

NEIGHBOURLY NEWS



magazine —



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

Our Neighbourly News Magazine is WOLRA 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 (under construction) with lots of interesting

links at http://www.wolra.ca/mainstream/ newsletterdocs.html

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 MARCH NN IS FEBRUARY 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 2-3 days, please contact <u>neighbourlynews@gmail.com</u> to confirm receipt of your submission.

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

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."

- Linda Ellerbee

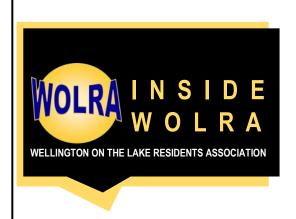


WOTL MATTERS

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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February is the recognized month to celebrate love but we celebrate this every day. We have the love of life, the love of our life, the love of our spouse or partner, and of course the love of winter. We celebrate our love with others on Valentine's Day and this year's Valentine's Day party hosted by Maureen & Scott McNeill with the theme of 'A Night in Paris'. Quelle belle idée!

Unlike the previous year's winter weather, this year's weather has been enjoyable. The amount of snow is well under last years total. We have had some very cold temperatures but we have had enough lovely days to enjoy the outside, going for walks and attending the activities at the Rec Centre.

Groundhog Day is February 2nd. Let's hope the groundhog does not see his shadow. Whether you follow the groundhog, or simply enjoy the folklore, the farmers almanac says winter isn't going anywhere anytime soon. The long-range predictions say winter is here for the long haul.

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*, 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 capital expenditure suggestions have been received and we thank you for your input. We are currently reviewing the information and will communicate the results and next steps in the near future.

We have been actively working on the new WOLRA website project. Working sessions with the developer have been ongoing and productive. Please see Derek Mendham's article on page 9.

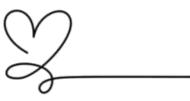
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Wellington's new water main and sanitary sewer trunk lines will soon be under contract. An additional tender for a new sanitary pumping station is also in the works. The decision to proceed with a tender award to *Clearway Construction* was approved by a razor-thin margin; the vote was 7-6. Please see Helen Prolas' article on page 26.

We have some Saturday Morning Coffee dates coming up and we hope you can attend. Please see the article on page 25 about how and when you can host a Coffee Morning.

Board of Directors





CONTACT INFORMATION



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



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



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



WWW WOTL Website: www.wolra.ca



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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.



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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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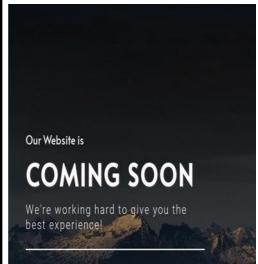
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Products include wheelchairs, walkers, mobility scooters, stairlifts, ceiling lifts, and bathroom and bedroom safety items. To learn more about our products and services and to find a location nearest you, visit motioncares.ca.



'TRAFFIC JAM ON CTY ROAD 13 NEAR BLACK RIVER' Photographer Gord Groulx FB, January 3rd



The new WOLRA website has been under construction for a couple of months now and we are looking to launch in February. The new website is proving to be a large job, but our Website Committee has been working hard and we are making good progress.

We will announce the launch date of the new site via an Eblast when we know the specific date. We will also schedule training sessions for our Website Administrators and sessions to familiarize residents with the new site. The new site will have an expanded and fully functional "Members Portal" with complete and comprehensive room and equipment booking, activity signup, a voting platform, as well as a Heritage section and much more. We are excited as the project is unfolding and nearing completion.

We are also working on the expanded database that will underpin the website and allow communications to all residents from WOLRA, Frontier, and the Emergency Response Team that is currently being developed. The recent request that was sent to every house in Wellington on the Lake to update resident information and gather new information was very successful. We have received over 70% of the questionnaires back (thank you to all the people who completed the questionnaire). We are in the process of collecting the rest of the information from residents who have not responded (due to the fact that many people are down south). We will continue the work via digital and telephone communications to collect the information for everyone, so that the database contains the most complete and up-to-date information. The new website will have the ability for WOLRA members to update their information on the site – this means that every member will have their own unique password and the Members Portal will be secure and password protected.

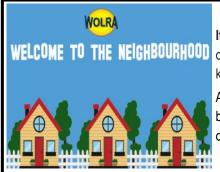
So, more is to come with some exciting features in a beautiful new website. Our past Webmaster, Perry Lavergne, has moved away, and I am very pleased to announce that Ken Killingbeck has agreed to assume the role of Webmaster. He is working with our team and the website developer now and he is ready to go. Ken has many years of experience and he was our Webmaster a few years ago. We are very pleased to have Ken in the role and he will help to stabilize the function and grow with the new website from implementation to daily use and improvements.

I would like to thank all the people on the Website Committee for their hard work to date and stay tuned for more news.

Derek Mendham WOLRA Director Communications







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

Lesley and Kim Durham-McPhee 12 Cretney (Wilf Durham's house) 613-399-3081 Roger Parde & Barbara Giesel 37 Conger 416-523-6223

PHONE # CHANGE

Vicki & Al Brosseau 60 Heritage 613-399-1028





"My wife wants a perfume that'll make her irresistible. What have you got that smells like bourbon and cigars?"



IS COSTCO COMING TO BELLEVILLE? (THE LATEST)

Source: opencouncil.ca, Alex Wideman | Updated January 4, 2024 "The City spent \$13.5 million as well as millions of dollars received from the Investing in Canada Infrastructure Program (ICIP) – Rural & Ontario Community Infrastructure Fund in order to widen Bell Blvd from 2 to 4 lanes to prepare for the added traffic that a Costco would bring to the area.



As of September 2023, the property (32-26 Bell Blvd) that Costco was to approved to be built on was put up for sale by JenLand Properties Limited (owned by the Belanger family) for \$35 million. The city would have received about \$2.1 million in development and application fees as well as \$1.3 million in annual taxes from Costco.

Quinte News reported that Rice Group, a GTA developer which works with Costco had a lease agreement for the parcel of land on Bell Boulevard. It is believed that agreement was extended a few times, but has now lapsed. An official at Rice Group confirmed they do not have a Belleville location they are working on.

Chief Administrative Officer for the City of Belleville Rod Bovay says at last check, the location was okayed by the Costco head office in Washington State."

Editor's Note: Not looking too good, is it? I guess we all saw this coming but still... So many of us were looking forward to a Costco closer to home. To read the full story, click on the image.

Did you know? Rubbing your dog's ears sends nerve impulses to the hypothalamus and pituitary glands. These glands secrete endorphins, painkilling, feel-good hormones that make dogs feel relaxed, even euphoric. When you rub your dog's ears, she's essentially getting high on her hormones. Researchers have found that people get a lot of the same benefits that their dogs do. Rubbing dogs' ears triggers a flood of human endorphins. This in turn helps people relax and even lowers blood pressure. Source





DID YOU KNOW? Powered By Carambo
The word "swims" is considered an ambigram
because it reads the same upside down and
right side up.



Asked my husband to vacuum seal and label the hamburger. This is what I got.

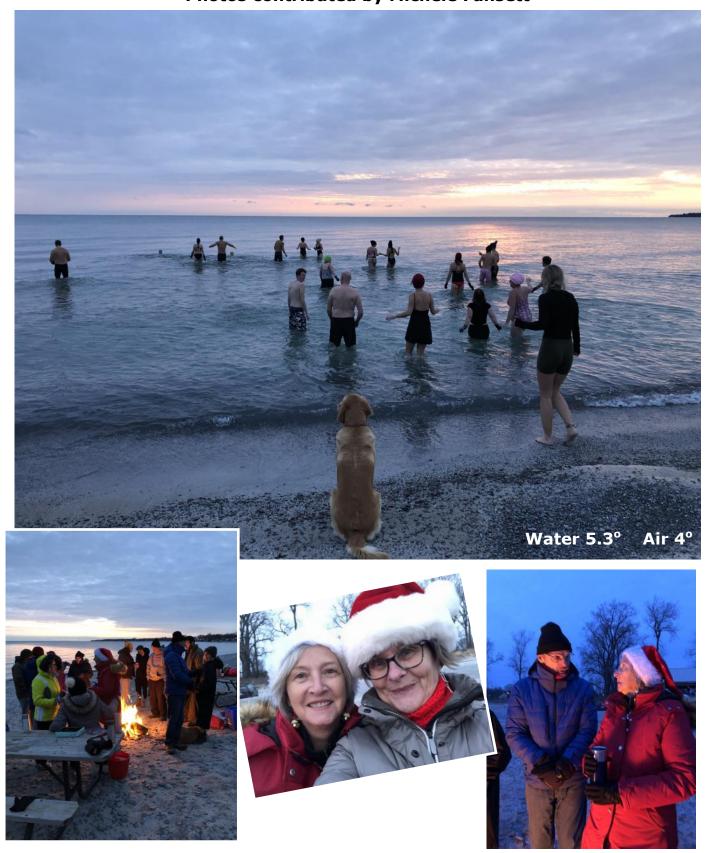






PHOTOS FROM SOLSTICE SWIM AT WELLINGTON BEACH

'Celebrating the shortest day and the countdown to summer'
Photos contributed by Michele Fansett



NEW YEAR'S EVE PARTY TO WELCOME IN 2024

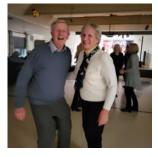
Thanks to Dan & Dale Gordon, another fun-filled evening of music and dancing was enjoyed by many on New Year's Eve as is evidenced on the photos below, with more here: https://drive.google.com/drive/folders/1J0s-mjDmfljL27gnUqq00H9cwQ3ulB7E

















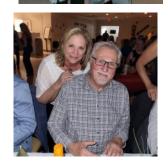




















Regular Portion: \$24 including HST Senior Portion: \$18 including HST

> FREE Delivery To Wellington on The Lake Rec Center at 5:45 pm

Roast Beef Dinner Feature Feb 22 PRE ORDERS ONLY - Cut off date: Feb 12 Roast Beef - side of Horseradish, Coleslaw, Mashed Potatoes with Gravy Peas & Carrots, Roll & Butter

Lemon Tart **or** Chocolate Cream Tart
Payment at time of order allows fast & easy pick ups & deliveries



Donations to the museum are appreciated.

NEED AN EXCUSE TO GO FOR A WALK AND A DOG FOR EXTRA MOTIVATION?

DEXTER'S WALKERS HAVE GONE SOUTH FOR THE WINTER.

Can you help out Anne and Dexter, a very 'good boi'
(on Mount Grove Crescent) out?
Please call
613-399-5458





WOTL SINGLES SOCIAL CLUB

Not a dating club!

Considering the weather there was a good turn out for the January meeting of the Singles Social Club.

The group reviewed the past year activities, and the members were asked to start brainstorming about future events. We are looking forward to filling 2024 with even more interactive events. The next meeting will be on February 19th. New members are always welcomed.

Dale & Joyce WOTLSSC@gmail.com



CARD ELIMINATION

Every Saturday for 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



Currently working on a diary full of lies. I want my loved ones to read it after I die and be like "wait what"

FELLOWSHIP, LAUGHTER, FUN & GAMES

The last Bingo session of 2023 saw record attendance, record payouts and record FUN! The evening, called by Dan McDonald, was a lively affair. The final game boasted a winning prize of \$100!

A shout-out to our regular setup duo of George Baverstock and Clarence Rainey as well as rotating callers Gerry Stewart, Laurie Neill and Dan McDonald. Happy New Year everyone!

Helen Prolas and Louise Kedro





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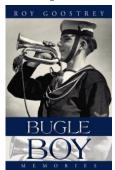
244 Main St, Wellington All are welcome!

THE REV'D CANON NANCY BEALE
Invites you to join us for Sunday Services at 11am
613-399-1774 • www.standrewswellington.ca

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

wellington on the lake art group

February's display (to be hung by February 1st) will feature the artwork of **ROY GOOSTREY**. Roy was born and raised in the industrial northwest of England and emigrated to Canada in 1966. Roy is a WOTL pioneer (one of the original settlers of Wellington on the Lake, with lots of interesting anecdotes from back then). He is also a writer; *Bugle Boy*, the story of Roy's life beginning with the Great Depression of the 30s, available in the library. Roy was a Picton PECI mechanical drafting teacher for 23 years, and in retirement, an artist/painter.



MEMORY LANE...

In August 2015 this was the teaser for the September issue...



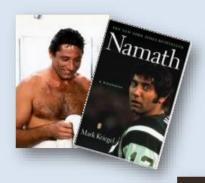
Next month's "page 3" special feature...

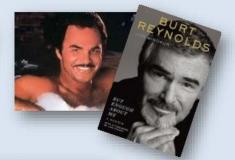
Hint "What do Joe Namath, Burt Reynolds, Jason Alexander and Roy Goostrey have in common?" Watch for the answer in the September issue of your Neighbourly News!

Then in the September 2015 issue...

"Page 3" Special Feature

Remember last month when we asked "What do Joe Namath, Burt Reynolds, Jason Alexander and Roy Goostrey have in common?" MODESTY plus a biography!









"What a great sport Roy is for participating...

THANKS ROY!"

Disclaimer:

"Some PhotoShop may have been used on this image."



No biography for Jason Alexander? Oh well, 3 out of 4 ain't bad!

VALENTINE TRIVIA

As legend goes, the Emperor Claudius II prohibited soldiers to marry. However, Valentine defied the orders and secretly married young couples to spare husbands



from war. Valentine was imprisoned, tortured and beheaded. According to legend, St. Valentine signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and healed from blindness.

In 496 A.D. Pope Gelasius marked February 14 as day to honor his martyrdom and celebration of St. Valentine's Day was born.

In 1969, the Roman Catholic Church removed St. Valentine from the General Roman Calendar because of the lack of reliable information about him. However, the church still recognizes St. Valentine as a saint. He is the Patron Saint of bee keepers, engaged couples, happy marriages, love, lovers, and young people. He is represented in pictures with birds and roses and his feast day is celebrated on February 14th.

Source: https://www.almanac.com/valentines-

day

WHAT TO DO WITH ALL THOSE WINE CORKS

LAST CALL

"What can we do with all those once-only-used wine corks"? If you would like to get together with others at the Rec Centre with your collection of corks ideas 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



ART CLASS WITH MR. BEAN

Click on the image to the right for a good laugh. (Video approx. 5min of the art class but keep watching (another 5min) for more laughs)





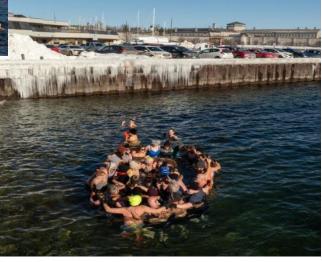
GROUP HUG IN ICY WATER

Kingston, January 22nd

"If there was a book of loony records this would be in it. Today we just set the record for Most People Hugging in Ice Water! (1 degree C 33 Fahrenheit) Air Temp - 8. - 14 with windchill. It was a blast!! Photographer David Yateman FB











Mnemonic

Thirty days hath September,
April, June and November.
Unless a leap year is its fate,
February hath twenty-eight.
All the rest hath three days more,
excepting January,
which hath six thousand,
one hundred and eighty-four.

Brian Bilston



CLUB

The Good Neighbours Club is made up of resident volunteers who are available to help with one-time odd jobs around the house. Jobs such as fixing or replacing faucets, changing light bulbs, insulating garage doors, helping move shelves or putting together furniture. Also, small sewing jobs, making a meal, walking your dog, helping organize drawers or cupboards, cleaning a fridge and more.

Committee:

Louise Kedro 613-902-0482

Nancy Shaw 613-399-1366



DID YOU KNOW?

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Organized by Maureen McNeill

VALENTINE'S DAY (SOLD OUT!)

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

MARDI GRAS/BAYOU BOOGIE

May 25th, 7pm - Music by Shawn Dore

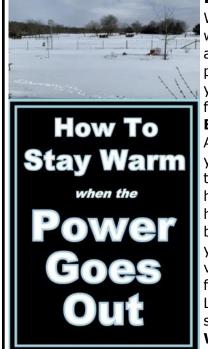
SOCK HOP

July 6th, 7pm - Music by The Shadowz

OKTOBERFEST

September 22, 2pm - Music by Good To Go





KEEPING WARM

When there is a power outage, your furnace will not work, so you may want an option to keep warm. If you have a gas fireplace, you may be able to operate it without electricity. It can be helped with a battery powered fan. There are warming centres such as the arena in town, or your neighbours may have heat. Otherwise, you need to provide power for your furnace, either by battery or generator.

Battery Options

A lead acid car battery, marine battery or golf cart battery can power your furnace for several hours. Last Christmas we lost power and it took about 30 hours for the house temperature to dip to 9 degrees. An hour or so of furnace time should be sufficient to keep one of our houses above 15 degrees for a day. You could also use a Lithium battery, though that would cost thousands of dollars. With any battery you would need a dc/ac converter, at <\$100. There is a good YouTube video on this. You would also need to wire the converter output to the furnace. Most people would need an electrician for this. **Warning:** Lead acid batteries require ventilation because of off gassing, so they should be stored in an outer building such as a garage.

Warning: Small dc/ac converters such as the 75 watt Canadian Tire Eliminator are not powerful enough to drive a gas furnace, which takes

about 500 w. If you have a new car, an EV or PHEV with a V2L (vehicle to load) then you can connect that to your furnace without needing a dc/ac converter. Tesla's power wall (a large battery) costs about \$18,000. Eco flow Deltapro https://www.ecoflow.com is another battery option.

Generator Options

Solar cells or wind can be used but they are likely not a practical option, especially with smaller house lots as we have. They also require battery storage.

Small generators powered by propane or gasoline would work, but they must be taken outside, which could be a problem during a winter storm.

Examples

Bluetti https://www.bluettipower.ca

Jackery https://ca.jackery.com

Larger generators are somewhat costly. For example, a 14 Kw Generac generator costs about \$14,000.

Electrical Contractors include Hardwood Electric, Stewart Electric, Baldwin Electric.

Other Resources

If you have a heating problem, the best HVAC company that I found is Mark Heating and Cooling in Picton, 613-476-3078.

The best YouTube that I've found for using a battery to back up your furnace is "**Did you know** that you can heat your house with a battery?"

Thanks to Scott McNeill for website and contractor information, and other input in this document.

Alan Carmichael











In another act of benevolence for the hospital, Rotary Club of Wellington, Ontario has entered into a commitment with the Prince Edward County Memorial Hospital Foundation (PECMHF) to fund the balance of the purchase of a transport ventilator needed in the Emergency Department at Prince Edward County Memorial Hospital (PECMH).

In a presentation at the hospital, representatives from Wellington Rotary presented PECMHF with an initial installment of \$16,040 towards the ventilator. These initial funds were raised over the past year through the club's bottle recycling depot and the sale of Rotary-branded maple syrup.

Last June, the foundation received partial funding from the Stark Family Fund to purchase one ventilator. The Rotary Club of Wellington will fund the balance, approximately \$22,000. One ventilator is estimated to cost over \$56,000.

To read more, visit https://www.pecmhf.ca/wellington-rotary-pledge-to...

[PHOTO] Pictured at PECMH from left, back row: Roger Tessier, president-elect for the Rotary Club of Wellington; Barbara McConnell, chairperson of the PECMH Foundation; Phyo Kyi, chairperson of the Rotary Club of Wellington Charitable Foundation; Sally Cowan, Back the Build campaign cabinet member.

Front row from left: Yvonne Buys, treasurer, Rotary Club of Wellington; Shannon Coull, executive director, PECMHF; and Lyn McGowan, president of the Rotary Club of Wellington



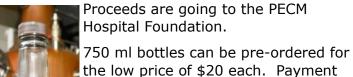
In case anyone is wondering, PHARMASAVE is moving in where Saigon Restaurant used to be, across from Sandbanks Medical Clinic

beside the Dental Clinic. This is scheduled to happen in March sometime. Not sure why we need 2 pharmacies in our little village, but I guess growth is anticipated down the line. ...NN Editor





Once again the Rotary Club of Wellington is with Nyman Farms and Kinsip House of Fine Spirits with a **MAPLE SYRUP FUNDRAISER**.



If interested, please email Bill Pennell, wmpennell@gmail.com.

will be at the time of delivery.

Limited number of bottles available so get your orders in early! Bottles should be ready for pickup by late March.



WOTL GARAGE SALE 2024

To be held May 4th at the Rec Centre. Something to keep in mind when doing your spring cleaning; more to come when more is known.





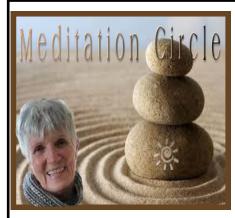


DID YOU KNOW? Powered By Carambola
The word cereal comes from the Roman

goddess, Ceres, who is the goddess of agriculture.







Tuesday, February 20th, 5:00 - 6:00 pm - in the Card Room in the Rec Centre. Doors close at 5:15.

"Meditation nourishes the mind in the same way that food nourishes the body."

You are welcome to a space that is safe, confidential, and totally non-threatening. Roz Bound begins with a guided meditation, including silence for personal reflection. Everybody is a strong link in the circle, nobody is singled out.

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

Keeping myself sharp by regularly asking myself tough questions like 'What happened yesterday?' and 'What was I planning on doing just now?'.





really wreck your day!



Contributed by Donald Livingstone





HAPPY WINTER EVERYONE!

Winter yoga classes are well under way. The chair/beginner classes are full. There are some openings in the Advanced class at 9am and the Yoga with Chair class at 11:30am. If interested please contact me at ritaberzins@gmail.com or text/phone 613-399-3783.

From Janice Duffy:

"Love Your Heart:

The Heartwarming Benefits of Yoga for Valentine's Day"
As we gear up for the month of love, why not give your heart a little extra TLC? This Valentine's Day let's talk about a practice that

not only brings peace to the mind but also sends some serious love vibes to your heart – yoga!

Heart-Healthy Hugs from Downward Dog: Yoga isn't just about pretzel-like poses and serene meditation; it's also a fantastic way to keep your heart pumping happily. Engaging in regular yoga practice can enhance cardiovascular health by improving blood circulation and reducing blood pressure. Picture it as a gentle hug for your heart in each Downward Dog!

Serenade Your Circulation with Sun Salutations: Sun Salutations are like love letters to your circulatory system. This sequence of poses helps increase blood flow, ensuring that your heart gets a workout while promoting a feeling of warmth and vitality. It's like sending your heart a musical serenade – a melody of health and happiness.

Heart-Opening Poses for Emotional Well-Being: Love isn't just about the physical heart; it's also about emotional well-being. Heart-opening poses like Cobra and Fish pose not only strengthen the muscles around your heart but also encourage emotional release, helping you let go of stress and tension. It's like a warm embrace for your heart and soul.

Breathe in Love, Breathe Out Stress: Yoga places a strong emphasis on mindful breathing, and this rhythmic breathwork can have a profound impact on your heart health. Deep, intentional breathing promotes relaxation and reduces stress, which, in turn, benefits your heart. Think of it as sending your heart a bouquet of calming breaths.

Partner Yoga: Because Love is a Team Sport: This Valentine's Day, consider exploring partner yoga with someone special. The shared experience of practicing yoga together not only fosters connection but also provides an opportunity to support each other's heart health. It's a delightful way to celebrate love and well-being simultaneously.

So, whether you're single, coupled up, or celebrating 'Galentine's' Day, remember that taking care of your heart is a gesture of self-love that resonates with the spirit of Valentine's Day. Roll out your yoga mat, embrace the heart-healthy benefits, and let your heart beat to the rhythm of love and wellness.

AT THE END OF JANUARY THE SUN WON'T SET TILL 5.05PM



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!

1/27/2024	7/13/2024
2/03/2024Sharon Hewer	7/20/2024
2/24/2024	8/10/2024
3/09/2024	8/24/2024Silly Games
3/23/2024	9/07/2024
4/13/2024	9/21/2024
4/27/2024 _Activity Sign-Up	10/05/2024
5/11/2024	11/02/2024
6/08/2024	11/16/2024
6/15/2024	11/30/2024
0/ 20/ 2027	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!"

THEY'RE BACK!

Trumpeter Swan P46 and his mate are back in Welly Harbour for the winter. They've been returning here for at least 6 years. ...Sheila Ascroft



PING PONG

New players.
New table.
A good time & exercise.
New players welcome.
Wednesdays, 10am-Noon

...Chris Peers



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WOTL CITIZENS

For responsible growth

Millennium Trail Trunk Line

Wednesday evening, January 10th, PEC Council met to decide the fate of the Millennium Trail Trunk Line. A lawyer engaged by the Wellington Community Association, very well versed in Municipal infrastructure, presented the case against proceeding with the approval. Councillors were advised of the weaknesses of the supposed "pre-payment agreements" touted to help finance the waterworks projects and were assured that the County would NOT face any legal ramifications were they to forego approval.

Multiple residents, including Dorothy Bothwell and Helen Prolas, warned of the potential for heavy financial implications to ratepayers. Notwithstanding our entreaties, Council voted to proceed and award the tender. However, Council did agree to conduct the following, which should give us the opportunity to press for more public oversight: "A review of the master servicing plan, the development charges background study, growth forecasts, project scope and financing against Current and economic and environmental assumptions before the water and wastewater plants are tendered".

Wellington Times columnist Rick Conroy noted that it was the strong voice of the community that impacted Council's decision and effectively 'pressed pause' on the water and wastewater plant Upgrades (over \$60M).

More Water News...

New Year, New Bill, New Rates: First water bill for 2024 to be issued mid-February. For details and background, email us at wotlcrga@qmail.com. ...Helen Prolas

Fighting Frequent Together!



Please Join The Prince Edward County Lions Club On March 27th @ 2:00pm

> at the Wellington United Church 243 Main Street, Wellington

In 2021, reports to the Canadian Anti Fraud Centre showed that \$380 million was lost to fraud. In 2022, this amount rose to \$531 million

In partnership with the Prince Edward County Detachment of the OPP, The Prince Edward County Community Care for Seniors Association, and the Municipality of the County of Prince Edward.

This event will provide a chance for you to witness many scenarios that are happening around us and to help us learn how to reduce the chance of becoming victims of fraud.

Free refreshments and snacks will be provided.

Free accessible bus rides are available upon request (age 55+) simply call County Transit 1-855-283-9640 to book your space.

To see all events in our community please go to WWW.993CountyFM.ca

If you have any questions, contact the station at (613) 476-2229 or email reception@993countyfm.ca

The program "Outsmarting the Scammers - Helping Seniors Fight Fraud" is made possible by the Government of Canada's New Horizons for Seniors program and the volunteers at 99.3 CountyFM



DID YOU KNOW?

Powered By Carambola

The word "kayak" originated from the Inuit qayaq and entered the English language mid-18th century.



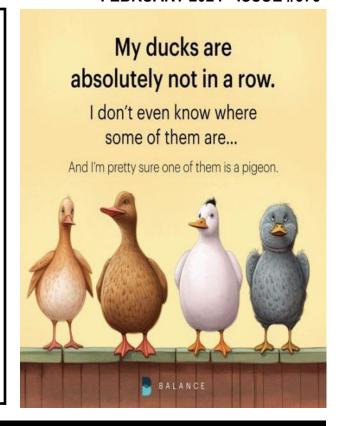
HOT MEALS ON WHEELS

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





FURNITURE





"The colored stones were fine when we were first married, but isn't it about time we got some real furniture?"



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"I'm going out to shovel snow. Here's five dollars if you talk me out of it."



Reg & Paula Kelly

Picton, Ontario, KOK 2TO

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Email: atlantisirrigation@xplornet.com

www. atlantisirrigationandlighting.com





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THE HORMONE GUIDE

SURVIVAL TIPS FOR MEN: HOW TO ASK A QUESTION TO A WOMAN

DANGEROUS	SAFER	SAFEST	ULTRA SAFE
What's for dinner?	Can I help you with dinner?	Where would you like to go for dinner?	Here, have some wine.
Are you wearing that?	You sure look good in brown!	WOW! Look at you!	Here, have some wine
What are you so worked up about?	Could we be overreacting?	Here's my paycheck.	Here, have some wine.
Should you be eating that?	You know, there are a lot of apples left.	Can I get you a piece of chocolate with that?	Here, have some wine.
What did you DO all day?	I hope you didn't over-do it today.	I've always loved you in that robe!	Here, have some wine.



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.

HANDYMAN / CARPENTRY / DRYWALL SERVICES HVAC / PLUMBING & MORE (SEE ALSO NEXT PAGE)



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Quality customer service to the Quinte region since 1990. With reliable workmanship and industry knowledge, we can transform your home with your vision in mind. We are fully insured and staffed with licensed plumbers and carpenters who are educated with the latest standards and techniques in the renovation industry. Our team specializes in interior and exterior home renovations including bathroom, kitchen and basement renovations. We are also trained and registered as Canadian Home Builders Associations Adaptive Home Renovators. Warren & Co. is also proud to be the Quinte Home Builders Associations Renovator of the year in 2022 and 2023! And as members of Renomark so you can feel assured that your project will be done professionally! If you are considering a home renovation, call the team you can trust, call Warren & Co. Contracting Ltd. and turn your dreams into reality!"

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VOLUNTEERS NEEDED

Volunteer opportunities available now!

- Thrift Shop, help 3 hours a week
- Friendly Visitor, in-person or by phone
- Pick up & Deliver Meals on Wheels, Groceries, Library Books, and Pharmacy
- Reception desk volunteers, in Picton or Wellington
- Volunteer Transportation Drivers



Call 613-476-7493

www.communitycareforseniors.org



CONTINUES NEXT 5 PAGES • NEW ITEMS ADDED EACH MONTH



HPE COVID, Cold & Flu Care Clinics

Is the COVID, Cold & Flu Care Clinic the right place for you?

- You are experiencing symptoms of COVID-19, strep, bronchitis, pneumonia, ear infection, cold or flu, sinus infection, vomiting or diarrhea.
- You have been unable to book an appointment with your primary care provider, or a health care professional has referred you to this clinic.
- You are unable to safely monitor your symptoms at home.
- You are at higher risk of severe illness, such as immunocompromised individuals regardless of vaccine status.

What to bring with you

- · You should bring a list of your medication and a list of any important medical conditions to your appointment for a clinical assessment.
- · Health card if you have one.

* ALSO PICTON, CLICK ON **IMAGE TO GO TO WEBSITE***

Appointments must be booked in advance. No walk-in appointments are available.

Belleville Quinte West Community

Trenton Clinic

Hours of Operation

Sundays - 9:00am to 12:00noon

Health Centre

County Chiropractic

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Email: info@countychiropractic.ca Website: www.countychiropractic.ca Instagram: @countychiropractic

A Family Wellness Centre For You and Your Loved Ones





49 Main Street W

WELLINGTON OFFICE IS NOW OPEN!

Hours of Operation Mondays - 5:00pm to 8:00pm Fridays - 5:00pm to 8:00pm

Belleville Clinic

Health Centre

Belleville Quinte West Community

To book in Belleville: Scan the QR code below with your smart phone camera or go to www.bgwchc.com

161 Bridge St. West, Unit 1 Belleville 69 Catherine St. Trenton

To book in Trenton: Scan the QR code below with your smart phone camera or go to www.bgwchc.com

Hours of Operation

Tweed Clinic

Centre

Gateway Community Health

41 McClellan St. Tweed

Tuesdays - 5:00pm to 8:00pm Wednesdays - 5:00pm to 8:00pm Saturdays - 9:00am to 12:00noon

To book in Tweed: call 613-922-0803





If you have one or more of the following symptoms, you should immediately call 911 or go to an Emergency Department:

- Severe difficulty breathing (struggling for each breath, can only speak in single words)
- Severe chest pain (constant tightness or crushing sensation)
- Feeling confused or unsure of where you are
- Losing consciousness
- Children with recorded fever greater than 38 Celsius AND who are under 2 months of age
- · Children with any difficulty breathing, using chest muscles to breathe, severe lethargy (not waking up to drink), neck stiffness







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Hi there, Wellington - we're Specsavers.

We're all about making affordable eyecare and eyewear accessible to everyone, whether that's with eye exams, glasses with single-vision lenses starting from just \$69, or contact lenses.

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CAREGIVER Support Group

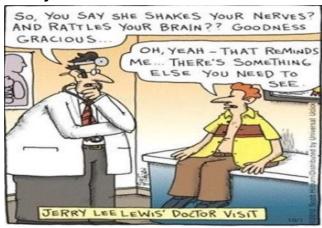
The Caregiver Support group meets on the third Tuesday of each month from 1:00 to 3:00 in the Card Room at the Rec Centre.

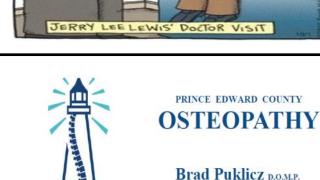
I will send out a blast each month reminding you of the monthly meeting. This support group focuses primarily on the care of stroke, dementia, Alzheimer's and Parkinson's patients.

Louise Kedro



"It says it can't calculate your weight till it knows what year, make and model automobile you are."





Feel better. Move better. Live better. Picton: 438-777-7272

Wellington: 613-399-1114

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Foot Care Clinics

For seniors 60+



Prince Edward Community Care operates Foot Care Clinics in Picton, Wellington and Rossmore.

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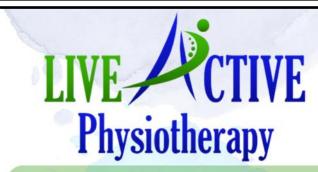
New clients are welcome.

COVID-19 protocols for clients and staff are closely followed.



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www.communitycareforseniors.org



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#988

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

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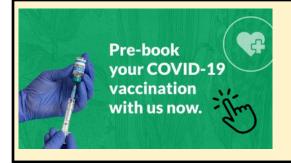
Wellington Pharmacy is in partnership with Rocket Doctor to provide virtual care to our patients without family doctors. Please use the QR code on the left to register with your OHIP card or you can use the website link below. If you have questions, call or stop by to discuss how to access this service with one of our pharmacy staff.

100% OHIP covered via our special partnership with RocketDoctor.

Gail and Christa

https://rocketdoctor.ca/wellingtonpharmacy-pharmachoice/

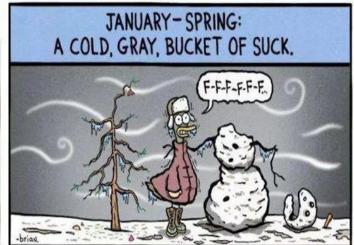




Book Your COVID-19 Vaccine
Appointment Today
At Wellington Pharmacy

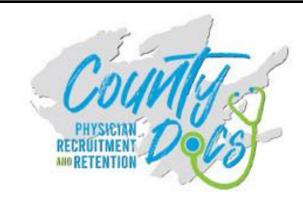
THE TWO STAGES OF WINTER





COUNTY DOC TALK

January 2024 Author: Adam Hambly



THE COUNTY WELCOMES DR. BRANTON!

Dr. Sarah Branton and her partner, Niko, now call Prince Edward County home! A little about them:

Dr. Branton has taken over Dr. Arul's practice and will be moving to a new location on Main Street. In addition to spending time with her 2 cats, she enjoys fashion, exercising, and baking.

Niko is a pilot and works in a supervisory role with PAL Airlines. Niko enjoys cooking, hockey and playing the guitar.

They look forward to checking out all The County has to offer. If you happen to see them around, you can congratulate them on their new home in Picton.

Welcome to you both!



RECRUITMENT NEWS

County Docs had a strong 2023 and wrapped up the year on a few high notes. Here are just a few of them:

- 1. Dr. Sarah Branton has agreed to take a permanent spot in The County
- County Docs presented a deputation to County Council for renewed funding of our progam. We are pleased to announce they have approved our funding request for continued operations for 2024
- County Docs attended the job fair for the University of Ottawa's Family Medicine Residency program. We connected with several potential recruits who are 1 – 2 years away from entering practice

If that wasn't enough, we've led two other projects this past quarter. One involves some creative ideas to support our physicians taking on more patients from the Health Care Connect wait list. The other was a research project targeted at determining what drives decision-making processes for new physicians. This provides crucial information that will help ensure our marketing strategy and employment offering aligns with the goals of new physicians entering practice.

Our recruitment calendar is looking very full for the first quarter of 2024. We are excited to be attending the Family Medicine Resident Retreat for the University of Western Ontario at the end of January. We'll also be attending a job fair for Queens' Family Medicine Residency program at the end of February. And finally, we'll be in Toronto in March with a booth at the Review Course in Family Medicine as learners prepare to take their exams.

CURRENT STATE

We currently have seven physician opportunities in PEC. We had three community visits by prospective physicians this past quarter and are currently following a total of 28 leads in varying degrees of interest and readiness. We consider nine of these to be high potential and are following them very closely.

Frequently Asked Question

Q: Why are other practices being taken over by new physicians and not the older ones from previously retired physicians?

A: When a physician retires and a replacement is not found, their practice and roster of patients is dissolved. In most cases, it's only possible to takeover existing practices, and not ones that have been previously dissolved. Patients who were once part of a practice of a retired physician need to register on Health Care Connect if they still don't have a family doctor.

Remember to follow County Docs Physician Recruitment and Retention on Facebook.



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/

Get your flu shot or COVID-19 vaccination at local <u>pharmacies</u>. >> <u>Learn more</u>



As of January 8th COUNTY GATE MEDICAL CLINIC is offering SAME DAY APPOINTMENTS. Two ways to book: 613-392-0001 Ext. 2 OR in person at reception. HOURS: Monday, Tuesday & Thursday 5-9pm, Wednesday Noon-6pm. LOCATION: County Gate Medical Clinic/Pharmacy 21936 Loyalist Pkwy, Carrying Place





THE PET SPOT



a unique canine enrichment experience











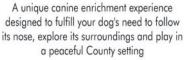








@thesniffery carole@theranchatbloomfield.ca



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- · a relaxing space to observe and enjoy

let Them Griff







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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!





FOR ALL YOUR REAL ESTATE NEEDS



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www.century21.ca/elsie.wiersma

NOT INTENDED TO SOLICIT BUYERS OR SELLERS UNDER CONTRACT.

Carol Love & Joe Martin

If you're thinking of making a move too, give us a call!

Call me!

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Yhaking the Yhove!

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ON



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Selling your home, sorting, packing, shipping, floor planning, moving, getting you completely unpacked and settled in your new home, emptying your old home, selling the things you won't be taking with you, donating and garbage removal, cleaning, and getting your home ready for sale.

There is no cost until your home is sold and closed.

Call today to start the conversation and breathe a sigh of relief.

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I'm Sue, still new to our community, a seasoned, seniors real estate specialist, who shares the love for all that makes Wellington truly exceptional. I personally adore our winter wonderland!! Although I have a deep family history here, what truly makes me feel at home is the sense of belonging from the warmth and friendly welcome of this community.

My mission is clear – to relieve my clients of the stress that often accompanies real estate transactions. I leverage a network of skilled professionals, from contractors to stagers, ensuring that every aspect of the selling or buying process is handled with the utmost care and expertise.

My two decades of experience have not only sharpened my skills but reinforced my belief that personalized, client-focused service is the cornerstone of success. it's about creating a stress-free, empowering experience for my clients – because that's how it should be.

Whether you're contemplating "Do I stay or do I go?" as a seller or searching for a new beginning, your next journey starts with just one call. Reach out, and let's begin this exciting adventure together.

It would be my pleasure to be with you every step of the way!

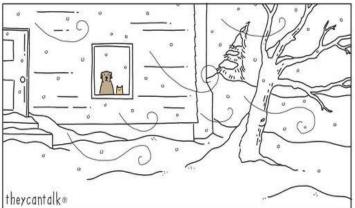
Thank you for warmly welcoming Bear, my recent rescue who is bringing so much joy to my life.

My commitment to animal welfare runs deep and I donate \$200 with every sale, supporting shelter animals' care and protection.

Beyond real estate, it's about making a positive impact on lives, both human and furry.

Susan Robertson, Broker, ABR, SRES 613-242-4021, robertsonsusanj@gmail.com









Help with Forms & Income Tax



Prince Edward Community Care's staff will help seniors with paperwork for Federal or Provincial programs such as Old Age Security, Spouse's Allowance, GAINS, Guaranteed Income Supplement, Income Tax, etc. Appointments are necessary. Income tax forms are also completed for eligible seniors. Call Community Care at 613-476-7493.

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.

An old lady with a cane was walking past a young man at a bus stop singing "21 today, 21 today". The young man says "You're not 21 you crazy old bat". She turns to him and with a mighty swing cracks him over his head with her cane and walks way singing "22 today, 22 today.



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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





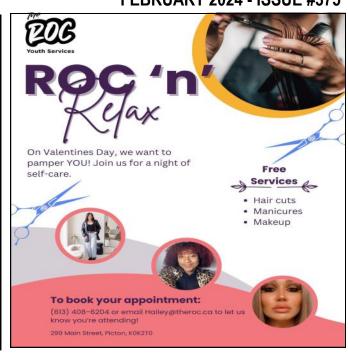


H.O.P.E. Centre, 46 King Street, Picton All our meals are free. Donations are appreciated. **NEXT MEALS: FEBRUARY 5TH & 19TH MARCH 4TH & 18TH**

Please Join Us For a FREE







My new car has a button for pretty much everything. There is even one that says 'rear wiper'. I'm still too afraid to try that one.





2024 DINNER OFFERINGS

16 Feb	Steak BBQ	4PM to 7PM	\$20/person
15 Mar	Steak BBQ	4Pm to 7PM	\$20/person
22 Mar	Fish Fry	4PM to 7PM	\$20/person
12 May	Mother's Day Breakfast	8:30AM to 11AM	By donation
16 Jun	Father's Day Breakfast	8:30AM to 11AM	By donation
4 Oct	Ham & Turkey Roll Sta	art 8pm come early 8	k chat with friends
18 Oct	Fish Fry	4PM to 7PM	\$20/person

WELLINGTON ELKS

Brother Lloyd Scammell http://wellingtonelks.ca/





Canine social blunders

Want to Make a Difference in Our Community? CLICK THIS IMAGE

Join a County Board or Committee!

We're recruiting for the following:



Accessibility Advisory Committee: suitable for someone who has an understanding of the social and environmental impact of accessibility in our community.



Traffic Advisory Committee: suitable for someone who has knowledge of the County's road network and active transportation/traffic trends.



Committee of Adjustment: suitable for someone who has knowledge of land development and environmental planning.



Wellington, Picton, Ameliasburgh, Hillier or Athol Ward Recreation Committee: suitable for someone who has a passion for bringing their ward together and/or has party planning experience.



Prince Edward County Public Library Board: suitable for a resident of the southeast of the County, as those areas are currently not represented. Also, someone who has business and/or fundraising/marketing experience.



Water & Wastewater Rates Community Committee: suitable for those with financial, legal, engineering backgrounds and/or knowledge on laws impacting infrastructure.

The deadline to apply is Friday, February 9 at 11:59 pm





WIARTON WILLE (the world's only albino prognosticating groundhog)



The story of Wiarton Willie dates back to 1956. A Wiarton Ontario resident named Mac McKenzie wanted to showcase his childhood home to his many friends, so he sent out invitations for a "Groundhog Day" gathering. One of these invitations fell into the hands of a *Toronto Star* reporter. The reporter travelled to Wiarton looking for the Groundhog Day event. None of the townspeople knew about a festival, but one suggested he check at the Arlington Hotel, the local watering hole. There the reporter found McKenzie and his friends partying and was invited to join them. The next day, the reporter lamented to McKenzie that he

needed some kind of story to take back to justify his expenses. So, McKenzie grabbed his wife's fur hat, which had a large button on the front, went out to the parking lot, dug a burrow in the snow and pronounced a prognostication (which no one remembers). The picture of Mac and the hat ran in the February 3, 1956 edition of the Toronto Star. A year later, about 50 people arrived for the festival. Half were reporters from various media, including the CBC and Canadian Press. Seizing on the opportunity, McKenzie invented a festival that has been added to over the years.

Wiarton Willie himself is a more recent addition to the festivities. In the early years, prognostication was provided by the "mythical" trio of groundhogs Grundoon, Muldoon and Sand Dune. Willie appeared on the scene in the 1980s. Wiarton Willie's predictive powers are attributed (by his followers) to his situation on the 45th parallel, exactly halfway between the Equator and the North Pole. He is claimed locally to be accurate in his prognostications around 90% of the time; scientists have estimated Willie's accuracy at 25%.

The original Wiarton Willie lived to the advanced age of 22 and was found dead only two days before Groundhog Day in 1999. The organizers were unable to find a replacement, and instead marked Groundhog Day by revealing "Willie" in a coffin. He had been dressed in a tuxedo, had coins over his eyes, and a carrot between his paws. The real Willie had in fact decomposed, and the body in the coffin was that of an older, stuffed groundhog. The Associated Press was obliged to issue a retraction on its wires.

Wiarton Willie's keepers groom understudies, nicknamed "Wee Willie" during the elder groundhog's lifetime, to eventually replace the reigning Wiarton Willie when they die. Wiarton Willies have typically had lifespans longer than the 4–9 years of a typical groundhog, and thus other groundhogs may have served in the role unreported. Wiarton Willie II was reported as deceased on July 11, 2006, after fighting an infection for the previous month.

On September 15, 2017 Wiarton Willie III died at 13. Two-year-old Wee Willie became Wiarton Willie IV on September 30, 2017, coinciding with a memorial service for the old Willie. Wiarton Willie IV died in 2020, leading to the 2021 prediction being made without the presence of a ground-hog. Wiarton Willie IV's death was not publicly announced until November 2021. Wiarton Willie V was introduced at the 2022 Groundhog Day celebration; he is the first brown groundhog to assume the position.

In May 2003, two of Wiarton Willie II's Wee Willies disappeared; three months later, they were found dead in the burrow where they resided with Willie. Because groundhogs are known to be territorial animals, Willie was suspected of killing the two, an allegation that was never proven. Francesca Dobbyn, who looked after the groundhogs, informed her immediate supervisor who chose not to inform the Wiarton city council of the incident, fearing bad publicity; the council agreed to allow Dobbyn to keep her job despite the scandal. Source: *visitbrucepeninsula.ca*

Exhausted from his repeated days, Phil (Bill Murray) decides to end it all, taking the groundhog with him. Click on the above left image to watch the 5 minute video.

SHELTER IN PLACE

County partners with Base31 and PELASS in transitional housing effort



The County has received a three-year funding commitment from the Provincial Homelessness Prevention Program. It covers a rent supplement, staffing, and supplies to establish the facility.

As the grant does not cover the capital costs of acquiring a suitable property, municipal staff negotiated a 25-year lease agreement with PEC Community Partners/Base31, which has made a conditional offer to purchase what is currently The Maples Retirement Home.

The Transitional Housing Facility will pay rent of \$67,000 annually to PEC Community Partners through a combination of PELASS Source: Picton Gazette, January 23rd

"This was our chance to help in meeting a very important need in the County. This is not a money-making venture for Base31 or its partners. When the County approached us and asked if we could reach into our pockets and our hearts and help out the residents, that's what we did."

- JACK WINBERG, CEO, THE ROCKPORT GROUP

FEBRUARY 16TH KARLO ESTATES BINGO

Performance-packed "Drag Show Fridays" featuring Bitchin Bingo hosted by a drag performance artist.

If you win a round of Bingo, you'll win Sunday Bubble Brunch tickets for 2, a five-flight tasting for 6, or silver tray cheese and charcuterie service for four for your next visit. You'll have a chance to win raffle prizes of Sunday Bubble Brunch for 2, a five-flight tasting for 6, or silver tray cheese and charcuterie service for 4 your for your next visit.

Good eats and wine by the glass available for purchase. Reserve online and receive a complimentary bag of popcorn.

Come celebrate Drag Fridays every Friday night all year long from 6 to 9 PM.

KARLO ESTATES, 561 Danforth Rd.





FEBRUARY BIRTHDAYS

Martin Davies	01	Pina D'Intino	07	Irina Bilinski	18
Gaye Smith	02	Fred MacNeil	07	Barbara Proctor	18
Trish Armstrong	03	Peter Kaplan	08	Roy Hood	19
Marilyn Dodgson	03	Hinke Hofstee	09	Dale Smith	19
Peter Williams	03	Helen Hood	10	Richard Fujimoto	20
Merv Kreutz	04	Therese Raymond	10	Carol Baker	21
Aline Spivak	04	Ken Hale	11	Gareth Davies	21
Christine Trulsen	04	Mary June Meulena	ar 12	Donna McLaughlin	21
Angela Williams	04	Joyce Boyle	13	Linda Tierney	23
Angela Colangelo	05	Aggie Cooke	13	David Cooke	24
Janice Flynn	05			Ed Kinsella	26
Heather Hamann	05	Jane Van Soelen	14	Gail Cousans	28
Phil Quibell	05	Jerry Kedro	15	Nick Rico	28
Ronald Duff	06	Brenda Silver	15	Doug Smith	28
Marilyn Hicks	06	Douglas Campbell	16		
Maddy Swindon	06	Elaine Saltmarsh	17		

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

FEBRUARY ANNIVERSARIES

Paul and Katherine Blanchard	05 1977
Jerry and Florence Lindsay	05 1993
Michael Desmarais and Carol-Anne Lee-Desmarais	15 2009
Jerry and Louise Kedro	16 1974
Barry and Jan Wallace	18 1984
Bob Gilchrist and Rita Cimprich	20 1998

CONDOLENCES



Our most sincere condolences to Anne Vanvlack of Cretney and the family and friends of **BILL VANVLACK** who passed away suddenly on January 4th. Cremations has taken place and a Celebration of Life will held at a later date. If desired, donations to the Prince Edward County Memorial Hospital Foundation "Back the Build" would be appreciated. *Quinte Cremation and Burial Services*

Our most sincere condolences to Linda Seaver and the friends and family of **RICHARD MANSFIELD** who passed away January 14th. Richard and Linda resided on Mount Grove for some time before moving to Batawa a few years ago. A Celebration of Richard's Life was held at St. Thomas Anglican Church on January 19th. As an expression of sympathy, donations to the Ottawa Heart Institute or the Trenton Memorial Hospital Foundation would be appreciated by the family. Arrangements under the care of RUSHNELL FUNERAL HOME 60 Division Street, Trenton. To leave a condolence or share memories of Richard, please visit <u>rushnellfuner-alhomes.com</u>.

Our most sincere condolences to the friends and family of **STEVE OLSEN** of Sandbanks Court who passed away January 17th. *Quinte Cremation and Burial Services*

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.



Mourning the loss of a loved one? We can help. Individual and group support. All hospice services <u>are confidential</u>. 613.645.4040





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

FEBRUARY 2024					NN SUBMISSION DEADLINE 6PM 23rd					Need to book a room at the Rec Centre? www.wolra.ca			
Sunday Monday		Tuesday		We	dnesday	Thursday		Friday		Saturday			
GARBAGE & RECYCLING PICKUP EVERY THURSDAY				31		1		2	но [©] а	MOR	FFEE NING 30		
4		5		6		7		8		9		10	
11		12		13		14		15		16		17	
						PARTY 7PM							
18		19		20		21		22		23		24	
		SINGL	Happy Day LES SOCIAL LUB 2-4	MEE.	IVER SUPPORT TING 1-3 CR DITATION LE 5:15-6PM		ames Galore in Card Room						
25		26		27		28		29		1			

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