



Jacque Severs moved to Vankleek Hill in 2014 and loves her new small-town life with husband Eddy Earwigg. An avid writer, reader, and creative thinker, she's jumping into motherhood the same way she's taken most big leaps in life; just slightly underprepared, cautiously optimistic, and with a firm belief in trying things that scare you. She will be writing a bi-weekly column in The Review about her experiences of motherhood.

Learning to Sleep

Sometimes mothers of newborns say "my baby is sleeping so well." This is funny, because all newborns sleep well, at least during the day. Newborns have a sort of birthing jet-lag, it seems, and haven't figured out sleep happens when the sun is down. I'm impressed if a newborn sleeps well at night. Now that's something to brag about.

Later on, babies must learn to sleep again. Somehow they forget, and as far as I know, humans are the only species that need to learn this skill. It's a rather ridiculous fact when you consider how important it is to our health.

Speaking of mental health, my brain has seemingly erased its short term memory due

to lack of sleep. Perhaps I just write the same things in this column over and over. As a result I can't specifically recall when the shift happened, but there was a point in time where I simply fed the baby until it was full, and then laid it down to sleep. Sure, I had to wake up every two or three hours through the night to do this, which isn't much fun, but at least I didn't spend any time rocking and shushing.

As it currently stands, I've got two babies who love to eat until their eyes roll back in their heads. But they resist truly sleeping when gently placed in their cribs afterwards. Suddenly they're behaving like tweens dancing to the latest pop song at a slumber party. And so out comes the tag-team system of my husband and I, rocking and shushing and nursing, until the two are zonked out. Currently they sleep for about nine consecutive hours after that though, so we are certainly blessed. I hope I didn't jinx us by admitting that.

Another thing I'm hopefully not jinxing is the onset of the next wave of sleep troubles. Cue horror film music and the booming voice of a narrator, 'FOUR MONTH SLEEP REGRESSION.' Not all babies have one, I'm told, but since I've got two, I figure odds are pretty good at least one of them will have some rocky evenings wherein it seems they've forgotten how to sleep. They won't be the only forgetful ones though, and on the upside, I'm likely to not remember much of it in a few months.

I've learned that the hours of the day you crave are the ones after the babies go to bed. It's at this time when you might get an hour to eat potato chips and drink a beer and have some adult conversation on the patio with a baby monitor beside you. Even just 60 min-

utes of this peaceful time is enough to restore your sanity after the most difficult day full of poop explosions, simultaneous crying, and unsuccessful attempts at tummy time.

This certainly isn't because I don't enjoy my time with the babies. This particular age is when the first smiles and giggles come, erupting from their faces in sparkling waves. The smiles I get when they see my face first thing

in the morning after waking up are the best smiles of the day, as the little cranky monsters have become little angels after a long, restorative sleep.

I am in no rush to reach the next stage, but I admit I may have caught myself wondering at what age a child can get up and make itself a bowl of cereal in the morning. I too, become an angel who smiles after a long sleep-in.

CRA fraudsters using local OPP numbers to confuse public

EMBRUN – The Russell County Detachment of the Ontario Provincial Police (OPP) is advising the public to not provide personal information to fraudulent individuals who are posing as Canada Revenue Agency (CRA) employees.

Suspects are leaving messages or are calling advising the person owes money and if they do not pay they are going to jail. The CRA does not leave these types of messages. Earlier this month, a Limoges area woman was contacted by a "CRA officer" advising there were four allegations against her in relation to her income tax and that she would be brought to court. The "CRA officer" advised the complainant that an Embrun police officer would be in contact with her to continue the conversation. The complainant then

received a call from what she believed was the Russell County OPP's local number. Suspects posed as a police officer demanding her SIN number or she would be arrested.

The OPP and other police services will not call your house to advise that you owe money for the CRA and that you will be arrested.

Warning sign(s) - How to protect yourself

Do not take immediate action!

Ask yourself why the CRA would be asking for personal information over the phone or e-mail that they likely already have on file for you as a taxpayer.

Ask yourself why the CRA would want you to pay outstanding money with gift cards.

Contact the CRA to confirm that you in fact owe back taxes and do not use the phone number that the caller provides or that is listed on call display. Look up the phone number yourself from a reliable source.

Do not provide your personal information! For more information about Fraud Scams involving the CRA visit the Canada Revenue Web page at www.cra-arc.gc.ca/scrty/frdprvntn/menu-eng.html

Police are advising to only call your local police if you are a victim of a fraud, otherwise you can contact the Canadian Anti-Fraud Centre (CAFC) and file a report with the CAFC by calling 1-888-495-8501 (Monday to Friday 9:00am - 5:00pm EST) or by using their online reporting tool.

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Heartwise Exercise Walk with Hannah 3 p.m. at Zudio, 144 High Street Vankleek Hill 613.678.3794
Heartwise Chair & Floor Yoga with Hannah at 3:45 p.m. at Zudio, 144 High Street Vankleek Hill 613.678.3794
STRONG Zumba® RETURNS SEPTEMBER at 5:30 to 6:30 p.m. at Zudio, 144 High Street Vankleek Hill
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Yoga with Hannah, Beginners welcome 7 p.m. at Zudio, 144 High Street, Vankleek Hill 613.678.3794
Blueberry Hill Bistro & Pub, Closed from July 23 - Aug. 7 Back August 8 with Dave and Paolo 16 High Street, Vankleek Hill
THURSDAY, AUGUST 2
Zumba® Gold Fitness, 9:30 - 10:30 a.m., at Zudio, 144 High Street, Vankleek Hill
Info.: vkhzumba@gmail.com
FRIDAY, AUGUST 3
Traditional Ashtanga Yoga with Lise, on summer break, returns in September 8:30 a.m. at Zudio, 144 High Street, Vankleek Hill
Info.: beliveau.lise@gmail.com
Music and Dancing with Carole Piche, 7 - 11 p.m., \$3 Hawkesbury Royal Canadian Legion, 152 Nelson St., Info. 613.632.5136
SATURDAY, AUGUST 4
Vankleek Hill Farmers' Market held at the Vankleek Hill Collegiate Institute, 5814 Highway 34 from 9 a.m. to 1 p.m. year round. vankleekhillfarmersmarket.ca
SUNDAY, AUGUST 5
Music and Dancing with Carole Piche, \$3, 1 to 6 p.m. Hawkesbury Royal Canadian Legion, 152 Nelson St., Info.: 613.632.5136
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No Yoga, holiday Monday
Yoga with Hannah, Beginners - Intermediate 9 - 10:15 a.m. at Zudio, 144 High Street, Vankleek Hill 613.678.3794
Zumba® Fitness, Lunch Express RETURNS SEPTEMBER. 12:10 - 12:55 p.m. at Zudio, 144 High Street Vankleek Hill
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No Yoga, holiday Monday Exercise Walk, Heartwise Exercise Walk with Hannah at 3 p.m. at Zudio, 144 High Street Vankleek Hill 613.678.3794
TUESDAY, AUGUST 7
Light Ashtanga Yoga with Lise 8:30 a.m., on summer break, returns in September at Club de l'Âge d'Or, 122 Bond Street, Vankleek Hill beliveau.lise@gmail.com
Zumba® Gold Fitness, at 9:30 - 10:30 a.m., at Zudio, 144 High Street, Vankleek Hill
Info.: vkhzumba@gmail.com
Story time at 10 - 11 a.m. 0-5 yrs of age, at the Champlain Library, 94 Main St., Vankleek Hill
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Zumba® Kids Jr. Fitness, 5:30 - 6:30 p.m., at Zudio, 144 High Street, Vankleek Hill
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Jacque Severs moved to Vankleek Hill in 2014 and loves her new small-town life with husband Eddy Earwigg. An avid writer, reader, and creative thinker, she's jumping into motherhood the same way she's taken most big leaps in life; just slightly under-prepared, cautiously optimistic, and with a firm belief in trying things that scare you. She will be writing a bi-weekly column in The Review about her experiences of motherhood.

The Modern Mother's Little Helper

The early weeks of motherhood hit you like a transport truck. The extreme sleep deprivation, in particular, plays tricks on your brain. In the hours between 2 and 6 a.m., I'm often not sure if I'm awake, in a waking dream, or hallucinating.

In a state of sleepless delirium, I find myself writing this column in my mind. Unfortunately, I am also simultaneously breastfeeding one or more babies and do not have free hands to type. This is especially unfortunate, because I'm sure the 3 a.m., oddly psychedelic Fear and Loathing in Vankleek Hill-style columns would have a particular appeal.

However, I do have one free hand, some of the time, and nothing is as effective at keeping me awake, and therefore my baby from falling from my sleeping arms to the floor, quite like looking at my smartphone. The bright glow, the world at my fingertips; the smartphone is a miracle of modern motherhood. How did mothers survive motherhood before?

There must have been so many long, quiet,

unfilled hours. There was no way to pass them with the latest in celebrity gossip, international news, political analysis, and New York Times long-reads. For me it's been more than passively reading random articles; I've been able to look up instant advice on everything from when babies start sleeping through the night (or at least for more than two hours at time) to different parenting philosophies, to the latest in snot-sucking technology. It's a university education in motherhood, right in my pocket.

I'm also snapping a ton of photos of the babies. I'm that person now; the only recent photos on my phone are of my children. The many, many images of them sleeping are indeed a misleading portrayal of the peacefulness of these weeks. I can share those images across the world to family and friends who can't get enough; create an archive of them for our future enjoyment, and dream up witty captions for the inevitable funny faces each child specializes in. It's a small creative outlet.

I'm sending more text messages with my left hand and this is surely going to improve some part of my brain capacity. I'm playing music that I assume babies will like, I'm on twitter posting observations about my new life, and I'm cataloguing small victories (like painting my toenails) on Facebook. All of this connection to the outside world is more essential than I had realized. The early weeks of motherhood are isolating, but with a smartphone at the ready this is minimized. On the internet I'm still Jacque, while at home I'm constantly Mom. In the past few weeks I confess I've almost preferred online interaction to the in-person visits. I can squeeze in a few moments of conversation as it suits me (and when neither baby is crying), and those moments are currently few and far between. Bonus: there's no need to put on pants for my digital friends.

The challenge of course will be transitioning from this parent (the one with the smartphone at the ready for the marathon nursing sessions), to the one with the smartphone at the bottom of her purse, unchecked, because she's so engaged with playing with her children she does not have time to check it.

In the meantime, I'll continue trying to capture all the images of the fleeting smiles that I can, and continue jotting down ideas for this column with my free left hand.

Duncan Alexander Macdonell

Continued from page A5

One of the highlights that was among Duncan's favourite memories was when he opened the new lounge at the Atlantic. For his opening night his entertainers included many who have since been inducted into the Glengarry Celtic Music Hall of Fame. Performing that night were: Donald (Dougie) MacDonald, Donald Ian MacLeod, Elmer (Dougie) MacDonald, James Nixon, Beverly MacQueen, Rene Trotter, Donald Joseph MacPhee, Duncan (Dougie) MacDonald and Wilf Gillis. They were followed by a group called the Dalcimers.

In the mid 1960's, three-time North American Fiddling Champion, Johnny Mooring, from Spring Hill, Nova Scotia was in Eastern Ontario and it wasn't long before Duncan had him performing at the Atlantic. He was a hit and played at the Atlantic for many years until his death in 1974.

In the mid 70's, stage bands took over from the fiddle as the main attraction and Duncan had the best groups in the area perform at the Atlantic. Groups such as Sylvester MacDonald and The Clansmen, The Brigadoons, Hughie MacDonell, The Celts (Don Kavanagh, Mike Shea, Joe McFadden), South County (Brian Davis, Benny Lynch), Fiddlers Elbow (Gerry O'Neil, Roy Arbuckle), and the

Dornie Express to name a few. Groups such as Bruce Golden and Country Gold and Jim Connors added a country flair to the list of entertainment.

In 1971 Glengarry's Brigadoons who have played all over North America got their start at the Atlantic. Without even being heard, Duncan booked them for several weeks including matinees. Rob Taylor credits Duncan with getting the Brigadoons started and the rest is part of Glengarry's rich Celtic, musical history. Duncan always encouraged young talent and gave them the opportunity to display their musical ability.

Along with the daily tasks of running a great business, Duncan was also very involved in many organizations as a volunteer and leader. He was elected to the Glengarry Sports Hall of Fame in 2002 for his contributions to sports in Glengarry. His contributions were diverse – rod and gun club, broom ball and particularly the Alexandria Curling Club. He served two terms as president of the Alexandria Lions Club, was active in the Friends of the Ruins, and was a Councillor and Reeve for the town of Alexandria. He also represented Alexandria on the Stormont Dundas and Glengarry County Council and The Raisin River Conservation Authority.

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FRIDAY, MAY 25
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MONDAY, MAY 28
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TUESDAY, MAY 29
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 8:30 a.m. at Club de l'Âge d'Or,
 122 Bond Street, Vankleek Hill
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Zumba® Gold Fitness,
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Story time at 10 - 11 a.m.
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Leaving the house

Newborn babies eat every two to three hours, and approximately 8 to 10 times per day. For the past couple of months, day and night, I have been tethered to a newborn baby for approximately 30-45 minutes each, 8 or more times per day. With each meal usually comes a diaper change, making it about an hour per child. For those of you doing the math, for a twin mom, that is a total of 16-20 hours a day dealing with feeding and changing alone. If I am lucky, I have one hour in every three available to me for the other needs in my life, such as eating, sleeping, and wistfully staring out my kitchen window dreaming of simpler times.

In spite of this incredible schedule, I've been determined to get outside to enjoy the sunshine and get a few steps under my feet once or twice a week. The tasks involved in getting the babies out the door are numerous.

I outlined them all, and it is at least a 25-step process similar in difficulty to the Ironman triathlon.

Parents know that the travel bag is an essential. As a new mom, I admit I haven't gotten this down pat quite yet, so step one always involves checking it to see if I'm ready for any and all disasters. Both babies must be fed, changed, and dressed appropriately.

Strollers are another battle. These are feats of engineering. Ours is a double-length contraption capable of hauling two babies, a week's worth of groceries, and a hundred diapers, that's able to fold up into the space of a carry-on suitcase. Still an amateur, I've yet to master folding and opening it without a few curse words along the way. Once both babies are secured and the travel bag is in, I'm exhausted and sweaty, having over-dressed for the weather. I don't get out much. I weigh the risk of leaving two babies in a stroller on the front step to go change against an uncomfortably warm walk, and usually decide bringing a cold beverage is splitting the difference.

Nine times out of ten, once I'm out the door and it's locked, I go back in for my phone, which I've left on the stairs in the foyer.

All of this of course is happening while one or more children is crying. Like the fans of your rivals jeering in the stands, you have to keep your head in the game and not lose focus. There have been times that I have succeeded in doing this all silently with no tears, but that's about as rare as a shutout in a play-off game.

The pay-off for this is a glorious hour outdoors with fresh air in my lungs. Both babies are soothed by the rocking of the stroller over the various bumps and curbs, and they're blissfully asleep. I get some sun and stretch out my stiff joints. If I'm lucky, I get some adult conversation too. It's worth it.

And like any sport, I can only improve with practice.

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PRODUCTION LABOURERS

Resco Products manufactures refractory products for the steel, cement, aluminum, and petrochemical industries. Resco operates a total of 11 manufacturing facilities throughout North America and is seeking production laborers for its facility in Grenville-Sur-La-Rouge, Quebec.

Eligible candidates must possess as a minimum a high school diploma and be available to work on rotating shifts. Candidates must have good physical strength and endurance. Bilingualism and prior experience in an industrial environment will be considered assets.

Resco Canada offers a very competitive salary and a full benefits package, including medical and life insurance, as well as a registered retirement plan.

Send resume to:

Resco Canada Inc.
1330 Route 148
Grenville-Sur-La-Rouge, Qué. J0V 1B0
Attention : Helen Timbers
Helen.timbers@rescoproducts.com
819-242-5418
Service des Ressources Humaines



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PRODUCTION SUPERVISOR

Resco Canada, a leading supplier of refractory products in the North American market, is seeking a Production Supervisor for its Grenville-Sur-la-Rouge, Quebec, manufacturing facility.

The Role:

The Production Supervisor, while directing a team of production employees, will be required to plan production activities in order to ensure that products are made as requested, and to the highest quality standards, and will be responsible for implementing safety policies and procedures.

Responsibilities:

- Supervise production employees in molding production department
- Ensure that work is performed in an efficient manner with the highest safety standards.
- Ensure that product quality is maintained to Resco standards.
- Resolve problems by investigating issues, identifying solutions, and recommending action.
- Assist in implementing LEAN concepts and continuous improvement
- Provide required training to production employees.

Requirements:

- Post-secondary education
- Minimum 5 years supervisory experience in a manufacturing environment
- Strong verbal and written communication skills in both English and French
- Proven team leadership and coaching skills
- Experience in a unionized environment
- Strong sense of autonomy, initiative and leadership
- Excellent computer skills – Excel, word, outlook
- Good mechanical and trouble shooting skills

Send resumes to:

Resco Canada Inc
1330 Rte 148
Grenville-sur-la-Rouge, Quebec
J0V 1B0
Attention : Helen Timbers
Helen.timbers@rescoproducts.com
Human Resources Services