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Briefly

South Nation Conservation Maple Day
WINCHESTER – On Sat., March 25, SNC is hosting a Maple Day at the Oschmann Forest Conservation Area in Winchester. Join them from 10:00 a.m. - 2:00 p.m. for hot chocolate, a self-guided tour, a scavenger hunt, and more. Oschmann Forest is located at 12301 Ormond Road in Winchester.

Sugar Shack
MARIONVILLE – Bring the whole family out to the Sugar Shack Brunch, hosted at the Marionville Community Centre. Jacky's Face Painting will be there for some extra fun for the kids. Sun., March 26 from 11:00 a.m. - 1:00 p.m. at 4629 Gregoire Road in Russell. Admission: 0-4 yrs. old: Free, 5-11 yrs. old: \$8.00, 12 yrs. old+: \$20. For more information call 613-774-6312.

Cupcakes for Puppy and Me
WINCHESTER – Simply Baked Catering was pleased to announce their successful fundraiser, Cupcakes for Puppy and Me, raised \$200 for the CNIB Guide Dogs. The fundraiser will continue until the end of the year, with owner Cheryl Beasley mentioning 48 hours is needed to fill any orders.

Car Rally and Pub Grub
CHESTERVILLE – Chesterville & District Lions Club is holding its annual Car Rally and Pub Grub on Sat., April 1. Registration is between 11 a.m. and noon with proceeds going to community projects. More information on their Facebook page is available.



THE RECORD

SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES



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Senator Bernadette Clement addresses Canadian Club of Morrisburg
The Morrisburg and District Canadian Club held a meeting at the Royal Canadian Legion in Morrisburg on March 15. After enjoying a delicious dinner, Dr. Gerry Rosenquist introduced Senator Bernadette Clement who was the guest speaker for the evening. From the left: Ron Beaupre, George Edwardson, Gerry Rosenquist, Claire Edwardson, Senator Bernadette Clement, Canadian Club president Steve Caza, Anne Caza, Muriel Carruthers and Jim Algire. Absent from the photo are directors Colleen Brock and Doug Grenkie. Thompson Goddard Photo

Senator Bernadette Clement addresses Morrisburg and District Canadian Club

Carolyn Thompson Goddard
Record Staff
MORRISBURG – There was a great turnout for the March 15 meeting of the Morrisburg and District Canadian Club held at Royal Canadian Legion Branch 48 in Morrisburg. After enjoying a roast beef dinner prepared by the Ladies of the Morrisburg Legion and the opportunity to socialize, Dr. Gerry Rosenquist introduced Senator Bernadette Clement who was the guest speaker for the evening. There was barely a sound heard as Senator Clement spoke on the journey from growing up in Montreal to serving in the Senate of Canada. She initially mentioned **Continued on page 2**

Counties hold info-session on South Nation Bridge rehab

Terry Tinkess
Record Staff
CHESTERVILLE – A major rehabilitation of the South Nation bridge on County Road 43, south of Chesterville later this year, will see all traffic detour through the village from May 1 until Oct. 13. The bridge, built in 1971 will undergo pier repairs, deck strengthening, bridge jacking, bearing replacement, semi-integral joint replacement, barrier wall and curb replacement, various partial depth concrete repairs, waterproofing and paving work. Information regarding the closure was provided during an information session held at the Nelson Laprade Centre, 9 William St. in Chesterville on Mon., March 20. Michael Jans, P. Eng., manager of infrastructure for the Counties of SDG was on hand to field questions from members of the public. According to Jans, the meeting went better than he had expected. "I'm pleasantly surprised by the number of people that have shown up, said Jans. "I was hoping to get more than half a dozen. I'm happy with the number of people, very engaged people with a lot of questions. It's been pretty good. I'm happy to have those conversations." The questions Jans faced ranged from how the detour would affect local events **Continued on page 2**



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South Nation Bridge rehab

Continued from the front and activities, to what would be done to ensure pedestrian safety because of the increased traffic flow. Diagrams showing three different detour routes were provided, but attendees were also invited to make suggestions.

It was explained during the session that in terms of cost and time, it's better to regularly maintain infrastructure items like the bridge, than to have to replace them.

"Every bridge that goes up, you generally have to go back about once every 30 years," said Jans. "It's just the salt is hard on them, the oxygen, the rain, everything, even the traffic, the vibrations slowly weaken the bridge, because concrete cracks naturally on its own, but then just the vibrations of vehicles propagate those cracks. The salt makes it to the steel, the steel rusts. Rusting steel expands and pushes the concrete off, and it just accelerates; therefore, the rule of thumb on bridges built in the 60s and 70s is every 30



Michael Jans, P. Eng., manager of infrastructure for the counties of SDG was on hand to field question from members of the public at an information session held at the Nelson Laprade Centre concerning the detour required by the rehabilitation of the South Nation bridge.

years bridge rehab is required, with the way bridges have been built. In the last 20-30 years, we're seeing a lot of ways to increase that interval.

"One of the things that we're looking at now is concrete sealers. It prevents the salt from getting into the concrete to a significant degree, but you must apply it very regularly. We're looking at what that looks like for us."

Jans says they are aware of the concerns of residents over the increased traffic flow. He says the counties have several proposals to monitor the situation as it evolves. "We're

going to be putting signs up in advance and warning people with the detours," says Jans. "And we're hoping that as many people as possible find, maybe it's easy for them to pick a wider route and go around through a different area. It is a relatively short detour. That may not happen to the degree that we'd like, but we are keeping an eye on options, to not necessarily constrict the flow and bog everyone down but just keep everything moving but at a proper pace.

"We're proposing radar signs so that we can track how

fast people are moving," added Jans. "We can turn around and share that with the OPP and ask them to get out there and keep the pedestrians safe. There are other options for traffic controls, new traffic controls on a temporary basis that aren't there right now. We're going to keep an eye on the entire situation. Keep an eye on the traffic, keep an eye on what people are experiencing, kind of work out solutions on the fly to try and keep everybody moving along and safe and peaceful."

There were questionnaires for attendees to fill out, but



The South Nation bridge, which was built in 1971 will be undergoing a rehabilitation that will require County Road 43 to be closed and all traffic detoured through the Village of Chesterville from May until October.

anyone with an interest is welcome to share their viewpoint. "I've got until about April 14 to compile comments from the public," said Jans, "From residents, from commuters, from anybody who's got a stake in this. The sooner, the better: I've got to attend the North Dundas Council meeting and relay what our communications and findings have been up until that point. They're going to decide on what they think is best for the village. I'm sure that they're going to have a message for county council, which meets

on April 17, I believe. That's when ultimately the decision will be made. We'll have the reaction from the public, we'll have the message from the local council, and we'll have the bids from the contractors at that point as well. And we're going to lay it all out and there'll be hopefully a good conversation on this and direction from council on which way we're going to go."

For more information on the South Nation Bridge rehabilitation, you can visit the following link: <https://www.sdgcountries.ca/southnationbridgerehab>.

Senator Bernadette Clement

Continued from the front there is a special place for Cornwall and the United Counties in her heart and she often comments on her home area in speeches.

Her father came to Canada in the 1950s to study and settled in Montreal. A schoolteacher, he met Clement's Franco-Manitoban mother, also a schoolteacher, got married and had three children. After studying law at Ottawa University in 1991, she worked at the Stormont, Dundas, and Glengarry Legal Clinic in 1991. In 2006, concerned about the effect on the community of the closing of Domtar, she began her municipal political career as a city councillor which culminated in her election of the Cornwall Mayor in 2018. On two occasions, the 2011 and 2015 federal elections, she stood as the Liberal Party of Canada candidate for the riding of Stormont, Dundas, and South Glengarry, but was unsuccessful both times.

Her journey to the Senate Chambers began in 2016, when she filled out an

application to be appointed to the Senate. For a few years, she had no response, except for being asked if she wished the application to be renewed. In May 2021, she received a pre-arranged call from the Prime Minister who offered her a position in the Senate of Canada. Clement mentioned how she knew, if she were to accept Trudeau's senatorial offer, it meant resigning as Cornwall Mayor immediately, which was a difficult decision for her, but ultimately accepted the offer.

She serves as an Independent Senator for Ontario, which means she has no party affiliation. In an interesting and informative manner, Clement explained the inner workings of the Canadian Senate which currently has 89 of its 105 seats filled. She mentioned a lot of Senate work, generally reviewing legislation passed by the House of Commons, is done in committee. The legislation is either passed by the Senate or sent back to the House of Commons for further consideration if amendments are proposed by the Senate. After a question-and-answer period, the meeting concluded, with several people taking the opportunity to speak with the Senator.

Health Care Summit looks at improving recruiting efforts

Terry Tinkess
Record Staff

LONG SAULT – The ongoing process to improve recruiting efforts and reduce healthcare shortages in this area took a step forward on Fri., March 3, with a private brainstorming session held at the South Stormont municipal building on Moulinette Drive in Long Sault.

The event, the first ever in this area was a partnership effort between the United Counties of Stormont, Dundas, and Glengarry, the Social Development Council of

Cornwall and the area and the Great River Ontario Health Team. The event featured presentations by area experts in acute care, primary care, long-term care, community care, and other related topics.

One hundred people were registered for the invitation-only event, and according to Tara Kirkpatrick, manager of economic development for the United Counties of Stormont, Dundas, and Glengarry, the day was a success.

"The resounding message was that similar to

the rest of Canada, we are facing a healthcare shortage across all sectors," said Kirkpatrick, via email following the event. "It was a great opportunity to share not only the challenges our healthcare providers face, but to discuss some ways that we can work together as a community to achieve change."

The next step in this process will be to compile a report on the event's activities. This report will become public once finalized and will also be shared with the 100 people who attended the event.

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Nor-Dun celebrates St. Patrick's Day with Irish Stew

Joseph Morin
Record Staff

WINCHESTER – The Nor-Dun Seniors Support Services Centre in Winchester has a great deal to offer seniors in its community.

The centre offers everything from opportunities to get out and socialize with people to meals, exercise programs, entertainment, transportation just to name a few of the programs designed and delivered to seniors by Carefor Health & Community Support Services at the Nor-Dun Seniors Centre.

On Fri., March 17, the seniors in the Winchester area were treated to a St. Patrick's Day lunch of Irish Stew, cauliflower, a tea biscuit, broccoli and for dessert a slice of green cake. The meal was prepared by Nor-Dun staff in their kitchen.

The afternoon meal accompanied by Celtic music from Chesterville's Scott Sayer was just one example of how the senior centre brings some fun and food to seniors.

"We try to do speakers or events every week," said Kaitlyn LaBelle a program coordinator for the Winchester centre.

The day before the lunch, A Bunch of People gave a performance for seniors at the centre.

"We try to do things that will interest our clients," she said.

Caroline Rooney is the



If you were hungry on March 14 and were in the mood for some early St. Patrick Day goodies, then the place to be was the South Mountain Agricultural Hall. Nor-Dun hosted a special lunch of ham steak with scalloped potatoes and soup. After the lunch, diners were treated to a True or Blarney game. Left to right are: Lori Unsworth, Mary Meerakker, Joyce Boyd, Heather Wilson and Kaitlyn LaBelle. Morin Photo

Winchester supervisor for the Winchester centre. She said her programs are designed to help seniors stay in their own home.

"We are doing what we can do to keep people healthy, happy, and active," said Rooney.

LaBelle said the events are usually well attended. Anyone from 55 to 95 are welcome. As a rule most if not all of the seniors who attend the events have gone through a simple intake process.

Carefor Health & Community Services in Eastern Counties offers a wide range of in-home care, and community support services designed to meet the needs of

its community. They offer several excellent programs and services, including befriending programs, caregiver support, diners' clubs, elder abuse prevention programs, in-home exercise programs, respite, transportation programs, just to name a few.

The Carefor Senior Support Centres are like hidden gems sprinkled around Stormont, Dundas and Glengarry.

"We have exercise programs and a foot clinic right here," said LaBelle.

The events at the centre outside of the ones already offered, come about after staff have brainstormed about what kind of event or activity their

clients would like to see. Each centre may have different original events found only in that particular centre.

LaBelle said, "We try to do signature events every week. Every month we get together and try to get different ideas."

There is always something going on at the centre. It could just be a lunch with entertainment or coffee. Both activities have been consistently popular with the centre's clients.

Carefor Senior Support Centres:

- Nor Dun Seniors Centre: 517A Albert St, Winchester, ON., K0C 2K0 - (613) 774-6109



Guitarist Scott Sayers from Chesterville provided the entertainment for the lunch at the Nor-Dun Senior Support Centre on March 17. Morin Photo

- North Stor Seniors Centre: 6 Nelson St, Finch, ON., K0C 1K0 - (613) 984-2436

- South Stormont Seniors Centre: 34 Memorial Square, Ingleside, ON., K0C 1M0 - (613) 537-8644

- Glengarry Outreach Lan-Char Centre: 20 Victoria St, Lancaster, ON., K0C 1N0 - (613) 347-1175

- Glengarry Outreach Rendez-Vous Centre: 48 Elgin St East, Alexandria, ON., K0C 1A0 - (613) 525-4443

You can also obtain more information at 613-932 3451 or email them at : infoeasterncounties@carefor.ca
Carefor has a website at https://www.carefor.ca

DFA

Dundas Agricultural Gala is Back!

April 1, 2023 | 6 p.m. | Matilda Hall, Dixons Corners

The evening will celebrate agriculture and what it means to us here in Dundas and in the broader community.

Tickets are \$45 per person, with tables of 10 available.

Find more information at www.dundasagriculture.com or contact Leslie Johnson at 613-448-1960 (h), 613-229-1751 (c), cljohnson@bell.net



Celebrating while fundraising

With 166 tickets sold for the Iroquois-Matilda Lions Club St. Patrick's Day Fundraiser Party, and Wayne Rostad providing the entertainment, there was little chance the evening would not be a resounding success. According to branch president Evonne Deleгарde, proceeds will be used to support Childhood Cancer Care and the Iroquois Plaza Pavilion project. From left: Lion Jim Mustard, branch president Evonne Deleгарde, Lion Steve Wilson, Lion Jim Martin and his wife, Vivian Martin.

Tinkess Photo



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YOU GET TO ENJOY ADDED VALUE. When you buy local, you receive more than just a product. Whether it's the story behind it, the quality of the item or the sense of community your purchase provides, there's plenty to be proud of.
- 4
YOU GET TO CHOOSE THE BEST. Goods from local producers are designed and manufactured to improve your daily life and allow you to get the most out of them. When it comes to food, buying local means gaining access to fresh fruits and vegetables.

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EDITORIAL & Opinion

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Editorial

Local news is getting interesting

Community events are often boring. They can be fun and invariably help others in the community as in a dart tournament or fundraising event, but all in all they do not cause much consternation.

Lately though, at least in North Dundas there have been a few interesting, and telling issues that have more drama attached to them than good old fashion fun.

Earlier in the week, North Dundas residents took time to attend an information session about the rehabilitation of the South Nation bridge on County Road 43, south of Chesterville later this year. There were several concerns ranging from the amount of extra traffic that will have to come through the Chesterville core and any safety issues that would go along with that. Residents were concerned about the

potential for traffic problems, as Chesterville village children have to deal with rerouted County Road 43 traffic.

It's a real concern for some, and an annoyance for others.

Every now and then the agricultural community is at odds with its municipality.

This time around it's over the municipality's burn bylaw.

The issue will be sorted out eventually, but until the concern on both sides of the bylaw raises the specter of farmers confronting councillors in a polite way, about a bylaw farmers feel has the potential to have a negative impact; on what up until now has been a fairly mundane farm process, when it comes to burning cleared brush on their land.

The burn bylaw issue to a bystander is

interesting, and the argument from both sides for and against the bylaw and its amendments is well worth watching.

Another interesting topic, again touching on agricultural issues is a request by Sevita to be exempt from half load measures on the main roads they have to use to get their product out of their plant to where it has to go.

Maintaining a consistent month in, and month out load schedule for its trucks.

The soybean processing company receives soybean from more than 200 farmers in this part of Ontario and prepares them for shipping around the world.

Every spring the mall municipalities in Stormont, Dundas, and Glengarry issue a half load order on some of its more vulnerable roads. The roads in question because of winter wear, wet weather can be damaged by trucks with large heavy loads. Later in the summer the roads are more

able to survive the daily wear and tear caused by heavy truck traffic.

Sevitas, understandably would like to be able to load its trucks up as usual regardless of the time of year and make each day to be business as usual.

Their request to be exempt from the rules of half loads has to come from the North Dundas council. What the council decides to do will have an impact on other rural municipalities.

There are all kinds of less than mundane issues confronting all municipalities from ensuring rural education works for everyone, to enticing more doctors to rural villages.

For those who have abandoned any hope that regular council meetings where you live will become more interesting and suspenseful, maybe it's time to be tuned in and turned on by what comes across your local council's table.

Joseph Morin

Maple Ginger Cake

Ingredients

- 1/2 cup (125 ml) white sugar
- 2 Tbsp (30 ml) shortening
- 1 egg (beaten well)
- 1 tbs (5 ml) soda
- 1/2 tsp (2 ml) salt
- 1/4 cup (50 ml) molasses
- 1/4 cup (50 ml) pure maple syrup
- 1/2 cup (125 ml) sour milk
- 1 tsp (5 ml) ginger
- 1 1/2 cups (375 ml) flour

Directions

Mix ingredients in order as given, beat well, bake in moderate oven. 350°F for 35-40 minutes. This makes a delicious dessert to serve with whipped cream or served with vanilla ice cream with pure maple syrup poured over it as a sauce.



Photo, recipe and article courtesy of Ontario Maple Syrup Producers Association

Cooking with Maple

Maple's unique flavour profile can add something special to any recipe. As an all natural sweetener, maple syrup is the perfect addition for baked goods or savoury dishes, including sauces or glazes. Add a little maple syrup to your coffee, tea, or fruit smoothies for a maple-inspired beverage. Use maple syrup as a substitute in your favourite recipes. A little maple syrup can go a long way and is a great healthy sugar alternative to use in baked goods or desserts. When using in baking or other recipes, here are some substitution tips to ensure a perfect result, every time.

- For every 1 cup of granulated sugar, substitute 2/3 cup of maple syrup.
- Reduce the quantity of liquid ingredients in the recipe (water, milk, juice) by about 1/4 cup.
- Lower the baking temperature by 25° F.
- Maple syrup can also serve as a one-to-one substitution for other liquid sweeteners, such as honey, molasses and corn syrup.

Don't look now, but it's going to get busy!

Spring, you see, might finally be making an appearance, and with that comes a lot of things that photographers find extremely inspiring. It really doesn't matter what you like to photograph, this time of year brings with it opportunities in just about any genre that we have been missing for far too long.

If you stepped outside recently and listened carefully, you probably noticed the sound of the many small birds who have returned to the area. Small animals as well, who had been hibernating are starting to make their presence known, and even if you don't see them, their tracks are everywhere. Larger mammals like our very healthy white tail deer population are starting to lose their winter coat, and with the diminishing snow cover are finding something other than my cedar trees to munch on.

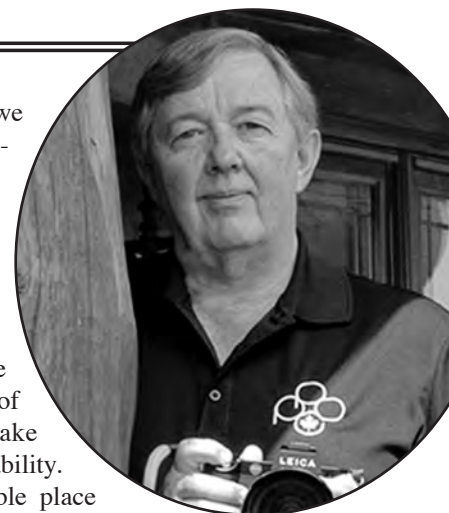
It is easier to pick out wildlife at this time of year, because with the white/grey background, any burst of colour really sticks out.

The best thing, for me at least, is the amount of daylight we are enjoying. As of this writing we are enjoying more than 12 hours of daylight, and that will only get better as we move through early spring. There are two things though, that I am really looking forward to: the reopening of the Long Sault Parkway, and the grading of the roadway into the Upper Canada Migratory Bird Sanctuary. Having the Parkway open adds a plethora of nature habitats to explore and there really should be some way to keep it open in the winter months (I think Parks of the St. Lawrence miss a real tourism opportunity there). As for the Sanctuary, you could lose a filling with the current crop of potholes, but at least it forces people to drive the speed limit.

The best tip I can offer for this time of year echoes what I say year-round: always carry a camera. Every day there will be something new to see, and if you think you can always plan for it, you are sadly mistaken. Having your path intersect with one of the creatures we share this area with is a gift, and being able to capture the moment is, for many of

us, the reason we enjoy photography so much.

Many people think that nature photography requires a lot of walking, but that isn't always the case. Often a bit of patience can make up for athletic ability. Find a comfortable place to park yourself where there isn't a lot of human or vehicular traffic and wait for something to happen. You fade into the background, the animals seem to understand that you are not a threat, and they just go about their business. If you can turn off the sound on your camera you can become almost invisible. Use the largest aperture you have to separate the animal from the background, a fast shutter to freeze action and ISO 800-1600 depending upon the ambient light, and you'll probably be happy with the result.



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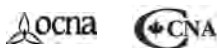
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Emergency department etiquette at issue in Cornwall Hospital

Joseph Morin
Record Staff

CORNWALL – The Cornwall Community Hospital (CCH) is not a fast-food business.

A press release from the hospital tackled the issue of patients in its emergency department being aware that it is not a first come, first serve proposition when you arrive at the hospital.

On a good day when all the emergency patients at the hospital are suffering from the same ailment, it may turn out that when you arrive will determine when your turn comes, to be seen by a doctor.

However, that circumstance rarely happens.

An emergency patient with a broken leg will take precedent over a person with a runny nose.

The hospital release stated: "Patients in the Emergency Department are seen according to the urgency of their injuries or illness, rather than the order in which they arrive. This triage process is used at all emergency departments across Canada and allows hospitals to prioritize care for the sickest patients."

Staff at the hospital are asking all patients to try and be patient and respect staff, and physicians as they are moved through the hospital system.

Just like all other area

hospitals, CCH has been managing both staffing and capacity challenges.

"Unfortunately, staff and physicians have been experiencing increased verbal and physical abuse from frustrated patients and families," stated the release.

"There is a lot happening behind the scenes that you may not see in a waiting room. For example, a trauma or patient experiencing an overdose may arrive by ambulance, or perhaps we need to prioritize a patient who is having a stroke or a heart attack. In those instances, it is a full team effort to care for the patient and others may have to wait, perhaps longer than usual, as we work through some challenges. This is not unique to CCH," explains Dr. Anastasios Boubalos, chief of staff at the Cornwall Hospital.

"The Emergency Department at CCH sees approximately 135 patients every day. Despite all of the challenges around staffing, the vast majority of high-urgency patients finished their emergency visit at CCH well under the provincial target of 8 hours, spending just 5.6 hours of total time in the emergency department. The average time for all emergency patients to be seen by a physician was just 2.8

hours in January. More importantly, the emergency department at CCH has also remained open 24 hours a day, 365 days a year."

President and CEO of the Cornwall Hospital, Jeanette Despatie said, "Our emergency teams are working non-stop to provide uninterrupted care for our community and are doing the best that they can. We understand that you may be in discomfort or pain as you wait to be treated, but please remain kind with our staff and physicians who are committed to providing equitable and exceptional care."

There are other options available to potential patients. Ontario Health 811 is available for free for anyone who wishes to speak with a registered nurse, day, or night, for

secure and confidential health advice. Ontario Health 811 may also direct patients to virtual urgent care services and help with urgent care delivery that does not need to be in person. Ontario Health 811 is available at <https://healthconnectontario.health.gov.on.ca> or by calling 811. In the event of a medical emergency, do not hesitate to call 911 or present yourself to your nearest hospital Emergency Department.

In 2022 the hospital hired 200 staff as part of its 2022-2027 strategic plan. They added eight new doctors to their staff and the hospital continues its recruitment efforts.

For more information on the Emergency Department at CCH, please visit www.cornwallhospital.ca/en/emergency.

REFLECTIONS ON COMFORT & PEACE

Pastor Scott A. Sayers

Nationside Pentecostal Church
Solomon's Porch
Chesterville, Ontario

In our Dundas Pastor's group we recently discussed how we could better support our communities. Organizations such as Carefor, Hospice, the Food Bank and House of Lazarus, certainly have an amazing impact on our populations and we are so thankful for all they do. I would encourage you, if you're able, to come alongside them and give them your support.

As churches, we love our community, and seek opportunities to contribute and encourage unity within our churches and our communities. We need to support each other, love each other and grow with each other, if we are to be contributing members to our society. We must not only talk the talk, we are commanded by God to walk the walk with compassion and understanding for our fellow citizens, demonstrating the love of God by our actions and response to those in need.

We were never meant to be alone in our endeavours. In fact, we were created to be a community from the moment of human creation. God noted that it was not good for us to be alone and put his love for us into action. In the Old Testament story found in the first book of the Bible, Genesis 2 verse 18 say: "Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." God knew that Adam would be lonely. He understood Adam, just like us he needed someone to walk alongside him, support him and love him.

South Stormont receives funding for park enhancement

Carolyn Thompson Goddard
Record Staff

LONG SAULT – The Township of South Stormont received funding from the Government of Canada's Community Revitalization Fund (CCRF) of \$364,500 for park projects in the municipality.

The March 10 media release explains Federal Economic Development Agency for Southern Ontario (FedDev Ontario) the Honourable Filomena Tassi, accompanied by Glengarry, Prescott-Russell MP Francis Drouin, announced on Feb. 24 "a total investment of more than \$16.5 million for 30 projects across Eastern Ontario."

"The township received a non-repayable contribution of \$364,500 toward the total project costs of \$455,625 for the design and construction of five (5) play structures with accessible swings and the expansion of the multi-use path in Arnold Bethune Park," was reported in the media release from the municipality. Arrowhead, Chase Meadows, Maple Street, Moulinette Island and Simon Fraser are listed as the parks which will have or already have the new structures installed.

"Enhancing public parks with play structures gives kids and families more opportunities to get outside, get active, spend time together, and enjoy their community," said Tassi who continued the Government of Canada investment will help "connect the residents of South Stormont, enhance the visitor experience and create better outdoor spaces for all." Drouin mentioned the project will give community members the opportunity to enjoy local outdoor spaces, continuing how "These are the types of investments that make communities like South Stormont a place to work, live and play."

In expressing his gratitude for the funds provided to the township from FedDev Ontario, South Stormont Mayor Bryan McGillis commented: "The five new play structures and multi-use path will make a great addition to our park system." He continued "We know these spaces are essential for our youth to gain confidence while developing physical, social and emotional skills."

By visiting www.southstormont.ca/ParkProjects people can obtain further information on the project, as well as project updates and visual representations.

- OBITUARY -



Carol-Lee Pemberton

Passed away peacefully at the Montfort Hospital in Ottawa on Monday, March 13, 2023, Carol-Lee Pemberton (nee Morrow) of Elma, age 60. Loving wife of Chris Pemberton for 36 years. Loving mother of Mark Pemberton (Tara). Loving grandmother of Arianna, Trinity, Emma and Nicole. Dear sister of Paul Morrow, Patty Middleton (Don), Shelley Morrow (Tony Easter) and Angie Brown (Jim). She was predeceased by her parents Donald and Janice Morrow (nee Barkley). She is also survived by nieces and nephews. Inurnment will be at Spruce Haven Cemetery in Brinston at a later date. Donations to Winchester Hospital or the Diabetes Society 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
March 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
March 26th, 2023 – Lent Five Worship at the Martintown Community Centre at 9:15 a.m. and at 11 a.m. in Chalmers United Church, 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. Geoff Howard
Email: gl.howard@sympatico.ca Phone: 613-652-6215
www.avonmorefinch-presbyterian.ca
March 26th, 2023 – Special guest Keppel Bharath at St. Luke's-Knox, Finch Church Service at 9:30 a.m. and St. Andrew's, Avonmore Church Service at 11 a.m.

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

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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/UCoPy_DABz4REc-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
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Church has reopened for in-person services. Traditional Music - Centred Services.

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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
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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.

Trivia and chili: What could be better!

Carolyn Thompson Goddard
Record Staff

AVONMORE – It was the day before St. Patrick’s Day, but the colour green was seen throughout the hall during the chili and trivia night held on March 16 at North Stormont Place in Avonmore and organized by members of the Avonmore-Finch-Martintown Pastoral Charge.

There was a full house in the Jean Canham Hall as people gathered to enjoy a delicious chili dinner, visit with friends and neighbours, test their general knowledge while answering questions during the trivia contest and bid on over 60 silent auction items.

“The silent auction table was overloaded with donations from loads of baking to gift certificates, to books, to spring items and even a sump pump!” commented Reverend Lois Gaudet in an email. The draw for a

queen size handmade quilt by Lori Crawford was held, with Bev Ferguson of Finch holding the winning ticket, Diane Kerr of Martintown winning a 50/50 draw and Hazel Duffy purchasing a “still warm bottle of maple syrup” provided by Linda and Peter Jack and auctioned off by Reverend Gaudet.

Members of the table who won the trivia night are: Lauren Webster, Cheryl Lowe, Janet Lowe, Jane Loucks, Mari-Anne Mazurka, Laurie Taylor, and Maureen Casselman-Robertson.

“Thank you to all those who set up, cooked, baked, and cleaned up and a special thank you to Annette McRae & Kathy O’Grady for managing the silent auction closing. Great job everyone!” said Reverend Gaudet, before thanking all those who attended this event.



Members of the Avonmore, Finch, Martintown Pastoral Charge Events Planning Committee who planned the evening are pictured in front of a handmade queen size quilt made by Lori Crawford. From the left, front row: Ernie Coumont, Marion Duguid and Louise Nephew. Back row: Reverend Lois Gaudet, Hilda Gillard, Annette McRae, Lori Crawford, Nancy Wert, Diane Kerr, Therese Schellenburg and Janis Paquette. Absent from photo: Mary Jane Hakvoort, Linda Carruthers, Nadene Coleman, Patsy Casselman, Sharon McCullough, Kathy Hopmans, Edith Nugent and Lois Smith. Thompson Goddard Photo

Nation Valley ATV Club rides for Community Food Share

Dave Baker
Special to the Record

CHESTERVILLE – On Sat., March 4, 92 ATV enthusiasts from near and far came together for the Nation Valley ATV Club (NVATVC) 1st Annual Food Drive in Support of Community Food Share.

The day began with registration at the North Dundas District High School, raffle ticket sales, 50/50 sales, silent auction, and food and cash donations directly to the Community Food Share. Riders were off to a slightly delayed start due to the 30 cm of snow that were dumped upon the region over-night, and roads were touch-and-go for participants’ arrival.

The ride involved a 90km tour of the Nation Valley ATV Club’s trail-system. A BBQ lunch was served by Mountain Fire Department volunteers at their hall in South Mountain.

After lunch, participants

continued their tour around the system, stopping at a warming fire provided by Johnstown ATV Club. The trail ride had its ups and downs due to the heavy snowfall, and drifted snow in areas. However, with help from Camouflage Property Maintenance and countless grooming volunteers, no person was left behind.

Back at North Dundas District High School everyone was treated to a buffet dinner by Leatherworks Catering, and a culmination of the silent auction and prize draws! Participants brought in 258 pounds of food (a cash value of \$967.50) and \$470.00 in direct cash donations to the Community Food Share.

Thanks to our sponsors, volunteers, landowners, and participants, we were able to raise \$14,760.79 for the Community Food Share. Event co-chair, Dave Baker, had this to say, “All-in-all, this event was a great

success for our first big charity ride since Covid. Our committee did a great job blowing the dust off hosting these types of events, and as usual we had great community support to make this a grand success! We look forward to keeping the ball rolling with another charity event of this type next year.”

Community Food Share started out as a smaller Dundas Food Bank in 1991, and since has expanded its scope to offer a wide range of services. Community Food Share continues to develop and offer new services that provide clients a variety of supports to put more nutritional food on their tables. Community Food Share’s other services include tax prep assistance, community gardens, community advocate, growing futures, and partnering with the North Dundas Christmas Fund, South Dundas Christmas Exchange, and Heat for the Holidays. For more



A great group of riders made the NVATVC 1st Annual Food Drive in Support of the Community Food Share a success. Left to right: Dave Baker, Jane Schoones Community Food Share team leader, Louise Richmire, Kerry Coons, Denise Paquette, Madison Garlough, Angela Garlough, Jillian Garlough, John Garlough, Ken Stagg, Charlotte Coons, Joselyn Garlough, Barb Richmire, Paula Coons, Kimberly Stagg, Brigitte Laflamme-Lefebvre, Gerard Savoie, Mike Adjeleian, Mher Bouyajian, Alexis Lefebvre, Leslie Rediger and Steve Hemeon. Courtesy Photo

information on how assist in our community <https://www.communityfoo> Community Food Share to please check out [dshare.ca/](https://www.communityfoo)



Showing off your talents

There was a great turnout at the Spring Crafters Market held on March 18 in the South Stormont Community Hall in Long Sault. Approximately 25 vendors attended the event organized by the South Stormont Fun Raisers (SSFR), which featured works of art, books, local businesses, and crafters. David Smith, president of the organization, described this as a prelude to the 2023 South Stormont Vendor’s Village and Pop-Up Market. This will be held in Ingleside on the green space between St. Lawrence Drive and Thorold Lane. Smith explained the monthly market will have added attractions such as a Puppy Parade, Seniors’ Day or Car Show. Eddie & the Stingrays are scheduled to perform on March 25 in the South Stormont Community Hall, with Smith mentioning there are still tickets available to purchase for the event. Pictured above, Ronald Hess is shown with some of the beautiful bird houses he has created during the Spring Crafters Market.

Thompson Goddard Photo

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Your donation will give meals to vulnerable seniors and ensure they get the nutrition they need so they can stay healthy and happy. Carefor’s team of dedicated volunteers have delivered over 9,650 meals to 100 seniors in North Dundas & North Stormont this year alone. **Make one of them come from you.**

Show you care today by donating to your local Carefor Meal Delivery Program:

Visit [Carefor.ca/March4Meals](https://www.Carefor.ca/March4Meals)

Call the Nor-Dun Support Centre in Winchester 613-774-6109

Call the North-Stor Support Centre in Finch 613-984-2436



Getting ready for spring at Seedy Saturday

Carolyn Thompson Goddard
Record Staff

CORNWALL – There was a fantastic turnout for the first post-pandemic spring event hosted by Transition Cornwall+ and held in the upper and lower halls of the Benson Centre in Cornwall. Known in the past as Seedy Saturday, Transition into spring provided visitors with the opportunity to meet with local food producers, agricultural organizations, attend workshops, enjoy crafting opportunities, and socialize with friends new and old.

Transition Cornwall+ event coordinator Kat Rendek mentioned organizers were pleased with the turnout which saw an estimated 1,000 people visit the event between 10 a.m. and 2 p.m. There were 25

vendors and exhibitors as well as 20 activity and swap tables which provided people of all ages an opportunity for a fun-filled learning experience. There were very well attended workshops throughout the day on topics such as Self-Sufficient Seeding, Growing Vegetables in Pots and Pollinators.

“Thanks goes out to the Kinsmen Club of Cornwall and the City of Cornwall for sponsoring and helping with a great setup, but also to all of the vendors, exhibitors and activity facilitators who helped to bring the event to life,” commented Rendek.

More information on the organization and upcoming events is available on either their Facebook page or webpage located at www.transitioncornwall.com.



Organizers estimate close to 1,000 people attended Transition into Spring, formerly known as Seedy Saturday, hosted by Transition Cornwall+ and held at the Benson Centre in Cornwall on March 18. Thompson Goddard Photo



Kayak for Cancer Fundraiser

The annual Kayaking for Cancer Euchre Tournament was held at the Royal Canadian Legion Branch 434 in Chesterville on March 18. Forty players enjoyed an afternoon of playing cards, socializing, and raising funds for Kayaking for Cancer, during the annual euchre tournament held at the Royal Canadian Legion Branch 434 in Chesterville on March 18. Fred Bortolussi, a member of the tournament organizing team, explained participants in the 2023 Kayak for Cancer event will travel from Kingston to Ottawa via the Rideau Canal, raising funds for cancer research, which will be held between the 12 to 19 of August. Sincere thanks to the Chesterville Legion for providing the venue, the people who attended the event and the community for the support shown by making donations of prizes and funds were expressed by the organizers. More information can be found at www.kayakingforcancer.com. From the left: Two members of the organizing team, Sharon Erdelyi and Fred Bortolussi are shown during the tournament.

Thompson Goddard Photo

And the question is ...

Carolyn Thompson Goddard
Record Staff

CHESTERVILLE – There was a great turnout for the Spring Trivia Night hosted by the Chesterville and District Lions Club and held at Royal Canadian Legion Branch 434 in Chesterville on March 18. Lion Jordan Hodge, club president, mentioned they were expecting around 100 people to participate in the trivia contest.

Entering the Legion Hall, one experienced a sense of welcome and heard a soft hum of friendly conversations throughout the space. Hodge explained this was the first trivia evening since the pandemic began and everyone seemed happy to be able to meet, socialize, enjoy some light refreshments, and test their general knowledge.

“It is great to see the community coming together to support the Lions and the Legion,” commented Hodge, explaining how funds raised are used to support club activities in the community. He continued there will be cash prizes to the top three teams, mentioning how Lion Mark McMillan prepared the trivia questions and served as emcee for the evening.

The winning teams of the Trivia Night were Team Name Pending in first place, with second place won by The Belted Galloways and in third place was The Hood. In a post event message, organizers explained how there was a three-way tie after 100 questions, with one 10 question overtime round, which settled for second and third place winners. The message continued how “all teams returned their winnings, helping raise \$1,000 for the night.”

A sincere thank you was extended to the Chesterville Legion for donating the use of the hall for the event as well as their strong and continued support of the Chesterville & District Lions Club.

Hodge mentioned the next club event will be the 32nd annual Lions Car Rally, scheduled for Sat., April 1 with registration at the Chesterville Lions Club between 11 a.m. and noon. There will be pub grub available for purchase at the Legion. More information on this event can be found on their Facebook page.



Organizers of the Chesterville & District Lions Club Spring Trivia Night expected close to 100 people working in teams to answer trivia questions. Thompson Goddard Photo

Sporting the green

Carolyn Thompson Goddard
Record Staff

INGLESIDE – Several card players sported green for the St. Pat's Euchre Tournament held on March 18 at St. Matthew's Presbyterian Church in Ingleside and organized by the 50+ Community Club. In addition to playing cards and socializing, the special event featured a silent auction, an Irish stew luncheon and a visit from South Stormont Mayor Bryan McGillis, who drew the winning entry for a king-size quilt. Janice Valade



From the left: Janice Valada, South Stormont Mayor Bryan McGillis, Ray Beauregard, and Janice Beverdam. Thompson Goddard Photo

accepted a cheque for \$1,500 from the organization on behalf of the Cornwall Comfort Quilts, which was raised by the quilt draw ticket

sales. “Thank you to everyone and the money will be used to buy material for future quilts for cancer patients,”

commented Valade, explaining Cornwall Comfort Quilts creates and provides quilts for people undergoing treatment for cancer.

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Dundas gala resumes

DIXONS CORNERS – Yes, it’s true! The Dundas Agricultural Gala is alive again. It will be held at Matilda Hall in Dixons Corners on April 1, 2023 beginning at 6:00 p.m. This special evening will basically be a four-part event.

In a general context, the evening will celebrate agriculture and what it means to us here in Dundas and in the broader community. All of us eat, and most of us do it three times per day but we give little thought to other aspects of our food. From the farm community, we clearly support “Buy Local” whenever possible. Here in Dundas County and across Ontario, agriculture is a major contributor to our GDP. In February, we observed “Food Freedom Day” and “Canada Food Day” but with little fanfare.

Now the public is invited to join us at the Gala to help us celebrate as we thank the community for its ongoing support. While the COVID-19 pandemic wiped out our event two years ago, let’s get out and celebrate our 2023 Gala. Buy your tickets for this Gala dinner and evening of festivities and celebration.

Secondly . . . a component of the last two Galas 2017 and 2019 was a fundraising activity to support others in our community. This is done primarily through silent and live auctions during the celebration evening, supplemented by direct donations.

As a result of the previous two Galas, the Dundas Agricultural Community Groups donated in excess of \$20,000 to various organizations including 4-H, Dundas County Hospice, the Winchester District Memorial Hospital, House of Lazarus and Community Food Share. For this year, the Gala will be raising money for Community Food Share and Winchester District Memorial Hospital.

It’s guaranteed to be an entertaining and historical evening and we’re inviting all members of the community to join us. Let’s fill the Matilda Hall on April 1 and expand on this component of giving back to the community.

Thirdly . . . while Galas did occur prior to 2017, that year is significant because it saw the creation of the Dundas Agricultural Hall of Fame. The combined results of 2017 and 2019 are, eight of our leaders in the field being inducted into the Hall of Fame. We look forward to honouring new inductees on April 1 as we pay tribute to our leaders and colleagues for their exemplary work that impacted us within the county and beyond our borders. Organizations and individuals were invited to submit nominations by March 15, explaining a nominee’s contributions to the agricultural community within and outside Dundas County, as well as their work for the community in general, plus their personal development and home business development. For application forms and

additional information on all the existing Hall of Fame inductees, check the Dundas Federation of Agriculture (DFA) website at www.dundasagriculture.com.

Finally, the year 2023 is special for DFA as we celebrate the 80th anniversary of Dundas Federation of Agriculture. Yes, DFA was born in 1943 and today it is the largest general farm organization in Dundas County with over 400 members. In this capacity, our members are also connected directly with the Ontario Federation of Agriculture (OFA), some 38,000 members, and with the Canadian Federation of Agriculture (CFA) with about 200,000 members. At our

Gala on April 1, we will be honoured by the participation of members from the OFA Board and executive. Of course, everyone present will have an opportunity to interact with them.

In summary, we remind the public to “Save The Date”. The Gala evening includes dinner catered by Leatherworks Catering, followed by presentations of the 2023 inductees, as well as live and silent auctions to raise money for recipient charities. The April 1 event kicks off at 6:00 p.m. Tickets are \$45 per person, with tables of 10 available. Find more information at www.dundasagriculture.com.

2023 residents’ council leadership team provides valuable input

Jane Adams
Communications Lead WDMH

WINCHESTER – A new leadership team for the Dundas Manor Residents’ Council has been elected. The Residents’ Council is involved in every aspect of the home, from planning menus to sitting on hiring committees for senior staff. All residents can participate.

“Our Leadership Team format ensures everyone has a say,” explains administrator Susan Poirier. “We spread the responsibility of chairing meetings, sitting on committees, and working with our senior team on various projects. It’s exciting to have this important input.”

“We love having resident involvement and input,” adds Jennifer Hill, activity programs and services director. “We want to personally thank the residents who have served on this committee. Each of you brings warmth



The new Residents’ Council Leadership Team includes (front row l-r): Lynn Smith, Mike Leblanc, Allan Murray, Don Cooper and (back row l-r): Diana MacDonald, Rejeanne Bernier, Darl Tharp and Joan Dunlop. Courtesy Photo

and enthusiasm to our meetings and discussions and it’s important to foster this valued relationship in our home.”

Dundas Manor was pleased to be recognized and featured in the Ontario Association of Residents’ Council magazine (OARC), profiling

our recent Residents’ Council awareness fair. We value OARC as a partner that provides support and education to staff and residents. Currently one of our residents Joan sits on a working group with this provincial association.

THE RECORD
SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES

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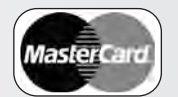
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AROUND 3 P.M.

Reason for selling: Health condition.

30 young bred cows Charolais, Simmental, Black Angus, Red Angus cross, due for April, May, June, bred Charolais or Limousin, maybe some with calves at foot, all vaccinated, 1 P.B. Charolais bull (3 years old) to be sold.

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37-1

COMING EVENTS

WINCHESTER GOLDEN YEARS ARE HAVING A PANCAKE BREAKFAST

Sat., March 25 from 8 a.m. - 10 a.m. at the Winchester Lions Hall. Donations only please.

37

COMING EVENTS

TRI-COUNTY COUNTRY MUSIC ASSOCIATION JAMMING & DANCE

Sat., Apr. 1 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 chicken and dumplings. \$4 if you come to the evening dance only. South Stormont Township Hall, 2 Mille Roches Rd. Long Sault, ON.

37

BREAKFAST BUFFET WITH EASTER BUNNY

Sun., Apr. 2 at the Iroquois Legion, Br. 370 from 8 a.m. - Noon. Live bunnies. Adults \$10, youth \$5 (5 - 12 years old), free for 4 years old and under. Colouring contest, crafts, face painting and magic (Dr. Kaboom). Sponsored in partnership by the R.C.R. Ladies Aux., Br. 370 and River Rat Treasures.

38

COMING EVENTS

GROUP RIVER CRUISE - IT'S A GO! A FEW CABINS LEFT!

OMGLetsTravel.ca

Captivating Rhine AMA Waterways with Shelley Cumberland (formerly of Thom Travel). 23 NOV - 30 NOV 2023. Group Promo: Book by 24 MAR 2023. \$1,500 off pp, FREE Cabin Upgrade and FREE gratuities! Limited cabins. Cruise only from \$3,246 + \$277 tax pp. Subject to availability at time of booking. \$500 deposit. Group Land Package and air extra. Call (613) 213-2022 or email shelley@omgletstravel.ca. TICO 67500296 (416-367-8264 xt 3110).

37

COMING EVENTS

HOT LUNCHEON

St. Andrew's Presbyterian Church Hall, 30 Mill St., Chesterville. Wed., March 29 from 11:30 a.m. to 1 p.m. Menu: Chicken a la king with tea biscuits; cabbage salad; pineapple angel food cake; coffee/tea. \$12 per person (take-outs available starting at 11 a.m.) Everyone welcome!

37-1

VOLUNTEER

VOLUNTEER NOW!

Organizations or individuals who have tasks which could be done by students looking for their volunteer hours, are welcome to advertise in this space free of charge for TWO (2) weeks. Call The Record at 613-448-2321 with your requests.

tfc

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Crossword puzzle grid with numbered squares for clues.

CROSSWORD PUZZLE FOR THE WEEK OF MARCH 23, 2023

CLUES ACROSS

- 1. Influential American political family
5. _ Chantilly, _ de Menthe
11. Within
12. Pleasure seekers
16. Computer manufacturer
17. Home to college sports' Flyers
18. Fungal disease
19. Sleepwalk
24. Spielberg sci-fi film
25. Seasonable
26. Taxis
27. Radio direction finder (abbr.)
28. Thin, narrow piece of wood
29. "Mystic River" actor Sean
30. Ingenuous
31. Musical composition
33. Turkish surname
34. High or hilly area

- 38. Wilco frontman
39. Pour it on pasta
40. Electric car company
43. Sea eagle
44. Walk with difficulty
45. Sign of healing
49. Boy
50. Protein-rich liquid
51. Washington city
53. Individual portion of TV series (abbr.)
54. Thought over
56. Scads
58. News agency
59. Standard
60. Deadlock
63. Pre-Columbian empire
64. Removed
65. French commune

CLUES DOWN

- 1. Large, dangerous animals
2. Straighten out
3. Family tree
4. Large stinging paper wasp
5. European river fish
6. Cut down in size
7. Denotes past
8. Larry and Curly's partner
9. Samoyedic ethnic group
10. Male parent
13. Specific gravity
14. Demeaned oneself to
15. Rigidly
20. Yankovic is a "weird" one
21. Belonging to me
22. Path
23. Airborne (abbr.)
27. Level
29. Atomic #94
30. Born of
31. Midway between northeast and east
32. Northeastern bank

- 33. Defunct airline
34. Having no purpose
35. A low wall
36. Swedish city
37. Earn a perfect score
38. Atomic #81
40. Beginner
41. Give off
42. Incorrect letters
44. Telecommunication service provider (abbr.)
45. Idyllic
46. Popular beer
47. A way to fine
48. Evildoer
50. More withered
51. Seventh note of a major scale
52. Commercial
54. Abnormal breathing
55. Moved more quickly
57. City of Angels
61. Partner to Pa
62. Equally

PUZZLE SOLUTION grid showing the filled-in crossword puzzle.

THE BENEFITS OF CROSSWORD PUZZLES

Even though crossword puzzles have been entertaining and helping people pass the time for more than 100 years, the benefits of crosswords go beyond boredom-busting. Various studies have shown the positive effects crossword puzzles can have on a person's brain and capacity to learn.

- Improve vocabulary
- Strengthens memory
- Improve socialization
- Help relieve stress
- May help prevent brain diseases

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

SMALL BUSINESS Spotlight

Help your pet get ready for summer at Joe's Pet Services

WILLIAMSBURG – A great many pet owners pay special attention to the health of their pets or as often is the case their best furry friend.

Apart from a good healthy diet and lots of love and attention, and exercise, pets, dogs, or cats also need to have certain physical needs looked after.

Nail trimming for cats and dogs is extremely important when it comes to maintaining healthy, and comfortable feet for your pet, and making sure that their fur is looked after is just as important.

Joe's Pet Services located in Williamsburg looks after the grooming needs of your pet.

The owner of the grooming service is Joseph McNalty.

He started up his business after COVID hit and like so many other employees of companies, they found themselves with reduced hours where they were working, and decided they would try and work for themselves.

"I worked at a kennel doing nail trims and small grooms. I started getting asked to do home visits for nail trims. Then COVID hit and the business at the kennel slowed down, and I got put down to part-time. I then began doing nail trims and small grooms at home part-time and eventually it got busy enough that I was able to quit the kennel and groom full-time," said McNalty.

"I began in 2020, and I offer nail trims, bath and trims, haircuts, and full grooms. I



Cats and dogs have a friend in Joey McNalty.

Courtesy Photo

do not do anal glands.

As he became busier, he enlisted the help of his daughter Steffany Margison.

Nail trimming is an important aspect of looking after your pet.

If nails are not trimmed or at the very least filed down regularly, they can grow to the point where a cat or dog is uncomfortable. A disregarded nail can curl back into the paw pad or toes of the animal. Sometimes a nail that is too long can accidentally get ripped off as the

animal plays or goes about its business.

It is not uncommon for nails of both cats and dogs to become caught up in the fabric of furniture. Left unattended a damaged nail can lead to a visit to the veterinarian.

A dog that has access to a concrete surface on a regular basis and can run on it often, their nails will naturally file down on their own.

But dogs that normally run on a grassy surface or do not get out very much run the

risk of having longer nails.

"We enjoy grooming Golden Retrievers," said McNalty.

"We started out learning on Golden's and still have a soft spot for them today."

A sign that he has put an animal at ease is when he brings them back to their owners, and the animal hesitates, and has to think if they want to stay or go home.

His grooming business is growing.

"I plan on building a bigger space in the future," said McNalty.

"I go to customers' homes for nail trims, and I'll make the occasional exception for in home grooms."

Grooming any kind of animal can have its challenges. Depending on the temperament and grooming experiences that dog, or cat has had, will determine how much of a challenge they will be to work with.

"I deal with nervous and difficult animals all the time. I'm the only groomer that can handle some of the more nervous pups around," said McNalty.

"I just take my time. I give plenty of breaks, lots of love and I'll even take them out for a short walk."

McNalty has a healthy respect for aggressive cats.

"I groom cats, but I will no longer accept unfriendly cats. I've been attacked too many times."

You can connect with Joe's Pet Services at joeymcnalty4@gmail.com or give him a call at 613-330-6526.

He also has a Facebook page. Just search for Joe's Pet Services.

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, Marin Middleton 264; Ladies' High Triple, Marin Middleton 688. Team Standings: Hilda 317, Sandra 284, Angela 275.5, Susan 164.5, Pat 242.

Monday Men's: Men's High Single, Frank Jerome 291; Men's High Triple, Frank Jerome 695; Men's High Average, Frank Jerome 228. Final Regular Season Standings: East-Ont 127, Raiders 124.5, Alley Rats 115, Alley Cats 112, Country Boys 76.5, A-Team 69.

Defenders: Men's High Single, Glendon Moore 261; Men's High Triple, Glendon Moore 682; Ladies' High Single, Gwen Clarke 216; Ladies' High Triple, Gwen Clarke 538. Team Standings: Gwen 292, Brian 282, Glendon 277, Debbie 270, Ossie 244, Kelsey 210.

Wednesday Ladies: Ladies' High Single, Dianna Moffat 210; Ladies' High Triple, Dianna Moffat 489. Team Standings: Mary 324, Corinne 308, Janice 300, Dianna 286, Lorna 285.

Finch Mixed: Men's High Single, Colin Sanders 271; Men's High Triple, Colin Sanders 733; Ladies' High

Single, Isabelle Bissonnette 251; Ladies' High Triple, Isabelle Bissonnette 692. Team Standings: The Girls 261.5, Diggers 261, T.D.D.J. 251.5, S.M.T.D. 220, B&S 155.

Avonmore Mixed: Men's High Single, Frank Jerome 248; Men's High Triple, Frank Jerome 678; Ladies' High Single, Mink Fusee 243; Ladies' High Triple, Mink Fusee 521. Team Standings: Frank 323, Mike 282, Luke 252.5, Dan 246, Anita 239, Jeannete 232.5.

Williamsburg Mixed: Men's High Single, Dane Miskowicz 236; Men's High Triple, Garry Hutt 618; Ladies' High Single, Erin Drapeau 282; Ladies' High Triple, Erin Drapeau 619. Team Standings: Garry 128, John 128, Steve 120, Leslie 119, Danny 105, George 90.

Winchester Odd Couples: Men's High Single, Alex Smellink 300; Men's High Triple, Darryl Britton 744; Ladies' High Single, Cheyenne Lanoue 260; Ladies' High Triple, Cheyenne Lanoue 637. Team Standings: Balljoints 205.5, Whipper Snappers 203.5, The Hardy Boys 201, Rednecks 199, Bowling B?#!@es 155.

Youth Bowling Canada

YBC Peewees: Girl's High Single, Vanessa Bissonnette 149; Girl's High Double, Vanessa Bissonnette 266; Boy's High Single, Samuel Bissonnette 131; Boy's High Double, Samuel Bissonnette 262.

YBC Bantams: Girls' High Single, Danika Bissonnette 151; Girls' High Double, Danika Bissonnette 244; Boys' High Single, Sam Stewart 101; Boys' High Double, Sam Stewart 181. Team Standings: Flames 220.5, Red Wings 191.5, Sharks 173.5, Leafs 167.5, Jets 130.5, Oilers 114.5.

YBC Juniors: Girls' High Single, Cheyenne Lanoue 2221; Girls' High Triple, Cheyenne Lanoue 578; Boys' High Single, Clark Sanders 255; Boys' High Triple, Clark Sanders 504.

YBC Seniors: Boys' High Single, Slvain Gagne 170; Boys' High Triple, Alex Robinson 468. Team Standings: Senators 248.5, Sabers 237.5, Bruins 224.5, Ducks 200, Kings 169.5.

Ontario apprenticeship programs' seminar

Carolyn Thompson Goddard
Record Staff

CORNWALL – Despite a significant snowfall, approximately 60 employers, educators and other stakeholders attended the Canadian Apprentice Service Employer Resource Breakfast hosted by the Canadian Apprenticeship Forum (CAF). The well-attended event was held in the library at St. Lawrence College on Tues., Feb. 28, and featured opportunities to network with organizations in the field, while learning about the apprenticeship program.

An apprenticeship provides an individual with the opportunity to take classes and learn a skill set, needed for a specific trade, under the supervision of experienced

workers in the field. In Ontario, the government has identified 144 trades that have apprenticeship programs; they are electrical, mechanical, manufacturing, building and service industries.

Cornwall Mayor, Justin Towndale welcomed people to the event, commenting on the importance of apprenticeship in skilled trades. Stephanie Shrum, program manager at the Canadian Apprenticeship Service (CAS) then delivered an information presentation on the benefits of the Canadian Apprenticeship Forum (CAF) to the apprenticeship program.

The CAF is a non-profit organization that works with businesses across Canada, sharing information with employers

and apprentices on opportunities in the apprenticeship community. She described the process of registering with the CAS, both for employers and apprentices, describing the available funding for businesses and resources available through this organization. These include a mentorship program, free training for employers and apprentices, providing literacy and numeracy skills update for apprentices, with a matching service connecting apprentices with employers that are available.

Ashley Grant, from Upper Canada District School Board, and Dan Lortie from the Catholic District School Board of Eastern Ontario spoke on the

Ontario Youth Apprenticeship Program (OYAP) which is geared toward students in grades 11 and 12. Grade 12 students can apply to be an apprentice under this program, with OYAP representatives working as liaison between students and employers. Both Grant and Lortie indicated it is becoming evident in high school settings, an increased interest in the skilled trades with students.

Training available at St. Lawrence College (SLC) was the topic discussed by Daniel Liao, dean, applied science, technology, and trades. After noting there are several apprenticeship programs available at St. Lawrence College's three campuses in Kingston, Brockville, and Cornwall.



From the left: SLC dean of applied science, technology and trades Daniel Liao, SLC VP academic Michael Cooke, Cornwall Mayor Justin Towndale, SLC Cornwall Campus dean Richard Wiggers and Stephanie Shrum, program manager at CAF. Thompson Goddard Photo

He mentioned it generally takes four to five years to complete the book work and field training of each apprenticeship program. He described the journey of an apprentice through the program, describing how there are alternatives to the in-class portion of the training, which include built-in exemptions and the ability to take the Red Seal exam earlier than usual. He concluded his presentation

by mentioning SLC seeks to support both the employer and the apprentices, before mentioning the college is looking to bring more apprenticeship programs to the Cornwall campus.

More information on apprenticeship opportunities can be found on the website of St. Lawrence College at www.stlawrencecollege.ca and the Canadian Apprenticeship Forum at www.caf-fca.org.

Russell's Team Cochrane gets ready for nationals in December

Joseph Morin
Record Staff

RUSSELL – The Russell Curling Club has a habit of turning out winners.

Team Cochrane from the club has won top honours at the Ontario Seniors Men and Women Provincial Championship.

The competition was held at the Ingersoll District Curling Club from March 15 to 18.

The Cochrane team's win sends them to Vernon, BC for the nationals on December 4 to the 10.

Bryan Cochrane, the team's skip is already thinking ahead to December.

"It is kind of nice at this old age of 65," said Cochrane.

The team is no stranger to success on the ice.

It is the fifth time the team has won the Ontario championship. They also won two Canadian championships, once in 2016 and then again in 2018. They also won the Worlds Senior Championship in Norway in 2019.

This year's championship features eight men's teams from around the province.

At the end of round robin play, the team



Left to right are: Gerry Sundwall from OMTCURL, Bryan Cochrane – skip, Ian MacAulay – third, Graham Sinclair – second, and Ken Sullivan – lead. Courtesy Photo finished in second place.

"We had to win the semi-final game on Sunday morning against the team that had come in first place after the round robin," explained Cochrane.

Team Cochrane was up against the Rob Lobel Team from the Lindsay Curling Club.

"We played pretty well, but we got some breaks. The score was really close

early on in the game, but we stole two in the fifth end, which made the score 5-2 and then we got another break in the sixth end, and we stole two more and we went up 7-2."

The team was confident going into competition, but they had to be realistic about their chances. Cochrane said this was the eleventh time at the senior provincials and he said this was the best senior field we have ever had.

Now that the championship has been won, there is some time to rest up and get ready for the December championships.

"We will just continue to play and practice," said Cochrane, adding that the team will be strategizing about their game.

The team likes to focus on their ability to curl the rock when they throw it, so they are hoping that the ice in the December games lends itself to that kind of play.

The next step for the team is to round up sponsors ahead of the nationals in Vernon.

For more information about how to support Team Cochrane visit the Russell Curling Club's Facebook page or message them.

Russell residents get ready for 125th anniversary

Joseph Morin
Record Staff

EMBRUN – This year marks the 125th anniversary of The Police Village of Russell, that joined the United Counties of Prescott and Russell in 1898.

The plans to celebrate the anniversary have been in the works for a while, and the March 13 Russell Township meeting featured a presentation by Dave Dyer asking for funding for community activities and Russell beautification plans.

Interested Russell individuals, council members, organizations and the Police Village Trust got together in January 2023 to discuss ways to celebrate the anniversary.

Dyers' presentation stated: "Out of the 16 that attended the first meeting, a steering committee of six was established to provide direction and promote Russell's 125th celebration. Observers from the Police Village of Russell Trust and Russell Township were also invited to attend Steering Committee discussions. It is expected that in some instances, the committee would develop and implement programs for the general awareness and beautification of the community. In other instances, individuals and organizations would integrate the 125 messaging into their existing programs throughout the year."

In the early 1990s, thanks to a program of provincial upgrades to downtown Russell took place. Russell residents were able to see new period lamp posts in their neighbourhood, interlocking

brick in several areas and commemorative plaques.

"The Russell 125 Beautification Program was a theme that evolved during the first 125 celebration meetings," said Dyer.

"The Steering Committee for Russell 125 is pleased to present the following projects targeted at reinvigorating village streetscapes while complimenting the existing elements of the Russell Pride program of the 1990s."

The first project is putting up historical hanging signs and planters in the village core, "In 2007 the Village of Kemptville celebrated its 150th Anniversary. Hanging planters and plaques were added to period lamp posts in the village core. A similar project is proposed under the Russell 125 Beautification Program."

The committee is proposing 15 long-lasting hanging signs featuring the wording "Village of/du Russell 1898" and would be designed using a similar concept to the Kemptville project.

The hanging signs would be placed along Concession Street, between Church and the Fair grounds, the signs would be complimented by "Keep Russell Booming" planters currently a fixture in the Village Core. "In addition, planters and 'Village of/du Russell 1898' signs would be placed at the entrances to the newer subdivisions."

The second project is Village Street Blades. "The Village of Winchester is noted for its custom street blades strategically located

along Main and St. Lawrence streets in the Village core. Similarly the City of Edmonton offered Decorative Street Blades to interested community groups as part of an overall Neighbourhood Renewal Plan. Street blades can contain a community logo, street name in historic font and the year the neighbourhood / Village was established."

The presentation stated: "Featuring a two-tone fascia with the village crest and 1898 brand, each customized blade in Russell would bring history to life

by featuring the Russell Red Brick and contrasting colour in a unique design. Thirty (34) units would be placed at 10 intersections along Concession St. between Church and the entrance to Russell Trails. Further coverage would be encouraged for Craig St. to Forced Rd, Mill & Parallel St. and Bank & Church St."

A third project is a Village of Russell Story Mural.

The mural would be designed along the lines of many community murals in Eastern Ontario, the Russell Story Mural would feature

notable scenes, landscapes and activities that have dotted our past and present according to the presentation.

"The Mural would form the focal point to the Village of Russell 125 Beautification project. The preferred location is currently under negotiation with the building owner.

Other celebration projects are: Keep Russell Blooming, Meet me on Main Street "The opportunity of establishing a Russell based Meet Me on Main Street has tremendous potential," said Dyer.

The MacDougall Park Renewal Plan is another project the committee has looked at.

The potential donation breakdown has the township donating \$19,390, the Russell Village Trust donating \$19,390, community contributions \$22,300 for a total of \$61,080.

The response from the Russell Township council hinted that 2023 budget deliberations may have already taken any donation into account that would fit in with what the committee is asking for.





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