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North Dundas Remembers

Juno Beach, June 6, 1944

by David Shanahan

This is the time of year when we look back and think about the many Canadians who left their country to fight in wars all over the world. The Twentieth Century was a long series of conflicts which saw Canada develop from a colonial outpost of Empire into a sovereign nation charting its own course on the world stage. And the wars in which it was involved reflect that development.

The century started with Canadians volunteering to go to South Africa to fight on the side of the British Empire against the Boers. One hundred and twenty years ago, Canadian men and women were to be found on the veldt and creating a sense of national identity, if only among themselves. More than 7,000 Canadians, including 12 women nurses, served overseas.

When war broke out in Europe in 1914, Canada was automatically included when Britain declared war on Germany and Austria-Hungary. By 1915, the first Canadian Expeditionary Force had landed in France to take part in a long and bloody conflict. Some 619,636 Canadians enlisted with the Canadian Expeditionary Force during the war, and approximately 424,000 served overseas. Close to 61,000 Canadians were killed during the war, and another 172,000 were wounded. Many more returned home broken in mind and body. Battles at Ypres, Vimy, the Somme, and Passchendaele were fought in horrendous conditions, with men drowning in mud, as well as dying from bullets, shell and disease.

Just three decades later, Canadians would be back again, fighting all over the world. During the Second World War, approximately 1,159,000 Canadians and Newfoundlanders served, of whom 44,090 died. Places like Dieppe, Hong Kong, Juno Beach, Caen, and so many others, would burn their names into Canadian history. But that was not all. Just five years after World War 2 ended, fighting broke out in Korea, and the Canadians were sent out again. Another 516 names to inscribe in memorial books.

Since then, we've had Afghanistan, peace keeping missions, and the Canadian contribution in all of these conflicts has brought about a different status for the country in world affairs. But now, in this strange year of 2020, as we all fight an unseen enemy, it's right and timely to remember all those who went away, some came back, others didn't. So, we remember.

SNC's Online Art Auction raises $6,500 for Tree Planting

Olivia Wright of Brinston donated her watercolour painting of a Redheaded Woodpecker to help SNC raise funds for tree planting

by South Nation Conservation

South Nation Conservation's (SNC) first ever Art for Trees online silent art auction has raised nearly $6,500 for the Conservation Authority's Spring 2021 tree planting season. In total, 125 participants placed 244 bids on 33 items donated by local artists, photographers, and artisans. The silent auction ran entirely online from October 8 to 29, using the website www.32Auctions.com.

All funds raised are going towards helping SNC reach a record-setting goal for 2021: planting 200,000 native trees across its Eastern Ontario watershed in a single year.

"We couldn't be happier with our fundraising total, which will help to buy and plant thousands of additional trees to support next year's ambitious planting target," says Taylor Campbell, SNC's Communications Specialist. "We would like to thank residents for participating and placing bids, and the artists and photographers who donated items," he added.

Since 1990, SNC has planted more than 3.4 million trees across its watershed, thanks to community and municipal partnerships, and annual fundraising initiatives to enhance local forest cover.

The Conservation Authority had its eyes on a record-setting planting season next Spring, when the pandemic forced SNC to cancel and rethink its traditional in-person fundraising events. The Art for Trees auction is yet another example of how SNC has adapted to working, fundraising, and engaging with its partner municipalities and area residents during these times.

"We will continue to find new and innovative ways to raise money and offer cost effective programs that protect and restore the local environment on behalf of our partner municipalities and local residents," added Taylor.

Donations to SNC can be made online at www.nation.on.ca/donate, or by contacting the Conservation Authority's head office in Finch at 1-877-984-2948, or info@nation.on.ca. SNC is a registered charity with the Canadian Revenue Agency and may issue donation receipts for tax return purposes.

A Personal Connection

by Jane Adams

As Manager of Direct Mail & Events at the WDMH Foundation, Cindy Ault Peters is a big believer in giving back. In her role, she works with generous community members who want to support health care close to home at their local hospital. One example is the Sisters for Life team. For the second year in a row, the WDMH Foundation is grateful to be one of the beneficiaries of their gala event – with funds directed to the purchase of a new digital mammography machine.

"We are so grateful to this energetic group," says Cindy. "Last year, more than a dozen women joined me at the gala. We had so much fun!"

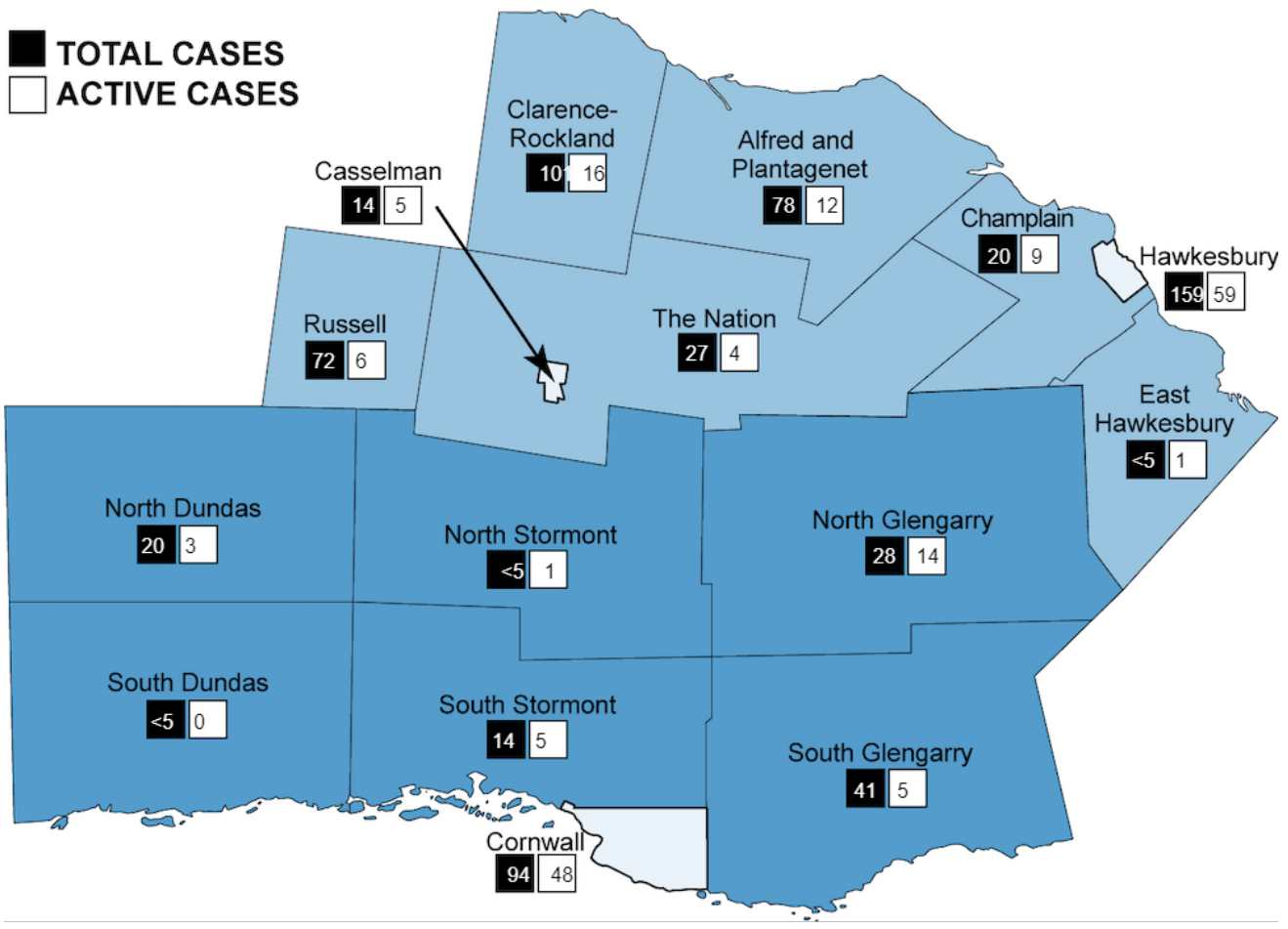
One of the women who attended was Cindy's Mom, Patricia Fawcett-Ault. Sadly, Pat passed away suddenly in May. Before she did, she offered her own generous gift to the WDMH Foundation. All donations to the Sisters for Life Gala 2.0 directed to WDMH will be matched due to Pat's generosity.

"My Mom talked about this with my brother and me and she was so happy to be able to support this event," says Cindy. "We want to follow through with her wishes, and the result will double the impact of every gift. WDMH has played an important role in the lives of our family in so many ways. We want to recognize the compassion and care we have all received there, by continuing our parents' legacy of giving. With a number of family and friends who have battled breast cancer, it is important to us to help ensure that this testing continues to be available to our community."

This year, COVID-19 has forced the team to move from the Ladies Christmas Gala, normally held each year in November in Finch, to Gala 2.0 - Home for the Holidays. This virtual event will be hosted between November 15th and 20th on Facebook, and the grand finale will be live on Facebook, thanks to Nation Valley News and Storm Internet. It will include a 'tealight service' honouring loved ones who are fighting or have fought cancer. To get involved, visit https://www.facebook.com/groups/438918486242509.

"Pat Fawcett-Ault was an amazing and generous woman and we are so thankful for the support she gave to the WDMH Foundation throughout her life and continues to give through this matching gift program," sums up Managing Director Kristen Casselman. "She leaves a wonderful legacy of philanthropy that inspires us all."

Local Covid-19 update



The Eastern Ontario Health Unit is reporting an increase in conformed cases of covid-19 in the region. New confirmed cases in October were 362, up from 113 in September and the highest monthly total since the pandemic began.

As of November 6, there were 188 active cases, with 9 of these hospitalised, with one patient in Intensive Care. To date, there have been 678 cases in the EOHU region. North Dundas is doing quite well when compared with other areas of the EOHU, with total cases currently standing at 20, of which just 3 are active. This is an increase of 2 cases from the day before, both of which are active. By contrast, Hawkesbury has had 159 cases, of which 59 are active.

South Dundas has had less than 5 cases in total, and there are no active cases there as of November 6.

One of the surprising statistics, and a disturbing one, is the age range of cases. In the United Counties of Stormont, Dundas and Glengarry, 35% of confirmed cases occurred in the age group 20 to 39. Another 35% are in the 40-64 age category, with just 12% in the 65-79 cohort. Only 9% are in the under 20's, and 9% in the over 80's.

The accompanying map shows the distribution of cases across the EOHU region as of November 6.

Lions Club of Winchester news

by Bob Porteous

What is in a name? How much thought goes into a name? Why is a particular name selected?

Why is our Club name 'LIONS CLUB OF WINCHESTER'?

One Sunday afternoon in March, 1968, the Board of Directors of Winchester's new service club met at President Gerry Flucke's home. ONE ITEM WAS ON THE AGENDA. The selection of a name for our Lions Club. What is the territory we hope to serve? Well, we will be serving a large portion of both Winchester and Mountain Townships, as well as the Village of Winchester. Let's call the Club 'Winchester Lions Club". No, that sounds like it belongs to the village only.

Well then, let's call it: 'Winchester and District Lions Club' or 'Winchester and Area Lions Club'. We want as short a name as possible. Name sounds like Winchester first, District or Area second. Everyone names their Club 'So and so and District', we want to be different.

More questions. Where will the Club be located? Where will our headquarters be? Where will our mail be received? Where is it that the nucleus of our members will come from? Answer to these questions – probably Winchester. O.K. then, we have to have Winchester in the official name.

Are we primarily a Winchester Club? Not necessarily so, but we are a Lions Club. How about calling ourselves 'Lions Club of Winchester'? 'Lions Club' tells everyone what we are, while 'Winchester' tells everyone our address. We should consider the Lions Club as a Club for anyone in our territory equally. Winchester is to indicate our headquarters.

After three hours of discussion, the approved suggestion was put into a MOTION and it was unanimously approved and became our official name. WE WERE CHARTERED AS THE 'LIONS CLUB of WINCHESTER'. (A few years later we were Incorporated and added the INC. at the end of our official name.

SOME NOTES FROM THE OCTOBER 21 MEETING:

A good meeting with lots of discussions. Lion Christine and Pierre Milot are gradually becoming involved in our activities. Lion Christine started out exploring the Nation Valley Conservation Authority's offer of grants to result in the planting of trees in the area. This, I believe, has to do with encouraging people to think about global warming and the value trees have in depositing carbon into the ground. Although we missed the grants for this year, we are now aware of what is required for next year. While investigating this, Lion Christine thought it might be nice to have the main streets of Winchester dressed up with appropriate types of trees. Imagine a line of beautiful trees lining the street. She and Pierre are investigating this idea and looking at costs, also whether the Village would be agreeable, and other pros and cons. There are many considerations, including costs and public acceptance. We will hear more as information is gathered and a more complete picture can be presented. No commitments have been made, although the members favour exploring the project, they would like as much information as possible before deciding on a course of action.

Plans on the long-term future of our Club are also being discussed, information and thoughts are being gathered. Once again, no commitments have been made until a more comprehensive plan can be presented for consideration by the members.

It was a pleasure to be present when the plus $50,000 converted van was presented to Jordan Cotton. The sparks in his eyes, and the emotion on his face, when his grandmother arrived and parked at the end of the Cotton family driveway was quite rewarding. Jordan's mother made an appreciative speech, thanking all those who played a part in the fundraising for the van. Jordan then drove his wheelchair into the van and into the front passenger seat, and proudly sat there as his grandmother took him for a drive around town. This now means that Jordan does not have to have his chair stowed and himself lifted into a vehicle. He can now go anywhere the vehicle goes, drive off, and even go shopping. FREEDOM! CONGRATULATIONS JORDAN.

Recent fire victim, Ian and Tracy Porteous, were presented with a cheque by Lion John Cinnamon on Thursday October 22. Past President John was accompanied at the presentation by Lions President Guy, Christine Milot, and yours truly. Pictures taken may show up on our website.

EOHU region comes under Yellow Protect category

On November 6, the Ontario government announced that the Eastern Ontario Health Unit (EOHU) will be placed in the "Yellow-Protect" category of the province's new COVID-19 Response Framework. The determination was made based on the latest local COVID-19 data for the EOHU region. Public health measures and restrictions indicated for Yellow-Protect regions in the new framework took effect on November 7, 2020 at 12:01 a.m.

The framework was put in place to give public health officials the ability to implement measures that are targeted, incremental and responsive to the COVID-19 situation in the community.

"The new framework gives us the ability to respond in a more nimble manner to the situation on the ground," says Dr. Paul Roumeliotis, Medical Officer of Health at the EOHU. "It will serve as an early warning system that will allow us to either scale up or scale back our public health measures and restrictions on a regional or community basis in response to surges and waves of COVID-19."

The framework categorizes public health unit regions into five levels: Green-Prevent, Yellow-Protect, Orange-Restrict, Red-Control, and Lockdown being a measure of last and urgent resort. Each level outlines the types of public health and workplace safety measures required for businesses and organizations. These include targeted measures for specific sectors, institutions and other settings.

Each public health unit is classified according to the framework indicators. Final decisions on the classification of public health unit regions are made by the government based on updated data and in consultation with the Chief Medical Officer of Health, local medical officers of health and other health experts, and will be reviewed weekly.

Due to the public health restrictions mandated by the new provincial framework, the EOHU will be rescinding its latest Section 22 Order. The Order from the Medical Officer of Health for Owners/Operators of Banquet Halls, Food and Drink Establishments, Sports and Recreational Facilities, and Personal Care Services will no longer be in effect as of 12:01 AM on November 7, 2020. The Order will be replaced by the public health measures and restrictions specified in the new framework.

For more information on the provincial COVID-19 Response Framework, and related public health measures in force for the EOHU region, visit www.EOHU.ca/covidlevel.

Heroes

by David Shanahan

There is a saying that I've often heard among veterans: "The real heroes are the ones who didn't come home". I understand what they mean. It must be extremely hard to see your friends and comrades die, often in incredibly brutal fashion, and then for you to return to your home and loved ones. So many returning soldiers have asked: "Why me? Why did I get through that hell, and they didn't?" It's often referred to as survivor guilt, and gets added on to the Post Traumatic Stress that many, many veterans experience for years afterwards.

But, with the greatest respect to these veterans, I think they're wrong. They are the true heroes in many ways. Their comrades died, it is true. They were robbed of, perhaps, decades of life, of their own children and grandchildren. They never got to experience what their returning friends did: the myriad little and big things that go to make up a long and happy life. They gave it all away in the name of a cause that, perhaps, wasn't always clear to them.

Over and over again, the testimony of veterans is that, while they may have enlisted out of patriotism and honour, in the midst of the battle, as life seemed to exist in a narrow world of blood, death and fire, it was not those principles alone that motivated them, that kept them fighting, regardless of the odds.

Instead, it was their comrades they fought for, they fought for each other, depending upon the ones around them, and knowing that others depended on them. That, in part, is why returning veterans felt traumatised that they had survived, while others didn't. As survivors of deep psychologically damaging experiences, they often found it really hard, sometimes, impossible, to just slot back into "normal" life. Because nothing was normal anymore. The day-to-day lives of their family and friends who had not gone through the same trauma was something they now found alien. And the only ones who could understand, to whom they could talk, if at all, about the events that had forever changed them, were other veterans. You hear of so many wives, children and grandchildren who remember that the man who returned to them rarely, if ever, spoke about what they had seen and done "over there".

Those who never returned from war are rightly honoured each November, wherever they died, and for whatever cause. That is progress. It's strange how one-time enemies can relate to each other more than they can with their own friends and neighbours who were never put in that place of death and danger.

Those who died are remembered: not always by name, or as an individual, but we read the names on too many cenotaphs and wonder about them. Who they were, where they came from, what happened to bring them to the place. Each year, the Times tries to bring some of them back to remembrance, and reintroduce them to the generations they never lived to see. In that way, it doesn't matter what your own views on war, military life, or specific conflicts might be: we remember and honour the men (almost all men) who did what they did for their own personal reasons.

But, as I've said, they are not the only heroes. Yes, they died, and, I would imagine, unwillingly, in the sense that they would rather have survived and returned home having done their duty. But the ones who did come back, who faced long years of recovery, PTSD nightmares, and, to whatever extent, guilt over just surviving, they are real heroes too. Most of them were very young when they went through those experiences. Young men from farms, factories, schools, offices, who faced things their previous lives could never have prepared them for. Those are years of formation for us all, years when who we become as adults is shaped. Imagine what shaped them. At least now, a small mercy, we use terms like PTSD. In the past, those suffering from "shell shock" were often diagnosed as cowards, deserters, mentally unfit for duty. Some of them were shot, executed by their own side because their minds couldn't take what they saw and did.

Those who survived, those who returned, whether wounded, crippled in mind and body, or who seemed to be just fine: none of them should be forgotten. What they endured must never be underestimated. There aren't any left now from WW 1, and fewer and fewer from the second world horror. But we still have some, and some from Korea, Afghanistan, and other "theatres of war". Let's agree to honour them all, to remember them all, and to declare, with genuine and passionate fervour: Never Again.

Introducing our local reporter

My name is Joselyn Morley, and I'm a reporter for the North Dundas Times.

I've been living and raising kids in North Dundas for ten years. I am very grateful to be facing these challenging times from my rambling old character-infused house here on a couple of acres in South Mountain. I'm a historian and teacher by training. I would rather be outside than in, and you can find me camping and canoeing on many a summer weekend. I'm an over-enthusiastic gardener, committed to food sustainability. I'm a crafter of many things, and believe fervently in supporting local artisans and their products. I have a couple of sassy dogs, too many cats, and a few chickens. I am so excited about the launch of the ND Times! I can't wait to meet you when I'm out and about. Feel free to get in touch with anything you would like to see in your paper: joselyn@ndtimes.ca.

North Dundas Christmas Fund
Please give generously!

Monetary donations are required to supply snowsuits to children 13 and under and for food baskets for those in need in North Dundas.
Your donations will be greatly appreciated.

E-transfers: northdundaschristmasfund@gmail.com
For a tax receipt go to communityfoodshare.ca and follow the prompts: Donate / Canada Helps.
Please indicate 'North Dundas Christmas Fund'
By mail: make cheques out to 'North Dundas Christmas Fund' and mail to P.O. Box 27, South Mountain, ON, K0E 1W0.
To register for snowsuits or baskets, call **613-774-0188 or 613-989-3830**, Monday to Friday, 9 am-noon.
Snowsuit and food basket requests must be placed by November 27, 2020.
Winchester BMR Proudly Supports the North Dundas Christmas Fund. Donations accepted here

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We Remember

Francis Pegahmagabow: the forgotten hero

by David Shanahan

When most of the Canadian soldiers who had served overseas during the First World War returned home in 1919, they might have expected to find “a land fit for heroes”, as they had been promised. They had fought the “War to end War”, and for this they had suffered so much.

But, instead, many returned to unemployment, death by influenza, or a life of pain and struggle as they dealt with the effects, physical and psychological, of what they had been through. Some were not even to enjoy home, as they were sent away again, to Vladivostok, to fight against the Bolsheviks. For many others, coming home would mean the loss of everything they had fought for: the fight to protect the rights of small nations didn’t extend to the nations to which they belonged. The thousands of indigenous people who had volunteered for service in WWI are the forgotten heroes. And pride of place in that sad band goes to Francis Pegahmagabow.

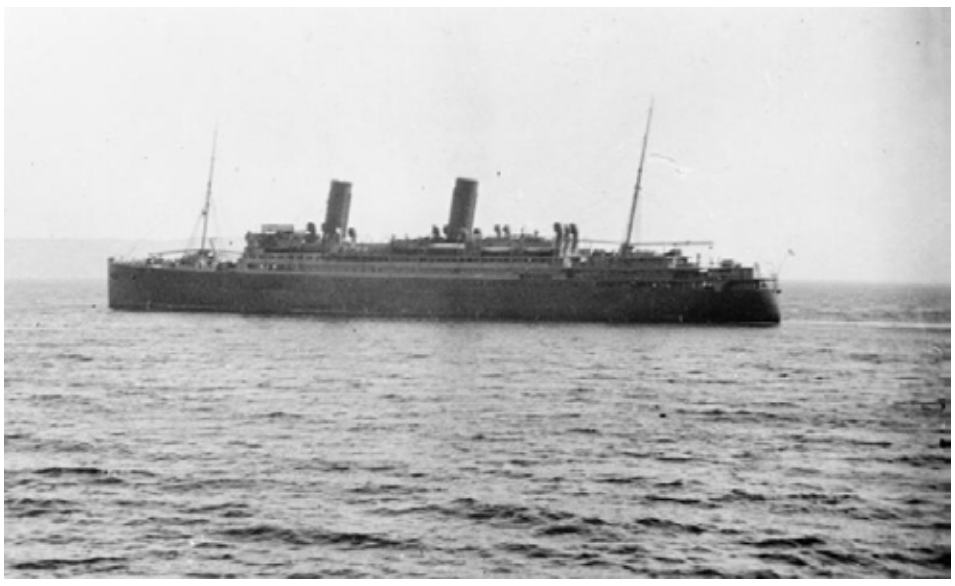
Francis signed up at the very start of World War I, in August, 1914. He is the most highly decorated indigenous soldier in Canadian history. He was awarded the Military Medal, not once, but three times and was seriously wounded during his time serving in the First World War. As a scout and sniper, he was credited with 378 kills, and he single-handedly captured 300 prisoners.

Along with every other man in uniform, he was granted the vote in federal elections in 1917, and returned to his home community of Wasauksing on Parry Island celebrated as a hero and a credit to his people. Then the reality of life in Canada for native people hit home. This hero had his right to vote stripped from him because he was an Indian. Indigenous people did not regain that right until the 1950's. Although he was Chief of his community for many years, every attempt to improve the lives of his people was thwarted by Indian Agents who dictated every aspect of life on the Wasauksing Reserve. He, along with every other indigenous person in the country, was not allowed to send a letter of protest to the Government, they all had to go through the Agent.

Residents of Reserves were under the Indian Act, a piece of legislation that controlled their lives, refused them the right to hire a lawyer to represent them, refused the right even to leave the Reserve without written permission from the Agent. This was how Canada treated its decorated heroes.

The First World War was fought, it was said, to protect the rights of small nations, like Belgium. Britain (and therefore Canada) entered the war to protect the neutrality of that country. It is ironic, then, that the rights of small nations, First Nations, were so blatantly ignored and degraded, in spite of legal treaties with Britain and Canada. What was fought for then, what we remember every November 11, is that millions of people died to safeguard basic human and civil rights from being infringed upon by bigger and stronger nations.

Canada has been doing that very thing to many smaller nations within its own borders for generations. In spite of which, around 4,000 men like Francis Pegahmagabow, that’s around one-third of all indigenous men between the ages of 18 and 45, went to war and distinguished themselves in defending this country. This is something that we, as Canadians must honour, acknowledge, and do what we can to show our gratitude. We must educate ourselves and our children about the indigenous people of this country and their history. We must sort out truth from myth, and recognise the rights and status of the people who also died and served, and who were later reduced to children in the eyes of the law of Canada. Lest we forget.



SS Calgarian was an armed merchant cruiser of the Royal Navy. She was sunk by the U-boat U-19 off Rathlin Island, Northern Ireland on 1 March 1918. The initial strike did not sink her, and the crew managed to contain the damage. The U-boat torpedoed her again, despite the protection of other ships. She was hit by 4 torpedoes and quickly sank with the loss of two officers and 47 ratings.

James Henry “Harry” Cleland

Harry Cleland is named in South Gower Cemetery, but his story and his death took place much further away. Harry enlisted in 1915 and was sent to England. There he joined the Mercantile Marine Reserve and went to sea as a Fireman on HMS Calgarian, an armed merchant cruiser of the Royal Navy. The ship had started off as a passenger ship travelling between Liverpool and Canada, with stops in Montreal and Quebec City. Her first voyage was in 1914, and she could carry 1,700 passengers with 500 crew.

But, by the end of 1914, the ship had been taken over by the Royal Navy and was used to transport soldiers from Canada to the U.K. She also took part in blockades of Lisbon. Harry was on board the Calgarian in 1917, docked in Halifax when the town was almost destroyed in the explosion of a munitions ship in the harbour. He and his crew mates helped with rescue and medical relief efforts.

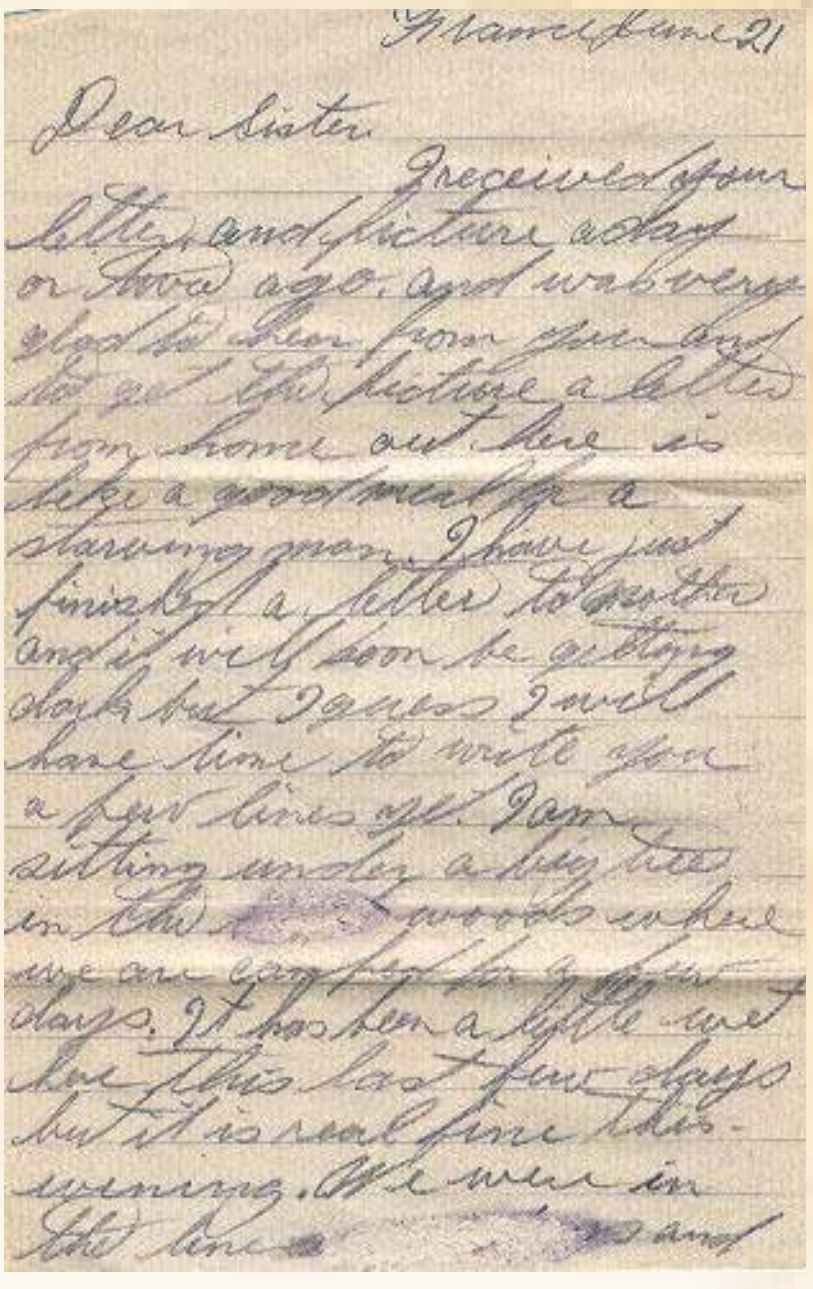
On March 1, 1918, HMS Calgarian was steaming off Rathlin Island, off the coast of Ireland, when she was attacked by the German submarine, U-19. Hit by one torpedo, the crew managed to get the ship under control again, but the U-19 attacked again and she was hit by a total of four torpedoes and sank very quickly. Two officers and 47 ratings were killed in the later attacks, including Harry Cleland. He was 24 years old.

We Remember

Clifford Shaver 633382

Clifford Shaver, Mountain, and Frank Valentine, from Van Camp

Clifford Shaver was born in Mountain in 1896, one of ten children of William and Jessie Shaver. He enlisted on February 1, 1916, went to England in October of 1916, and then to France in May 1917. He was killed by a shell October 30, 1917 at the age of 21. His body was never recovered and he is commemorated at the Ypres (Menin Gate) Memorial in Belgium. Clifford wrote a number of letters home and they have been included in The Canadian Letters and Images Project, an online archive of the Canadian war experience, as told through the letters and images of Canadians themselves. Begun in August 2000, the Project is located in the Department of History at Vancouver Island University.


France June 21
Dear Sister
I received your letter and picture a day or three ago and was very glad to hear from you and to get the picture a letter from home out here is like a good meal for a starving man. I have just finished a letter to mother and it will soon be getting dark but I guess I will have time to write you a few lines yet. I am sitting under a big tree in the [censored] woods where we are camped for a few days. It has been a little wet here this last few days but it is real fine this evening. We were in the line [censored] and came out Tuesday night. I think it was [censored] all mixed up in the days here every day is alike but I guess it don't matter much. It was pretty quiet while we were in the line nothing more than a few shell flying around once in a while. We were in support for the battalion and that isnt so lively as the front line I guess but it was good enough for me for the first time. One could look over the top and couldn't see a living thing or any signs of anything living if one didn't know before he seen the front I am sure he would never guess what it was in daytime but he would get a little better idea at night that is when most of the firing is done... I suppose you have heard about Alley Fisher being killed I think he was in the 21st he had only been over here a little while... Well I guess I will have to close for this time As ever Cliff
Cliff Shaver A Coy
38batt B.E.F France

Clifford's letter to his sister, June 21, 1917

Delbert Roy Jackson 145080

Delbert Jackson was born in Mountain Township on December 27, 1896, son of Orlin and Lydia, farmers, a profession Delbert grew up to follow. He enlisted in Ottawa on August 28, 1915, just a few months after getting married to Elsie McIntosh. He was 20 and she was just 18.

His time in France was very short, arriving at the front on August 12, 1916, and then killed in action on September 16 near Rouen. But Delbert left an unusual record for posterity. In the Kemptville Advance newspaper, a letter appeared on September 28, 1916, twelve days after he was killed. It was a letter to his family, written on August 31, 1916.

"We had a few killed and a few wounded for Fritz would occasionally send over some shrapnel, bombs, minor wafers, whiz bangs, rum jars and a few rifle shots and everything he could imagine except beer barrels and certainly we sent back four times as much as he could send at us. ...We came all the way from Canada to do our little bit and we are going to do it for we are not downhearted yet or ever will be while here.... I have not much time to write at present so this letter will be short but will write again later on in this week..."

Sadly, Delbert died two weeks later from one of those attacks on his trench that he spoke about in his letter. He was 20 years old, and is buried in the Kemmel Chateau Military Cemetery in Belgium.

Frederick Thomas Baulch 633562

Frederick Baulch was born in Basingstoke in England on December 30, 1898, and came to Canada as a Home Child. He listed his mother as next-of-kin, and she was still living in Basingstoke when he enlisted in South Mountain, on February 25, 1916. He was farming in Mountain Township before he joined up, and was transferred to England on the S.S. Mauretania in October, 1916.

He was transferred to the 156th Battalion in January, 1917, and then posted to the 38th Battalion, Eastern Ontario Regiment. On September 9, 1918, he was killed in action when he was hit by machine gun fire near the village of Bourlon, just west of Cambrai in France. He and some of the Dundas men of WW 1 are remembered on a stone in the Van Camp United Church cemetery.

The Korean War and Canada

Canadians on patrol in Korea PA-115034

published by permission of Veterans Affairs Canada

At the end of the Second World War, Japan's empire was dismantled and the Soviet Union, seeking to gain influence in the region, occupied North Korea while the Americans moved into South Korea. The Soviets and the Americans eventually left, but not until a communist government had been established in the North and a democratic government in the South.

Tensions between the two Koreas grew to a climax and, on June 25, 1950, the military forces of North Korea crossed the 38th Parallel into South Korea. This marked the beginning of hostilities which were to rage on for more than three years, throughout the country known to its people as the Land of the Morning Calm.

The UN, created to resolve conflict between member nations primarily through dialogue and negotiation, also had the flexibility to use force in the pursuit of peace. The situation in Korea would require armed intervention, and 16 member nations, including Canada, would contribute military forces under United States command.

Initial advances of North Korean troops reached Seoul, the capital of South Korea, but a September 1950 UN sea landing at Seoul's port of Inchon forced the North Koreans to retreat. Seoul was re-captured by UN Forces, which then crossed the 38th Parallel, moving toward the Chinese border.

Chinese forces intervened with a massive offensive that drove the UN and South Korean Armies back across the 38th Parallel to southern positions along the Imjin River. In mid-February 1951, units from Canada, Great Britain, Australia, New Zealand and India joined to form one Commonwealth Force, as part of a northeastern advance toward the 38th Parallel. Korea, a rugged country with hills, swamps and rice fields, also has periods of severe seasonal weather which hampered combat operations. By the end of March, Canadian troops were in the Kapyong Valley and in mid-April UN Forces were again north of the 38th Parallel.

Western politicians debated invading China at the risk of expanding the war, but decided against such action and in late April 1951, with new troops and equipment, Chinese and North Korean forces struck in the western and west-central sectors. The aggressive Chinese advance forced US troops in the area to move back or risk being overrun by the enemy. Canadian and other Commonwealth troops entered the battle in the Kapyong Valley and helped the Americans retreat to safety. The Canadians were awarded a US Presidential Citation for this gallant action.

Early in July 1951, cease-fire negotiations began. However, there would be two more years of fighting until the signing of the Armistice at Panmunjom on July 27, 1953. The uneasy truce which followed left Korea a divided country, yet the first UN intervention in history effectively stopped the aggression, and the UN emerged from the crisis with enhanced prestige.

CANADA'S CONTRIBUTION

As with the two world wars that preceded Korea, Canadians volunteered for military service far from home. More than 26,000 Canadians served in the Korean War, including sailors from eight destroyers and airmen who took part in many combat and transport missions. Canada's military contribution was larger, in proportion to its population, than most other UN participants. Many made the ultimate sacrifice, and lie buried in countries far from their homes and loved ones. Many have returned from service with injuries to body and mind that they must carry with them for the rest of their lives. The names of 516 Canadians who died in service during the conflict are inscribed in the Korean War Book of Remembrance located in the Peace Tower in Ottawa.

William Campbell, 633330

William Campbell was born in Glasgow, Scotland, on February 10, 1899. He came to Canada as a Home Child and settled in Inkerman, where he worked as a labourer. Just 5 feet 2 inches in height, William enlisted in the 154th Battalion, Canadian Expeditionary Force, in Winchester on January 28, 1916.

He sailed with his Battalion from Halifax on board the S.S. Mauretania on October 25, 1916, and landed in England six days later. But it was not until February, 1918 that he was sent to France for service with the 21st Battalion. He was reported Missing in Action on August 20, 1918 and then declared Killed in Action on September 26, though the records are confused on this point. Some give August for the Missing in Action, while others say September.

His death certificate notes that he was killed in action on August 27, 1918 near Vis-en-Artois, while serving as a Company scout.

Winchester Remembers

by John Barnes, Service Officer, Branch 108, Winchester Legion

The community of Winchester, the Winchester Legion and Veterans have come together in the last two years to ensure we will remember those who have fought and those who have died for our freedoms.

The first event took place on 15 June 2019 with the unveiling and rededication of the new Winchester Cenotaph. The two new additions matched the existing monument almost perfectly and allowed us to add Afghanistan and Peacekeeping operations to ensure our modern-day veterans are recognized and remembered. This was a community event bringing participants from all walks of life. We had the local schools, local hospital, Cadets, Brownies, Scouts, Veterans, serving members, churches, businesses, and locals, all working towards the common goal. The day culminated with 3 World War 2 era veterans laying wreaths. (photos of original cenotaph and new)

The second event took place during the COVID Pandemic and the temporary closure of the Winchester Legion. During this time with volunteers, donations and the generosity of the Legion and its members, we were able to renovate the front room and dedicate it as the Veterans Lounge. The Legion and Lounge are now wheelchair accessible and the renovations have made it very welcoming to our Veterans and to all members of our community. We had hoped to have a grand opening for Remembrance Day but COVID has put that on hold. The lounge has a new floor, new furniture, new paint, new bathrooms and most importantly a new welcoming atmosphere. A small committee has started decorating the Lounge and have come up with a plan to recognize the Army, Navy, Airforce and RCMP on different sections of the walls. There is also a separate wall of Remembrance.

Winchester Legion Branch 108

What can you do to help the Legion? Renew your membership! Not a member yet? New members are always welcome! Anyone can join the Legion!

A portion of every membership goes to help fund operations of the Branch. Your support is needed now more than ever!

Renewals available at early bird rate of $45 until December 1 and then it goes up to $50. Please contact Janine Fawcett, Membership Chair at 613-859-0280, or janinefawcett.g3sports@gmail.com to arrange payment or for any questions.

Shaking:
An annoyance or Parkinson's Disease?

Common Sense Health

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

It's fair to say, these are shaky times! In keeping with the rocky ride of 2020, have you noticed your hands shaking lately? Are you having trouble tying your shoes, signing your name, or embarrassed that the glass you're holding is shaking? You think of those suffering from Parkinson's disease. And you wonder if you are experiencing first signs of this trouble.

Parents may also have concerns if their child has shaky hand movements. A report from the University of California says that a condition called essential tremor can occur in young children and young adults. This problem increases with age. At around age 60, about 5% of people notice a slight tremor. Another study states that about 1% of the population suffers from tremor.

Essential tremor is the most common form and usually involves the hands and arms, less often other parts of the body. It occurs with movement, not at rest. This slight shaking can also affect the head, with movement from side to side, or up and down. On rare occasions, it involves the vocal cords, and the voice becomes halting. It may also be associated with poor balance. No one is certain of the cause. Researchers are studying a part of the brain called the cerebellum which plays a role in movement and muscle control.

Doctors can usually make the diagnosis when symptoms have been present for at least three years and no other signs of neurological disease are evident. But there are differences between essential tremor and Parkinson's disease that help doctors to distinguish one from the other. For instance, considering statistical chances is helpful. Essential tremor is approximately eight times more common than Parkinson's disease.

Essential tremor normally occurs during action, such as writing, eating, or extending an arm to shake hands. But, in Parkinson's disease, the tremor occurs when the arm is not being moved. This is a "resting tremor". There's a difference in the tremor's frequency and the magnitude. For essential tremor, it's usually of higher frequency, with more repetitions over a length of time. In Parkinson's disease, the frequency of movement is slower.

A look to relatives may provide clues. A family history of essential tremor exists in more than 50% of cases; whereas in Parkinson's disease, only 10-20%. In terms of symptoms, in essential tremor, the primary issue is anxiety regarding the shakiness. In Parkinson's, other symptoms appear apart from the tremor, such as rigidity, slowed movements, and balance issues.

Treatment of the two is different as well. The majority of people who have essential tremor do not require treatment. In fact, researchers report that those with this condition rarely bother to seek treatment. Or they wait for many years before seeing a doctor. A change in lifestyle may ease mild tremors. Since sleep deprivation aggravates tremors, the answer is to get more shut-eye.

There is little doubt that anxiety plays a major role with tremor. Sufferers indicate they try to avoid stressful activities, such as public speaking, due to the visibility of hand tremors. Yoga, stretching, and relaxation exercises can be beneficial. Alcohol also has a moderating effect on tremor, as long as it is used in moderation. Smoking must be eliminated, as nicotine aggravates tremor.

For patients with Parkinson's disease, alcohol has no effect on the disease. But drugs such as levodopa usually provide some improvement of symptoms. And for parents who notice a child with shaky hands: have a doctor follow the case and keep a journal of what you see. As the child grows and becomes self-conscious of tremors, help them gain confidence through understanding of essential tremor.

Sign-up at www.docgiff.com to receive our weekly e-newsletter.

For comments, contact-us@docgiff.com.

Is staying active enough?

by Richard Chartrand

Many people believe that, if they are active, doing things like gardening, that they do not require formal exercise. In fact, when asked about why they don't do formal exercise, they will usually point out that either their job is physical or that they have hobbies that "keep them active enough".

Dr. Bryce Lee, DPT (www.strength-space.com) is both a doctor of physiotherapy, and he owns a strength training facility that specializes in high intensity strength training. In his article, of the same name as this one, he points out a number of very important points about why staying active alone does not replace proper exercise. The following is excerpted from the longer article on Dr. Lee's website.

To answer, "is staying active enough?", we have to define "enough." Because the last thing I want is to imply that gardening (and many other activities) isn't healthful. Fresh air, sunshine, and exertion are enormously beneficial, not to mention the deep satisfaction of seeing the fruits of our labors.

But there are some benefits that none of these activities can provide - benefits that are crucial to preventing age related decline in whole body muscle mass, bone density, and insulin sensitivity. It's a scary fact that even active people can lose muscle and bone at an alarming rate. This starts in our 30's, and accelerates significantly in our 60's. Suddenly, we lack the strength and stability to garden, or do all those healthy activities we once treasured. We stop doing them, become increasingly sedentary, and the health consequences increase exponentially. How does this happen?

Our bodies are masterfully efficient. Our nervous systems always attempt to use the least amount of muscle, and to burn the fewest calories, to do a task. This is just sound biology - being efficient means you get to survive during the famine, or hard winter. And the more we do a given task (running, gardening, etc), the more efficient we get.

Maintenance is a myth. Someone who takes up running will initially become fitter. But it is a cruel irony that if you run exactly 3 miles, 3 times a week, on the same course, and at the exact same speed, you will be weaker, less fit, and possibly less lean 10 years later than you are today. Their bodies will master the task and learn to shut off as many muscle fibres as possible, so the task can be done with the fewest calories burned, and the fewest muscle fibres in need of repair.

Efficiency makes it hard to keep muscle: When we go to exert ourselves, our bodies will always turn first to the smallest muscle fibres, which require the least energy, and recover the fastest. These smaller, "slow-twitch," fatigue-resistant muscle fibres are the workhorses for most of activity. Small but numerous, our bodies rely on them for all the low to moderate force activities we do - any task that can be sustained for more than a few minutes can be done largely or exclusively with slow twitch muscle fibres.

Our body so efficiently cycles between slow twitch fibres for one purpose - to avoid having to recruit the larger, "fast-twitch," easily fatigueable muscle fibres. These fibres take much longer to recover: hours, days, or even weeks! This is an eternity compared to the seconds or minutes that slow-twitch fibres take to be refreshed. What is more, when these larger fibres are deeply fatigued, they become very hungry.

Because of this, our bodies only call upon these fibres in true "emergencies," or situations in which absolutely maximal amounts of effort are required.

Use muscle or lose it! When these fast twitch fibres go unused for long enough, the body, like a sensible business owner, starts asking the hard questions: "Are these big, expensive muscle fibres really necessary?" And that's when the atrophy starts. After age 30, we lose 3-10% of our muscle mass each decade, and 10-40% of our strength! That means that, by the time we're in our 70's and 80's, we may have lost between 25% and 50% of our muscle mass and strength. This is an unacceptable risk.

Nothing replaces high effort resistance training. Recreational activities like gardening, tennis, or yoga can feel very challenging at times. They can make you sweaty, winded, and quite fatigued. And those are very good things! What they are very unlikely to do is to deeply exhaust the fast twitch muscle fibres throughout your body. We're just not going to achieve truly max-effort contractions during these activities, and instead tend to accumulate hundreds or thousands of fatiguing but low-force muscle contractions instead. It feels hard, but it isn't maximal in effort.

Muscle is the best insurance policy for a "rainy day." Are you comfortable hoping you'll never get acutely ill or suffer a severe injury? After all, we can also live a long and healthy life without seatbelts or an emergency savings fund. But when an emergency occurs, these things go from "nice-to-have" to "absolutely essential." Muscle and bone are the same.

We need to understand how muscle and bone are like an emergency savings fund. Maybe we are just strong enough to enjoy our day to day activities, but what happens when we have to spend a month in the hospital due to a severe, acute illness? Or when we sustain a serious fall? We have to start drawing upon this "emergency fund."

According to the evidence, we need very little exercise to see major benefits. In fact, exercising less than an hour each week can reap many, if not most of the benefits of this higher effort training! By using what we understand about how the body works, we can save an enormous amount of time for what we really love to do, whether that's playing tennis with our friends, or working in the sun on a new garden bed.

Lions press on in the age of Covid

by Joselyn Morley

The Mountain Township District Lions Club BBQ held on Saturday was a resounding success! The event is an important fundraiser for the Lions. Not to be deterred by Covid-19, the BBQ at the Mountain township Agricultural Hall was a take-out affair. They sold out early, honouring 350 tickets. Pick-up was orderly, with both Lions volunteers and diners patient and smiling.

The Mountain Township District Lions are holding their 50/50 draw on December 3. Tickets are still available for $5 each, and can be purchased from Loughlin's Country Store in Hallville, Sandy Row Restaurant in South Mountain, Berends Automotive just north of Hallville, or from Lions members. You can even pay via e-transfer for extra safety during Covid-19.

Alongside other service groups, churches, House of Lazarus, and the 100 Who Care North Dundas, the Lions Clubs are helping to support the North Dundas Christmas Fund this year. There are many families in need of support. You can donate through 100northdundas.com, or through any of the participating organisations. Although the 100 Who Care North Dundas could not meet in person this year, they have nevertheless raised $13,000 so far. The need is great this year!

Fundraising in the age of Covid-19 is a challenge. Service Clubs, schools, and charities have to be creative with their events, and getting the word out about fundraising is difficult. Let's hope that the new North Dundas Times can help spread the word about upcoming events! Please share my email so we can cover as many of these much needed efforts as possible. joselyn@ndtimes.ca.

Holiday chocolate fundraiser with curbside pickup

by Canadian Guide Dogs for the Blind

2020 is the year of online shopping. Canadian Guide Dogs for the Blind [CGDB] and Purdy's Chocolatier have partnered for a fundraising campaign for the 2020 holiday season. You can purchase chocolate for gifts, or just for yourself, and support CGDB, providing professionally trained guide dogs to Canadians who are visually impaired since 1984.

Order chocolate online, pay the same prices as in Purdy's stores, and 25% of the price is donated to CGDB. Order before the deadline of November 25, 2020, and then plan for safe, curbside pick up at Canadian Guide Dogs for the Blind, 4120 Rideau Valley Drive North, Ottawa between December 21-24.

Stay safe, support an amazing cause and, best of all, get or give chocolate! To order, or for more details, go to the events page at www.guidedogs.ca, Canadian Guide Dogs for the Blind.

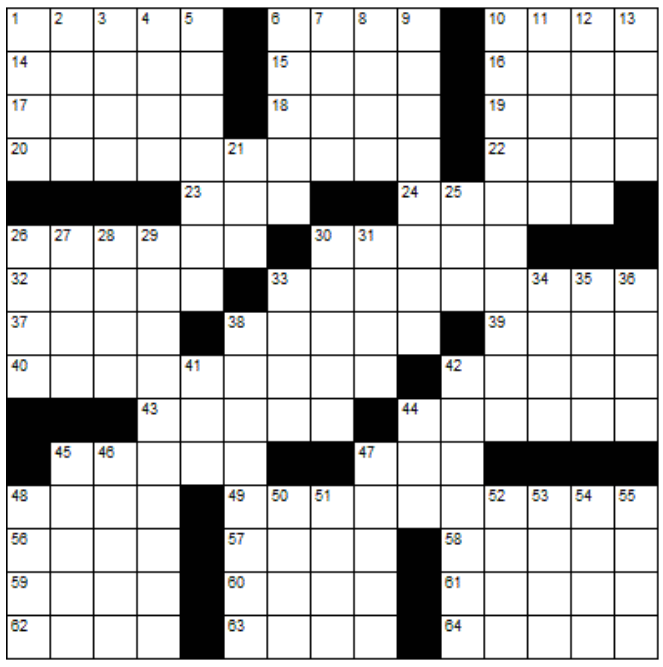
Purdy's Chocolatier is a Canadian chocolatier with a rich history. Founder, Richard Carmon Purdy, started selling homemade chocolates in downtown Vancouver in 1907. After 100+ years of crafting fine chocolates, you get to know a thing or two about doing it right. Truly Canadian and truly delicious, Purdys is a family-owned company that's proudly all about chocolate.

CGDB was established as a registered charity in 1984, and has provided more than 880 professionally trained guide dogs to Canadians who are visually impaired from coast to coast. CGDB also operates an Assistance Dogs Division, which trains assistance dogs for individuals in the Ottawa area with mobility-related disabilities.

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

Send in your letters, stories, events to editor@ndtimes.ca

CROSSWORD



ACROSS
1. Prickles
6. Boyfriend
10. Doing nothing
14. Negatively charged particle
15. Not odd
16. Require
17. A forehead dot
18. Former Italian currency
19. Group of two
20. Companion
22. Yucky
23. Faerie
24. Donkeys
26. Type of oil well
30. A pinnacle of ice
32. ___ alia
33. Teutonic dragon
37. Mangle
38. Shield
39. Female sheep (plural)
40. Barkeepers
42. Aquatic mammals
43. Very troublesome children
44. A copy from an original
45. Not quite a teenager
47. Arrive (abbrev.)
48. Farm building
49. From that time on
56. Footnote note
57. German for "Mister"
58. Subarctic coniferous forests
59. Learning method
60. Celestial bear
61. Whipped or sour
62. One who accomplishes
63. Drunkards
64. Groups of animals

DOWN
1. Pamper
2. Pearly-shelled mussel
3. A building for skating
4. Was a passenger
5. Nose (slang)
6. Tummy
7. Anagram of "Live"
8. Relating to aircraft
9. Unexpectedly
10. Injudicious
11. Two
12. Discharges
13. Countercurrent
21. Hearing organ
25. Unhappy
26. Hobbling gait
27. Two-toed sloth
28. Counterfoil
29. Large salamander
30. Indications
31. Goddess of discord
33. Accomplishment
34. On the road
35. Large brown seaweed
36. To be, in old Rome
38. Sea holly
41. Anger
42. Abrasion
44. Before, poetically
45. Forbidden
46. Produce a literary work
47. Tapestry
48. Fowl
50. Protagonist
51. At one time (archaic)
52. Anagram of "Fear"
53. Layer
54. Quaint outburst
55. Adult male sheep

Solutions to last week's Sudoku

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

Easy

	5	
	4	
3	1	
	2	
	6	
1		9
7		

	3	
8		
	9	
		5
9		

Medium

	3	
	9	
1	8	
	8	
	1	
5		
	2	
6	1	

4		
	7	2
6		
	9	

		5
6		
2		9
	1	

Hard

	5	
1	3	
	6	
7		4
	8	
	9	

	1	
		6
		3
8		
9	2	
		7
	6	

7		
		4

	9	
2		

Solution to last week's Crossword

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

Farmer mental wellness – a key priority for OFA and Ontario farm families

by Teresa Van Raay, Director, Ontario Federation of Agriculture

If someone asks, "how are you doing?", do you want to throw something at them, or do you break down in tears, or both? I'm not one to judge, I'm a 'both' kind of person.

The pandemic has brought many changes into our everyday lives. It has offered some relief from external expectations related to travel and busy schedules. However, this roller coaster of uncertainties has increased the level of pressure and stress in our families, businesses, and on our farms. Most farmers I know want to be in control and fix everything. When you are facing emotional exhaustion because of COVID constraints, there may be little control or desire to fix anything. The good news is we are not alone.

Without the traditional season of gatherings and meetings with friends, family, and the farming community, we're encouraging everyone to be aware of the care and wellness necessary to thrive, not just survive, through the winter months. This week, we are paying tribute to all the efforts across the farm and food sector that have stepped up to respond, create conversations, and share compassion, helping shine a light on mental health and wellness to strengthen our agricultural and rural communities.

Mental health continues to be top of mind for the Ontario Federation of Agriculture's (OFA) advocacy and outreach efforts, and we're seeing positive progress in government and organizations focusing on managing stress and increasing the understanding of how mental health struggles can impact life on the farm.

Recently, OFA has signed a Memorandum of Understanding (MOU) with the Canadian Mental Health Association (CMHA), Ontario Division, to address key mental health issues affecting Ontario farmers, agriculture employees, and farm families. This is a tremendous opportunity to offer half-day, evidence-based, mental health literacy programming, and create awareness and support specific for farmer mental health through 'In the Know' sessions. These sessions, developed at the University of Guelph, are expected to be launched in early 2021.

OFA continues to drive home the point that the agriculture industry must be recognized in the new Centre of Excellence for mental health and addiction announced by the Ontario government in February. In the meantime, to help raise the profile of farmer wellness, OFA launched two campaigns through CTV Bell Media Fields to Forks, featuring farm voices speaking about the importance of seeking help in times of distress, and planning for support to avoid the dangers of working alone when overwhelmed.

At the grassroots level, county federations of agriculture have been leading the way on hosting workshops and Mental Health First Aid training. The Farmer Wellness Program is gaining traction as Lennox and Addington, Hastings and now Northumberland members have access to counselling sessions, and other counties are poised to join this model in the future. Even Agricultural Associations are championing the cause, with the recent release of the Listowel Agricultural Society Farmers' Toolbox raising the profile and increasing awareness of resources.

Provincially, organizations, including Grain Farmers of Ontario, are increasing awareness by sharing listings of agencies and counsellors who understand the realities of farm life, and focusing on wellness-themed social media posts. The Ontario Veterinary College of the University of Guelph has divided the components of well-being into eight domains, accompanied by simple, everyday activities to encourage mindfulness, which is available on OFA's website.

The harsh reality is that sometimes the struggle for balance and mental wellness on the farm is closer to home than we realize. It brings priorities into sharp perspective when we learn, sometimes too late, that someone in our circle is in a really dark place.

Think of mental health and wellness as a dashboard using these helpful tips:

Check your own levels – are you close to 'empty' on energy, patience, sleep, hydration ... or cruising close to burnout? Is your "give a darn" meter broken?

Find ways to recharge – hobbies, staycations, breaks from everyday farm tasks, enjoy a favourite comedy show, write down something you are grateful for (chocolate counts).

Do a circle check of your network – check in on neighbours, friends, and family. When you ask how they are doing, really listen.

Don't hesitate, reach out for help – Look for help from a specialist if the situation is overwhelming, or start by talking to a trusted COVID comrade. We are in this together.

We advocate for economic growth and prosperity for Ontario farm businesses, but, at our core, we care about the health and wellness of our 38,000 farm family members, as individuals. As farmers, we often pride ourselves on our work ethic, strength, and entrepreneurial spirit. But in order to maintain the resilience required to thrive, mental well-being must be part of the equation. It begins with starting a conversation and watching out for each other. Together, our sector is looking out for the most important resource in Ontario agriculture ... our people.

For information, resources and help lines, visit ofa.on.ca/issues/mental-health. If you need immediate help, please contact the toll-free mental health and addictions line at 1.866.531.2600.

Catch the Ace is Back!

If you are looking for some good news, we have some!

Catch the Ace is back – thanks to the Kin Club of Russell. The first draw takes place on Sunday, November 22, at 3:15 pm and tickets are on sale now. Part of the proceeds will be donated to the WDMH Foundation to support hospital equipment purchases.

There is an estimated jackpot of more than $90,000 and only 23 envelopes left. For full details and rules of play, visit www.kinclubofrussell.ca, or watch the Kin Club video: youtu.be/KRWEEmejoxk.

In light of the on-going COVID-19 precautions, everyone is encouraged to purchase their tickets online at https://kinclubofrussell.ca/catch-the-ace-tickets. Be sure to select the WDMH Foundation as the charity of choice. Paper tickets are also available at Winchester Foodland, Loughlin's Country Store, and the Brinston General Store. Tickets are $5 each and are valid for the draw held during the week they were purchased.

And don't forget to tune in and watch the draw live on the Kin Club of Russell Facebook page, or visit the WDMH Foundation Facebook page to see the results.

"We are so grateful to be part of this fundraiser – and we all need a little fun right now," says Cindy Ault Peters, Manager of Direct Mail & Events at WDMH Foundation. "Thank you to the Kin Club of Russell and everyone who tries to Catch the Ace. Good luck!"

OPP Report

TWO WANTED INDIVIDUALS - ARRESTED

(NORTH DUNDAS,ON) - On November 2, 2020 shortly before 11:00 a.m, Stormont, Dundas & Glengarry (SD&G) Ontario Provincial Police (OPP) officers and members of ROPE (Repeat offender parole enforcement) located two accused as they were wanted by the SD&G OPP for several offences they committed. Further Investigation also indicated that the male was in possession of suspected Purple fentanyl.

A male, (age 34), of North Dundas Township, was arrested and is charged with:

- Fail to Comply with release order - Two counts
- Possession of a controlled substance

He was held in custody pending a court appearance (bail) at the Ontario Court of Justice in Cornwall.

A female (age 39), of North Dundas Township, was arrested and is charged with;

- Fail to comply with conditions of a probation order
- Theft of credit card
- Theft under $5000
- Possession of property obtained by crime - under $5000
- Use, deals, acts on forged document

The male was released and is to appear at the Ontario Court of Justice in Cornwall on November 12, 2020.

DOMESTIC - Multiple charges laid

(NORTH DUNDAS,ON) - On November 4, 2020 at approximately 6:08 a.m Stormont Dundas & Glengarry Ontario Provincial Police officers responded to a report of domestic situation in North Dundas Township. Investigation revealed that an adult male accused had entered into his ex-girlfriend's residence and remove their child. Officers located the male and the child at his residence, the child was not harmed.

A 37-year-old male accused of Chesterville, Ontario was arrested and is charged with:

- Abduction - Where no custody order
- Unlawfully in dwelling house
- Fail to comply with conditions of a probation order - three counts

The accused was held in custody (bail) and is scheduled to appear at the Ontario Court of Justice in Cornwall on November 5, 2020.

Anyone having information on the above incidents or any other crime is asked to call SD&G OPP at 1-888-310-1122 or Seaway Valley Crime Stoppers at 1-800-222-TIPS(8477) or you can submit a TIP online at www.seawayvalleycrimestoppers.ca.

Backyard Astronomy

Antiquity meets High Tech

by Gary Boyle
- The Backyard Astronomer

Over the past decades, we have witnessed and embraced the advancement of technology in cars, TVs, computers, and cell phones. The list goes on and on. We have the opportunity to learn anything via reputable websites over the internet, as well as YouTube videos. Although technology has changed, the night sky has appeared the same for countless millennia.

Back in 1965, when I fell in love with astronomy, spacecraft nor humans ventured into the cosmos to discover the unknown. Humans only stepped on the surface of the Moon in 1969. The few discoveries made by ground-based telescopes were usually buried in small newspaper columns, or dedicated astronomy magazines that only came out three months later. Books usually took a year or more.

Today's ability to keep up with "breaking news", no matter what the topic, is literally at our fingertips. A discovery, or recent photos taken from Mars or the cosmos, can be delivered to our laptops and smartphones within hours. We can also use state of the art techniques to learn and image the night sky. Along with smartphone astronomy apps that might cost a few dollars, such as Sky Guide for IOS, there are also free programs (freeware) anyone can download from the internet, such as Stellarium www.stellarium.org, which portrays the night sky that has been seen for thousands of years. I highly recommend this download.

My younger days would find me at the DOW planetarium in Montreal. The mighty Zeis projector showed a dark starry sky setting including the Milky Way and the visible planets on the ceiling of the dome. I stared up in amazement and helped set my path in wanting to learn more.

Photographing the night sky was only accomplished with film and a single-lens reflex (SLR) camera. Everything changed with the introduction of the digital variety DLSR) in the mid-1980s. What took hours can now be accomplished in mere minutes, thanks to the advancement of CCD chips in the camera. Free programs, such as "Deep Sky Stacker" and "Registax", help in combining multiple images (subs) and processing the results. Smartphones are great for daytime shots, but not so much at night.

So the next clear moonless night, set up your DSLR camera on a sturdy tripod and a cable release (intervalometer) so as not to touch the camera. On the lens, switch to the manual focus setting and carefully bring a bright star to a pinpoint focus. Set the ISO (light sensitivity) to 1600 and open the camera shutter at a bright constellation for about 30 seconds, using the cable release. You will be amazed at what the camera will record. Welcome to the world of astrophotography and remember: pixels are free, so experiment. Feel free to contact me with any questions via my website.

Till next time, clear skies.

Known as "The Backyard Astronomer", Gary Boyle is an astronomy educator, guest speaker, and monthly columnist for the Royal Astronomical Society of Canada. He has been interviewed on more than 50 Canadian radio stations and local Ottawa TV. In recognition of his public outreach in astronomy, the International Astronomical Union has honoured him with the naming of Asteroid (22406) Garyboyle. Follow him on Twitter: @astroeducator, or his website: www.wondersofastronomy.com.

Increases in direct care for long-term care residents

by David Shanahan

The Ontario government announced last week that they are increasing the hours of direct care for each long-term care resident to an average of four hours per day, which will be provided by nurses or personal support workers to support individual clinical and personal care needs. Targets have been set in order to reach that target by 2024-25, and, in order to ensure this, regular reports on progress will be expected. Tens of thousands of new personal support workers, registered practical nurses, and registered nurses will be required, and, as part of the province's COVID-19 Fall Preparedness Plan, an additional 3,700 frontline workers will be recruited for its health workforce.

The government has pledged to work in collaboration with labour, education, and training providers, as well as sector leaders, in order to achieve the goals they have set. Merrilee Fullerton, Ontario Minister of Long-Term Care, cautioned against unreasonable expectations, however: "Although we will continue to make progress, these changes will not happen overnight, as we have to hire and train a great number of staff and build modern new facilities so our residents get the level of care they deserve."

The commitment is part of the government's initiative to build 30,000 new long-term care beds over 10 years. The government is also driving the development of new long-term care homes through the Accelerated Build Pilot Program, adding 1,280 beds by early 2022. Ontario is also providing a temporary wage increase to over 147,000 workers who deliver publicly funded personal support services, including an increase of $3 per hour for approximately 50,000 eligible personal support workers in long-term care.

At the moment, Ontario's long-term care homes employ over 100,000 staff across the province. The government had already announced $243 million in emergency funding for staffing, supplies, and capacity, and $78.2 million to maintain frontline staff and current levels of service provided for resident care and accommodation.

Second World War veteran shares story of service and loss of limb

from War Amps Canada

On Remembrance Day this year, many Canadians will be reflecting on the 75th anniversary of the end of the Second World War. Among those will be war amputee veteran Bob Gondek, of Toronto, who also carries a physical reminder of that pivotal time in history.

At the age of 96, Bob can still vividly recall serving alongside the Allied Forces with the 2nd Polish Corps during the Italian Campaign.

In 1944, he was based outside Loretto, Italy, when heavy gun fire broke out. "Without any order, I crawled up to them [the enemy] and threw a grenade," says Bob. "I acted instinctively." After a short period of silence, the enemy began firing mortars. "I remember an explosion and the smell of gunpowder," he says. "I then realized that my weapon was gone and, in the place where my hand held the machine gun, there was nothing – I had lost part of my left arm below the elbow. I felt like I was dying because my whole life flashed before my eyes."

Bob was awarded the Virtuti Militari, the Polish equivalent of the Victoria Cross, for his valour in destroying two enemy machine gun nests. He also received the Officer's Cross of the Order of Polonia Restitua from Poland, the Cross of Valour, Merit Cross, Second Corps Army Medal and Monte Cassino Commemorative Cross.

In 1954, Bob immigrated to Canada where he became a member of The War Amps, an Association originally started by amputee veterans returning from the First World War to help each other adapt to their new reality as amputees.

For the last 50 years on Remembrance Day, he has laid a wreath to honour his comrades.

"I'm grateful that I have been able to take part in these ceremonies. It's important to me that I pay tribute to my fellow veterans and all those who lost their lives," says Bob.

Photo: Second World War veteran Bob Gondek.

We Remember

Boer War

The British Empire went to war in South Africa in 1899 in an imperial venture to take control of minerals and territory. Opposed by the Boers, descendants of earlier Dutch settlers, Britain put pressure on Canada to send troops, although Canadians had never served outside of the homeland before. Canada was divided over the prospect, and Prime Minister Laurier compromised by agreeing to pay for a volunteer corp to join the war.

7,368 Canadian volunteers and 12 nursing sisters were eventually to serve in South Africa, of whom 89 were killed or died of wounds. Some 252 were wounded, 135 more died by accident and disease. The Canadian War Museum records that "Canadian troops burned Boer houses and farms, and moved civilians to internment camps. In these filthy camps, an estimated 28,000 prisoners died of disease, most of them women, children, and black workers. Civilian deaths provoked outrage in Britain and in Canada".

32-year old Thomas Michael Griffin of Asa Street in Kemptville enlisted to serve in South Africa on January 8, 1900. He was a farrier by trade, a man who took care of horses' hoofs and shoes, something that was highly prized in a war in which calvary played a major role. The son of Irish Catholics immigrants who arrived at the height of the Great Famine.

He was attached to the Royal Canadian Field Artillery. Thomas was promoted to Sergeant and returned safely home to Kemptville in 1901 to be welcomed in a blinding snowstorm by hundreds of neighbours and Reeve G. Howard Ferguson.

He was awarded the Queen's Medal with three clasps, for service in Belfast, Cape Colony and the Orange Free State.

Canadian soldiers in the mud of Passchendaele, 1917

Canadian troops in South Africa, 1900

Canadian military funeral in France, WWI