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Walking has many benefits!

The older you get, the more difficult it can be to stay physically active. However, walking is an excellent way to keep fit without exerting too much effort. Here's a look at some of the benefits of walking.

Strengthens your muscles

Walking for 30 minutes daily can strengthen your leg and back muscles, improving your balance and reducing the risk of falls. It's also an excellent way to burn calories and maintain a healthy weight.

Prevents various health problems

Studies have shown that going on regular walks can reduce the risk of cardiovascular disease. It can also lessen chronic pain and help in stroke recovery.

Boost mood

Moderate-intensity walking (which causes slight breathlessness) directly affects your psychological health. It can improve your self-esteem and stabilize your mood. Plus, walking with others can help you feel less isolated. All this boosts your spirits! Walking also has beneficial effects on memory and concentration.

In short, walking has numerous physical and psychological benefits. Ready to get started? The more you walk, the more you'll want to walk.

THE RECORD

SERVING STORMONT, DUNDAS AND RUSSELL COUNTIES



PM40050631R8905 Volume 131, Number 15 Chesterville, Ontario Thursday, October 17, 2024 Single Copy \$1.00 (HST included)



Thanks for the memories

When Bill and Jennifer Leclair bought the business that would become The Snack Shack 33 years ago, he was told that it wouldn't be profitable enough to make a living from, but over more than three decades he has proven the nay-sayers wrong. Tinkess Photo

One Hundred Men Who Care North Dundas spread the caring around

Terry Tinkess
Record Staff

CHESTERVILLE – One Hundred Men Who Care North Dundas gathered for their annual meeting on Thurs., Oct. 10 at the Chesterville Legion, and before the night was over, they had managed to help four of the charities who were in attendance.

When chairman Dan Gasser took to the podium to welcome everyone, the 100 Men had grown to 110, meaning that there would be \$11,000 to be distributed to the selected charities by the end of the evening. The number of charities can vary from year to year, and for this round, there were eight (8) which had their application accepted.

The order that the groups get to present was picked at **Continued on page 5**

After 33 years, Chesterville's Snack Shack serves its final customer

Terry Tinkess
Record Staff

CHESTERVILLE – Thirty-three years is a long time, no matter how you look at it, and for a small business in a small community, to not only survive, but prosper is an incredible feat. Today, many small businesses don't make it to the five-year mark, and even then, they may be losing money for much of that short lifespan.

So, what is the secret that allowed Chesterville's Snack Shack to be able to provide a living for Bill Leclair and his family for such a long period of time? What did they do differently that allowed them to build such a large and loyal customer base, both locally and others who would drive a

distance for a quick meal, a snack, or something sweet?

Whatever it was, it came to an end late Saturday afternoon when The Snack Shack closed for the final time.

Sadly, I must admit that I had never been to The Snack Shack, but when I learned of its closing, I knew I had to learn more about this local institution while I still had the chance.

I had heard The Snack Shack described as "little more than a chip stand," and I guess on the surface that might seem accurate: it is, after all housed in a small trailer in a parking lot across the road from Mike Deans Grocery. Life has taught me

Continued on page 3



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Chesterville's Snack Shack

Continued from the front though, that relying only on first impressions is not the best way to judge anything. This required a much closer look, which revealed several things to me:

- The premises was very clean
- The menu, while I wouldn't call it extensive, was much more than basic. There seemed to be variations of just about everything they had to offer
- Prices were fair
- There was little room for misunderstandings. In a plexiglass cabinet next to the menu were all the different sizes of containers that the food would be served in, so you knew when you ordered exactly what you were getting
- Staff, even on their last day of business were extremely friendly
- The food was high quality and well prepared and presented

Conclusion: I could clearly see why people would come back again and again, and I was sorry that I would not have that option.

I spoke to the owner's daughter Jen, who manages the Snack Shack, and was informed that Bill and Jen were at the Chesterville Arena, where they run the concessions. She said that the couple weren't quite sure yet what they would do in the future. "I'm not really sure what their plans are," said Jen. "I think he's ready for a bit of a rest. They are doing the arena for the rest of the season, and then, well, he'll go from there, I think. But he's ready to slow down a little bit.

She acknowledged that the community had let it be known that they would be missed. "Definitely, a lot of sad faces the last few days, for sure, lots of well wishes, though they know Bill's ready to retire and start the next chapter."

I caught up with Bill and



An institution in Chesterville, The Snack Shack is closing for the final time after 33 years of serving good food for reasonable prices. There is some hope that the business will continue under new ownership, but at the present time, the future remains to be seen. Tinkess Photo

Jennifer at the arena. In June of this year they renewed the contract to run the concession and will continue to run it at least till the end of the winter season.

While Bill was happy to talk, it was obvious that he still was dealing with something that had been a huge part of his life for the past 33 years. Did he have any idea when he started out, that things would run this long?

"No," he said. "I was working in the heating trade, and I got tired of it. I decided I'd try it (the fast-food industry) so I went to the previous owner, and I asked him, is there any chance that I could make a living at it? And he said, "No, you'll never make a living at it."

"Well, I fooled them, and we did," said Leclair, with a smile. "I'd hate to say how many tons of potatoes we went through in all those years."

Leclair says that one reason the business was a success was consistency. "You can't have a cook that does it this way, and another cook that does it that way. We were very fortunate, we had one cook, she retired, and she was there 25 years."

"My daughter Jen, she started, I think, when she was 14. So, she's got 20-something years in."

Ending a business, even when it is on your own terms, is not an easy thing to do, and Leclair says he

really struggled with the decision. "I had a hard time, it took me the year to decide," he said. "I'd think okay, yeah, we'll sell and then oh no, I don't want to. The girls kept saying, what are you going to do, Dad, what are you going to do?"

"It was hard. It didn't really bother me until we posted it, and when my daughter hit send. But it's like I was just saying, you know, all those years, I've never been able to barbecue in my backyard in the summertime at five o'clock at night or six o'clock at night. I'm going to be able to do that now."

While it will be a change for both the Leclairs, Bill's wife Jennifer is looking more to the positive side of things. "We missed out on a lot of things that we're really looking forward to," said Jennifer. "We can go and watch the grandkids play sports, instead of just, you know, looking through the window here, every once in a while, or run to a half a game or something, just like ball in the summer."

"We have a pool too, so the kids can come and spend the day or whatever, you know, just fun things."

They know they will make things work, just like they have for the past 33 years, and they are humbled by the many offers of thanks and well-wishes for the future that so many people have sent their way. Their hope is that someone will decide that they

too can follow their dream and make a living serving good food at fair prices to their neighbours.

"We did well there," said

Leclair. "We made a living, and we had some fun doing it. Met a lot of nice people, and for a lot of people, it's a big thing, the social aspect

of it. It's nice to know that you were well-liked, and that you built something. I can't say enough about the community."

Funding announcement

Carolyn Thompson Goddard
Record Staff

SOUTH STORMONT – \$750,000 has been provided to the municipalities of South Dundas and South Stormont "to deliver enhanced fire safety training for local firefighters and increase training capacity for workers and apprentices in the operating engineering trades," quoted MPP Nolan Quinn.

"Here in eastern Ontario and across the province, firefighters put their lives on the line to protect our communities, which is why we're investing in enhanced fire safety training to ensure all local firefighters are serving at the highest safety standards. We're proud to partner with the firefighting community to ensure these frontline heroes have the training and supports that they deserve, as we continue to serve those who serve," commented David Piccini, Minister of Labour, Immigration, Training and Skills Development.

The Township of South Stormont received \$140,623 through the Skills Development Fund (SDF) to provide the opportunity for "all 69 local firefighters attain their National Fire Protection Association (NFPA) 1001 certifications. This will consist of in-class and on-site training for CPR, First Aid, fire and hazardous training as well as other safety essentials.

Through the Apprenticeship Capital Grant (ACG) program, the International Union of Operating Engineers (IUOE)

Training Institute located in South Dundas received \$617,058. These funds will be used "to increase and enhance local training and upskilling for apprentices and workers with the latest technology and equipment, including a new excavator." This will provide the IUOE to provide "modernized, cutting-edge training and upskilling for local apprentices and workers in Morrisburg, giving them the skills and experience they need to operate equipment that will become more industry prevalent in the coming years."

"Investing in our communities means investing in our future. With over \$750,000 dedicated to training workers in South Stormont and South Dundas, we are not just enhancing skills; we are empowering lives," commented SDSG MPP Nolan Quinn in the release. South Stormont Mayor Bryan McGillis explained the funds received "will ensure our great team of local firefighters are appropriately trained to service our community and keep our residents safe."

Mike Gallagher, IUOE Local 793 Business Manager expressed his thanks for the ACG which will provide the OETIO was the opportunity to obtain new, industry relevant equipment which will prepare apprenticeships for future challenges and "keeping our training current." OETIO Executive Director Rick Kerr mentioned the funding will help to provide the opportunity to improve both "the apprenticeship experience as well as employment opportunities of individuals completing the training program."

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PUBLIC NOTICE

TOWNSHIP CHANGES START TIME OF COUNCIL MEETINGS TO 6 P.M.

At its meeting Oct. 9, the council for the Township of North Stormont voted to change the time at which its meetings will start.

Effective Oct. 22, 2024 council meetings will begin at 6 p.m. This is a small change from the 6:30 p.m. start time council followed in the past.

The move will augment efficiencies at township hall, allowing for greater engagement between staff and council, while being respectful of time and schedules.

"Council agrees that now is an appropriate time to consider a change for the start of council meetings," said Mayor François Landry. "Residents are encouraged to be active members of the governing process in our township. We will welcome members of the public in-person to our meetings at township hall, as well as online, at our new start time of 6 p.m."

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Getting your vehicle ready for winter: Is it ever too soon, and when is it too late?

As we move from the warmth of fall into the icy grip of winter, getting your vehicle prepared for the colder months becomes essential. For many drivers, especially those in regions that experience harsh winter weather, taking proactive steps ensures safety, performance, and peace of mind on the road. With the winter of 2024-2025 shaping up to be challenging, it's time to consider some of the key aspects of vehicle preparation, from tire selection to maintenance, to avoid being caught off-guard when snow and ice arrive.

According to the Old Farmers Almanac, the winter of 2024-2025 is expected to bring colder-

than-average temperatures and higher-than-normal snowfall across much of Ontario. Some regions may experience repeated storms, making road conditions particularly treacherous. For drivers, this means that road salt, freezing temperatures, ice, and slush will be common factors to contend with. The reality as well is that they can predict all they want, we won't really know what kind of winter we'll have until March or April 2025. The weather has a tendency to do what it wants, when it wants.

The prospect of unpredictable weather patterns underscores the importance of ensuring your vehicle is ready to perform safely under changing conditions. While all-wheel

drive and modern traction control systems offer significant advantages, the most advanced vehicles still rely heavily on proper maintenance and winter-ready equipment to stay safe on the roads.

One of the most important decisions you'll make when preparing your vehicle for winter is when to switch from all-season tires to winter tires. Many drivers make the mistake of waiting too long, often only after the first major snowfall. However, winter tires are designed to function at their best when temperatures dip below 7°C (45°F), even if there isn't snow on the ground yet. Their unique rubber compounds remain flexible in cold temperatures, providing better grip on wet, icy, and snowy roads.

For those who live in areas where winters can be severe, having a separate set of rims for your winter tires is a practical solution. It makes seasonal tire changes easier, as you're only swapping the wheel assemblies rather than remounting and balancing tires each time. This can also reduce long-term wear on your rims, as winter driving conditions (road salt, sand, etc.) can be harsh on them. Investing in steel wheels, for example, can be a cost-effective option for winter, as they're more resistant to damage from road debris and harsh chemicals used in de-icing.

If you prefer not to invest in a second set of rims, you can switch your tires on your existing wheels. While this saves on upfront costs, it requires you to remount and balance the tires twice a year. Over time, the repeated mounting and dismounting can lead to added wear and tear on the tires and rims, which could affect tire performance and lifespan.

Ultimately, the decision will depend on your driving conditions, frequency of tire changes, and whether you want to simplify the process for future seasons. Keep in mind that many tire shops offer seasonal tire storage, which can be a convenient way to manage a second set of tires if space is limited at home.

While tire changes might seem like the key element of winter readiness, there

are other things that are often overlooked. Some of the things you shouldn't forget are:

Battery Check: Cold temperatures can significantly reduce your battery's ability to hold a charge, which is why winter is prime time for battery failures. Have your battery checked by a professional to ensure it's still operating efficiently, especially if it's older than three years. Consider replacing it if it shows signs of weakness.

Antifreeze and Coolant Levels: Ensuring your engine coolant and antifreeze levels are topped up and at the correct mix for winter is essential. This prevents your engine from freezing during extreme cold spells, which could result in expensive repairs.

Windshield Washer Fluid: Swapping out your regular washer fluid for a winter-specific formulation is important to prevent it from freezing when temperatures plummet. Winter washer fluids also tend to include ingredients to help dissolve salt and grime, improving visibility during snowstorms.

Windshield Wipers: Visibility is critical when driving in snowy or rainy conditions. Check your windshield wipers for any signs of wear, and consider upgrading to winter blades, which are designed to handle ice buildup more effectively. Don't forget to ensure your rear wiper (if applicable) is also in good

working order.

Tire Pressure: As temperatures drop, so does your tire pressure. Make sure to check your tire pressure regularly during the winter months, as underinflated tires can reduce traction and fuel efficiency. Most modern vehicles have a tire pressure monitoring system (TPMS) that will alert you, but it's always good practice to check manually as well.

While it is a good idea year round, winter is an especially good time to make sure you have an emergency kit in your vehicle. It should include such things as a blanket, flashlight, jumper cables, a small shovel, ice scraper, and a bag of sand or kitty litter (to provide traction if you get stuck). It's also wise to have extra food and water, especially if you're traveling in rural or less-populated areas.

Preparing your vehicle for winter may seem like a chore, but it's one of the most important things you can do to ensure a safe and stress-free season on the road.

By choosing the right tires, staying on top of essential maintenance, and addressing the often-overlooked details, you'll not only improve your vehicle's performance but also gain peace of mind knowing that you're ready for whatever Mother Nature or Old Man Winter throws your way.

Terry Tinkess

TAGWI Report



By Talia Crooke
Student Reporter

A week with the Warriors

Another successful week at Tagwi has passed by with more sports and entertainment for both our students and staff!

On Monday, our junior boys' soccer team travelled to the SD&G soccer playoffs where they won and became the SD&G champions for the second season in a row. Congratulations, boys! On Tuesday, 80 Tagwi students got the opportunity to go to the Level up! Trades Fair to speak with representatives from industry, colleges and unions about apprenticeships and careers in the skilled trades.

Wednesday was a packed day with our intermediate cross-country team racing at Pleasant Corners Public School, where many of them qualified for the UC Cross-Country Cup! Our junior and senior girls' basketball teams both visited SLSS, where they tallied 3 wins and 1 loss. Way to go, Warriors!

Lastly, on Friday, our intermediate Family of Schools boys' and girls' soccer teams played hard at Char-Lan, where they played against PCPS, Char-Lan and Glengarry. In addition, our staff got the chance to show off their softball skills in a Thanksgiving Classic staff vs student baseball game, where they managed to squeak out a win against the students, winning 16-14. What a wonderful way to start off the long weekend!

Keep an eye out for student's progress report which has been sent out on Oct. 16.

Our school community can't wait to celebrate 50 years (1974-2024) with a wine & cheese and dinner and dance on Oct. 26!

It is usually advisable to plan your tire change early. Late October or early November is usually an ideal time for most regions, allowing you to be fully prepared before the most severe weather arrives. Keep in mind that winter tires are not just for snow—they also offer superior traction in cold, dry conditions compared to all-season tires.

When considering the switch to winter tires, many drivers wonder whether it's better to simply change the tires or to have a dedicated set of rims for winter use. The answer depends on your personal preferences, driving habits, and budget.

community to provide people with information on the importance of having working smoke alarms in their homes and businesses.

It is the law in Ontario, that all homes have a working smoke alarm outside all sleeping areas and on every level of the building. They can be either hard-wired or run on batteries and are to be placed on the wall near the ceiling as smoke rises, with regular testing of smoke alarms an important part of ensuring the safety of your home and loved ones.

Smoke alarms and carbon monoxide alarms are an integral part of a home safety strategy which includes educating family members and planning an escape route in the event of a fire. Studies have shown that fires can occur at any time, however many happen at night while people are sleeping with the requirement for alarms outside

sleeping areas reflecting this.

An integral part of fire safety is education with local firefighters throughout the year at many community events providing information to the public on this and other associated subjects. It is thanks to firefighters, many of whom are volunteers, that we can learn how to keep our homes a safe place in which to live and grow. While we are to be always thankful for our dedicated firefighters, and other first responders, perhaps in this time of giving thanks we should offer gratitude for their services to the community.

Information on this and other aspects of fire safety in the home can be obtained from your local firefighters or by visiting www.ontario.ca/page/fire-safety-home.

Carolyn Thompson Goddard

Thank you

Travelling throughout the local area recently, one couldn't help but notice signs with "Saved by the Beep" on them.

They were first noticed by yours truly towards the end of September and reminded me instantly of a television show popular amongst teens in the latter part of the last century. A few nano seconds later, I realized these signs were about something much more important than the goings on of a group of high school students.

This catchy phrase was designed to remind people of the important role smoke alarms play in fire safety, with "Smoke alarms: Make them work for you!" the theme of this year's Fire Prevention Week. Firefighters throughout the province were available at locations in their

community to provide people with information on the importance of having working smoke alarms in their homes and businesses.

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Carolyn Thompson Goddard

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Make a fashion statement at Dundas County Players costume sale

Carolyn Thompson Goddard
Record Staff

WINCHESTER – Halloween is the perfect time to try something unique, whether it's a costume or an accessory that stands out. Be sure to head to the Old Town Hall for the first Dundas County Players (DCP) costume sale between 10 a.m. to 4 p.m. on Oct. 26.

“Over the years, our wardrobe has grown in size, filling our costume room to capacity.” explained Lynn

Jolicoeur, DCP' president in an October 8 press release. She continued how the organization has been busily de-cluttering and re-organizing their costume space in order to know “what we have and what we need.”

For those on the search for something new to them items offered for sale include men and women's clothing, as well as “a number of special, fanciful items from previous Christmas pantomimes, such as

costumes for court jesters, witches, princesses, knights, sultans and castle guards.” It was noted in the press release that there “are no costumes or clothing for small children” and is on a small scale this year and is cash only but mentioned if it successful this year, the plan is to hold one in 2025.

More information is available on the DCP social media pages, website or by contacting Gabriele Thomas at 613-290-9091.

One Hundred Men Who Care North Dundas

Continued from the front

random. Each charity has three minutes to introduce themselves, explain their project and why they're deserving of the group's support. With eight charities presenting, the entire process leading up to the vote took slightly more than 24 minutes.

Each person who had registered and agreed to donate \$100 was given a nametag along with a ballot listing the eight charities. After hearing the presentation each person puts a check mark beside the name of the charity they select and deposits the ballot in a ballot box. Once all the ballots have been received, the votes are tallied, and the winner(s) announced.

On this evening, since the maximum “ask” a charity can make is for \$10,000, and there was \$11,000 pledged, at least two charities would receive some support.

The eight charities and the project they wished to fund were as follows:

• Winchester District Memorial Hospital (WDMH) Foundation. They requested \$10,000, to be used to purchase a new Pigg O Stat pediatric immobilizer used for positioning young children properly for x-rays. The total cost is \$11,000.

• North Dundas Christmas fund. They requested \$5,000 to help with the purchase of snowsuits and food for Christmas baskets.

• Dundas County Hospice. They requested \$2,500 to upgrade their equipment lending program.

• House of Lazarus Handyman Heroes program. They requested \$10,000 for materials for their program which matches up tradespeople who donate their time to complete repairs for people in need.

• Dundas County Boys and Girls Club. They requested \$3,000 to help fund expand their food-related (healthy eating, learn to cook, food security) programming.

• Chesterville and District Agricultural



When you can help one charity it is a good thing, but when you can help four, it is even better. Following the 100 Men Who Care North Dundas meeting on Oct. 10, the successful charities and the members of the 100 Men Who Care North Dundas board gathered for a photo. Front row (from left): Abbi Cabers, Alex Cabers, Emilie Bussieres, Kaitlin Herfkens-Ugucioni (Boys and Girls Club), Arnold Scheerder, Dundas County Hospice, Renee Moores, Naomi House, Joe Brennan, treasurer, North Dundas Christmas Fund. Back row, (from left), Ben Baynam, Dan Gasser, Chair, Eric Duncan, MP, Stormont, Dundas, and South Glengarry, Aaron Dellah, Diane Crummy, absent Dan Pettigrew.

Tinkess Photo

Society. They requested \$10,000 to be used in the grandstand revitalization program.

• Naomi's House. They requested \$5,000 for improvements to lighting and security.

• Habitat for Humanity. They requested \$10,000 for their critical repairs program.

When the votes were tallied, Naomi's House received the most votes, which meant they would receive their full ask of \$5,000 for lighting and security upgrades. Dundas County Hospice had the second highest number of votes, so they will receive their full ask of \$2,500 for their equipment lending program.

The third highest vote getter was the Boys and Girls Club, so they will receive their full ask of \$3,000 for expansion of their food-related programming. The \$500 remaining went to the North Dundas Christmas Fund, which while not enough to fund their ask of \$5,000, would certainly help.

Renee Moores, the executive director of Naomi's House was asked how she felt when she learned that her organization had received the highest number of votes and would receive their full ask.

“Very happy, because it shows that there's support in all of our community members for our services and particularly for the residents who live at Naomi's house,” said Moores.

It was worth noting that Naomi's House, and many of the other charitable groups asked for far less

than the \$10,000 maximum, and in fact, all four that did receive funding requested no more than \$5,000. The majority asked only for what they need, rather than think, here's our chance, maybe we can get something else fixed or added, because everyone knows, there's always something else that needs being done, there is always a need, there is always something else that comes up. What is the thought process in deciding what to ask for?

“We think it's really important to find matching dollars and do what we can also to contribute to the greater ask and figure things out a little bit on our own,” said Moores. “So when we're asking for help, it's because we need it.”

Joe Brennan, the treasurer for North Dundas Christmas Fund was grateful for the \$500 his organization would receive. He explained that it wasn't as simple as how many baskets could be purchased with \$500. There are other sources of fundraising,

other projects that help put everything together.

It also depends on how you look at it, for example how many snowsuits at end of season prices could it buy, if a retailer is prepared to hold them for you, or how many hams or turkeys at \$20-\$25 could it buy. Each donation is just a step along the way, and each year, the results are amazing. “You know, for this group of eight to 12 people to help 500 people every holiday season, that's a lot of people.”

It is, and it isn't unheard of for any of the charities that don't get what they are asking for to be approached before the end of the evening with offers of ways to help them reach their goal.

Nothing promotes giving, like giving and the people who live in this area are as generous as you will find anywhere. The 100 Men Who Care North Dundas have found a way to accomplish it very quickly and efficiently, and they do it year after year.

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October Joint Worship services will be held at St. Andrews Presbyterian Church, Avonmore at 10:30 a.m. No services in Finch in October.

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Small Business Week | October 20 to 26, 2024

CANADA'S ENTREPRENEURSHIP CELEBRATION



Five reasons family businesses have a competitive edge

Family businesses have a unique charm and a strong foundation that often give them an edge over their competitors. In recognition of BDC Small Business Week™ taking place from October 20 to 26, 2024, here are five reasons you should support a family business in your area:

- 1. Long-term vision**
 Family businesses are motivated by a desire to create a legacy for future generations. This long-term perspective encourages strategic planning and sustainable growth, enabling them to withstand economic challenges. Their commitment to posterity ensures you can rely on the businesses being around for the long haul.
- 2. Trust and loyalty**
 With a focus on familial bonds, trust and loyalty are integrated into every aspect of the business. Employees are often valued as extended family, leading to improved morale, reduced turnover and enhanced productivity.
- 3. Strong culture and values**
 Strong values embedded within the family's

ethos guide the business ethically and socially. This sense of purpose resonates with customers, fostering brand loyalty. Therefore, you can feel good about supporting a business that prioritizes integrity and community values.

- 4. Flexibility in ownership**
 Family businesses have the flexibility to customize ownership structures to fit their unique circumstances, allowing smooth transitions between generations and promoting continuity. This stability means you can count on continued quality and service over time.
 - 5. Community engagement**
 Many family businesses are deeply rooted in their communities and proactively contribute to local growth and well-being. This community engagement builds trust and goodwill, further enhancing their competitive position.
- This year, you can observe BDC Small Business Week™ by supporting your local family businesses to ensure they thrive and inspire in your community's ever-evolving business landscape. Visit bdc.ca for more information.

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Small Business Week

October 20 to 26, 2024

CANADA'S ENTREPRENEURSHIP CELEBRATION



Benefits of working for a small business

When compared to working for a large company, small businesses offer several advantages. Here are four of them.

1. You'll be close with your team. Typically, everyone in a small company knows each other by name and job title. Plus, it tends to be easy for small teams to form strong bonds, creating a solid, supportive and engaging work environment.

2. You'll have a variety of tasks. Working for a small business often means that you're expected to wear many hats. This allows you to quickly develop your skills and gain experience in several areas.

3. You'll be valued for your work. If you finish a large project or receive positive feedback from a client, your efforts won't go unnoticed by a small team. In fact, your colleagues will likely be happy to acknowledge



and celebrate your wins with you.

4. You'll be involved in decisions. In a small business, all employees tend to be encouraged to get involved. You'll have the opportunity to express your opinions to maximize efficiency, solve problems and improve the products and services offered.

If you're a strong team player who thrives in a rapidly changing environment, consider working for a small business in your area.



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Stormont County Plowing Match attracts a large number of participants

Terry Tinkess
Record Staff

FINCH – The Stormont County Plowing Match first took place in Berwick in 1932. On Sat., Oct. 12, 2024, under clear, blue skies a record number of competitors in seven classes helped it to continue to grow.

The match was hosted by Janna and Stefan Stucki at 15309 County Road 43, Finch.

Registration opened at 9:00 a.m. and there was a steady stream of competitors for most of the morning. When all was said and done, there were 58 registrants, reportedly a record.

The classes in the match were broken down as follows:

- Class One, Horse plowing, Open to all
- Class Two, Antique Group A Trail plow Group B Under 18 Group C Hydraulic
- Class Three, Farm Standard Group A Two furrows Group B Three furrows
- Class Four, Competitors under 18, Open to all
- Class Five, Competition Plows, Open to all



There were many extremely powerful machines at the Stormont County Plowing match, but some of the most interesting ones didn't run on diesel. Horse powered plows are always popular and prove each time out how they work as a team.

Tinkess Photo

- Group A Two furrows
- Group B Three Furrows
- Class Six, Farm Standard Four or more furrows
- Class Seven, Reversible

There were cash prizes to be awarded in all classes, \$35 for first, \$30 for second, \$28 for third. For fourth place and onward, the prize was \$25 each.

There was a cool breeze blowing, but hot coffee and baked goods were available. Lunch was also available on site, served by the Goldfield Calf Club.

No event can succeed without the efforts of a dedicated number of volunteers, and the Stormont County Plowing Match is no

exception. Kelsey Smith, President of the Stormont Federation of Agriculture and her fellow board members were among those making sure things ran smoothly. She said she was pleased with how things turned out.

"The weather turned out great this year compared to the last couple years," said Smith. "It's great to see a record number of plowers again this year. We have a great crowd, great sponsorships and many donations."

"We have a Princess of the Furrow competition this year as well," added Smith. "That will be this evening at

the banquet."

The banquet was being held at the Finch Community Hall, 4 John St. at 7:30 p.m. and was catered by Dr. George's Catering.

Also in attendance was the 2023-2024 Stormont County Queen of the Furrow, Haleigh-Jo TePlate, who has had a busy year.

"I'm enjoying it," said TePlate. "I've been around at fairs and other events, giving support and representing the Stormont Cattlemen's Association and the International Plowing Match."

She says the role was pretty much what she expected it to be. "I've actually done this before as Princess of the Furrow. There was a little bit of difference. This year, as Queen, I have to plow."

"I've plowed before, but not wearing the crown and sash!"

With life seeming to move faster each day, it is nice that it is still possible to look back on what an important part of our history used to be like and to know that there are people who make sure there will always be those who remember.

Celebrating their accomplishments

Carolyn Thompson Goddard
Record Staff

LONG SAULT – Local author Ginette Guy Mayer of Cornwall released her latest non-fiction book entitled "The Women of SDG & Akwesasne" at the Cline House Gallery on Oct. 2. The work profiles several women in Stormont, Dundas, Glengarry and Akwesasne throughout time periods from the arrival of United Empire Loyalists to the present day.

During a presentation at the October meeting of Friendly Circle Seniors at the South Stormont Community Hall in Long Sault, Guy-Mayer explained she decided to launch the book in October because this month is designated as Women's History Month in Ontario as well as nationally.

The well-researched book provides an insight into the contributions of women to their home area and is a fundraiser for the SDG United Way/Centraide. She explained the women profiled were discovered during research she had done suggest by people in the community, historical societies or historians.

"The book is really about choices. Some women had very little choices and it shows how they coped. Others had more choices and we can see what they did with them" she explained in an email to The Record. She continued how their stories are "under represented in our history book", said the author, before continuing how "some of their issues and challenges are still present today."

Among the 26 women profiled are Gladys Marcellus, Estella Fawcett Rose, Dr. Marion Hilliard and Dorothy Dumbrille who have close ties to Dundas County.

The book, available in print or e-book, is available from the author, Amazon, Red Cart Used Book Store in Cornwall, and the Dundas Archives located in Iroquois.

Small Business Week | October 20 to 26, 2024

CANADA'S ENTREPRENEURSHIP CELEBRATION



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- Recommending the businesses to family, friends and colleagues who might be interested in their products or services
- Gifting their products or gift certificates on various occasions, such as for Christmas, birthdays, employee rewards and hostess gifts

Promoting the local businesses you frequent gives hard-working, passionate people the boost they need to succeed while stimulating your region's economy.

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COMING EVENTS

NORTH DUNDAS UNITED SOCCER AGM

North Dundas United Soccer Club will be holding its AGM on Mon., Oct. 21 at the Nelson Laprade Centre in Chesterville. Meeting to start at 7 p.m. All welcome.

15

ST. PAUL'S PRESBYTERIAN LASAGNA DINNER

Thurs., Oct. 24 from 5 p.m. - 7 p.m. Dinner includes lasagna, caesar salad, garlic bread and dessert. Dine in and takeout. Pre-order take-out by phone at 613-774-3693 or online at https://presbyterian-winchester.ca/.

15

LEGION CRAFT SHOW AND BAKE SALE

Sat., Nov. 16 from 9 a.m. to 2 p.m. \$20 per table for vendors. To reserve a table, please call the Legion at 613-448-1997 or email us at legion434@eastlink.ca and either Isabel or Cathy or Steve will get back to you. Net proceeds are donated to Community Projects.

18

WINCHESTER GOLDEN YEARS HARVEST SUPPER

Sat., Oct. 19 from 4:30 p.m. - 7 p.m. Presbyterian Church, Winchester. TAKE OUT/PICK UP ONLY. Call 613-656-2222 after 2 p.m. to order. Adult: \$20; Children: 6-12 yrs.: \$10, under 5: Free.

15

COMING EVENTS

WINTER STORAGE

Sat., Oct. 26 from 8 a.m. to Noon. First come first served. Vehicles in the Exhibition Hall, RV's, campers and boats in the Cattle Barn. Details and contract available on our website www.chestervillefair.com. Second date Nov. 2, if space is still available. Email Info@chesterville.com if you have any questions.

16

DUNDAS COUNTY

PLAYERS' COSTUME SALE DCP is holding its first ever costume sale, just in time for Hallowe'en! Oct. 26 from 10 a.m. - 4 p.m. at the Old Town Hall in Winchester, 478 Main St. Women's and men's clothing, hats, belts, shoes and wigs, as well as fanciful items from past musicals. No costumes for small children. Cash only.

16

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 weeks. Call The Record at 613-448-2321 with your requests.



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Crossword puzzle grid with numbers 1-61 indicating starting points for clues.

CROSSWORD PUZZLE FOR THE WEEK OF OCTOBER 17, 2024

CLUES ACROSS

- 1. Burro
4. Baking direction
8. Bill
12. Reporter's query
13. Soothing plant
14. Wheel rod
15. Long time
16. Dog's hounder
17. Former
18. Belief
20. Nova or lox
22. Deleted
25. Absurd
28. Seat
33. Bee or Clara
34. Old witch

- 36. Walk in the surf
37. ___ rehearsal
39. Wanted
41. Quake
43. Tropical fruit
47. Dull
51. Cake decorator
52. Wild attempt
55. Floral wreath
56. Duration
57. Skier's stick
58. Irritate
59. Inquires
60. Convinced
61. Foot part

CLUES DOWN

- 1. Amazed
2. Go away!
3. Ditty
4. African trip
5. Unwell
6. Enemy
7. Mock
8. Debutante's debut
9. Test
10. Singing voice
11. Sharp-edged
19. Thaws
21. Magazine fillers
23. Fireplace dust
24. Sun shield
25. Rage
26. "___ Miss Brooks"
27. Buck

- 29. Spin
30. Paddle's cousin
31. Emotional poem
32. Escorted
35. Opal or ruby
38. Pig enclosure
40. Wept
42. Grates
43. Pocket bread
44. Experts
45. Bonus
46. Limbs
48. Came to ground
49. Notorious emperor
50. Embankment
53. Besides
54. The total amount

Puzzle solution grid with words filled in.

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.

Where scent meets serenity – Blue Clover Candle Co.

WILLIAMSTOWN – If you are looking for an opportunity to freshen up your home while supporting a new local business, then Blue Clover Candle Co. is sure to please.

Wanda Gareau Hunt, who is co-owner of the business with her son Samuel Hunt, formed the company in August 2024 and provides scented candles, room sprays and reed diffusers to customers. The products are hand-made at their home site, with Wendy noting their products are paraben and phthalate free.

“At Blue Clover Candle Co., our story began when a new chapter opened in our lives. When our son, Samuel, who has Down Syndrome, graduated from high school, we found the perfect opportunity to embark on a meaningful venture together. With the unwavering support of our family and friends, we purchased a candle company – something that would not only bring us joy but also provide Samuel with a path toward fulfilling his employment dreams,” commented Wanda.

The name of the company “carries deep

SMALL BUSINESS Spotlight



From the left: Wanda Gareau-Hunt and her son Samuel Hunt, co-owners of Blue Clover Candle Co.

Courtesy Photo

personal meaning” for the family, as “Blue” represents “Samuel’s striking blue eyes, a reflection of the light he brings into our lives”. said Wanda, before continuing how “Clover” a nod to her son’s “Irish and agricultural roots” as well as being “a nod

to ‘lucky few’ who are blessed to have someone with Down Syndrome in their family.”

Wanda mentioned how her son “is at the heart of what we do, and together, we hand-pour our passion into every candle

we create.” She continued how their goal “is to build something beautiful and purposeful-handcrafting candles that bring warmth to others while supporting Samuel’s ambitions and growth” noting how “I would love to see the company grow enough to hire other young adults with special needs.”

One of the challenges encountered when starting this journey was discovering what business would work for both Samuel and Wanda. Both were looking for the opportunity to enjoy and challenge both of them to learn new things while enjoying the experience. Wanda mentioned how the opportunity to purchase Driftwood Candle Co. was fortuitous, and owning their company allows them the “flexibility of working from home and in our situation the opportunity for Sam to work and contribute.”

“At Blue Clover Candle Co., it’s more than just beautiful, hand-poured, soy candles - it’s about celebrating the special moments and people that light up our lives.” commented Wanda.

More information on Blue Clover Candle Co. is available on their Facebook page and website located at blueclovercandles.ca. Wanda explained how products are able to be purchased on their website as well as at vendor markets they attend.

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.

North Dundas Council Meeting fails to proceed due to orchestrated lack of quorum

Terry Tinkess
Record Staff

WINCHESTER – Something seems to be happening behind the scenes at the Township of North Dundas, or at least within its council, and it spilled out into public view last week.

At the regularly scheduled council meeting on Oct. 10, Mayor Tony Fraser started to call the meeting to order, but as soon as he started speaking Councillor John Lennox closed his laptop, got up and walked away. He was followed by Deputy Mayor Theresa Bergeron, and Councillor Gary Annable.

This left Mayor Fraser and Councillor Matthew Uhrig as the only remaining members of council, and as a result, Mayor Fraser was advised by the clerk that they no longer had a quorum. Moments later the live feed on YouTube was cut off, replaced with a screen with the Township logo and the message that Council will return shortly. This was subsequently replaced a short time later (13:41) with a different screen, carrying the message “We have lost quorum and are required by the Procedural Bylaw to wait 30 minutes before we are able to adjourn the meeting. Thank you for your patience.”

At 36:45 the screen changed to read “We have not regained quorum, the Council Meeting cannot proceed. Thank you for your patience.” The feed then ended.

There was a hint of disagreement during the council meeting of Sept. 26

when it appeared that some members of council, most visibly Deputy Mayor Theresa Bergeron and Councillor John Lennox had engaged in discussions to which Mayor Fraser was not a party.

At that time the disagreement seemed to revolve around a change to the performance review for the position of CAO, changing it to what Deputy Mayor Bergeron described as a 360-degree performance review, which, in her interpretation allowed input from more coworkers that a more traditional review might involve. A form of this type of review is used by SDG Counties, and the Deputy Mayor wanted a similar process adopted by North Dundas and had a motion prepared to request that.

Following discussion, a slightly amended motion was read: Moved by Deputy Mayor Bergeron and second by Councillor Lennox that council instructs the human resources coordinator to work with the Counties of SDG to develop a comprehensive policy outlining a process for the performance review of a CEO that includes a 360 degree feedback component, and that a draft of the policy be presented to council as a key information report at the Nov. 7, 2024 meeting of council and that any outstanding performance evaluation for the current CAO be delayed until a performance review policy for the CAO is approved by council.

All voted in favour and the motion was carried.

Considering the action taken by the three members

of council on Oct. 10, The Record reached out to all members of council seeking comment on what had taken place.

Mayor Fraser responded that he would comment, but at a later date. As of the deadline for the paper to meet its window for printing no response was received from Councillor Lennox or Deputy Mayor Bergeron, although information was received that she was ill.

Councillor Gary Annable and Councillor Matthew Uhrig did respond. Councillor Uhrig provided the following written statement:

“The three members who chose to leave the meeting Thursday before business could be conducted are within their rights to do so. I respect that democratic choice, but I don’t agree with it. I believe in the performance review process that we, including the three members who walked out, agreed on at a meeting earlier. We have major projects to take care of in this municipality and it is important, from a professional accountability perspective, that council knows the right people are in place to be of support and guidance for the work to be done. It’s obvious there is a struggle ongoing within the walls of the municipal building, and it is in the best interest of the taxpayer that it be corrected sooner than later, in whatever fashion possible. We need not have staff fearful of council members, nor the public distrusting or increasing the discourse in a perpetually negative manner. For all of

this, council, every member, should be at the table debating, disagreeing, or approving, and actioning the business of North Dundas.”

Councillor Annable agreed to speak by phone and did so on the evening of Tuesday, Oct. 15. It was suggested to him that the issue was tied in some way to performance evaluations.

“Performance evaluation of a couple of particular people and staff retention,” responded Councillor Annable. “Yes, we have lost several really good people. There are another four or five that are ready to, if the opportunity came, they’d be gone tomorrow. There’s something wrong in our system. Something is wrong. It’s got to be addressed and corrected. I’m not trying to point fingers at anybody. No, I would like to see people around the table and find out what the hell’s going on.”

Staff retention is a hot button issue for most municipalities in Ontario, and it is an often-overlooked cost that is incurred every time you train someone only to have them take their training, experience, and ability to the municipality down the road. It is an ongoing battle to discover how to attract good people, but even more so, how do you convince them to stay? It’s not always dollars and cents.

The decision to walk out of the meeting on Oct. 10 was not a decision Annable took lightly, and it is wearing on him.

“We need to do what we need to do to crack it,” he said, “And get on with life. It’s not worth stewing over for days and days and days and saying that I haven’t slept

much this week, and I haven’t eaten much this week, and I’m diabetic, and my sugar is sky high, but I’ll get through it.”

Annable says he is confident that things can get worked out, using the analogy of a marriage where you argue, but you fix what needs fixing and you move on. A special meeting of Council was held today (Oct. 15) to clean up some of the matters that didn’t get dealt

with on Oct. 10, and everyone was present except Deputy Mayor Bergeron, who was dealing with a cold. Everyone behaved as you would expect them to, and the agenda was moved through quickly and efficiently.

Sometimes, when changes need to be made, the first step is in getting people’s attention. Maybe the non-meeting of Oct. 10 accomplished that.

Relax your mind, body, and soul this weekend at Yoga Harvest

Terry Tinkess
Record Staff

WINCHESTER – Feel like helping your community, meeting some interesting people and perhaps even taking some steps toward better mental and physical health? Then maybe the place to be this weekend is the Joel Steele Community Centre (upstairs at the Winchester arena) for the second annual Yoga Harvest, presented by HealthGirl.

The event takes place on Sun., Oct. 20 from 1:30 p.m. until 3:00 p.m. (Doors open at 1:00 p.m. for check-in). Your donation of at least \$30 reserves your spot at this 90-minute gentle yoga event, which will focus on joy, gratitude, and community. This class will suit all levels, and we will have chair modifications for those who need chair yoga.

Last year, Yoga Harvest raised over \$1,200 and this year they have set a goal of \$1,500 for the Community Food Share Food Banks Serving Dundas and Stormont Counties.

Those who also make a food donation of the foods Community Food Share needs most will be entered into draws for prizes donated by local businesses. The foods needed most are:

Canned Meats (tuna, ham, etc), Peanut Butter, Sun Butter, Canned Tomatoes or Tomato Sauce, and Fruit Snacks (i.e. applesauce cups for children’s lunches. Please do not donate pasta.

Community Food Share is experiencing rapidly increasing demand, and they can certainly use your help. All proceeds will go directly to the food banks.

To register, follow the link on the HealthGirl website (healthgirl.ca). Meghann Gervais-Lynch, owner of HealthGirl, is looking forward to seeing you there and Community Food Share and their clients will be grateful for your donation.

Russell Township firefighters recognized for their contributions and dedication

Terry Tinkess
Record Staff

VANKLEEK HILL – Russell Township is proud to announce the recognition of five distinguished members of the Russell Township Fire Services, who were celebrated on Sat., Oct. 5, 2024, during an evening gala in Vankleek Hill.

The evening was dedicated to honouring firefighters from across Prescott-Russell for their exceptional service and dedication to keeping their communities safe.

The prestigious Fire Services Exemplary Service Medal, awarded by the Governor General of Canada, was presented to several firefighters who have completed 20 years of service, including a minimum of 10 years in roles involving potential risks. Bars are awarded for every additional 10 years of service. The following members of Russell Township Fire Services were recognized:

- Captain Adam Armstrong – 20 years of service
- Captain David Scott – 20 years of service
- Fire Chief Brian McBain – 30 years of service
- Auxiliary Firefighter Robert Séguin – 50 years of service

In addition, the Fire Services Long Service



Five distinguished members of the Russell Township Fire Services were celebrated on Sat., Oct. 5, 2024, during an evening gala in Vankleek Hill. From Left: Mayor Mike Tarnowski, Richard Godin (CAO), Fire Chief Brian McBain, Robert Séguin and his partner Monique Brabant, Stéphane Séguin and Scott Hayes from the Ontario Fire Marshal Office (OFM). Absent: Adam Armstrong and David Scott.

Courtesy Photo

Medal is awarded by the Government of Ontario to recognize firefighters who have demonstrated dedication and commitment for a minimum of 25 years. The following member was recognized for this outstanding achievement:

- Firefighter Stéphane Séguin – 25 years of service

A particularly special moment during the ceremony was the awarding of the 50-year service bar to Robert Seguin and the 25-year service medal to his

son, Stéphane Séguin. This rare father-and-son combination, representing a remarkable 75 years of combined service, is a testament to their unwavering dedication to protecting their community.

“We are incredibly fortunate to have such dedicated individuals in our community,” said Mayor Michael Tarnowski. “The Séguin family, with Robert celebrating 50 years of volunteer service and his son Stéphane marking 25

years, have demonstrated a remarkable legacy of commitment and sacrifice. Alongside our Fire Chief’s 30 years of industry experience, and Captains Adam Armstrong and David Scott’s 20 years, their contributions play a vital role in ensuring the safety and well-being of Russell Township.

“We are deeply grateful for their unwavering dedication and the sense of security they provide our community.”

Russell Township extends its deepest gratitude to these firefighters for their tireless service and commitment to the safety of the township’s residents. The community is fortunate to have such exemplary individuals serving the Township. Their hard work and bravery ensure the continued well-being of their community.

ALL YOU CAN CARRY PUMPKINS

OCTOBER 19-20 & 26-27, 2024 10 A.M. - 4 P.M.

For the first time ever, we have an over abundance of pumpkins and we’re wanting to share this with our wonderful supporting community!

Pumpkins are typically \$5 each, but for the next two weekends, we have ALL YOU CAN CARRY FOR \$10!



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Horoscopes

ARIES

The harmful impact of physical inactivity on your well-being could become apparent. To motivate yourself, try inviting your friends to join you in activities that promote a more active lifestyle and better health.

TAURUS

If you’re facing a professional transition or retirement, you must be clear about your next steps. Create a strategic plan to shape your future according to your aspirations and expectations.

GEMINI

Exciting learning opportunities will propel your career to new heights. Be patient and let happiness guide your actions so you can realize your dreams.

CANCER

After deep reflection, you may need to make essential changes to your environment. Re-evaluate your priorities and look for a living environment that better suits your needs and those of your loved ones.

LEO

Saying “yes” to everything that comes your way could lead to being overwhelmed by commitments. Take the time to gather and analyze necessary information before making important decisions.

VIRGO

Putting in extra hours at work could improve your financial situation. Afterward, consider devoting more time to your love life, responding to growing needs in this area.

LIBRA

You’ll be in the right place at the right time to make a lasting impression. For your efforts and efficiency at work, you’ll receive well-reserved rewards and applause.

SCORPIO

Leaving your comfort zone could be difficult if you are strongly attached to your roots and possessions. Consider getting rid of unnecessary things to free up space in your life.

SAGITTARIUS

Expressing underlying thoughts openly and using your authority could help resolve complex situations. Boldness might help unblock restrictive deadlocks and ensure harmony in your life.

CAPRICORN

Significant financial investments, such as purchasing a new vehicle, may be necessary to maintain your professional image and avoid unforeseen events. Making a solid budget is essential.

AQUARIUS

Your determination to impress could pay off at work. You’ll grow your customer base and achieve your goals. Move forward with confidence. You’ll be successful if you act.

PISCES

If you’re looking for the perfect job, find the inspiration to define your path. Your imagination will help you create a masterpiece.