the north dundas TIMES
Reaching by direct mail to over 5,500 homes and businesses in Winchester and area
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South Mountain Derby a "smashing" success

by Brandon Mayer

The 131st South Mountain Fair took place last weekend, and the eagerness of Fair-goers showed that even after well over a century, some things just never get old. On opening day, August 17, a tradition that was cancelled last year made a "smashing" comeback – the Demolition Derby brought immense enthusiasm from the crowd.

Fans started to pack into the stands over an hour before the Demolition Derby was set to begin. By about 6:30pm, the stands were "full" to the naked eye, but in traditional small town fashion, spectators were happy to slide over and make room for those who were late to arrive. A light drizzle of rain that began around 6:45pm turned into a full-blown downpour by 7pm when the Derby was slated to begin. A select few spectators ran for cover, but most stayed in their seats – nothing, not even a cold soaking of rain, could scare them off from such an anticipated event.

By 7:15pm, the rain had stopped completely, and the Derby got underway. Four cars competed at a time in three separate heats, doing their best to deliver enough damage to render their opponents' vehicles immobile. Drivers were surveyed prior to the event to determine if they wanted to potentially sacrifice their vehicle – should it win a round – for an end-of-event "finale". A finale is exactly what the drivers wanted, and it's therefore what fans were treated to.

The three surviving vehicles went "tail-to-tail" – so to speak – for a finale which at first lasted shorter than what fans were expecting. A forward hit from car #28 very nearly hit the driver's side door of one of the two opponents. A driver's side door hit is illegal in Derby competitions. The hit caused the two opponents' cars to get hooked onto each other, rendering both unable to move, and securing the win for #28 at first glance. However, the fight wasn't over.

The damage done by the driver's side hit was inspected to determine if the hit was too close to the driver's door. Some "booing" was heard from the crowd, presumably a criticism of #28 for the potentially dangerous close call. Rather than ending the event with two immobile cars and a third car with a disqualified driver, the priority was shifted to the fans who came out to see a great show. The two immobile cars were separated, and all three cars went at it again after a few necessary repairs were made.

A short contest followed, with #28 once again being the last car rolling. The massive crowd responded with a healthy mix of applause and boos. Last year's Derby was cancelled due to a shortage of available used vehicles, so fans were surely thrilled to have a return of the event this year.

Even for opening day, which is about half as long as the popular Friday and Saturday Fair days, the South Mountain Fairgrounds were absolutely packed on August 17. Lineups for rides were becoming so long that they were becoming blended with other lines. The food, drinks, and treats were flowing, music was playing, and smiles were everywhere.

As expected, the Fair enjoyed packed crowds on Friday, Saturday, and Sunday as well – a tradition of 131 years that is sure to delight for many more decades to come.

We're Donors Too!


Erin Kapcala and her family


Cindy Peters


: *Jana Barkley*


Kristen Casselman

submitted by Jane Adams

It has been an exciting few weeks at the WDMH Foundation office with the launch of the Expanding the Circle of Compassionate Care campaign to build the new Dundas Manor Long-Term Care Home. We a so grateful to everyone who has made a donation to date.

Because of you, the magic will continue and Dundas Manor will continue to keep families together even when living apart due to health challenges. Construction on the new home will begin this fall! We want to share the wonderful stories of the many donors who are helping to make the dream come true. And we thought we'd start with the WDMH Foundation team – because we are donors too! Each member has provided a gift to help build the new Dundas Manor and we're proud to share our reasons why.

Managing Director Kristen Casselman says she knows how impactful a new Dundas Manor will be for local health care in our community: "This is the largest gift I have ever given to any organization and I was able to do so because of the flexible option to pay it off over 7 years. This donation is for everyone in our community because at some point, Dundas Manor has - or will - affect us all in some way. Dundas Manor is a give to our community - I am proud to invest in the new home and am humbled and grateful to be able to do so."

For Campaign Assistant Cindy Ault Peters, it comes down to family: "I have had many family, friends and neighbours who have made it their home over the years. I also have had family who have had to go out of our area for care, due to the need for beds here. A new, larger, safe home will make an impact for many people for a long time – and keep residents close to their families. I am very proud and thankful to support this project."

Jana Barkley worked at Dundas Manor before joining the Foundation team as Campaign Development Associate: "My deep admiration for the residents and staff of Dundas Manor motivated me to begin bi-monthly contributions to the campaign. I decided what amount worked best for me. I am so happy to have this opportunity, and I will be very proud to be a part of building the new Dundas Manor."

As the Foundation's Manager of Major and Planned Giving, Erin Kapcala works with donors every day to support them in leaving a legacy: "We are all somehow connected to Dundas Manor - we know someone who has called it home or we know someone who works there. Building a new, bigger Dundas Manor will allow more family, friends, and neighbours to call Dundas Manor home – and I can't wait. Our community deserves this. My family is honoured to be supporting the new home with our monthly give.

Giving monthly allows us to easily achieve our goal."

The estimated cost of the new building is $63 million. The provincial government is providing approximately $45 million. Our campaign goal is $18 million and we are well on our way with more than $11 million given to date. Thank you so much!

For more details about the Expanding the Circle of Compassionate Care campaign, please visit www.dundasmanordream.ca or contact the WDMH Foundation team at 613-774-2422 ext. 6162 or 6169.

Help Support Your Local Businesses SHOP LOCALLY

Fall fairs bring urban and rural Ontario together

by Drew Spoelstra, Vice President, OFA

A sure sign that the end of summer is approaching has always been the opening of the Canadian National Exhibition (CNE) in Toronto. This year's kick-off at the Exhibition grounds alongside Lakeshore Boulevard is only a few days away – and although it's in a thoroughly urban location, the CNE is actually one of North America's top agricultural fairs.

Across Ontario, fall fairs are an important part of the community fabric. In the early days of many communities, the fall fair was the first event they hosted regularly and for many, it's still one of, if not the biggest community event on the yearly calendar.

The role of the fair is one of both celebration and education. Historically, it was at the fall fairs that farmers brought their best livestock, crops, baking, preserves and other items to enter into competitions as a way to both celebrate the bounty of another season and honour those with excellent production.

And that's still the case at fall fairs across Ontario. My family and I farm within the city limits of Hamilton near the community of Binbrook, for example, and we're active participants at our local fair every year, showing horses and taking part in the grain competition.

I'm a strong believer in the ongoing value that fall fairs bring to not just our communities but also to farmers and to Ontarians province wide. That's what has been a driving force behind my own volunteer involvement with my local fairs in Binbrook and Ancaster for many years.

The agricultural societies that run fall fairs have an official mandate through Ontario's Agricultural and Horticultural Organizations Act to promote agriculture and agri-food in our province. Many farmers and farm organizations volunteer their time every year to run demonstrations, staff displays and talk about all sorts of agricultural topics from how farm animals are raised to the importance of farm safety.

For agriculture, it's a valuable outreach tool that can help build public trust in our food supply and for consumers, it's a great opportunity to meet and speak with real farmers, see farm animals and crops up close, and learn about where food comes from.

That unique ability to bring together farmers and non-farmers also means that many agricultural societies are involved in outreach efforts all year long, not just at fair time. It's an important role that was recognized by the Ontario Ministry of Agriculture, Food and Rural Affairs recently with the announcement of a three-year program to promote careers in agriculture through agricultural societies.

Through the Promoting Agri-Food Careers Initiative, $1.7 million will be available to Ontario's 213 agricultural societies for projects and programming that will increase awareness and promote jobs in the agri-food industry.

The chronic labour shortage in agriculture and the high average age of Canadian farmers are well known, so we welcome support like this that will help our sector attract the next generation of workers and leaders.

In addition to education, many agricultural societies also make their grounds available to host other community events or rent facilities to community groups and organizations as a way of generating revenue to help support their operations.

The COVID-19 pandemic cancelled fairs across Ontario for several years and they're only now just starting to rebound. Throughout the pandemic, the provincial government recognized the challenges those cancellations caused and provided support to help these organizations survive.

So, starting with the CNE over the next couple of weeks and ending with the Royal Agricultural Winter Fair in November, I encourage all of you to take an opportunity to visit a local fair in your area. Check out the displays, speak to exhibitors, taste the food and enjoy the rides and special performances that make up that special fall fair atmosphere. We look forward to seeing you there.

North Dundas Fire Service launching "Saved by the Beep"

by Brandon Mayer

A new provincial campaign called "Saved by the Beep" is underway to bring awareness to the importance of installing and testing smoke detectors.

"Thursday Sept. 28, 2023, is Ontario's first Test Your Smoke Alarm Day!", reads a section of the Saved by the Beep website. "Last year there were 133 fire fatalities in the Province – the most in 20 years. As part of Test Your Smoke Alarm Day, all Ontarians are encouraged to learn more about smoke alarms, fire safety, and home fire escape planning, which can save your life and the lives of your loved ones. Most importantly, we want you to test your smoke alarms! We've created free, downloadable resources in multiple languages so everyone can share this safety message."

Having working smoke detectors in your home is not only smart, it's also the law. Every home must have smoke detectors on every level, and near every sleeping area. Smoke detectors really do save lives – countless lives. A recent fire in nearby Kemptville's eQuinelle subdivision just a few weeks ago is one prime example. It is believed that the occupants of that house escaped only because a smoke detector alerted them to the fire in time.

Kreg Raistrick, North Dundas' new Fire Chief, advised the Times that the North Dundas Fire Service fire prevention team will be conducting a door-to-door awareness campaign in the week leading up to "Test Your Smoke Alarm Day". The Chief was unable to provide more details before the deadline because the committee responsible for the local campaign had not yet made any firm plans.

North Dundas has a total of five individual firehouses staffed by dozens of volunteer firefighters. The local Fire Service is known not only for its quick responses and thorough firefighting, but also for its presence at local events, fundraising for great causes and providing outreach opportunities for neighbourhood kids.

For more information on the Saved by the Beep campaign, visit http://savedbythebeep.ca/.

Driveway paving scams

submitted by OPP

Door-to-door driveway paving and repair related frauds are popping up across the East Region and throughout the Province of Ontario.

Despite rules banning certain door-to-door sales in Ontario, criminals have not stopped. Those involved in these frauds are persuasive and persistent. Many of the individuals involved in these scams are working without a work permit, have no permanent business address and operate in a fly-by-night manner. Often, the victim will agree to have work completed, with the suspects using poor quality products. Following the completed work, the victim will be unable to reach the company to repair the shoddy work that was done.

How to protect yourself

- Be wary of unsolicited contractors who knock on your door offering services, especially if they only accept cash and/or require a large down payment.
- Do not make on-the-spot decisions about hiring a contractor.
- Select a reputable company and do your research.
- Obtain a detailed, written contract.
- Consider shopping around and obtaining detailed estimates.
- Never feel pressured to commit on the spot and don't provide full payment for work that has not begun.

The OPP is reminding people that there is no obligation to speak to a salesperson who attends your residence. Remember, if it sounds too good to be true, it probably is.

If you have decided to use a company's services, check with your local Better Business Bureau or business association to see if there have been any complaints filed against them.

Anyone who suspects that they have been the victim of cybercrime or fraud should report it to their local police and to the Canadian Anti-Fraud Centre's online reporting system or by phone at 1-888-495-8501.

Did I pass, dear?

by Brandon Mayer

The Times is lucky to have so many well-informed, intelligent readers. A few of these readers submitted letters last week regarding what can be succinctly termed "the Greenbelt scandal". There is no point in regurgitating all of the information contained in those well-written submissions, but a quick summary may be prudent.

Ontario's "Greenbelt" is a protected area of millions of acres that has countless environmental benefits. Under Doug Ford's provincial government, it has suddenly become… well… less protected. The government has chosen large portions of the land to sell to housing developers who can expect to make billions of dollars in profit.

An Auditor General's report has found that impacts to the environment were not considered by the government in its decision making. More significantly, the report found that the developers themselves had an influence in choosing which parts of the land would be slated for development. Experts have spoken and generally agree that it is not a shortage of land driving Ontario's shortage of housing. The development of the Greenbelt is unnecessary.

Why would developers, who stand to make a fortune, have such an influence in a government decision? Imaginations and speculation run wild in cases like these. "Scandal" is a term often applied any time a government makes an objectively bad decision. A significant portion of Ontario's population seems to think this was a bad decision, so "objectively bad" is an appropriate term. Even those who may agree with the development of the Greenbelt must surely be questioning how the decision was made. Consultation is a key part of governing. Consultation should never involve those who stand to make a profit if the "right" decision is made.

Why are governments so disappointing? In a June 2023 poll, out of nine provinces surveyed, only two provinces (Saskatchewan and Nova Scotia) had citizens who held more than 50% approval for their Premier, and even then, it was only JUST over 50%. Ontario's Premier Doug Ford was sitting on an approval rating of just 33% in that same poll. Why does a government with only 33% approval, in a democracy, get to make universally hated, "scandalous" decisions, and just keep on governing like nothing happened? It will likely hurt their chances of re-election, but once every four years is not a good timeline for citizens to be able to express their displeasure in poor decision making.

Significant in Doug Ford's case is this – his approval at its highest point was once 69%. As recently as December of last year, he had an approval rating of 45%. The June 2023 rating of 33% is predicted to drop as a result of the Greenbelt scandal. Am I the only one who gets a mental image of a sinking ship? And yet, we have nearly three more years to go. If my math is right, approval ratings cannot go any lower than zero.

In a traditional grading system, a 69% would be a strong C+. This is still below what schools call "the provincial standard" (pun intended). In contrast, 45% is an F, and 33% is a much bigger F. Similarly at the federal level, Prime Minister Justin Trudeau was elected with just 32.6% of the popular vote, while his runner up, Conservative leader Erin O'Toole, had 33.7% of the popular vote. This is because our system of political ridings is meant to ensure that certain areas of Canada don't dominate when it comes to electing a leader. How is it possible that Conservatives got more votes, but Liberals won? Because on average, there were more strong Conservative ridings (like ours), and more "on the fence" Liberal ridings that swung slightly in the Liberals' favour. Seats in the House of Commons are all that matters.

To be perfectly and blatantly clear, I am not suggesting that governments should be achieving near 100% approval ratings to be allowed to govern. Disagreement is healthy and is actually what drives democracy. A government with a 100% approval rating would and should be suspected of brainwashing and propaganda. Disagreement is what gives voters something to vote for. Pick a side – the side that best aligns with your views. But disagreement should never take the form of a vast majority of citizens disagreeing with a government that was questionably influenced and didn't bother following expert advice or seeking proper consultation.

I dream of a system where constituents get to grade their politicians. Maybe their pay rate can even be attached to these ratings. I am filled with happiness thinking of Doug Ford waking up on the morning after a citizens' approval vote, groggily asking his wife, "Did I pass, dear? Do I get to keep my job? Did my pay go up or down?" Politicians love to give themselves raises while raising taxes, giving pitiful increases to government pensions, and generally making life unaffordable. I wonder how quickly things would change if the people being governed were in charge of the payroll department.

I have no specific hatred of the Ford provincial government. I am just slowly learning to hate all provincial and federal governments. The accountability is lacking, and the apparent inability of the parties to find policies and leaders that Canadians can trust, and whose policies make sense and provide help and good value for tax dollars, is disheartening.

Why can't we find someone who meets the "provincial standard"? Why can't we push the "next" button and fire those who let us down? Why can't we, the citizenry, reward good choices with pay raises, and punish bad ones with pay cuts? It's all a dream of course. I guess the only time we can be proud of our leadership is during REM sleep.

Letters to the Editor

Dear Editor,

I read the editorial this week entitled "Sending Sunshine", and thought it was so well written and it brought tears to my eyes. We all get so busy around the Holiday season and tend to forget about our Seniors whose families do not visit, or maybe they have no family. Loneliness can be debilitating and it really saddens me to think there are people experiencing this.

After reading that article, I have decided to contact the Sending Sunshine organization and endeavour to assist them in their mission.

Thank you for enlightening us to this very special cause,

Elissa Ennis
Winchester

Dear Editor,

Watching and reading the news about the evacuation of Yellowknife brings back memories of the Cold War when some Canadian cities came very close to being forced to evacuate, not because of wildfire but because of the threat of nuclear bombs.

In 1962, the United States and Russia were in a race to see which could build the largest number of nuclear weapons. In the fall, the Soviet Union began to secretly deploy a nuclear strike force in Cuba, just 90 miles from the United States.

It looked as if we were on the brink of nuclear war. Here in Canada, a number of cities were seen as "target cities", including Halifax/Dartmouth, Nova Scotia, our major port on the east coast. We residents were given cards to place in our windshields with instructions on which route to take in the event of evacuation.

There were sirens located through the two cities which were tested every Wednesday at noon. If the sirens sounded at any other time, we were to turn on our radios for instructions and be prepared to leave. My husband was in the Royal Canadian Navy serving on HMCS St. Croix.

One morning in October, he left for duty on his ship as usual, then, an hour or so later, he called to tell me only that he would not be home that night and did not know when they would be back. He could say no more than that, of course, but I heard on the news that morning that President Kennedy had ordered a blockade of the Soviet ships on their way to Cuba. Every RCN ship left port that day and did not return for several weeks.

No one knew what would happen. We had been warned to be ready in the event that we had to evacuate. The trunk of my car was packed with our tent and camping gear, food and clothing for myself and my three children. It was a scary time and I have great sympathy for the residents of Yellowknife.

Fortunately, reason prevailed and Kennedy and Krushchev are now praised for finding a way to negotiate the end of that crisis. Sadly, we seem to again be engaged in a new kind of cold war with Putin threatening to use nuclear weapons.

Shirley Price

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Shape the future through your estate

submitted by Erin Kapcala

Each year, compassionate people in our community think of others through a bequest (a gift) in their will to the WDMH Foundation to support Winchester District Memorial Hospital and/or Dundas Manor Long-Term Care Home. Gifts given through a will – also known as legacy gifts - are becoming an increasingly important part of how our community helps to provide excellent health care close to home.

A gift in your will to the WDMH Foundation can be a way to say 'thank you' for the care Winchester District Memorial Hospital and/or Dundas Manor has provided to you, your family, and to your community. This type of gift might be financially impossible during your working or retirement years - but is possible through your will.

Estates (and everyone has one!) can greatly benefit from tax savings

Every charitable gift through a will to the WDMH Foundation results in a charitable income tax receipt for the donor's estate. The charitable income tax receipt that your estate receives can be used to offset tax owing to what will probably be your highest income tax bill ever. It is a great way to be able to direct your hard-earned assets of a lifetime to a cause that is meaningful to you and your community. And through careful planning, because of the charitable income tax receipt, your estate may be worth more than it would be otherwise, leaving more for your family and loved ones.

Excellent, local health care in our community is a team effort. The health care teams at Winchester District Memorial Hospital and Dundas Manor work hard to care for those who need them. Our community needs to help in providing that care through giving donations. Through legacy giving, donors can extend their support to future generations. It is a legacy of caring close to home.

To learn more about legacy giving to support Winchester District Memorial Hospital and/or Dundas Manor, 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.

SNC Golf Tournament raises funds to support forest conservation initiatives

Friends of SNC joined Managing Directors Alison McDonald, John Mesman and the Chair of SNC's Board of Directors, Pierre Leroux.

submitted by Erin Thorne

Nearly 80 golfers and local sponsors helped South Nation Conservation (SNC) raise over $4,000 at its annual Friends of SNC Golf Tournament on August 11th at the Casselview Golf and Country Club in Casselman.

Proceeds will support the Authority's popular Free Tree Pick Up program next spring which helps hand out 10,000 free trees to residents in SNC's 16 member municipalities.

"Fundraising efforts help support community programs that benefit and enrich our local environment," explained Pierre Leroux, Chair of SNC's Board of Directors and Mayor of Russell Township who officially welcomed participants to the tournament. "We're grateful for the support from our municipal partners, businesses, industry, and donors."

Thank you to this year's Red Maple sponsor, Prescott Milk Committee - Dairy Farmers of Ontario, as well as to the Silver Maple Sponsors: G&J Yelle Inc., EMB Developments Inc., Lascelles Engineering and Associates Ltd., Ault & Ault, Draft Control Heating and Cooling Inc., Lloyd McMillian Equipment Ltd., Ted Morans & Sons, Gerry Crepin, Emond Harnden and Greenfield Global.

"With Mother Nature offering a day of sun, everyone was able to enjoy a great day of networking with opportunities to learn more about SNC's 75-year history of managing, conserving and restoring the local environment," said Erin Thorne, SNC's Communications Specialist.

Players were treated to a variety of on-hole games, and many walked away with door prizes courtesy of local businesses including Crysler Home Hardware, St-Albert Cheese Factory, Dairy Queen Cornwall, Humble Beginnings Brewery, Sand Road Maple Farm, Harbers Greenhouse, Beau's Brewery, Sweet Clover Flowers & Gifts and Finch Feed & Seed.

"It's great to see so many people coming together for our annual networking event and to support SNC's Forest Conservation Initiative," adds Thorne.

Since 1990, SNC has planted more than 4 million trees across its watershed to enhance forest cover thanks to community and municipal partnerships and annual fundraising.

Donations to SNC can be made online at www.nation.on.ca/donate or by contacting the Conservation Authority's office in Finch at 1-877-984-2948 or info@nation.on.ca.

The Food Corner

By Paul Cormier, Salamanders of Kemptville

Last year, I mentioned that our family loves breakfast. This morning was cool and bright and it's the kind of day when having a tasty twist on breakfast is in order. We've already reviewed the Breakfast Frittata. This recipe is just as good and it's simply a Breggfast Casserole. I recommend it for family meals on Saturday or Sunday morning before venturing out to do things together.

Breggfast Casserole

Ingredients

- 1 bag of frozen hashbrowns
- 1 chopped onion
- ¼ cup ricotta cheese
- ½ cup grated Swiss cheese (or a bit more, if you wish)
- 6 eggs
- ½ teaspoon of baking powder
- 8 slices of bacon
- Spice it up with; some black pepper, oregano, sage, chives, all to your choice

Instructions

1. Preheat the oven to 350 F
2. Cook the bacon over medium heat until moderately crisp
3. Stir in the onions and sweat
4. Stir in the potatoes and cook until golden brown
5. Beat the eggs in a large bowl
6. Blend in the ricotta, ¼ cup of the Swiss Cheese, the baking soda and your chosen spices
7. Stir in the bacon, onion and potato mixture

Pour into an oven-proof casserole dish and bake for a half hour or so. This is another dish that begs for substitutions. Vegetarians can skip the bacon and sweat the onions in olive oil. Ricotta can be replaced with cottage cheese. Swiss Cheese can be replaced with any flavourful cheese you have in the fridge, such as cheddar, gouda, Monterey Jack, etc. For a topping, you can crumble some Feta cheese, or sprinkle with parsley, chives or Parmesan. A pile of toast, a dark roast coffee or English Breakfast tea are good companions to this casserole. Please drop me a line and let me know what your take was on this great breakfast dish by mailing me at: pcormier@ranaprocess.com.

Water rates among the issues discussed by Council this month

by Brandon Mayer

The only regularly scheduled meeting of North Dundas Council took place earlier this month, on August 8. The evening opened with a public meeting regarding a proposed zoning amendment just north of Winchester. The amendment would see a change from rural zoning to light industrial zoning for a property located where County Road 31 meets Spruit Road. Facts were presented, with no questions or comments from members of the public or Council. Township staff had recommended the amendment be approved, with an exception preventing residential or daycare use of the land because of the adjacent propane storage facility. Council had discussions in closed session following the public meeting.

The next, and perhaps most closely watched phase of the meeting, was dedicated to a discussion of municipal water and sewer rates. Ken Sharratt from Sharratt Water Management Ltd was contracted by the Township to review local water and sewer rates, owing to the "exponential growth" experienced in the local population in the last five years.

The specific problem currently facing the Township is that infrastructure upgrades and expansion for a water and sewer system that is already essentially at capacity are expensive. There are large upfront costs to be paid for such work, and when the costs are recouped slowly over time from user fees, borrowing money is often necessary, which costs the Township and taxpayer interest money, and is restricted by the municipal debt ceiling.

Ken Sharratt's report recommends that the Township approach the federal and provincial governments for help, stating that other municipalities have been helped with similar situations regarding their debt ceiling in the past. The Township has a few years before its debt ceiling is reached.

Currently, costs for new water and sewer infrastructure in North Dundas are paid by existing water and sewer users. A recent study by Township staff confirmed that it is common practice for surrounding municipalities to have developers pay for these costs.

Councillor Matthew Uhrig raised the point during the meeting that it is unfair to continue burdening taxpayers with paying for new infrastructure, when it is far more common practice to have developers pay for the needed upgrades to the water and sewer system. He commented that Council has previously been cautious about scaring developers away, but that maybe it's time to revisit the issue. Mayor Tony Fraser addressed this, clarifying that he does not expect taxpayers to fully pay for upgrades, but rather feels it's necessary to have a sufficient tax levy to have the required money up front for when infrastructure upgrades are needed.

Councillor John Lennox argued for a system in which the Township is not paying upfront costs. Deputy Mayor Theresa Bergeron suggested that large water users should have a "special rate". She also mentioned that with a build cost of about $40,000 for a new well and septic tank on rural properties, paying about $1,000 annually for clean water and sewer access with no maintenance costs is a good deal for municipal water users. However, it was clarified later in the meeting that costs to connect to the municipal system are about $27,000 for a new home.

Councillor Gary Annable stated that he doesn't want costs passed onto the taxpayer. He also pointed out the importance of looking to the decades ahead. The differing perspectives coming from all five members of Council stirred up healthy discussion. Council members agreed on "option A", which proposes 3-4% annual water and sewer bill increases, much lower than the 6-9% increases that would come from choosing "option B". Under option A, the capital charge is higher to offset the costs of new development, rather than putting these costs on existing water users.

Some housekeeping items were addressed by Council as well. Changes to the Township's overtime policy for staff were approved, allowing those employed in salaried positions to bank time off in lieu when they put in extra working hours. The Township's full time salary grid was also adjusted with an increase to bring the level up to the 60th percentile in line with other municipalities. Council also confirmed the Township's focus on the following strategic areas: employee satisfaction, infrastructure updates, collaboration with neighbours, public communications and outreach, and having a range of housing.

Many requests came into Council on August 8 for various routine things, such as the permitting of alcohol at events, road closure requests, etc. – far too much to describe in detail here. The meeting concluded after just over two hours.

On August 16, a special meeting of Council took place, this one lasting just 10 minutes. The purpose was to confirm and pass Council's previously stated support for "option A" for the water and sewer rate increase plan. Council approved "option A" at the meeting, with changes implemented the next day, on August 17, so that the funds required to invest in growth infrastructure can begin to be collected immediately.

The return of Hershey's?

by Brandon Mayer

The phrase "long drive" is a relative term. Smiths Falls may not be a part of our local community in the geographical sense, but many people who grew up in this area likely considered the former Hershey's chocolate factory to be a "local" attraction when visiting there as a child – or with their children. For a kid, 30 or 40 or 50 minutes can be quite a long drive, but the promise of chocolate at the end surely made it shorter!

When the company announced the closure of the Smiths Falls chocolate factory in 2007, many people in the local area were both sad and angry. The "buzz" at the time consisted largely of an outcry against sourcing the company's labour from cheaper labour markets such as Mexico rather than supporting local. There were campaigns to save the factory and campaigns to boycott Hershey's. It was quite a lot of drama for such a small town.

Smiths Falls residents had a right to be angry at the closure. The Town had been a gracious host of the company's operations since 1961, providing a serviced area, plenty of eager workers, and a fitting street address – "1 Hershey Drive". The Town's water tower was even prominently painted with a Hershey bar, and a slogan reading "Chocolate capital of Ontario".

The factory sat vacant for years after the departure of Hershey's, until it was bought by Tweed Marijuana – now known as Canopy Growth Corporation – in 2013. The return of hundreds of jobs to the area as the 700,000 square foot factory came back to life was welcome, but a decade later, industry has screeched to a halt once more.

Canopy Growth is reported to have never made a profit, with almost $6 billion in losses suffered to date. This is not necessarily indicative of poor management – the marijuana industry in general in Canada is failing. The law permits the growing of one's own marijuana, within set limits, and it would appear that not enough consumers are willing to pay government taxed retail prices.

Just last week, it was announced that Hershey Canada has bought back its former chocolate factory in Smiths Falls. Canopy Growth invested a massive amount of money in upgrades to the factory over the years, and it appears that Hershey Canada now sees it as an ideal place – a familiar place – to expand its operations.

"This project is a strategic acquisition and is another step in our continuing investment in our supply chain network to enable our leading snacking powerhouse vision," said Todd Scott, Hershey's senior communications manager.

Smith Falls Mayor, Shawn Pankow, said in a recent radio interview: "Hershey, they told us, they recognize an opportunity, they have a growth plan and they see that facility in Smiths Falls as an opportunity to fulfill that growth plan." The Town's reaction will be less of a welcome and more of a "welcome back". "Hershey's, I think, simply recognized Smiths Falls is a big part of their history, they're a big part of our history and the facility was available for the right price and they know our workforce will be here to support the operations," added Mayor Pankow.

While Hershey's is not commenting at this time on future production or hiring plans for Smiths Falls (given that it is too early to speculate, it stands to reason that the chocolate will once again be flowing in the "Chocolate Capital of Ontario" in the years ahead.

It's a family affair!

submitted by Jane Adams

Bea Wigney – or Bebe as everyone knows her – comes from a family of six sisters and three brothers. And through the years, they've always come together to have a lot of fun. So, when Bea heard about The Grand Parade, she was all in. And she knew her family would be too.

The Grand Parade is set for Saturday, September 16th. It's a family-friendly fundraising walk in support of the new Dundas Manor. Team captains can sign up online and create teams of friends and family to raise funds and walk together. The walk – 2.5 or 5 kilometres – winds through Winchester.

"When Cindy called, I immediately said yes," explains Bea. "The Bebe's Beauties team includes two of my sisters, three of our daughters and a couple of nieces. Some of the other family members can't do the walk, but we'll get them involved in making a nice donation!"

The family's connection to Dundas Manor is strong. Bea's sister Verla lived at the Manor for almost four years and it became home for her. Her brother-in-law also lived there. "Someone from our family was there almost every day to visit," Bea notes. "They both received excellent care."

Bea says the need for a new Dundas Manor is clear: "The building is old and a new home is needed for everyone in our community. We see what it did for our family – the staff are amazing, despite the crowded spaces."

Bebe's Beauties have already started planning for the big day. "We've had one meeting so far and my nieces have lots of great ideas. I even heard something about tutus!" Bea laughs.

Grand Parade walkers start their journey on Fred Street, at the back of where the new home will be located. They will pass by the current Dundas Manor and stop for a rest at Sweet Corner Park downtown. Every walker who raises $150 (adult) or $75 (youth) or more qualifies for a Grand Parade t-shirt. If you are one of the first 100 people to raise $500, you also receive a special hoodie! And, if you would like to walk but don't want to start a team, please join the WDMH Foundation one!

"This event is an important fundraiser for us for the new Dundas Manor," explains Cindy Ault Peters, Campaign Assistant. "We hope everyone will come out and join us for a walk around Winchester!"

The estimated cost of the new Dundas Manor is $63 million. The provincial government is providing approximately $45 million. Our campaign goal is $18 million. And we're well on our way! To date, more than $11.2 million has been given by our generous community. We are so grateful!

For all the details about The Grand Parade, to sign up, or to donate, please visit https://thegrandparade.org/location/winchester.

For more information about the Expanding the Circle of Compassionate Care campaign, please visit www.dundasmanordream.ca or contact the WDMH Foundation team at 613-774-2422 ext. 6162 or 6169.

The importance of quality time with your spouse

by Brandon Mayer

While not particularly active in the therapy world anymore, I have provided mental health counselling services to countless people in the last few years, and relationship troubles are a far too common link between clients presenting with all sorts of different problems. The most common issue for couples is usually poor communication. For couples with kids, another problem is accumulated stress and a lack of connection caused by an exclusive devotion to the kids.

Should parents be devoted to their children? Absolutely. On the flipside of relationship issues, a lot of parenting issues can stem from a lack of family time. Kids need to spend quality time with parents and siblings as part of the "family unit" especially when young, as part of their development in a social world. It builds social knowledge, confidence, a sense of belonging and safety, and more. But are parents wrong for wanting "couples time" sometimes? Not at all! In fact, the resulting strengthening of your relationship may even make you a better parent. "Mommy and daddy time" may therefore be just as beneficial to the kids as it is to mommy and daddy!

I use "mommy and daddy time" as a catchphrase here, but this logic applies equally to "mommy and mommy time" or "daddy and daddy time". This does not have to be a complicated, well planned out activity. It could be as simple as chatting and laughing together after the kids go to bed. For more exciting activities, you could arrange to have grandparents or other extended family or close friends take the kids for a night or two. Maybe you've both been so tired from working long hours, doing house chores, and being parents that you've gotten into a habit of going to bed early, or zoning out with your phones in the evening. This is common, but that unspoken lack of closeness with your significant other can sneak up on you over time. Bad habits tend to get worse, not better, unless you work on them.

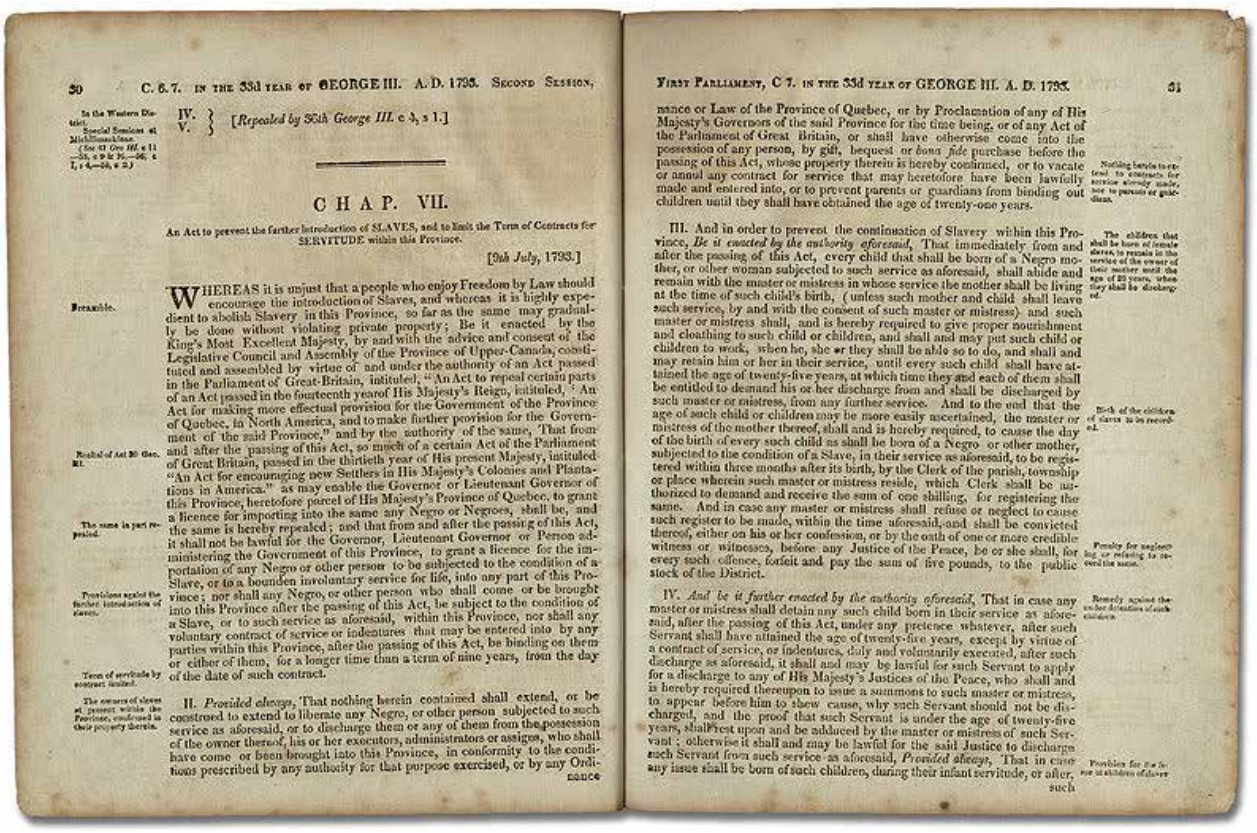
Once you have the logistics figured out, the question becomes "What to do together as a couple?" It depends on what you like, of course. Ask yourself, have you actually watched a movie that's not G-rated this year? If not, that may be a simple activity that packs more meaning than you could have ever imagined. Other simple ideas could be:

- Meeting for lunch once or twice a week
- Going for a walk in the evening, if the kids are old enough to be left alone for a short time
- Intimate time
- Talking about world events, interests, stories from the past, etc (but not day-to-day problems or worries!)

If you have some spare money, and someone willing to take the kids for a night (or a few nights), one thing that can be a really great experience is going to a hotel. It's something my wife and I do a few times a year. In fact, I'm writing this while looking out a hotel window at the bustling Byward Market in Ottawa below me. With the kids away, we took the opportunity to have "us time" over the long weekend. A hotel stay is great because, even though it can be pricey, it offers a firm break from some of the things that make parenting (and even life in general) stressful. There is no cooking to do, and no fussing trying to make the kids eat it. There are no dishes to be done. There is a toilet and sink and shower/bathtub that can be used without thinking about scrubbing them clean at some point in the near future. Towels and bedsheets can be used and will be laundered by someone else. Crumbs can be accidentally spilled on the floor and will be vacuumed by housekeeping. The coffee is free, and the TV is large and will be tuned to something other than kids' shows. Sleep is uninterrupted.

No, I am not a shareholder in any local hotels, but yes, I believe that a mini vacation – even just a day trip with your significant other – is one of many great ways to reconnect and strengthen your relationship. It's easy as a parent to fall into the trap of believing you are some kind of "hero" for being stuck in a rut and devoting every waking second to your kids. However, the real hero comes out when you realize that taking the time to make sure that you and your partner are happy people will actually make you better parents. Kids are intuitive, and they see a strong relationship between their parents as a sign of security and love. Remember: you deserve to enjoy life, too!

Slavery in Canada



50 C. 6. 7. IN THE 33d YEAR OF GEORGE III. A. D. 1793. SECOND SESSION,

In the Western District. Special Sessions at Michilimackinac. (See 43 Geo. III. c. 11—55, c. 9 & 10.—56, c. 1, c. 4.—58, c. 2.)

IV. V. } [*Repealed by 58th George III. c. 3, s. 1.*]

CHAP. VII.

An Act to prevent the further introduction of SLAVES, and to limit the Term of Contracts for SERVITUDE within this Province.

[*9th July*, 1793.]

Preamble.

WHEREAS it is unjust that a people who enjoy Freedom by Law should encourage the introduction of Slaves, and whereas it is highly expedient to abolish Slavery in this Province, so far as the same may gradually be done without violating private property; Be it enacted by the King's Most Excellent Majesty, by and with the advice and consent of the Legislative Council and Assembly of the Province of Upper-Canada, constituted and assembled by virtue of and under the authority of an Act passed in the Parliament of Great-Britain, intituled, "An Act to repeal certain parts of an Act passed in the fourteenth year of His Majesty's Reign, intituled, 'An Act for making more effectual provision for the Government of the Province of Quebec, in North America, and to make further provision for the Government of the said Province," and by the authority of the same, That from and after the passing of this Act, so much of a certain Act of the Parliament of Great Britain, passed in the thirtieth year of His present Majesty, intituled "An Act for encouraging new Settlers in His Majesty's Colonies and Plantations in America." as may enable the Governor or Lieutenant Governor of this Province, heretofore parcel of His Majesty's Province of Quebec, to grant a licence for importing into the same any Negro or Negroes, shall be, and the same is hereby repealed; and that from and after the passing of this Act, it shall not be lawful for the Governor, Lieutenant Governor or Person administering the Government of this Province, to grant a licence for the importation of any Negro or other person to be subjected to the condition of a Slave, or to a bounden involuntary service for life, into any part of this Province; nor shall any Negro, or other person who shall come or be brought into this Province after the passing of this Act, be subject to the condition of a Slave, or to such service as aforesaid, within this Province, nor shall any voluntary contract of service or indentures that may be entered into by any parties within this Province, after the passing of this Act, be binding on them or either of them, for a longer time than a term of nine years, from the day of the date of such contract.

Recital of Act 30 Geo. III.

The same in part repealed.

Provisions against the further introduction of slaves.

Term of servitude by contract limited.

The owners of slaves at present within the Province, confirmed in their property therein.

II. *Provided always*, That nothing herein contained shall extend, or be construed to extend to liberate any Negro, or other person subjected to such service as aforesaid, or to discharge them or any of them from the possession of the owner thereof, his or her executors, administrators or assigns, who shall have come or been brought into this Province, in conformity to the conditions prescribed by any authority for that purpose exercised, or by any Ordinance or Law of the Province of Quebec, or by Proclamation of any of His Majesty's Governors of the said Province for the time being, or of any Act of the Parliament of Great Britain, or shall have otherwise come into the possession of any person, by gift, bequest or *bona fide* purchase before the passing of this Act, whose property therein is hereby confirmed, or to vacate or annul any contract for service that may heretofore have been lawfully made and entered into, or to prevent parents or guardians from binding out children until they shall have obtained the age of twenty-one years.

FIRST PARLIAMENT, C 7. IN THE 33d YEAR OF GEORGE III. A. D. 1793. 51

Nothing herein to repeal to contracts for service already made, nor to persons or guardians.

III. And in order to prevent the continuation of Slavery within this Province, *Be it enacted by the authority aforesaid*, That immediately from and after the passing of this Act, every child that shall be born of a Negro mother, or other woman subjected to such service as aforesaid, shall abide and remain with the master or mistress in whose service the mother shall be living at the time of such child's birth, (unless such mother and child shall leave such service, by and with the consent of such master or mistress) and such master or mistress shall, and is hereby required to give proper nourishment and cloathing to such child or children, and shall and may put such child or children to work, when he, she or they shall be able so to do, and shall and may retain him or her in their service, until every such child shall have attained the age of twenty-five years, at which time they and each of them shall be entitled to demand his or her discharge from and shall be discharged by such master or mistress, from any further service. And to the end that the age of such child or children may be more easily ascertained, the master or mistress of the mother thereof, shall and is hereby required, to cause the day of the birth of every such child as shall be born of a Negro or other mother, subjected to the condition of a Slave, in their service as aforesaid, to be registered within three months after its birth, by the Clerk of the parish, township or place wherein such master or mistress reside, which Clerk shall be authorized to demand and receive the sum of one shilling, for registering the same. And in case any master or mistress shall refuse or neglect to cause such register to be made, within the time aforesaid, and shall be convicted thereof, either on his or her confession, or by the oath of one or more credible witness or witnesses, before any Justice of the Peace, he or she shall, for every such offence, forfeit and pay the sum of five pounds, to the public stock of the District.

The children that shall be born of female slaves, to remain in the service of the owner of their mother until the age of 25 years, when they shall be discharged.

Birth of the children of slaves to be recorded.

Penalty for neglecting or refusing to record the same.

IV. *And be it further enacted by the authority aforesaid*, That in case any master or mistress shall detain any such child born in their service as aforesaid, after the passing of this Act, under any pretence whatever, after such Servant shall have attained the age of twenty-five years, except by virtue of a contract of service, or indentures, duly and voluntarily executed, after such discharge as aforesaid, it shall and may be lawful for such Servant to apply for a discharge to any of His Majesty's Justices of the Peace, who shall and is hereby required thereupon to issue a summons to such master or mistress, to appear before him to shew cause, why such Servant should not be discharged, and the proof that such Servant is under the age of twenty-five years, shall rest upon and be adduced by the master or mistress of such Servant; otherwise it shall and may be lawful for the said Justice to discharge such Servant from such service as aforesaid, *Provided always*, That in case any issue shall be born of such children, during their infant servitude, or after such

Remedy against the wilful detention of such children.

Provision for the issue of children of slaves

"An Act to prevent the further introduction of slaves and to limit the Term of Contracts for Servitude within this province", 1793.

P1: Heritage plaque located on Niagara Parkway in Niagara-on-the-Lake, marks the spot where Chloe Cooley was forced across the river to be sold. © Ontario Heritage Trust

by David Shanahan

Canadians know about the Underground Railway, the network by which escaped slaves in the U.S. could cross the border and find freedom in Canada. But not as well known is the fact that slavery existed in Canada for decades, before the institution was outlawed by the Imperial Government in London in 1834. August is Emancipation Month, marking that very significant act by the British Parliament, and a good time to look back at slavery in Canada.

After the American Revolution, many of the Loyalists who were forced to remove to the colony of Quebec brought their slaves with them. When Quebec was divided into Lower and Upper Canada in 1791, fifteen of the members of the new Legislative Assembly, the Parliament of the new province, were slave-owners, and the slave trade continued in Upper Canada as men, women and children were bought and sold in what is now Ontario.

Slavery had a long history in British colonies, and had existed in New France before the Conquest. In fact, the Articles of Capitulation, under which New France surrendered to the British forces in 1760 contained an article guaranteeing the continuation in slavery; all those "of both sexes shall remain, in their quality of slaves, in the possession of the French and Canadians to whom they belong: they shall be at liberty to keep them in their service in the colony or sell them..."

The first Lieutenant Governor of Upper Canada, John Graves Simcoe, had led Loyalist militia during the American Revolution, but was personally strongly opposed to slavery. However, many members of his administration were not. Peter Russell, the Receiver General of Upper Canada, and his sister Elizabeth owned slaves. Russell acted for Simcoe after the Governor returned to England in 1796. William Jarvis was the Provincial Secretary of Upper Canada, and his family became one of the leading members of the Family Compact in later years. He was a slave-owner.

Matthew Elliot, a Loyalist who came from Virginia during the American Revolution, probably had as many as sixty slaves living in the huts behind his home in Amherstburg. Even some of the Anglican clergy had slaves, and seemed not to question the morality of slavery. The Reverend John Stuart from Kingston, an Anglican minister, expressed surprise when one of his slaves, a "negro boy", ran away despite the winter weather in which he escaped. Even some aboriginal leaders owned slaves. The Mohawk leader, Joseph Brant, who settled with his people on the Grand River after the Revolution, probably owned over thirty slaves. But many indigenous people were themselves kept as slaves.

A dreadful event in 1793 finally gave Simcoe an opportunity to act against slavery in Upper Canada. In March of that year, a black slave living in Queenston, was sold to a man in the United States. Chloe Cooley resisted vigorously, screaming and kicking out at her captors, who had her tied and forcibly carried onto a boat that brought her across to the States. The man who had sold her, named Vrooman, was reported to the authorities, but, as one writer put it: "Chloe Cooley had no rights which Vrooman was bound to respect: and it was no more a breach of the peace than if he had been dealing with his heifer."

However, the case was brought to the attention of Simcoe who decided to introduce legislation to outlaw slavery in Upper Canada. This met with resistance from the slave-owning members of the Legislature and Simcoe's Executive Council, and a compromise was reached. On July 9, 1793, 33 Geo. III, c. 7 (U. C.) "An Act to prevent the further introduction of slaves and to limit the Term of Contracts for Servitude within this province" was passed. This did not abolish slavery completely. All individuals then enslaved remained so for the rest of their lives. Their living children would gain their freedom when they reached the age of 25; but all children subsequently born to slaves would be considered free from birth. No slaves could enter the province: any slaves brought into Upper Canada would be freed automatically. Owners of freed slaves had to provide for their security. This last requirement depended largely on the generosity of the slave's owner at the time. Some provided homes and financial support for their emancipated slaves. Others actually sold their slaves in the U.S. before the Act was passed, so as not to suffer any financial loss from the legislation.

Nevertheless, in 1798, a Bill was passed by the Assembly in Upper Canada that would have allowed slave owners entering from the United States to keep their slaves in spite of the law. The Bill only died when the legislative session ended, but there was still, clearly a pro-slavery element in Upper Canada by the end of the century.

Simcoe's Act of 1793 was the first piece of legislation in the British Empire that limited the slave trade or slave-holding. The Imperial Parliament outlawed the slave trade in 1807, and abolished slavery throughout the Empire in 1833. This law came into effect on August 1, 1834. It was not until then that some of the surviving slaves in Upper Canada gained their freedom.

Starving the Gut Feeds the Brain

Common Sense Health

W. Gifford-Jones, MD and Diana Gifford-Jones

If our bodies could speak to our brains, many would hear this: "Dear brain, please know the difference between being hungry and bored. Sincerely, I'm getting fat!" Who doesn't turn to food when the doldrums set in?

The smart brains would offer their hosts three pieces of advice. One, eat nutritional food. Two, limit portion sizes. And three, now and again, engage in fasting. Why fasting? Because studies show that for obese and skinny people alike, after prolonged reduction of food intake, the body's defences improve against stresses. Cardiovascular risks decline. And the brain functions better.

Temporary cessation of eating provokes chemical changes throughout the body. Ketones are a type of chemical the liver produces when it breaks down fats. The body puts ketones to work as a source of energy when food sources are absent. Ketones are also active during extended exercise or when carbohydrates are not available. Production kicks into gear during a fast.

One of the consequences is an increase in the activity of helper molecules that ease the work of neurons to connect with neighbouring neurons. Brains and the nervous system depend on these cells connecting with each other to function and reproduce effectively.

Interestingly, an increase in the production of ketones also reduces appetite, a helpful effect in maintaining a fast. This is why people who make it past an initial bout of hunger without eating will find that the sensation of hunger diminishes.

Need more motivation? Research at Johns Hopkins University School of Medicine has demonstrated that sedentary lifestyles involving easy access to food indulgences accelerate the aging of the brain. In such people, scientists have identified telltale signs of problems that leave the brain vulnerable to Alzheimer's and Parkinson's diseases and stroke. The labels describing these markers tell the story: "stem cell exhaustion", "aberrant neuronal network activity", "oxidative damage", "impaired molecular waste disposal", and "mitochondrial dysfunction", to name a few.

Studies have also started to explore how the timing of food intake affects obesity and measures to achieve weight loss. Normal eating patterns involve striking a balance between the rewards of food intake and the regulation of energy. Our bodies are well adapted to modest, regular meals. But modern lifestyles make eating frequent calorie-rich foods easy. This launches the brain-gut microbiome into reward overdrive, depriving the system of the opportunity to shift into time for regulation of energy. Weight gain is among the consequences.

This helps explain the success of diets involving time-restricted eating, the practice of consuming no calories outside of established hours.

What qualifies as fasting? The answer ranges widely. Most people will be familiar with the doctor's orders for a 12 or 24 hour fast before certain medical tests or procedures. But for weight loss, and to gain the benefits for brain and cardiovascular health, longer periods of intermittent fasting are required.

The key to success is moderation. Fasting need not be an unpleasant pursuit. To the contrary, implementing a habit of reduced food consumption can have its own rewards. Extra body fat will be reduced. The brain will age more slowly. The heart will be healthier. And researchers have found mood improvements, even euphoria, associated with fasting.

The next time your stomach hollers "feed me", let your brain do the work. "Listen to me," it will say. "I need a few hours to think this over." Have a glass of refreshing water, then focus on other activities. Step on your bathroom scale every morning to see the results and keep this article in your pocket to remind yourself of the benefits of intermittent fasting.

Sign-up at www.docgiff.com to receive our weekly e-newsletter. For comments, contact-us@docgiff.com. Follow us on Instagram @docgiff and @diana_gifford_jones.

PENNY FOR YOUR THOUGHTS

Baby steps

by Mz Penny

I have finally trained myself to always carry a cloth bag to the grocery store. I had no choice. My favourite store stopped carrying plastic bags and now also charges for paper ones. This is all good and forces me now to remember to actually always have one on hand. No more plastic bags filling up my closet. However, I do seem to have a growing amount of cloth ones (due to sometimes forgetting my bag at home).

My next step was to always walk out the door with a travelling mug, especially if I am driving further than usual. It's a thermos style, keeps my coffee hot and my ice water cold. No more empty plastic water bottles cluttering up my car (yes, I do tend to just toss them on the back seat). I have bought glass containers for the fridge and freezer, replaced my shampoo and conditioner with bars that look like soap, and my laundry detergent plastic container has been switched to little packs of what seems like cloth that you toss in with the laundry and they deteriorate.

Sounds good right? But these are small baby steps, I realise that.

Recently on Facebook, I saw a post that brought home to me just how small my steps are towards becoming plastic free. Facebook does have some good qualities if only people would stick to the good rather than abusing what it was meant for… but that's another separate article. Last time I was out shopping, when I got home and removed all my groceries, I found that almost every item was packaged in plastic.

I have made what I had thought were some major steps towards saving our planet from plastic. But I need to do more and that post on Facebook reinforced the need for it.

Some time ago when I travelled to New Brunswick to visit a friend, I discovered a small town in the middle of nowhere between Edmunston and Dalhousie. The town has this gas station/store. The first time I walked in, I was amazed to see all these dispensers lining the walls. They had everything and all a person needs to have with them are a few containers to dispense the stuff into. I was amazed that it was so advanced, this small little town, compared with anywhere else I have ever been. Wherever possible, they used dispensers. Yes, they did still carry plastic, but it was limited to what they could not purchase in bulk containers.

We as a society must start pushing for the ban on plastic. We do have the power, but it has to start with each of us, en masse, refusing to purchase plastic containers. You need to start thinking each time you put out your recyclables that most of it will land up somewhere other than being recycled. We have to stop being such a disposable society, stop having to have all these bells and whistles and start thinking of our children's future, what our legacy will be and what we are teaching them. Let's not leave this planet in a mess for them.

We need to start taking giant steps.

Guide Dog Ride to benefit Canadian Guide Dogs for the Blind

submitted by Jeff Murphy

This September marks the 35th edition of the National Capital Region's longest running charity motorcycle ride, The Guide Dog Ride. The Ride, which features a Dice Run, is held each year in support of Canadian Guide Dogs for the Blind. Funds raised at the event support CGDB's mission to provide greater freedom and independence to visually impaired Canadians through the use of professionally trained guide dogs.

Registration takes place on the morning of the Ride at Canadian Guide Dogs for the Blind's National Training Centre, 4120 Rideau Valley Drive North, Manotick, between 9 and 10 am. The Ride costs $30 per person and includes one scorecard for the Dice Run and one meal at the post-ride BBQ. Cash, debit, and credit cards will be accepted, with 100% of proceeds going directly to Canadian Guide Dogs for the Blind. Those returning for the post-ride BBQ will also have a chance to meet some future guide dogs and win some great prizes!

Riders collecting $100 or more in pledges, who turn in their pledged funds at registration on the morning of the Ride, will earn free admission for one person to the Dice Run and the BBQ. Pledge forms are available on Canadian Guide Dogs for the Blind's website.

The Guide Dog Ride is a rain or shine event. Individual riders and all brands and clubs are welcome! No pet dogs permitted, please. For more information and details of this year's route, please visit www.guidedogs.ca or phone 613-692-7777.

About Canadian Guide Dogs for the Blind

Canadian Guide Dogs for the Blind was established as a registered charity in 1984. CGDB has provided more than 925 professionally trained guide dogs to Canadians who are visually impaired from coast to coast.

To learn more about this event or Canadian Guide Dogs for the Blind, visit www.guidedogs.ca or phone (613) 692-7777.

UPCOMING EVENTS

Spencerville Community Choir rehearsals start Monday, September 4, 7:00 pm at Spencerville United Church in preparation for Christmas concerts. Open to men and women who love to sing. No audition required. For registration information contact maryharding96@gmail.com

Huge Yard Sale, great prices, cool stuff, good junk. Saturday August 26th & Sunday August 27th. 9.00am - 4.00pm. 10409 Cameron Road, Mountain.

The Weather with Connor

Featuring Connor Mockett

Hello, everyone! Welcome back to another The Weather with Connor column. This week I'd like to catch up on a chase that happened the day after I wrote my last column. I'll be writing about the storms of August 3rd, the day a tornado went through the Findlay Creek, part of Ottawa South.

I'll start with the day before, August 2nd. Models were showing parameters around the Eastern Ontario region that would be capable of producing large hail, strong winds, and a tornado or two. I knew that there'd be a couple rounds of storms in the early afternoon, later in the afternoon, and then evening. The late afternoon and evening storms would then combine. With the parameters in place, any supercell would have a chance to produce a tornado. With all that in mind, I knew August 3rd would be a day to remember. I ended my night on August 2nd thinking that my target of Ottawa's west end would likely be okay. And with that, I went to bed.

And now here we are. August 3rd, the day of the tornado. I started my day early, leaving at noon for the early afternoon storms. The first storms of the day were closer to the St. Lawrence Seaway, with one storm catching my eye near Prescott and Spencerville. This storm was very slow moving right from the start, as it was latched onto an outflow boundary from the overnight thunderstorms. It quickly became a supercell, and I gained eyes on it shortly after 2:00pm. The supercell was near Spencerville at this point, and was a beautiful low precipitation storm, with the wall cloud and mesocyclone very visible without rain blocking it. It tried to produce a tornado around 2:25pm, with the wall cloud quickly rotating above a forested area northwest of Spencerville. However, this storm was even cooler for something else. After 2:30pm, the storm was completely, and I mean completely, gone by 2:45pm. Evaporated into dust, basically. Never seen anything like that, a storm evaporating so fast.

After that storm died, I went back to Kemptville and met up with my chase partner for the day, who was Mike Higgins (Michael Higgins Photographic on Facebook). Our plan that day was to do something we've both never done before. We filmed a video focused on me about the entire chase. We left Kemptville after setting up, and went to my target area of Carp, in Ottawa's west end. After waiting for the right storm to blow up, finally we had a storm absolutely explode right over Arnprior, and very quickly become a supercell that would also very quickly go tornado-warned.

We hopped on the 417 and went towards the storm, getting off the highway at Kinburn. Immediately, we saw the first part of the storm that caused the tornado warning, which was the rotating funnel cloud over open fields. With all the fields around, that would have been a nice place for the tornado to form. Unfortunately it didn't happen there, and waited a couple hours more to produce.

It tried hard again to produce not far after Kinburn. Rotation was strong in the wall cloud that was basically directly over top of Dunrobin, which would've been the absolute worst case scenario after what happened to them in 2018. After Dunrobin, it cycled a few times, but it seemed to me like it was dying as it entered Kanata. During this time, the 3rd round of storms was quickly catching up to the 2nd round of storms, which was the supercell in Ottawa.

As the supercell passed Bells Corners and went into Barrhaven, it ramped back up quickly again, as the wall cloud was rotating quickly right overtop of Woodroofe, Merivale, and Prince of Wales Road. However, that one also quickly died off, and the storm then cycled again. The next cycle of the storm is when it would finally produce.

We crossed over the Strandherd Bridge, looked out my window, and the storm had already completed its next cycle and had a rapidly rotating wall cloud already, right next to Earl Armstrong Road. At this time, the other storm was catching up fully, and colliding with the supercell. When that happens, extra vorticity from the other storm feeds into the storm ahead of it. The wall cloud was very, very rapidly rotating as it went over Albion Road as the storms collided.

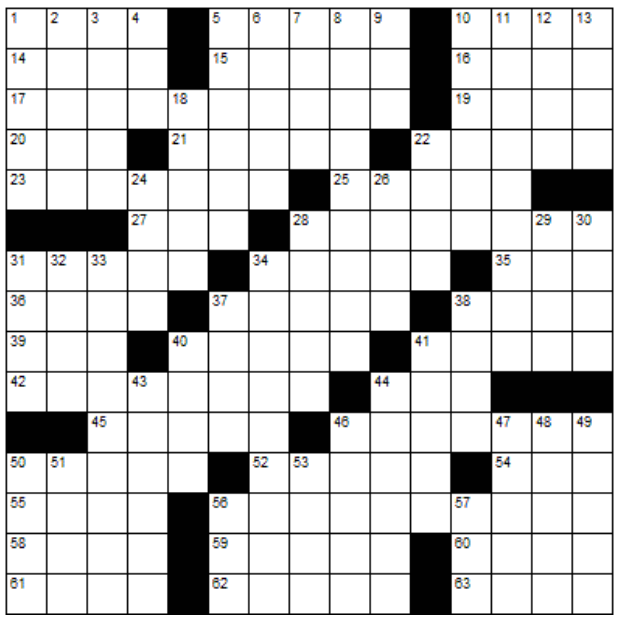
After it crossed Albion Road, it finally produced the tornado. We were on Rideau Road looking to my north as it went through Findlay Creek, producing some minor damage as it went through the community. It was on the ground from Albion Road to Bank Street, a couple kilometers. Thankfully, damage was relatively minor, other than a house that had part of its roof ripped off.

No injuries, no deaths, minor damage. That's about as good as it can get when a tornado goes through a populated area. This was also my first tornado as a storm chaser, and it was for Mike as well!

After we paralleled the tornado on Rideau Road to Bank Street, we went over to Ramsayville Road, where we drove south to get out of the main part of the storm because we weren't sure if the tornado was still on the ground, so we wanted to get out of there. We drove back to Findlay Creek after that to assess damage, which as I mentioned, was minor. We stuck around talking to people in the community about the event, and then eventually headed home to end our crazy day.

A day that we'll both never forget.

CROSSWORD



ACROSS
1. Enclosure
5. Manila hemp
10. Soft drink
14. Largest continent
15. Angered
16. Egg-shaped
17. People in a novel
19. Road shoulder
20. Female chicken
21. Thorax
22. Blemishes
23. Lands and wealth
25. A long narrow passage
27. Dung beetle
28. Surveillance aids
31. Not a winner
34. Relating to audible sound
35. Sticky stuff
36. On top of
37. Violent disruptions
38. Curve
39. Short sleep
40. Breezy
41. How we communicate
42. Splendid
44. Accomplished
45. Pauses
46. In a fretful manner
50. Portion
52. Sugarcoating
54. Deli loaf
55. Spouse
56. Data
58. In the center of
59. Move furtively
60. Unit of land
61. Riot spray
62. S S S
63. Bleats

DOWN
1. Stash
2. Fire residues
3. Colossal
4. Hearing organ
5. He shoots arrows
6. Chomps
7. Brews
8. Foregone conclusion
9. Commercials
10. Deep blue
11. Too keen
12. Songbird
13. Charity
18. Thespian
22. Millisecond
24. Gulf port
26. Colored part of the eye
28. Forests
29. A small lake
30. Mats of grass
31. Breathing organ
32. Iridescent gem
33. Sleep inducing
34. Inflammation of the sinuses
37. Violent disturbance
38. Physiques, informally
40. Sage
41. Birds have them
43. Ebb
44. Declares untrue
46. What books are called
47. Genus of heath
48. Elastic fabric
49. Affirmatives
50. Propelled through the water
51. Capital of Peru
53. Scoundrels
56. South southeast
57. Bar bill

Solutions to last week's Sudoku

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

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

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

Easy

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

Medium

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

Hard

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

Solution to last week's Crossword

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

Dundas - the man behind the name

Henry Dundas, 1st Viscount Melville, by Sir Thomas Lawrence. National Portrait Gallery, London.

by Dr David Shanahan

The Township of North Dundas in the County of Dundas. Dundas Street in Toronto, with Yonge-Dundas Square at its heart. Why all this Dundas? They are all named after Henry Dundas, and they're not the only memorials to this very fascinating character. In Edinburgh, his home town in Scotland, there is a 150-foot high monument in St. Andrew Square. There is a Dundas Street in Hong Kong, and a shire in Australia carrying his name. There are islands named Dundas in Nunavut, British Columbia, and New Zealand. So, who was this man with such a far-reaching legacy?

Henry Dundas was born in 1742 and had a long and very successful career in law and politics in both Scotland and England. His reputation is closely linked with the issue of slavery, both for good and bad. As a lawyer in Scotland in 1776, he represented a man named Joseph Knight, who had been bought as a slave in Jamaica before being brought to Scotland. He launched a legal appeal to gain his freedom, and Dundas argued before the highest court in the land that:

"Human nature, my Lords, spurns at the thought of slavery among any part of our species." He won the case, Knight won his freedom, and slavery became illegal in Scotland ever after.

When William Wilberforce campaigned to end slavery in the British Empire, Dundas supported his cause in Parliament, but differed with the abolitionists by arguing that abolition had to be gradual, or other countries and parties would take over the trade, or drive it underground. His approach was successful, and slavery and the slave trade were not abolished in the Empire until The Slave Trade Act was enacted in 1807. It was another 26 years before ownership of slaves became illegal in most of the British Empire with the passage of the Slavery Abolition Act in 1833.

This has led to great controversy over Henry's record on slavery with the rise of the Black Lives Matter movement in recent years, as there is a belief that Dundas delayed abolition and should be treated the same as actual slave owners of his day. Attempts have been made in Toronto to have Dundas Street and Yonge-Dundas Square renamed, and the same campaign has been launched in Edinburgh to have his statue removed from the top of the monument in St. Andrew Square. A descendant of Henry has asked that a plaque be added to the monument explaining the truth of Henry's attitude towards slavery. Sometimes, it seems, the details and complexities of history are overlooked in pursuit of passionate causes.

Slavery was not the only social cause promoted by Henry Dundas. He worked for Catholic Emancipation in Scotland in 1778. Catholics were restricted by several pieces of legislation which required them to take an oath rejecting the political power of the papacy, deny certain Catholic doctrines if they wished to own property worth above a set amount or to attend a university, and many other areas of life. Dundas tried to introduce a bill in Scotland to end this discrimination, but the reaction was violent and sustained, and the bill had to be withdrawn. Catholic Emancipation would take many more years to achieve.

Dundas, in spite of this failure, was a very powerful figure in British politics in the last decades of the 18th Century. Indeed, so powerful was he in Scotland, that he was known by such nicknames as "King Harry the Ninth", the "Great Tyrant" and "The Uncrowned King of Scotland".

He served in several posts under Prime Minister William Pitt, including Secretary of State for the Home Office (1791-1794), President of the Board of Control for Indian Affairs (1793-1801), Secretary at War (1794-1801), and First Lord of the Admiralty (1804-1805).

In 1802, Dundas became Viscount Melville and Baron Dunira, of Dunira in Perthshire. Two years later, when he returned to Cabinet as First Lord of the Admiralty, he was the subject of a Commission of Inquiry looking into financial mismanagement of his department. Although there had been some unauthorized activities by a subordinate of his, Henry was acquitted of wrongdoing, but the process seems to have soured him on public life and this was the last post he held in government. He died on May 28,1811 in Edinburgh, aged 69.

Henry was a close friend of John Graves Simcoe, the first Lieutenant-Governor of Upper Canada. When Simcoe reorganized the province in July 1792, he named one of the new counties after his friend, Henry Dundas. At the time, the county stretched from the St. Lawrence to the Ottawa River. Its boundaries were revised in 1800.

North Dundas, then, carries the name of an influential and powerful figure in the history of the British Empire at the end of the Eighteenth Century, a man who was controversial in his day, and seems to have managed to remain current and controversial down even to our own time.

To rename or not to rename

by Brandon Mayer

"Cease and desist renaming Dundas Street". Those are the strong words emailed to the Times by a Toronto local who clearly believes that there are bigger issues facing the massive city than the name of one its busiest streets. Why is a Toronto resident emailing a North Dundas newspaper? It is quite likely that in searching for media who might print his rant, he came across the North Dundas Times website and assumed it was a small newspaper located on Toronto's Dundas Street!

Even though Toronto business does not usually concern North Dundas residents, in this case, there is an important link. Toronto's Dundas Street will likely be renamed after all, as decided by that city's Council in 2021. A committee is currently at work attempting to pick a more suitable name. Why all the fuss? The street – just like the Township of North Dundas – was named after Henry Dundas, 1st Viscount Melville, who was a British politician active about 200 years ago. He stands posthumously accused of delaying the end of the slave trade, which makes him a clear candidate for having streets and municipalities "un-named" after him. Toronto is taking such action.

For more information on Henry Dundas, readers are encouraged to read an article by David Shanahan in the current issue of the Times written in honour of emancipation month. Perhaps the facts will help you form your own opinion. Notably, Henry Dundas is not accused of being pro-slavery, but rather of delaying its abolition through a policy recommendation.

Regardless of feelings regarding Henry Dundas, all of this re-naming business can be quite complicated, and is perhaps not coming at the best time in this country, economically. It is estimated that the renaming of Toronto's Dundas Street will cost millions of dollars, as countless businesses and residences will have to change their addresses, signage will have to be changed, and there are surely a large number of unforeseen costs that will materialize from the move.

What I propose instead is simple, and yet better: re-dedicate all things Dundas. Rename them to the same name, in honour of someone else. There are plenty of choices.

Looking for a hero to name Dundas Street or North Dundas after? How about Hugh Dundas (1920-1995), a British fighter pilot who served in World War II, fighting Nazis to help end their terrorizing mission of horrific, culturally-motivated killing. Another hero – this one who gave his life – is John Dundas, who died in 1940 in combat at just 25 years of age, once again fighting for our freedom and the freedom of the innocent victims of the Holocaust.

Looking for someone smart? There is always William John Dundas, a Scottish lawyer, mathematician and banker who died in 1921. Trying to emphasize the importance of Canada's cultural mosaic? How about naming North Dundas after Paul Dundas, head of Asian Studies at the University of Edinburgh, who passed away in April of this year.

Want to celebrate our connection to the arts? Why not dedicate Dundas Street and North Dundas Township to Lord David Dundas, a musician, songwriter, and actor who was a popular music star in the 1970s. Another choice would be Adela Dundas, a notable artist and church official from the 1800s.

If you really want to go back far in history and commemorate a lifesaver and pioneer in the early days of modern medicine, I suggest honouring the name of Sir David Dundas, an accomplished surgeon who lived from 1749 to 1826.

I could go on and on and on. Dundas is just a surname. It is the name of likely hundreds if not thousands of people who have lived and are still living. There is no need to make it into a swear word. It appears at the top of the front page of every issue of this newspaper. It's a word that appears in the name of our Township's only high school. It's a name ascribed to countless local businesses, and even to our local long term care home – Dundas Manor.

Erasing history makes us more likely to repeat it. Instead, let's not only remember for whom North Dundas was named, but also celebrate all those who lived after him, a symbol of society's progress, developing one day at a time just like the beautiful community we call home.

Baldwin's Birds

A "Man"-Influenced Avian Tragedy

Nature indeed can be cruel in the many ways that its creatures are treated at times, either by themselves, their predators, or by the influence of "Man"! Most of us are fortunate enough not to actually witness any of these happenings, so are not really aware of them even happening. Unfortunately, sometimes our attention is violently faced with the fact that such things do occur! A friend of mine, who lives down by one of the local rivers, sent me a picture of a tragedy that occurred very close to his home involving a nesting Osprey.

What a terrible tragedy to have happened! Let's hope that the bird didn't suffer too long before it died,--not a nice way to go! I guess these accidents are bound to happen with the sort of materials that they are obviously using in their nests. The proximity of a few farms in that particular neighbourhood, where they use all sorts of baler twine etc. on a day-to-day basis gives the birds lots of opportunity to get hold of some of their off-cuts to use for nesting. It's a wonder we don't see more of these types of incidents. My picture of the Bluebird (Second Batch Blues article in the NGT 10 Aug edition) showed the bird with a piece of electrical/telephone hook-up wire caught in its feathers, at least I hope that it was only in the feathers and not in its flesh! Man has a way of having an impact, in all sorts of predictable and unexpected ways, doesn't he, and not all of them are good!?

Despite the bad news, the birds in our garden still continue to thrive, although their nesting activities seem to have ceased once more. However a "breakfast friend" of mine told me that he is sure that a resident Robin of theirs is now raising its third brood of the season! Hopefully, you are still witnessing such events and are enjoying them. Stay safe and well,

Cheers,
John Baldwin

'Which Way Does the River Run?'

(Lennie Gallant)

by Peter Johnson

Bryan Adams wrote 'The Summer of 69', back in 1984. Well, how about a song about the summer of 2023? It would be a different tune from the one he wrote about teenage angst and trying to get a bunch of teenagers to stick to the plan of starting a band.

Recently, as the story goes, a bunch of Canadian scouters were greeted upon arriving in S. Korea for the 2023 world jamboree with, 'You must be the Canadians...you smell like smoke.' This summer doesn't highlight teenage angst, it screams, 'Climate Change', according to a recent article in the Toronto Star.

It looks like the Northern Hemisphere, and Canada in particular are on fire.

Maui, of all places has been torched this past week. Smoke from fires in northern Quebec and Ontario have made life miserable for those of us who have to breathe. The smoke has drifted as far away as Scotland and Europe, changing sunsets and affecting those breathers too.

Ordinarily, we watch others getting flooded on our evening news telecasts. Ottawa had areas underwater that have never been so wet before. I remember Billings Bridge in Ottawa, before there was a shopping mall there. It has never seen flooding like it had last week. 75 to 100 mm of rain fell in a few brief but wet hours. Barrhaven and Findlay Creek were hit with tornadoes in the past month. Tornadoes? In Ottawa? In August? Can we blame it on the LRT? It might be a gateway to this dimension from another, and evil forces are making their presence felt... via a train? Well, maybe not. I don't think we can even blame this on Mr. Poilievre who, some say, just might also be similar to the LRT in many ways. I don't think that is a very nice comparison. I don't care how much you hate the LRT.

And hot! How hot has it been? Again, citing The Toronto Star, who in turn cited Environment Canada's lead climatologist, David Phillips, 'If the climate was balanced, you'd have as many cold records as warm records.' But so far this year, there have been 372 hot temperature records set, compared to 55 cold ones. Hudson Bay is warmer, as is the Arctic, Pacific and Atlantic coastal waters surrounding our lovely, but charred nation. Charred?

'With more than 13 million blackened hectares, it has been the worst wildfire season in North American history. All 13 provinces and territories have been affected, often at the same time. Tens of thousands of people were forced from their homes, hundreds of houses were destroyed and four firefighters have been killed.' (TorStar)

So, what is all of this saying? It is screaming Climate Change and Global Warming. An acquaintance once described Scotland as a place where, 'the weather is lousy, but the climate is great.' Weather is what we are experiencing right now, climate is what we have been and will be experiencing over the course of our lifetime. We are a long way away from the end of this summer's weather. We will continue to have extremes: torrential downpours instead of the usual heavy showers, record high temperatures, tornadoes, power outages caused by high winds and uprooted trees...and hail 'the size of limes', as Environment Canada advised, just a week ago.

This is not a once-in-a-lifetime summer. This is the new normal. Only, there is nothing normal about it. Humans have had a profound affect on the planet. It is time to realize this. Canada, along with some of the other legendary polluters, like China and the U.S.A., needs to sit up and take notice. Now would be nice.

This August, celebrate your local downtown and Main Street!

submitted by IDA Canada

This August, IDA Canada, a national coalition of the International Downtown Association, invites the public, the business community, and decision-makers to recognize Downtown and Main Street Month: an opportunity to celebrate Canada's vibrant downtowns and main streets, and to raise awareness about the critical role they play in communities across the country.

Canadian business neighbourhoods and city cores are varied in form, size and make-up, and yet they all play an important role in communities nationwide as key centres of social and economic prosperity. The impact of Canadian main streets extends far beyond their geographic boundaries – they're the heartbeats of their municipalities and provinces, and vital parts of the Canadian national identity.

Communities across Canada continue on the road to recovery from the COVID-19 pandemic, with dramatic changes in lifestyles and working routines for many. In fact, many of Canada's largest cities were ranked in the bottom 25% of recovery rates for North American cities at the end of 2022.

At the same time, business and events on main streets are indeed back in full force across Canada, and continue to rely on support from other businesses, their local communities, visitors, and all levels of government. As Kate Fenske, Chair of IDA Canada and Chief Executive Officer of Downtown Winnipeg BIZ, said, "Initiatives from the pandemic that supported small businesses and public space were invaluable, and many have shown their permanent value given their revitalizing impact on downtowns and main streets."

During Downtown and Main Street Month – taking place during August 2023 – IDA Canada encourages the public, the business community, and decision-makers alike to celebrate Canada's business districts, and bolster support for their interests and impact. "Connect with your local Business Improvement Association (BIA) and small businesses", encouraged David Downey, IDA President & CEO. "Visit downtowns and main streets, shop local, and voice your support, whether that's around the corner or across the country."

About IDA Canada

IDA Canada, a national coalition of the International Downtown Association, represents organizations across the country that manage Canada's business districts, making them vital places in the nation's identity and key centres of economic wealth. The goal of IDA Canada is to unite Canada and lay the foundation of the coalition's Canadian advocacy and research efforts.