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(Photo from 2024 Ingleside Car Show)

Finally, "Tis the season to be Jolly!" to steal a winter seasonal phrase but...it works here too.

Like an explosion, festivals are popping up everywhere. Food and music offered in many parks and venues everywhere and don't anyone complain about that. They are optional attendance and almost everyone who can "Get out" will "Be out".

(Continued on page 2)

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(Continued from page 1)

This has been a long winter and whether you're a winter person or not, you probably agree.

Most yards and gardens are ready for the summer so now we have time to mix and mingle at some of the many outdoor events going on in our community.

Almost all of them, other than a wedding, are fundraisers of some sort and are all in pursuit of building a better community.

So...when your yard work is done for the day, get out and rekindle friendships with others who hibernated all winter. There's lots going on. "Get out" and "Find out" what you've been missing.

By David Smith

Tri-County Country Music Association Music and Dance

Saturday, June 7th, 2025

1:00PM to 5:00PM

South Stormont Township Hall
2 Mille Roches Rd
Long Sault, ON

This month is our election of a new executive and all members are requested to be present.

The June dance is also 'Western Attire'.

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It's a chilly spring but our activities are heart-warming! Since the line dancing was so popular, we are looking for a new instructor to continue the lessons. If you know of anyone interested in giving lessons or lead a group, contact Gloria at 613-330-5047. The 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 be held at the Ingleside Masonic Centre. Contact either Lucy Broome at 905-925-2929 or Elaine McIntyre at 613-550-0705. The trivia part of the evening is always great fun. We all love a bit of competition, build your team and come and join us! Our next regular meeting will be Monday, June 2nd, at 10 am at the Township Hall. The guest speaker will be from Carefor. Membership is only \$20.



*Ginette Guy Mayer
Vice-president*

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LOST VILLAGES HISTORICAL SOCIETY

On May 15, 2024, a large group of members and friends of the Spencerville Mill and Museum gathered at the mill to learn about the Lost Villages and the St. Lawrence

since expanded to Eastern Ontario, Quebec, and Akwesasne heritage, as well as northern New York State and Franco-American communities in New England.

Seaway and Hydro Development projects of the 1950s. I was there to take participants on a photographic journey "Through the Lands of the Lost Villages. The visit to the mill/museum was most enjoyable, and I met some participants who had visited our museum in the past. There were even some familiar faces in the crowd. Craig Stevenson, a history teacher from Tagwi Secondary School, was in attendance, as was Susan (MacCallum) Henderson. Susan lives near Spencerville, but her early years

At the AGM, the following executive members were either elected to two-year terms, or returned to complete the second year of their terms. Elected to two-year terms were: Jim Brownell, President; Rick Waldroff, Vice-President; Sheila Merpaw, Director; and David Hill, Director. Returning to complete the second year of a two-year term are: Cindy Bickerstaffe, Recording Secretary; Gloria Waldroff, Treasurer; and Tim Gault, Events Coordinator.

were spent Long Sault with her parents, Ross and Doreen MacCallum, and her siblings. Susan's family lived in one of the "Seaway" homes on Saunders Avenue, Long Sault.

As reported earlier, the summer Bus Tours "Through the Lands of the Lost Villages" will be held on Sundays, June 22nd, July 20th, August 24th, and September 14th. On or after June 2nd, seats may be reserved by visiting the Manson/Lapierre Store at the Lost Villages Museum, or by checking out the webstore at info@lostvillages.ca. The cost is \$45.00/40 members and friends gathered to enjoy a ham and scalloped potato dinner served by the United Church Women and their helper, Ron Thompson. The guest speaker was Nichole White from the St. Laurent Genealogy and Archives Centre, Cornwall. Nichole explained that the centre's original focus was Franco-Ontarian heritage, but has

The AGM and dinner of the historical society was held at Trinity United Church Hall, Ingleside, on Monday, May19th. 40 members and friends gathered to enjoy a ham and scalloped potato dinner served by the United Church Women and their helper, Ron Thompson. The guest speaker was Nichole White from the St. Laurent Genealogy and Archives Centre, Cornwall. Nichole explained that the centre's original focus was Franco-Ontarian heritage, but has

By Jim Brownell

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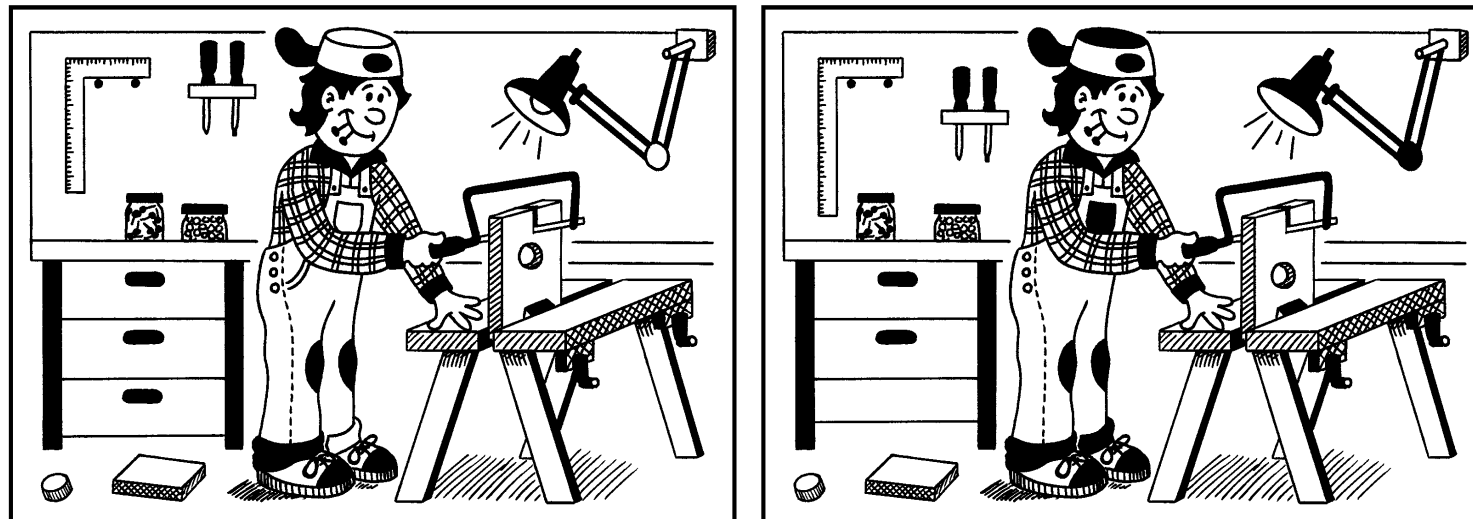


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Can you spot 12 differences between these pictures?



Solution: 1. Carpenter's side pocket is missing. 2. Light bulb in lamp is colored in. 3. Drawer handle is missing. 4. Chest pocket is colored in. 5. Top of hat is colored in. 6. Elbow on lamp arm is colored in. 7. Pant cuff is colored in. 8. Hole in board has moved down. 9. Tall jar has moved. 10. Screwdrippers have moved. 11. Bottom drawer is narrower. 12. Carpenter square is longer.

FUNNY FOR SOME

• Married Couple Is Pulled Over By The Police

The husband, who is the one behind the wheel, asks, "What's the problem, officer?"

Officer: "You were going at least 75 in a 55 zone."

Man: "No sir, I was going 65."

Wife: "Oh Harry, you were going 80." (The man gives his wife a dirty look.)

Officer: "I'm also going to give you a ticket for your broken tail light."

Man: "Broken tail light? I didn't know about a broken tail light."

Wife: "Oh Harry, you've known about that tail light for weeks." (The man gives his wife another dirty look.)

Officer: "I'm also going to give you a citation for not wearing your seat belt."

Man: "Oh this? I just took it off when you were walking up to the car."

Wife: "Oh Harry, you never wear your seat belt."

The man turns to his wife and yells, "Shut your mouth!"

The officer turns to the woman and asks, "Ma'am, does your husband talk to

you this way all the time?"

Wife: "No, only when he's drunk."

Find the Antonym!

Write the letter of the word in column B that is the opposite of the word in column A. Write the letter on the line.

_____ gentle	A. young
_____ old	B. never
_____ rough	C. truth
_____ back	D. prosperity
_____ noisy	E. ignorant
_____ hot	F. strong
_____ wealthy	G. poor
_____ slim	H. horrid
_____ delightful	I. smooth
_____ smile	J. success
_____ lie	K. quiet
_____ thaw	L. frown
_____ stingy	M. fresh
_____ poverty	N. generous
_____ weak	O. freeze
_____ stale	P. cold
_____ straight	Q. ferocious
_____ failure	R. front
_____ always	S. crooked
_____ knowledgeable	T. pudgy



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TRIVIA

- What is the most common Father's Day gift? a) Golf club b) Necktie c) Dinner d) Socks
- What flower is traditionally associated with Father's Day? a) Rose b) Carnations c) Lily d) Chrysanthemum
- What country celebrates Father's Day on the first Sunday in September? a) Netherlands b) Mexico c) Australia d) Italy
- What is the fastest swimming fish in the ocean? a) Swordfish b) Marlin c) Wahoo d) Sailfish
- Which animal possess the strongest bite force in the world? a) Salt Water Crocodile b) Hippopotamus c) Great White Shark d) Pit Bull
- Per capita, what country drinks the most beer? a) Germany b) Ireland c) Australia d) Czechia
- Which country has the highest employment-to-population ratio in the world? a) Poland b) Bahamas c) Philippines d) Turkey
- Which country has the fastest growing population in the world by percentage? a) Niger b) China c) South Sudan d) Mexico
- Which country held top spot for happiest people for eight consecutive years and counting? a) Jamaica b) Finland c) Iceland d) Costa Rica
- What is the most popular "two digit" number in the world? a) 13 b) 27 c) 37 d) 99

Answers on page 4

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TRIVIA ANSWERS

1. b) Necktie
2. a) Rose
3. c) Australia
4. d) Sailfish
5. a) Salt Water Shark
6. d) Czechia
7. b) Bahamas
8. c) South Sudan (4.65% growth)
9. b) Finland (Canada is #18)
10. c) 37



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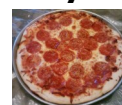
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THRIVE DAILY NOW!

HOW TO BE HAPPY: PART ONE

10 HABITS BALANCE YOUR

BRAIN WITH YOUR HEART



These 10 steps, although easy and even "common sense" as they may seem, are truly a guide to implement towards a happier life!

We will start with 5 today and the next 5 in the next article.

Habits matter. If you've ever tried breaking a bad habit, you know all too well how ingrained they can be.

Well, **good habits are deeply ingrained, too.** Why not work on making positive habits part of your routine? Remember though, everyone's version of happiness is a little different, and so is the path to achieving it.

Daily habits

The following daily habits may help you achieve more happiness in your life.

1. Exercise

Exercise isn't just for your body. Regular exercise can help balance brain chemicals involved in stress, anxiety, and

depression while boosting self-esteem and happiness.

2. Get plenty of sleep

Most adults need at least 7 hours of sleep every night. If you find yourself fighting the urge to nap during the day your body may be telling you it needs more rest.

3. Practice gratitude

Simply being grateful can give your mood a big boost, among other benefits. Even if you make a small list of small things you are grateful for and read it to yourself EVERY day, it can start a mood-altering catalyst towards good feelings!

4. Declutter

Decluttering sounds like a big project, but setting aside just 20 minutes a week can have a big impact. Remember how we talked before about taking things in "sections" so as to not overwhelm ourselves? Same practice applies for decluttering.

5. See friends

Humans are largely considered social beings, and it's generally thought (and scientifically proven~!) that having social relationships makes us happy.

This will get you started, until next

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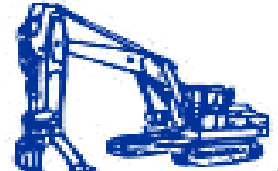


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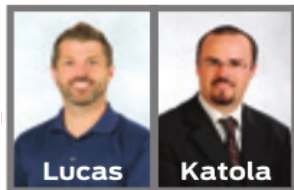
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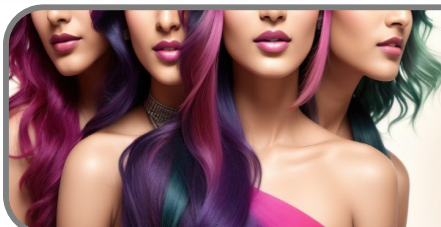
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Almost there!!!

Spaghetti Dinner Fundraiser South Stormont Fire Rescue

Our local Fire Rescue team needs a new rescue boat that will
operate in both the summer and winter. We are holding another
spaghetti dinner to fully fund the project.

Our goal is to raise an additional \$10,000.



Cost: Good Will Offering (It's for a good cause so pay what you can)

Date: Saturday, June 21, 2025

Time: 4 seatings, 4 PM, 5 PM, 6 PM and 7 PM

Place: South Stormont Township Hall, 2 Mille Roches Rd, Long Sault.

Menu: Spaghetti, bun, salad, tea or coffee.

Auction: There will also be a silent/chance auction and a 50/50 draw.
Items for the auction and volunteers to help out would be greatly appreciated.

For More Info Call Sharon at 613-577-0818



Olde Fashion Carnival

Tuesday, 01 July 2025

11 AM to 9 PM

Arnold Bethune Memorial Park

75 Simcoe St, Long Sault, Ontario



2:00 PM



Balloons & Face Painting



Train Rides



Bouncy Castle

Come one come all, enjoy a Carnival just like your grandparents did. No
computer-controlled games or neon lights, just good old fashion plain fun.

Games: Bean Bag, Knock Over Cans, Basketball Toss, Balloon Pop, Ring Toss, Fish Pond, etc

Vendors: A variety of local vendors.

Music: Tri-County Country Music Association

A variety of food vendors

Races: 3-legged, sack, egg, tug of war.

There will also be an auction table and a Share the Wealth draw.



Ingleside Long Sault Lost Villages Lions Club is a non-profit service organization.

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