

## Heritage Day examines Russell medical history

Tom Van Dusen  
Villager Staff

RUSSELL – An enthusiastic crowd circulated through Russell Village last Saturday as the Russell and District Historical Society presented 2018 Heritage Day. The special theme was “Call the Doctor”.

Society member Harry Baker estimated numbers were down compared to last year and wasn’t sure exactly why. It certainly wasn’t about that day’s weather which was perfect. However, it may have partly been about Friday storms which wreaked havoc in the greater Ottawa area, including power outages in Russell and vicinity.

Visitors got to look around the Keith Boyd Community Museum complex located in the former Russell fire hall and the relocated Baptist church at the corner of Church and Concession streets; they were welcomed at the “Old Doctors’ House”, now owned by Rob Bryden, right across the street; they got to take horse-drawn wagon rides during which they were enlightened by members of the Russell Association for the Performing Arts; they were entertained by the Russell Community Band; and they got Dr. Gerry Heymans take on 128 years of medical service in Russell delivered at Russell Meadows.

In a talk accompanied with power point, Doc Heymans, now retired from family practice, reviewed some of the many highlights of his career which started when he took over the practice of Dr. Frank Kinnaird who spent 40 years living and working at the Doctors House. Doc Kinnaird replaced Dr. Dugald MacDougall who spent 50 years in the same location; Doc Heymans relocated to the Russell Medical Centre on Craig Street.

On board the wagon, RAPA members Len Trembley and Stuart Brink read from an original play by Sandra McNeil



### Much to entertain

Stuart Brink and Len Trembley spoke to audiences on the wagon rides Sat., Sept. 22 during the Russell Heritage Day.

Van Dusen photo

depicting the bygone days of Kinnaird and MacDougall. The wagon stopped at MacDougall Park which the doctor initiated in what was once a local garbage dump.

At the Doctors’ House, visitors entered into the waiting room and examining room which remain largely intact and examined old empty bottles once full and kept in the dispensary. Doc MacDougall practiced in the days before a hospital existed in Winchester when major procedures would have been conducted right on the premises.

Under Bryden, health care returned to the old house. He’s a registered massage therapist providing treatment in the same examining room.



### Picture of the past

Rita and Dr. Gerry Heymans were dressed in traditional garb during the Heritage Day festivities.

Van Dusen photo

## Two years of longevity

Kory Glover  
Villager Staff

OSGOODE – For a while, it seemed like Osgoode was the place where small businesses were meant to crash and burn.

There was a time when the small village had a bakery, a video store/gas station, two different arcades, a dollar store, a cafe and three different Ozzie’s Pizza and A Pizza Shop. What happened to all of them?

Gone. Not enough business to keep their head above water.

But now, it would seem as though this curse has now been broken as Vibration Studios celebrated two years in business Sat., Sept. 22.

“To celebrate our second year in business, we decided to do a family fun day, so we have face-painting, a reptile show and a community drum circle,” said Stephanie Goldberg, a co-owner of Vibration Studios. “Tomorrow [Sun., Sept. 23], we’re going to have a coffee house with a couple feature musicians, Chairs Without Arms, which one of our owners and partner Fred Colford plays in the band with.”

Goldberg also took this opportunity to announce that the Studio will be able to serve alcohol to the public sometime in the future.

“We’ve applied to get our permit liquor license, so that is coming up in the near future,” she said. “For now though, we just decided to go with the Family Fun Day and coffee house.”

Two years in business might not be a terrific milestone reach but for Goldberg and the rest of the team, this was about more than staying in business.

“It’s like a birthday and we want to celebrate with a community that has accepted us with such open arms,” said Goldberg. “They have all been very supportive and we wanted to do a big thank you and offer all these things.”

During the studio’s two years of



### Celebrations

From the left, part-Vibration Studios owners Stephanie Goldberg, Kris Goldberg, Michelle Colford and Fred Colford celebrated two years of business in Osgoode.



### Critters and crawlers

Darren Boyd, owner of Reptile Rainforest, astounded kids by showing off a variety of creepy critters including toads, lizards and snakes.

Glover photos

business, Goldberg said that they started out slow, as most small businesses do, opening in a small neighbourhood, but over time, they began to grow an international status.

“When we first started out it was rather small but that was to be expected but after a while we began picking up steam, adding more to the business,” she said. “Word of mouth has been a big help to us, that’s how we get a lot of our clientele. Musicians, they come, they test out our studios, they talk to other people. Even with our coffee house series, it’s been known internationally, we’ve had

three international artists come through here, hearing about our coffee house. They’re on tour and we’ve become one of their regular stops.”

Goldberg and her team are very excited to be working in a community like Osgoode and hope to continue working within it for many more years in the future.

“We’re very excited to be in Osgoode, a beautiful, rural community in the south end of Ottawa,” said Goldberg. “The community has a lot to offer and it just continues to build up. It’s great to bring some arts and culture to the area.”

## Russell Meadows walk-a-thon raises thousands

RUSSELL – Russell Meadows Retirement Community’s walk-a-thon raised \$7,575.00 for the Cornwall and District Alzheimer Society on Wed., Sept. 19.

The fundraiser happens every second year at the Meadows since the residence’s opening. Wednesday’s walk was the fourth so far. Doris Leclerc, activity and recreational manager said, “We have raised over \$30,000.00 so far. The money raised stays local to help fund the support groups and the Day Program.”

During the day the group stopped at RM’s Serenity Garden for an official blessing. “Our

beautiful fountain was generously donated by the Russell and District Horticultural Society. The students from Russell Public School sang *It’s A Small World After All* and resident Fern Patenaude lead the blessing as we all joined the intention,” said Leclerc. The day also included door prizes and an ice-cream social after the walk and blessing.

The press release prior to the walk-a-thon explained, “As more families are affected by this degenerative disease, we all walk for someone we know, or in memory of someone we loved that suffered with this devastating disease.”



### Walk for a cause

Pictured from the left, Doris Leclerc, recreational manager, Lindley McPhail, past president, Russell and District Horticultural Society, and Rita Goulet, in-house trainer and education manager. Children from Russell Public School, looked on before their performance.

Courtesy photo