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

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Happy Canada Day!

Canada Day stories:

The Confederation Party

by David Shanahan

Canadians, when they think about the Fathers of Confederation, which is rarely, probably imagine them as rather stern and colourless individuals. They see the old photographs taken in Charlottetown in that summer of 1864, the old-fashioned clothes, the profusion of facial hair and the dour faces, and they judge them rather harshly. The rather odd fact of history is that the scheme of Confederation, as hammered out in September and October of that year, was carried through as much through long evenings and nights of parties, copious consumption of alcohol, and massive amounts of food, singing and dancing.

There was also, of course, serious discussion, constitutional debate, careful guarding of local and regional interests, and all the other aspects of creating a new country. But the long days of late summer of 1864 was the time in which Canada, as a new nation, was forged.

When the Canadians effectively forced the Maritimers to invite them to the conference they were planning in PEI that August, it forced the Lower Colonies to finalise plans for their meeting, which was to discuss uniting in a new Acadia, a single Maritime Province that would be stronger and more secure than its individual parts. But it cannot be said that there was a great deal of optimism among those politicians that such a union was possible, or even desired by most of the inhabitants. But the arrival of the Canadians changed all that.

Before they left for Charlottetown, the members of the Canadian Coalition Government locked themselves away on August 4 to draw up a detailed plan of how a confederation of the British American colonies would work. They had already discussed the concept at length in George Brown's Committee in May, and now they surprised themselves at how quickly, and with what unanimity, they were able to draw up a proposal to put before the Maritimers when they travelled there in September.

One member of that Government was not present for those sessions: he was away on a rather special mission. On the day the sessions began, August 4, Thomas D'Arcy McGee departed on the government steamer "Queen Victoria", along with one hundred journalists and politicians, on a social visit to New Brunswick and Nova Scotia. They had been invited by the St. John Board of Trade in an effort to improve commercial relations between the various British colonies. The timing of the invitation has been the

cont'd on page 3

Nevermind

by Brandon Mayer

In providing coverage in the last issue of the construction work taking place on Main Street West in Winchester, I noted that traffic in the construction zone has been flowing smoothly. However, in the time since writing those words, I feel that I have been made to eat them.

I try to avoid the construction zone as much as possible. People who live on Main Street West, or in the settlement to the north of Main Street, are the ones who have no choice but to go through the construction zone. Also, customers of the businesses in the area must traverse the construction to patronize these establishments. I would hate to think that these business owners are losing money during this construction. The sewer line work is a great sign of progress and I have no complaints about it being done, but I would rather not make additional traffic for those who live and shop in the area. I am sure they are having the limits of their patience tested every day already.

I use the Winchester bypass (part of County Road 31) to get to the other side of town whenever possible. It's a longer distance to travel depending on where I am going, but it prevents congestion and in some cases, I have actually found it to be faster than waiting for the traffic light that now controls the one usable lane on Main Street.

The handful of times in the past couple of weeks that I have gone through the construction zone, I have been very disappointed. Not angry, and unfortunately not even surprised, but disappointed. I know the people in North Dundas care about each other. We are courteous, we are thoughtful, and we are neighbours. But that is not what I have been seeing at the traffic lights.

I have observed cars continuing to travel past the traffic signal after it turns red. Not just one or two cars sneaking through, but 5…6…7 cars and counting, just continuing to roll through. Yes, drivers can be fined for disobeying a red traffic light – over $300 and 4 demerit points, if I remember correctly – but that's not the part I care about. I care about the people sitting on the other side of the traffic light, who have waited their turn and now have the green traffic signal but can't go because oncoming cars are still rolling through. I have been in that car a few times now, and it's sad. Again – it doesn't make me angry, it simply makes me sad that so many North Dundas locals who are normally proud to be part of this tight knit, caring community can't be bothered to wait their turn, like they were taught before they started kindergarten. These people decide that where they are going is more important than where anyone else is going, and proceed to push right through.

In response to my own coverage from last issue, I must issue a correction: nevermind. Traffic is not always flowing well on Main Street, it's flowing selfishly. I urge North Dundas residents to be part of the solution, not the problem.

Community Garden wins $1,000 prize

Members of the garden group (left to right): Tom Clapp of St Paul's, Leslie Scharfe – Volunteer Co Coordinator, Jane Schoones – Team Leader at Community Food Share, and Leslie Levere, Volunteer Co Coordinator.

submitted by Jim Millard

With the gardening season well underway, community gardens in both Winchester and Iroquois are starting to provide fresh produce to food banks operated by Community Food Share.

St. Paul's Community Garden in Winchester, a project of Community Food Share, has won a prize of one thousand dollars. Eric Stacey of Ottawa radio station Live 88.5 visited Winchester recently to present a $1,000 gift card for Ritchie Feed and Seed that can be used by the garden for seeds and supplies.

Located on the grounds of St. Paul Presbyterian Church in Winchester, the garden has been in operation for six years and provides hundreds of pounds of produce to Community Food Share's food bank in Winchester.

Another community garden in Iroquois operated by the Iroquois Matilda Lions Club and located on the grounds of Riverview Presbyterian Church has 15 raised beds planted and will soon be starting to harvest vegetables for Community Food Share. The Lions Club works with students at Seaway District High School who have a greenhouse at the school, enabling them to start plants early. They're already providing some early vegetables and seedlings.

Grow towers are also in operation at Timothy Christian School in Williamsburg and at Iroquois Public School throughout the school year. Food banks in Morrisburg and Winchester operated by Community Food Share receive fresh produce from both these elementary schools.

The organization is here to help the residents of Dundas and Stormont with a vision that no person or family in our community goes hungry.

cont'd from front page

Thomas D'Arcy McGee, social convenor and prophet of Confederation

source of some controversy ever since. Was it simply coincidence that this tour took place just before the gathering at Charlottetown? Was the invitation by the Board of Trade "inspired" by McGee and the Canadians?

Whatever its origins, the visit was a huge success. Receptions, parties, dances, speeches, all followed each other in a blur of good times and fine fellowship. McGee's reputation as the best orator Canadian politics has ever known was enhanced, as he spoke again and again of the dream that he had been promoting ever since he had arrived in Montreal in 1857: a New Nationality. This meant, not just a new nation, a new political structure, but a new nationality, a new identity and culture which would transcend the old divisions of ethnicity, religion and provincialism that had marked and retarded British American development for so long.

By the time the visitors re-embarked on the "Queen Victoria" and sailed back up the St. Lawrence, Maritimers were much more aware, and much more open to, these ideas of Union, Confederation and new nationality. McGee and friends had done a great deal to create the atmosphere which would make the Charlottetown Conference such a success.

He had hardly returned home to report on his success than he was back aboard the steamer, this time accompanied by the rest of the Canadian delegation, and was heading back down river to begin the series of meetings at which the new nation would be designed, new and revolutionary ideas of sovereignly and co-ordinate powers would be developed, and many long nights of dancing, singing and drinking would cement new friendships and associations which would dominate political life in the coming Dominion for decades to come. McGee's role continued at Charlottetown. As the only Canadian delegate to have actually toured the Maritimes in the past, speaking in halls and clubs on a number of visits since 1858, he introduced many of these men to each other for the first time, and became the common factor, the link between powerful personalities who might not otherwise have settled down to work together as quickly and openly as they did.

Ironically, the man who became known as Confederation's Social Convenor, in addition to being the Prophet of Confederation, would be the one man among them who would not live to enjoy the fruits of his labours. The witty and eloquent McGee would effectively be the first martyr of the New Nationality, shot dead on Sparks Street in 1868.

SNC celebrates its 75th year in conservation

Angela Coleman, General Manager of Conservation Ontario; Carl Bickerdike, CAO of SNC, and Nolan Quinn, MPP for SD&G at SNC's 75th anniversary celebration in Finch.

submitted by Erin Thorne, SNC

South Nation Conservation (SNC) has been a leader of natural resource management in Eastern Ontario since 1947 and celebrated a belated 75th Anniversary event at its headquarters in Finch on Thursday, June 15th, 2023, which welcomed over 150 guests from throughout the watershed.

The outdoor occasion celebrated seven and a half decades of environmental stewardship, conservation efforts, and community engagement.

The Conservation Authority's growing jurisdiction is currently spread across 4,480km2 of land situated along the South Nation River, from the headwaters north of Brockville to where it empties into the Ottawa River, near Plantagenet.

Working on behalf of 16 member municipalities, SNC has been at the forefront of managing, conserving, and restoring natural resources, managing over 20,000 acres of land, planting 120,000 trees every year, adding to the 4 million trees planted since 1990, and protecting people and property from the impacts of flooding, erosion, and landslides, while supporting sustainable development activities in growing communities.

Highlights from the event included the Opening Ceremony led by Larry McDermott from Shabot Obaadjiwan First Nation and the Executive Director of Plenty Canada, followed by remarks from SNC Board Members, Pierre Leroux, Chair and Mayor of the Township of Russell, Steve Densham, Vice-Chair and Deputy Mayor of the Township of North Stormont, Past Chair Bill Smirle, City of Ottawa Councillor Catherine Kitts, along with SNC's Carl Bickerdike and General Manager of Conservation Ontario Angela Coleman.

Many elected officials were in attendance, including representatives from each of SNC's municipalities and the provincial and federal government,as well as MPP Nolan Quinn, from Stormont, Dundas, and South Glengarry.

"It was incredible to see such strong support for SNC's programs and services and to hear from our municipal partners on their experiences with SNC's work through the decades," said John Mesman, Emcee of the night and Managing Director, Property, Conservation Lands and Community Outreach. He added, "we were also pleased to welcome Angela Coleman, our former General Manager, back home to Finch to hear about her new leadership with Conservation Ontario and to thank her for her 20-year career at SNC."

"It is great to be back in Finch to celebrate SNC and this important milestone. The work that SNC continues to do for Eastern Ontario is essential for the health and future prosperity of the local environment. The lands they maintain help form a living natural legacy for our region" noted Angela Coleman, General Manager of Conservation Ontario.

"SNC's strength is drawn from its municipal partnerships at work and the supporters, donors, and volunteers from across the watershed. Having a diverse team of professional staff who share their resources and expertise with our partners is what makes our mission of protecting and improving the environment possible," said Carl Bickerdike, SNC's Chief Administrative Officer. SNC's vision has always been to maintain a healthy ecosystem by improving water quality and protecting natural spaces by maintaining healthy rivers and natural shorelines. "I'm proud of the work we have done, and I look forward to the future ahead." added Bickerdike.

Bee Amazed is returning for a second year

by Brandon Mayer

A popular fundraising event will be returning next month to Smirlholm Farms. The "Bee Amazed" event drew large crowds last year, all while raising $2,000 for the Winchester District Memorial Hospital Foundation's Cancer Care Fund. Partial proceeds from this year's event will once again support the Fund.

The event organizer has a simple reason for wanting to host the event. "Because I believe people should know where their food comes from," he told the Times. "I was very active in that respect when I dairy farmed." He added that he also wants to bring a fun event to our community. "I wanted a festival of sorts that my neighbours could ask people from out of town to come to our community and experience… to put Morewood on the map!"

Noting that last year's visitor turnout community was "amazing", Glenn notes that he is aiming even higher this year. "I'm hoping each one of them brings a friend with them this year," said Glenn. "I'm also wanting to try and tie it in with the North Dundas District High School reunion weekend. I graduated from NDDHS in 1986, and I would love to have people coming back for the reunion come and enjoy what we are doing here."

What can event goers expect? There will be horse drawn wagon rides from Navandale farms from noon until 4pm each day. Returning from last year will be the cocktail trailer known as "The Thirst Responder", serving drinks made with Smirlholm honey from noon until closing each day. Simply Baked Catering from Winchester will be serving food.

Also on site will be live music from 4pm-7pm on July 29 and 30, and August 5 and 6. This will be provided by CC and Company. Sunflower bouquets, in addition to rows of sunflowers and wildflowers, will be available from Ganden Gardens in Ormond.

Last but certainly not least, educational exhibits about honeybees and the small ecosystem that is in the wildflower plot will be featured, as well as the opportunity to purchase Smirlholm Farms award winning honey.

Come out and have some family fun July 28, 29, and 30, and August 4, 5, 6, and 7. The event runs from 10am to 8pm on all of these days at Smirlholm Farms, 65 Main St in Morewood.

Evanesco

by Brandon Mayer

Ah, the joys of summer. Can you feel them coming? Summer is now here, and has been for about a week. Those who love summer look forward to going outside without the tedious task of layering up, and they can't wait to go camping, fishing, boating, and swimming. A uniquely affordable activity in that list – and one that is fun for all ages – is swimming.

North Dundas is lucky to have two public swimming pools, one in Winchester, and one in Chesterville. Those of us who live outside of these villages must travel by car to go swimming, but the pools are still accessible within a reasonable distance, and we can still take advantage of the discounted resident rates for pool rentals and other facility rentals.

This year, as most readers will know, the pools will be open only on what is considered a "part time" basis. The hours remain reasonable, but the move will definitely cause a limitation on when regular pool-goers will be able to enjoy their favourite pastime. Council was tasked in April with deciding whether to open only the Winchester pool but for its full hours, or to open both the Winchester and Chesterville pools each part time. Council absolutely made the right call – deciding in favour of one community over another would have been inappropriate. But why can't both pools be opened full time? The answer is… staffing! The same problem is plaguing every employment sector.

There are certain places where I would never want to work, so I don't blame people for not jumping at the opportunity to work these jobs. Two prime examples are the fast food and retail industries. These jobs pay at or near minimum wage, and come with a side order of verbal abuse. The derogatory expression "not qualified to flip burgers" no longer has much meaning in today's world. Take McDonald's as an example. When it opened decades ago, the menu had only three food items – hamburgers, cheeseburgers, and fries, with a basic assortment of drinks. Last fall, to illustrate a point, I added up the current food items on the McDonald's menu… all 83 of them! This does not include drinks or the assortment of "McCafe" beverages.

The exact number of menu items may have changed since the fall, but it gives a solid idea of the workload of fast food workers. Knowing how to make 83 food items and a handful of frilly beverages certainly sets modern fast food workers apart from those who ran the original chains. Customers, however, expect the same speed of service, and can be far less civil when their order is wrong. Most of us know teens and young adults who have been verbally berated by customers when working in the fast food and retail industries, some of them so badly that they come home crying each day. Then we wonder why they want extra pay to keep doing the job, and why our food and other goods are becoming so expensive. It's only one aspect of the wage wars in this country, but an important one.

McDonald's pays its starting non-student general labourers $16.50 hourly, likely because with the increased demands of the job, workers will not do it for any less. In fact, the LED sign that hangs at the McDonald's location in the west end of Kemptville is dedicated almost exclusively to hiring staff. Message after message pops up, including one bold message "come in with a resume, leave with a career."

Let's extrapolate this to lifeguarding. Being a lifeguard is a massive responsibility that requires extensive hands-on training, which costs both time and money. Lifeguards are not unskilled labourers, and although they only work during the summer season in North Dundas, being a lifeguard is much more than a "summer job". It's a job with pre-existing qualification requirements. What do we pay our North Dundas lifeguards? According to the 2023 recruitment ad, we pay $17-19 hourly for the lifeguard/ swimming instructor positions. These are qualified people who are quite literally "guarding lives" and also teaching and guiding children who – let's face it – don't always listen. A starting wage just 50 cents higher than what one can expect at McDonald's is simply laughable.

This Township has a very divided population when it comes to spending tax dollars. Many want to pinch pennies, and many others want to spend generously on recreation and other amenities. Our two pools are subsidized by taxpayer dollars. User fees do not cover their cost. But in the case of underpaying lifeguards and ending up with a shortage of them, it is my belief that it costs us money in the long run. When our pools are sitting closed for 20-30 hours each week during times when they would normally be open, there is money that is "going down the drain", so to speak. Any hardcore Harry Potter fan may be familiar with the spell "Evanesco", which makes things vanish and cease to exist. That is exactly what happens to our tax dollars when the pools are closed. The money we spent purifying the municipal water that fills them, the money we spent on the chemicals to keep the water safe for swimming, the money we spent on electricity to keep the pumps and heaters running, the money we spent maintaining the property… this taxpayer subsidy money is wasted if we can't get swimmers in the water.

The solution for next year seems simple. A wage bump of $2 or $3 or some other reasonable amount might attract lifeguards and allow the largely taxpayer-funded pools to serve the communities that pay for them, just as intended. For the penny pinchers, it may seem like a waste of money. For those of us with money sense, it seems that paying for pools that are closed is a much bigger waste.

Letter to the Editor

Dear Editor,

The Dundas Federation of Agriculture was proud to host the Dundas Agricultural Hall of Fame Gala on April 1st, 2023. We are pleased to announce that as a result of our event, we were able to donate $6,000 to both the Winchester and District Memorial Hospital Foundation, as well as to Community Food Share. We'd like to thank all of the local businesses who donated items to our silent and live auctions, and everyone who attended and supported our event. Finally, we would like to, once again, congratulate Estella Rose and Stan VanDenBosch who were both inducted into the hall of fame this year.

Ashley Johnson

Tid bit musings

by Elva Patterson Rutters RSSW

Canada Day seems to coincide with "Every child Matters" attention. Canada Day was designated to celebrate the coming of a nation in the New World. True enough, atrocities that occurred/still occur are not synonymous with celebrations that exonerate wrong doing, but the day was meant to simply celebrate the formation of a country. Truth and reconciliation policies can be simplified to "Be kind and no repeating of mistakes." Collectively and individually we have done wrong, but we also have done a lot of positive things. Of equal focus is Black Lives matter, police lives matter, veterans, etc, and the bottom line reality is YOU matter. As they say "don't throw out the baby with the bath water."

Throughout history, someone, somewhere, somehow has committed unthinkable acts against others under a banner of authoritative power. The concentration camps were severe and fatal to so many just because they were Jews and Hitler said.... The residential schools orchestrated by the Catholic Church had bad apples who behaved wrongfully but that doesn't mean that all Catholics are evil, nor is religion evil when there is freedom of choice. Teachers who insisted that a child be right-handed believed it was best for the learning process but today, experts know the difference. The schema is to evaluate events in retrospect and NOT repeat the wrong doing. If the action happened, that comprises history and can't be renounced by simply overlooking the issue. LEARNING is part of our experience but doesn't have to incorporate repeated behaviour. Many of the young English, Irish and Scottish children farmed out under deplorable conditions here in Eastern Ontario and Quebec also suffered death and mistreatment. Historically in a time of famines, weather hardships, diseases and a lack of medical care, many met an untimely end. Visit a cemetery and you will note the young ages recorded. Basically everyone matters. Discrimination and segregation under the guise of compliance is not tolerated. Accountability is foremost. Are your hands, thoughts and feelings honourable? How far did the pendulum swing?

Considering YOU matter, do you know to whom you matter? In suicide prevention strategies, one is encouraged to reflect/connect on someone important to the person. In mental health wellness checklists, the requirement is to identify who matters to you. The ache is when you don't feel you matter to anyone. Take the time today to tell someone they matter to you. Then lead by example!

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CANADA DAY 2023
Kemptville

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	Main Stage	Family Zone
8am - 10am	Legion Breakfast	
10:30 - 11am	**Opening Ceremonies**	
11am-11:30am	Bar Open	
11:30am - 12		Caracature Artist Ben Balloon Guy - all day Yoshi Juggler Infinity Team Sprit Show
12 - 12:30pm	Got ya Covered	Paws for Fun Agility
12:30 - 1pm	Got Ya Covered	
1pm - 1:30pm	Legion Bingo	Spring Action
1:30 - 2:pm		Canada Day Cupcakes
2pm - 2:30pm	Three for the show	Library Caitlin Music and Story
3pm - 3:30pm	Three for the Show	Yoshi Juggler
4pm - 5:30pm	Scott Arena	
6pm - 730pm	Garrison Blues	
630pm - 7pm		Glow Dance Party
8:30pm -10pm	3 Pistols	
10 -10:30pm		Fire Works






CANADIAN TIRE | EXIT REALTY | Funded by the Government of Canada / Financé par le gouvernement du Canada | Canada | Funded in part by North Grenville

Spring Action Trampoline

Husband and Wife team Heather and Sean are Olympic level performers, who are also trampoline coaches. They bring their kids into the show (their kids are training to be extreme snowboarders and skiers, and are amazing on the trampoline.) The Spring Action trampoline show is fun for the whole family with high flying acrobatics, flips, and stunts, combined with physical comedy, high energy music..

Its a great show (Kemptville)

Nothing feels as good as home.

That's why we're building the new Dundas Manor.

Come dream with us!

Magic happens every day at Dundas Manor Long-Term Care Home in Winchester. With your help, we can keep the magic going!

Dundas Manor is warm and cozy – but also crowded and dated. The building is deteriorating. It's time for a brand new, larger, safe, and comfortable home. The new Dundas Manor will be twice the size, with wonderful gathering spaces and beautiful outdoor gardens. Rooms and dining areas will be larger and brighter. And everyone will have a window. Our residents deserve nothing less!

Join the Dream Team!

Expanding the circle of compassionate care
LET'S BUILD THE NEW DUNDAS MANOR.

We are a community that looks out for each other. We push cars out of snowbanks in the winter. Lend a hand fixing a lawn mower. Buy coffee for the person in line behind us. Offer support in times of need. Coming together to build the new Dundas Manor is no different.

Thank you to everyone who has already made a donation to support the dream. We are pleased to share just a few of their stories.

Bob & Sandra Weagant

Our connection to Dundas Manor goes back many years because several of our close relatives have made their homes there. We want to help make a difference by seeing a new modern up-to-date home for clients and staff – including people who have made this community what it is today.

In the future, we may live in this facility ourselves and we need it to be safe, with current standards of care. We see a new fresh modern facility with more space, a window for everyone and happy friendly staff. We would like to see a big party with the whole community celebrating 'A New Dundas Manor'!

Rotary Club of Chesterville & District

Committed to Service Above Self, the Rotary Club of Chesterville & District has given two generous donations to help build the new Dundas Manor. One gift of $2,500 was from the proceeds of their 2022 Duck Race – a popular event!. The second donation of $650.25 was from their Happy Dollars. At their meetings, Rotarians are encouraged to give a cash donation in honour of something that makes them happy. Such a wonderful idea and a beautiful example of service above self to help the current and future residents of Dundas Manor!

Delta Power

Giving back to the local rural communities where our staff work and live is important to us. We know Winchester District Memorial Hospital and Dundas Manor are particularly important in this community and we are pleased to do our part to support the new home. This donation is a way to thank WDMH and Dundas Manor for their ongoing care of our Winchester store's staff, customers, and their families. We're proud to do business in the Winchester area and glad to give back.

Brinston United Church

Brinston United Church closed its doors in December 2020. But its legacy will live on through its generous gifts to the community. The congregation donated $29,191.85 to the WDMH Foundation. The church trustees noted: "For so many people from our church family, WDMH is their hospital, and the Manor is their last home. This is our way of giving back, by helping to take care of them."

O'Farrell Financial

O'Farrell Financial is proud to support initiatives and charitable organizations in our communities. Through our Legacy Fund, O'Farrell Financial has committed to support Dundas Manor over the next 10 years. The Dundas Manor has a direct impact on the families of our team members and our clients. As an organization we take great pride in supporting this project.

We're on our way. Join the dream!

$11M OF $18M RAISED!

The estimated cost of the new building is $63 million. The provincial government is providing $45 million. Our campaign goal is $18 million. And we're well on our way! To date, more than $11.1 million has been given by our generous community. Thank you!

Can you help? There are many ways you can give to turn this dream into a reality. For all the details, please visit **www.dundasmanordream.ca** or contact the WDMH Foundation team at 613-774-2422 ext. 6162 or 6169.

Get Involved!

You Can Make a Difference!

Have you, your family, organization, or business been touched by the care a loved one received at Dundas Manor? Maybe you're simply passionate about our community, and want to see a new home built where the residents and staff will have more space to move, privacy, and comfort?

If you'd like to host your own event to raise funds for the new Dundas Manor, we're here to help! All you need is the desire to make a difference, a creative idea, and some careful planning. We have all the materials you need to get started.

Let's chat! Contact Cindy Ault Peters at 343-572-6345 or cpeters@wdmh.on.ca.

Expanding the circle of compassionate care
LET'S BUILD THE NEW DUNDAS MANOR.

Donor Name(s) {person(s) or organization who paid for the gift}:

Name: _____ Day Phone: _____
☐ Mr. ☐ Mrs. ☐ Mr. & Mrs. ☐ Dr. ☐ Ms. ☐ Miss Evening Phone: _____

Address: _____ City: _____

Prov: _____ Postal Code: _____ Email: _____

#1 Give a Pledged Gift Over Time

Gift Amount

☐ Yes! I am proud to support the new Dundas Manor with a pledge of $ _____

☐ I would like to make an initial payment of $ _____ , leaving a balance of $ _____ .

☐ No, I would prefer not to give an initial payment at this time.

☐ Payment(s) will begin on _____ (Date) on a _____ (Monthly / Quarterly / Annual) basis for a period of _____ or until _____(date).

#2 I Would Like to Support the New Dundas Manor Now with a Gift of $_____

Method of Payment

☐ By cheque or cash
Please make payable to WDMH Foundation.

☐ By donation of shares or securities
Please call Erin Kapcala at 613-774-2422 x 6769 to discuss.

☐ Visa ☐ MasterCard ☐ American Express

Name on Card _____

Credit Card No. _____

Expiry Date (MM/YY) _____ CVV# _____

☐ This is a corporate credit card.

Signature _____ Date _____

☐ Regarding my annual or quarterly pledged gift, please send me an ☐ annual reminder or ☐ quarterly reminders

☐ Please deliver a campaign lawn sign to my address so that I can show my support and encourage others to give.

☐ I can pick up my own campaign lawn sign at the Community Care Building, 530 Fred St, Winchester on Friday, July 7 from 9:30 am – 1:00 pm

WDMH Foundation
566 Louise Street
Winchester, ON K0C 2K0
(613) 774-2422 x 6162

wdmhfoundation.ca
foundation@wdmh.on.ca
facebook.com/wdmhfoundation

Charitable Registration #: **89282 4368 RR0001**

WDMH FOUNDATION
Fundraising for Excellence.
Dundas Manor Long-Term Care Home
Winchester District Memorial Hospital

Dundas Manor
Long Term Care Home

THE Grand PARADE

Join us for **The Grand Parade** on **September 16th**. It's an old-fashioned walk-a-thon and you can register, solicit pledges, and join in the fun. Details coming soon.

SAPPHIRES & Snowflakes

We are celebrating Dundas Manor's 45 years of caring at **Sapphires & Snowflakes** on **November 19th**. It will be a special evening with great entertainment, delicious food, and lots of fun. Tickets will be on sale later this summer.

Tony Returns!

Community buys back its favourite horse

by Brandon Mayer

Not all stories have happy endings, but North Dundas residents can now safely beam with pride after a successful campaign to buy back the beloved "Horse Tony" statue that sat at the corner of County Roads 43 and 3 for decades. On June 15, the Times reported that Horse Tony had been sold in anticipation of the sale of Shirley Fawcett's home, where the statue had resided since it was purchased by the late Roy Fawcett, Shirley's husband. It didn't take long for the North Dundas community to make it very clear just how important Tony was as a symbol of local history and pride.

Resident Janet Smith then took the initiative on a campaign that many North Dundas locals were likely hoping would get underway. She set forth with a public effort to buy back the horse, after a local veterinary clinic – Dundas Veterinary Services – offered a permanent home for the statue on their property alongside County Road 31.

In a move that can be relatively rare for small communities, the CBC picked up the Horse Tony story, a sure sign of the community's "loud and proud" love of their treasured landmark. The CBC reveals that the horse was sold to "local veterinarian Will Armstrong". Their coverage indicated that he is not interested in speaking to reporters.

Tony was reportedly sold for just $500, and then subsequently went back on the market for $2,000 when news of the community hype began to spread. With an allowance for shipping and restoration costs, Janet set a fundraising goal of $3,000 to be able to "bring Tony home", so to speak.

The first week of the campaign resulted in donations, but not the kind of donations that were needed to get the funds raised in time. The community was generous – particularly considering that the fundraising campaign is in support of a symbolic ornament – but not quite to the extent needed. After the CBC story was released, this changed with a single massive donation of $2,186 that put the fundraising exactly where it needed to be. The large donation was made anonymously.

"We went today and paid for Tony," Janet told the Times on June 21. "We did a 'once over' of Tony to see what needs to be done and to grab measurements. He needs ear repair, new paint, a new concrete base, and weather sealant."

The campaign for Tony was an overwhelmingly positive one. "I have received hundreds of messages of support," added Janet. "I am ever so thankful to everyone who messaged, donated, helped, or are volunteering to help."

Tony has been a symbol for North Dundas residents since 1988, before North Dundas was actually amalgamated as a Township. He will be sure to get visitors at his new home at Dundas Veterinary Services for decades more to come.

A friendly game of ball

Athletes from the Winchester Public School "Jaguars" team pose for a photo after finishing a 3-pitch game on the southwest ball diamond. Left to right: Kyler, Tyler, Josh, Owyn, Max, Jackson, Logan, Owen, Emmett, Teaghan, Henry, Carter, Blake, and Evann.

by Brandon Mayer

Athletes from five area schools competed in a friendly 3-pitch ball tournament in Winchester on June 20. Students from Winchester, Nationview, Russell, Morrisburg, and Iroquois public schools competed in the tournament, which made use of all three ball diamonds behind the Winchester Arena. The tournament welcomed both boys' and girls' teams.

One additional school lent some helping hands – students from North Dundas District High School's intermediate program (grades 7 and 8) were invited to act as umpires and general helpers for the day. The ball players had everything they needed on site to enjoy a classic friendly ball tournament, including a canteen serving drinks, snacks, and hot dogs. It was a particularly warm day, so tents were set up to provide relief from the sun.

Parents and grandparents packed the stands throughout the day, coming from all over the local area to watch the athletes compete. There were many home runs scored, as all of the athletes gave it their all and displayed the skills they had been practicing for weeks in preparation for the tournament. Students in the older grades at Winchester Public School who weren't competing walked over to the ball diamonds in the early afternoon to spectate the games.

The world is ever-changing, but we can always count on the simple pleasure of a friendly game of ball!

Popcorn party

by Brandon Mayer

If we ever needed an even better reason to hate Facebook than the multitude of reasons that already exist, we may have gotten exactly that last week. News Media Canada writes that Meta, the Company that owns Facebook, "announced last week that it would begin a test that would block news content for some Canadians on its Facebook and Instagram platforms, in preparation for the potential passage of Bill C-18, the Online News Act by federal parliamentarians."

I don't agree with much that Prime Minister Trudeau's government does, but I have no qualms about Bill C-18. The Bill would require large media companies like Facebook and Google to compensate small news companies for articles that they use on their platforms. Why? Companies like Facebook and Google are immensely wealthy, yet their users know them as "free". Indeed, their wealth comes not from subscription fees or user fees, but from advertising. Quality content is a necessity for online advertising to be effective. No one watches TV just for the commercials, just as no one browses the internet just for ads. Content creators, including small news agencies, therefore deserve to be compensated for the content they produce. The large social media and search engine companies that use this content have ample funds to do so.

I wouldn't expect a large, greedy business to have compassion, common sense, or even maturity. But the hissy fit that Meta is throwing over Bill C-18 takes the cake on the immaturity scale. It is also selfish and potentially dangerous. As News Media Canada president Paul Deegan puts it, "Meta's decision to 'unfriend' Canada by denying access to trusted sources of news for some of their users, as wildfires burn and when public safety is at stake, is irresponsible and tone deaf."

Those of us who work in the independently and locally owned print news industry – and whose work is therefore unaffected by conglomerate hissy fits – are sitting back and watching the petty battle unfold. It's a veritable popcorn party of "sitting and observing". It's so tempting to stand up and sarcastically lament, "if only there was a way people could get trusted news delivered right to their door or mailbox, in printed format, with no interference from disgustingly rich Americans… oh wait!"

What is most insulting about this situation is the mockery it makes of capitalism. The ability to open and run an independent business, making one's own way in life, helping customers and supporting employees is a hallmark of capitalism. Greed gives capitalism a bad image.

More revealing information from News Media Canada: "Earlier this year, Google rolled out tests that block access to news content for some Canadian users in the event C-18 becomes law." Google had a revenue of $279.8 billion in 2022. Billion – with a "B". Most of this money was generated by ads. These ads have absolutely no value without consumers seeing them. And consumers have no desire to see ads, so they must be lured into seeing the ads using quality content. There is no reason that Google can't afford to pay the people who produce that quality content. For those who need some context – Google made enough money in 2022 to pay every man, woman, and child in Canada over $7,000 each. Google's revenue could virtually end world hunger in a single day. Yet we are not asking for miracles and grand gestures – we are simply asking that they have enough compassion to pay the hard working people who made their fortune for them.

We must all wait to see if Google and Facebook will follow through on their threat to stop showing internet news to Canadians. The move is not as powerful as it seems – the companies would essentially be wiping out a huge portion of their own revenue from an entire country of 38 million people by refusing to show those people the content that draws them into the ads. In the meantime, we shall throw a popcorn party. Grab your bowl and a newspaper, and watch the drama unfold.

Vintage Iron makes donation to HOL

From left: Sylvia Payne, member; Daryle Payne, Director; Carson Hill, President; Cathy Ashby, HOL Executive Director; Kim Merkley, HOL Operations Manager.

by Brandon Mayer

A local non-profit organization, Vintage Iron and Traditions of Eastern Ontario, has joined the long list of area residents, businesses, and organizations who have made donations to the House of Lazarus in the weeks following a devastating fire at its South Mountain food bank.

Members of the Vintage Iron organization did some fundraising to support House of Lazarus, which in turn supports those in need through food banks, thrift stores, and other programs. The fundraising effort managed to accumulate a total donation of $500.

Three representatives of Vintage Iron came to the new House of Lazarus Food Bank location at 10506 Clark Road in Mountain on June 22. There, they formally made their donation, supporting countless people in need in our community.

The former House of Lazarus Food Bank location, housed in the old Scotiabank building on Main Street in South Mountain, was severely damaged by fire on April 25. The building remains standing, but the interior of the building is unusable, and a significant amount of food was destroyed. Due to an outpouring of support, the charity was back to supporting those in need a few short days after the fire. A temporary location was offered by the Mountain and District Lions Club, and a longer term location in Mountain was offered by Willis Kerr a short while later. So many people and businesses donated to House of Lazarus in the aftermath of the fire that it would be impractical to attempt to list them all – a prime example of a community "helping its helpers".

Vintage Iron and Traditions has 160 members across Eastern Ontario. As stated on their website, the organization is "dedicated to preserving and promoting the history of our rural life." In addition to the important work the organization does when it comes to preserving knowledge, artifacts, and history, its members also recognize the importance of giving back to the community. One fundraiser that Vintage Iron runs regularly is a toy auction held at the Ottawa Valley Farm Show each year.

"We are grateful for this donation," said HOL Executive Director Cathy Ashby. It's not just the House of Lazarus that is grateful, but a whole community of people knowing that their neighbours in need are being taken care of. To learn more about Vintage Iron and Traditions of Eastern Ontario, visit https://vintageiron.ca/. To learn more about the House of Lazarus or to make a donation, visit https://hol.community/.

Masking requirements easing at WDMH

submitted by Jane Adams

Winchester District Memorial Hospital (WDMH) is taking one more step in the gradual and safe removal of some COVID-19 precautions.

What's not changing:

Staff will continue to wear masks when engaged in patient care. Masks will be required by everyone in clinical areas including patient rooms, Emergency Departments, clinic appointments and waiting rooms.

What's changing:

Masks are no longer required in public areas outside of clinical areas such as hallways, elevators, and the cafeteria. This applies to staff, patients, and visitors. This is a low-risk step that provides people with more flexibility and helps us recover as a community.

For some, masking still makes sense for medical reasons and to protect loved ones. Individuals who prefer to wear a mask at all times are encouraged to do so. Masks will be available at hospital entrances.

The decision comes after having monitored various indicators to help determine the right timing for changes to be made:

- the wastewater markers have stabilized,
- the number of patients hospitalized with COVID-19 has decreased,
- the number of COVID-19 outbreaks in our area has declined.

As a reminder, we ask visitors to stay home if they experience symptoms, except if they need to receive care.

If you would like to provide comments or suggestions about hospital services, please contact Cholly Boland, President and CEO, Winchester District Memorial Hospital at 613.774.1049 or by email at cboland@wdmh.on.ca.

Council discusses some big ideas

by Brandon Mayer

At the regularly scheduled Council meeting on June 13, a public meeting took place to discuss a proposed Official Plan amendment, which would allow residential dwellings to be permitted on the ground floor of commercial buildings in Chesterville's core business area. The application from ZanderPlan Inc. specifically aims to have residential dwellings allowed at 20 King St in Chesterville.

When amendments are proposed to zoning by-laws or the Official Plan, a public meeting must be held to allow input from residents and stakeholders. Only those who make oral or written submissions during the public meeting can appeal if they don't like Council's subsequent decision on the matter.

Former Councillor John Thompson was the first to speak at the public meeting. He argued that there is "limited commercial space in Chesterville", and expressed his wish that the Official Plan remain unchanged. Dinos Pavlounis from Louis Restaurant spoke as well and expressed a similar opinion to that of the former Councillor. He said that if residential units are allowed in one location, property owners will be filing for similar allowances to be made everywhere. "If we're going to play that game, everything is going to be residential in Chesterville, and I don't want to see that either," he added.

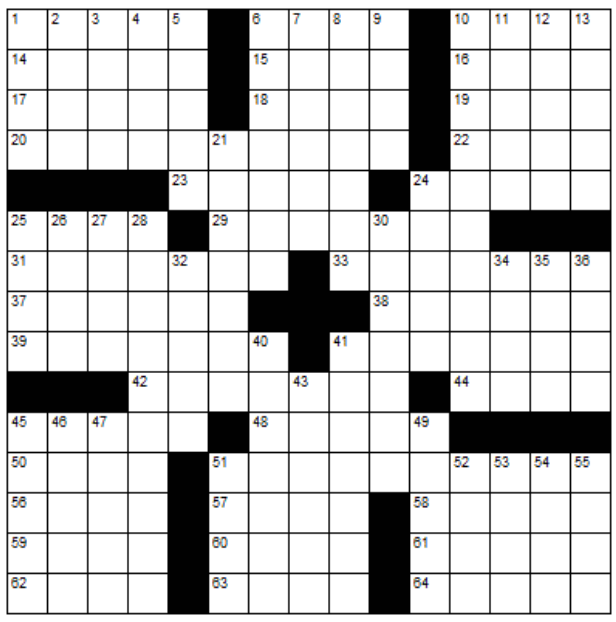
Others commented as well, including representatives of ZanderPlan Inc. One of the representatives pointed out that there is a long history of vacant units in Chesterville, and that her client has attempted to rent the space commercially with no luck. She asked that Council defer the decision on the Official Plan amendment, likely feeling that the proceedings were not flowing in ZanderPlan's favour given the comments from members of the public.

Councillor Gary Annable, who has decades of experience in local business, commented that it is vital for commercial space to exist in downtown cores. Councillors Matthew Uhrig and John Lennox, as well as Deputy Mayor Theresa Bergeron, all supported Councillor Annable's view. The North Dundas Chamber of Commerce submitted a strong statement in opposition to the proposed changes, writing that "street front commercial space is an essential part of our local economy and community." The representative from ZanderPlan was very insistent that Council defer its decision pending a discussion between her and Township staff regarding other options. After further discussion, and Mayor Tony Fraser expressing that it would be inappropriate to "jump the queue" on residential water allocation applications in designated residential areas, Council made the decision to defer the matter. However, it has been made clear that an allowance for residential dwellings in ground floor commercial frontage space will not be allowed, and that the deferral will address other options, such as an allowable ratio of residential space in the rear ground floor of commercial buildings.

Council discussed other routine business at the meeting, including further discussion of the upcoming transfer of the blue box recycling program to the producers of the packaging. Council also approved the purchase of a new electric ice resurfacer for the Chesterville Arena, at a cost of over $170,000. Council further discussed next steps for the planned Lafleur Road municipal well, and discussed the methodology that will be used to evaluate water allocation requests in 2024.

As usual, too much Council business took place in the meeting to include it all in one article. Council met for an additional special meeting on June 21, primarily to hear an action request that the upcoming NDDHS 60th reunion event be declared municipally significant. The June 13 meeting can be viewed in its entirety – with the exception of the closed session portion – at https://www.youtube.com/live/8nibPS96z2g?feature=share.

CROSSWORD



ACROSS
1. Personnel
6. Cain's brother
10. "Oh dear!"
14. Reef material
15. Rational
16. Musical phrase
17. Entertain
18. Strikes
19. Believe or trust (Scottish)
20. Restates
22. Anger
23. Countdown clock
24. Allied
25. Box
29. Human-powered taxi
31. Asserted
33. Ceremonial peace pipe
37. Received
38. Stop working
39. Decorated
41. A poison
42. Easily heard
44. Plate
45. Spectacles
48. Nonsensical
50. Passage
51. Gloomy ill-tempered feeling
56. Against
57. Follow orders
58. Eagle's home
59. Tropical root
60. Greek district
61. Father Christmas
62. Distinctive flair
63. Got a good look at
64. Woody plants

DOWN
1. Cicatrix
2. Hefty volume
3. African sheep
4. Speedy
5. Armada
6. Humiliated
7. Teased
8. Intestinal
9. Not more
10. Ascribed
11. Sensational
12. Bless with oil
13. Stitched
21. Matured
24. The business of selling goods
25. Detailed account
26. Trudge
27. Countertenor
28. Disavowal
30. Library cubicles
32. Taxonomic category
34. Short skirt
35. Greek goddess of discord
36. Technology
40. Act rebelliously
41. Melded
43. Phoenician galley
45. Condition
46. Prison-related
47. Surplus
49. Leavening agent
51. Fashion
52. Close
53. Sea eagle
54. Location
55. Oceans

Solutions to last week's Sudoku

Easy

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

Medium

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

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

Easy

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

Medium

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

Hard

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

Solution to last week's Crossword

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

New strategy aims to address substance use

submitted by EOHU

Local community partners and people with lived substance use experience have come together to address issues related to substance use in Cornwall, Akwesasne, and Stormont, Dundas and Glengarry (SDG). Approximately 20 agencies from across the health, social services, law enforcement and education sectors have committed to being a part of the regional Substance Use Health Strategy (SUHS).

One initial area of concern for the strategy is the significant increase in various indicators related to opioid poisonings (i.e., overdoses). Cornwall Community Hospital reported 71 emergency department visits for opioid poisoning during the 2020-2021 fiscal year, and 132 during the 2021-2022 fiscal year, an 86% increase between the reporting periods. Additionally, Cornwall SDG Paramedic Services responded to 143 opioid poisoning related calls in 2022, representing a 170% increase from the 53 opioid poisoning related calls in 2020. In the greater Eastern Ontario Health Unit region, there were 40 suspected drug-related deaths in 2022.

As a result, the partners involved have recognized the need to take action using a collaborative approach. The purpose of the SUHS is to address the needs of those experiencing negative repercussions in relation to substance use through four major pillars: prevention, harm reduction, treatment, and community safety, all while striving to reduce the stigma that can be associated with substance use.

One of the first actions in developing the strategy will be to conduct community consultations and gather input from those with living or lived substance use experience, as well as their friends, family, and caregivers. The input from these consultations will be an integral piece of the strategy development.

It will assist in taking stock of services, programs, and supports available, while also identifying where gaps may exist. The results will be reported back to community partners as well as members of the public.

The survey is available online at the following link until July 31, 2023, and is open to all individuals with living or lived substance use experience, their family, friends, and caregivers:
https://chkmkt.com/SUHS-SSUS. More information regarding the SUHS and the survey is available at https://eohu.ca/en/my-health/substance-use-health-strategy.
For further information or questions about the survey, please contact the Eastern Ontario Health Unit at
1-800-267-7120.

WDMH Foundation AGM focuses on donor stories

submitted by Jane Adams

WDMH Foundation Managing Director Kristen Casselman says the best part of her job is meeting with donors and hearing their stories. At the Foundation's Annual General Meeting held on June 14th, she shared just a few of them.

"One day, a recent widower stopped by with tears in his eyes to give a donation in memory of his wife, to continue on with her tradition of supporting WDMH, and to thank the team for the compassionate care she received in her final days," shared Kristen Casselman. "On another day, a lady told me about a very serious car accident she was in. She wasn't expected to survive. She did, partly because of WDMH. Each one gave a generous donation. Young and older, affluent or not, all our donors have one similar trait – they really care. Every day, I get to meet them - and I get to see the good in our community. I am grateful for that opportunity."

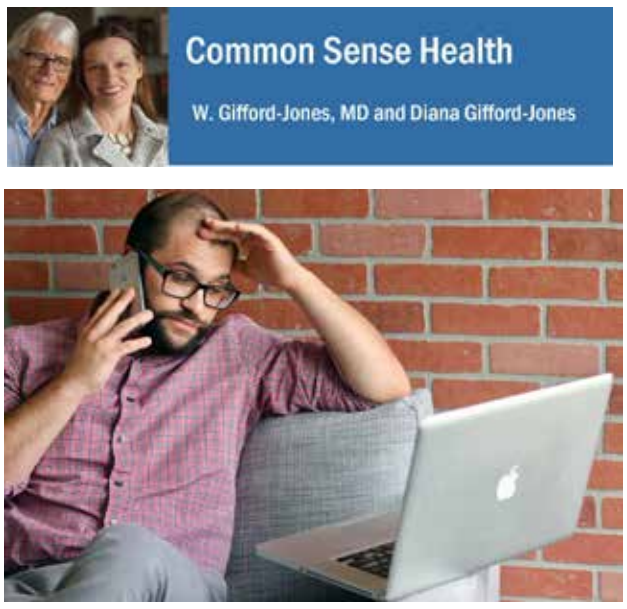
Board Vice Chair Bruce Millar echoed Kristen's comments: "It is my honour to provide you with a quick snapshot of what our wonderful donors have done over the past year. They have worked closely with our amazing Foundation team and provided generous gifts to support health care close to home. In fact, the WDMH Foundation has written a cheque to Winchester District Memorial Hospital for $1,143,828.00 this year. This money has been used to purchase 222 new pieces of equipment to care for patients. Thank you to our supportive communities who tell us they are so grateful for Winchester District Memorial Hospital."

Details on the WDMH Foundation's work with Dundas Manor Long-Term Care Home were also shared at the meeting. Much work has centred around the plans to build a brand-new home for current and future residents of Dundas Manor. The Foundation team worked very closely with a volunteer campaign cabinet behind the scenes and launched the public phase of the Expanding the Circle of Compassionate Care campaign on the day of the AGM.

"The estimated cost of the new Dundas Manor is $63 million, and the government is providing about $45 million. That means that our campaign goal is $18 million. It may sound daunting, but I have good news. We are well on our way," reported Bruce Millar. "To date, more than $11.1 million has been given by our generous community. And we know that they will continue to be behind us every step of the way as we ramp up the campaign today. We are so grateful for everyone's support."

At the end of the meeting, Tom Clapp and Dwayne Holmes both thanked the WDMH Foundation Board and fundraising team for all they do for the community and health care close to home.

Safe and effective responses to stress



What is the world coming to? Recent news has artificial intelligence (AI) researchers and CEOS warning of an "extinction risk" from the technology running wild. Forest fires are literally running wild too. Nuclear war might take us out. Or economic collapse. If these things don't get you stressed, then how about the rest of the pressures of everyday life?

Stress is, according to the World Health Organization, "a natural human response that prompts us to address challenges and threats in our lives." What a gentle way to put it. Scientific experiments attempting to identify the health impacts of stress suggest this natural response may be taking years off life expectancy.

In one study, Stanford and University of California cell biologists, biochemists, and psychologists examined blood cells in the body's immune system, comparing highly stressed individuals with a comparable unstressed group. They found the cells looked different in three ways.

First, the cells of the stressed group had shorter telomeres—bits of DNA—and by this shorter length, appearing 10 years older than the chronological age of the participants. Second, the stressed group also had lower levels of telomerase, an enzyme that repairs damaged telomeres. Third, the cells of the stressed group had higher levels of free radicals, a volatile molecule that can damage DNA.

Other studies have shown the negative effects of stress on the nervous system, digestive system, cardiovascular system, memory, behaviours, and so on.

Studies on longevity and stress suggest it's less a question of whether or what kind of stress you face, it's how you feel about it and how you respond. The comedian, George Burns, who famously lived to 100, remarked, "If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it." Humour is an excellent antidote to stress.

Other natural approaches are also recommended as a first line of defence. Having a drink at the cocktail hour qualifies. In our opinion, for some people, the benefits of moderate alcohol consumption can outweigh the risks recently making news.

We've also recommended natural supplements, such as Stress Resist, a concentrated extract of ashwagandha root. Used in Indian traditional medicine for over 3000 years, it has more recently been shown in scientific studies to be effective in relieving stress and anxiety. You can find it at natural health food stores, available in supplement form from trusted producers like Certified Naturals who carefully control ingredients and offer the dosages that match clinical studies.

How does it work? Ashwagandha has neuroprotective and anti-inflammatory properties. In a 2019 study, a daily dose of ashwagandha significantly reduced stress levels when compared with a placebo. This included reduced levels of cortisol, a stress hormone released in response to stress as well as when blood sugar levels get too low.

High cortisol levels are also associated with hunger cravings and resulting weight gain. A two-month study of high-stressed individuals involved researchers providing two doses of 300 mg of ashwagandha to one group and a placebo to another. The group receiving ashwagandha had a 33% reduction in perceived stress and a 22% reduction in cortisol. Patients supplementing ashwagandha also had a 3.0% reduction in weight versus a 1.4% reduction in those taking the placebo.

Stress is a very personal thing and so is how you choose to ease it. Always remember, the best first course of action in fighting any health threat is to assess whether there is a safe, effective, natural solution.

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

Baldwin's Birds

A Stunning Event

The other day my wife heard an ominous "thump" by our back patio door and, on investigation, came across a "window strike" victim in the form of a House Wren! We were very perturbed, especially as the Wrens are using our nesting boxes to raise their young and we regard them almost as family! Regardless of our sentiments, we had to decide what we should do for it and, after due consideration, we opted for a wait and see policy with no more stress being imposed on it, i.e. do not open the door to get a closer look! I sat on a chair and kept an eye on it for its recovery duration and was able to get some close up pictures of it too. Fortunately, we didn't have to wait long before the poor little bird started to show signs of "perking up". Within half an hour, it seemed to have regained its composure, took off in flight, cleared our patio fence and disappeared into the back garden. We have since heard singing and witnessed more action in one of our nesting boxes, so we hope that it is our Wren which has fully recovered from its "stunning" event!

How many White Breasted Nuthatches have you seen at once recently? Well! I had the privilege of seeing five at once around my hanging feeders at the front of the house the other day! I had just got into my car and happened to look up in the feeder direction, when I saw three of them trying to get onto one of my peanut feeders, whilst another was on a nearby wooden trellis and another actually clung to the brickwork! Of course, no camera to hand, so no proof to show you! It would seem that we have actually got a family of them, for most of those wrestling for positions were pretty immature looking as are most at that age! Having two peanut feeders, we quite often see a couple of them feeding, with one on each. Our Woodpecker visitors often do the same thing too and it never seems to cause any undue conflict between them.

The Nijer seed feeder is always kept busy with the Goldfinches and House Finches cohabitating amiably, along with a Chipping Sparrow who will come along by itself and sit there later in the evening on the bottom rung, when all the others have given up for the day and gone to roost! It will regularly appear by itself and has become quite a good friend, if just appearing regularly constitutes a friendship! Maybe you too have struck up endearing friendships with your own bird clans, in which case I hope you are enjoying it too. Stay safe and well.

Cheers,
John Baldwin

The Weather with Connor

featuring Connor Mockett

Hello, everyone! Welcome back to another week of The Weather with Connor. This week, I'd like to talk about what I'm currently getting ready to do: travel across the country to the Canadian Prairies to chase storms! That's right, I'm taking a 2 week vacation to chase storms in Western Canada during their peak season, and I'm taking my lovely girlfriend (who has never once been out west) with me.

We'll be leaving on Saturday, June 24th, at 6:00 am. Day 1 of travel will be a 15.5 hour day, driving from Winchester all the way to Nipigon, where we'll be staying at a really nice motel that I've wanted to try out for a long time (don't worry, it's actually a nice motel, not a creepy middle of nowhere motel).

On the morning of Day 2, it'll also be a 6:00 am start. After a quick stop at Timmies for breakfast, we'll start to make our way towards the Prairies for what will be another long day in the car. Barring any changes to the schedule, if we're chasing in Manitoba, the plan is to stop at a nice new hotel in the Town of Grenfell, Saskatchewan.

After Day 2, I have no idea where I'm staying! That might sound crazy, but it's the truth. After we get into the Prairies, if there's even a slight chance for a storm in either Manitoba, Saskatchewan, or Alberta, that's where we'll be, and we'll then figure out somewhere to stay after said chase ends. If we're not chasing, the plan is to make our way to Cochrane or Airdrie, Alberta, which is usually my destination when I drive out there.

While in Alberta, I plan to take my wonderful woman into the mountains. We'll be checking out the incredible Lake Louise, which is totally amazing every time you lay eyes on it. I'm going to try to get us to Moraine Lake, because I've never been to that lake and I would really like to see its beauty as well. We'll go into Banff while over there too, and also check out one of the most famous railfanning (train photography) spots in the world, which is Morant's Curve just north of Lake Louise. Yes, I do love trains as well, it's my secondary photography hobby.

This year, I'm really hopeful to see the thing that has escaped me the past two seasons in the Prairies, which is a tornado. That's the main goal of this trip, seeing a tornado. Really though, I'm just happy to see a storm, mostly because there have been next to zero storms in Eastern Ontario this season so far, in what's been the quietest season I've ever seen in my life here.

I always see storms out in the Prairies every year, and there are always storms that end up being in my yearly wall calendars. I, and my girlfriend Zoé, are extremely excited to hit the road and see what this year has in store for us. I'm excited for my girl to experience the Rockies and see some real storms.

We'll be gone from home for 17-18 days, so we'll get back on the 10th or 11th of July. I promise to have many stories to tell from this trip, which I'll get to tell in my columns. I'll talk to all of you in a couple of weeks! Thanks for reading.

'Art in the Branches' Welcomes NDDHS Art Students

submitted by North Dundas Arts Council

North Dundas District High School is known for many things: high-skills major programs, successful sports teams, an engaging First Nations, Métis and Inuit education program, an active Rainbow Coalition, and an award winning band.

After this summer, it will also be known for its hidden gem, its Visual Artists.

Students in the Art and Design Club, the Grade 9 First Nations, Métis and Inuit (FNMI) Arts and Cultures course, and the Visual Arts classes will be contributing to a very special series for the extended 'Art in the Branches' summer exhibit.

Project Coordinator Ann Brady explains: "We had seen some of the work produced by local high school students and it was outstanding. Art created by youth is fresh and unpretentious. We wanted to include them in our exhibits." So she approached Kathi Poirier, head of Art studies at North Dundas District High School (NDDHS) with the idea, and the response was immediate.

"The FNMI Arts students are interested and excited! The Art class is interested! The Art and Design Club wants to be a part of the fun!" Ms Poirier's reply gushed. Her students were even more excited, amazed that their art was valued and they were being invited to participate in 'Art in the Branches.'

"It was so encouraging to meet this wonderful Art teacher and to discover how eager these young Artists were to participate in the development of our project," Brady says. "Eighty students wanted to participate! They asked about creating works of art around themes related to the love of books and reading. So we decided to feature the NDDHS Art students exclusively for the entire summer."

The Librarians at SDG Library loved the idea.

Students chose 'Reading is for Everyone' as the theme for June. July's theme will feature a sculptural exploration of 'Family Trees in the Library'. August's 'Qui suis-je?'/'Who Am I?' theme will feature works inspired by the diversity of cultural identity.

Visitors can view NDDHS's Art students' 'Art in the Branches' exhibit starting June 1 and running through the end of August at the Winchester branch of SDG Library, 547 St. Lawrence Street, Winchester, during regular library hours. Youth are our future. Let us celebrate these young Artists whose bright vision and perspective are so needed in our world today!