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COMMUNITY CLEAN UP



(Photo from 2018 in Long Sault)

In 2018, a Community Clean Up Week was proposed in Long Sault. With some hesitation and consideration for safety, a test run was allowed.

Several locals loved the idea and turned to Facebook to get this info out. Many...

(Continued on page 2)



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(Continued from page 1)

...locals started mapping out areas that they could clean up. It was magnificent.

It was an excellent idea. The whole community worked together to clean up their yards, empty fields, and even ditches.

Community clean up has turned into an annual event and getting stronger each year.

Great work!



By David Smith

**DEADLINE TO POST EVENTS
AND NOTICES FOR THE NEXT
EDITION IS MAY 12TH**

**Tri-County Country Music Association
Music and Dance**

Saturday, May 3, 2025
1:00PM to 5:00PM
South Stormont Township Hall
2 Mille Roches Rd
Long Sault, ON



Spring is a late bloomer this year but The Friendly Circle Seniors Club is turning up the heat! The chair yoga is back every Tuesday at 10 am, followed by indoor walking at 11 am. You will find us at the South Stormont Community Hall. Bring out your fascinator for our Victorian Dessert Tea, on May 31st from 1-3 pm at St. Mark's United Church, in Long Sault. For reservations contact Louise at 613-534-2075, the cost is \$8.00. A quick reminder that at our May 5th meeting we will be voting to nominate the volunteer of the year. The winner will be honoured at our Annual Membership Appreciation Dinner, on Friday, June 20th at 5 pm. There will be presentations and a fun Senior Trivia. The cost is \$20 for members and \$30 for non-members. It will held at the Ingleside Masonic Centre. Other activities are in the works. Drop in to see us on the first Monday of each month. Membership is only \$20.

*Ginette Guy Mayer
Vice-president*

Cornwall Quilters Guild will hold their next monthly meeting on Monday, May 12, 2025 at 7:00 p.m. in St. Matthews Lutheran Church hall, 1509 2nd St. W. Cornwall. Topic: General Annual Meeting. For more info call Barb 613-360-8079

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LOST VILLAGES HISTORICAL SOCIETY

At the April 22nd meeting of the Lost Villages Historical Society, the Ingleside-Long Sault-Lost Villages Lions Club presented a cheque to the historical society in the amount of \$4,200.00. These funds were raised through a Spaghetti Dinner and Silent Auction that was hosted by the Lions Club in support of the Flood Disaster Relief Fund. With over \$3,000.00 being donated by generous patrons at the dinner, all funds will assist the historical society in its work to restore documents, paintings and artifacts that were damaged in the flood.

On Wednesday, April 23rd, Jim Brownell was the guest presenter at the Glengarry Encore Seniors Program held in Alexandria. Through a power point slide presentation, Jim took the participants in the Encore program on an armchair tour through the lands of the Lost Villages. Eager participants quickly scooped up all the copies of Jim's book, "A Tour Through the Lands of the Lost Villages", that he brought with him.

This is an early reminder of the Annual General Meeting and Dinner of the historical society that will be held on Monday, May 19, 2025, at 5:30 pm in Trinity United Church Hall, 11 Maple Street, Ingleside. The United Church Women and helpers will host a ham,

scalloped potatoes, and bean dinner, with all the trimmings. A social time will be held at 5:30 pm, with dinner at 6:00 pm. The cost is \$25.00 per person and reservations are required by Mother's Day, Sunday, May 11th. For reservations, contact Jim Brownell at 613-534-2423 or jim.k.brownell@gmail.com. Make your reservation now!

We are delighted to report that the guest speaker will be Nichole White, President of Genealogy and Archives St. Laurent, Cornwall/Genealogie et Archives St-Laurent, Cornwall. I am sure Nichole will have many hints for those in attendance regarding research at this genealogy and archives centre. Members and friends are cordially invited to attend.

For those members of the historical who renew memberships on a yearly basis, your dues will be gladly accepted at the AGM. An individual membership is \$15.00, and a life-time/sustaining membership is \$75.00. New members are always welcome.

Our AGM may be many weeks in the future, so reserve your spot now and mark the date on your calendar. We hope that the historical members and friends will enthusiastically support our AGM Dinner meeting and be cognisant of the reservation date of May 11th.

By Jim Brownell

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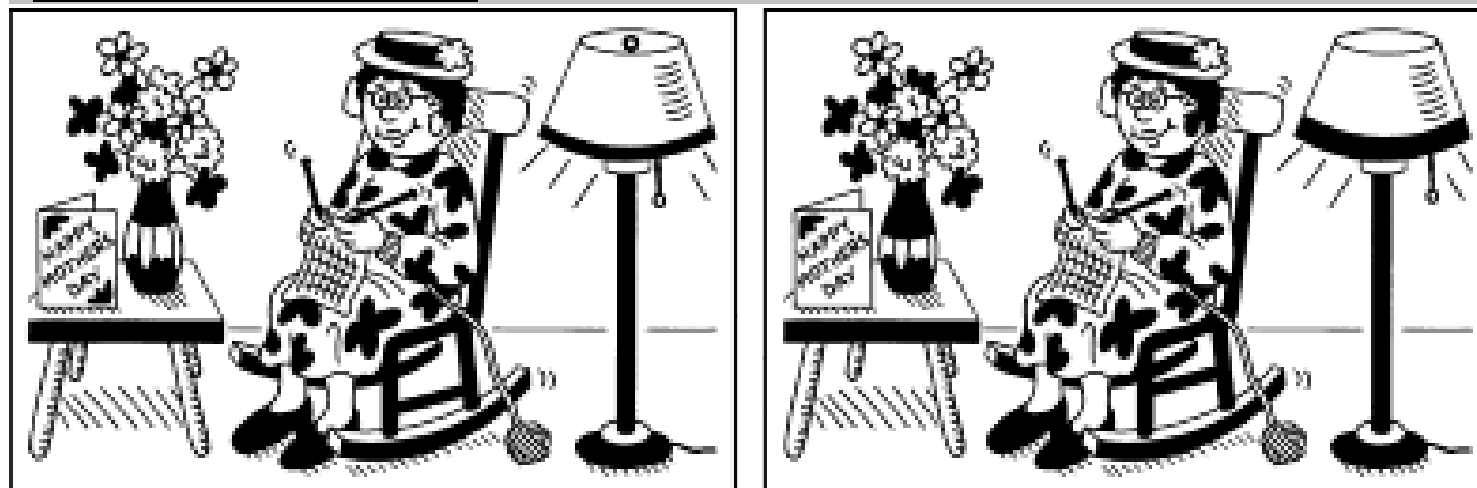


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Can you spot 12 differences between these pictures?



SOLUTION: 1) Back of chair on left is missing 2) Ring on top of lamp is missing 3) Stem on flower in vase is missing 4) Design on card is missing 5) Earring is coloured in 6) Flower at top is coloured in 7) Rung on rocking chair has moved 8) Table leg has moved 9) Pull chain on lamp has moved 10) Stripe on lampshade is taller 11) Back of card is wider 12) Design on vase is taller

FUNNY? MAYBE!

• An elderly lady called the hospital to ask about a patient who was being cared for. "Hello, I'd like some information on a patient, her name is Mrs. Donnelly. She is in Ward P, Room 23."

"I will just put you through to the ward."

The elderly lady repeated her request to the nurse.

"Hold on, I will just check her notes...Oh, I am pleased to say that she is doing very well and may be discharged on Monday," says the nurse.

"Oh, that is wonderful news! I am so happy, thank you."

"You seem very relieved, are you a close relative, or a close friend?" asked the nurse.

"No, I am Mrs. Donnelly in Room 23. Nobody tells you a damn thing here!"

• An 88-year old woman was interviewed by the local News after getting married for the fourth time...

The interviewer asked her questions about her life, about getting married again in her 80s, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting!" the newsman thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She told him she'd first married a banker when she was in her early 20s, then a circus ringmaster in her 40s, later on a preacher in her 60s, and now in her 80s, a funeral director.

The interviewer looked at her, quite astonished, and asked why she has married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

HAPPY MOTHER'S DAY

Q. Why did the kids give their mom a blanket for Mother's Day?

A. Because she was the coolest mom ever!

Q. What did the grape say to its mom?

A. "You did a grape job raisin me!"

• At my age I'm no longer a snack; I'm a Happy Meal. I come with toys and kids.

• Silence is golden. Unless you have kids, then silence is suspicious.

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TRIVIA

1. In what year was the first Mother's Day celebration held? a) 1901 b) 1908 c) 1912 d) 1916
2. What is the most popular flower associated with Mother's Day? a) Carnation b) Mum c) Rose d) Lily
3. What is the most common gift given on Mother's Day? a) Candy b) Card c) Jewelry d) Phone call
4. Which flower is considered the birth flower of May? a) Daffodil b) Tulip c) Lily of the Valley d) Crocus
5. In China it was believed that a baby would be born with a deformity in which work that was carried out during pregnancy? a) Washing floors b) Hanging out laundry c) Hammering nails d) Killing chickens
6. What is the most widely grown crop in the world? (By weight) a) Corn b) Tomatoes c) Rice d) Sugar Cane
7. Who was the first player in hockey history to win an Olympic Gold medal and a Stanley Cup in the same year? a) Steve Yzerman b) Ken Morrow c) Mark Messier d) Wayne Gretzky
8. What is the hottest food on Earth? a) Pepper X b) Carolina Reaper c) Trinidad Moruga Scorpion d) Pot Douglah
9. Which one of the Seven Dwarves DOES NOT have a beard? a) Happy b) Sleepy c) Bashful d) Dopey

Answers on page 4

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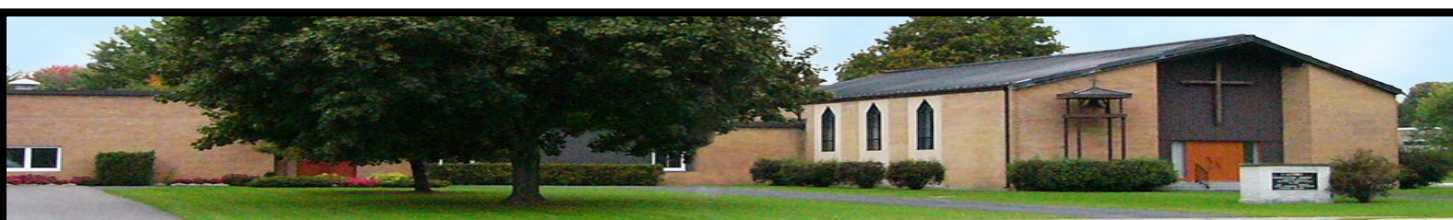
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TRIVIA ANSWERS

- b) 1908 by Anna Jarvis in West Virginia
- a) Carnation
- b) A card
- c) Lily of the Valley
- c) Hammering nails
- d) Sugar Cane
- b) Ken Morrow
- a) Pepper X (the Carolina Reaper is a distant second)
- d) Dopey

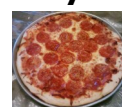


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Learning how to be mindful and observe your thoughts non-judgmentally can help lead to better sleep, greater focus, and increased creativity and joy!

The practice may even be good for your relationships. So investing some time in **mindfulness** strategies is well worth it.

If your thoughts about a stressful situation become "stuck" and thinking about an event no longer leads to positive change ... it's time to take steps to change your thinking.

That said, letting go of negative emotions is easier said than done. There are a few techniques to quiet your thoughts that you can try.

Practice Meditation

Research shows that meditation can be helpful in facilitating forgiveness, letting go of rumination, and reducing negative emotions. Meditation provides many other benefits, as well.

Cultivate Mindfulness

Mindfulness is the practice of becoming fully immersed in an activity, rather than in your thoughts about other things.

Completing one activity with *Your Friend as always, Cheryl* www.ThriveDailyNow.com

mindfulness can be a restorative way to observe your thoughts and get things done. Try cleaning a room, clearing out a closet, or cooking a healthy meal. Remember how we talked last time about "sectioning" things...this a great example of that!

Engage in Expressive Writing

If your mind is filled with stressful thoughts and feelings, it may be helpful to give in to the thoughts and express them through writing. Journaling allows you to delve deeper into the topics that plague your thoughts.

Distract Yourself

Sometimes, the best thing you can do to change your negative thoughts is to change your focus. Go outside. Exercise. Get involved with a project or hobby. Lose yourself in a good book for a few minutes. Activities such as tai chi and karate can also be used to clear your mind.

Connect With Friends

Focusing on positive relationships can minimize stress and the tendency to ruminate. By strengthening your relationships, you provide yourself with a healthy coping technique.

Research has found that those with strong social connection tend to use rumination less to cope with stress.

So, keep retraining your thoughts to create a mindset that only SERVES you!

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SOUTH STORMONT FUN RAISERS EUCHRE LEAGUE
The Fun Raisers held their final Euchre Tournament for the season on April 26th. Winners of the day were Jo Anne A., who took home \$250 for first place. A tie for second place sent Joan C. and Rick K. with a \$125 each.

Winners of our year-long stats were high-average male was Gord Small with 67.7 points and high-average female was Debbie Reynolds with 65.5 points.
Most Lone Hands female was Reg Wheeler with 31 points and male was Derek Hutchinson with 30 points.
Most total points female was Marie Maloney with 863 points and male was Gerald Maloney with 845 points.
Most Skunks was Allan Rainey with 2.
Most important and prestigious award, voted by the players for "Most Fun To Play With" was female Reg Wheeler and male was Martin Timmers.
There were 84 players in all this season. Not everyone made it to every tournament but each week the league averaged 9 to 10 tables.
The league will resume next September and all good-natured people are welcome to join.

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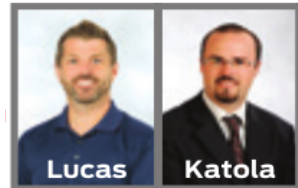
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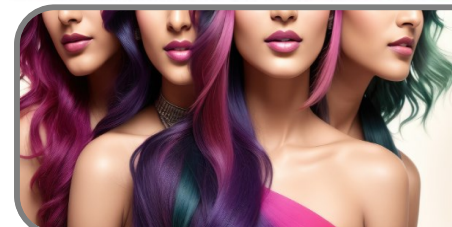
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SOUTH STORMONT FUN RAISERS



APRIL IS VOLUNTEER MONTH

Longue Sault Public School, like many other elementary schools, have a breakfast program for their students.

Although the program may vary from school to school, they all have the same goal. "Make sure that no student should start the day hungry."

Longue Sault Public does just that. A healthy breakfast is offered to these kids,

who need one.

Kudos to the schools where ever a similar program exists. A big round of applause should also go out to those adults who prepare these meals and the students who help serve them and clean up.

Good work!

By David Smith

SOUP LUNCH

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