the north dundas TIMES
Reaching by direct mail to over 5,500 homes and businesses in Winchester and area
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A town held hostage

by Brandon Mayer

It's a bold statement, but it's one that some Chesterville residents are prepared to make: "our town is being held hostage by the criminal justice system".

Last week, a Chesterville resident – who wishes to remain anonymous for her safety and the safety of her family – contacted the Times about rampant thefts and property crime in North Dundas. So common is the problem, she says, that she noted how she and her son have now joined the "club" of victims.

"It may not sound like much, but our car was broken into," said the Chesterville resident. "My son had just returned home from a happy excursion with his son. We chit-chatted about their day's adventures. Then my son went to get ready for bed. At this point, he locked his vehicle via his key fob. Unfortunately, it was already too late. Our security cameras show the thief accessing the vehicle immediately after [my son] entered the residence."

The thieves stole cash, a debit card and keys from the vehicle, among other things. Replacing the keys and changing the locks resulted in hundreds of dollars in losses for the man not only from the out of pocket expenses, but also from lost wages from dealing with the aftermath.

The woman has since been fearful of being home alone. She was able to discover the names of four alleged perpetrators from four break-ins that occurred that same night, but unfortunately, witnesses to these incidents are fearful to come forward because they know that thieves often get a "slap on the wrist" and are then released.

"One does not have to look far into any of these person's backgrounds, and you would have enough court documents to wallpaper several houses," the woman added. "One of the perpetrators had only been released from custody on Friday. Then Saturday, out committing more crimes against this community. Their arrests, repetitive probation violations, release and re-offend records are enough to make anyone cringe. This town has had enough."

The woman does not blame the OPP, and she finds it frustrating when the finger pointing lands squarely on local police. The police can only lay charges, after all – it's the court system that decides how to deal with the crime.

"I am not the only one to be fearful in my own home," added the woman. "Over the last couple days, I have received countless messages of others with those exact sentiments. It's like a shampoo bottle cycle of rinse, lather, repeat... commit crime, arrest/release, repeat...".

The woman's primary concern is that seeing no other options, Chesterville residents may soon be pushed to vigilantism. "Don't do it," she told the Times. Although she understands that people are being pushed to the end of their rope, she fears that vigilantes will be punished more harshly than those committing the property crimes.

The OPP was contacted for comment and issued the following statement: "The OPP always encourages victims of property crime to report it by calling the non-urgent number 1-888-310-1122, or for emergencies, 911, and never leave valuables in plain view or in a motor vehicle. A community can also initiate a neighbourhood watch program by contacting http://www.neighbourhoodprotect.ca/neighbours/About.html."

Postcards for Ukraine

submitted by Postcards to the Front

Since Russia's February 2022 invasion of Ukraine, over 6,000 postcards, with messages of support, have been written by Ukrainians to their front line Defenders, all because of a need seen by three young women in Zaporizhzhia, Ukraine: Tamara, Marichka and Ira. An Australian branch for Postcards to the Front was launched in March, 2023, followed by the Canadian branch, Postcards to the Front (Canada / Канада) in April.

How do postcards make a difference?

Postcards are an easy, inexpensive and personal way that Canadians can show their support for Defenders at the front lines in Ukraine. It is low-tech communication that reaches the heart.

We collect written cards with messages of support and encouragement, send them in batches to home base in Ukraine where they are distributed in care packages to the front lines where

Defenders, medics, mechanics, drivers, cooks, drivers – all personnel – receive postcards in their care packages.

We are told directly from Ukrainians on the front lines that these little bits of happy mail make a huge difference in the psychological well-being of the front line Defenders.

What can Canadians do?

Join us to write postcards at the following Merrickville events:

When? Saturday, September 23, 2023 – 9am-3pm

What? Eastern Ontario Postcard, Postal History & Ephemera Show

Where? Merrickville, Ontario Community Centre, 106 Read Street, free admission & parking

Postcards to the Front (Canada / Канада) will have a table with postcards and writing tools where you can write messages of support to Front Line Defenders in Ukraine.

If you have some, bring your own postcards to write.

Save the date! We'd love to meet you!

We're holding another postcard-writing event on Sunday, September 24 at the Merrickville Legion (1-3pm), 229 Main Street West, Merrickville, Ontario.

If you can't join us in Merrickville, we ask Canadians to write up to 5 postcards (therefore, you need only one 92 cent stamp on your envelope), filling the entire back side with printed, simple and brief messages of support – maybe a drawing – and send them in an envelope to us at:

Postcards to the Front
P. O. Box 184
Millbrook, ON
L0A 1G0

Local pair hold threshing machine demo

by Brandon Mayer

Farm shows and demonstrations are one of the most coveted staples of small town recreation, and a pair of local friends recently set up an interesting demonstration of a piece of classic farm equipment for friends and family to see.

Brett Bartholomew is a 27 year old local resident who does cash cropping and custom spraying. His friend Brad Johnston purchased a threshing machine in 2019 to participate in the Guiness Book of World Records event that took place in St. Albert that year.

On the Labour Day weekend earlier this month, Brad and Brett set up the threshing machine on Brett's farm as a demonstration. They had planted three acres of barley to get use out of the threshing machine at harvest time. "We purchased a grain binder in Hammond, Ontario and drove to Pennsylvania to source parts for it," said Brett. It wasn't a lot of work to set up, and with friends and family helping we were able to cut, bind and thresh the three acres in a few hours."

The pair spread the word around to their family and friends about the demonstration, and had multiple drop ins throughout the day. While this year's demonstration only lasted one afternoon, next year they are planning to do it again and spread the word more thoroughly so that more people can watch. "My grandfather loved seeing it, he remembers doing it back in his day," Brett added. "To some, it may seem like a lot of work but to us, it let us step back in time and live a little in the past."

A threshing machine or a thresher is a piece of farm equipment that threshes grain – that is, it removes the seeds from the stalks and husks. It does so by beating the plant to make the seeds fall out.

"They did this for fun, just to relive what it was like back in the day before combines were around," added Brett's mother, Tammy Cinnamon.

This was certainly a blast from the past fit for a farming community!

More to the story:
Inkerman home invasion situation clarified

by Brandon Mayer

In the newspaper business, reliance on social media for facts can be very irresponsible. On the other hand, social media is now commonly where communities talk. In the era of online shopping and automation, there are fewer and fewer opportunities to see neighbours out in the community. News stories will therefore often first come to light on social media, but facts still need to be investigated the old fashioned way.

In the September 7 issue of the Times, I reported that an alleged Inkerman home invasion which was posted about on social media did not actually occur. It didn't take long for someone involved in the scary situation that night to reach out to me, insisting that there was indeed a home invasion. What exactly happened? There are two sides to every story, but usually not this contradictory.

In doing what I thought was most responsible by going right to a trustworthy source, I contacted OPP Officer Serge Duguay, who is a designated media contact for the SD&G OPP. The response was very clear, as reported on September 7: "I can confirm that officers responded to a residence in Inkerman, but not for a home invasion. Two parties were in medical distress."

Knowing that Officer Duguay checked the police reports for the night in question as he always does, I was faced with a challenge. I now had official confirmation that there was no home invasion. How to soften the blow when reporting the facts? How to explain the mindset of how information spreads online and in small communities without pointing fingers? I provided a light hearted explanation and an analogy, informed by my work as both a counsellor and an educator. Now I wish I hadn't added that blow-softening information, because it made the blow much worse.

There was a situation in Inkerman on August 30, that much was always clear. No one involved in the situation wishes to go into detail about it, but I had a rather lengthy phone conversation with Officer Duguay to clear up the confusion. He was able to give me more facts, after reading that night's police report more closely.

There were two parties in medical distress, as reported on September 7. One individual was experiencing an emergency, and the other, in a state of mental distress and panic, forced entry into a neighbouring residence. The police investigation determined that the forced entry occurred in the context of duress, since the individual was seeking help for the other affected party. No charges were laid in the incident, and Officer Duguay innocently overlooked the detail of the forced entry when he came across the report of the two parties in medical distress that night. The medical distress situation is therefore what he told me about, and it is what I reported.

It's safe to say that there is a disagreement between the police and those involved in the incident about whether the forced entry was a crime. It's also clear that the incident caused a lot of hurt and hardship. I was very eager to print a story to give Times readers an update on the Inkerman situation before deadline, and in my haste, I erred in not questioning the discord between the online chatter and the official OPP response. My bigger mistake, however, was the tone of my article. "Condescending", as I have heard from more than one reader, and in the hindsight of what really happened on August 30, I don't disagree.

I'm truly sorry for the hurt caused by my September 7 article. While it was true that there may not have been a home invasion in the eyes of the OPP, there certainly was in the eyes of those who were there. I am committed to being more persistent in my future investigating, as is the job of any reporter. As in my previous article on this matter, I'll end with the most important message of all: I extend my sincerest well wishes to all those involved in the situation in Inkerman on August 30.

You are invited to join

Dale and Lois Keyes

as they celebrate their
50th Wedding Anniversary
on Friday, October 6th, 2023 at 8:00 PM
at the Mountain Township Agricultural Hall,
South Mountain, ON
Your attendance will be their treasure

Tid bit musings

by Elva Patterson
Rutters, RSSW

Every so often, we hear of particular lingo associated with self-empowerment or self-growth that can leave one struggling to comprehend how it applies to our own situations. The referencing to "shame based" or "blame/guilt based" reflexes surface. It takes intrinsic self- examination to identify if our responses do stem from either of those ideologies. Propelling forward in creating a life of enrichment and harmony is not for the faint of heart. Only the strong manoeuvre self exploration and develop progressive coping strategies.

When we act from "shame based" theology, we have been repeatedly exposed to the negative message that we are "not good enough." We internalize the feeling of being worthless, hopeless, and basically a waste of existence. This can stem from childhood messages or from abusive relationships. Learning to "separate the person from the behaviour" is instrumental in curbing the lack of self esteem. We love/care for the person, but the behaviour is not acceptable. The recently coined phrase- "my bad" is so detrimental. You are simply making an unintentional mistake or making a poor choice, but you, as an individual, are special and worthwhile just because you exist. Sometimes, the social economic demographics personify that shame.

When addressing "guilt/blame based" connotations, the individual takes on the responsibility for every negative happening. Even constructive criticism makes the person feel defeated rather than being perceived conducive to performance improvement. Often, the first comment is "what did I do now"? Most times, the outcome of any situation is not automatically within your control. Folks who have repeatedly heard that they could have done better or should have done better. and have never had a feeling of accomplishment tend to harbour that blame/guilt. No one is perfect and if they think they are, that is proof that they aren't!!!

All an individual can do is embrace each day, desiring to make the best of their situation to the best of their ability at that moment. Life fluctuates as we process our environment, young or old. Perception is in the eye of the beholder. Regardless of your choices, can you accept accountability for your own choices with a clear conscience? You have the power and for Christians, they have the grace of God to assist. Be blessed by feeling blessed.

MP office hours moved

The office hours for MP Eric Duncan at the Winchester Satellite Office will be moved to Thursdays instead of Mondays going forward. The office will operate from 9:00 am until 12:00 pm at the North Dundas Township Building located at 636 St. Lawrence St. in Winchester.

Residents may still inquire by phone toll-free during regular hours at MP Duncan's Cornwall Office at (888) 805-2513.

Tony, where are you?

by Brandon Mayer

The famous horse Tony, a symbol of North Dundas pride, has not been seen in months. This has caused questions on social media about why the beloved statue has not yet taken residence at its new home on the lawn of Dundas Veterinary Services.

"The damages were greater than originally expected," said Janet Smith who originally kicked off the campaign to save Tony. "I have fixed the three broken ankles, the larger deep cracks, and then the surface cracks on 75% of him."

Janet had originally told the Times that it would take just a few weeks for North Dundas residents to once again see the horse on display, but she could not have foreseen the delays.

"Each step is meticulous," she added. "I am working on the front left quarter of him today. I have someone coming hopefully next week to give an estimate on air brush painting." If an outside hire will be too expensive for the painting, she will take it on herself.

The process has been tedious. "Each large crack had to be cleared out, then back bracing, then fiberglass resin, followed by bondo and sanding again," said Janet. "I can't even count how many sheets of 80 grit sandpaper I have gone through by this point. I work on him every day, weather permitting."

It won't be long before Tony is watching over Winchester again, just as he has done for decades.

Go buy some wood

by Brandon Mayer

We've all heard that those who forget history are doomed to repeat it. It's such a common expression because it's such a good one. Our ancestors made mistakes just like we all do every day. Blame is unimportant compared to understanding. We don't blame the German people for the Holocaust despite the fact that Adolf Hitler was elected. Instead, we understand that a process of corruption, propaganda and fear tactics unfolded over the course of more than a decade to produce the Holocaust.

The March 1933 German elections were rife with voter intimidation spearheaded by the Nazi Party and Hitler, who was already appointed in a powerful role as Chancellor, pushing through the Enabling Act of 1933 to quietly turn the democracy into a dictatorship. Hitler's reasoning for pushing the Enabling Act was that it would prevent his government from depending on the support of other parties, effectively giving him a majority government despite being elected as a minority government. This doesn't sound so bad, until one realizes that it eliminated all of the checks and balances in a formerly democratic government. Knowing this piece of history is a valuable lesson in what to look for in a potentially corrupt government or leader, even to this day.

Why are we so afraid of history? It's completely possible to be ashamed of one's past without being fearful of it. I am horrified, for example, by the atrocities of the former residential school system where so many Indigenous children were abused. I'm ashamed that it was my ancestors who lacked the compassion and intelligence to realize how wrong the whole system was. I can't even wrap my head around the trauma that must have been caused by having one's children literally stolen by intimidating government and church officials. But that doesn't mean I'm afraid to talk about residential schools or learn about them. As ordinary people, we need to appreciate the severity of the mistakes we are capable of making so that we can also develop ways to avoid making these same mistakes in the future.

One thing that we seem to be most afraid of in the world of 2023 is a lack of inclusion. I'm not complaining – inclusion is important and is the only way forward in a world that works for all – but I often don't agree with the way we're getting there.

In Toronto's Peel District School Board, there seems to be a new "equity-based book weeding process" in place, possibly at the request of the Ministry of Education, as reported by CBC News last week. "[Students, parents, and community members] say the new process, intended to ensure library books are inclusive, appears to have led some schools to remove thousands of books solely because they were published in 2008 or earlier," says the article.

Education Minister Stephen Lecce has stated in a release that he disagrees with this process, coming down hard against the practice of removing books from schools in the name of inclusion. The entire situation is quite complicated, with a full slate of fingers pointed at other fingers. A true spider web of blame seems to be in the weaving process.

When Times staff first came across the news of what was happening in Toronto, all eyes suddenly settled on me, an educator in the local public school system now in my 8th school year. "Does this happen around here?" was the inevitable question. The answer is unsurprisingly complicated. I am relatively confident that books are not removed from school shelves locally solely on the basis of their publication date. It is also true that all libraries – school or public – must have a weeding process. There would never be room for new books to come in if outdated, irrelevant, unpopular, and damaged books didn't get removed from the shelves.

What is concerning in my view is that over the years, there really has been a disrespect for school libraries in local schools. When I was a UCDSB student, we had packed libraries and full time librarians. In the era of education cuts, one of the most vulnerable positions is that of the school librarian – or "Learning Commons Informationist" as they are now called, in homage to the digital age.

I don't know of any local school that has a full time librarian any more. At schools I have visited and worked in, libraries seem to be shrinking year by year. This is the time for us to seriously step back and realize that the printed word is true history. We may now favour the internet for research because the information can be updated in real time, but just as information can be updated quickly on the internet, so too can it be faked or altered. Is it possible to print false words? Of course, but a book dated by a historian to be 100 years old is a snapshot of history, and one that can never be faked or altered without detection. It matters not whether the contents are inclusive – it's important that we know of our human history so that we can learn from it.

I'm prepared to make a bold statement here: if we did not teach our children history in schools, then today's world would be a truly awful and non-inclusive place. To whom do people give credit for the freedoms and equality of the modern world? Who do we think is responsible for the mindset of diversity and inclusion and acceptance that we now enjoy in 2023? Who gets credit for legalized gay marriage, the abolition of residential schools, and the freedom to live by preferred gender pronouns? Did new, forward thinking attitudes simply materialize like magic after centuries of what we would now deem to be oppressive crimes against humanity? No – we learned and evolved from history.

The only conclusion to draw here is that the next time someone thinks of burning a book, they need to give their head a shake and go buy some wood.

Farm shows bring people together

by Teresa Van Raay, Director, OFA

September means fall harvest on the farm. And while that's a busy time of year, the Ontario agriculture industry also makes time for two of the biggest agricultural shows on its calendar: Canada's Outdoor Farm Show (COFS) and the International Plowing Match and Rural Expo (IPM).

COFS is an annual three-day outdoor show held at Discovery Farm Woodstock, taking place this year from September 12 to 14. For almost 30 years, the event has showcased the newest and most innovative products and technologies in agriculture to Ontario's farm community.

From crop plots and cattle handling demonstrations to the latest in robotic technology and automated farming, Canada's Outdoor Farm Show is a chance for farmers to see, hear, touch, and ask questions about farming tools, practices and innovations.

The IPM takes place a week later and is hosted in a different Ontario community each year. This year, Bowling Green, near Orangeville, is home to the five-day event which will take place September 19-23. Just like its name implies, the IPM features plowing competitions, but it offers much more than that, including many opportunities to learn about food and farming.

For the Ontario Federation of Agriculture (OFA), both events are a great opportunity to host visitors at our booth, Federation House, and we look forward to having you stop by for a visit and a cup of coffee or cider.

OFA board members and staff, including Member Service Representatives, will be at Federation House, ready and willing to speak with members about their farms, issues, concerns and more.

I farm with my family in Huron County near Dashwood, and I've always loved attending agriculture industry events like COFS or the IPM. I've always enjoyed making connections with people, and there's something unique about the atmosphere at a farm show that encourages new ideas and helps people get excited about agriculture.

Now that I'm a director on the OFA Board, I enjoy being part of our booth at Federation House and getting to meet members and fellow farmers face to face. The relaxed show environment encourages conversations which aren't always just about the farm. Yes, we're directors representing the OFA, but we are also part of a community which cares for each other and wants to celebrate who we are, where we live and what we do.

The International Plowing Match often also attracts politicians from all levels of government, and it's a great experience to introduce someone to our industry who doesn't know much about agriculture and give them some first-hand glimpses into the life and business that is farming.

My own personal connection to the IPM goes back to 1999 when the event was hosted in my home county of Huron. I was a volunteer at that event and enjoyed it so much that I signed up again when the match came back to Huron County in 2017. The IPM is a volunteer-run event, and being part of that is a great opportunity to meet people, and to enjoy the unique sense of community spirit that's present when people come together for a common cause.

The OFA is a member-driven organization, and we rely on the input and feedback from our members to help identify issues that matter to Ontario farmers and guide our advocacy efforts. Whether at COFS, the IPM or any of the other smaller events that OFA will be attending this fall, we encourage you to make time to catch up with us and let us know what's on your mind – we're looking forward to seeing you.

Letter to the Editor

Dear Editor,

It is highly disturbing to see Conservative politicians at both provincial and federal levels following their counterparts in the US in attacking the trans community. Multiple Conservative governments are proposing that parents must be informed by schools if a child wishes to use pronouns or a chosen name that does not match the gender they were assigned at birth.

These attacks on marginalised people must stop. Although many parents will be fully supportive of a child who comes out as a member of the 2SLGBTQIA+ community, a significant minority are not supportive. Approximately 10% of the Canadian population identify as 2SLGBTQIA+, yet among homeless youth between 25% and 40% identify as members of the 2SLGBTQIA+ community. Transgender people face unique stressors, experience higher rates of discrimination and harassment than cisgender people, and experience poorer mental health outcomes. They are at greater risk for suicide: 1 in 3 trans youth attempted suicide in 2015. Research has shown that having one's name and pronouns respected reduces the risk of attempting suicide.

We are well past the time when children were viewed as property of their parents, and it is recognised in both national and international

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SNC offers hunting opportunities on select SNC lands this fall

submitted by Erin Thorne

As summer fades and cooler temperatures move into Eastern Ontario, many of South Nation Conservation's (SNC) watershed residents anticipate the start of the hunting season this Fall. Select SNC properties are accessible to the public for hunting and trapping opportunities, with permission from the Conservation Authority.

SNC owns and manages over 13,000 acres of community forests, wetlands, and grasslands across its 4,480 square-kilometre watershed jurisdiction, offering almost 9,000 acres of land that can be used as hunting areas each year.

SNC Conservation Lands are sustainably managed, restored, and maintained for recreational use and natural heritage protection. Some of these protected natural areas offer a range of hunting opportunities for species such as deer, moose, waterfowl, upland game and rabbit.

"Responsible hunting and trapping are beneficial to ecosystems and help to maintain balanced wildlife populations," explained Ryan Robson, an SNC Conservation Lands Technician. "Hunters must have provincial permits from the Ministry of Natural Resources and Forestry and should always carry their outdoor card, license summary, valid hunting tags, and proof of firearm accreditation."

The cost for a permit to hunt on select SNC properties is $100 for watershed residents, paid to the Conservation Authority. Hunters cannot hunt within most Conservation Areas where there are active recreational trails, and they should consult SNC's online mapping portal to determine which properties are approved for hunting. All posted signs and regulations should be observed and, as of 2023, all approved hunters must display an SNC tag within their vehicle dashboard when hunting or trapping on SNC Conservation Lands.

All SNC permit fees help support land management activities and SNC's annual Youth Hunt Apprenticeship Program. Since 2007, SNC has partnered with the Delta Waterfowl South Nation Branch to deliver a Youth Hunt for local youth in Eastern Ontario, teaching about the importance of ethical hunting, respecting safety, wildlife habitat, and private property.

"We are proud to offer a Youth Hunt Program in the watershed. It's a great opportunity for our local youth to learn how to hunt responsibly and safely," said Robson.

Hunters should always exercise caution when accessing SNC Lands and wear high visibility clothing, as some areas may have multiple users at any given time.

Residents are advised to keep themselves and their pets safe while exploring the outdoors during hunting season by wearing high visibility clothing and being aware of their surroundings if they are in a permitted hunting zone.

It is illegal to hunt on SNC Lands without a permit from the Conservation Authority and all hunters must follow hunting regulations. Please be aware of specific hunting requirements in your area and always keep your SNC hunting licence with you while hunting on SNC Lands.

To report poaching and other hunting or natural resource violations, please call the MNRF tip line at 1-877-847-7667.

For more information and to access SNC's permit application form, please visit www.nation.on.ca/recreation/hunting-and-trapping or call 1-877-984-2948.

The Food Corner

I confess to loving spinach and not because of Popeye. Those of you who are old enough will remember that Popeye, when confronted with a crisis, would "pop" a can of spinach in his mouth and turn into a super-hero, saving the day for Olive Oyl, his forever girlfriend. Now that spinach is plentiful, try this salad as an alternative to "same old." There are many variations of this salad; this one we find really tasty and fulfilling.

Warm Spinach Salad

Basic Ingredients

- Enough young spinach to fill your favourite large salad bowl, maybe 6 to 8 ounces
- 1 pound of bacon
- 3 extra large eggs, hard boiled and chilled
- ½ red onion, shaved
- 6 large white mushrooms, sliced

Dressing

- ¼ cup mayonnaise or Miracle Whip
- 5 tablespoons of Honey or Octoberfest Mustard
- 2 tablespoons of grainy mustard
- 2 tablespoons of Dijon mustard
- A generous splash of cider vinegar
- A dash of Tabasco
- A dash of Worcestershire Sauce
- A dash of lemon juice

Preparation

- Cut your bacon into 4 inch squares and fry on low heat till just browning
- Don't make them crispy; we don't want bacon bits but nice pieces of meat
- Place the cooked bacon in a bowl lined with a paper towel to pick up the grease
- Retain 4 or 5 tablespoons of the bacon fat
- Combine all of your dressing ingredients in a sauce pan and warm on low heat
- Add the bacon fat and whisk the dressing ingredients together
- Place your shaved red onion on top of your spinach
- Slice your egg into ¼ inch disks or use an egg slicer to do so and place on your spinach
- Place your sliced mushrooms on your spinach as well

Because this is a warm salad, you will want to wait till just before serving to drizzle your hot dressing over the salad. Don't toss, serve it as is and let your guests ooh and ahh at your artistry. They can then dig in. Use fresh baguette to accompany this great salad. Vegetarians, don't despair. Instead of the bacon, caramelize the slices of a largish white onion and use it instead of the bacon. Keep the red onion raw though. Works like a charm...

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law that children have their own rights, including the right to privacy. Canada is a signatory to the United Nations Convention on the Rights of the Child, and Article 16 states that "No child shall be subjected to arbitrary or unlawful interference with his or her privacy" while the Canadian Charter of Rights and Freedoms protects a reasonable expectation of privacy as well as freedom of expression, equality rights, and gender equality rights.

Schools should be safe places for every student. Forcibly outing transgender youth to their parents damages student-teacher relationships, puts teachers in difficult legal and ethical positions, and risks lives. The privacy of youths must be respected and should only be breached in exceptional circumstances.

Trans rights are human rights, and human rights apply to every person in Canada. Stripping rights from specific groups sets us on a very dangerous path. Respect for diversity is a core Green value, and Ontario Greens stand in solidarity with the trans community against transphobia. Ontario Greens are committed to working towards a more equitable Ontario, one where people are not judged on their gender identity.

Steve Gabell

HOL shares its appreciation of Alltec Refresh

by Brandon Mayer

How many old smartphones do you have sitting in a drawer somewhere? What about computers or tablets? It's true for many people that when we get a new device, particularly a new smartphone after our current one is paid off – even though it may still be functioning fine – we become attached to our new device and put the old one out of sight and out of mind.

Many children and teens get their first cellphone as a hand-me-down. Old cell phones can be used with free wifi connectivity, even after they are disconnected from cell service. It turns out that there is another way to share the love as well, and it's local too!

Alltec Refresh is a program run by local tech company Alltec Solutions. The program safely restores old devices to pass on to those in need, without the risk of personal data from the device being shared with the new owner. Alltec has offices in both North Grenville and North Dundas.

Local charity House of Lazarus recently posted its love of the Alltec Refresh program. "We want to thank Patrick Hart and Alltec Solutions for being such an amazing partner via Alltec Refresh! The team at Alltec has cleaned and prepared donated electronics for individuals and families in need. Through this initiative, we have been able to provide phones, laptops and tablets to people who would not otherwise be able to access them. This week alone, we have provided phones to three people. These phones can be critical for people to remain connected but also essential for safety. If you are upgrading your phone and would like to see it go towards helping a person continue to access important resources, please consider donating to this program."

Alltec owner Patrick Hart shared some additional information about the Program. "The Refresh program is an initiative by Alltec Solutions to bring life back to old electronic devices such as phones, tablets and computers," he said. "We only accept devices that aren't damaged beyond use as we aren't a recycling program. I realized that tons of people end up leaving these devices in storage mainly because they do not know how to deal with their sensitive information on the devices, so we use the tech company factor to guarantee safe removal of customer data before turning the devices to a new home. Our main partner is House of Lazarus and through that partnership, we are able to identify people truly in need of these devices. We encourage people to deliver the devices to House of Lazarus but we also offer pick up for local donations."

To learn more, visit https://www.alltec.solutions/charity-program/.

Big apple, little apple

by Brandon Mayer

"There are many apples on the tree, but only one big apple." So the old saying goes in show business, and the reason why New York City – the largest city in the USA, home to 1 out of every 38 Americans – is sometimes called "the Big Apple". Late last month and early this month, my family and I took a bite out of the Big Apple and visited NYC for a week.

Being a lifelong rural dweller currently living in a town of about 500 people (which is in fact larger than the town I grew up in), visiting a city of almost 9 million people was quite something. It's a different way of life, but it works… well, most of the time.

Our first time in Manhattan, my wife pulled over the car and had me switch with her within the first 10 minutes. I was the designated NYC driver from that point on. My wife cited the fact that NYC drivers are "mean" as her reasoning. While I wouldn't dare disagree with my wife in print, I think that I can safely shed some light on what we learned about the pace of NYC.

Much like we would get angry at big city drivers travelling down our county roads, blowing past tractors and tossing litter into cornfields, NYC drivers have a very low tolerance for those who add to the already near-constant congestion in their packed streets. I learned some things: 1) Don't bother signaling, just merge. 2) Never wait for a pedestrian to fully cross the street before proceeding, if there are a few inches of space, that's good enough. 3) People riding bicycles can do so opposite to the direction of traffic and even diagonally across intersections – deal with it or go home! 4) In reference to rule #1, if someone is merging, let them merge. 5) Stay right on the backside of any car in front of you, even if you anticipate you will just end up waiting with them at the next red light. 6) Honk your horn incessantly.

As much as these unwritten rules are not what I'm used to, I understand them. A different pace requires different rules. The first time someone honked at me for not speeding up to bridge a gap of about three car lengths in a street that was moving at a snail's pace anyway, I couldn't understand it. "What's the point?" I thought… I would just be hurrying up to stop again. But then I realized, in a city where traffic congestion means that every green light may only offer the opportunity for a few cars to proceed, it's actually quite selfish to block the path for those trying to get through the intersection behind you. Every unwritten rule has its purpose.

We saw all of the places that one would hope to see in NYC – the Empire State Building, the Statue of Liberty, the High Line, the 9/11 Memorial, Times Square, and more. These are things for which pictures just don't tell the whole story. You need to see it for yourself. We met lots of interesting people and adjusted relatively quickly to the pace, though even the kids had sore legs from all the walking which NYC residents are no doubt well accustomed to. We even got a couple of opportunities to ride in a classic NYC yellow taxi and the underground subway system.

Besides NYC, we also had a few experiences in another US state – New Jersey (shall we call it "Little Apple"?). This is where our hotel was located, just 15 minutes from Manhattan in good traffic, accessible via the Lincoln Tunnel which lies some 97 feet below the Hudson River. New Jersey was able to offer something that NYC could not – a hotel swimming pool and queen sized beds at an affordable price. Unfortunately, there were points when it also offered more than we bargained for. I felt that I narrowly escaped being "jumped" on two separate occasions, and in a third, our entire family was targeted in our vehicle after my wife didn't let someone cut her off. It was scary indeed. We have since decided that NYC prices aren't so bad!

It seems that after every rendition of my own travel musings, I reach the same conclusion: visiting other places is great, but there is no place like home!

The Weather with Connor

Featuring Connor Mockett

Hello, everyone! Welcome back to another week of The Weather with Connor. This week I thought I'd do a little end of summer Q&A with all of you. You asked questions, and I had answers for you! So, let's get started.

Q: What's your prediction for this coming Winter?

A: I think that this winter will be much drier than the Winter of 2022-23. Typically with El Nino years in the Pacific Ocean, that leaves the region with below average precipitation amounts. Obviously with every winter, there will be the big storms as always, but I think there'll be way fewer and just less snow in general for the Winter of 2023-24.

Q: Are we going to get any more warm weather this year? Hoping to get some more time in my swimming pool.

A: Generally, temperatures will be above normal for the rest of this month, aside from a couple days here and there. That means that daytime highs will be well into the 20's on a lot of the days. There won't necessarily be much humidity, but warm enough that it'll be nice to take a dip in a pool sometimes. I'd watch out for the beginning of October as well for some well above normal temperatures.

Q: Did Eastern Ontario have fewer storms this summer but did the ones that hit seem more serious? Is that an accurate observation? How do this season's storms compare to other seasons?

A: Yes, this was actually a very quiet season for Eastern Ontario. Easily the worst chasing season I've had around here, that's for sure. But yes, I found the storm days that the region had were above what this region is used too. We always have a couple of really volatile days, but we had many of those environments this year that were just so primed for severe weather, like July 13th and August 3rd to name a couple, which were both tornado days. In terms of the quantity of storms, this season was abnormal, but in terms of the quality of storms, it was above average. A weird season all around. Essentially, the season lasted about 5 or 6 weeks, we had nothing here until June 26th, and the last real storm day (which was the Ottawa flash flooding event) was on August 10th. There's nothing in the near term or future for storms either, so this season seems to have ended extremely early, which I've also never seen.

Q: Based on the rate of climate change right now, what kind of weather do you predict in about 5-10 years from now for our area?

A: Truthfully, I have no idea what even next season has in store for us, let alone 5-10 years from now. But the research and the science is there, and it supports the fact that climate change is drastically changing the way storms happen here. It's very obvious here too in the last 5-7 years, in my opinion, with multiple very crazy storm seasons. Logic would tell me that this should continue, but realistically, who knows? The climate will do whatever it wants whenever it wants.

Q: What are the tornado do's and don'ts when taking shelter?

A: First of all, when you hear that alert come over your phone that there's a tornado warning, the first instinct should be going down to your basement in your home. Being underground is the safest place to take shelter. If you don't have a basement, taking shelter in the bathroom is typically the best alternative, as it has 4 sturdy walls around you. A couple of don'ts would be taking shelter in your vehicle, taking shelter in a room with windows, or taking shelter in a garage. Vehicles are one of the worst places to be during a tornado, as they easily flip with the wind and get tossed around like a toy. Obviously, taking shelter in a room with windows isn't good either, mostly because if the window breaks, then the shards of glass come at you, and the wind does too, and your room of shelter is then compromised. If you're taking shelter in a garage, that's no good either, as the wind pushing on the garage door makes it one of the first things to get damaged on a home when it pushes it straight in and rips it. Then again, the wind comes inside and compromises your shelter.

That'll do it for this round of Q&A. Thank you for reading and I'll talk to you all next time!

Federal government releases Online News Act regulations

courtesy of News Media Canada

The federal government released the draft regulations for the Online News Act late last week. The regulations will be open for a 30-day public consultation period.

The draft regulations provide some additional clarity on how the Online News Act, which received Royal Assent earlier this summer, will work to level the playing field between news publishers and tech platforms.

Based on available data, the Online News Act could result in Google having to pay news publishers $172 million per year. Facebook's parent company Meta would be responsible for about $62 million to comply with the terms of the legislation.

The regulations also describe minimum thresholds that tech platforms must achieve in order to receive any exemptions.

CAPP fundraising for prison legal challenge

by Brandon Mayer

An upcoming concert in November will be hosted by the local group, Coalition Against the Proposed Prison (CAPP), with proceeds benefiting the legal challenge aimed at reversing the provincial government's decision to build a correctional facility on the site of the former Kemptville College. The concert will be headlined by Mohawk singer-songwriter Logan Staats.

The legal challenge against the proposed prison was started over a year ago on August 15, 2022, led by locals who oppose the project for various reasons. "The Notice of Application for a Judicial Review that [Victor Lachance and Kirk Albert] filed argues that the Ford government violated their own planning rules by ramming the Kemptville prison project through without consultation with the community or municipal Council," reads a release sent to the Times.

The fact that musician Logan Staats is Indigenous sheds some light on the reasoning behind his support for CAPP. "We don't need another prison on stolen Indigenous land," he said. "We need land back. That's why I'm joining forces with CAPP to stop Ford's Kemptville prison." North Grenville is located on unceded and unsurrendered Algonquin Anishinaabe territory.

Trevor Alguire will be performing at the concert as well. "Small town and rural Ontario needs to be respected and our voices need to be heard", said Trevor. "I was shocked to hear that the Ford government didn't consult with the residents of Kemptville before deciding to build a prison in their town. Paving over farmland to build that prison is simply irresponsible when our province is losing more than 300 acres of farmland a day. I'm joining forces with CAPP to stop Ford's Kemptville prison".

The concert will be hosted by former CBC News anchor Adrian Harewood, who notes "As a journalist, I've covered the most pressing issues facing our communities. Today, many are concerned about the future use of agricultural and environmentally sensitive lands. We all want to make communities safer for everyone. I'm honoured to be hosting the Joining Forces concert that brings all these issues into focus".

The proposed "Eastern Ontario Correctional Complex" (EOCC – commonly referred to as the "proposed prison" or "Kemptville prison") has been very controversial since it was first announced. A survey published last year in the Times (conducted without the scientific method or quality controls) suggested that 77% of North Grenville residents oppose the project.

"Since the Judicial Review will determine if the Province's actions were legal, it is in the interests of all residents, whether for or against the proposed prison, to ensure this matter is heard," said Colleen Lynas from CAPP. "At this stage of the process, municipal Council can still do something; Kirk Albert and Victor Lachance publicly asked them to match the $20,000 raised in support of the judicial review and to undertake an injunction to prevent the Province from destroying the onsite buildings until the outcome of the review is known."

Colleen notes that an important positive milestone was reached in CAPP's campaign recently. "Based on Superior Court Justice Robert Smith's decision on the Province's motion to dismiss the Judicial Review, we are understandably optimistic. Justice Smith noted that the Province failed to adhere to its own Provincial Policy Statement and the Planning Act."

MPP Steve Clark has been a target of Colleen's criticism. Clark was well aware of the Council's aspirations to purchase the earmarked land, and yet kept them and his constituents in the dark," she noted. "He failed to ensure that his government met its obligations to both consult with the Municipality and abide by its own planning laws and policies."

The current focus of the effort is fundraising, but CAPP recognizes that contributing financially is not feasible for everyone. There are other ways to help. "People can help us by liking and sharing our social media content where we are actively promoting the concert," said Colleen. "For people who would like to attend the concert but are concerned about driving into Ottawa, please email CAPP. There may be others attending who can offer a ride."

The fundraising concert will take place on November 3 at the Carleton Dominion-Chalmers Centre in downtown Ottawa (290 Lisgar Street). All proceeds will support the prison legal challenge. The doors open at 6:30pm, and the concert starts at 7:30pm. There will be a cash bar, and artist and campaign merchandise available for purchase. Tickets went on sale on September 6, and are available at noprison.eventbrite.com.

The WDMH Foundation, Winchester District Memorial Hospital, and Dundas Manor Long-Term Care Home: A Special Relationship

The WDMH Foundation is the proud fundraising partner for both Winchester District Memorial Hospital and Dundas Manor Long-Term Care Home.

This unique relationship allows Winchester District Memorial Hospital and Dundas Manor to expand the circle of care to reflect the stages of our lives. As fundraising partners for both, we help donors make a difference throughout the lives of family, friends, neighbours – and even those you don't know.

The WDMH Foundation is honoured to partner with Dundas Manor in bringing the long-awaited dream of a new home to reality. Although the three organizations, the WDMH Foundation, Winchester District Memorial Hospital, and Dundas Manor, operate separately and legally, the common goal is to support and ensure compassionate excellent care. Gifts to the WDMH Foundation help to provide excellent care close to home.

There are many ways to give such as including the WDMH Foundation as part of your legacy - by including it in your Will or estate planning. As with all gifts to the WDMH Foundation, you can decide if your gift will support Dundas Manor, Winchester District Memorial Hospital – or both!

To learn more about legacy giving and the WDMH Foundation, please contact fellow legacy donor, Erin Kapcala – Manager of Major and Planned Giving for the WDMH Foundation at 613-292-7468 or ekapcala@wdmh.on.ca

Community. Care. Close to Home.

WDMH hosts prostate testing event

Tom Clapp, Linda McMahon. Sarah Potestio (Cancer Coach), Doug and Kathy Nugent and Ken Alcock.

submitted by Tom Clapp

On September 9, the Winchester District Memorial District Hospital hosted a Prostate-Specific Antigen test (PSA) event. The event was coordinated by Sarah Potestio RN, the cancer coach for the hospital. Men were invited to come to learn more about prostate cancer and receive a free PSA test. 219 people participated in this event. This event was also supported by Prostate Cancer Support Ottawa, the Nation Valley ATV Club and Ride for Dad Ottawa. Many thanks to the WDMH staff who donated their time to make this possible.

September is Prostate Cancer Awareness Month so it was great that WDMH hosted this event.

Prostate cancer is the highest diagnosed cancer in men but when diagnosed early, it is 95% treatable. In Canada, 24,600 men will be diagnosed with prostate cancer. In 2022, there were 4,600 men who died from prostate cancer. 1 in 8 men will be diagnosed with this cancer. It is usually diagnosed in older men so if you are 40 plus, you should get tested to establish a baseline to compare for future testing. If there is cancer in your family, you might want to get tested earlier.

I am a prostate cancer survivor who thought I was perfectly healthy, having no health concerns. Thanks to my doctor who was monitoring me, he recognized a change in my PSA and after a rectal exam, sent me on my cancer treatment journey. My message to all men is to get tested and monitor your tests.

If there are any questions , please note that there is a local support group, the Black Walnut Group in the WDMH area. You can contact anyone in the picture above for a confidential discussion.

Update on the brief September 5 Council meeting

by Brandon Mayer

The September 5 meeting of North Dundas Council was shorter than usual, lasting just over an hour. It opened with a public meeting to consider a zoning by-law amendment proposed to allow a new farm equipment dealership on a property currently used for agriculture.

A presentation was given to fill members of Council and the public in on the details of the proposed by-law amendment, and the nature of the business that the new landowners are hoping to build there. Members of the North Dundas public are permitted to speak at public meetings, as per the Planning Act, in order to give input on decisions that affect the whole community, such as zoning changes.

Greg Stubbings, who farms with his wife on the property adjacent to the subject property, took the opportunity to speak during the public meeting. Greg raised concerns about the zoning changes because the land in question is high quality agricultural land, mostly tile drained, and had trees near the back of the property that were recently removed.

Greg also shared safety concerns about the addition of a farm business on the lot in question, with road access that sits in the only straight section of the County Road 31/43 Winchester bypass. He questioned whether vehicles trying to turn onto the road from the property will be able to do so safely, with vehicles approaching from blind curves in either direction at highway speeds. For this latter point, Calvin Pol, Director of Planning, Building, and By-law Services, confirmed that an engineer has given clearance for a vehicle access entrance on the stretch of road in question. With respect to the concern regarding the best use of land, Director Pol posited that land for development in North Dundas is becoming scarce, and with this being a relatively small parcel of 15 acres, it would not have as big an impact on agriculture in the area as the sacrifice of a larger piece of land would.

Dave Baker also addressed Council during the public meeting regarding the ATV trail that runs through the property. He is worried that if the property in question becomes a commercial property, the subject portion of the ATV trail will be eliminated. Dave stated that there are about 650 ATV trail users in the area, not including many others from the broader area who pass through the Township.

Councillor Matthew Uhrig asked Director Pol to ask the new property owner about the ATV trail in a meeting that was planned for a few days after the Council meeting. He further stated that he thinks a farm equipment dealer would be a great addition for Winchester and expressed his overall support for the proposed zoning changes and the project. Councillors Lennox and Annable agreed with Councillor Uhrig's view. Later in the meeting, the zoning by-law amendment was passed.

Much routine business was dealt with efficiently during the meeting. One example is the passing of a motion to fill in a surface pond that could have potentially affected the water quality of the Township's new Lafleur Road well. In another item of business, Council moved to have Township staff investigate the costs of one proposed option for adding manganese filtration to the Winchester water system. Councillor Uhrig spoke passionately about the importance of ensuring local water quality, kicking off comments of agreement from other Council members as well.

The meeting ended with a short discussion of the Township's finances, including a presentation about the 2022 budget surplus. Another Council meeting took place earlier this week, on September 19, but could not be covered for the current issue of the Times by deadline.

Eldon Holmes

1943/1983

Miss You

Love, Your Family

Maureen LaPorte
(nee Riches)

Passed away peacefully at Carleton Lodge on Thursday, August 31, 2023 in her 87th year. Beloved wife of Wayne LaPorte for 68 years. Loving mother of Micheal (Robin), Steve (Fran) and Kenny. Special Grandma to Eric, Kristy, Adam, Sara, James and Deanna and 11 great grandchildren. After retiring Maureen volunteered for the Cancer Society, Meals on Wheels, blood donor and knit hats for premature babies. A private service was held at the Winchester Chapel of Hulse, Playfair & McGarry on September 9th, 2023 followed by an interment at Maple Ridge Cemetery. A special thanks to Garden Villa in Chesterville and Carleton Lodge in Nepean for the great care that they provided over the last few years. Donations may be made to your own personal charity or organization in her name.

Condolences/Tributes/Donations
Hulse, Playfair & McGarry
www.hpmcgarry.ca
613-774-1117

Merrickville Council embroiled in Pride Month drama

Merrickville-Wolford Mayor Cameron (left) exchanges words with Councillor Gural (right) after the vote on a Pride Month support bill defeated the motion.

by Brandon Mayer

A nearby municipality to the west had some drama brewing at a recent Council meeting on September 11. On that evening, Deputy Mayor Anne Barr from the Village of Merrickville-Wolford brought forward a Notice of Motion, hoping to get support from Council to officially recognize Pride Month at the local level, in support of its 2SLGBTQI+ residents.

The Notice of Motion, which was read in its entirety before Council, states in part: "WHEREAS the Corporation of the Village of Merrickville-Wolford supports the rights of every citizen to experience equality and freedom from discrimination; and WHEREAS all people regardless of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, genetic characteristics or disability have the right to be treated on the basis of their intrinsic value as human beings… the Corporation of the Village of Merrickville Wolford will, each year, display the Progress Pride Flag for the month of June. The Progress Flag represents: life, healing, light, prosperity, serenity, spirit, marginalized citizens of colour, and transgender and non-binary citizens."

Such a bill is relatively standard and is becoming more common in municipalities across the country. To defeat such a bill is considered a show of disdain for diversity and inclusion, and is becoming less and less common in a forward-thinking world. Several Times readers therefore sent in words of outrage when the bill was defeated in a 3-2 vote by Merrickville-Wolford Council.

Deputy Mayor Barr explained, following her reading of the bill for Council's consideration, that in 8 years of sitting on Council, she was never approached about passing such a motion until a few months ago. "We all got an email some months ago with a request for this, and I think it's time that we recognize and honour the contributions of all of our citizens," she said.

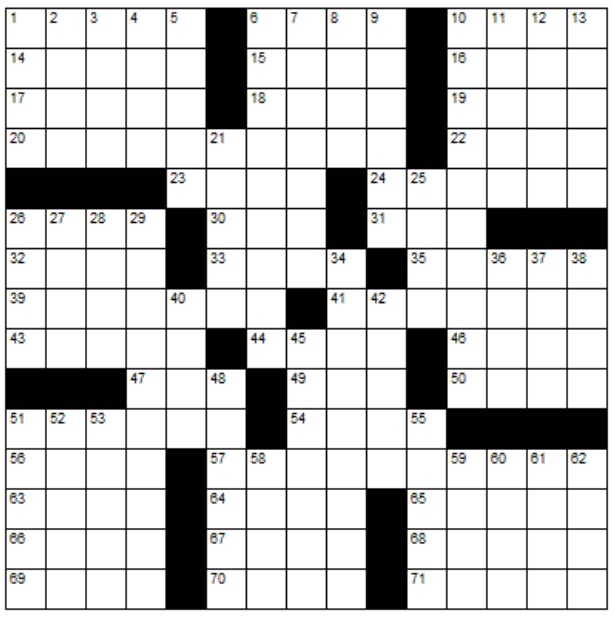
When Mayor Michael Cameron called for a vote on the motion, Deputy Mayor Barr and Councillor Margaret Gural both voted in favour of passing it. Councillors Stephen Ireland and Ronnie Maitland then voted against the motion. Mayor Cameron – who does not vote except to break a tie – then quickly raised his hand to oppose the motion, defeating it.

Councillor Gural spoke almost instantly upon the declaration that the motion was defeated, stating in a firm tone "I'd like a recorded vote please". Mayor Cameron responded with a smirk and stated "already been called, sorry". Councillor Gural then corrected him, saying "I can call a recorded vote". Mayor Cameron answers again, stating with a tone of annoyance, "the vote was already called". After Councillor Gural read the procedural by-law confirming that a recorded vote can indeed be called immediately before or after a vote, the Mayor conceded and stated "perfect, we'll record it then" before adding in "but I mean it's obvious for any to hear". Again, Mayor Cameron seemed annoyed in his reply. Normally, meeting minutes for Council meetings only reflect whether a motion is passed or defeated. A recorded vote is done only by request to enter into public record how each Council member casted their vote for a particular motion.

Following the recording of the votes – in which the two female Council members once again voted in favour of the motion, while the three male members voted to defeat it – Deputy Mayor Barr visibly shook her head. Council business then proceeded as normal, despite the drama that had just occurred between Council members.

It is unclear what reasoning the Mayor and councillors Ireland and Maitland had for opposing the motion. The Times has reached out to members of Merrickville-Wolford Council, inviting comments or submissions in a future issue to provide insights on the defeated motion.

CROSSWORD



ACROSS
1. Marsh bird
6. Type of cheese
10. Harvest
14. Above a baritone
15. Adjacent
16. Therefore
17. Consumed
18. Completed
19. Colored part of the eye
20. Guarding
22. Units of 2000 pounds
23. Outbuilding
24. Come forth
26. Upper limbs
30. Anger
31. Dung beetle
32. Platter
33. Adriatic resort
35. Greens with dressing
39. Biting
41. Hobby
43. Happen again
44. Dazzles
46. A Great Lake
47. Browning of skin
49. Paintings
50. Fathers
51. Small swimsuit
54. Marsh plant
56. Distinctive flair
57. Bowed stringed instrument
63. Your majesty
64. Make a sweater
65. Review
66. Domestic
67. European volcano
68. Audacity
69. Cicatrix
70. Cuts lumber
71. Horse

DOWN
1. Stair
2. Close
3. Put ____ words
4. He writes in stanzas
5. Anagram of "Sneer"
6. Highly specialized knowledge
7. Disunited
8. Gulf port
9. Joined
10. Restated
11. Mistake
12. Growing old
13. Sheriff's group
21. Ground beef with peppery powder
25. Tiny leafy-stemmed flowerless plants
26. Jewish month
27. Oriental grain
28. Millisecond
29. Voting inspector (Brit.)
34. Short amusing operas
36. Former Italian currency
37. In the center of
38. D D D
40. Fiber source
42. Daisylike bloom
45. Admonition
48. 5 cent coin
51. Beats
52. Of a pelvic bone
53. Fate
55. Fixes socks
58. Aware of
59. Borscht vegetable
60. Unit of land
61. Rescue
62. Didn't dillydally

Solutions to last week's Sudoku

5	3	8	4	6	2	1	9	7
6	1	4	7	9	8	5	3	2
2	9	7	3	5	1	8	6	4
9	2	5	8	7	6	4	1	3
7	8	1	5	4	3	9	2	6
4	6	3	2	1	9	7	5	8
8	4	9	6	2	5	3	7	1
1	7	2	9	3	4	6	8	5
3	5	6	1	8	7	2	4	9

Easy

9	1	6	3	5	8	2	7	4
7	4	3	1	2	6	8	9	5
5	2	8	9	4	7	3	1	6
8	9	2	7	3	4	5	6	1
6	5	4	8	1	9	7	2	3
3	7	1	5	6	2	9	4	8
1	6	9	2	8	3	4	5	7
4	3	7	6	9	5	1	8	2
2	8	5	4	7	1	6	3	9

Medium

9	5	2	7	3	1	8	6	4
1	8	6	2	4	9	7	3	5
7	3	4	8	5	6	1	2	9
2	7	8	4	1	3	9	5	6
6	9	3	5	8	7	2	4	1
4	1	5	9	6	2	3	8	7
8	4	9	1	2	5	6	7	3
5	6	1	3	7	8	4	9	2
3	2	7	6	9	4	5	1	8

	2			6	8			4
6	8	7				5		
1							3	
2				8	7			
	4	1						
3				1				
								2
8	5					7		
		6	7					1

Hard

2			1	5				4
1		7	6			2	5	
5							3	
			2	1		5		
		3			4			8
	2			8	7	6		
						4		
8						1		

2		8	6				4	3
5		1						
3			4	5			7	
	3			2				
7	1				5			
8		6		3			1	
	5			1				
				8	7	1		2

Solution to last week's Crossword

P	A	R	E	■	A	B	E	L	■	■	C	A	R	P
U	N	I	T	■	S	A	L	A	D	■	A	G	A	R
T	O	G	A	■	P	R	O	V	E	■	T	O	R	O
S	N	A	G	S	■	S	P	I	L	L	A	G	E	S
■	■	M	E	E	K	■	E	S	T	E	R	■	■	■
S	C	A	R	L	E	T	■	H	A	I	R	D	O	■
C	A	R	E	F	R	E	E	■	■	S	H	I	R	E
A	D	O	■	■	F	A	L	S	E	■	■	C	I	A
D	E	L	I	S	■	■	K	E	Y	N	O	T	E	S
■	T	E	N	P	I	N	■	W	E	A	R	I	L	Y
■	■	■	H	U	M	A	N	■	D	I	D	O	■	■
F	E	D	E	R	A	T	E	D	■	F	E	N	C	E
A	D	A	R	■	G	U	A	R	D	■	R	A	Y	S
Z	I	T	I	■	E	R	R	O	R	■	E	R	A	S
E	T	A	T	■	■	E	S	P	Y	■	D	Y	N	E

Let the buyer beware of needless radiation

There's a Gifford-Jones Law that says, "Never accept radiation you don't need." But a dangerous new medical trend is breaking this law. What's the worry? Across North America, some private clinics are now promoting the promise of early detection of disease to healthy people. In return for a fee, buyers get whole-body screening using a variety of diagnostic imaging equipment.

These promoters don't have to be marketing stars. People naturally fret about their mortality and become receptive listeners. It's wrong to profit on those fears.

But the trend is catching hold. The sell is easy when the hope is early detection of a small cancer. "You may not have any symptoms as yet," they'll pitch, "and an early catch means high likelihood of a cure."

Or another pitch might be the benefit of detecting a life-threatening aneurysm. "The largest artery in your body could be bulging and about to rupture causing massive bleeding and death," they might suggest. "A preventive scan will save your life!"

Full body scans are good at discovering what are called "incidentalomas", the medical term for incidentally found asymptomatic tumors. Sometimes they find stones in the gallbladder that are best treated by the crematorium at 90 years of age. Or they can find a small asymptomatic hernia that does not warrant surgery and would otherwise have gone unnoticed for life.

Some people get lucky with these scans. For instance, a brain tumour may be discovered early, enabling surgical treatment. But a radiologist in the Netherlands who conducted a study of full body scans concluded that there were false positives 16 percent of the time.

Experts in various countries have given thumbs down on these procedures. Dr. Mirza Rahman, a physician and President of the American College of Preventive Medicine, says these scans are a bad idea. "Follow-ups mean everything from more costs to more procedures that may lead to more complications."

The American College of Radiology also released a statement, "There is no documented evidence that total body screening is cost effective or evidence it prolongs life."

All the different types of scans come with major risks. With CT scans, it's the radiation exposure. Health Canada warns "Whole body CT screening exposes you to radiation levels that are 500 to 1000 times as high as those of a routine chest X-ray and increases your risk of developing radiation-induced cancer."

Magnetic resonance uses no radiation but carries other risks. According to Health Canada, "The strength of the magnetic field used in MRIs can make metallic implants such as pacemakers, metal pins or clips move and tear soft tissue. MRIs may also cause biological effects, including the electrical stimulation of nerves, and the heating of implanted metallic leads, which may cause serious burns. Also, the magnetic field in an MRI scanner can magnetize nearby objects, which can become dangerous projectiles in an examination room."

Is there a time for full-body scans? People having a genetic predisposition to forming multiple tumors may benefit, says Dr Resten Imaoka, a radiologist at Washington University School of Medicine in St. Louis. But this is the point: unless your doctor has a good reason for ordering a full-body scan, it's best to stick to recommended and proven screening tests, such as for colorectal cancer.

A wise sage was asked, "How would you describe a healthy patient?" He replied, "A patient not being seen by many doctors."

Remember, the best way to fight illness is not with endless tests. It's by avoiding illness in the first place. And that's the original Gifford-Jones law. Adopt a healthy lifestyle early in life and stick with it.

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The Rockets Senior Hockey Club: A gem situated right in the Heart of North Dundas.

by Murray Link

As summer comes to a close and the weather begins to change, there is a distinct feeling in the air that is common this time of year in small town Canada…….it's hockey season! Chesterville is no stranger to this phenomenon which takes place every winter but this year is different, there is a buzz in the air about its local senior men's hockey club. The secret is out and it is no surprise to anyone who has attended a game over the past two seasons……. North Dundas is home to the best senior men's hockey program in Eastern Ontario. In fact, the team which plays out of the Chesterville "Barn" has captured the EOSHL championship title the past two seasons.

What is the EOSHL? The Eastern Ontario Super Hockey League is a Senior Men's A League for those who still want to play competitive hockey. Games are fast paced with body contact and the odd "tussle". The League is made up of 15 teams, 8 teams in the East and 7 in the West. Teams are located as far west as Deseronto to as far East as Glengarry. There is a 20 game season with 10 home games and 10 away games. This year's regular season format has changed so that the Rockets will not be facing any teams from the west until playoff time.

Who are the North Dundas Rockets? The Rockets team is comprised of elite level hockey players who range in age between 25-35 on average. Led by their captain, Chesterville native Derek Froats, the team is made up of players who still want to play competitive-level hockey. In fact, the Rockets roster of 25 boasts 12 players who have played professionally, whether it be in the AHL, ECHL or overseas in Europe. Also returning this year is #66 Brett Gustavsen, last year's EOSHL regular season MVP and top forward winner. Gustavsen, a native of Toronto, tallied 67 points last season in 17 games and is described as a crafty forward who "gets under the skin" of every one of his opponents. The Senior Rockets are also pleased to announce that last year's playoff MVP Mike Mcnamee has committed to returning to play this year. Mcnamee, who is no stranger to the spotlight, has spent time in both the American Hockey League as well as playing overseas in Denmark. Over the past two seasons, Mike has tallied 21 goals and 19 assists in 14 games with the Rockets.

What to expect at games? Regular season games are scheduled on Saturday afternoons with the much anticipated home opener versus the Cornwall Prowlers on Oct 7th with a 2:15 puck drop. Along with great hockey to watch, fans can also enjoy a cold beer in "Gossip Corner" where regulars flock to talk about what's new and exciting about their hockey club. Rockets executives are excited to announce that this year, one lucky fan has a chance to win $25,000 at each and every home game. So come on out and support your local hockey team and enjoy an afternoon of fun and excitement. Don't forget to check out and follow the North Dundas Rockets Senior Hockey Club Facebook page schedule, player profile updates and details about the $25,000 shootout. See you at the game!

Baldwin's Birds

Is Summer almost over?

Our Hummingbirds, I think, are just making their last few visits to our feeder before they will be off on their very long migratory flight down to the south of us. Before they had taken their last sip, my wife wanted to get one more shot of them which she did, and quite successfully too! Our "little lady' Hummingbird obligingly flew up to the feeder, despite those pesky wasps, and presented a nice flying shot of herself for her to take. I have been trying to monitor the feeder activity during the day, but haven't seen them at all, so I guess that they have departed until next May! We'll miss them and all the other migratory birds who came and visited us this year to provide us with so much joy and fascination as they went about their daily lives.

Luckily we have still got our good old reliable species which stay with us for the duration, so we have to turn our sights to them and look forward to watching their activities during the upcoming fall and winter seasons. A few Canada Geese honked their way past the house this morning, so no doubt their fellow feathered friends will be appearing soon to make a stop-over in the creek at the end of our road. That is usually quite a spectacular occasion, as they drop down in their small flights (groups) and come in to land on the water with their outstretched wings and legs held rigid and their toes pointing skyward. They then alight into the water with a gentle braking surge of water going on ahead of them and then decaying to their sides and behind them, before they come to a gracious stop. What a magnificent sight to behold and one that always delights the beholder, whoever they are. I, for one, am looking forward to seeing and hearing them again and I hope that you can get to enjoy the same experience too, but as you do, please make sure that you stay safe and well.

Cheers,
John Baldwin

Rockets announce "Shoot Out" for cash
One lucky fan could win $25,000 at every home game!

by Murray Link

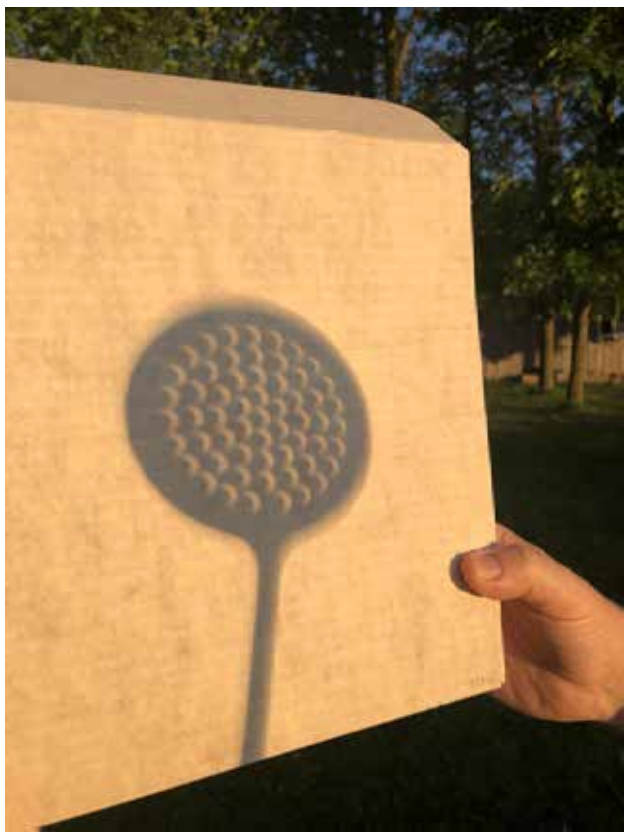
The North Dundas Senior Rockets Hockey Club is thrilled to announce that it has partnered with Home Hardware Building Centre for a chance to have one lucky fan to win $25,000 at each and every home game. The two time defending EOSHL Champions want to give back to their dedicated fans and make every home game an experience to remember. Tickets for the shoot out will be sold at all 10 Rockets home games ($5.00 per ticket, or 3 for $10.00). During the second intermission, the fan who's name is drawn will get one shot at the "Rockets Shoot Out Board". If the puck crosses the goal line and into the net, that lucky fan will be going home with $25,000 in their pocket. For more details, please visit and follow the North Dundas Rockets Senior Hockey Club Facebook page.

GARAGE SALE

Sept 28 & 29. 9am-3pm. 457 Gladstone St, Winchester. Household items, collectables, rain barrel, toys and Christmas items

BACKYARD ASTRONOMY

A Partial Solar Eclipse



by Gary Boyle
The Backyard Astronomer

A few times each year, the sun, moon and Earth perform a cosmic lineup in space producing an eclipse. This year, our planet will witness two solar and two lunar events. On Saturday, October 14, 2023, skywatchers along a path starting in Oregon through Nevada, Utah, New Mexico and ending in Texas will see an annular eclipse of the sun. The rest of North America (depending on your geographic location) will see a partial eclipse with varying percentages of the sun covered by the moon.

Although this seems like an incredible event to view and photograph, it comes with great risk and danger. Unlike a lunar eclipse where the moon slides into the earth's shadow, turning a burnt orange or coral colour and is completely safe to view, the sun is a far different story. Protective measures must be applied to prevent eye and camera damage.

Solar eclipses come in basically three flavours, total, annular and partial. The first two are dictated by how far the moon is away from Earth at eclipse time. In its monthly orbit around our planet, the moon's elliptical orbit causes an approximate 50,000-kilometre or 30,000-mile variance between the closest and farthest approach called perigee and apogee. The so-called "supermoon" is the combination of a full moon and the closest distance to us which we experienced at the end of August with the "Blue Moon" or the second full moon in the same month..

On Oct 14, the moon will be farther from Earth and therefore not block the entire solar disk. The classic total eclipse is when the entire sun is completely covered for a few seconds up to a maximum of seven and a half minutes depending again on the moon's distance in its orbit. Much like a hockey goaltender challenging a shooter as he skates out and retreats in the net.

Since at no point will the sun be safely covered by the moon, DO NOT LOOK DIRECTLY AT THE SUN without protective means. Unless you have a certified solar filter or a number 14 welder's glass which many of us do not possess, you can still safely see using items such as a vegetable strainer, spaghetti colander or anything with small holes, even a Ritz cracker AND a piece of paper. With your back to the sun, holding up the strainer or cracker allows you to view little crescent suns on a sheet of paper in front of you in safety. For the photographers, Baader solar film or other solar filters are a must or you run the risk of melting your camera's CCD chip or your cell phone sensor.

Eclipses are an awe-inspiring wonder of nature that can be enjoyed safely.

Clear skies,

Known as "The Backyard Astronomer", Gary Boyle is an astronomy educator, guest speaker, monthly columnist for the Royal Astronomical Society of Canada as well as a STEM educator. He has been interviewed on more than 55 Canadian radio stations as well as various television across Canada and the U.S. In recognition of his public outreach in astronomy, the International Astronomical Union has honoured him with the naming of Asteroid (22406) Garyboyle. Follow him on Facebook and his website: www.wondersofastronomy.com

Q&A with Sarah and Cyndy – How much do I need in my Emergency Fund?

By Sarah Chisholm, Financial Advisor

Do you have any funds set aside as an emergency fund? Have you updated your emergency fund amount to keep pace with inflation? How much should you have set aside?

What are the benefits of an emergency fund? When there is a serious sickness or injury, death in the family, job loss, or an unexpected major expense, an emergency fund is an important backstop to protect your family. Cash could be used to pay rent while you are on the job hunt. If a loved one is hospitalized, the emergency fund provides flexibility to cover the missing pay cheque and cover additional costs such as hospital parking fees, extra daycare costs and time off work to be with your loved one. An emergency fund provides you with flexibility. It reduces your stress at an already stressful time.

How much should I have saved in my emergency fund? A good starting point is setting aside three to six months of expenses, but is this achievable? An emergency fund does not need to cover all your monthly expenses. Instead, the fund should replace your fixed costs such as food, housing, and transportation. Discretionary expenses such as eating out, gifts and clothing can often be eliminated in the short term. Other outflows such as contributions into retirement savings accounts or education savings accounts can also be paused – take care of the emergency first – then restart the retirement savings. Run the numbers to see what 3-6 months really looks like for your family.

What if I have existing consumer debt? Work towards paying off your consumer debts and making sure those credit card balances get paid off in full monthly. As you pay down the balances, you are making more credit available which could be used as a last resort for emergencies until your cash emergency fund is created.

Can I earn interest on my emergency fund? With interest rates being so high, make sure that the high interest savings account you are using provides a competitive interest rate. A financial advisor can often build your emergency fund into your Tax-Free Savings Account or Non-Registered account using a high interest savings fund that is safe and liquid. Keeping the emergency fund separate from your daily banking account can also reduce the tendency to spend your emergency fund on non-emergencies.

Can I insure the risk? Some emergencies are health related – a disease or injury can cause time off work and a death will change a family immediately. Consider using insurance along with an emergency fund to protect your family. Disability Insurance and Critical Illness coverage can provide protection from loss of earnings or a life-threatening condition. Health benefits can also provide access to paramedical practitioners to help recover from injuries or drug coverage to ensure a safe recovery. Life insurance provides a lump sum to the beneficiaries which can be used as desired, potentially to pay off a mortgage, create a buffer for a grieving period or create funds for a child's future education. Chat with a trusted financial and insurance advisor to discuss your risk coverage needs and existing coverage.

What if I already have an emergency fund? Congratulations! This gives you the flexibility to start planning for short term and long-term goals. Try creating a sinking fund for large purchases. Set aside funds monthly and when the fund is big enough, take the vacation or buy the new furniture, then start rebuilding the fund for the next big purchase. For retirement, consider increasing your contributions to your Registered Retirement Savings Plan or Tax-Free Savings or putting extra funds towards your mortgage to pay it off sooner.

Still not sure where to start? Consider chatting with a financial advisor to look at your unique situation and create a personalized strategy.

SD&G "Date My County" winners settle in Long Sault

Emily and Michael at the Lost Villages Brewery on September 8. Photo by Nanda Wubs-Huizenga.

by Brandon Mayer

A unique program is underway here in the United Counties of Stormont, Dundas, and Glengarry. The Counties implemented a plan last year to bring tourism and attention to local recreation and businesses, called "Date My County".

Simply put, "Date My County" was a content for which interested individuals or families could submit an application to have up to $1,500 per month in accommodations paid within SD&G for one year. The contest period ended in November of 2022, and Emily Tohana and Michael Bricteux were the lucky winners.

The couple has been living in SD&G since August. On September 8, they had a "homecoming" party at the Lost Villages Brewery in South Stormont, where it was announced that they will settle in a home in Long Sault.

Last weekend, Emily and Michael visited the Battle of Glengarry War of 1812 Re-Enactment at the Glengarry Pioneer Museum in Dunvegan.

The "Date My County" concept is essentially a social media campaign, with Emily and Michael acting somewhat as "ambassadors" for the United Counties. Their journey exploring local attractions and businesses can be followed on the "Made in SDG" Facebook page at https://www.facebook.com/madeinsdg.

Do you have an idea of a place that Emily and Michael should visit? You can send an email to madeinsdg@sdgcounties.ca with your suggestion.