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**SPRING HAS SPRUNG
OR HAS IT?**



March 20, 2026 marks our first day of Spring for this year. So the calendar says! But...I don't see it. I did see a Robin, and he also looked confused.

Spring cleaning has not yet crossed my mind or even garden planning. I don't notice Spring shopping like we normally see by now.

(Continued on page 2)



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(Continued from page 1)

Maybe it's just me. Am I too anxious to put Old Man Winter behind me?

Well...Mother Nature is having her fun with us by teasing us with some very nice days spotted between her little reminders that she's not ready yet.

It won't be long now and we can open our windows, listen to the birds chirp and open our trunks and storage bins to release our Spring favourites.

Goodbye, Old Man Winter! See ya next time!

By David Smith

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The **Friendly Circle Seniors Club** is hosting a **Health and Wellness 50+ Fair** at the Long Sault Community Hall on Friday, April 10th, from 10am to 2pm, and admission is completely free! The event is designed for adults 50 and over who have questions or concerns about aging-related topics. The poster highlights common worries seniors face, including retirement living, wills, fraud, vision, downsizing, Alzheimer's, funerals, and exercise. Whether these issues are on your mind or you have other health and wellness concerns, this fair connects you with knowledgeable people who can help put your mind at ease. A reminder: Our next meeting will be on April 13th due to the Easter long weekend.

Ginette Guy Mayer (Treasurer)

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PEER SUPPORT THAT MAKES A DIFFERENCE – LONG SAULT LEGION'S OPERATIONAL STRESS INJURY (OSI) BUDDY CHECK LEADS THE WAY

At a time when veteran mental health and camaraderie are more important than ever, the OSI Buddy Check program at the Long Sault Legion has become a national model for peer-led support. Under the dedicated leadership of Royal Canadian Air Force Veteran and Long Sault Legion member Ken Stephens, this initiative has grown into one of the most successful and impactful Buddy Check efforts in the country.

Operating under the sponsorship of the Royal Canadian Legion's OSI peer-support programs, Buddy Check provides a simple yet powerful space for Veterans to connect, share stories, and support one another in a relaxed, non-clinical environment. The program is straightforward and accessible. Veterans meet regularly for coffee, laughter, conversation, and common understanding, reinforcing the bonds of fellowship that can transform lives.

What sets the Long Sault Legion's Buddy Check apart is not just its consistency, but the level of engagement and community connection it fosters. Veteran's from all over Eastern Ontario regularly attend meetings at the Long Sault Legion every 4rd Wednesday each month

from 1000-1200. Thanks to Ken's leadership, Veterans in the region have a welcoming and reliable place to gather, feel understood, and support their peers in an environment built on shared experience. Ken's dedication has not gone unnoticed, with many Veteran's recognizing these gatherings have rekindled a sense of belonging and eased the isolation that many Veterans feel after service.

While Buddy Check Coffee programs are spreading across the country through Legion branches, the Long Sault Legion stands out as a hallmark example of how to deliver an inviting, Veteran-driven, and deeply impactful peer support program. The success in Long Sault demonstrates the power of community-based initiatives in breaking down barriers to connect and extend a hand of support where it's needed most.



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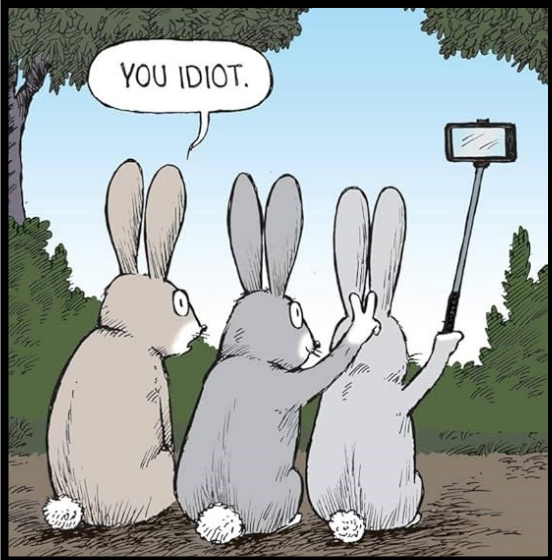
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Can you spot 12 differences between these pictures?



Solution: 1. Egg is missing from basket. 2. Leaf behind stump is missing. 3. Stripe on egg is missing. 4. Leaf in front of stump is missing. 5. Picket on coveralls is different. 6. Rock beside girl is colored in. 7. Bush behind fence is colored in. 8. Grass beside rock has moved. 9. Tree behind basket is taller. 10. Cloud is upside down. 11. Ribbon is longer. 12. Rock in wall is different.



SENIOR RIDDLES

- _____ 1. The more I dry, the wetter I become.
- _____ 2. I have arms and legs but no head. What am I?
- _____ 3. I have a head and a tail but no body. What am I?
- _____ 4. I don't ask questions but am always answered. What am I?
- _____ 5. I smash scissors and paper covers me. What am I?
- _____ 6. What has to be broken before you can use it?
- _____ 7. I can fall off a building and survive, but in water I die. What am I?
- _____ 8. I am always running but have no legs, What am I?
- _____ 9. I get smaller every time I take a bath. What am I?
- _____ 10. I have a neck but no head. What am I?
- _____ 11. The more you take, the more you leave behind. What am I?
- _____ 12. I am easy to lift but hard to throw. What am I?
- _____ 13. I am full of holes but still hold water. What am I?
- _____ 14. I am tall when I'm young and short when I'm old. What am I?
- _____ 15. I can be cracked, made, told or played. What am I?

- | | | | | |
|-------------|----------------|--------------|----------------|-------------|
| A. A coin | D. An armchair | G. A Fridge | J. A candle | M. A towel |
| B. A bottle | E. A feather | H. A rock | K. A joke | N. Paper |
| C. An egg | F. Soap | I. Footsteps | L. A telephone | O. A sponge |

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TRIVIA

1. What Air Force was formed on April 1st, 1924? a) Singapore National b) Royal Canadian Air Force c) Dutch Republic d) Ukrainian Republic
2. What Canadian territory was established on April 1st, 1999? a) Yukon Territory b) Nunavut c) Newfoundland and Labrador d) Northwest Territories
3. On April 1st, 2002, what country was the first in the world to legalize Euthanasia? a) Brazil b) USA c) Netherlands d) China
4. What country in the world holds the largest proven oil reserves? a) Saudi Arabia b) Canada c) Venezuela d) Qatar
5. Which Nation was formed by joining of six colonies in 1901? a) Philippines b) Australia c) West Indies d) Falkland Islands
6. Which of these Central American countries has English as it's official language? a) Belize b) Honduras c) Panama d) Costa Rica
7. Where in the world was Kiwi originally grown? a) New Zealand b) China c) Australia d) Falkland Islands
8. What fruit contains the most fibre of all fruits in the world? a) Banana b) Passion Fruit c) Avocado d) Raspberry
9. What is the month of April's birthstone? a) Ruby b) Emerald c) Amethyst d) Diamond

Answers on page 4

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TRIVIA ANSWERS

- b) Royal Canadian Air Force
- c) Newfoundland and Labrador
- a) Brazil
- c) Venezuela
- b) Australia
- d) Costa Rica
- b) China (was known as the Chinese gooseberry until 1959)
- b) Passion Fruit (roughly 24g of fibre per cup)
- d) Diamond

Tri-County Country Music Association Music and Dance

Saturday, April 4, 2026
1:00PM to 5:00PM
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- Online orders open from March 20 until April 17
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- Pickup event April 23rd from 3:00 p.m. - 7:00 p.m. at Long Sault Arena

southstormont.ca/RainBarrels

DEADLINE TO POST EVENTS AND NOTICES FOR THE NEXT EDITION IS APRIL 9

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CHECK OUT OUR ENTERTAINMENT

EASTER EGG CRACK-UPS

- One Easter, a father was teaching his son to drive when out of nowhere a rabbit jumped on the road. Slamming on the brakes, the son said, "I nearly ruined Easter. I almost ran over the Easter bunny."

His father replied, "It's okay son—you missed it by a hare."

- Q. How do you make Easter easier?

A. Replace the "t" with an "e".

- Q. What do you call a forgetful rabbit?

A. A hare-brain.

- Q. What do you call a bunny with fleas?

A. Bugs Bunny.

- Q. How does the Easter Bunny keep his fur in place?

A. With hare spray.

- Q. Where does the Easter Bunny like to eat breakfast?

A. HOHI



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REGISTRATIONS CLOSE: April 1, 2026 | INTERVIEWS: Begin Week of April 5, 2026.
NOTE: A Vulnerable Sector Check is required.

Q. What day does an Easter egg hate the most?
A. Fry-days.



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