

Happy
New Year



OUR NEIGHBOURLY NEWS **WOLRA**
— magazine —

Photographer Sheila Ascroft <https://www.sheilaascroft.com/>



From the Editor

The WOLRA Board together with the NN Editorial Team reserve the right to not publish a submitted article and the submitter shall be advised of the reason for the decision. This does not include jokes which may be used in a future issue.



Our Neighbourly News Magazine is produced and funded by the Wellington on the Lake Residents' Association (WOLRA) and managed/maintained completely by volunteers.

The NN is available at all times on our *WOLRA website with lots of interesting links at <http://www.wolra.ca/mainstream/newsletterdocs.html>

Our *WOLRA website www.wolra.ca, has been 'Under Construction' and is hoping to make its debut by the end of January (fingers crossed!). Like any 'newborn' it will have a learning curve but the WOLRA Website Committee, along with *Lure Marketing* have been working diligently to make this a website to be proud of and to meet the January (self imposed) deadline. Thank you to Perry Lavergne for being our most recent webmaster; we wish you and Sylvie happiness on your next adventure.

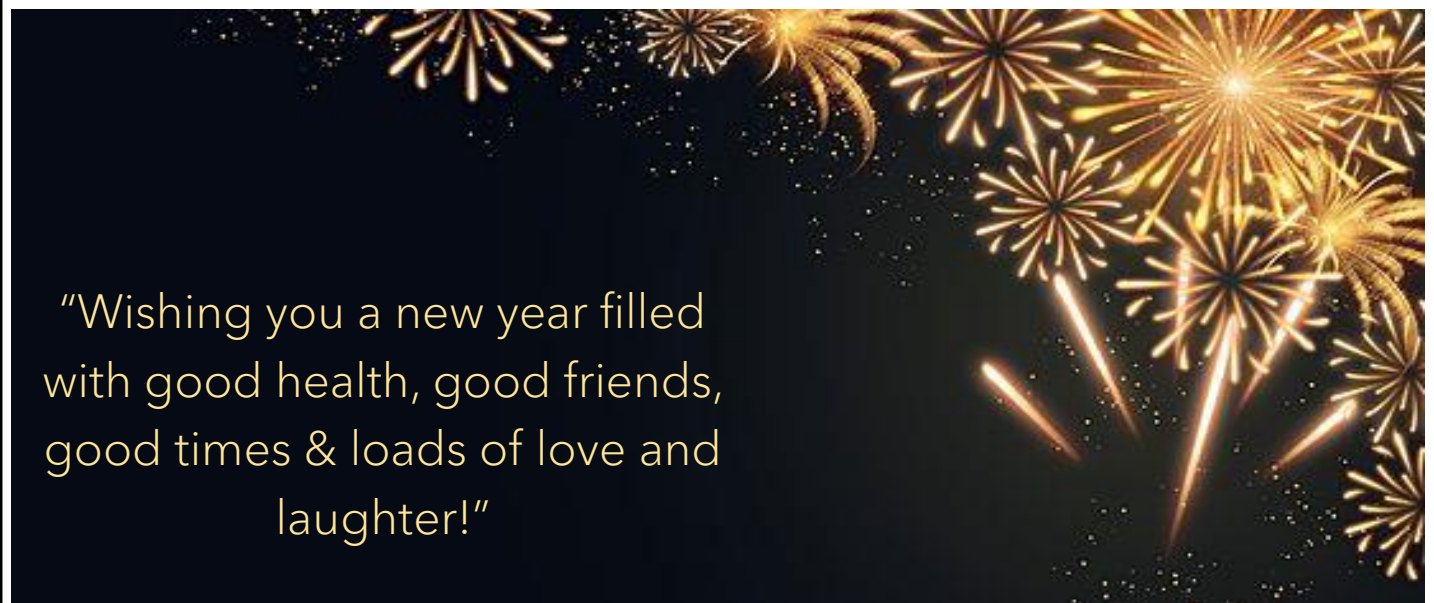
If you are a WOLRA member and have given your email address to wolramembership@gmail.com, you will receive a link to *Our Neighbourly News Magazine* and the *WOTL Events & Activities Calendar* by email each month, as well as twice weekly E-blasts of important news and upcoming events emailed to you by E-blaster Paul Denault. To become a member, call Brenda McDonald 613-399-5859 or go to <http://www.wolra.ca/mainstream/joinWOLRA.html>.

THE DEADLINE FOR THE FEBRUARY NN IS **JANUARY 23RD @ 6 p.m.**

SUBMISSIONS TO NN CAN BE MADE BY:

E-mailing neighbourlynews@gmail.com. When a submission is made to the NN by email, notification of receipt will be sent to the submitter. **If you do not receive a response after several days, please contact neighbourlynews@gmail.com to confirm receipt of your submission.**

**Pam Smith, NN Editor & the Neighbourly News Editorial Team:
Brian Beasant, Lynne Lamb and Al Smith**



"Wishing you a new year filled with good health, good friends, good times & loads of love and laughter!"

WOTL MATTERS

The Wellington on the Lake Residents' Association (WOLRA), *Our Neighbourly News Magazine*, our website wolra.ca, plus weekly *E-Blasts*, work together to ensure all WOTL residents feel connected, included and engaged in this great community of Wellington on the Lake!

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HAPPY NEW YEAR! As you read this edition of the NN, we find ourselves in the middle of our Christmas celebrations spending time with family, friends and neighbours. Looks like old man winter has decided to spare us from the misery he dumped on us last year, enabling residents and family to travel. As we welcome in the new year, we look forward to another fun and active year of activities and festivities within our great community, from the Valentines Day dance to the New Year's Eve dance, and in between several favorites return such as the Mardi Gras, Sock Hop, Silly Summer Games, Oktoberfest, Halloween and Christmas dances.

In addition to these fun events, our WOLRA Membership Campaign will start April 1st leading up to the WOLRA Activity Day Signups & Coffee Morning on Saturday April 27th.

Our Christmas Dance and Dessert night was a huge hit with entertainment by "The Decades Band" playing music from all "decades" and keeping the dance floor packed all night. Thank you to MaryLynn Stevens and her team of volunteers for an amazing night of music, dancing and dessert.

A special **THANK YOU** goes out to Maureen and Scott McNeill along with Mary and Evan Patterson for the fantastic job at designing the main hall winter wonderland.

Thank you to Dale and Dan Gordon for organizing our New Year's Eve party; it sure to be a fun and enjoyable evening for everyone.

Our highly knowledgeable and skilled Website Committee is now heavily into the details, functionality and creation of our new website which will meet all WOTL/WOLRA requirements. Once launched, there will be training sessions for WOLRA members to get comfortable using the new website. Special reminder: A major component of our website will be our database consisting (hopefully) of all WOTL residents and utilized for WOLRA business and news. Our database will also be available for Frontier to communicate with **ALL** residents (WOLRA and non-WOLRA members) when emergency issues occur such as the 2022 snowstorm or the water advisory this past summer. In early December, our Emergency Response Team (ERT) sent out letters with a questionnaire to all WOTL residents, in hopes that every resident will complete the questionnaire and participate in this program. Thank you to the talented member of the Website Committee for their commitment and expertise enabling WOLRA to meet its projected **NEW WEBSITE** launch date by the end of January.

PLEASE REMEMBER, IF YOU OPT OUT OF THE WEBSITE DATABASE PROGRAM, EMERGENCY ALERTS AND MESSAGES WILL BE DELAYED.

Continued next page...

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Your WOLRA Board elections will take place in June with a number of positions up for election. Would you like to get involved and help pave the way for the future of WOTL and WOLRA? You might be a coordinator or a volunteer in a different aspect of WOLRA and you may be thinking it is time to step up and join the Board. Our community is the great place it is to live in because of the individuals who step up to make things happen. Watch for additional information in future issues of our Neighbourly News (NN) but if you are curious or interested in joining your WOLRA Board of Directors, reach out to one of the sitting Board members, we would be happy to speak with you.

Your WOLRA Board of Directors would like to wish you all the best for a healthy and safe 2024.

Rick Stevens
WOLRA Board of Directors



Photographer Sheila Ascroft <https://www.sheilaascroft.com/>

CONTACT INFORMATION



WOLRA Board Snail Mail: P.O. Box 561, Wellington, ON, K0K 3L0



WOLRA BOARD E-Mail: wolraboard@gmail.com or wolra.comm@gmail.com



E-BLAST: To send announcement for E-Blast wolraeblaster@gmail.com



WOTL Website: www.wolra.ca



Contact WOLRA Webmaster, Perry Lavergne: wotlccwebmaster@gmail.com



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OR in *Our Neighbourly News Magazine* neighbourlynews@gmail.com



Our Neighbourly News Magazine ARTICLE SUBMISSIONS/Requests/ Questions for Editor: neighbourlynews@gmail.com / Advertising Info: grahamt1953@gmail.com / Home delivery of NN: \$24/year E-transferred to wolratreasurer@gmail.com or cheque to 22 Mount Grove with name and address.



REGISTER TO RECEIVE MONTHLY LINK TO *Our Neighbourly News Magazine* (WOLRA Members): wolramembership@gmail.com

REGISTER TO RECEIVE WEEKLY E-BLASTS of Important Upcoming Events (WOLRA Members): wolramembership@gmail.com



BECOME A WOLRA MEMBER and/or ACQUIRE A NAME TAG:
<http://www.wolra.ca/mainstream/joinWOLRA.html> or call Brenda McDonald at 613-399-5859



Birthday & Anniversary Celebrations: wolramembership@gmail.com



Telephone Directory Changes: wolramembership@gmail.com



Rec Centre Room Bookings: Go to website for ONLINE BOOKING:
www.wolra.ca (or wotlbookings@gmail.com)

FRONTIER Site Administrator: Renie Thompson (613) 399-3835 or email reniet@sandbankhomes.com.

FRONTIER EMERGENCY 24/7 613-922-5177

DAIMLER General Manager, Doreen Kendall (613) 848-6490 or dkendall.drpl@gmail.com (Leasehold Residents) Daimler Retirement Parks Ltd., PO Box 23024, Belleville, ON K8P 5J3.



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Hi Neighbours!
**HAPPY
NEW YEAR!**



**I'M SUSAN ROBERTSON
BROKER, REMAX QUINTE**

I am so excited to have finally make my dream move to Wellington on the Lake! I am overwhelmed with the welcome I have received - thank you!! I have been a realtor for 20 years and I moved from Barrie in 2017 to be near family.. It is a privledge to support sellers and buyers through to their next chapter! I strive to keep it as stress free as it should be! I provide a full menu of services for Listing presentation and for New Home Purchase!. Excited to start a New Year here and wish you all great health and joy in 2024!

I love to chat Real Estate - reach out anytime!
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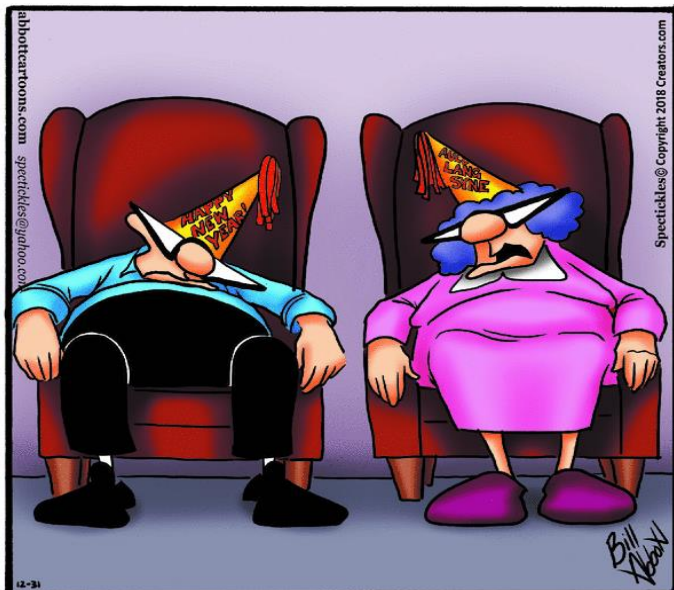


If you have new neighbours, be sure to advise them to contact Renie at the Rec Centre office to ensure sure their residency is documented in our records and to acquire a Rec Centre key (613-399-3835 or email reniet@sandbankhomes.com).

Also, to call Brenda McDonald at 613-399-5859 to arrange their WOLRA Membership with all the benefits that provides (or go to our website: <http://www.wolra.ca/mainstream/joinWOLRA.html>; lots of interesting, useful information there!).

NEW NEIGHBOURS

Martin Davies & Ingrid Kolarek 49 Heritage I Cell # 905-925-2770 M Cell # 905-442-6612



"I don't know how much longer I can stay awake to see the ball drop. It's only 5 in the afternoon."



There have been multiple coyote sightings within the county. Typically coyotes are nocturnal, but it is not uncommon to see them during the day. **Merely seeing one is NOT reason to call 911.** However, there are certain behaviors that are cause for alarm.

- Specifically:
- Coyotes carrying any product marked "ACME"
 - Coyotes dropping anvils from hot air balloons
 - Coyotes posting signs such as "detour" or "free bird seed"
 - Coyote in the possession of a giant magnet
 - Coyote in possession of a catapult
 - Coyote detonating "TNT"
 - Coyote on roller skates with rockets attached

Please call 911 immediately if you witness any of the above behaviour.

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Subject: Heartfelt Thanks for the Success of the Holiday Cheer Family Gathering

Dear Members of the Wellington on the Lake Residents Association (WOLRA),

I hope this letter finds each of you well. I am writing to extend my deepest gratitude to each and every one of you for your outstanding efforts in making the Holiday Cheer Family Gathering an incredibly successful and heartwarming event.

Your participation, energy, and kindness played a pivotal role in creating an atmosphere of joy and togetherness that was truly remarkable. It was evident that your commitment to the community and your passion for creating memorable experiences greatly contributed to the success of the event.

Families gathered, smiles were abundant, and the Holiday Cheer Family Gathering exceeded our expectations, thanks to your dedication and hard work. Your willingness to go above and beyond did not go unnoticed, and the positive impact on the community was truly inspiring.

The success of this event has not only brought happiness to the families who attended but has also set a wonderful precedent for future endeavors. We are hopeful that, with your continued support, we can make the Holiday Cheer Family Gathering an annual tradition for The Button Fund. Your ongoing involvement is crucial, and we believe that together, we can continue to create moments of joy and connection for our community.

Once again, thank you for your incredible contributions and for being the driving force behind the success of this event. Your generosity and community spirit have made a lasting impression, and we look forward to many more collaborative initiatives in the future.

Wishing you all a joyful holiday season and a prosperous New Year!

Warm regards,

A handwritten signature in black ink, appearing to read "Dominique Jones".

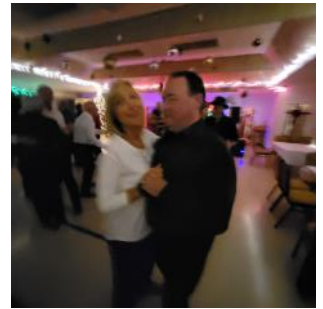
Dominique Jones, Executive Director

The County Foundation

CHRISTMAS DANCE & DESSERT BAR

Another Christmas Dance to put in our record books and what a great time dancing to the sound of **The Decades Band** and eating decadent treats supplied by **Sugar Mama's Bake Shoppe**.

I would like to thank the many volunteers who helped make this evening happen. Maureen & Scott McNeill and Mary & Evan Patterson who created the fantastic winter wonderland & decorations in the Rec Centre, and do you believe this was done with cardboard?! Visions often don't come to life without help, thank you to Pam & Al Smith, Wendy & John Dalziel, Barb & Derek Mendham, Rick Stevens & Doug Henderson who hung, stapled, taped and glued the decorations into place. Also a big thank you to our kitchen & cleanup volunteers, Diane Logan, Pat Wilson, Michele Fansett, Wendy Dalziel & Dale Kerr. Finally, thank you to everyone who attended, making this a fun night; HAPPY NEW YEAR EVERYONE!!



MaryLynn Stevens

See pics on next page plus link to more...

WOTL SINGLES SOCIAL CLUB

Not a dating club!

The Singles Social Club held it's annual Cookie & Cocktail party in December. A good time was had by the members who came and shared in the festivities. The club has had a very active 2023 and looks forward to more fun filled activities in 2024.

The next SSC meeting is scheduled for Monday, January 15th, from 2 to 4pm.

Wishing All Health & Happiness in 2024!

WOTLSSC@gmail.com



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You've heard of elf on a shelf...

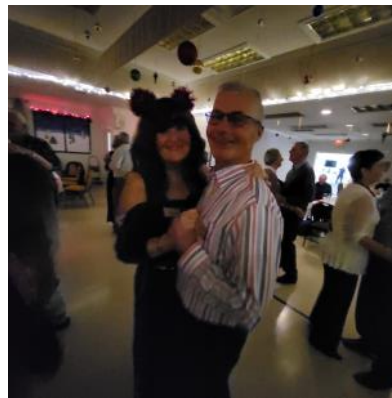


Sometimes I think I'm reasonably intelligent, and sometimes I click the remote car door lock a second or third time for extra lockiness.

CHRISTMAS DANCE & DESSERT BAR

What a great party on December 1st! Thanks so much to MaryLynn Stevens and Maureen McNeill for organizing another fun event for our community (along with their helper elves!). Unfortunately the band *Fade Kings* had to cancel due to illness, but fortunately *The Decades Band* played and were terrific. Great music and they even got yours truly up on stage playing the cow bell! Maureen worked diligently for weeks creating the tree themed table centrepieces and cutting out and painting trees for the 3D wall murals only to get a real bad cold just before the event so was unable to attend. Maureen, you and Scott were missed, congrats on a job well done. Sorry the pics are not great but rest assured, a good time was had by all! More photos:

<https://drive.google.com/drive/folders/1J0s-mjDmfIjL27gnUqq00H9cwQ3uIB7E>





New Year's Eve Party

*** WELCOME IN 2024 ***

With your host, Dan & Dawn Gordon

December 31st @ the Rec Centre

Doors Open 6:30pm • Dancing Starts 7pm

BYOB & Table Treats

Meat/Cheese/Fruit Table at 9pm

Champagne at Midnight

SEE YOU THERE!

Contact Dan Gordon dangordon442@gmail.com or 416-697-5967

Members \$15 • Non-members \$20

WATCH FOR PHOTOS HERE (AFTER EVENT):

<https://drive.google.com/drive/folders/1J0s-mjDmfljL27gnUqq00H9cwQ3ulB7E>



IT'S DARK EARLY NOW SO...



Unplug.
Don't be a distracted walker.



Make eye contact.
Don't walk until traffic stops.



Be bright at night.
Wear reflectors.

OR CARRY A FLASHLIGHT

Walk on left facing traffic and remind visiting grandchildren to watch for speeding cars, especially around corners!

AND DRIVERS...

25KM IS THE SPEED LIMIT IN WELLINGTON ON THE LAKE!

Being the 'hitter' or the 'hittee' could really wreck your day!



CARD ELIMINATION

Every Saturday for January, February and March we will have card elimination starting at 7pm. Remember to bring 10 quarters and a Loonie except for the last Saturday of each month when you bring a TOONIE and 10 quarters.

...Gerry Stewart

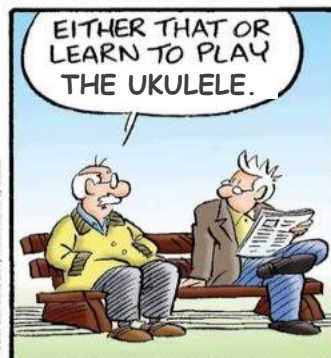
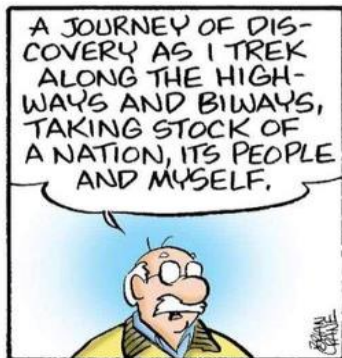
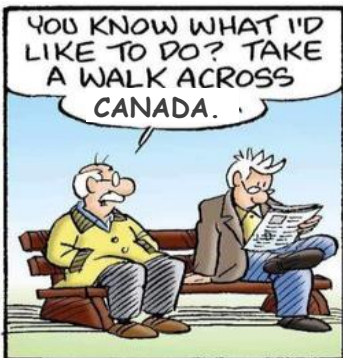
I'd like to extend a huge thank you to the amazing **Ukulele Band** for traveling to *Friendly Manor Nursing Home* in Deseronto to entertain the residents.

From all I've heard it was a resounding success, I know I sure loved it!

At this time of year it becomes even more acutely apparent that many living in nursing homes crave opportunities to be swept away from the everyday routines.

If anyone has a talent or plays an instrument and is interested in bringing smiles to a lot of folks, please let me know and I'd be very happy to connect you with the activities coordinator at *Friendly Manor*.

Thank you very much, **Dody DeVuono**



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VISIT OUR 'WHAT-NOT SHOP' (Tues., Fri. & Sat. 10 - 2, Thurs. 2-4)

wellington on the lake art group

Mid December to end of January features paintings by WOTL artists (those who have not gone south anyway!), with a theme of **WINTER/SNOW**.

December 7th was our **PAINT 'N SIP** event. Thank you to Art Group members for donating paints, brushes, nibbles and drinks and to WOLRA for its generous support.



What if Edward Munch was really trying to paint a dog with long ears, but he wasn't a good painter and people got all excited about his painting, so he just kinda' went along with it?

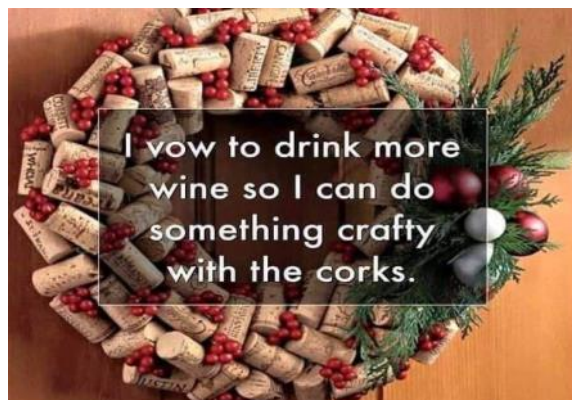


Well, now I can't unsee that...

WHAT TO DO WITH ALL THOSE WINE CORKS

Last month, I raised the rhetorical question of "What can we do with all those once-only-used wine corks"? Well, I got a great suggestion from Al Smith - check out Pinterest! Duh, why didn't I think of that?! I also had an interesting response from Marg McPherson who loaned me her neat little reindeer, composed mainly of corks! Thanks, Marg! I will return it to you after Christmas or sooner if you prefer. So I would suggest that anyone who is interested in doing anything with their leftover wine corks check out the Pinterest site here: <https://pin.it/3gN5Rof> . If that inspires you and you'd like to get together at the Rec Centre with your collection of corks ideas in the new year let me know. If there is sufficient interest, I will try to arrange room space in the Card Room for a few hours a week and we can experiment together! You can contact me at 613-399-3083 or maplejay602@gmail.com. I look forward to hearing from all you "corkheads" out there.

Elaine Jackson







Bird Identification with Terry Sprague



6-week webinar series on Zoom starting Wednesday, January 24th at 1pm

with Naturalist Terry Sprague



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GOOD NEIGHBOURS
CLUB

The *Good Neighbour's Club* has helped many of our residents in the past several months; fixing or replacing faucets, changing light bulbs, insulating garage doors, helping move shelves or putting together furniture and many more one time jobs.

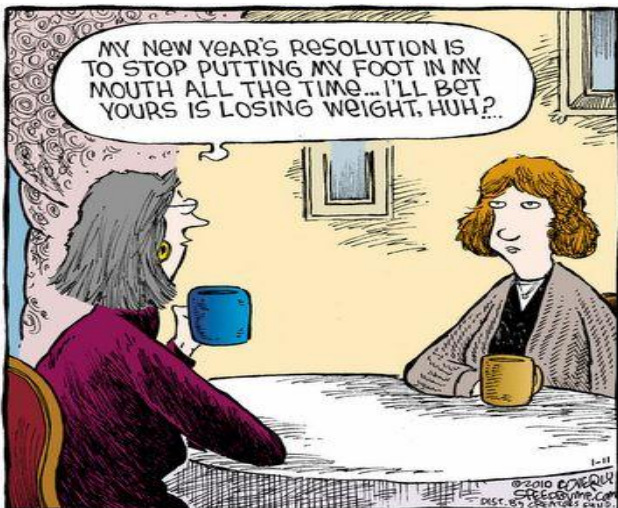
We now have several women on our list of helpers who would be happy to help with other needs such as small sewing jobs, making a meal, walking your dog, helping organize drawers or cupboards, cleaning a fridge and many other small jobs around the house.

Committee:

Louise Kedro 613-902-0482

Nancy Shaw 613-399-1366

GOOD NEWS: A few new volunteers have joined and would like to help with small jobs including picking up groceries or taking people to the grocery store and small cleaning jobs in addition to all the above. Give us a call.



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2024 LINEUP OF EVENTS

Organized by Maureen McNeill

VALENTINE'S DAY

February 14th, 7pm - Music by *Peter Rea and Mike Bond*

MARDI GRAS/BAYOU BOOGIE

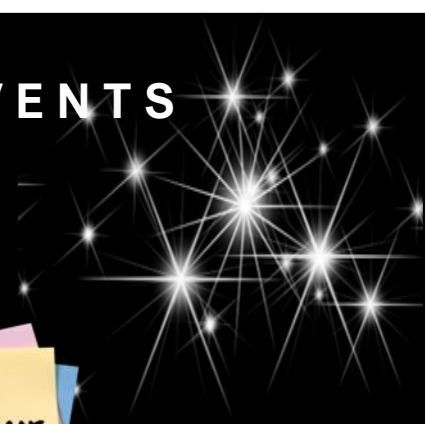
May 25th, 7pm - Music by *Shawn Dore*

SOCK HOP

July 6th, 7pm - Music by *The Shadowz*

OKTOBERFEST

September 22, 2pm - Music by *Good To Go*



The Travel Club

COLLECTING MEMORIES ONE DESTINATION AT A TIME

The Wellington on the Lake Travel Club wishes everybody a Happy New Year and safe travels for 2024! The World is yours to explore and discover - faraway places or hidden gems in our neighbourhood.

We are happy to announce that our long awaited trip north to see the Agawa Canyon is all planned, booked and 52 eager travelers are looking forward to travel again as a group. September will be a beautiful month with colours, sunshine, lack of mosquitoes and enjoyable temperatures, just the way we like it.

For other proposed trips there is - so far - not a great interest. If you would like them to happen, we need more interested people to sign up. For a small bus we need 22 people, for the big highway coach we need 30 to 34 people to make it cost efficient.

Please consider the following suggestions for 2024 or make a suggestions to us. If we find enough interested people it is relatively easy to plan a day trip. Here are our suggestions again:

1. Chinese Dance Company Shen Yun in Toronto or Ottawa in April, the poster and further information is in the library.
2. A garden tour visiting public and private gardens in our neighbouring county Lanark & Addington in June or July
3. One overnight trip to Niagara for the Festival of Lights and a visit to the Shaw Festival Theatre for "My Fair Lady" in November.

Hope you have (or had depending when this comes out) a very Merry Christmas, enjoy everything the season has to offer and have a great start for a healthy and happy New Year 2024. In German there is a saying for New Year's eve: "Guter Rutsch" meaning "Slide well into the new year" - please do not take that literally!

Cheers and Happy Travels.

Christine, Debbie and Gail



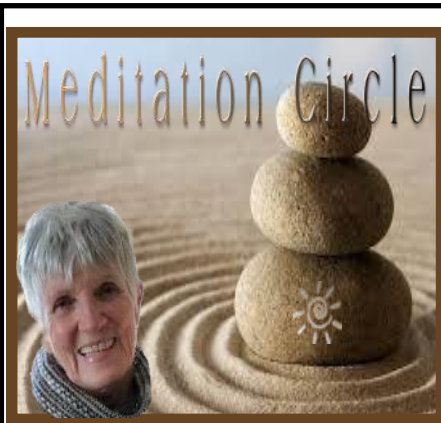
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Every time I try to eat healthy, along comes Christmas, Easter, summer, Thanksgiving or Tuesday, and ruins it for me.



January 16 - 5:00 - 6:00 in the Card Room

A wonderful way to begin the new year! Our non-denominational healing/mediation circle is a safe space for silence, reflection and support within a like-minded community. It can be large or small - everyone who comes is meant to be there. There is a short guided meditation, silent time, and an opportunity to send our natural healing out beyond our circle. It is a peaceful time, a pause in the anxiety and sadness that sometimes accompany our days, or a chance to just be still and go within.

If you have a question please call me at 613-399-5414 or e-mail rozwriter@hotmail.com



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Our winter yoga session will begin **Tuesday, January 9th**. The cost will be \$100 for the ten week session. We will offer three classes:

9:00 -10:00 Advanced yoga

10:15 - 11:15 Chair/beginner

11:30 - 12:30 Yoga with chair

To register, please email ritaberzins@gmail.com with your choice of class. If you have any questions, email or text/phone 613-399-3783. Rita Berzins

An article from our phenomenal yoga instructor Janice Duffy:

RESPIRATORY HEALTH: A BREATH OF LIFE

23,000 times a day we take a breath! In the symphony of yoga, the breath takes centre stage as a conductor orchestrating harmony within the body. The deliberate and conscious breathing techniques employed in yoga not only serve as a meditative anchor but also contribute significantly to respiratory health.

In our bustling lives, we often underestimate the power of the breath. Yoga encourages us to explore the full potential of our lungs, fostering improved respiratory function. Here's how our yoga practice contributes to enhanced respiratory health:

- a. **Increased Lung Capacity:** Yoga's focus on deep, diaphragmatic breathing helps expand lung capacity. As we engage in full, intentional breaths, we invite a greater volume of oxygen into the lungs, promoting optimal oxygen exchange and delivery to the body's cells. This increased lung capacity is not only beneficial during practice but has lasting effects on overall respiratory efficiency.
- b. **Strengthening Respiratory Muscles:** The interplay of breath and movement in yoga engages a variety of respiratory muscles. From the diaphragm to the intercostal muscles, each breath becomes a gentle exercise, toning and strengthening these vital components of the respiratory system. Over time, this leads to improved respiratory muscle endurance and efficiency.
- c. **Enhanced Oxygenation:** Through pranayama (breath control) techniques, yogic breathing patterns optimize the exchange of oxygen and carbon dioxide in the bloodstream. This efficient oxygenation supports cellular function, providing a natural boost to energy levels and promoting a sense of vitality.
- d. **Stress Reduction and Respiratory Well-being:** The breath is intricately linked to the autonomic nervous system, which governs the body's stress response. Yoga, with its emphasis on mindful breathing, activates the parasympathetic nervous system—the rest and digest mode. This shift helps reduce stress, anxiety, and tension, creating an environment conducive to optimal respiratory well-being.

In essence, yoga transforms the act of breathing from a mundane, involuntary function into a conscious, life-affirming practice. As we delve into the intricacies of breathwork, we not only unlock the secrets to a calmer mind but also pave the way for a healthier, more resilient respiratory system.

So, the next time you take a deep inhale and exhale on the yoga mat, remember that you are not just breathing; you are nurturing a fundamental aspect of your well-being—a breath of life that extends far beyond the confines of the studio.

**2024 SATURDAY
COFFEE MORNING
AVAILABLE DATES**

Sign up in the RC library or contact
Doug Henderson:

(dnhhenderson@rogers.com or
416-716-3486) to find out just how
easy it is to host a WOTL Coffee
Morning.

LOTS OF OPENINGS!

1/13/2024

7/13/2024

1/27/2024

7/20/2024

2/10/2024

8/10/2024

2/24/2024

8/24/2024

3/09/2024

9/07/2024

3/23/2024

9/21/2024

10/05/2024

4/13/2024

10/19/2024

~~4/27/2024~~

11/02/2024

5/11/2024

11/16/2024

6/08/2024

11/30/2024

6/15/2024

12/14/2024



**"You know you
want to host a
coffee morning...
Get together
with your
neighbours, your
friends, your
activity mates...
Lots of openings
and easy peasy!"**

**Oh coffee you're so fine,
You're so fine you blow my mind,
Hey coffee, hey coffee.
Face it, you didn't read that, you sang it!**

BURIED TREASURE

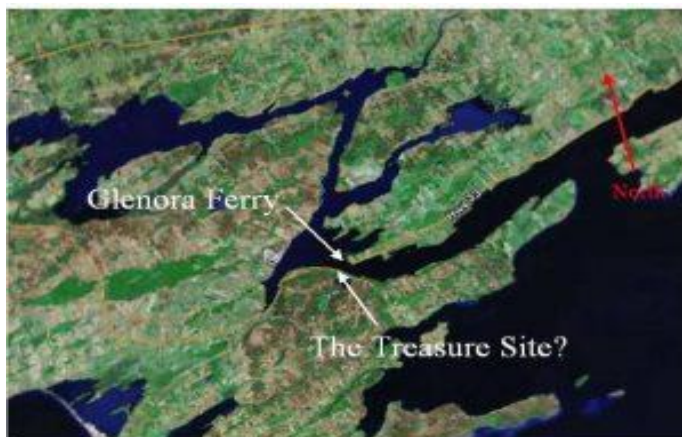
In Prince Edward County there is a ferry which connects two parts of highway 33. The Glenora Ferry runs every 15 minutes or so (on the half hour in winter) between a flat peninsula at the eastern end to the side of a cliff on the west (PEC side). What most ferry passengers do not realize is that when they reach the western shore, they are within throwing distance of a lost treasure. Rumour has it that there is a cave some 50 feet from the top, which can only be reached by a narrow path along the face of the cliff.

Glenora Treasure

The Seven Years War was fought in many parts of the new world in the mid-eighteenth century, between the English and the French. Some more famous battles included the siege of Louisburg, in Nova Scotia and a lesser-known skirmish between two Generals named Wolfe and Montcalm on the Plains of Abraham. In or about the year of 1759, a French admiral watched from a cave above what is today the Glenora Ferry, while the British and French fleets fought one of the last marine battles of the war. Fearing defeat, the admiral hid all his treasure in the room-sized cave and sealed the small entrance to it. There is no record to suggest that the admiral ever returned to reclaim the Glenora Treasure.

Is the Glenora Treasure still waiting somewhere high up on the cliff?

Source: <https://mysteriofcanada.com/ontario/glenora-treasure/>



Wow, what a great angle! Photo from *Visit the County*, December 2023 Edition



		<h3>Seniors' Active Living Program</h3> <h4>January 2024 Programs and Webinars</h4>					
Vulnerable Road Users: who they are and how to keep them safe January 10 th at 1pm on Zoom	Trivia: test your knowledge and learn something new January 12 th at 10am by phone	Stroke Education January 17 th at 1pm on Zoom	Bingo! January 23 rd at 1pm on Zoom	Bird Identification Course: a 6-week webinar series January 24 th at 1pm on Zoom			
With Lisa Lapierre, Regional Coordinator, Ontario Ministry of Transportation	With Staff from Community Care	With Lorraine Pyle, Service Coordinator-Stroke Support, Community Care for South Hastings	With Staff from Community Care	With Terry Sprague, Naturalist	For information on, or to register for, any event, please call 613-476-7493		
January curbside pick up meal Menu: Roast beef, mashed potatoes, gravy, mixed vegetables, tossed salad, dinner roll and pie for dessert January 25 th at 12pm Pick up at 12 noon, Thursday, January 25 th at The Elks Lodge Hall, 21 Elks Street, Picton	Outsmarting Scammers: a talk on fraud prevention January 26 th at 2pm at The Picton Town Hall (2 Ross Street) With representatives from our Prince Edward County OPP Detachment	www.communitycareforseniors.org					



Our bodies may not always work as they used to and sometimes we may not sleep well at night. Life may not always be 'perfect'...

But we can be grateful to be alive and happy to have good times and the good friends that we do in this caring community of ours.

NEW YEAR'S DAY PARTY

As in many homes on New Year's Day, Janet and Nigel faced the annual conflict of which was more important: the football match on television, or the lunch itself.

Hoping to keep the peace Nigel ate lunch with the rest of the family, and even lingered for some pleasant after-lunch chat before retiring to the den to turn on the television.

Some minutes later, Janet looked in to see how he was and graciously even bought a cold beer for Nigel.

She smiled, kissed him on the cheek and asked what the score was. Nigel told her it was half time and that the score was still 0-0.

'See?' Janet said happily, 'You didn't miss a thing.'

Author Unknown



A NEW ACTIVITY

Jok Rummy? Maybe! Rumoli? Could be! Ride the Mexican Train and/or ... Bunco? Possibly! Would you Switch? Hmmm... Oh Hell or Bugger Your Neighbour! (Please don't!)

GAMES begin Wednesday, January 3rd in the Card Room from 1-3pm. Everyone welcome to join the fun!

Pat Sawyer



**I have a pet termite. I named him Clint.
Clint eats wood.**

HOT MEALS ON WHEELS

Delivery to your door of a hot nutritious noon-time meal means daily contact with a volunteer to help you stay safe and well in your own home. Prince Edward Community Care offers both hot and frozen meal to seniors, those who are recovering from an illness and clients of Hospice Prince Edward or the Alzheimer Society of Prince Edward County. For Meals on Wheels for yourself or to refer someone, call 613-476-7493. Staff can make home visits to explain this and other services.

www.communitycareforseniors.org



To Steve Izumi (LCBO) & WOTL resident:

“This never happens to you, right?”



“I don’t remember the name, but it had a taste that I liked.”

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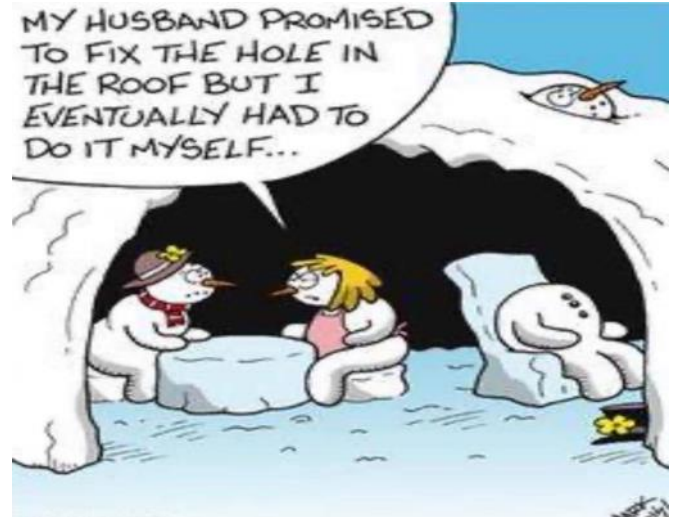


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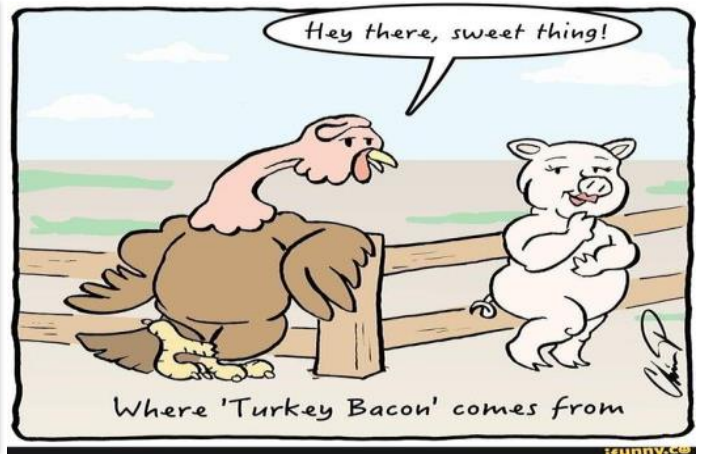
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- You should bring a list of your medication and a list of any important medical conditions to your appointment for a clinical assessment.
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IMAGE TO GO TO WEBSITE***

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- Children with any difficulty breathing, using chest muscles to breathe, severe lethargy (not waking up to drink), neck stiffness





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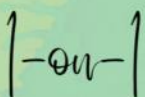
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Canada's 988 hotline, which gives people access to suicide prevention services via call or text, is now available in all provinces and territories, 24/7 and free of charge. Its goal is to prevent suicide. Calls and texts will be directed to a network of partners in communities across the country. Similar to 911 for accessing fire, police and medical emergencies, 988: Suicide Crisis Helpline is a short, easy-to-remember number to get a quick response from coast to coast to coast. Click on below image to read more about it.



#988

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Gail and Christa

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Public Health Updates

The holiday season is upon us, and local health care leaders are urging residents to take steps to reduce the spread of respiratory illnesses in the community.

Details about COVID-19, Cold and Flu Clinics, including booking information, can be found at www.hpeoht.ca/covid-cold-flu-care-clinics/

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PREPARE FOR THE UPCOMING WINTER SEASON

November 20, 2023

The County of Prince Edward is encouraging all County residents to prepare for the upcoming winter season.

“We hope that there isn’t another winter storm like we had last December, but we all need to be ready for the worst that Mother Nature can throw at us,” Fire Chief Chad Brown says. “Assembling emergency kits, following the direction of public safety officials, and knowing what to do in a [power outage](#) is very important as we head into the winter months.”

Winter storm preparedness includes knowing what to do before, during and after the storm:

- Residents are encouraged to create or review their emergency plans to protect themselves and their families.
- Households should have a two-week supply of food and water as well as medications. For more tips on preparing for winter storms please click [here](#).
- Half of all home heating fires happen in December, January and February. Test all smoke and carbon monoxide alarms monthly.
- Have flashlights and battery-powered lighting and fresh batteries on hand and never use candles.
- Be ready if the heat stops working. Wear extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least three feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed. [Click here for more winter fire safety tips.](#)



Sign up to receive [news and notices from the County](#) and follow the municipality on [Facebook](#) and [Twitter/X](#).

For more information, contact Prince Edward County Fire & Rescue at 613.476.2345 or fire@pecounty.on.ca.



‘Duffer’s Golf’ Contributed by Doug Henderson

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LOYALIST HUMANE SOCIETY OF PRINCE EDWARD COUNTY NON-PROFIT CHARITY SHELTER

1297 County Road 4, Picton, K0K 2T0
613-476-4951 Loyalisthumanesociety.com
VOLUNTEER - ADOPT - DONATE

SENIORS FOR SENIORS PROGRAM
Older cats often have a hard time finding new homes, and so the LHS has developed a program to match older cats with seniors in the community.

SPONSORSHIP PROGRAM: For a number of our older cats and cats with health or behavioural issues, the Loyalist Humane Society has become their permanent home. To help us cover the costs of long term care, the LHS has developed a sponsorship program. For \$20 a month, you can sponsor a cat of your choosing to help ensure they receive the specialized care that they need, including: wet food, special medications (if necessary), and regular veterinary care. If you are interested in sponsoring a cat, please call Anne @ 613-847-3243 or e-mail us at loyalisthumane@hotmail.com. We will be sure to keep you up to date with how your money is helping your sponsored cat!

When assembling your dog, be sure to follow instructions to avoid disasters like this.



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SAFETY REMINDERS

- Keep your house air in-out, furnace, water heater, HRV, dryer vent (**and generator if you have one**) clear of snow; please check your neighbours' too.



- Be careful when walking the streets; there may be ice patches. Wouldn't hurt to carry a flashlight too. Also wearing crampons over your boots for extra traction could help.



Roast Beef and Mashed Potatoes

January 25th
curbside
pick up
meal

Meal for seniors 60+
Prepared by
Kelly Bannister Catering

\$20/ meal

All meals must be ordered
by January 19th and paid for
in advance

Menu consists of: Roast beef, mashed potatoes, gravy, mixed vegetables, tossed salad, dinner roll and pie for dessert

Pick up at 12 noon, Thursday, January 25th at
The Elks Lodge Hall, 21 Elks Street - York Street entrance, Picton



To order call
613-476-7493
www.CommunityCareForSeniors.org

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Trenton - 136 Hwy 33 (1 km south of 401) 613-955-9565

belleville@quintepaint.com picton@quintepaint.com trenton@quintepaint.com

Shop Online Option www.quintepaint.com

Hello; my name is Bob Hicks. I am a WOTL resident, WOLRA Board member, certified Hospice Chaplain and an Ordained Minister with a background in Pastoral and Chaplaincy.



LONELY? DEPRESSED? WANT TO TALK?

If like many of us, you feel lonely or depressed sometimes, please feel free to call me.

I'd be happy to come over for a coffee or tea and have a visit. We can talk about anything you like. It doesn't have to be spiritual. I'd like to hear about your life before Wellington and your family. Whatever makes you feel comfortable. If you know neighbours who might appreciate this, please do let them know.

And, as always, if there is anything I can do in respect to talking to you or listening or praying with you and your family, or even to giving a caregiver a break to go for a coffee, I am here for you. Everything said or done will be in strictest confidence.

EMAIL roanhi17@gmail.com PHONE 613-399-5454

PRAYER GROUP WEDNESDAYS 5:30 AT THE RC LIBRARY

All are welcome. If there is a need for prayer for any reason and you can't make it, please let me know and I can include it in our prayers when we get together. ...Bob Hicks



FROM COMMUNITY CARE FOR SENIORS...

Immediate opening for a Reception Volunteer

If you enjoy a fast pace in a changing environment the Community Care reception desk might be for you. Three hours a week is all it takes to get involved in this volunteer position. Orientation is provided and staff support is readily available. Contact Prince Edward Community Care today and start the conversation about volunteering - 613-476-7493 or email info@communitycareforseniors.org

Volunteers Needed at Thrift Shop – Particularly for Saturdays

Prince Edward Community Care needs volunteers to help in the Thrift Shop at 153 Main Street in Picton. If you have 3 hours per week (10am – 1pm or 1pm – 4pm) then give Community Care a call. No experience is necessary. A full orientation is offered. There are always experienced volunteers on site. Anyone wishing to work on the cash desk or to sort and price is welcome. To start the conversation about becoming a volunteer call 613-476-7493.

www.communitycareforseniors.org.

Ontario Energy Support Program - Do you struggle with your hydro bill?

The Ontario Energy Support Program (OESP) is a program that can provide help for eligible low-income seniors. An eligible household (\$28,000 or less for one person or \$28,001 - \$39,000 for a two person household) can receive between \$35-\$75 monthly credits on their hydro bill. Staff at Prince Edward Community Care can answer questions for seniors 60+ and help submit the OESP application. Seniors who have received Renewal and Information letters from OESP, can arrange for Community Care staff to help facilitate this renewal process. Please call 613-476-7493 or go to www.OntarioElectricitySupport.ca for more information.

MILLENNIUM TRAIL TSHIRTS

The new Millennium Trail T-shirts are now available for sale. The sale of these T-shirts goes towards fundraising for the Millennium Trail which stretches across the County and runs alongside our community. This trail is managed by a volunteer committee which works with PEC Council to improve, maintain and fund raise for the trail. To find out more go to the link below.

[Overview - \(pectrails.ca\)](http://pectrails.ca)

We all live so close by the trail and many of us use it year-round for activities such as for walking/ dog walking, cycling, ATVing and snowshoeing; it's a great asset to our community. Show you care for it and support our fundraising efforts by purchasing a t-shirt.

T-shirts are \$30 cash and are available in a range of sizes. (S, M, L and XL)

Think Birthday or Christmas gifts!

Contact:

Sheila Hanbury, (on behalf of the Friends of the Millennium Trail Group)

613 399 1213



KOENJI WHISKEY BAR ON MAIN STREET WELLINGTON

"Closing this chapter and focusing on new endeavours. We want to thank everybody for their support over the years; December 23rd is our final night."



"Rotten kid gave me a muffin top."

2023 ANNUAL FESTIVAL OF TREES

A number of Red Hat Ladies volunteered at the annual Festival of Trees sponsored by the Ladies Auxiliary of the Picton Hospital; thank you Donna Ostrander for organizing. A special thanks to Lynn Rainey, Kris Wilson, Gail Post and Mary Sheppard for helping out. There were many beautiful trees and great Christmas gift packages to bid on. A very good turnout.

Photo & article contributed by Sharron Reeve



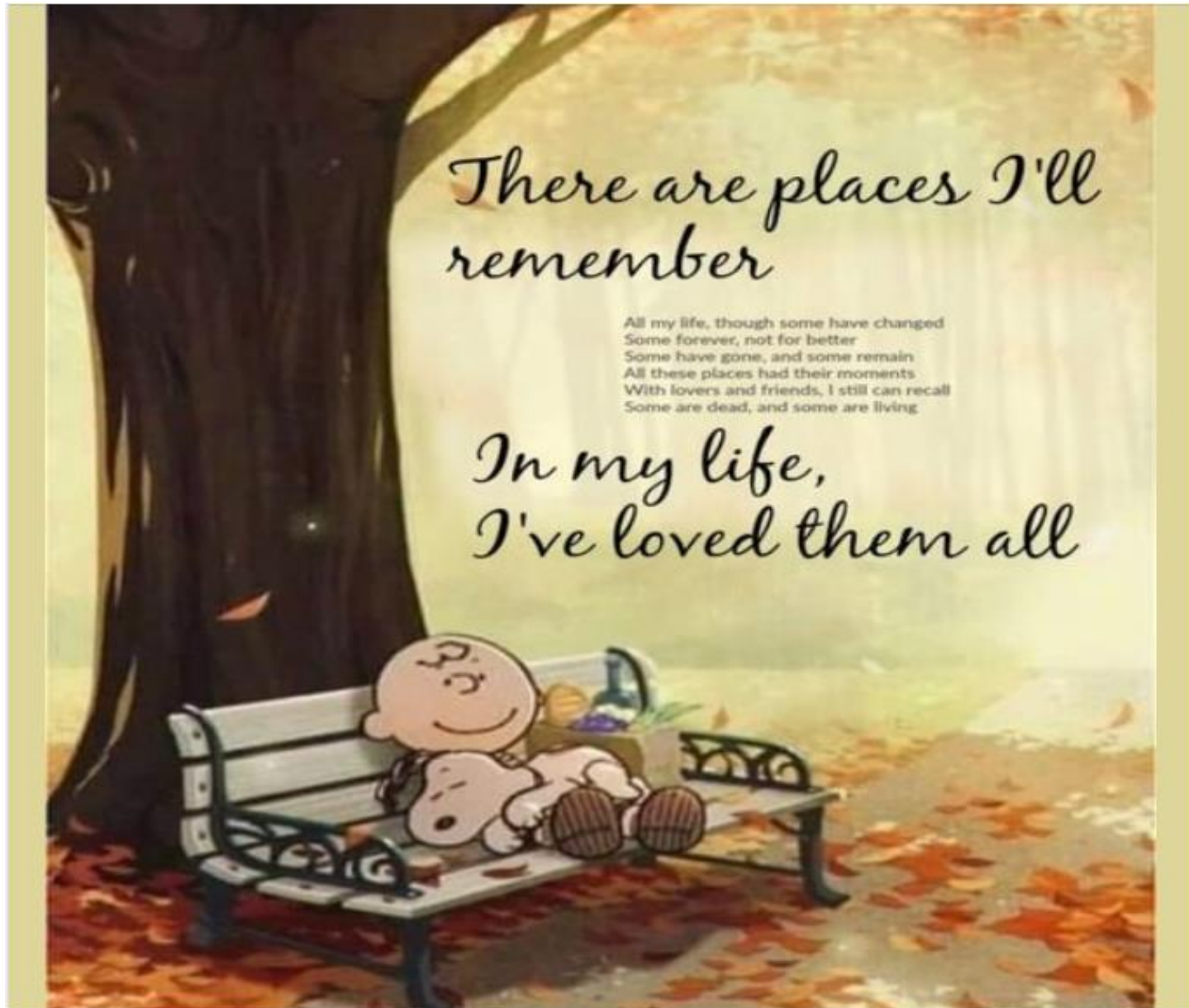
"In My Life" is a song by The Beatles. It was written primarily by John Lennon, with contributions from Paul McCartney. The song was released in 1965 on their album "Rubber Soul" .

The lyrics of "In My Life" reflect on memories and experiences, with Lennon stating that it was the first time he wrote about his own life . The song expresses a sense of nostalgia and appreciation for the people and places that have had an impact on the narrator's life. It is a heartfelt and introspective composition.

"In My Life" is regarded as one of The Beatles' greatest songs and has received critical acclaim. In 2000, Mojo named it the best song of all time, and Rolling Stone ranked it number 23 on its list of "The 500 Greatest Songs of All Time" in 2004 . The song's beautiful melody, introspective lyrics, and emotional depth have made it a beloved and enduring classic.

In summary, "In My Life" is a song by The Beatles, primarily written by John Lennon. It was released in 1965 on the album "Rubber Soul." The song reflects on memories and experiences, expressing a sense of nostalgia and appreciation. It is considered one of The Beatles' greatest songs and has received critical acclaim.

Click on image below to listen to the song.



JANUARY BIRTHDAYS

Marion Swan	02	Linda Petrie	12	Roger Gallant	25
Jim Van Rossum	02	John Traczyk	12	Steve Jones	25
Carolyn Grieve	03	Barbara Cumming	13	Sue Lockwood	25
Mary Drysdale	04	Jerry Puklicz	13	Lynda Mailhot	26
Nancy Walters	04	Glen Harper	14	Jackie Gallie	27
Lyn Thompson	05	Rob Rae	14	Graeme Turrell	28
Wayne Beattie	06	Ron Cook	16	Sylvia Richardson	29
Pat Whittaker	06	Elaine Kohut	16	Lorraine Soucie	29
Katherine Blanchard	07	Judy Engelsdorfer	19	Bernice Connolly	30
John Carter	07	Deb Pearce	19	Rick Currie	31
Jeremy Turzanski	07	Helga Gaysek	20	Doug Davidson	31
Sandra Wettlaufer	07	Monika Holdaway	20	Norma Griffith	31
Marilyn Wilson	07	Deb Izumi	20	Ken Roche	31
Jill Orchard	08	Viviane Jennings	20	Norma Wright	31
Cathy Peers	09	Anne Marie Thomson	22		
Jitske Kelly	10	Audrey Bye	25		

.....
 • If you notice any errors or missing dates in the Birthday/Anniversary announcements,
 • or you would like to be added, please do let us know: wolramembership@gmail.com
 •

JANUARY ANNIVERSARIES

Sethu Madhavan and Viju Menon	03 1983
Adriaan and Susan Abeele	04 1990
George and Nancy Shaw	07 1984
Jim and Dody DeVuono	13 1973
Ford and Gail Rosborough	18 1980
Ron and Carol Ireland	19 1977
Tony and Jura Smith	29 1972

CONDOLENCES




Our deepest condolences to the family and friends of **ROBERT (BOB) KEE** (predeceased by his wife of 61 years Joan), formerly of Monroe Court, who passed away December 6th in Markham. In keeping with Bob’s wishes, there will be no visitation or funeral at this time. Cremation has taken place. A Celebration of Bob’s Life and inurnment in the family plot in New Brunswick will take place at a later date. If desired, donations to the Heart & Stroke Foundation or Alzheimer Society of Ontario in memory of Bob would be appreciated by the family. Online condolences and to share memories of Bob, please visit: www.rushnellfuneralhomes.com.

Our deepest condolences to Jeanette Sparling and the family and friends of **RON THOMSON**, long-time resident of Heritage Drive, who passed away December 17th. Cremation has taken place and a memorial service will be (was) held on December 23rd at St. Andrew’s Presbyterian Church in Picton. If desired, donations to St. Andrew’s Presbyterian Church would be appreciated. Online condolences at www.rushnellfuneralhomes.com.

DO YOU KNOW OF A WOTL RESIDENT (PAST OR PRESENT) WHO HAS PASSED ON?
 Please email neighbourlynews@gmail.com or phone 613-885-6018 with as much information as you are able to provide (all information will be confirmed before posting in the NN).

DO YOU WISH TO HOST A ‘CELEBRATION OF LIFE’ FOR A LOVED ONE?
 Information you may need on this topic is in a binder at the Rec Centre library.



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REGULAR WEEKLY SCHEDULED ACTIVITIES: MH Main Hall - CR Card Room - DR Dance Room					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AEROBICS 8-9 MH WALKING EXERCISE 9am MH QUILTING 9:30-2PM DR&CR 2-4 CR only LINE DANCE 10:30- noon MH ART GROUP 2-4 pm DR DARTS 7pm CRIBBAGE 7pm CR	YOGA CR/DR Advanced 9-10 Beg/Chair 10:15-11:15 Chair 11:30-12:30 RC CLEANING NOON-1PM WALKING 8:45 - 9:30 MH SHUFFLEBOARD 9:30am PHYSIO-FIT 10:30-11:15 MH SHUFFLEBOARD 11am CARPET BOWL 1-3pm MH HAPPY HOUR PLAYERS 3-5 MH EUCHRE 6:45 CR/DR DARTS 7pm	AEROBICS 8 - 9 MH WALKING EXERCISE 9am MH PING PONG 10-Noon MH NEW GAMES 1-3PM CR LINE DANCE 1:30-3:00 MH CORN HOLE 3:45-5:30 MH PRAYER GROUP 5:30-6:30 LIBRARY SAMBA 6:45 CR BINGO 7 MH	WALKING 8:45 - 9:30 MH PHYSIO-FIT 10:30 - 11:15 MH SHUFFLEBOARD 10am AEROBIC DRUMMING 11:30-12:15 MH CARPET BOWL 1-3pm MH ART GROUP 2-4pm CR THEATRE GROUP 3-5 MH LADIES 8BALL 3:30-5:30 Snooker Rm BRIDGE 7-9pm CR	AEROBICS 8 - 9 MH WALKING EXERCISE 9am MH SCOTTISH DANCING 10-11:30 MH RC CLEANING NOON-1PM SAMBA 1pm CR UKULELE 1-4 MH BID EUCHRE 6:45-9:30 CR	CARD ELIMINATION 7PM Sunday SHUFFLEBOARD 3pm Hoss Collar (\$1) TEXAS HOLD'EM 6:40pm MH



Check with the Activity Coordinator (see phone directory pgs.27-29) or the WOLRA website <http://www.wolra.ca/mainstream/activities.php> for signing up to what is available. Above activities (pale font or otherwise) are dependant upon activity coordinators.

JANUARY 2024	NN SUBMISSION DEADLINE 6PM 23rd	Need to book a room at the Rec Centre? www.wolra.ca
---------------------	----------------------------------------	---------------------------------------------------------------------------------------

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			GAMES BEGIN 1-3 IN CARD ROOM			
7	8	9	10	11	12	13
		WINTER YOGA BEGINS				
14	15	16	17	18	19	20
	SINGLES SOCIAL CLUB 2-4	CAREGIVER SUPPORT MEETING 1-3 CR MEDITATION CIRCLE 5:15-6PM				
21	22	23	24	25	26	27
28	29	30	31	1	2	3
					GARBAGE & RECYCLING PICKUP EVERY THURSDAY	

Our Neighbourly News Magazine is the thread that ties us all together. Until next time; stay well and laugh a lot!