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Briefly

Ready to play ball
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Baseball season is just around the corner. Registration is now open for House League Baseball. The registration is for players ages 4 to 18. House League will run for twelve weeks starting Mon., May 8 and ending Thurs., July 27. There will be a ten game schedule with two/three playoff games and eight practices.

To register go to <https://www.seawaysurge.com/registration/> for more information go to: info@seawaysurge.com

A Night at the Movies

WINCHESTER – The Old Town Hall at 478 Main Street in Winchester is the place to be for some fun movie action with two good movies on Sat., Feb. 25. The first movie called *Strange World*, is a Disney movie for children 8 years old and up. It begins at 4 p.m. The second movie is *Black Panther-Wakanda Forever* at 7 p.m. for children 12 and up. The cost is \$5.00 for each movie.

Author visits in Iroquois

IROQUOIS – Children’s author James MacIntyre will be dropping by the Iroquois Library on March 4 for a special story time event. Time to arrive is 10:30 a.m. For more information call 613-652-4377.

Open Mic Cafe

WINCHESTER – The Winchester Open Mic Cafe runs on Sundays from 2:00-5:00 p.m. at the Old Town Hall, 478 Main Street, Winchester. Everyone is welcome! Free to attend. Alcohol-free canteen.



THE RECORD
 SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES



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Friendly competition at the Chrysler Winter Carnival

This year’s Chrysler Winter Carnival featured its traditional Red versus Blue community carnival competition. Martine Quesnel, on the left is a member of the Blue team. Here she is squaring off with Red team member Linda Smith at the entrance to the Chrysler Community Centre Friday evening. At the end of the carnival it was announced that the Blue Team had won the competition for 2023. **See page 6 for more details.**

Thompson Goddard Photo

Recycling pilot project comes to North Dundas

Joseph Morin
 Record Staff

WINCHESTER – Some North Dundas’ residents will have an opportunity to take part in an interesting food composting pilot project this spring.

The township is entering into an agreement with to being the FoodCycler™ Pilot Program to residents.

The program involves residents buying a special device for their kitchen called a FoodCycler. The cost of the machine that reduces typical food waste in the average kitchen to a small amount of dried material, which can be dumped into a home garden or compost pile will be offset by municipal and federal funding.

The pilot project will involve 100 residents.

The arrangement the municipality will be making with FoodCycle Science involves the township buying up to 100 FoodCycler units. The units come in two sizes. The FC-30

Continued on page 3

Peacasa Chips: Tastes great, and it’s a healthier choice

Terry Tinkess
 Record Staff

WINCHESTER – The snack food market in Canada is extremely competitive, but Peacasa Snacks, a group with a connection to Winchester, Ontario seem to have gotten a foot in the door by offering something a bit different.

Peacasa Snacks is a London, Ontario based company that was formed in 2020 by Aaron Johnstone and Victor Delage. Delage grew up in Winchester and the south of France before leaving to attend university. A third member, Alex Porteous joined the team in 2022 after spending his life up to that point in Winchester.

Both Delage and Porteous were at Winchester Foodland on Saturday afternoon,

giving local folks a chance to taste test their product, which is a chip created from chickpeas, hence the name Peacasa.

Delage originally came up with the idea while spending some time in France after he and Johnstone graduated from the University of Ottawa. Looking for a break before diving into the working world, the two set off on a European vacation that took them through Corsica and the south of France. They discovered a crêpe made from chickpea flour and olive oil and baked in a wood-fired oven. It is a popular street food known as “Socca.”

The vision was to create a similar product in chip form. Early versions were created in 2019 and sold at farmers’ markets in Toronto. It was successful enough that a recipe was developed to allow for the chips

Continued on page 5

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PLUMBING

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Recycling pilot project

Continued from the front

model is a 2 litre unit and the larger 5 litre unit is called the Maestro model.

The municipality will be buying 100 of the units at a cost of \$34,000. The 2 and 5 litre units sell to residents \$150 and \$300 respectively. When residents buy the units, the township recoups \$22,500 of their original cost. Federal and municipal funding makes the purchase hopefully affordable for residents.

Residents keep the units after the pilot project is completed.

Mayor Fraser was excited about the project and councillors said they were all on board and wanted to get a unit for themselves.

"We are going to blast it out on social media and word of mouth. I do not think finding 100 people who are interested will be too difficult. As opposed to composting in your back yard and all of the effort that involves, this is ready to go directly into your garden as fertilizer," said

Fraser.

He added, "There is a bug subsidiary from the federal government. Then we will reduce it a bit more and the homeowner will make up the difference. It will still cost around \$12,000 for the municipality. The expense from the tax base is off set by the savings at the landfill site."

Food Cycle Science made a presentation to the North Dundas council on Jan. 18 at its regular council meeting.

The theme of the presentation on Jan. 18, FoodCycle Science presented information to council regarding the issue of food waste diversion in small rural municipalities.

"FoodCycle Science highlighted how their product, the FoodCycler, and its various models can help assist in reducing food waste at home, reducing residential waste and extending the life of the township's Landfill".

In a letter to the council, FoodCycle Science stated: "Food waste and loss is a huge problem in Canada, and worldwide with global food waste accounting for 8 per cent of worldwide



IMPACT CANADA FINALISTS

FoodCycle Science is offering two different units for its pilot program.

Courtesy Photo

greenhouse gas emissions. The purpose of the FoodCycler™ Pilot Program is to measure the viability of onsite food waste processing technology as a method of waste diversion. By reducing food waste at home, you can support your environmental

goals, reduce residential waste, reduce your community's carbon footprint, and extend the life of your community's landfill(s). Based on several factors, we believe the Township of North Dundas would be a great fit for the

benefits of this program, and to measure the viability of onsite food waste processing technology as a method of waste diversion. By reducing food waste at home, you can support your environmental goals, reduce residential waste, reduce your

community's carbon footprint, and extend the life of your community's landfill(s). Based on several factors, we believe the Township of North Dundas would be a great fit for the benefits of this program, and we are proposing a study involving 100 households.

The FoodCycler FC-30 can process ~2 litres of food waste per cycle and converts it into a nutrient-rich soil amendment that can be added to plants / gardens or pelletized for home heating purposes. Power consumption per cycle is ~0.8 KWh. The FoodCycler Maestro device can process 5 litre of food waste per cycle and converts it into a nutrient-rich soil amendment that can be added to plants / gardens or pelletized for home heating purposes. Power consumption per cycle is ~1.3 KWh and takes between 4-8 hrs to complete (overnight).

Every FC-30 and Maestro deployed is estimated to divert at least 2 and 4 tonnes of food over its expected lifetime, respectively."

The trial / survey period will be for 12 weeks starting on or before June 1, 2023.

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Wed., Mar. 1 11:30 a.m. World Compliments Day
 Thurs., Mar. 2 Winchester Diners' Drive Thru - Smothered Chicken
 Thurs., Mar. 2 1 p.m. Card Party. Join us for a game of Bridge - \$5 each
 Fri., Mar. 3 11:30 a.m. Lunch with Anne Murray music.
 Mon., Mar. 6 11:30 a.m. Lunch followed by a presentation by "A Cup of Kindness"
 Tues., Mar. 7 Footcare Clinic. Call to book your appointment.
 Tues., Mar. 7 Chesterville Diners at Nelson LaPrade - Swedish Meatballs. Guest Speaker from OPP on "Scams".
 Tues., Mar. 7 2 p.m. Bingo - Come and enjoy some fun playing Bingo.
 Wed., Mar. 8 11:30 a.m. Celebrate International Women's Day.
 Thurs., Mar. 9 Winchester Diners' Drive Thru - Swedish Meatballs
 Thurs., Mar. 9 2 p.m. Parkinson Group Coffee Hour for those living with Parkinson's.
 Fri., Mar. 10 Health & Wellness Clinics. Call to make an appointment.
 Fri., Mar. 10 11:30 a.m. Lunch followed by a speaker from "Habitat for Humanity".
 Mon., Mar. 13 11:30 a.m. Lunch followed by Guest Speaker, Mark Van Dusen, local author
 Tues., Mar. 14 Footcare Clinic. Call to book your appointment.
 Tues., Mar. 14 South Mountain Diners at South Mountain Ag Hall - Ham Steak, Truth or Blarney Game
 Tues., Mar. 14 1:30 p.m. Pie Social. Coffee/Tea and a piece of Pie - \$5 ea.
 Wed., Mar. 15 Footcare Clinic. Call to book your appointment.
 Wed., Mar. 15 Caregiver Café Support group at 1 p.m. Guest speaker from Marsden & McLaughlin Funeral Home.
 Thurs., Mar. 16 Winchester Diners' Drive Thru - Ham Steak
 Thurs., Mar. 16 1 p.m. St. Patrick's Musical Show by "A Bunch of People Arts & Events" Fundraiser.
 Fri., Mar. 17 11:30 a.m. Lunch followed by Celtic Music Entertainment - \$12 a meal.
 Mon., Mar. 20 11:30 a.m. Lunch followed by Guest Speaker from Lifeline
 Tues., Mar. 21 Footcare Clinic. Call to book your appointment.
 Tues., Mar. 21 Chesterville at Nelson LaPrade - Meatloaf and music entertainment - \$12 a meal.
 Tues., Mar. 21 2 p.m. Bingo - Come and enjoy some fun playing Bingo.
 Wed., Mar. 22 11:30 a.m. "Spring has Sprung" Celebration
 Thurs., Mar. 23 Winchester Diners' Drive Thru - Meatloaf
 Thurs., Mar. 23 1:30 p.m. Craft & Chat - Card Making with Julie, create Easter cards - \$5 ea.
 Fri., Mar. 24 Health & Wellness Clinics. Call to make an appointment.
 Fri., Mar. 24 11:30 a.m. "Milkshake Retro Diner"
 Mon., Mar. 27 11:30 a.m. "Birthday of the Month". Come for lunch and celebrate the birthdays.
 Tues., Mar. 28 Footcare Clinic. Call to book your appointment.
 Tues., Mar. 28 South Mountain Diners at South Mountain Ag Hall - Chicken a La King
 Tues., Mar. 28 9:30 a.m. Paint Day with Melanie. Step by step acrylic painting with lunch - \$20 ea.
 Wed., Mar. 29 11:30 a.m. "Dolly Parton Day"
 Thurs., Mar. 30 Winchester Diners' Drive Thru - Chicken a La King
 Thurs., Mar. 30 1:30 p.m. Waste Paper Basket Weaving by Janet Whittam - \$15 each
 Fri., Mar. 31 11:30 a.m. Lunch followed by Guest Speaker from "Garden Gardens".
Coffee Time at 9 a.m. on Monday and Friday. **Chair Yoga** at 10 a.m. every Tuesday. **Mat Yoga** at 9:30 a.m. every Thursday and Beginner Mat Yoga at 11 a.m. every Thursday. **Exercise** on Wednesday at 10:30 a.m. and Friday at 9:30 a.m. **Tai Chi** at 11 a.m. every Monday.
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EDITORIAL & Opinion

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Just what we need – a computer that wants to be our best friend

Artificial intelligence is in the news these days, so I could not resist thinking, and yes, commenting on it.

The two words artificial and intelligence running together says it all.

The so called intelligence created as a result of a machine, and data mining invention is not as much intelligent as it is like a great big, larger than anything you can imagine library filled with fun facts about everything and nothing.

I hooked myself up to one of these artificial intelligence chat sites and it told me I had retired in January of 2022, was dedicated, wonderful, incredibly respected and a nice guy. It then suggested I give it more information about myself so it could come up with a more detailed description of myself.

The result from my question about me was spot on except for the retired bit. That was news to me, but maybe the machine behind the chat thingy new something I did not.

When I asked Google the same thing, it came up with at least 50 different references regarding myself in just a few microseconds and they were all correct. Apparently I had not died, been arrested, retired or had wandered off with aliens.

That was just my experience with the so called new artificial intelligence we are all hearing about, and I cannot understand why we are treating it as the second coming or at least the next big thing in the universe.

Perhaps with time, it may become a useful tool, but at the moment it is nothing more than a clever collection of information that can be right or wrong and presented to you in a way you feel it must be correct.

Whenever I ask the internet a question, I do not appreciate it answering me back with the beginning of a conversation like "How are you. Tell me more so that I can answer your question."

The response may be in the form of a sentence and mimic human speech, but all it is, is information connected together in a logical way. I have to give credit where credit is due and admit that the computer people have really aced the idea of instructing a computer program to search all

over the world for information it can deliver to me. Even if the information is wrong.

The process of collecting information, storing it and categorizing, and cataloguing it is as old as the pyramids if not older. The cave drawings on prehistoric walls are in their own way a method our ancestors used to pass along valuable hunting knowledge or cultural stories of the day.

To me, the latest artificial intelligence advances are simply expected to progress for all of us, as the computer world gets better and faster doing what it has always done which is to compute and collect information.

A self-aware computer program does not exist at the moment except in movies and even then, it may never be something that could ever come about.

There is no doubt that there will be ever increasing amounts of data about everything stored in a computer somewhere, and asking that computer for information may be, thanks to great and clever programming instructions, create something that feels like a human response, but can never be a real human.

It's fun to think about, and even more fun to pretend we are almost at that point in time when even the loneliest of us can dial up a forever friend in the guise of a computer program, but it is all pretend and nothing more than an illusion.

Computers are great. Mountains of data at your fingertips is fabulous. Being able to search out answers to just about any question you could think of is a wonderful gift originating with industrial revolution.

Those spinning wheels in ancient England and Europe have come a long, long way.

Joseph Morin

NDDHS Report

By Kate Link-Horvath
Student Council Communications



Student body

The week of Feb. 13 shone light on the ND athletic teams, and regardless of game outcomes, the student body is proud of all that our athletes have accomplished. The past week, the student body also recognized Pink Shirt Day (Feb. 22), and the student council has begun ticket sales for the next big event.

On the 13th, the SD & G Championships were hosted for the junior boys' basketball teams. Run by the Leadership class, the gym was decorated, and many classes were brought down to watch the games unravel. With the team spirit and blue and white face paint, North Dundas was absolutely filled to the brim with school spirit. With a 64-39 win for our team, the boys came out on top as SD & G champions, continuing to EOSSAA. The sporty spirit continued throughout the week; the junior girls' volleyball team finished their season on the 14th, in a quarterfinal match, after going to extra points. Also, out for Valentine's Day, for a love of sports, boys and girls curling teams travelled for their first bonspiel of the year. The boys finished in fourth in the bronze medal game, with a 1-1 record. The girls came out on top, winning a silver after being undefeated in the opening rounds. They are waiting for news as to whether they may make their way to EOSSAA.

On Thurs., Feb. 16, an open house was hosted from 6-7:30 p.m. for any incoming 9-12 grade students. Now that Valentine's Day has passed and the open house proved to be a success, student council has had a quick turnaround time, getting ready to host the second dance of the year; the student council has begun to sell tickets for the upcoming "Oscars" dance for high school students every day at lunch. Ticket sales will run for two weeks (having started the 21), and students were asked these past few weeks to check their school emails for a form that was sent out where they can make nominations for students to win specific "Oscar" awards at the dance. It is a semi-formal dance, so students are encouraged to start hunting for an outfit for the big night.

As the ground starts to warm and the second semester students find a rhythm, activities continue to promote school spirit and great fun, so stay tuned for more to come!

Cardiac symptoms for some women to watch for

Hearing the news about the lady from Cape Breton, NS a few weeks ago, who died waiting in the ER for 7 hours and had called her husband to pick her up and then went home, inspired me to write this letter to the editor. Within an hour, her symptoms increased and he took her back to the hospital and they couldn't revive her, she suffered a Myocardial Infarction, "Heart Attack". A week or so later, the family came forward in the media, hoping their experience could save others who might experience similar symptoms. Her symptoms were severe arm pain and jaw pain. She had no chest pain or shortness of breath. She showed symptoms that some women can present with, along with a few others I will list later. I can't remember if she had any blood work when they first took her history. There is a blood test they do in the ER which will confirm there is a cardiac problem.

In the last months of 2018, I gradually noticed a left side jaw pain which radiated along the left side of my nose. It wasn't severe, but I had it checked out at my dentist and that was negative. In the days following, I would feel a "sort of heavy feeling" in my left arm as well as the jaw discomfort. Both things may have lasted a few minutes. It was not a severe pain, so I didn't get alarmed. As the weather got cooler and I was

out walking to an exercise group, I noticed it more, but once inside, it disappeared. I mentioned it to my doctor who then ordered me an ECG the next morning, which was negative. She also suggested I go to Emergency at the Winchester District Memorial Hospital if these symptoms lasted longer than 15 minutes. On a Friday morning, I felt these symptoms for about 2 hours, again not severe, but I went to the ER and said my doctor sent me. You would never know I had a problem by looking at me and my ECG showed nothing. They did the blood work which takes about 4 hours to get the first result and they said we will do the same blood work again. After another 4 hours it was confirmed, so I was admitted while I waited for an appointment at the Ottawa Heart Institute. They do an Angiogram which shows them the heart arteries and vessels. There were three places that I had some blockage. One was 95 per cent blocked so it was cleared, and a Stent inserted. The other 2 were only 50 and 30 per cent and they don't Stent unless the blockage is at least 70-80 per cent and that might have even changed over the past 4 years. I'll not go into any more detail how it's done. You are not put under an aesthetic, just a relaxant, and they ask you not to move. If you wish you can watch on the very large screen that the doctor uses while doing the

procedure. A nurse will watch you in the recovery room for 3-4 hours and then you can go home. I didn't feel any discomfort whatsoever after and the symptoms were gone.

We need to inform the general public about these not so obvious symptoms that some women exhibit.

1. Uncomfortable pressure, squeezing, fullness or pain in the centre of your chest. It lasts more than a few minutes or goes away and comes back.

2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

3. Shortness of breath with or without chest discomfort.

4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back arm or jaw pain.

Notice next time when you see an add on TV about heart attack, take note— no mention about women who can experience the above symptoms. I had never heard of these other symptoms 4 years ago. We need to spread the word ASAP., AS SOON AS POSSIBLE.

Louise Arsenault

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Peacasa Chips

Continued from the front to be manufactured at scale. A successful Kickstarter campaign was run, which allowed the group to begin commercial production and bring their product to a larger market. They are currently available in 150 stores across Ontario.

The chips currently are available in two flavours, Sea Salt, and Honey Dijon, but they are currently testing at

least one additional flavour. The option of a product that tastes good and is a bit healthier is a welcome addition to the snack food menu, because Canadians' love affair with chips doesn't look to be going away anytime soon. How are Peacasa products different from what is already on the market?

The goal of Peacasa was to make chips that taste as healthy as an unhealthy chip, but that are good for you," said Delage. "Right now, on the market, we'll find out that a lot of healthy chips

don't taste as good, which is one of the reasons people don't really want to switch over. Our focus was to make a chip that tasted good. On top of that, they are healthier for you, given the protein content, given the fact that they're non-GMO, and kosher and gluten free. These are all the attributes that we tried to focus on."

The ingredients are part of the reason for this, but they also developed a new process for preparing them. "A lot of chips that come out right now that are bean based, will actually incorporate similar processes to how tortilla chips or potato chips are made," said Delage. "But we invented a new process where we can only use chickpea flour as a base. We bake our chips first and then lightly fry them at the end, so they are less greasy."

While Delage and Johnstone met in university, Porteous and Delage had been friends since their days at Winchester Public School. After high school (North Dundas District High) they went their separate ways, but when the decision was made to turn the idea into a viable business, they set off to London, Ontario, which is seen as a testing market for Canada.

It's funny how childhood relationships can often factor in later in life, as it

has for Porteous and Delage. "I've known Victor my whole life and knew that they were developing Peacasa, and I was jumping around working different post offices across Eastern Ontario," said Porteous. "I just saw this as a new opportunity to start fresh, help my friends out and really, I just believed in the product once I tasted it, so it was a pretty easy sell for me to jump on and kind of help develop everything from the beginning."

Both Porteous and Delage said it was great to have a chance to return to Winchester, see some old friends and show them what they had been up to. Porteous worked for a few years in the very Foodland they were sampling their product.

"It's just so rewarding to go from stocking the shelves to putting something on the shelves," said Porteous. "I very much like it here, I love all the people, it's a very easygoing community. Doing samplings like this is giving back and letting people know what we're up to. We're pretty far away in London, but any chance we get to come back up here and get people to try the product and support us is fantastic."

For more information on Peacasa snacks, you can visit their website at peacasa.com.

REFLECTIONS ON COMFORT & PEACE



In our Gospel reading this week (Matthew 5:21-37), Jesus teaches about different laws, that the pious Jews followed in their daily lives. There were some Jews who, like me as a child, followed those laws exactly as written. Even if by following them exactly as written, it did not result in what it was God was thinking about when He issued those laws.

Jesus first talks about murder – or is He? It's pretty obvious that committing murder is wrong – it's a universal law that is found in all civilizations and cultures, not just Christian societies. Jesus calls His listeners to a higher standard – He equates having anger in one's heart towards another person as committing murder in one's heart towards that person.

Even I have a reaction to this statement of Jesus' – there are people in my life that I struggle with ongoing anger towards. Every time I read this passage, I am convicted and pray that God through the Holy Spirit would lead me to be able to forgive and release my anger. I must be a very flawed person – as the anger continues and can be easily re-kindled under the right circumstances.

Jesus then builds on this by remarking that even calling someone a fool, leaves one in danger of judgement. I didn't understand this one – so I did what every smart student does – I asked a teacher.

The explanation was so simple and so profound that I was shocked that I didn't see it for myself. It is rooted in Genesis 1:27.

God created humans in His image, in the image of God He created them; male and female He created them.

Every single person on the face of the Earth, who has lived, who is alive, and who will live at a later point; is made in the image of God. When we utter a curse word, a foul name, or a slur against another person, we insult the image of God. When we hold anger in our hearts against another person, we cause an affront to the image of God.

As a community, it is my prayer that we can remember that we are all made in God's image – and let that be the guiding principle as we interact with each other. Letting love be our default, rather than anger or irritation.

As always, I would welcome the chance to meet all of you this Sunday at St. Clare's at 10 a.m. All are welcome, regardless of creed.

*Peace,
Reverend Stephanie
St. Clare's Winchester*

– Obituary –



Marie Lafleur

It is with great sadness that we announce the sudden passing of our beloved mother, grandmother and great-grandmother Marie (Bray) Lafleur on February 5, 2023 at the age of 95. She was predeceased by her husband Aimé Lafleur. Loved mother of Yvon Lafleur (Beverly), Léo

Lafleur (Susan), André Lafleur and Diane Mulligan (Robert). Marie will be sadly missed by her 5 grandchildren and 7 great-grandchildren. Also survived by nieces and nephews.

A graveside interment of cremated remains will be held in the spring at St. Mary's Cemetery in Chesterville. Donations to Winchester Hospital would be gratefully acknowledged by the family. 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 –



Mary Tuck

Passed away peacefully at the Winchester District Memorial Hospital on Thursday, February 16, 2023, Mary Tuck (nee Ezard) of Chesterville, age 91. Loving wife of Ross Tuck and the late Earl Stewart. Loving mother of Bryon Stewart (Edith) of Finch, Debra Wood (late Paul) of Winchester and Wanda Feeley (Brian) of

Morrisburg. Mary will be fondly remembered by her grandchildren Michael (Amanda), Susan (Luc), Patrick, Kristy, Daniel (Jessica), Adam (Shauna), Tyler, her great-grandchildren Christine, Wesley, Justin, Connor, Alex, Ryan, Myles, Jazmine, Stella, Emma, Logan, Lola and her great, great-grandchildren Xavier, Blake and Tatum. She was predeceased by her parents Clarence and Martha Ezard and her sister Pearl Moquin. She is also survived by nieces and nephews. A private family service will be held. Donations to Winchester Hospital would be gratefully acknowledged by the family. 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.

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 26th, 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 26th, 2023 – Worship service will be held at 9:15 a.m. at St. James Avonmore and at 11 a.m. in Chalmers 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 26th, 2023 – Keppel Bharath – Sacrament of Holy Communion. St., Luke's-Knox, Finch at 9:30 a.m. and St. Andrew's, Avonmore at 11 a.m.

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

Interim Moderator Rev. Samer Kandalaft 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



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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/UCoPy_DABz74REc-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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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.



Magical Crysler Winter Carnival

Carolyn Thompson Goddard
Record Staff

CRYSLER – There was a lot of magic in the air during the 2023 Crysler Winter Carnival held on Feb. 16-19 in this small North Stormont community. From the community events that opened the carnival, to the closing fireworks, people of all ages were to enjoy a multitude of events during the 57th annual Crysler Winter Carnival.

One of these events was the annual red vs blue teams' friendly competition that began shortly before the carnival, with team members encouraged to decorate their homes in their respective team colours. This friendly competition began approximately a decade ago with residents to the north of the Nation River adopting the colour blue and those living south of the river, members of the red team. Throughout the carnival, there are points provided to each team for participating in various activities and events. This year, red and blue lanyards were available for sale, with proceeds going to the Crysler Community Centre. Post carnival events announced the blue side had accumulated the most points and won the 2023 competition.

The carnival began on Wed., Feb. 15, with a well attended community bingo at the Crysler Community Centre, continued the following evening, with a very successful Ladies Night Uncorked & Unwind which featured award winning comedian Rachelle Elie, several vendors and many participants enjoying some wine and cheese.

"The food was fantastic, the hall full and it's the best way for us to stay warm during the dead of winter!" commented North Stormont Coun. Adrian Bugelli during the Meet & Greet Dinner held on Fri., Feb. 17. Those attending the Friday evening of the carnival enjoyed a French Canadian supper menu, with the magic of Eric Marcotte and Ian Quick performed to individual guests during the meal. Diners were able to enjoy tortière (meat pie), Ragout de pattes de cochon (pork stew) with beef meatballs and Pouding aux chômeur (poor man's pudding) a

traditional French Canadian cake dessert.

Following dinner, Louis Racine & Les Pourquoi Pas Group entertained the crowd with French Canadian singing and square dancing. There was no lack of people from all age groups on the dance floor following the square dance calls by Racine, with audience members joining in from their seat by clapping and tapping their feet.

Saturday at the carnival featured several activities for people of all ages including craft projects, a magic show, cupcake decorating, an Animal Kingdom Challenge, Tony's Rockathon and an evening dance featuring country rock band "Boots 'n' All", with Bonhomme Carnaval making appearances throughout Saturday and Sunday.

The Friends of the Crysler Library provided a craft opportunity, with participants able to create an animal mask to colour with either a red or blue ribbon tied to it when completed. "It was so great to see so many new faces" during the event commented Friends of the Crysler Library (FCL) group Lynne Laflèche. She continued almost all of the 150 masks created were used during the event, noting that student volunteers for the FCL were former participants carnival and community library events.

The Great Arjunia's Magic followed the craft event, with a fantastic turnout for the event, while outside, people were able to visit a mobile farm petting zoo from Sunrise Country Farm featuring Rosie the pony, Bruce the steer, Suzy the goat, Eboni the pig and a rabbit named Camilla. After lunch, there were other events for people of all ages to enjoy, with Tony's Rockathon beginning at 5 p.m. and the evening finishing with a well attended dance featuring "Boots 'n All". During the dance, a jail fundraiser was added, with various individuals having their "bail" provided and raising \$1,546 for the Winchester & District Memorial Hospital.

Tony's Rockathon, a carnival staple for many years, is a legacy from Tony



Bonhomme Carnaval visited the Crysler Community Centre Saturday morning to the delight of everyone. From the left: Bonhomme Carnaval, Èjéna Benoit with her grandma Trish Benoit. Thompson Goddard Photo

Briere who ran several rockathon events raising funds. "Once again, this year, I participated in the Crysler's Rock-a-thon.

It was 24 hours of great laughs, card playing and carrying on Tony Briere's legacy.

Along with good memories, we raised over \$1,800 to go toward the ODR," commented North Stormont Mayor François Landry.

Sunday morning featured a community breakfast, storyteller Timm Holmes and outdoor events such as snowshoeing followed by Tony's Rockathon ending at 5 p.m., a spaghetti supper and a fireworks' display completing the 2023 Crysler Winter Carnival.

Carnival Committee chair Barbara D'Agostini expressed her thanks to the community business and individuals who made donations to the carnival, as well as to the volunteers who worked to ensure its success.

"I would like to recognize this year's committee for their effort and countless hours to make this happen. Also, in recognition of the community, if the crowds were any indication, the Crysler winter carnival of 2023 was an astounding



People of all ages were able to enjoy some square dancing with Louis Racine, French country dancing Friday evening following dinner. Louis Racine et Les Pourquoi Pas, delighted everyone with their engaging music, with spectators able to enjoy watching as dancers followed the instructions from Racine. Thompson Goddard Photo

TAGWI Report

By Brooke Donnelly
Student Reporter

A week with the Warriors



As another week came to a quick end here at Tagwi Secondary School, our Warriors continued to be hard at work throughout the week. To begin, our girls' volleyball teams competed on Monday and Tuesday. Finally, to close off the week, Student Council put together many amazing activities to celebrate Valentine's Day.

On Monday, our senior and junior girls' volleyball teams competed in their final regular season meet. Tagwi hosted the tournament that was originally supposed to take place on Thursday, but due to two consecutive snow days last week, it got pushed back. Our seniors played two games, one against Glengarry and the other against L'Heritage, and they unfortunately lost both games. Our juniors also played Glengarry and L'Heritage, and they won enough sets to advance them to the playoffs.

On Tuesday the girls' volleyball playoffs took place at Char-Lan. Our junior girls first played the host school in the quarter finals, where they won. They then played La Citadelle in the semi-finals where they lost by only a few points per set.

To celebrate Valentine's Day, student council set up many different activities for our Warriors to participate in. They sold candy grams on Wednesday the week before last, and they continued the sales into Monday. The candy grams were delivered to classrooms on Tuesday morning. As well, Tuesday was semi-formal/red, white, and pink day. After lunch on Valentine's Day, we held our second secondary dance of the school year, which was a big success. Finally, at the end of the day, students had the chance to guess how many Hershey Kisses were in different jars, with the prize being the candy.

As always, Student Council and the school community are 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).



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Celebrating Valentine's Day

There was a good turnout for the Valentine's Day theme euchre games held at St. Matthew's Presbyterian Church in Ingleside on Feb. 18. Hosted by the 50+ Community Club, participants were able to enjoy an afternoon of card playing, socializing and draws held for door prizes, as well as the opportunity to purchase refreshments. A St. Patrick's Day themed euchre tournament is planned for March 18 between 10 a.m. and 4 p.m., with a lunch of Irish stew and other prizes included in the admission. From the left: Janice Beverdam, Ray Beauregard and Betty Wheeler are pictured in front of the prizes to be won by participants during the event.

Thompson Goddard Photo



Having fun in the snow

The weather was too mild for skating. Participants had a lot of fun tubing and snowshoeing in the Stormont 4-H Fun Day held at Countryside Adventures in North Stormont. Hot chocolate was provided by Stormont County 4-H and a sincere thank you was provided to Countryside Adventures for hosting the event. From the left: Myla Bretzler, Harrietta Bretzler, Calum Bretzler, Katie Lewis, Clare Stewart, Krstina Stewart and Neil Robinson.

Thompson Goddard Photo



Your taxes are due!

Ontario Staycation Tax Credit

If you spent some of your relaxation time during 2022 in Ontario, you can apply for a tax credit for up to \$400 on your 2022 tax return.

The tax credit applies to eligible leisurely stays in Ontario between Jan. 1 and Dec. 31, 2022. This includes Airbnb rentals.

To be eligible to claim this credit, you must be a resident of Ontario as of Dec. 31, 2022 and file a tax return.

When filing your 2022 return, you qualify for up to a 20 per cent discount on short-term stays in Ontario which can add up to \$400 in your wallet.

THE DETAILS

The tax credit allows Ontario residents to claim 20 per cent of their eligible accommodation expenses, up to \$1,000 for individuals and up to \$2,000 for families. This allows \$200 per individual or \$400 per family.

You can claim accommodations for a single trip or multiple trips in Ontario.

You can claim accommodation expenses for less than a month and can be a variety of hotels, motels, resorts or lodges, bed-and-breakfast operations, cottages, campgrounds, vacation rental properties (Airbnb, VRBO) and the accommodation portion of a tour package.

The bill must have been paid by you or your spouse and the host must be registered for HST/GST.

If you are planning to claim this credit, gather your receipts as you will require the HST/GST information from those invoices for your stays in order to complete the claim. You will need the name as it appears on the invoice and the location of the accommodation.

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Pin Tales

Stormont Ladies: Ladies' High Single, Marin Middleton 233; Ladies' High Triple, Marin Middleton 602. Team Standings: Hilda 254.5, Sandra 240, Angela 234, Susan 214.5, Pat 199.

Monday Men's: Men's High Single, Frank Jerome 313; Men's High Triple, Frank Jerome 821; Men's High Average, Frank Jerome 228. Team Standings: Eat-Ont 107.5, Raiders 102.5, Alley Cats 100.5, Alley Rats 96, Country Boys 62.5, A-Team 59.

Defenders: Men's High Single, Cody Symonds 207; Men's High Triple, Blaine Symonds 558; Ladies' High Single, Gwen Clarke 218; Ladies' High Triple, Gwen Clarke 561. Team Standings: Gwen 245, Brian 234, Debbie 233, Glendon 218.5, Ossie 209, Kelsey 183.5.

Wednesday Ladies: Ladies' High Single, Dorothy Thomas 198; Ladies' High Triple, Mary Osborne 518. Team Standings: Mary 276, Corinne 257, Janice 250, Dianna 244, Lorna 234.

Finch Mixed: Men's High Single, Martin Schoones 256; Men's High Triple, Danny StPierre 647; Ladies'

High Single, Isabelle Bissonnette 267; Ladies' High Triple, Isabelle Bissonnette 665. Team Standings: The Girls 220.5, Diggers 218, T.D.D.J. 212.5, S.M.T.D. 181, B&S 137.

Avonmore Mixed: Men's High Single, Frank Jerome 276; Men's High Triple, Frank Jerome 714; Ladies' High Single, Renee Fripp 225; Ladies' High Triple, Mary Osborne 565. Team Standings: Frank 272, Mike 241, Rob 210, Dan 206, Jeannette 199, Anita 195.

Williamsburg Mixed: Men's High Single, Hans Vanderweep 316; Men's High Triple, Hans Vanderweep 642; Ladies' High Single, Leslie Vanbruijssen 247; Ladies' High Triple, Leslie Vanbruijssen 587. Team Standings: John 108, Lselie 105, Garry 97, Steve 94, George 83, Danny 83.

Winchester Odd Couples: Men's High Single, Matt Ridge 293; Men's High Triple, Matt Ridge 713, Ladies' High Single, Brynn Welsh 244; Ladies' High Triple, Brynn Welsh 613. Team Standings: Rednecks 166, Whipper Snappers 165.5, The Hardy

Boys 165.5, Ball Joints 159; Bowling B?#!@es 124.

Youth Bowling Canada

YBC Peevees: Girls' High Single, Vanessa Bissonnette 137; Girls' High Double, Vanessa Bissonnette 266; Boys' High Single, Samuel Bissonnette 104; Boys' High Double, Samuel Bissonnette 187.

YBC Bantams: Girls' High Single, Danika Bissonnette 95; Girls' High Double, Danika Bissonnette 188; Boys' High Single, Kaden Leach 112; Boys' High Double, Kaden Leach 199. Team Standings: Flames 180.5, Red Wings 165.5, Leafs 146.5, Sharks 139, Jets 112.5, Oilers 96.5.

YBC Juniors: Girls' High Single, Kamryn Hartle 225; Girls' High Triple, Cheyenne Lanoue 475; Boys' High Single, Sam Tessier 184; Boys' High Triple, Sam Tessier 486.

YBC Seniors: Boys' High Single, Alex Robinson 290; Boys' High Triple, Alex Robinson 687. Team Standings: Sabers 201.5, Senators 200.5, Bruins 183.5, Ducks 161, Kings 153.5.



New ownership at Winchester Pioneer

The Winchester Pioneer gas station store and car wash has changed hands. Ben Henry who has worked in the gas service industry for the past 35 years has retired. Picking up where Henry left off is Ottawa businessman Maqsood, (Max) Rashid. The new owner of the popular Pioneer Gas Station has two other stations to look after in Kanata. Rashid said the people in Winchester have been very welcoming to him and he is happy to be here. The Winchester Pioneer Station will now be open 24 hours a day. Left to right are Ben Henry and Max Rashid.

Courtesy Photo

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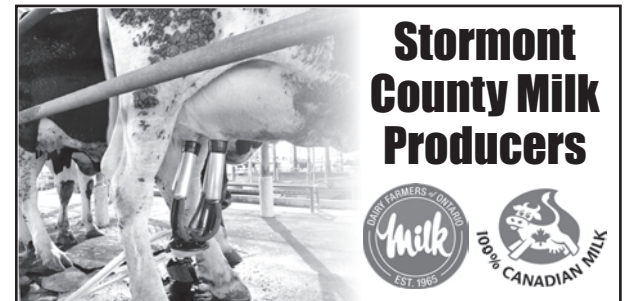
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COMING EVENTS

**TRI-COUNTY COUNTRY
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Sat., Mar. 4, 2023 from 2 p.m. - 5 p.m.; 5 p.m. - 6 p.m. supper 6:30 p.m. - 8:30 p.m. Admission \$8, Supper \$15 Irish Stew dinner. \$4 if you come the evening dance only. South Stormont Township Hall, 2 Mille Roches Rd., Long Sault, ON. 33

COMING EVENTS

**CANADIAN CLUB OF
MORRISBURG & DISTRICT**
March 15 at 6:30 p.m. Morrisburg Legion. Speaker: Senator Bernadette Clement.

She was appointed to the Senate as an independent Senator on June 22, 2021. She was elected mayor of Cornwall, in 2018, after serving three terms as a municipal councillor. Topic: Life as a Senator. Tickets \$40. Phone: 613-447-8167 or 613-543-2922 ext. 23. Deadline to reserve: March 8. 33-1

WORLD DAY OF PRAYER

Will be held at Winchester United Church on Fri., Mar. 3 at 12 p.m. Everyone Welcome. 33

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Four Green Thumbs – Quatre Pouces Verts

Microgreens – a source of flavour and nutrition.

Many people are searching for ways to increase the nutritional and flavour of the foods they eat, and microgreens are emerging as a specialty vegetable which fulfills both goals. Microgreens differ from sprouts in a few ways. A microgreen green can be grown either hydroponically or in soil it requires sunlight and are harvested after one to three weeks, while sprouts are grown in water with the harvest being done within two to three days.

In December 2021, Mario Bourgeois, his wife Mylene and children Èmy and Léo started their entrepreneurial journey by starting Four Green Thumbs – Quatre Pouces Verts. This urban farm is located in Casselman, produces a selection of microgreens in organic soil year-round and in the summer grows hot peppers at Ferme Albert Forgues in St. Albert. Their urban farm is in Casselman, Ontario.

“I started with hydroponic to keep a constant supply of greens and herbs for our meals, but it was taking too long,” said Mario. He continued, after investigating microgreens he discovered these highly nutritious plant seedlings require about a week to be harvested after planting. When his children showed a lot of interest in helping, Mario saw an “opportunity to start a family-owned business” where he could get his family to contribute and mentioned his daughter came up with the company’s name.

Microgreens are seedlings of vegetables and herbs which provide key nutrients in a practical way, with Mario explaining they are “harvested as juvenile greens” usually after reaching three inches tall and have

SMALL BUSINESS Spotlight



Four Green Thumbs– Quatre Pouces Verts owner Mario Bourgeois is seen with Tom’s Pantry Owner Tom Manley. Courtesy Photo

produced their first true leaves. He continued microgreens “contain highly concentrated vitamins, minerals, and antioxidants” which, when added by chefs and home cooks alike to dishes, “incorporate healthy yet visually appealing elements into their dishes.”

Some of the advantages of a microgreen include their ability to grow and be harvested in a short period of time, and the impressive nutritional value. “Broccoli can

have up to 40 times the nutritional value of the mature broccoli we buy from the grocery store. A handful of broccoli microgreens sure doesn’t provide the same calorific value of the mature version but on the nutritional side it does bring you more,” explained Mario before adding how grabbing “a handful of microgreens and incorporate it in your meals to get your vegetables portion for the day.” He continued almost any vegetable can be

harvested as a microgreen, noting “We have onions and basil which are just insanely good. Same flavours but with a highly concentrated nutritional value.”

When asked about challenges faced in operating Four Green Thumbs – Quatre Pouces Verts, Mario mentioned the fragility of microgreens, noting they “wilt pretty fast” which require coolers for summer deliveries to ensure they arrive in prime condition. There is a large time investment needed to successfully run a microgreens’ business. “Getting microgreens to the harvest stages is the easy part. Packaging, order processing and delivery is what takes a lot of time and not to forget marketing as well. No business is easy, it takes persistence, motivation, and a positive attitude,” commented Mario.

Current markets for the company include Tom’s Pantry in Alexandria, Ferme Albert Forgues in St. Albert and The Creek Market in Moose Creek, with the expectation of more retail locations where their microgreens will be available for purchase. The business is currently looking “for a space here in Casselman to grow the business,” said Mario when asked about future goals.

“Agriculture is an integral part of any community, farmers feed the world. We take this seriously and this is why we have been delivering over \$1,000 worth of microgreens so far, to our local food bank. We have a donation option on our website where you select the \$1 donation, and we match your order and deliver the same microgreens to our local food bank. The \$1 covers the packaging material and we provide the microgreens.”

More information on Four Green Thumbs – Quatre Pouces Verts can be found on their Facebook page and their website, which includes an online store, at www.FourGreenThumbs.ca.

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.

Funtastic fundraiser in Avonmore

Carolyn Thompson Goddard
Record Staff

AVONMORE – The weather outside was frightful, but the atmosphere delightful inside North Stormont Place in Avonmore, as the Avonmore Community and Athletic Association held a fundraising euchre tournament on Fri., Feb. 10.

ACAA events coordinator Amanda Lascelle organized the euchre tournament fundraiser, mentioning there were 44 people playing cards at 11 tables of four players, in the “The Jean Canham Hall” at NSP. “I am very, very happy with the turnout and thankful to the people who came,” said Lasalle during the evening event.



There were 11 tables set up for the ACAA fundraising euchre tournament held in the “The Jean Canham Hall” at NSP. The cards were dealt and the play ready to begin at the table pictured here. Around the table from the left: Jessica Last, Jason Flaro, Garnett Last and Rory Buchan. Thompson Goddard Photo



There was a great turnout for the ACAA fundraising euchre tournament held in the “The Jean Canham Hall” at NSP during the evening of Feb. 10. Thompson Goddard Photo

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Thurs., Mar. 9 Beef Stew, Dinner Roll, Broccoli Salad, Irish Shortbread Toffee Bars – \$9

Thurs., Mar. 23 Chicken Parmesan, Garlic Bread, Caesar Salad, Apple Cake with Caramel Sauce – \$9

All take out diners’ meals can be picked up at the centre at 12 p.m.

DINE-IN DINERS – 12 P.M.

St. Patrick’s Day Dinners – Fri., Mar. 17
Stuffed Pork loin, Apple and Sage Stuffing, Colcannon Potatoes (mashed with bacon and green onions), Garlic Roasted Brussel Sprouts, Chocolate Pot de Crème, St. Paddy’s Day Punch – \$12
To RSVP for diners, call the Carefor North-Stor Support Centre at 613-984-2436 or email sstoqua@carefor.ca

PROGRAMS & EVENTS

YOGA – Wednesdays – Active Hatha 9 a.m. - 10 a.m. Chair Yoga 11 a.m. - 12 p.m.
FITNESS – Fridays, 9:30 a.m. - 10:30 a.m. Improve strength, flexibility, balance and coordination with the use of therabands, light weights, the chair and other props! **Virtual Fitness** – Monday, Wednesday, Friday at 10 a.m. **COFFEE CLUB** – Daily, 8:15 a.m. Fresh coffee and good conversation. By donation! **WRITE IT NOW** – Wednesday Mar. 1 and 15, 1 p.m. Everyone has a story to tell. No experience in writing necessary. Margaret Mackey will guide you to recount your memories and put pen to paper! **CARDS & GAMES** – Wednesday, Mar. 8 and 22. Join us for an afternoon of cards and board games. Tea, coffee, and snack by donation! **KNITTING** – Fridays, 1 p.m. Our knitting group meets Fridays in the “fireplace” room! Come join our circle, learn some new patterns and techniques, and enjoy some hot beverages and sweets over great conversation. **FLOWER LETTERS** – Thurs., Mar. 23 at 3 p.m. Sit by the fire and listen to a western love story read by our new Admin Assistant, Mel! **Visit or call the centre to learn about other activities and events.*

FOOTCARE – Second and Fourth Friday. Call the centre to book an appointment.
WELLNESS – Second and Fourth Tuesday. Call the centre to book an appointment.
To register for programming, call the Carefor North-Stor Support centre at 613-984-2436 or email sstoqua@carefor.ca

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The Russell Agricultural Society salutes its volunteers

RUSSELL – The Russell Agricultural Society (RAS) has come up with a nice way to recognize the amazing people in their community who make a difference. The society has created a Volunteer of the Month Program in order to recognize those who go that extra mile in making the Russell community that much better.

The Russell Agricultural Society is pleased to recognize Bert and Shirley Vedder as the January 2023 Volunteers of the Month! It was an extremely tough decision when selecting their

first recipient, which is why they decided to acknowledge not one but both great people.

This amazing duo has over 42 years involved with RAS. Bert started out as a part-time volunteer raking sand in the horse ring; this led to many roles within RAS to include a total of three years as the board's president. With Bert, comes Shirley who started out volunteering with the Education Committee. Both Bert and Shirley's roles rapidly expanded, and they became staples on the fairgrounds, always helping

out. More recently, Bert and Shirley are known for their generous hospitality while hosting the Russell Agricultural Society's Volunteer Appreciation Day.

When asked about their experiences, both expressed fond memories over meeting or greeting new people, especially those from other communities. Bert especially enjoyed dealing with folks to make a successful fair, while Shirley reflected on her years of photographing the fair. Both talk about their volunteer experience with

great pride; they saw volunteering as a way to connect and get to know other people from within Russell and surrounding areas.

We are so thankful for all Bert and Shirley do for our community. As a recipient of the Volunteer of the Month, both Bert and Shirley will receive a weekend pass to the 2023 Russell Fair.

Do you know someone who goes above and beyond to help? Send your recommendations to info@russellagriculturalsociety.com



Bert and Shirley Vedder are this month's volunteers of the month. Courtesy Photo



Fun and adventures for the Rovers

The 2nd Russell Rovers were at the P1 parking lot at the Larose Forest serving hot dogs, burgers, hot chocolate, chips, to hungry customers attending the Limoges Winterfest on Sun., Feb. 19. The 2nd Russell Rover Crew is planning a Fresh Krispy Kreme Doughnut Fundraiser to help send youth on the adventure of a lifetime to Europe. Orders can be placed and paid for by March 12 and they can be picked up by March 25 from 1 to 4 p.m. at the Russell High School. The cost is \$12 a dozen. Orders can be placed by contacting a member of the Rovers' crew or by going to their Facebook page at <https://www.facebook.com/2ndRussellScouting> or at <https://forms.gle/w3ThRVgEPpeZHg1UA>

Courtesy Photo

FedDev Investment of \$16.5 million to create 150 jobs in Eastern Ontario

Terry Tinkess
Villager Staff

VARS – The economy of Eastern Ontario has received a shot in the arm with the announcement of funding worth \$16.5 million through FedDev Ontario.

The announcement was made on Feb. 13, by the Honourable Filomena Tassi, Minister responsible for the Federal Economic Development Agency for Southern Ontario (FedDev Ontario), along with Francis Drouin, Member of Parliament for Glengarry–Prescott–Russell.

“When we invest in business owners' potential, we invest in a strong future for our country,” said Tassi. “By supporting organizations and businesses across Eastern Ontario, our government is contributing to a growing region that will continue to support Canada's economy and create many good jobs. We are making smart investments that put people first and set local communities on a path to success.”

The spirit of the investment was echoed by MP Drouin. “Today's investment for 30 businesses, community organizations and tourism operators across Eastern Ontario is supporting our regional economy and creating over 150 skilled jobs. By investing in these projects, our government is taking the necessary steps to help our communities and our businesses contribute to a more resilient future.”

The 30 businesses include three manufacturers and 27 tourism and

community projects. The funds will be used to help businesses scale up, create, and rejuvenate community spaces and enhance tourism attractions. The investment is expected to create over 150 jobs. The investment was made specifically through the Jobs and Growth Fund (\$11.6 million), Canada Community Revitalization Fund (\$4.8 million), and the Tourism Relief Fund (\$147,400).

In making the announcement, Minister Tassi and MP Drouin had the opportunity to visit Les, Ateliers Beau-Roc, a woman-owned and directed Francophone manufacturer of custom-built dump truck bodies and accessories. The investment of \$4.1 million will support the purchase and installation of new manufacturing equipment, which will allow the expansion of a new, energy-efficient factory that will boost production of the company's Multi-Purpose Heavy Duty (MPHD) & Stainless Steel dump truck bodies, enabling Beau-Roc to enhance sales across Canada and the U.S., cut delivery lead times in half and create more than 30 skilled jobs in Eastern Ontario.

“We're honoured to be supported by FedDev Ontario,” said Nathalie St. Pierre, general manager of Beau-Roc Inc. “This funding will support our development of our new, additional manufacturing facility, designed to meet the demand of our products across Canada and the United States. This expansion project will create 30 jobs and provide economic and social benefits to the local community.”

No animal or staff injured in Rideau Carleton Casino barn fire

Joseph Morin
Record Staff

OTTAWA – With just weeks to go before kicking off a new 2023 season of horse racing, Rideau Carleton Casino lost one of its main barns in an early morning fire.

There were no horses in the barn at the time, but several pieces of equipment were lost in the blaze. The barn could not be saved.

General manager, Rideau Carleton Casino, Helen MacMillan was relieved, that all that was lost to her operation was a building.

MacMillan has been looking after the Casino and surrounding raceway operations since 2019. Her first reaction was relief that no one and no animals were injured in the fire. Building a new barn to replace the destroyed one is at the top of her to do list, as the racing season draws near.

“We will have to see what we can do in the interim,” she said. There will be some time before planners and engineers can begin to build a new barn. Our racing season begins on March 19, so we are working diligently to make sure that that still happens. In the meantime, we will be looking at a rebuild. We are extremely optimistic.”

The destroyed barn was one of several on the site. There are at least 20 horses in residence at the raceway in adjacent barns.

MacMillan said, the

quick response from Ottawa Fire Services (OFS), was amazing.

It was totally outstanding,” said MacMillan.

She said the OFS did a great job of keeping onlookers who came to see what was going on at the casino safe and out of harms way.

Wednesday morning, Feb. 15 at 19:30 Ottawa Fire Services, received a fire call about a fire in one of the barns at the Rideau Carleton Raceway.

Firefighters arrived at the popular raceway from the Osgoode Ward 20 fire station 32. Smoke and sparks were coming from the barn called the paddock, which is used as the holding or staging area for all of the horses and their riders just before each race. Normally during the racing season, the barn is filled with the high energy of horses and riders poised to take to the track.

The area on the track does not have fire hydrants so firefighters dispatched several apparatus including water tankers. The size of the fire and the extent it had progressed caused firefighters to issue a second alarm calling for more firefighters to the scene.

Firefighters brought the blaze under control but not before the equipment inside was destroyed.

An Ottawa Fire investigator has been dispatched to the scene to

determine the cause.

When dealing with areas of their district especially in rural areas of the city, firefighters have to rely on a water shuttle protocol that sees large portable water tanks set up at the scene of a fire and tanker trucks constantly shuttle water to these holding tanks so they can be used at the fire.

Back in 2015, the Ottawa Fire Services realized many parts of the city would not have an adequate service of water supply for them to use.

The service underwent the Commercial “Superior Tanker Shuttle” testing as part of the Fire Underwriters Survey.

The results of the test were impressive and helped residents obtain appropriate fire insurance coverage.

The purpose of the testing is to measure the fire services' ability to deliver an uninterrupted water supply of over 400GPM (gallons per minute) at the five (5) minute mark of arriving on scene in areas without hydrants which are usually rural. This ability is a key factor used in the development of Commercial and Personal property insurance rates.

OFS exceeded test requirements, maintaining water flows of over 500GPM for an indefinite period and demonstrated they can meet the emergency needs of the rural communities within the City of Ottawa.

Things are getting exciting with the Kin Club of Russell's Catch the Ace Lottery!

RUSSELL – The Ace of Spades is still hiding! And the Kin Club of Russell is still giving back to our community through the Catch the Ace Lottery. The WDMH Foundation is honoured to be one of the six charities benefitting from their great work. In fact, the current Catch the Ace lottery has raised more than \$525,000 for the six charities to date.

Each week, participants have a chance to win a weekly prize. And if the envelope they choose has the Ace of Spades, they can win the big jackpot too!

“As we begin week 33, the jackpot just keeps growing,” says Justine Plummer, manager of direct mail and events at the WDMH Foundation. “That means the weekly prize will be more than \$16,000, and the jackpot is estimated at more than \$362,000!”

Foundation Managing Director Kristen

Casselmann sums up the impact: “Thank you to the Kin Club of Russell and everyone who is buying tickets each week. We are honoured to be one of the charities benefitting from this fun lottery. Proceeds go to our General Equipment Fund.”

The next draw is scheduled for Sun., Feb. 26 at 3:15 pm on Facebook. Tickets are \$10 and are on sale online until 11:59 pm on Sat., Feb. 25. Purchase tickets online at www.kinclubofrussell.ca/catch-the-ace-tickets/. Please select the WDMH Foundation as the charity of choice for the proceeds to benefit WDMH.

For full details, ongoing updates, and rules of play, visit www.kinclubofrussell.ca. Tune in every Sunday at 3:45 to watch the draw live at <https://www.facebook.com/Kin-Club-of-Russell-388050434576352>.

Please note: Information in this media release will be outdated as of the next draw on Feb. 26.