, the perfect time to bring attention to the importance of cardiovascular health. Did you know exercise is one of the best ways to reduce your risk of heart disease? Here are five types of exercise to improve your heart health.

1. Brisk walking is a great way to increase energy levels, reduce cholesterol and strengthen your heart. Moreover, it's easier on your joints than other types of exercise like running.
2. Weight training builds lean muscle mass, which can help you burn more calories at rest, and in turn, help you maintain a healthy weight. It also reduces pericardial adipose tissue, a type of fat around the heart.
3. Cycling is an excellent aerobic exercise that helps improve your balance and coordination. It also

strengthens the heart muscles, lowers resting pulse and reduces blood fat levels.

4. Yoga increases strength and flexibility and promotes relaxation and mindfulness. This helps relieve stress and reduce blood pressure.

5. Swimming is a full-body workout that's good for your heart and trains the body to use oxygen

more efficiently. Swimming is also low impact, so it's a good activity for people of all ages and those with arthritis or joint pain.

Finally, the most important thing is to find an activity you enjoy and can integrate into your lifestyle. Aim for at least 150 minutes a week of moderate-intensity activity. Consult your doctor before starting a new exercise program.




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SMALL BUSINESS Spotlight

The County Lads – A beat of their own

MONKLAND – If you enjoy listening to music that will have you up on the dance floor or tapping your toes to the beat, then The County Lads are the band to hear.

Formed in 2015, members of the band are, good friends Alec and Hamish McDonald, Nolan Laframboise and Joah Vaillancourt. “The original group first met at a barn dance held by Rob and Lesley Ann McDonald’s at Munroe’s Mills” explained Alec, who continued how after being introduced to Michael Moffatt’s younger brother Robbie, the band was formed after discovering they all played musical instruments. Later a friend of Robbie’s, Nolan Laframboise joined the band and when the group was looking for a drummer Joah Vaillancourt began playing with the group. “We also owe a lot to a man named Allister MacDonell who was always looking out for us at the beginning and got us some of our very first shows around the area” mentioned Alec.

Guitarist and lead singer Alec and his brother Hamish, who plays the fiddle, are from the Monkland area and work on their family farm. Bass player and harmony vocalist Nolan Laframboise currently attends St. Lawrence College and lives in Williamstown, with drummer and back up vocalist Joah Vaillancourt studying at St. Lawrence College in Kingston and grew up in Alexandria.

Alec explained each member in the band play multiple instruments, noting he plays the mandolin, accordion and bass guitar, Hamish plays the mandolin, Nolan the guitar, ukulele and piano and Joah plays



The County Lads are a group from SDG providing their audiences, near and far, with the opportunity to enjoy an evening of musical entertainment.

Courtesy Photo

the keyboard, bass, guitar and harmonica in addition to the instruments they usually play in the band.

When asked about the musical training of group members, Alec explained how he and Hamish “both took fiddle lessons from one of Glengarry’s most patient and well respected men, Ian MacLeod.” He discovered the guitar as a young teenager and taught himself to play, with Nolan and Joah also self taught with some musical instruction when young.

Performing in a musical group necessitates a great deal of personal commitment and time. Alec noted how as some members are still in school, it is sometimes difficult to organize a practice. He noted how as they travel a lot, travelling time is used “to learn, write and practice

new tunes. He continued how the time commitment for a performance depends “on where it is we are playing, so we have to take into consideration the length of drive and the length of performance, where we play; anywhere between one to four hour shows.” Alec explained how when performing for an audience, walking on stage and knowing that you are sharing time with the people in the audience makes all the time and effort worthwhile.

The group is well known for their popular performances at many fairs, festivals fundraisers and special events, and have played all over eastern Canada. “We’ve had the pleasure of playing all over eastern Canada such as London to Sudbury, even the Maritimes and everywhere in between” said Alex, before noting the farthest location has

been Miramichi in New Brunswick and hope to head west in the future.

The type of music performed by The County Lads includes a mix of Celtic, country, rock, bluegrass, and some pop music, to ensure all in the audience have an enjoyable experience. He continued how “the band also performs a growing amount of original songs and are always writing more.” In addition to performing live, The County Lads have videos on Facebook and Instagram and are in the process of recording their first album.

Members of the group began performing when none of them had their driver’s licence, and Alec was thankful that their parents “drove us to every gig and hauled our sound equipment for us as well.” He explained “Now we have our own vehicles, and we don’t have to worry about keeping our parents up till we finish and pack up and it is much easier now.”

For those who are looking at forming a band, Alec suggests to “get out there and pick up whatever gigs you can. Find a group of people that share the same passion you do for performing and playing. You’ll most likely be spending lots of time together so find things other than music everyone has in common. They’ll be many obstacles faced along the way and it’s important to keep your head up and not get discouraged. Lastly, do your best and be kind to everyone, you never know who might be looking your way.”

You can follow The County Lads on Facebook or Instagram, with Alec suggesting “If you’re looking to hire us please feel free to contact us via email thecountylads@gmail.com or phone: 613-362-4820.”

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.

Pin Tales

Stormont Ladies: Ladies’ High Single, Carolyn Munro 176; Ladies’ High Triple, Judy Rombough 468. Team Standings: Sandra 219, Hilda 218, Angela 210, Susan 197, Pat 178.

Monday Men’s: Men’s High Single, Frank Jerome 345; Men’s High Triple, Frank Jerome 808; Men’s High Average, Marc Robinson/Frank Jerome 226. Team Standings: East-Ont 100.5, Alley Rats 89, Raiders 88.5, Alley Cats 87.5, Country Boys 59.5, A-Team 55.

Defenders: Men’s High Single, Brian Casselman 220; Men’s High Triple, Brian Casselman 575; Ladies’ High Single, Gwen Clarke 229; Ladies’ High Triple, Jennifer Connah 573. Team Standings: Gwen 225, Brian 212, Debbie 207, Glendon 203.5, Ossie 183, Kelsey 166.5.

Wednesday Ladies: Ladies’ High Single, Linda Bernard 251; Ladies’ High Triple, Sharon Shaver 519. Team Standings: Mary 246, Janice 234, Corinne 226, Dianna 225, Lorna 211.

Finch Mixed: Men’s High Single, Thomas StPierre 256; Men’s High Triple, Thomas StPierre 644; Ladies’ High

Single, Isabelle Bissonnette 292; Ladies’ High Triple, Isabelle Bissonnette 786. Team Standings: Diggers 199, The Girls 198.5, T.D.D.J. 198.5, S.M.T.D. 171, B&S 121.

Thursday Seniors: Men’s High Single, Ross Bennett 245; Men’s High Triple, Ross Bennett 572; Ladies’ High Single, Joke Vanwinden 155; Ladies’ High Triple, Joke Vanwinden 413.

Williamsburg Mixed: Men’s High Single, Dane Miskowicz 263; Men’s High Triple, Dane Miskowicz 653; Ladies’ High Single, Leslie Vanbruijssen 219; Ladies’ High Triple, Leslie Vanbruijssen 580. Team Standings: John 102, Leslie 91, Garry 87, Steve 83, Danny 74, George 73.

Winchester Odd Couples: Men’s High Single, Dave Hartle 230; Men’s High Triple, Dave Hartle 626; Ladies’ High Single, Brynn Welsh 192; Ladies’ High Triple, Kamryn Hartle 508. Team Standings: The Hardy Boys 149, Balljoints 144.5, Rednecks 144, Whipper Snappers 136.5, Bowling B?#!@es 114.

Youth Bowling Canada

YBC Peewees: Girls’ High Single, Vanessa Bissonnette 129; Girls’ High Double, Vanessa Bissonnette 254; Boys’ High Single, Samuel Bissonnette 97; Boys’ High Double, Samuel Bissonnette 191.

YBC Bantams: Girls’ High Single, Danika Bissonnette 139; Girls’ High Double, Danika Bissonnette 253; Boys’ High Single, Griffin Schwerdtfeger 138; Boys’ High Double, Griffin Schwerdtfeger 271. Team Standings: Flames 157.5, Red Wings 148.5, Leafs 140.5, Sharks 127, Jets 95.5, Oilers 87.

YBC Juniors: Girls’ High Single, Cheyenne Lanoue 242; Girls’ High Triple, Cheyenne Lanoue 546; Boys’ High Single, Sam Tessier 194; Boys’ High Triple, Sam Tessier 483.

YBC Seniors: Boys’ High Single, Owen Vanwylick 238; Boys’ High Triple, Owen Vanwylick 522. Team Standings: Sabers 183.5, Senators 179.5, Bruins 160.5, Kings 143.5, Ducks 143.

Eating disorder awareness enhanced with Child and Youth Mental Health Staff at Cornwall Hospital

Terry Tinkess
Record Staff

CORNWALL – The week of Feb. 1-7, 2023, is National Eating Disorders Awareness Week, and The Cornwall Community Hospital (CCH) is recognizing how the Youth Mental Health Services (CYMHS) is working toward improving care and improving needs of local youth who have or are at risk of developing eating disorders.

Since the onset of the COVID-19 pandemic, the number of young people, both regionally and across Canada seeking treatment

for eating disorders and other mental health issues has spiked. Recent research has found that the incidence of newly diagnosed anorexia nervosa or atypical anorexia nervosa in patients aged 9 to 18 across Canada increased 60 per cent over pre-pandemic levels while hospitalizations nearly tripled, in part due to increased isolation and disruptions to primary care services throughout the pandemic.

In response, the Youth Services Bureau invited CYMHS staff to receive eating disorder training through

Psychological Services.

The training has been taking place over the past year. It helps ensure that mental health clinicians with CYMHS are well-informed and better equipped to identify, understand, assess, and treat local children and youth affected by eating disorders.

If it is determined that more advanced levels of care is required, CYMHS would work with the patient’s primary care provider and other professionals to refer them to the Children’s Hospital of Eastern Ontario.

Should it be deemed that the client’s eating disorder

requires more advanced levels of care, CYMHS would work closely with their primary care provider and other community professionals to refer them to the Children’s Hospital of Eastern Ontario.

“Local families can take comfort in knowing that CYMHS at Cornwall Hospital can be their first point of contact and are prepared to provide qualified services or referrals for children and youth who may be suffering from mental illness including eating disorders,” said Christine Penney, vice president of Community Programs at

Cornwall Hospital. “We’re proud to be taking measures to better meet the needs of our community as we recover from the COVID-19 pandemic.”

The National Eating Disorder Information Centre says eating disorders are complex mental illnesses with physical manifestations. There are several factors that can contribute to the development of an eating disorder, such as genetics and mental health as well as cultural factors. These disorders include anorexia nervosa, bulimia nervosa, avoidant and restrictive food

intake disorder, and binge eating disorder. Eating disorders are serious and while they can have life-threatening complications, they are also treatable.

For more information and to access resources on eating disorders, such as their signs and symptoms, you can visit the National Eating Disorder Information Centre’s website at www.nedic.ca.

To become connected locally with free children and youth mental health services to help treat eating disorders, including the hospital’s CYMHS, visit www.lcallclick.ca.

Enbridge Gas gives Russell Township's Fire and Rescue Services

Joseph Morin
Record Staff

EMBRUN – Russell fire services received support from Enbridge Gas through the gas company's Safe Community Project Zero and Safe Community Project Assist.

On Wed., Feb. 1, eastern region operations supervisor, Enbridge Gas Rick Gazda met with members of the Russell Fire Services at Fire Station number 1 in Embrun.

"This year, Enbridge Gas is donating \$250,000 to Safe Community Project Zero," said Gazda.

The program is designed to bring the number of residential fire and carbon

monoxide deaths to zero. Since the beginning of the project 14 years ago, more than 76,000 alarms have been distributed across Ontario.

Russell Township is one of the municipalities from across Ontario that will be receiving combination smoke detectors and carbon monoxide alarms for local homes.

Gazda said, "We have a long history of supporting the communities we serve, and safety is our top priority."

He said, educating the public about the importance of having fuel-burning appliances inspected annually by a licensed contractor, and installing testing combination smoke and carbon monoxide alarms as a crucial second line of defense.

Since 2012, 294 grants have been given to Ontario's fire departments.

Carbon monoxide is a toxic, odorless gas that is a by-product of incomplete combustion of many types of common fuels, including oil, gasoline, propane, kerosene, natural gas, wood, wood pellets or coal.



Accepting the Enbridge support for firefighting training and education. Left to right: Darcy Provost deputy chief Russell Fire Station 2, Russell Township fire chief Brian McBain, Mayor Pierre Leroux, eastern region operations supervisor, Enbridge Gas Rick Gazda and deputy chief Embrun Fire Station 2, Ian Courville.

Morin Photo

Russell Township creates committee to study affordable housing issues

Joseph Morin
Record Staff

RUSSELL – The issue of creating affordable housing has become a persistent question for Ontario's municipalities and Russell Township is no exception.

The township's Jan. 30 council meeting featured a report by the township's chief administrative officer, Dan Faughnan, which requested the creation of a community-based ad-hoc committee to look into the attainable-affordable housing situation in Russell Township.

The request came with a brief report on the history and challenges around the affordable housing issue.

Faughnan's recommendation, which was accepted by the council, was to accept the report presented to council and create the community-based committee.

The report stated: "The issue of attainable/affordable housing is a challenge impacting communities across Canada. In Ontario alone, the provincial government recently committed to constructing an additional 1.5 million residential units throughout the province over the next ten years. Within this commitment, the government also acknowledged and seeks to encourage the development of more attainable/affordable housing for lower-income families and disadvantaged groups."

A committee dedicated to looking at the affordable housing issue would be called the Township of Russell Attainable/Affordable Housing Task Force (AAHTF).

The committee would work with, "interested community organizations and residents, as well as with partners at county, provincial and possibly national level, to properly

and professionally assess the current state of attainable/affordable housing within the township."

Mayor Pierre Leroux said, "The issue of affordable housing as Canada wide and globally, is an issue of concern. In Ontario alone, we're short many hundreds of 1,000s of homes on the affordable side. I personally welcome to the concept of this community, digging in and examining this issue to determine first, clearly what is the problem?"

The mayor said the township was at the moment at the information-gathering stage.

"We would not be alone in that we're not doing this in isolation. This committee would work in a constellation of organizations, associations that are looking to deal with this issue in Ontario. And particularly Eastern Ontario, particularly in our community."

Leroux pointed out that such a committee would not normally be working on such a large issue at the level of a lower municipal level such as a township.

Leroux said the council would be considering having five members of the public on the committee but he stressed those members should have some. My recommendation is we're probably looking at, you know, five members of the public, but five members who have some expertise on the issue.

"So, I'll ask council's direction. Are we okay with trying to handpick members who have those kinds of qualifications?"

The next step in creating any kind of committee is to determine the frame of reference the committee would be

working in.

The CAO provided a step-by-step list of how the committee would operate and what its mandate would be.

- Establish specific terms of reference and reporting criteria to enable the ad-hoc committee to take a systematic approach to understanding and addressing the issue;

- The ad-hoc committee will meet once every two months to review its research and findings in order to direct and/or redirect its efforts for the proceeding two months;

- Using an evidence-based approach including income and housing, demographic, and other data, as well as narrative input from stakeholders and residents with lived experience, determine the current state of attainable/affordable housing within the township. This information gathering may also include obtaining and understanding of the current state of attainable/affordable inventory of various types of residential units within the township (eg. rental units, subsidized rental units, designated housing for specified demographics/groups, etc., etc.)

- Complete a comparative analysis with other communities within the United Counties of Prescott-Russell (UCPR), and possibly elsewhere in the region;

- Review and assess the UCPR guidelines and expectations for municipalities regarding Social Policies/Affordable Housing, set out in section 7.6 of the UCPR's Official Plan;

- Prepare specific recommendations to council as required, identifying specific areas of need, as well as ambitious and realistic proposals to address near-term and long-term ameliorations within our township.

Meet our Writers

Joseph Morin

Editor of the *Eastern Ontario AgriNews*, and *The Record*. He is, despite years of practice, determined to eventually play the guitar properly. He has served the Eastern Ontario community as a news' editor, and journalist for the past 25 years with the *Iroquois Chieftain*, *Kemptville Advance*, *West Carleton Review*, and *Ottawa Carleton Review* in Manotick. He has never met a book he did not like.



Carolyn Thompson Goddard

Grew up in Chesterville and attended North Dundas District High School. After completing her BA in Political Science at Carleton University, she has worked as a medical secretary and library technician. In 2020 she graduated from Algonquin College with a diploma in Journalism and has been a reporter and column writer for *The Chesterville Record* for over 10 years.



Terry Tinkess

Terry Tinkess is a professional photographer, educator and journalist. He has been making a living with a camera and keyboard since 1999 and has been featured in such publications as *The Ottawa Citizen*, *Cornwall Standard Freeholder*, *The Globe and Mail*, *The Miami Herald*, *Ottawa Construction News*, *The Ontario Construction Report*, *Ontario Home Builder Magazine*, *Reed Construction Data*, *Canadian Potato Business* and most recently, *The Record* and *Eastern Ontario AgriNews*. Terry lives in Ingleside, Ontario with his wife Brenda, Mia their anxious Pittie and cats Wally and Chubbers.



Where would you go?

After a few weeks of how to's and what if's, I thought it might be time to just sit back, put our feet up and dream a bit. What will we dream about? How about where would you go if you could go anywhere and what (or who) would you like to photograph?

I am not what anyone would consider a world traveller. In Canada I've been to Winnipeg, Moncton (to pick something up, very quick turnaround), Montreal (I love the Old Port), Toronto, assorted Ontario parks (really love Algonquin and Bon Echo) and pretty much any place within a couple hours of here.

Internationally I've been to New York five times (and always want to go back), Tampa, Clearwater, and Orlando in Florida, Las Vegas, and Death Valley, in California as well as, again, pretty much any place within a couple hours of here.

The thing that keeps me from travelling more (other than money and time) is that I enjoyed the places I have been, that I always want to go back. Not that I don't have a "bucket" travel list, I do; it includes Canada's east coast, the Banff area of Alberta, coastal British Columbia, every national park in the western US. I'd love to go to Wetzlar, Germany to visit the Leica factory and Gothenburg, Sweden to visit the Hasselblad Factory (yes, I know, I am a geek).

The thing is, when I sit down to think about where I would like to go, I'm left with the feeling that it would be easier to make a list of where I don't want to go, and that would be a very short list.

An easier list to make would be what would I like to see. I can summarize that into two categories: people, animals and the natural and built world. Okay, I guess that is four, but it's still a short list.

I really enjoy capturing photos of people just doing what they do. We are an incredibly interesting and expressive species, and we do some interesting things. It is easier to do this in a larger place, In New York, for example, once you grab a spot and stand still for a few minutes, it is almost as if you don't exist. You can stand there and snap to your heart's delight.

I also love the architecture, mainly that which has lasted for centuries. I enjoy thinking about the people who laboured to build these masterpieces, and whether they ever wondered how long their work would remain.

While I think people make any photo more interesting, I can also be happy capturing the natural world in all it's magnificence. Death Valley, for example is so quiet, and the colours are so vibrant, that it's almost other worldly. At the same time, if you sit on the shore of Mazinaw Lake and



stare at the cliffs on the far side as they turn a deeper shade of red as the sun sets, you are left wondering how adding anything could make it any better.

Animals might, but I prefer to find them off the beaten path where each encounter seems like a gift. Nothing is more beautiful than an animal in its natural environment (In the case of Mia, the photographer, the natural environment is the couch, where she waits patiently while I pound on the keyboard).

I guess the thing is that wherever we are, wherever we go, there will be photos to be created. They are but a record though, of the things we have experienced, reminders that there is far more world out there than we will ever see, but that doesn't mean we shouldn't dream about it.