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Vol 6, No 6

The Voice of North Dundas

March 27, 2025

Community fights for a dog park in Chesterville

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by Brandon Mayer

An idea to turn a vacant piece of Chesterville land into a dog park has stalled. Originally proposed 3 years ago, members of a dedicated committee for the dog park as well as community members are growing increasingly frustrated with the Township over perceived red tape barriers.

The dog park journey began in early 2022, when Maya Séguin-Abels sent a well-organized 17-page proposal for a dog park to the Township after consulting with some residents and business owners to ensure there was support for the idea. Part of this proposal was the idea that the lawn maintenance of the dog park would be a Township responsibility, as it is for other parks.

Maya spoke with Mayor Tony Fraser on the phone, and she reports that he expressed positivity about the idea. In the summer of 2022, Maya was put in touch with Meaghan Meerburg, the Township's Director of Recreation and Culture. Maya reports that Director Meerburg expressed an eagerness to move the idea forward, but no progress had been made by the spring of 2023. In the summer of 2023, at the suggestion of the Director, Maya formed a dog park committee, including herself, Debbie Ziegler, Ella Trolly, and others. The committee has been in discussions with both Director Meerburg and another recreation and culture employee, Brandon Cousineau.

By March of 2024, the dog park proposal was put to council with what Maya feels were grossly inflated

estimates of the what the park would cost. "A pavilion and picnic tables are not necessary in a dog park and we think the benches could be added afterwards," Maya explained. It was suggested that the Township could entertain a commitment of contributing \$10,000 to provide the fence, if local businesses and fundraising efforts contributed the rest of the cost.

In May of 2024, the committee provided a delegation to council in which they once again suggested that the lawn maintenance should be the Township's responsibility. The land at 13537 Water Street in Chesterville was officially allocated for the dog park. Debbie's husband staked the property, and the plan for the dog park was approved. But in July, there was a snag: Director Meerburg informed the

committee that the Township did not have the resources to be responsible for the lawn maintenance of the park.

In October, Camouflage Property Maintenance cleared the land in exchange for future on-site advertising, with no cost to the Township or taxpayers. Around that same time, many emails were exchanged between Township officials and the dog park committee members about the lawn maintenance snag. In December, as talks were in place for potential assistance from the Rotary Club of Chesterville, the committee members were shocked to hear it stated in the draft 2025 budget meeting that all funding for the park would come from fundraising, which contradicted the previous suggestion of a \$10,000 contribution.

Earlier this month, interest in the idea of a dog park in Chesterville was renewed online when some concerns were expressed about dogs being walked off-leash. Director Meerburg also confirmed that funding would not be allocated for the park, explaining in an email: "The Recreation & Culture Department is focused on maintaining, rather than growing at the moment (with the exception of projects already underway like the new park in Hallville), due to resource limitations. I understand that council is quite supportive *cont'd on page 3*

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"Game Nights" in Chesterville welcoming new participants



by Brandon Mayer

Monthly Game Nights at the St. Mary's Church hall in Chesterville are an example of the many free, laid back recreational opportunities available in North Dundas. Various board and card games are played at the hall once per month, with some participants bringing and sharing their favourite games so that all in attendance can experience something new. Many games are played simultaneously, with some participants choosing

to move around the hall to play multiple games in a single evening.

Everyone in North Dundas is invited to attend the game nights, adults and children alike. "This event is not faith based," notes church member Debbie Courneyea. "This event is completely free – participants are asked to bring their favourite snack if they wish."

These Game Nights are the brainchild of Mark Van Delst, a local father of four older children and teens. A main objective behind the evenings is to give locals – both children and adults – an evening free from screen time. "The idea was sparked in conversation with some parents," added Debbie. "Getting out and socializing with others for both parents and children.

Another hope is for seniors and anyone looking for some social time to join us. Games and cards are a great activity to meet and connect with people, and the intent is to get the community out to socialize without costing a fortune, and fellowship allows participants to meet new people."

Debbie notes that families are facing a lot of pressure in today's society, and the Game Nights provide a chance to unwind. The intention is to meet a basic community need for evening fun, with no political agenda, just a community enjoying social time.

The organizers of the Game Nights are hoping to encourage more participants to join the fun. Besides the necessity of having fun, there is only one rule: no electronics allowed! "We have several participants who enjoy it and come regularly," said Debbie. "It's relatively new so as people hear about it, we get some new people from time to time."

The last game night took place on March 21, with game nights recurring on the third Friday of every month beginning at 6:30pm. Visit <https://stmaryofthepresentationparish.ca/parish-announcements/> to check for date and time changes.

"Murder on the Orient Express" to play at Old Town Hall this spring



Beautifully adapted for the stage by American playwright Ken Ludwig, Murder on the Orient Express is perhaps Agatha Christie's best known work and features her celebrated detective, Hercule Poirot. The show will be put on by the Dundas County Players this season, directed by Amanda Burger and taking stage at Old Town Hall in Winchester on April 25, 26 and 27 and May 2, 3 and 4.

In past years, Amanda Burger has directed On This Day, The Black Albatross and the Treasure of Puffin McGuffin, and Sherwood: The Adventures of Robin Hood for Dundas County Players. This followed a long professional career in theatre in Canada as stage manager, director and choreographer.

Thanks to years' worth of film and television adaptations, many will be familiar with the story and Hercule Poirot, with his famous moustache and sense of style, who solves cases by using his "little grey cells". In this particular instance, it is 1934 and Poirot is recovering from

a difficult case in Syria. He must travel unexpectedly from Istanbul to London on the unusually packed first-class coach of the Orient Express.

Dundas County Players (DCP) are pleased to announce a cast and crew of veterans as well as new faces for its upcoming production:

- Tony Glen as Hercule Poirot
- Patrick Burger as Monsieur Bouc
- Heather Baldwin as Mary Debenham
- Connor Sears as Head Waiter and Announcer
- Clinton St. Louis as Michel the Conductor
- Max Tufts as Hector McQueen
- Heather Vos as Princess Dragomiroff
- Martina Bols as Greta Ohlson
- Ryan Gideon as Samuel Ratchett
- Chantal Nugent as Countess Andrenyi
- Erika Sears as Helen Hubbard
- Tom Schoch as Colonel Arbuthnot

Jenna Gernon (producer), Chantal Arsenault (assistant stage manager) and Samantha Li (props) are new to their roles. They will be working with Karen Stewart (stage manager) and Gabriele Thomas (assistant director). Several veteran DCP members are responsible for set design

(Tony Glen), set building (JP Leduc and helpers), lighting design (Aaron Dellah), sound (Jim Perkins) and costumes (Cathy Cochrane).

"What a pleasure to work with wonderful actors portraying a cast of compelling characters who manage to balance passion, sophistication and humour," explains Burger. "I love the masterful adaptation of Christie's narrative which will captivate audiences and take them on a thrilling ride into a completely different world.

"I'd like to give a big shout-out to the crew as well. This play is a tour-de-force for the costume, light, sound and set designer, the props mistress and the stage management team as a whole. There has to be huge attention paid to detail to create the illusion of 1930s glamour and luxury aboard the famed Orient Express train."

It doesn't matter if theatre goers already know "whodunnit", the pleasure will be in the escape and suspense of the journey.

Performances will take place on April 25, 26 and 27 and May 2, 3 and 4. Friday and Saturday shows start at 7:30 pm (April 25, 26, May 2, 3). There will be matinees at 2 pm on Sunday, April 27 and May 4. The running time is approximately 2.5 hours, including a 20-minute intermission.

Tickets are \$20 and are available through Eventbrite at dclayers.ca (Eventbrite adds a fee to the ticket price), or by contacting the DCP Ticket Line at 613-297-0097.

The Dundas County Players Theatre Society is a community volunteer organization that promotes theatre arts in Dundas County. For the past 29 years, Dundas County Players has been providing quality entertainment including plays, children's summer workshops, and cabarets.

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"Women Who Love" a great success



Local performers Wyld Hunny and other gifted Artists shone brightly in the March 7 "Women Who Love" celebration of International Women's Week, held at the Old Town Hall. The show, produced by the North Dundas Arts Council, raised \$2,250 for Naomi's Family Resource Centre and brought much joy to everyone in attendance.

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From the South Mountain United Church, to all who attended, worked at, and/or donated to our 61st Annual Pancake Supper this year! It was wonderful to see so many people out our way! We would especially like to recognize our major sponsors:

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cont'd from page 1

of the dog park development and has demonstrated their support by way of designating the land, but our current infrastructure is greatly in need of our municipal resources. For this reason, to date, there is no financial commitment to the dog park included in the 2025 budget.”

Even with a new commitment from Camouflage Property Maintenance to provide the lawn maintenance at the site free of charge in exchange for advertising, putting to rest the lawn maintenance part of the issue, progress is still stalled as the committee waits to see if the Township would allow such an arrangement. The committee is confident it could raise needed funds, even with a lower financial commitment from the Township or no commitment at all, but the committee does not want to start fundraising until they are assured the park can proceed.

Committee members argue that the dog park is long overdue. “I would like to add that there have been altercations with local residents when dogs are walked on rural roads for exercise, where owners are hoping to give their larger breeds some safe exercise,” said Ella Trolly. “Some dogs have been threatened and one resident who has been an agitator at council meetings even threatened that he would hit any loose dog he sees on his road.” One of Ella’s biggest concerns is that despite previous assurances that work on the dog park would commence in September of 2025, it wasn’t even included as part of the recreation and culture options disseminated at the March 3 public meeting at the Township office.

“Chesterville is home to a dog rescue, Chances Rescue,” Ella added. “Here in North Dundas there’s a bit of a culture of ‘adopt don’t shop’ which many locals are proud of... one huge support factor for rescue dogs in particular involves having safe spaces for them to socialize with other dogs while off leash (to avoid leash reactivity). The dog park would reflect and support a piece of the heart of the community as it has evolved today. I think a final key point here is all the promises over the years with literally no mention in the 2025 recreation plans.”

To sign a petition showing support for the Chesterville dog park, visit <https://www.change.org/p/chesterville-dogpark-proposal-interest>

Next federal election will take place April 28



A lawn sign for incumbent candidate, MP Eric Duncan in Winchester on March 23, the same day the election campaign kicked off

by Brandon Mayer

A federal election was called on March 23. The election will take place 6 months before it is legally required, owing heavily to the fact that newly appointed prime minister, Mark Carney does not have a seat in parliament, and would therefore not have been able to participate in discussions in the House of Commons should parliament have come back in session.

Members of Parliament have not sat in the House of Commons yet in 2025 – a fact that has drawn criticism from those who believe the federal government should be taking action in the wake of USA president Donald Trump’s tariffs on Canadian goods and threats to take over Canada and make it the 51st state of the USA.

Candidates to be Canada’s next prime minister include the following:

- Liberal Mark Carney, the current prime minister of Canada who was sworn into his position earlier this month following the Liberal party leadership race brought about by the resignation of Justin Trudeau, who served as prime minister for nearly a decade.

- Conservative Pierre Poilievre, an outspoken critic of Liberal policies, well known for his fast answers to Liberal members’ statements during House of Commons question periods. Poilievre is the Member of Parliament for the riding of Carleton – the rural south section of Ottawa that shares a border with North Dundas.

- New Democrat Jagmeet Singh, who has led the NDP since 2017. Singh inherited the party from Thomas Mulcair. The party gained significant traction in 2011 under the leadership of the late Jack Layton, who was known for his fiery wit, similar to Poilievre.

- Green leaders Elizabeth May (who has served as party leader for nearly two decades, with a hiatus from 2019-2022), and Jonathan Pedneault. In a unique two party system, it is unclear who would become the prime minister in the extremely unlikely scenario of the Greens winning the most seats in the House. Jonathan Pedneault will reportedly be the “face” of the campaign during this election.

- Bloc Quebecois leader Yves-François Blanchet, who leads a party dedicated almost exclusively to protecting the interests of Canada’s only French-dominated province in our country’s federal political landscape.

Locally, the confirmed list of candidates running in the newly revamped riding of Stormont-Dundas-Glengarry is expected to be finalized in the coming days. This election will be the first in which the entirety of the United Counties of SD&G has the same candidates running, with the riding gaining the Township of North Glengarry from the former riding of Glengarry-Prescott-Russell following electoral district changes made in 2022.

As of the time of writing, no candidates had been officially confirmed for SDG on the Elections Canada website, though lawn signs for incumbent candidate MP Eric Duncan were observed being put up as early as the morning hours of the day the election was called on March 23. Duncan is a North Dundas native who previously served as Mayor of the Township.

A full list of candidates will be provided in the April 10 issue of the Times, with Q&A articles printed in the April 10 and/or April 24 issues for those candidates willing to participate. You can also visit ndtimesnews.ca for updated election information.

Inkerman bridge rehabilitation to begin April 1



The significant rehabilitation of the Inkerman bridge over the north branch of the South Nation River is slated to begin April 1 when crews arrive to initiate the work.

SDG Counties hosted a community meeting on

March 19 in Inkerman to solicit community feedback. About 20 individuals attended the session to learn about the project.

During the project, traffic at the bridge will be reduced to one lane. There will be

four occasions that will require single-day shutdowns of the bridge. SDG Counties will advise the public of these occasions.

Work is scheduled to last into November. The project will include the rehabilitation and/or replacement of many bridge components, and is budgeted to cost \$1.9 million.

The full plan for the bridge can be viewed at <https://www.sdgcounties.ca/sites/default/files/2025-03/2025%20Inkerman%20Bridge%20Presentation.pdf>



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A bridge on the ocean

by Brandon Mayer

When it comes to politics, I used to be very outspoken. In fact, I had a monthly opinion column in an area newspaper beginning when I was 14 years old, and many of my columns focused on my overt political opinions. Throughout high school and university, I would take frequent daily breaks from academic reading and writing to drop figurative bombs in the comment sections of political news articles, back when Facebook allowed news. I can remember the feeling of the tension building inside me as I got into some incredibly nasty debates. It was probably about 5-7 years ago that I decided to stop sharing my political opinions directly, choosing instead to make small comments on specific topics, or give hints of my views on issues without aligning myself with a party. This was one of the best decisions of my life. Not only has it reduced my own feelings of tension, but it has allowed me to think more independently when it comes to politics.

People have so many different reasons for supporting different leaders and political parties. Life experiences, upbringing, values, and level of understanding of key issues all play a part in who someone will support

politically. It's important to remember that this is exactly how it's supposed to be. We are not all supposed to fawn over a mutually agreed "perfect" leader, and scream our disgust at those who support a candidate we deem to be an "enemy". Democracy is about choices. Different parties exist because people have different views, as they should.

My question for readers is: Can this same neutral stance be applied to Donald Trump? Personally, I think the line has to be drawn somewhere. In years of providing commentary in the Times, I have always explicitly refused to equate Trump with Hitler like so many do, to avoid muddying the seriousness of the Holocaust out of respect for Jewish people. Now, with the serious drama that has brewed since Trump's second swearing-in ceremony in January, I'm starting to wonder if we're too late to the game in this regard. Trump's policies are getting to be alarming. He is obsessed with silencing his opponents. He lacks any sort of grace or professionalism. He is openly and proudly reversing social progress by decades. He is unapologetically full of himself and employs people who stand by his side and blindly sing his praises and inflate his ego, reminiscent of dictators in

other countries. He tells lies that are easily debunked, like the idea that the USA "subsidizes" Canada. And most concerning – he is waging war on countries that the USA has historically been friends with, with Canada being the most prominent example. I will come out and say it – the leaders of the rest of the free world must keep an eye on Trump, because reminders of the early Hitler days are starting to creep up more strongly and more frequently.

Trump was democratically elected. Tens of millions of Americans casted their vote for him. I will never dispute democracy. Trump was fairly elected and is the President of the United States. The question is – what hardships are Americans currently facing that led so many of them to believe that only a man like Trump could fix them? Perhaps Americans are sick of political mumbo jumbo and crave a leader who speaks on their level and doesn't beat around the bush. This is a great thing to want, but this desire needs to be applied to a sane leader with basic respect, professionalism, compassion, and sense.

My question for any Canadian who still supports Trump in the wake of the tariff war and his bid to make Canada the USA's 51st state

is this: What has hurt you strongly enough that you are willing to stand behind a foreign leader that is attacking our great nation? There was recently a report of two Canadian folk singers being pulled over by police in the USA and asked whether their "allegiance" lies with Canada or the USA. It has also been reported that Canadians are being accused of trafficking fentanyl without any evidence to cause such a suspicion. It is fact that only 0.2% of the fentanyl entering USA comes from Canada, but Trump has said otherwise, and a war has been waged on Canadians as a result. There have been recent reports of not just Canadians, but also travellers from Europe and other parts of the world being detained for weeks at a time in USA immigration detention facilities, including at least one reported detention that included a week in solitary confinement. A French scientist who was attempting

to enter the United States was denied entry because border patrol agents found text messages to a friend on his phone that criticized Trump's policies. Has USA become North Korea?

Snowbirds who travel to the USA for more than a month at a time to escape Canada's cold weather now have to register with the USA government or risk facing penalties. A library that sits on the Canada-USA border in Stanstead, Quebec will soon be inaccessible to Canadians who don't first visit an official border crossing checkpoint, since the front door is in the USA, and the USA government will no longer allow Canadians to use the front door as has always been tradition. The list goes on and on. You don't have to take my word for it, but don't dare to spew the Trump rhetoric of "fake news" without researching these incidents yourself. The facts are there – Trump is acting like a dictator, and he has

waged a very direct war on Canada and has stated clear plans to annex our country. By virtue of me writing this article, I may very well be banned from entering the USA under Trump's regime. So much for free speech.

I try to stay neutral, and for the most part I do, but there is no excuse for any Canadian to support Donald Trump – a deranged egomaniac and dictator wannabe with whom we are now at war. If you believe we would be better off as Americans, then I have something to sell you – a bridge on the ocean – pay me for it and I'll have the Tooth Fairy write you the deed.

I may not like the state of things in our country right now, particularly the cost of living, but I stand by my country now and forever. Take a hike, Trump, and if any Canadians still support you, please take them along with you.

Letter to the Editor

Dear Editor,

I would like to congratulate you on the excellent article in this week's paper, "We own the iceberg". It had many good points regarding our North Dundas council. From the comments made in this article, it would appear that there are activities going on that we are not or are poorly informed of.

My personal opinion is that this council is not doing a very good job on our behalf. There seems to be a genuine lack of concern for how our

taxes are being utilized.

For example, our taxes have increased again this year, from my last information, approximately 13%. In the last five years, my taxes have increased about 32%. This is a very large increase, to say the least.

On different occasions I have brought to the attention of the Township the poor condition of Liscumb Road. With all the heavy truck traffic from Lactalis, this road is in bad shape, particularly now that spring is approaching.

In response to my query, I had received a somewhat condescending reply from one of the Councillors. Politicians, regardless of their level, all seem to have the attitude that they know best and we know nothing.

I hope that the Councillor mentioned in your article has information for us, which may throw light on this situation. So, in closing, keep up the good work on our behalf.
Yours truly,
Allan Meabry

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An economic blessing and a water curse



Winchester's Lactalis factory is regarded by most as a blessing to the North Dundas community. The factory holds the distinction of being the largest cheese factory in Canada. Not the largest in the area or the largest in Ontario, but the largest in all of Canada. It is a significant employer in the area, and also pays taxes locally and donates money to worthy causes. The factory purchases significant amounts of local farmers' milk. Lactalis has also gone to great lengths financially to put an end to unpleasant odours produced at the factory. There is no debate – North Dundas needs Lactalis, and any suggestion to the contrary would be akin to biting a hand that feeds us.

Despite the enormous economic benefits of having the Lactalis factory in Winchester, there is a little known fact about the plant that may come as a shock to some residents. The factory uses approximately enough water to supply 3,500 homes. With about 1,863 homes currently connected to municipal water in North Dundas, this means that Lactalis uses significantly more water – almost double – than all water-connected homes combined in both villages.

The implications of this are significant. One Township official who wished to remain anonymous told the Times

that the reason property taxes in North Dundas keep going up is because growth has been stifled by a lack of water connections available. When new homes cannot be built within the town limits of Winchester and Chesterville, the costs of high inflation and other rising costs must be absorbed by existing residents in the form of tax increases. This same individual also pointed out that the amount Lactalis pays for its water is perhaps not as high as it should be for the volume of water consumed.

No one wants to appear ungrateful to Lactalis for all the benefit it provides for North Dundas, and asking the factory to use less water is not, and will never be, an option. However, the continued availability of water, and the quality of that water, is just as important to Lactalis as it is to the residents and other businesses in Winchester and Chesterville. Lactalis has already demonstrated a willingness to help when it comes to using its resources and influence to help secure the funding needed to draw water from a more sustainable source, rather than relying solely on the existing system of wells. For that, Lactalis deserves recognition. Will the Township's water crisis soon be resolved, and steady growth once again an option? Many local taxpayers surely hope so.

Thanks for coming for tea



St. Clare's Anglican Church in Winchester was abuzz with lively conversation and laughter on March 8th at the EmpowHer High Tea Fashion Show. When the afternoon was over, close to \$10,000 had been raised in support of the WDMH Foundation's General Equipment Fund!

"It was a fun day, and we are so grateful to everyone who attended; to Main Street Clothing Co.

for a wonderful fashion show; and to our special guest speaker, Betty-Anne Howard, for her inspiring talk," notes Justine Plummer, Manager of Direct Mail & Events.

A special shoutout goes to the day's sponsors. Close to a dozen local businesses were involved, including RBC Royal Bank of Canada as the Leading Lady Sponsor. Other sponsors included Cathy Hay, Realtor Broker, Realty Executive Real Estate; The Lofty Nest; Lindhal Cleaning and Contracting Services; Samantha's Emporium; Monarch Fitness; Dyad Imagery; Kathryn Kingsley, RIO Insurance Brokers; Tie Me a Bow Cleaning Co., and Chez Lili.

"Without our sponsors,



WDMH Foundation team members Erin Kapcala and Justine Plummer

these events would not make the difference they do in providing quality care at WDMH," adds Justine Plummer. "When you support these local businesses, please keep their generosity and community spirit in mind and let the staff know

that you appreciate their support of your local hospital."

To chat about fundraising events for WDMH or Dundas Manor, please contact Justine Plummer at 613-774-2422 ext. 6172 or jplummer@wdmh.on.ca.

Cindy Ault Peters announced as new WDMH Foundation Executive Director



The WDMH Foundation Board of Directors is pleased to share that it has unanimously approved Cindy Ault Peters as our permanent Executive Director. Cindy has been the acting Executive Director since last fall and was the successful candidate after a lengthy recruitment process.

Cindy is a familiar face at Winchester District Memorial Hospital (WDMH) and in the community. She has worked at the WDMH Foundation for the past seven years – as Manager of Direct Mail & Events, Campaign Assistant for the new Dundas Manor and, most recently, Donor Relations Specialist. Before working at the Foundation, Cindy's past experience includes roles in communications, project management, and education.

"Everyone Cindy has interacted with has been impressed with her work as Interim Executive Direc-

tor and she was the most skilled of all the candidates we interviewed. With the WDMH Foundation team and our incredible donors, Cindy has led many successful initiatives including setting a Canadian record with The Grand Parade and raising \$189,000 in a single evening at a Dundas Manor Gala," says Trisha Elliott, WDMH Foundation Board Chair. "Her dedication to collaborating with our community's most committed members to build the new Dundas Manor and secure essential hospital equipment is inspiring."

"I am truly honoured to step into the role of Executive Director and excited for the journey ahead. Both WDMH and Dundas Manor hold a special place in my heart, and I look forward to working alongside our amazing team, donors, and community partners to continue making a meaningful impact," adds Cindy. "Together, we will build on our successes, embrace new opportunities, and continue supporting excellence in health care for years to come."

Welcome to your new role Cindy!

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UPCOMING EVENTS

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editor@ndtimesnews.ca

Welcome to the "Ready for Spring" issue of the Times. With rapidly changing weather in our area recently, it's a good idea not to procrastinate when it comes to getting your home and property ready for spring. Preparing for the warmer months ensures a comfortable and enjoyable season while preventing potential issues. Life is busy and it may not be possible to do take every precaution or beautification tip, but here are some considerations for spring maintenance:

- Inspect and clean gutters and downspouts. Winter can leave behind debris such as leaves, twigs, and dirt in your gutters. Clogged gutters can cause water damage to your roof and foundation. Clean them out and ensure downspouts direct water away from your home to prevent erosion and flooding.
 - Check for winter damage. Harsh winter conditions can take a toll on your home's exterior. Walk around your property and inspect the roof for missing shingles, cracks, or damage. Examine the siding, foundation, and driveway for cracks that may have formed due to freezing and thawing cycles.
 - Service your HVAC system. Before temperatures rise, have your air conditioning system checked and serviced by a professional. Change air filters, clean vents, and ensure your system is running efficiently to avoid high energy costs and unexpected breakdowns during warm weather.
 - Prepare your lawn and garden. Spring is the perfect time to revitalize your lawn and garden. Rake up leaves and debris, aerate the soil, and apply fertilizer or compost to encourage healthy growth. Trim overgrown bushes and trees, and start planting flowers and vegetables for a vibrant landscape.
 - Clean and organize outdoor spaces. Your patio, deck, and outdoor furniture may have accumulated dirt and grime over the winter. Power wash these areas, clean outdoor furniture, and inspect them for signs of wear or damage. Consider adding fresh cushions or decor to create a welcoming outdoor space.
 - Check and test outdoor faucets and sprinklers. Freezing temperatures can damage outdoor faucets and sprinkler systems. Turn on the water supply and check for leaks or broken sprinkler heads. Make any necessary repairs before regular watering begins.
 - Declutter and deep clean indoors. Spring cleaning isn't just for the outdoors. Declutter closets, donate unused items, and deep clean your home, including carpets, windows, and walls. Open windows to let in fresh air and improve indoor air quality.
 - Inspect and repair fencing and walkways. Winter can weaken fencing and create hazards on walkways. Check for loose boards, rusted hinges, or cracked pavement. Fix any damage to keep your property safe and looking its best.
 - Pest prevention. As temperatures rise, pests become more active. Inspect your home for any gaps or cracks that could allow pests inside. Trim vegetation away from your home, and consider pest control measures to prevent infestations.
 - Refresh home décor. Spring is a great time to brighten up your living space. Swap out heavy winter curtains for lighter fabrics, add fresh flowers, and incorporate pastel colors into your decor to create a cheerful and inviting atmosphere.
- By taking these steps, you can ensure your home and property are ready to embrace the beauty and warmth of spring. A little effort now will set the stage for an enjoyable and stress-free season!*

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Home & Leisure Expo coming to Cornwall this April

The Cornwall and Area Chamber of Commerce is excited to announce the return of its popular spring trade show, the Home & Leisure Expo. The event will take place April 4-6 at the Benson Centre.

Previously known as the Lifestyle Expo, this year's show promises an even bigger and better experience with a focus on home improvement, renovation, design, and leisure activities.

"We're thrilled to bring back this community-focused event, and even better, this year's show is free to attend!" says Angela Bero, General Manager for the Cornwall and Area Chamber of Commerce. "The Home & Leisure Expo is a fantastic opportunity for local businesses to showcase their products and

services and for residents to discover all that Cornwall and area has to offer."

Attendees can expect:

- Diverse exhibitors: A wide range of businesses specializing in home and leisure products and services.
- Interactive displays: See the latest trends in home improvement and design.
- Expert advice: Connect with professionals and get answers to your questions.
- Family-friendly activities: Enjoy a fun visit with the whole family.
- Admission to the Home & Leisure Expo is free, offering a fantastic opportunity for the whole community to come together, support local businesses, and explore the latest in

home and leisure trends.

Event Details:

April 4, 5, and 6, 2025
The Benson Centre,
800 Seventh Street West,
Cornwall, ON K6J 0A3
www.cornwallchamber.com/expo

The Cornwall and Area Chamber of Commerce invites the entire community to join us in celebrating the resilience and ingenuity of our local businesses. Whether you're an entrepreneur, a consumer, or simply looking to connect with your community, the Home & Leisure Expo is an event you won't want to miss.

For more information, please visit cornwallchamber.com/expo or contact butterworth@cornwallchamber.com or 613-933-4004.

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A short March council meeting

by Brandon Mayer

This month's regularly scheduled council meeting on March 12 was far shorter than last month's meeting. Absent from the meeting was Deputy Mayor Theresa Bergeron, who was on vacation. When Mayor Tony Fraser asked his colleagues for disclosures of pecuniary interest, Councillor John Lennox declared a conflict of interest related to agenda item 5.5.c. In the agenda, this item reads "Key Information Report - 2025-2026 Proposed Ice Rental Rates". The Councillor's stated reason for the conflict was interest was "an unresolved matter". He then proceeded to hand the Mayor a piece of paper, and the Mayor confirmed with the Councillor that he would be leaving the room during the discussion of the agenda item in question.

Following the mysterious moment, the meeting jumped into delegations, beginning with a presentation from Rebecca Luck of the SDG Library. The presentation focused on the Chesterville branch as

a community "safe space", the South Mountain branch as a "community hub", and the Winchester branch as a perfectly located central space accessible by those from Winchester as well as those visiting other places in town. Morewood also has an "express depot", which allows patrons to order library books to be delivered to Shelly's Sea Shel Salon, and then return them to a dedicated return box in the village.

Councillor Lennox commented with an observation that children who go to the library to play video games on the computers will often show up with friends, who end up browsing reading material while waiting for their turn on the screen, thereby giving them reading exposure that they may not otherwise get. Councillor Matthew Uhrig chimed in with a personal note that his children love the library in his hometown of Winchester. Councillor Gary Annable added that he can see the Winchester library from his kitchen window, and regrets not visiting more often but vows to pay a visit soon.

The next delegation from Kelly Windle, chair of the Garden Party Market and owner of The Planted Arrow Flowers & Gifts. The Garden Party Market – referring to a series of markets that run between May and October in Winchester beginning in 2020 – became a committee of council last year as a way of receiving council's support and guidance.

Kelly provided an update on last year's Market series, which has seen someone of a decline in attendance in the warmer season, while the Christmas Market remains very popular. Vendors pay a fee to attend the Market and sell or advertise their products, but the Market itself lost about \$2,700 last year, which was covered by The Planted Arrow. This year, there will be only two events – a Mother's Day Market on May 10, and a Christmas Market on November 22. Vendor fees will be increased to help offset costs, and grant funding opportunities and a stronger volunteer base are also being sought.

A planned presentation from Art on the Waterfront was not possible as no one

from the committee was in attendance. Instead, Councillor Annable, who sits on the committee, gave a very brief update explaining that sponsors are being sought and organization is still underway. He also noted that a couple of board members had a car accident, delaying progress during their recovery while their tasks are being handled by others.

A third delegation was then given by members of the Morewood Recreation Association. The Association hopes to organize a National Day for Truth and Reconciliation event on September 27. Councillor Lennox was very supportive of the idea of the event, and praised the organizers for putting so much thought into it. He asked what the significance of the event is for North Dundas, and an Association representative answered that no such events have ever been planned locally, meaning that those who wish to commemorate Truth and Reconciliation Day have had to travel elsewhere in years past.

Council then heard from the Interim CAO Calvin Pol regarding some proposed

adjustments to municipal fees, including an increase to burn permit fees. Several routine bylaws were quickly passed. Council then moved to put a piece of municipal land in Hallville up for sale. The intention is for the sale price of the land to be put toward the cost of the new park in Hallville.

Councillor Lennox stood up and left the room right before the discussion on item 5.5.c began. The item was presented by Meaghan Meerburg, the Township's Director of Recreation and Culture. It outlined the proposed ice rental rates for the Township's two arenas during the 2025-2026 season, with a comparison between different municipalities within SD&G. Director Meerburg explained how rental fee increases help to offset rising costs, such as ongoing maintenance to the two aging arena facilities. She also pointed out that small fee increases help ensure that repairs to the facilities are absorbed more by the main user groups than by the general tax base. Much discussion ensued. Mayor Fraser stressed how important it is to keep up the

maintenance on the arenas. Councillor Uhrig asked if it would be possible to increase the rates more gradually.

User groups are understandably upset about the idea of fee increases, which is why a meeting is planned next month between the Township and user group representatives. Councillor Annable stressed the importance of negotiations between the parties. Councillor Lennox returned to the table following the discussion. He told the Times that the subject of his conflict of interest declaration was an unresolved personal dispute regarding an incident at a local arena, and he chose to recuse himself from any vote regarding ice rental rates to avoid perceptions of supporting rate increases as retaliation for the incident.

The meeting concluded after just over one and a half hours. The next regular meeting is scheduled for April 9. Meetings can be viewed in their entirety – even after the fact – by visiting <https://www.youtube.com/@townshipofnorthdundas3550>



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Baldwin's Birds

Is spring really here?



Somewhat tongue in cheek I pose the question as to whether or not spring is actually here! The sun is shining and some Red Winged Blackbirds, mainly males by the look of them, are squeezing their odd but distinctive song from somewhere in their throats. Being males and always wanting to show off, for the females (none of them so far observed) have actually given us a good display of their epaulettes, which is quite a disappointment. Of course our garden is not nearby to their normal habitat, that of the riversides and marshes, so maybe that is the explanation. Once the thaw is in and they can get back to thinking of mating and nesting, then maybe changes will ensue.

There certainly isn't a big influx of migratory birds yet, although a few skeins of overhead Canada Geese are now evident in the surrounding countryside, which is promising. The sunshine and rising temperatures will certainly make it a lot easier for them to land, once the waters are cleared of ice.

As mentioned recently, the Robins are starting to show themselves and will soon be seen hopping across the grass and cocking their heads to listen for grubs and worms, whilst also looking for a shelf, or cleft in a tree on which to build their nests. The frost will have to be out of the ground first for them to be doing these activities, so I am probably getting a bit ahead of myself and them in my enthusiasm for some warmer weather to return to us once again – and stay! Already the green shoots of upcoming flowers tell me that I might not be wrong. I hope so! Stay safe and well.

Cheers,
John Baldwin

EYE ON POLITICS

Political unrest growing nationally and internationally

by Kerry Turner

After a decade of Justin Trudeau at the helm of the Liberal Party of Canada, Friday March 14th saw candidate Mark Carney sworn in as Canada's 24th Prime Minister, elected by the Liberal caucus to replace Trudeau in a landslide vote. Prime Minister Carney faces the unique challenge of finding a common ground with Canadians in a political landscape that has arguably never been so divided.

Carney announced his new cabinet, which consists of 24 members, a decrease from the 39 who served under Trudeau, and an additional three new Ministers. "We have new ministers with new ideas, ready to respond to new threats and seize new opportunities," Carney said, "Our leaner cabinet will focus on two priorities in particular. First, protecting Canadian workers and their families in the face of unjustified foreign trade actions. And second, growing this great country by putting more money in Canadians' pockets by ensuring the government spends less so Canada can invest more." Across the floor, Conserva-

tive Party of Canada (CPC) leader Pierre Polliviere has openly criticized Carney's cabinet, highlighting that all current cabinet members were part of Trudeau's former caucus and that "the same people who ran Justin Trudeau are now running Mark Carney... Mark Carney thinks Canadians are stupid." Polliviere argued that Liberals were attempting to distance themselves from their transgressions under Trudeau, with "a little bit of cosmetic surgery."

On March 14th, Carney's first order was to remove the consumer carbon tax, explaining that the highly unpopular tax on oil and gas no longer worked for Canadians. However, Conservatives at multiple levels of government, including Conservative Premier of Alberta, Danielle Smith, have outlined concern that industries will suffer from increases to the industrial carbon tax, ultimately trickling down with increased costs for the consumer. With growing distrust that Liberals will go back on their promise if they secure victory in the inevitable federal election, Polliviere has pledged to do

away with the tax entirely - repealing the federal carbon pricing for both industries and the consumer. "There will be no taxes on Canadian consumers, no taxes on Canadian industries," Polliviere promised at a news conference on March 17th in L'Original. He pledged that industries would be rewarded for carbon initiatives that lowered emissions, "who made products with lower emissions than the world average".

Outside Canada, Carney's first week in office saw diplomatic visits to European leaders in France and the U.K. Before returning home, Carney also stopped in Iqaluit, Nunavut. While there is little doubt the geo-political crisis was discussed behind closed doors, Carney highlighted that strengthening our historical connection to our founding partners and indigenous leaders was the priority; a demonstration of our nation's sovereignty and strong socio-economic relations outside of the United States. While the diplomatic visits show a shift in engagement strategy, France and the U.K. have been criticized for not being more vocal to the

annexation threats made by US President Donald Trump that "Canada only works as a state", specifically, "treasured 51st State". On March 16th, Bob Rae, the Canadian Ambassador to the UN, tweeted a dire warning on X, "This is not about borders, or fentanyl. This is about a colossal land, water and resource grab. The tariffs are intended to weaken so this theft can take place".

When Parliament reconvenes on March 24th, Carney will no doubt be questioned on the Liberal Party's plan for Trump amid the looming April 2nd reciprocal tariff deadline. However, Carney warned that there is no easy path forward under the new American President. "It won't happen overnight. There's no magic one meeting that is going to unlock things." Parliament has not sat since Trump took office for a second term on January 20th this year.

Ontario Premier Doug Ford joined a delegation from the Federal Government who met with US Secretary of Commerce, Howard Lutnik, in a meeting Ford called "productive." The delegation included former Finance Minister Dominic LeBlanc, who will shift gears slightly to take on the new role of Trade Minister under Carney. More meetings are expected in the coming weeks, but it appears the President will

not be budging on tariffs applied to Canada - "We've been ripped off as a country for many, many years," he said, falsely spinning his old rhetoric that the U.S. is somehow "subsidizing" Canada upwards of \$200 billion a year. In reality, the deficit is just over \$63 billion, and closer examination of the cause shows that this is largely due to the population discrepancies between the two countries - with each Canadian spending approximately seven times more on American goods than the US does for Canadian goods.

The next federal election will take place on April 28, the potential results of which have been on the radar of the American President, who commented to Fox News "I would rather deal with a Liberal than a Conservative, the Conservative that's running is stupidly no friend of mine. I don't know him, but he said negative things. I think it's easier to deal, actually, with a Liberal. And maybe they're gonna win, but I don't really care." The latest polls show that the Liberals and Conservatives are neck and neck, with Carney leading at 37.7%, according to CBC Poll Tracker.

While the goal post for what needs to be done to appease the American President seems to shift with each

post to Truth Social, Carney backed away from confirming that Trump's ultimate goal is to annex Canada through economic sanctions - Carney stated Trump "wants many things," including a push to bring manufacturing back to the US and an end to the flow of fentanyl across the north and south US borders. However, Carney shied away from mentioning Canada specifically. The President's actions "call into the question the validity" of the Canada-U.S.-Mexico Agreement (CUSMA), an agreement Trump himself brokered during his first term in 2016. The agreement is set for review in 2026. Carney stated he is in no hurry to speak with Trump, "I look forward to having, at the appropriate time, a discussion between two sovereign nations that is comprehensive and not targeted at one issue. There's a wide range of issues to be discussed when we do connect," Carney said.

A divided nation we might be - however, "We cannot and should not look first to others to defend our nation," Carney told reporters in Iqaluit on Tuesday, "We are masters of our own house." If the unified movement of "elbows up" and "buying Canadian" is any indication, Canadians won't be backing down easily from this fight.

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Tid bit musings

by Elva Patterson-Rutters, RSSW

With the rumour of Canada becoming the 51st state of the USA, a few folks were stirred from their state of apathy to at least being conscious of where the products they are consuming are originating from. More people started a grass roots response of not buying American. Yet all too many individuals are functioning in a continual state of apathy. They seemingly have an absence of interest or concern to emotional, social, spiritual, philosophical, virtual or physical issues in the world or in their own society. The low election participation reflects the apathy that exists. How do you raise someone's apathetic state into action, especially when one is not even certain how the norm became so apathetic?

It can be argued the electronic world has desensitized individuals to the reality of war, injustices, and the world around them, when a click of a button re-instates the dead, the destroyed, the reality of life in general. People have lost the ability to interact verbally with each other. Unions also served a purpose when people were unfairly treated, but the pendulum has swung to the point you are now simply re-located when not meeting performance standards.

The essence of common sense is a rarity. Take the snowstorm of March 6th of this year when a 70 year old lady after major surgery was discharged from the hospital at 10 o'clock at night despite the fact her breathing had not reached 94 for 4 consecutive hours as required. The floor was not busy and staff were cognizant that weather report advised to stay off roads. Another patient's ride was 2 hours getting to the hospital from Iroquois. How has society produced professionals with tunnel vision?

Often what the eyes don't see allows the heart not to feel. To make our country great, all eyes must see and ears hear. The investment in life must exceed the paycheck and reflect humanity. Developing a passion and concern for the wellbeing of others, inside and outside our circle of care, will only enrich our life. True enough the code of confidentiality has had a reverse effect of people being afraid to share anything in case it violates confidentiality. The code is primarily for professionals to guarantee some privacy and boundaries for sharing information. It has unwittingly resulted in people afraid to say anything in fear of violating a person's confidentiality. It then reduces a sense of caring and compassion. Sharing to uplift and support an individual is "good gossip", while anything demoralizing or victimizing" is negative gossip. Facts remain as facts. One person's experience is just as valid as the next person's, albeit different.

Prefacing comments with openers like "I believe," or "in my experience" is less confrontational while opening a dialogue. Sometimes the tree has to be shaken for growth to be undertaken! It starts with you today!

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EUCHRE at Pierce's Corners (aka the Marlborough Community Centre) at 3048 Pierce Road on Tuesday, February 18, March 4, 18, April 1, 15, 29, May 13 and 27. Registration starts at 6:00 p.m., play starts at 6:30 p.m.

Contact Debi at debiar@gmail.com

BID EUCHRE at Pierce's Corners (aka the Marlborough Community Centre) at 3048 Pierce Road on Tuesday, February 25, March 11, 25, April 8, 22, May 6 and 20. Registration starts at 6:00 p.m., play starts at 6:30 p.m.

Contact Debi at debiar@gmail.com

BID EUCHRE at Winchester Legion Branch 108 every Friday afternoon in the veteran's lounge. Registration is 12:30, play starts at 12:45. Accessible access at north entrance. Everyone welcome!

Contact cyndiesummers@gmail.com

UPCOMING EVENTS

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April 12, 2025
Matilda Hall, Dixon's Corners, 4421 Brinston Rd, Brinston
Entertainment by the Fidgets Comedy Group. Catered by Leatherworks
Tickets on line at <https://tcswilliamsburg.com/>

Cornwall Home and Leisure Expo

Benson Centre - 800 Seventh St. W. Cornwall
April 4-6, 2025
FREE ADMISSION

2025 Local Business Expo

Saturday, April 12, 2025
Joel Steele Community Centre - 577 Main Street, Winchester
More info at northdundas.com/expo

House of Lazarus Income Tax Clinics

April 1st, 2025 9 am - 4 pm
United Church - 519 St Lawrence Street
WINCHESTER

April 1st, 2025: 9 am - 4 pm
Christ Church United - 5 Casselman Street
CHESTERVILLE

Mountain Township & District Lions Spring Dinner & Show

Saturday April 5, 2024 - Doors open 6pm and dinner starts at 7:00 pm
South Mountain Agricultural Hall, 2967 Lough Road, South Mountain, ON
Freshly cooked BBQ steak and chicken breast option. With all the trimmings

Featured Entertainer South Mountain's own and world renowned artist, Cory M Coons

Price: \$55 per person. ADVANCE TICKETS ONLY!
Tickets: Please call Lion Sandy 6513-299-564

Agatha Christie's Murder on the Orient Express

By Dundas County Players
April 25th, 26th and 27th. May 2nd, 3rd and 4th
Old Town Hall - Winchester, Ontario
www.dccplayers.ca for tickets and info

Lion's Easter Breakfast

Saturday, April 19th 2025, 8 - 11 am
St. Paul's Presbyterian Church, Winchester
Donations \$10 - adult, \$6 children over 3

Prom Fundraiser Spaghetti Dinner

Wednesday April 8. 4:30pm-7:30pm
North Dundas District High School
12835 County Road 43, Chesterville ON

CHURCH DIRECTORY

Solomon' Porch Nationside Pentecostal

Box 292 Chesterville
Phone: 613-448-2272
Pastor Scott Sayers
Sunday Service: 10:30 am.
at The Nelson LaPrade Centre
nationsidepentecostalchurch.ca

Southgate Winchester

539 Main Street, Winchester
Phone: 613-258-6123
Sunday Service: 10:00 am. Kids program for toddlers - Gr 6
The Pulse Youth (Gr 6 -12) bi-weekly on Fridays at 7pm.
Play Group (babies to preschool) Wednesdays at 10am. Ladies Group bi-monthly. Contact the church office for more info.
<https://southgatechurch.com/>

The Gathering House

2 Water St. Chesterville
Phone: 613-448-1758
Sunday Service: 10:00 am. Nursery and Sunday school available for children.

Adult Bible studies throughout the week. STEM program & Youth group Wednesdays at 6:30 pm. Playgroup drop in 10:30 am on Fridays. HUB youth drop in 7-10 pm Fridays. Cafe Mon. & Fri. 9 am - 4 pm and Wed. 12-4 pm
www.thegatheringhouse.ca

Winchester Pastoral Charge

Winchester United/Hope Springs United Church
Sunday Services
9:30 a.m. at Hope Springs United Church
11:00 a.m. at Winchester United Church
www.winchesterunited.ca

Winchester Baptist Church

486 Main St. Winchester
Phone: 343-649-2204
Sunday Services: 11:00 am. (hymn sing 10:45)
"Snack and chat" (lunch) after service, last Sunday each month. Join us for prayer every Tuesday evening anytime between 6:30pm and 8:00pm.
<https://m.facebook.com/groups/WinchesterBaptistOnt/>

Inkerman Wesleyan
11486 Queen St. Inkerman
Phone: 613-989-5312
Email: antony.kiar@gmail.com
Lay Pastor: Tony Kiar
Sunday Service: 10:30 AM

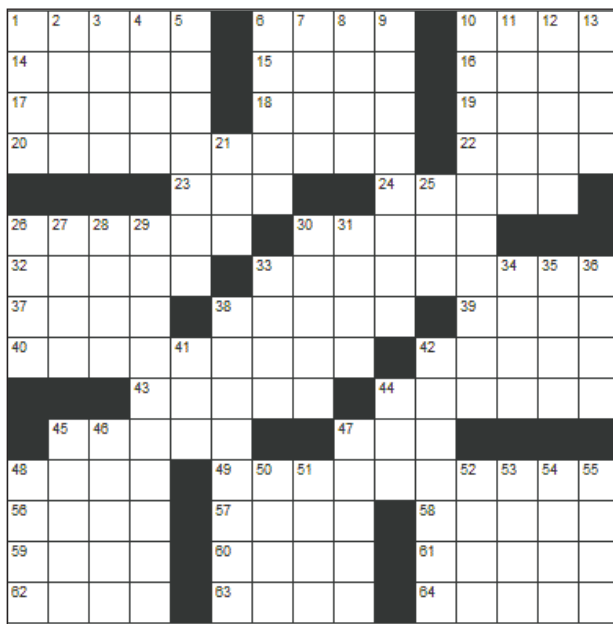
St. Clare's Anglican Church
2530 Falcone Rd. Winchester
Phone 613 774-2236
Sunday Service: 10:00 AM
St. Clare's Anglican Church is on Facebook:
"The Anglican Parish of North Dundas at St. Clare's"
And on YouTube: "St. Clare's Anglican Church (Anglican Parish of North Dundas)"
www.stclaresanglican.ca
info@StClaresAnglican.ca

Christ Church United
5 Casselman St. Chesterville
Sunday Service at 10:30 a.m.
Rev. Blair Paterson
Ph. 613-448-2532
Email: ccchesterville@gmail.com

PRESBYTERIAN CHURCH
St. Andrew's - 34 Mill Street, Chesterville | 9:00am
St. Paul's - 517 Main Street, Winchester | 10:00am
Morewood - 13723 County Rd 13, Morewood | 11:15am
Minister, Rev. Ed Charlton - edcharlton12@gmail.com

St Mary's of the Presentation Catholic Church
10 Church St. Chesterville,
Father Oliver Wekesa
Sunday Service and Children's Liturgy 11:00 am
St Daniels in South Mountain
Saturday 5:00pm
stmaryofthepresentationparish.ca

CROSSWORD



ACROSS

- 1. Pauses
- 6. Alliance
- 10. Small island
- 14. Earth tone
- 15. Adriatic resort
- 16. Devastation
- 17. Grill
- 18. Assert
- 19. South African monetary unit
- 20. Liteness
- 22. Nights before
- 23. Durable wood
- 24. Adored
- 26. Germinate
- 30. Soft leather
- 32. Blow up
- 33. Yellow flower
- 37. Beak
- 38. Assumed name
- 39. Therefore
- 40. 20th
- 42. Bless with oil
- 43. Multitude
- 44. Birdbrain
- 45. Adjust
- 47. Soviet space station
- 48. Zig or zag
- 49. Incapable of failure or error
- 56. Dry
- 57. Caprine animal
- 58. Utopian
- 59. All-night party
- 60. Employ
- 61. Type of bottle
- 62. Implored
- 63. 3
- 64. Canvas dwellings

DOWN

- 1. Steals
- 2. Beige
- 3. Store

- 4. Voyage
- 5. No tickets left
- 6. Empty
- 7. Not prerecorded
- 8. Lyric poems
- 9. Pieces of body armor
- 10. Impertinent
- 11. Debonair
- 12. Delineated
- 13. Terminates
- 21. Consume food
- 25. Flowery verse
- 26. Dispatched
- 27. Front part of a vessel
- 28. Diversion
- 29. Generous
- 30. Hotel apartment
- 31. Mormon state
- 33. Hemorrhaged
- 34. Ship workers
- 35. Type of fruit
- 36. He writes in stanzas
- 38. Having no weak points
- 41. Not bottom
- 42. Emergency plane transport
- 44. Zero
- 45. Ear-related
- 46. Pilot a car
- 47. Pirate's pal
- 48. Waterproof cover
- 50. French for "Black"
- 51. Fee for transit
- 52. Inactive
- 53. Leguminous plant
- 54. Not first
- 55. Large northern deer

Solutions to last week's Sudoku

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

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

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

Easy

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

Medium

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

Hard

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

Solution to last week's Crossword

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

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Are we as old as our arteries?

Sir William Osler was a wise old owl in explaining medical matters. He was a professor of medicine at McGill University in Montreal, John Hopkins University in Baltimore, and finally at Oxford University in England. He told students, “We are all as old as our arteries and it’s lucky to have good rubber in them.” If you’re lucky you’ll have soft flexible ones that expand with each heartbeat. But you’re unlucky if you have rigid ones that cause hypertension, one of the big killers. Are you interested in a natural remedy to fight high blood pressure, decrease the risk of stroke, and extend longevity? NEO40, a nitric oxide supplement, may be the right option.

Discovering the nitric oxide molecule came as a surprise to researchers. For 100 years it was well known that nitroglycerine was a powerful explosive. It had been used in warfare and for many other purposes. Doctors also knew that patients who were suffering from angina could have chest pain quickly eased by using nitroglycerine. But they had no idea what was in nitroglycerine to cause coronary arteries to expand and bring blood full of oxygen to hearts crying out for help.

Researchers discovered that it’s the miracle molecule, nitric oxide (NO), which in nanoseconds sends messages to coronary arteries and other cells. NEO40 is nitric oxide in tablet form.

Early in life, the body produces large amounts of NO in the innermost lining of blood vessels. But as we age it’s not surprising that the supply gradually decreases. This results in narrowing of arteries, the onset of hypertension, and the medical complications associated with this disease. Left untreated, chronic high blood pressure damages the arteries causing a chemical and inflammatory reaction that kills a North American every 37 seconds.

NO offers many other advantages. It makes platelets, small particles in the blood, less likely to stick together forming a fatal blood clot and coronary death. It also increases good cholesterol, lowers bad cholesterol and triglycerides, and prevents bone destruction from osteoclasts.

Fortunately, it helps to control the worldwide pandemic of diabetes that is killing millions of people. Too much sugar gradually destroys the circulatory system and fifty percent of diabetic patients die of a heart attack. The other medical complications of diabetes such as blindness, kidney failure and amputation of often both legs are also increasing in North America.

Millions are also suffering from respiratory problems, as all of us are living in a world with extensive air pollution. Researchers at Hammersmith Hospital in London, England found that NO helps to maintain a biochemical balance in air passages and that it could be helpful in treating inflamed airways. A Dutch study found that NO can calm nerves in tightened airways and relax muscles.

There are also millions of North Americans who suffer from debilitating diseases like arthritis. Researchers at the University of Colorado report that NO increases the blood supply to nerves and eases joint inflammation; This can be of great help to those suffering from the pain of osteoarthritis.

Today, more people are travelling to places like Mexico City or to ski resorts at high altitudes, like Aspen, Colorado. They’re both over 7,000 feet above sea level, where oxygen is more limited, and shortness of breath can be a serious problem. Be prepared for such visits by taking NEO40 in your baggage.

NEO40 is a lozenge that contains L-citrulline, an amino acid derived from protein, vitamin C, beet root, and hawthorn, a potent combination that produces nitric acid.

Osler was right. You live longer with good rubber.

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

The Food Corner

by Paul Cormier, Salamanders of Kemptville

The old grey filing box where we keep our heritage recipes yields some interesting bits of paper. Today’s recipe, Great-Grandma’s Sour Cream Cookies is typeset in an old font on a yellowed newspaper clipping. We are very fond of recipes from our past and we hope you are too.

Great-Grandma’s Sour Cream Cookies

Ingredients

- ½ cup of raisins
- ¼ cup of shortening
- ¼ cup of softened butter (not melted, just softened)
- 1 cup of packed brown sugar
- 1 egg
- 1 teaspoon of vanilla
- ¼ teaspoon of nutmeg
- ½ cup of sour cream
- 2 ¼ cups of flour
- 1 teaspoon baking soda
- ½ teaspoon of cream of tartar or 1 teaspoon of baking powder
- ½ teaspoon of salt
- Some white granulated sugar for topping

Preparation

Preheat your oven to 350F. Pour boiling water over the raisins to plump them, drain and let dry. Cream the shortening, butter and brown sugar together. Beat in the egg, nutmeg and vanilla; then, stir in the sour cream. Sift together the flour, soda, cream of tartar and salt. Blend in gently to the creamed mixture and stir in the raisins

Chill the mixture for 20 minutes

Then roll out the dough on a floured surface to about a 1/3 thickness. Cut out with a 3 inch cookie cutter or water glass. Place on a lightly greased baking sheet and sprinkle with sugar. You will want to bake these for 10 to 12 minutes or until light golden brown.

If you wish, you can get an Easter cookie cutter and make designs to delight the kids. Serve ‘em hot or cold and let me know how it went at pcormier@ranaprocess.com.

OP-ED Bang for our buck

by Brandon Mayer

The dog park situation here in North Dundas is confusing, disappointing and disgraceful. Regardless of whether the Township is willing to contribute financially to the project, there is no reason for such decision making to be dragged out over a 3 year period. This reeks of red tape, and it’s no wonder that there is such distrust in the Township lately. The dog part issue is critically important because taxpayer frustration in North Dundas is twofold. On the one hand, paying higher local taxes is indeed difficult for most residents in what is already a terrible national economy. On the other hand, it would soften the blow tremendously if we felt like we were getting our money’s worth – “bang for our buck”, so to speak. A stunning new local dog park would scratch that itch, and a commitment of \$10,000 is not that significant. Even more shocking is that the committee is prepared to move forward with the park without Township funding, if needed, but the Township continues to drag its feet.

Interestingly, I struggle to find a copy of the final 2025 budget anywhere on the Township website. Perhaps it is available, perhaps it is not, but it certainly should be, and me not being able to find it after searching diligently suggests that it’s either not posted, or far too difficult to find. Perhaps taxpayers could form their own opinions about a \$10,000 expense if we knew line-by-line what was being spent on everything else, including the salaries of Township staff and council members.

A lack of red tape when it comes to simple, sought after amenities would provide a morale boost here in North Dundas. Think of the recreational amenities we could build as community members with fundraised dollars if the Township didn’t have an innate need to shut fresh new ideas down. And why stop at recreation? For example, there is no public transit or taxi service locally – why not try to incentivize the creation of a private taxi service by offering a no fee formal taxi licence that would reassure riders, and also provide online listings and social media engagements to help get the word out and municipally endorse the service? Residents get a much-needed service, a resident becomes an entrepreneur, and the taxpayers foot none of the bill.

No one is asking for our Township’s financial situation to be fixed overnight. We’re not even asking for municipal staff and council to come up with fresh new ideas. We’re just asking that ideas not be blocked, shut down, or insulted for no good reason. Council has shown support for the dog park idea and modest funding was previously mentioned – the next step is for this support to be made clear to recreation and culture staff. No more 3 year headaches. Let residents get what they pay for.

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Snowy winter gives way to flooding



Flooding on County Road 5 between South Mountain and Winchester Springs. Photo posted to social media by United Counties of SD&G

by Brandon Mayer

Two history-making snowstorms in February left a significant mark on North Dundas, but now, almost all trace of those storms is gone. The storms dumped an unusual amount of snow, especially considering the cold temperatures that accompanied the precipitation. Local weather expert, Connor Mockett, estimated that the storms together brought 90-100cm of snow to Winchester and area. He reported that this was a “once in 10-15 year” event, with the last true blizzard happening in the area in 2008. “Blizzard” was certainly the right word for February’s storms – intense blowing snow kept plows busy for days after the precipitation stopped falling, and the strong weather even fully closed schools on February 20.

It took just a few short weeks for warm weather to take a significant bite out of

the accumulated snow. When March Break rolled around for local school children, it felt like a pleasant week off in the spring. Last week’s temperatures were even more stunning, with the high on March 18 reaching 18 degrees, and other days reaching close to these temperatures as well – far above Winchester’s March average of 4 degrees over the last 25 years. These unusually high temperatures came shortly after a few weeks during which temperatures were very cold, never creeping above freezing. Erratic weather has become common in Southern Ontario in recent years.

Now, lots of grass – albeit not yet green and vibrant – can be seen throughout North Dundas. Only small reminders of the larger piles of snow that were deposited by plows during the snowy season remain. In some cases, the rapidly melting snow combined with rainy weather led to localized flooding. On March 17, the

United Counties of SD&G announced the temporary closure of County Road 5 (Winchester Springs Road) due to flood water completely obstructing one lane. The closure stretched from Toye Hill Road to Kirkwood Road. Water levels in the South Nation River have also been very high as the river struggles to keep up with drainage and runoff.

What kind of weather is in store for the future? While it is difficult to predict the weather with any accuracy more than 5 days into the future, the Old Farmer’s Almanac has been publishing long term

predictions of future weather trends since 1792. This year, the following is predicted for Ontario: “Summer will be warmer and wetter than normal. The hottest periods will be in much of June and July and mid to late August. September and October will be cooler than normal, with precipitation greater than normal in the north and less than normal in the south.”

In yet another surprise, some snow flurries decorated the ground earlier this week. If Ontario’s weather has taught us anything, it’s that it’s best to be prepared for every kind of weather, year round.



The South Nation River in South Mountain on March 23

World famous comedy team to perform in Dixon’s Corners



Traditional fundraising is being turned on its ear by a veteran Canadian comedy act and a stage full of mousetraps, just in time to cure the Winter Blues.

For over 15 years, Dave Lane, Chris Reid and John D Hollingsworth have been performing across North America as the comedy improv team: The Fidgets.

“It takes a lot to convince a family to leave the comfort of their home and commit to attending anything, especially during the Winter when everything is getting so busy,” explained founder Hollingsworth. “Watching comedians struggle across a stage full of mousetraps, while barefoot and blindfolded does the trick, every time.”

Lane, Reid and Holling-

sworth add another unique twist to every show: clean comedy. Dave Lane explains: “We make sure that every show we perform has two elements: 1. It’s “hold your sides” funny.

2. It’s “invite your grandma” clean.

“It’s a deadly combination to beat your Winter Blues,” added Reid. “Clean enough to bring your entire family, so funny that your face will be sore and unique enough to draw big crowds of curious people.”

The show will be Saturday, April 12 at Dixon’s Corners Community Center. For tickets, please call Timothy Christian School.

The Fidgets enjoyed a worldwide comedy special on Amazon Prime.

About The Fidgets: The Fidgets are an improv comedy team based in Sarnia, ON. They perform for corporate banquets, church events and charities and are endorsed by comic celebrities including Red Green and Colin Mochrie.

PET OF THE WEEK




Monzy and Max

Winnie

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