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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 issue.

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

NOTE: I have only 15 NN issues left to do (time flies!). June 2025 is my 10 year limit for being NN editor. Looking for a replacement (fresh perspective); it can be as easy or as hard as you choose, it's a fun job (if it wasn't, I wouldn't have done it for almost 10 years); talk to me! neighbourlynews@gmail.com

If you are a WOLRA member you will receive a link to *Our Neighbourly News Magazine* and the *Events & Activities Calendar* by email each month, as well as twice weekly E-blasts of important news and upcoming events. To become a member, call Brenda McDonald 613-399-5859.

DEADLINE FOR THE APRIL NN IS MARCH 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 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**



WOTL MATTERS

The Wellington on the Lake Residents Association (WOLRA), *Our Neighbourly News Magazine*, our website wolra.ca (soon to be brand new!), 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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We almost got away with a winter of little snow. It caught up to us a week or so ago with snow, wind, and cold temperatures. Then it turned to rain and spring-like temperatures. Now March is arriving, days are getting longer, and hopefully spring will arrive as well. It was nice to know that the groundhog did not see its shadow.

The Valentine's dance was a great success. The Peter Rae Duo provided a variety of music and had everyone up dancing. Thank you to Maureen and Scott for organizing the dance and providing the decorations; the wall murals were fantastic. See page 15.

New lobby washroom floors have been approved for replacement. The time of installation has not been determined but we will keep everyone updated via e-Blast.

Our WOLRA Board elections will take place in June and we are looking for residents who would like to volunteer their time for our great community. The Nomination Committee is being led by Elaine Jackson with the assistance of Kathy Memme and Christine Trulson. It would be great if you would volunteer to be part of the WOLRA Board and help toward making our community the best it can be. Please refer to the next page for further information.

We are getting close to completing the new WOLRA web project. Working sessions with the developer are still ongoing and demonstrations will be starting soon. Please see Derek Mendham's article on page 10.

Check page 15 for the lineup of events scheduled for 2024... MARK YOUR CALENDARS!

Remember our annual community garage sale takes place May 4th and we are looking for volunteers. See pages 20 and 21. Keep that in mind when spring cleaning and watch e-blasts for pickup and drop-off dates & times pre-garage sale.

Daylight Saving will occur on March 10th this year; clocks go forward. Set them the night before to be safe!

Doug Henderson, Vice-President
WOLRA Board



WOLRA

CALL FOR BOARD MEMBERS!

BECOME A MEMBER OF THE BOARD THAT STRIVES TO SHAPE OUR COMMUNITY!

- HELP MAINTAIN A STRONG, VIBRANT COMMUNITY & NEIGHBOURHOOD WITH SAFE/ TRANQUIL ENVIRONMENT
- SHARE RESPONSIBILITIES WITH BOARD & WOLRA SUPPORTING THE ACTIVE LIFESTYLE & SOCIAL ACTIVITIES OF WOTL
- CONTRIBUTE TO MAINTAINING EFFECTIVE COMMUNICATIONS WITHIN WOLRA, AND WITH FRONTIER, DAIMLER & THE COUNTY TO OVERSEE OUR COLLECTIVE INTERESTS

“We acknowledge and respect the inherent rights of residents and we attribute to them their long standing efforts and initiatives to make Wellington on the Lake a great place to live and prosper.”

WOLRA BOARD CALL FOR NOMINATIONS

There will be 3 vacancies on the WOLRA Board as of July 1st, 2024. Consequently, a Nominations Committee composed of Elaine Jackson (Chair), Kathy Memme and Christine Trulsen has been formed and is now starting the process to reach out to WOLRA members who may be interested in joining the Board.

The Board is comprised of up to ten WOLRA members, who each volunteer for a 2 year term, and who continuously strive to help shape our community.

If you are interested in becoming a Board member or have any questions, please don't hesitate to contact one of the following Nominations Committee members:

Elaine Jackson (Chair) 613.399.3083

Kathy Memme 416.573.9925

Christine Trulsen 613.399.3041



Lovin' Where We Live!

Photographer Sheila Ascroft 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: wotlccwebmaster@gmail.com



Post Photos on Website: wolraphotos@gmail.com



Post Articles FOR SALE OR WANTED On Website: wotlccwebmaster@gmail.com
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



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:

Call Brenda McDonald at 613-399-5859



Birthday & Anniversary Celebrations: Call Brenda McDonald at 613-399-5859



Telephone Directory Changes: Call Brenda McDonald at 613-399-5859



Rec Centre Room Bookings: Go to website for ONLINE BOOKING:

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

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DAIMLER General Manager, Doreen Kendall (613) 848-6490 or dkendall.drpl@gmail.com
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I look forward to meeting you!

See next page...

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Follow us on Facebook at www.facebook.com/thebrightsidepec or on Instagram @brightsidepec.

Editor's Note:
 Click on the image for info on their upcoming event March 2nd at Karlo Estates.




WELCOME TO THE NEIGHBOURHOOD



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 .

NEW NEIGHBOURS

Bob & Linda Graham 57 Aletha 613-399-3818 BC#905-260-8507

Keep your eyes open,



and your inbox refreshed.

Our new website is **ALMOST READY!**

Our Website Team has been working diligently to complete and prepare our new WOLRA Website to launch very soon. We are planning to 'go live' with the new site in a few short weeks and we are excited.

The new site will be visually appealing, well laid out, fully secure with state of the art security protocols, and individual WOLRA member user ID's and passwords, selected and maintained by each WOLRA member.

The new site will have sections on WOLRA, and everything about the association; a complete section on activities & clubs with member signup, scheduling of activities and information, as well as a full section on upcoming events. There will be a section on current news as well as a full heritage section providing newsletters, photos, and events from WOTL's past.

There will also be a Members Portal containing an expanded section for booking rooms & equipment, full WOLRA minutes and financials, items for sale and/or wanted, a WOLRA voting platform and the ability for members to update their member information and change passwords plus many other new features.

So what is the plan to kick off the new website? We will announce via a special eblast the date the new site will 'go live'. And, there will be a series of one hour introductory demonstrations scheduled in the RC to view and get an overview appreciation of the new website (remember the best way to view the new site will be to jump into it and 'wander' around).

In addition to the above eblast, we will issue another email to every WOLRA member detailing their new username, with instructions on how to establish their personal password. The Member Portal on the new site is fully secure and can only be entered with a secure individual member password, created by each individual member. There are provisions to assist with forgotten passwords and to change/update each member's information on the database.

So, there has been a lot of work done to get us to this point and we look to a successful launch of the new website in a few weeks.

Derek Mendham, WOLRA, Director Communications & Website Committee Coordinator

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot. *Contributed by Jerry Puklicz*

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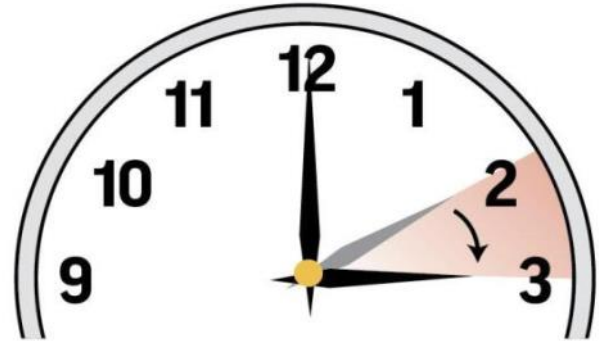




Busy, cold night at Stonehenge as we move the stones forward an hour...

Spring forward

Daylight saving time starts Sunday at 2 a.m. local time. Set your clocks **ahead one hour** before bed Saturday.



***SUNDAY, MARCH 10th**



SOLAR ECLIPSE

EASTERN CANADA

APRIL 8, 2024

* SEE PAGE 15 FOR HOW WOTLERS CAN VIEW THIS EVENT *

Timetable for sample cities on the path of totality:

CITY	START	DURATION
Hamilton, ON	3:18 p.m. ET	1 min 50 s
Belleville, ON	3:21 p.m. ET	2 min 4 s
Montreal, QC	3:26 p.m. ET	1 min 27 s
Sherbrooke, QC	3:27 p.m. ET	3 min 26 s
Fredericton, NB	4:33 p.m. AT	2 min 17 s
Miramichi, NB	4:34 p.m. AT	3 min 8 s
Alberton, PEI	4:35 p.m. AT	3 min 3 s
Summerside, PEI	4:37 p.m. AT	1 min 2 s
Meat Cove, NS	4:39 p.m. AT	1 min 30 s
Gander, NL	5:12 p.m. NT	2 min 13 s



■ Sun completely hidden
■ Sun mostly hidden

the Belleville branch of the Wellington Community Market is now open at the Picton location. For more information about the market, visit www.wellingtoncommunitymarket.ca

FULL SEASON: MAY TO OCT.
ONLY \$497 ALL IN!
DAY VENDORS \$30



WELLINGTON Community Market
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of Prince Edward County

Special thanks to the landowners for their generosity
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March 30 & 31, 2024
11:00 am - 4:00 pm



Donations are gratefully accepted and will be used for "Pack the Boids" and local/international Rotary projects



<p>Site 1 Cape Vesey 3718 County Road 8 (East of Watford)</p>	<p>Site 2 Jackson Falls 1740 County Road 17 (East of Millford)</p>
--	---

To view the falls, please check in with the on-site Rotarian upon arrival.

Bring your camera. Hiking attire and waterproof footwear are recommended

For information, please call 613-819-1658 or 613-476-1909 or visit our Waterfalls Tour webpage at www.picotorotary.ca

 Website
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Our Neighbourly News Magazine is mainly a digital publication. WOLRA members are assured of receiving an emailed link to the latest NN issue near the end of each month. A number of copies are printed and delivered each month by volunteers to accommodate those with medical issues or without a computer or internet. Additionally, copies are placed in the library a few days after the email link is sent out on a first come/first serve basis for anyone wishing to have a hard copy on hand to read. These could be passed on to other members if needed. If a member would like to ensure a print copy is reserved and delivered for their personal use; please e-transfer \$24 (for a year of deliveries) to wolratreasurer@gmail.com along with your information.

WOLRA BOARD

Thank You!

I would like to thank everyone who attended our *Night in Paris* Valentine's Dance.

Thank you Mary and Evan for all you do.

Thank you to Scott for taking care of the house all month while I was working on Valentine's Day décor and organizing.

Thank you to all the volunteers, I want you to know that you really make a difference and I could not do it without all your help.

See the next page and/or click on my image below to see photos of the event.



Ontario Photo Card

Click the image to the right to go to the website for more information.

The Ontario Photo Card is a wallet sized card that provides government-issued identification to those Ontarians who do not have a driver's licence, making it easier for them to do things such as open a bank account and any other activities that require official identification.



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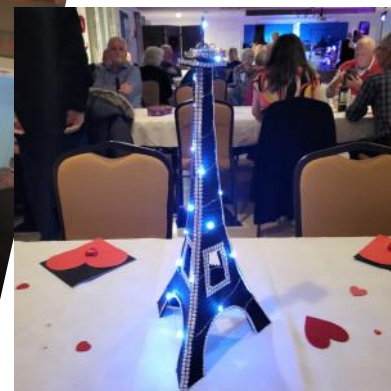


LOL ME TOO BRO

VALENTINE'S PARTY

Thanks to Maureen & Scott McNeill (and their helpers), another fun-filled evening of dancing to the always fabulous music of the *Peter Rea Duo* was enjoyed by many on Valentine's Day at *A Night in Paris* as is evidenced on the photos below, with lots more here: <https://drive.google.com/drive/folders/1TIppSFvY-qMRU0ewZMYbSsFY1LfoLEst>

And the décor... merveilleuse! Thanks to Maureen McNeill, 'Artiste Extraordinaire', and her assistant Mary Patterson. À part ça the charcuterie board at 8:30 was très délicieux!



The McNeill's



WOTL's 2024 LINEUP OF EVENTS (Not Including Many Coffee Mornings & Popup Events)
MARK YOUR CALENDARS!

APRIL 8 • SOLAR ECLIPSE

On the afternoon of Monday, April 8th there will be a major celestial event occurring. Your WOLRA Board would like everyone to participate in experiencing this phenomena in a fun and safe environment. Safety glasses will be provided free of charge. There will be no admission fee. This event will go forward regardless of the weather conditions. Please bring your own choice of refreshments. An educational and entertaining presentation will be provided on the subject of solar eclipses in general and the significance of this event in particular. This will take place at the OLC between the hours of 12:30 and 3:30 pm.



APRIL 27 • WOLRA ACTIVITY SIGNUP & COFFEE MORNING

Saturday, April 27th @9:30am: Our annual signup opportunity for community activities will take place in the main hall. This is your opportunity to find out more about the numerous organized activities planned for June 2024 to June 2025. Some activities have limitations on the number of people who can participate so arrive early and make sure your name is on the list. The leaders of each activity will be on hand to answer your questions. Coffee and refreshments will be available.



MAY 4 • ANNUAL GARAGE SALE - Main Hall

This is probably one of the most important events in our calendar year. Please start setting aside items of good value that you no longer need and wish to pass on to someone else who could use them. Volunteers for this event will be contacted over the coming weeks to be informed of planning meetings.



MAY 23 • VOLUNTEER APPRECIATION DAY

Thursday, 3 - 6pm, Main Hall. More information to come...



MAY 25 • MARDI GRAS/BAYOU BOOGIE

7pm - Music by *Shawn Dore*. More information to come...



MAY 27 • SPEAKERS CORNER "DEMENTIA FRIENDLY COMMUNITIES"

1:30-3pm in the Main Hall. Informative and educational presentation provided by the Alzheimer's Society of Canada

JUNE 3 • SPEAKERS CORNER "MAINTAINING GOOD BRAIN HEALTH"

1:30-3pm in the Main Hall. Informative and educational presentation provided by the Alzheimer's Society of Canada

JUNE 21, 22, 23 • HAPPY HOUR PLAYERS

The *Happy Hour Players* will present **Take Two!** in three performances: June 21, June 22 and June 23 in the RC. **Take Two!** will once again be focused on an evening of comedy and fun in the form of short plays and sketches performed by your friends and neighbours as members of the *Happy Hour Players*. Stay tuned for more detailed information in the coming months.



JULY 6 • SOCK HOP

7pm - Music by *The Shadowz*. More information to come...

AUGUST 24 • SILLY SUMMER GAMES

More information to come...



SEPTEMBER 22 • OKTOBERFEST

2pm - Music by *Good To Go*. More information to come...



WOTL SINGLES SOCIAL CLUB

Not a dating club!

The Singles Social Club offers its members the opportunity to make new friends while participating in a wide variety of activities with other like-minded singles.

The next meeting will be held on **March 19th**. New members are always welcome.

Dale & Joyce WOTLSSC@gmail.com



Roast Turkey

Meal for seniors 60+



Available

Thursday, March 21st

\$20.00/meal

Prepared by Bill & Marni Grieve of
Wheelhouse & Occasions Catering

Homemade soup, roasted turkey with dressing and cranberry sauce, potatoes, vegetables, a roll, and fruit pie for dessert.

Pick up at 12 noon, March 21st at The View Restaurant

Picton Golf Course, 734 County Road 49, Picton

All meals must be paid for in advance and ordered by

Monday, March 18th



To order call

613-476-7493

www.communitycareforseniors.org

Star Gazing for Beginners

with Ramesh Pooran

March 8 & 9, 7-8:30pm



Ameliasburgh

HERITAGE VILLAGE

Admission is Free. For more information contact jhubbs@pecounty.on.ca

Ameliasburgh Heritage Village, 517 County Rd. 19, Ameliasburgh ON.



Contributed by Doug Henderson

CARD ELIMINATION

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

...Gerry Stewart



THE
GOOD NEIGHBOURS
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

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FREE Delivery To
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 Rec Center at 5:45 pm

www.sarahndipityeatsandtreats.com

March Meal Features
 PRE ORDERS ONLY


March 21 - 1/4 Chicken Dinner! Cut off date: March 14
 March 22 - Mexican Night - Enchiladas! Cut off date: March 15
 March 29 - Good Friday Dinner - Ham! Cut off date: March 22

Contact for details! Watch our social media & website!
 Payment at time of order allows fast & easy pick ups & deliveries





“Take your grandmother for example. She’s not much to look at, but she’s darn handy with the cookware.”

all I need to know I learned from the
 leaster bunny...



- DON'T PUT ALL YOUR EGGS IN ONE BASKET.
- EVERYONE NEEDS A FRIEND WHO IS ALL EARS.
- SOME BODY PARTS SHOULD BE FLOPPY.
- ALL WORK AND NO PLAY CAN MAKE YOU A BASKET CASE.
- LET HAPPY THOUGHTS MULTIPLY LIKE RABBITS.
- EVERYONE IS ENTITLED TO A BAD "HARE" DAY.
- KEEP YOUR PAWS OFF OTHER PEOPLES JELLY BEANS.



Breakfast Event



We Serve

Don't miss out on this scrumptious event!
 Pancakes, Scrambled Eggs & Sausage
 9 a.m. to 12 p.m.
 Wellington United Church, 243 Main Street
 By Donation

Hosted by the
 PEC Lions Club




March 9th & April 13th Mark your calendar!



'Trumpeter parents yelling at their kids' Photographer Sheila Ascroft

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

CAREGIVER
Support Group



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IT'S HUGE!!!

WELLINGTON ON THE LAKE
**ANNUAL COMMUNITY
GARAGE SALE**

SATURDAY, MAY 4TH

7:30 AM - NOON



**LOTS OF GREAT
DEALS!**

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Furniture

Linens

Jewelry

Home Décor

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Appliances

Plants

Bric-a-Brac

Craft Supplies

Xmas Décor

Games / Books

Artwork

& So Much More

**EVERYTHING MUST
GO!**

*** PLUS A GIANT BAKE SALE ***



**WELLINGTON ON THE LAKE
PRINCE EDWARD COUNTY
RECREATION CENTRE
14 EMPIRE DRIVE**

(HWY 33 / PRINCE EDWARD DRIVE / EMPIRE)

PORTION OF PROCEEDS GOING TO VARIOUS PEC CHARITIES

GARAGE SALE VOLUNTEERS NEEDED

Our 2024 Garage Sale is scheduled for Saturday, May 4th and we are currently looking for volunteers to assist with a variety of departments and tasks. If you are interested in coordinating or assisting, please reach out to Kevin Flynn at wolraspecialprojects@gmail.com. Stay tuned for information via e-blasts on the upcoming meeting for volunteers in March!



NOTE

After many years of doing so, Maureen McNeill, Sue Telling and I will not be managing the Linens Department this year so that is up for grabs if anyone is interested.

Contact Kevin Flynn at wolraspecialprojects@gmail.com.

...Pam Smith



REMEMBER
OUR
GARAGE
SALE
SATURDAY
MAY 4TH

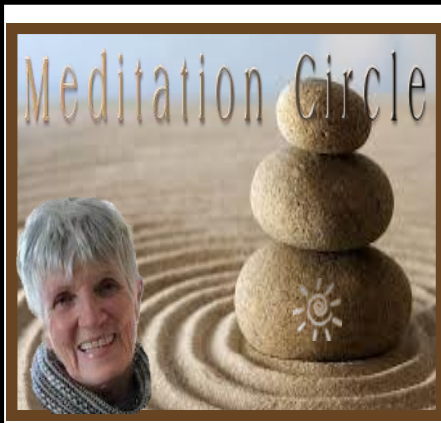


*** PICK-UP & DROP-OFF DATES OF YOUR STUFF, MAY 2ND & 3RD. MORE INFO TO COME VIA E-BLAST ***



"This is an 8 1/2. Do you have it in a size 9?"

**A priest, a rabbit and a minister walk into a bar.
The bartender asks the rabbit "What'll ya have?"
The rabbit says "I dunno. I'm only here because of Autocorrect."**



'Inner peace comes when you relax your body, quiet your mind and open your heart.'

Tuesday, March 19th, 5:00 to 6:00 pm - in the Card Room at the Rec Centre. Our monthly Meditation Circle is a safe space among like-minded community. There will be a guided meditation, silent time, and an opportunity to send our natural healing out beyond our circle to those you care about.

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

ART TOGETHER

Art Together, a free drop-in community art-making program returns to the County Arts Lab (PEC Arts Council).

Participants receive guidance as they explore a variety of visual art forms, and can also bring their own projects to work on, or create with the County Arts Lab's abundance of art supplies. No artistic experience is required, and anyone aged 16+ is welcome to join.

The program takes place at the County Arts Lab on the main floor of the Picton Armoury (unit 2E) and registration is open for sessions taking place until March 27th. Participants are encouraged to sign up for as many sessions as they like at countyarts.ca/art-for-well-being.



Thank you to Roy Goostrey for his exhibition during February. The theme for March's display at the RC (to be hung March 7th) is "Rundown Buildings", or in a couple of cases, "Rundown People". Check it out!

wellington on the lake art group





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With spring coming up, our winter yoga classes are coming to a close. Watch for e-blasts starting mid March for details on spring classes. Again we hope to have all three classes: Advanced, Chair and Yoga with Chair.

Welcome Spring with Yoga: Embrace Mobility & Renewal by Janice Duffy, Our Instructor

As the buds begin to bloom and the days lengthen, the arrival of spring beckons us to shed the heaviness of winter and embrace the vibrant energy of the season. It's a time of renewal, growth, and rejuvenation—a perfect opportunity to reconnect with our bodies and minds through the practice of yoga.

Yoga, with its centuries-old roots in mindfulness and movement, offers a myriad of benefits that align seamlessly with the spirit of spring. As we transition from the hibernation of winter to the activity-filled days of spring, incorporating yoga into our routines can be transformative, helping us feel loose, agile, and ready to embrace the increased outdoor activities that beckon.

One of the most notable benefits of yoga as we welcome spring is its ability to enhance mobility. Throughout the winter months, our bodies often become tight and stiff due to reduced physical activity and the cold weather. This stiffness can hinder our enjoyment of outdoor activities and increase the risk of injury as we transition into more active pursuits.

Yoga, with its emphasis on stretching, flexibility, and gentle movement, provides an ideal solution. Through a regular yoga practice, we can gradually release tension, increase flexibility, and improve joint mobility. Poses such as downward dog, forward folds, and spinal twists target key areas of tightness, helping to unlock stiffness in the body and create a greater sense of freedom in movement.

Moreover, yoga encourages us to tune into our bodies, cultivating a deeper awareness of how we move and where we hold tension. By practicing mindfulness and paying attention to the sensations in each pose, we can identify areas of stiffness and work to release them, allowing for greater ease and fluidity in our movements.

As we transition into the active outdoor pursuits that spring offers—whether it's gardening, hiking, or simply enjoying a leisurely stroll through blooming gardens—having a body that feels loose, supple, and mobile is essential. Yoga not only prepares us physically for these activities but also enhances our overall sense of well-being, leaving us feeling energized, balanced, and ready to embrace all that spring has to offer.

So, as we bid farewell to winter and eagerly anticipate the arrival of spring, let us welcome the season with open hearts and open bodies. Let us embrace the practice of yoga as a tool for renewal, growth, and vitality, allowing it to guide us toward a spring filled with movement, joy, and abundant possibilities.



**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!

7/13/2024	
7/20/2024	
8/10/2024	
3/09/2024	8/24/2024 Silly 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	10/19/2024 ART GROUP
6/08/2024	11/02/2024
6/15/2024	11/16/2024
	11/30/2024
	12/14/2024



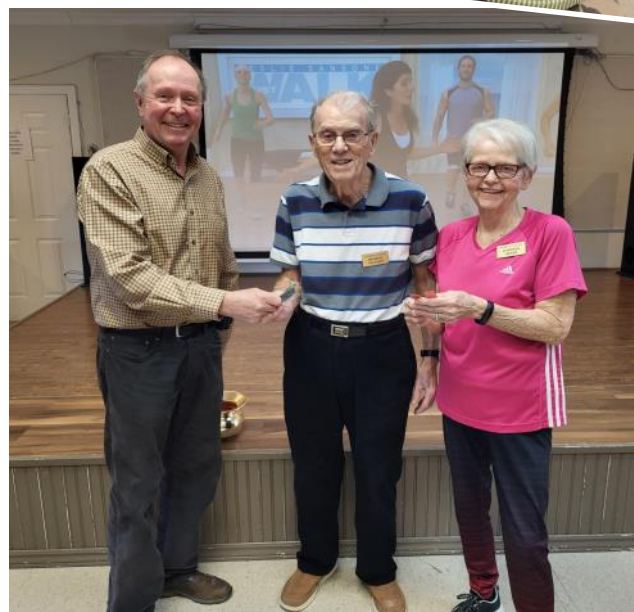
"You know you want to host a coffee morning... Get together with your neighbours, your friends, your activity mates... Lots of openings and easy peasy!"

**FEBRUARY 3RD COFFEE MORNING
HOSTED BY THE WALKING GROUP**

Sharron Hewer Coordinator



WANT TO JOIN?
Check the calendar at the end of this issue for the times for WALKING at the RC.



MAURICE PEACOCK, WINNER OF THE 50/50 DRAW (\$50)
L-R : DOUG HENDERSON, MAURICE PEACOCK, SHARRON HEWER



WOULD YOU (&/OR YOUR NEIGHBOURS, FRIENDS, ACTIVITY GROUP) LIKE TO HOST A SAINT PATRICK'S DAY (MARCH 16TH IN THIS CASE) COFFEE MORNING?

Though it is not on the list (on the previous page) as available, it can be.

Contact Doug Henderson asap, dnhenderson@rogers.com or 416-716-3486) to find out just how easy it is to host a WOTL Coffee Morning.

Think about it... everyone wears something green, green desserts (?), Baileys flavoured coffee creamer, maybe some Irish music in the background.

Costs for everything you need for the event reimbursed by WOLRA.



Explore

Ontario By Bike!



Stop at bicycle friendly places to eat, visit & sleep.



Ontario Government Freezes Beer Basic Tax for Two Years

The Ontario government has declared a freeze on the annual increase of the beer basic tax, which was set to rise by an estimated 4.6% on March 1, 2024. This increase, indexed to inflation, has been deferred by the provincial government for the past six years. The current freeze will last for two years, until March 1, 2026.

VOLUNTEERS NEEDED

Volunteers needed to deliver Meals on Wheels in Athol and Milford

If you have 3 hours/week to spare this might be the right volunteer task for you to take on. Hot meals are picked up in Picton at 11:30am and delivered to seniors on a specified route. If you can help please call Prince Edward Community Care at 613-476-7493 to start the conversation.

www.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.



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



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FREE INCOME TAX PROGRAM

STARTS MARCH 1ST, 2024 - For seniors 60+

If you are a senior 60+ whose single income is \$35,000 or lower, or a couple whose household income is \$45,000 or lower, you may be eligible for help through this program.

Volunteers will complete 2023 income tax returns for seniors who live in Prince Edward County.

STEP 1
Call our office to determine if you're eligible

STEP 2
Drop off your papers at our office

STEP 3
We'll call you when it's ready to be picked up



For information about this free service call 613-476-7493

www.CommunityCareForSeniors.org

sun-gazing.com
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WHAT'S YOUR LEPRECHAUN NAME?

THE FIRST LETTER OF YOUR FIRST NAME:

- | | | | |
|------------|-----------|------------|-----------------|
| A-ADORABLE | H-HELPFUL | O-OUTGOING | V-VIBRANT |
| B-BUBBLY | I-ITCHY | P-PLAYFUL | W-WITTY |
| C-CHEERFUL | J-JOLLY | Q-QUIET | X-X-TRA SPECIAL |
| D-DREAMY | K-KIND | R-RESTLESS | Y-YOUTHFUL |
| E-EAGER | L-LUCKY | S-SILLY | Z-ZANY |
| F-FUSSY | M-MUSICAL | T-TIMID | |
| G-GROUCHY | N-NOISY | U-USEFUL | |

THE MONTH YOU WERE BORN:

- | | |
|---------------|---------------|
| JAN-MCCHEESY | JUL-MCNOODLES |
| FEB-O'GRATIN | AUG-O'WACKY |
| MAR-MCMUFFIN | SEP-MCBLARNEY |
| APR-O'REALLY | OCT-O'DOODLES |
| MAY-MCWIGGLES | NOV-MCWOBLES |
| JUN-O'LUCKY | DEC-O'GOOFY |



So Daffy Duck and Elmer Fudd break into a distillery. Daffy turns to Elmer and says: "Is this Whiskey?" Elmer says: "Yeth but not as whiskey as wobbing a bank!!"

FILING YOUR INCOME TAX RETURNS

The earliest you could have filed your tax returns electronically was February 19th. The last day to file taxes for the 2024 year is Wednesday, April 30th. Unless you have made other arrangements with Revenue Canada, this is also the day any amount owing becomes due. After this time, it will begin to accrue interest.

* MAY YOU BE BLESSED WITH A REFUND *



Spring is less than **23** days away...



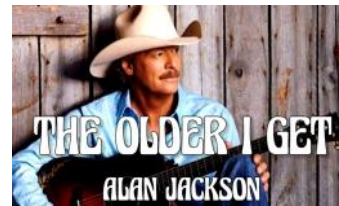
... **Not that I'm counting.**

Copyright www.JimHunt.us

THE OLDER I GET by Alan Jackson

(Contributed by Don Livingstone)

Click on the image below to listen...



"This is why I don't want you doing our taxes anymore."

I want to open a restaurant that fuses Chinese and Middle Eastern cuisine. I'd call it "Wok Like An Egyptian".

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CIVIC RECOGNITION AWARD FOR PETER REA AND THE REASONS

Prince Edward County music group Peter Rea and The Reasons were bestowed a Civic Recognition Award at the Feb. 13 County council meeting.

Nominated by councillor Roy Pennell, the group was recognized for many years of entertainment and support at charitable community events including a fundraiser for the hospital and numerous visits to seniors' homes. "The Reasons never fail to deliver and bring joy to those in our community, even through the COVID-19 pandemic when they played outside to keep spirits high in our long-term care homes," said Mayor Steve Ferguson. Source: <https://www.countylive.ca/charitable-community-support-the-reasons-for-civic-recognition84489-2/>



Honoured at council were Peter Rea, Mike Bond, Steve Wilson, John Sharkey, John De Vries and Rob Manlow (not able to attend the presentation).

MAYTAG

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Saturday March 30th, 12-3pm

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Macaulay

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I AM MY WIFE'S SEXUAL ADVISER.

WHAT DO YOU MEAN?

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CAUTION: ALLIGATORS ARE BEGINNING THEIR MIGRATION NORTHWARD. A FAVOURITE NESTING GROUND IS GEEZER'S GULCH BETWEEN THE MEDICAL CLINIC AND THE LCBO!



Rotary 
Club of Wellington

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



Proceeds are going to the PECM Hospital Foundation.

750 ml bottles can be pre-ordered for the low price of \$20 each. Payment will be at the time of delivery.

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

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

WINTER WATERFOWL WATCH

by Dale Smith

Photos by Dale Smith and Brenda Little

In winter, the Wellington Harbour provides a sheltered spot for a variety of waterfowl including Trumpeter Swans, Mute and Tundra Swans, Canada Geese, and several species of ducks. On Saturday, January 27th, volunteers from the Prince Edward County Field Naturalists Club set up several high-powered scopes on the dock and welcomed a good crowd of interested folks.

When called, the Trumpeter Swan, Nanuuk (K46), paddled in from the bay with her mate along with the other resident pair of Trumpeters and their three cygnets. They were soon joined by several Mute Swans all hoping for a morsel of corn.

Other highlights included an American Coot and two male Ring-necked ducks. Both of these species are rarely sighted in our County as they usually spend the winters further south.



It's Maple Syrup Season!

During March 23th & March 24th, 2024 sugar bushes across The County open their doors for pancake breakfasts with fresh maple syrup, taffy on snow, and more. For general inquiries about Maple in the County, feel free to connect with them on Facebook and Instagram at Maple in the County. Or click <https://www.pecmarchmaplemadness.ca/services-9> for **March Maple Madness** 'Things To Do'.

WE'RE
BACK!

Maple
in
the
County

Prince Edward County, Ontario

VISIT OUR
SUGARBUSHES

Saturday March 25 and Sunday March 26
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Enjoy pancake breakfasts, petting zoos, maple kettle corn,
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2234 Cty Rd 18, Picton
- C VADER'S MAPLE SYRUP
1260 Cty Rd 18, Cherry Valley
- D ROBLIN'S MAPLE SYRUP
499 County Rd.35, Picton
- E LOHA FARMS
153 Lucks X-Rds, Picton

INDICATES
SUGARBUSH

CELEBRATING
20+ YEARS OF
MAPLE IN
THE COUNTY

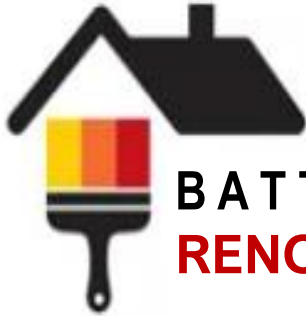
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Visit mapleinthecounty.ca for more information.

Maple in the County Festival
 @mapleinthecounty

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12/10/99

"Good heavens, John! Call someone! ...
 The entire basement looks dry!"





Health & Wellness

CONTINUES NEXT
3 PAGES • NEW ITEMS
ADDED EACH MONTH

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OR in person at reception.
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LOCATION: County Gate Medical Clinic/Pharmacy
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Gail and Christa
<https://rocketdoctor.ca/wellington-pharmacy-pharmachoice/>
 You may also book your COVID-19 Vaccine Appointment here.

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- Lab requisition (X-ray/Ultrasound)
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The biggest complement you can give us is referring our services to your friends & family members.



NEW CLINIC FOR THOSE WITHOUT FAMILY DOCTORS OPEN FEBRUARY 27th IN THE COUNTY

Operating two days a week, the clinic will be available 9:00 a.m. to 3:30 p.m. on Tuesdays in Picton at 35 Bridge St. Suite 1 and 2 and Thursdays in Wellington at the Sandbanks Medical Centre located at 12 Prince Edward Street.

Phone lines are open on Mondays from 1 p.m. to 4 p.m. and Tuesdays from 8:30 a.m. to 4:00 p.m. Residents will be able to call 613-827-8775 to book an appointment or book online by visiting www.pefht.ca.

For more information click here: <https://www.countylive.ca/medical-clinic-for-people-without-doctors-coming-to-picton-and-wellington/>

HEART ATTACK WARNING SIGNS

MEN

- Chest pain/discomfort 
- Rapid or irregular heartbeat 
- Feeling dizzy, faint or light-headed 
- Breaking out in a cold sweat 
- Stomach discomfort or indigestion 
- Shortness of breath 



WOMEN

- Chest pressure 
- Unusual fatigue for several days 
- Anxiety and sleep disturbances 
- Back, neck, arm or jaw pain 
- Nausea, feeling sick to stomach 
- Shortness of breath 

If you have any of these signs, don't wait.
Call 911

Source: Toronto Paramedic Services

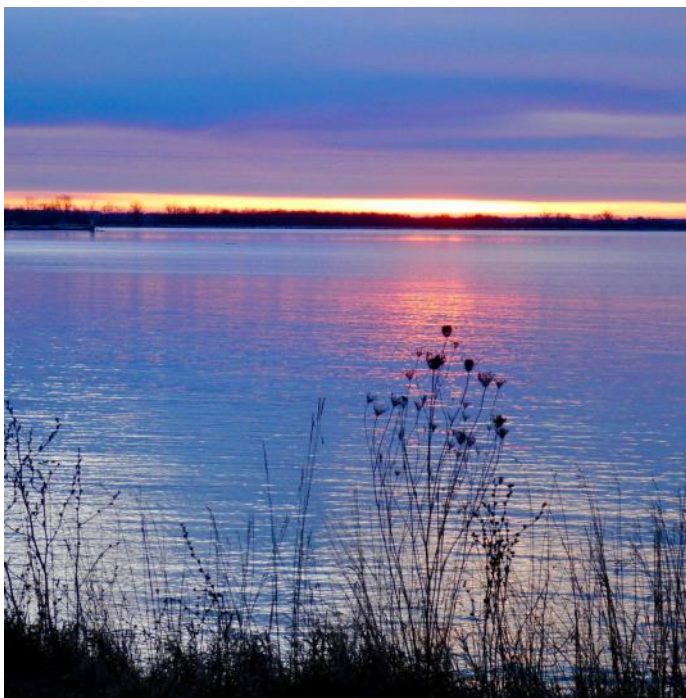
VEIN FINDER HITS THE MARK FOR COUNTY'S HOSPITAL

People with small veins know the pain when a nurse needs to draw blood or insert an intravenous (IV).

Now, difficult intravenous starts are becoming a thing of the past for patients at Prince Edward County Memorial Hospital, thanks to a new vein finder that helps staff locate a patient's veins quickly and non-invasively. A vein finder is a hand-held medical device that uses infrared light to locate a patient's veins beneath the skin. Healthcare providers often use it to help them locate veins for IVs, injections, blood draws, and other treatments. Source: <https://www.countylive.ca/vein-finder-hits-the-mark-for-countys-hospital/>



Lisa Mackay demonstrates the vein finder - Shannon Coill photo



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.

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



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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!



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IS IT TIME FOR *change?* *Hi Neighbours!*

I UNDERSTAND FIRSTHAND THE CHALLENGE OF RELOCATING AT THIS STAGE IN LIFE. STICK WITH THE FAMILIAR? OR EMBRACE THE BOLD MOVE TO WELLINGTON. LEAVING BEHIND THE KNOWN WAS DAUNTING, BUT THE REWARDS HAVE BEEN EXTRAORDINARY!

MOVING IS A PERSONAL JOURNEY, AND I PROVIDE PERSONALIZED SUPPORT TAILORED TO YOUR NEEDS. WITH ALL THE TIME IN THE WORLD, I'M HERE TO ASSIST YOU AT YOUR PACE.

DISCOVER THE DIFFERENCE: REACH OUT TO ME FOR PERSONALIZED GUIDANCE! AND IF YOU KNOW SOMEONE WHO COULD BENEFIT FROM MY SERVICES, I'D TRULY APPRECIATE YOUR REFERRAL. YOUR TRUST MEANS THE WORLD TO ME.

TIME TO GO?

A WELL-PREPARED AND PROFESSIONALLY PRESENTED HOME NOT ONLY CAPTIVATES POTENTIAL BUYERS BUT ALSO ENHANCES ITS OVERALL APPEAL. WITH JUST ONE CALL TO ME, I ORCHESTRATE THE ENTIRE PROCESS, SEAMLESSLY COORDINATING EVERYTHING FROM MINOR REPAIRS TO UPDATES, STAGING, DECLUTTERING, AND A PROFESSIONAL PRESENTATION.

TIME FOR A FRESH START?

IT'S ABOUT MORE THAN JUST THE PHYSICAL SPACE; IT'S ABOUT FINDING A HOME, A COMMUNITY, AND A LOCATION THAT ALIGN WITH WHAT YOU ENVISION FOR YOUR NEXT CHAPTER. LET'S WORK TOGETHER TO CREATE A FUTURE THAT LOOKS AND FEELS JUST RIGHT FOR YOU.

REAL LIFE EXPERIENCE WITH REAL ESTATE EXPERTISE

Susan Robertson Home Preparation & Marketing Checklist

- | | | |
|---------------------------|----------------------------|--------------------------|
| ✓ ORGANIZATION SPECIALIST | ✓ PRESENTATION DESIGN | ✓ RESPONSIVE & ATTENTIVE |
| ✓ PACK & PURGE & STORE | ✓ PRESENTATION CLEAN | ✓ PROFESSIONAL NETWORKS |
| ✓ COORDINATE REPAIRS | ✓ HIGH-QUALITY PHOTOGRAPHY | ✓ SOCIAL MEDIA CHANNELS |
| ✓ TOUCH UP & POLISH | ✓ VIRTUAL TOUR OR VIDEO | ✓ TARGETED MARKETING |

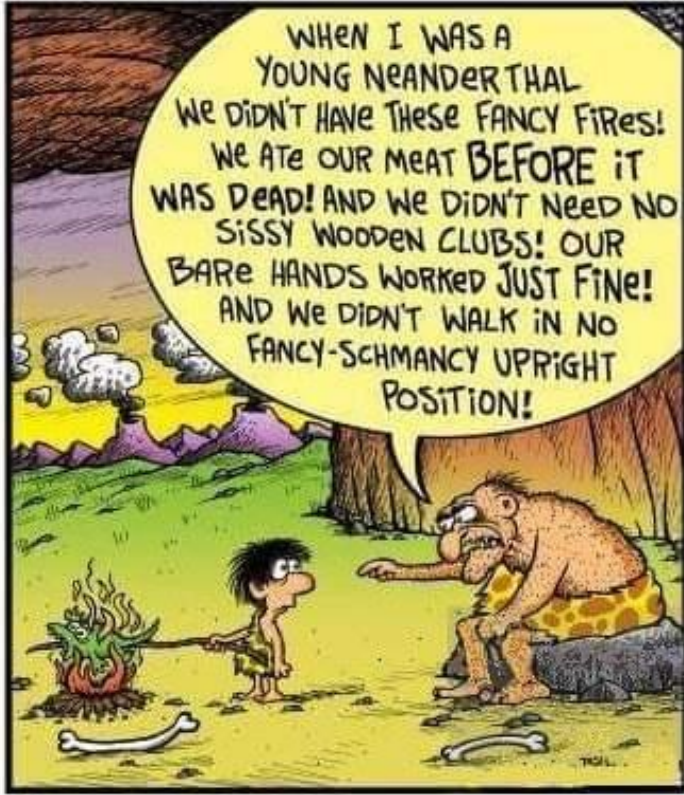
Susan Robertson, Broker, ABR, SRES ~ 613-242-4021
 robertsonsusanj@gmail.com ~ susanrobertson.ca



FLOWERS BY MARVIN'S FAMOUS DOG 'SNICKERS' PASSED AWAY FEBRUARY 18TH AT 10+ YEARS OLD *Source: (mostly) FB*

Many of you know the story of how Snickers went missing on Boxing Day, 2021 (NN covered the heart-warming story of him being found more than 2 weeks later). There was a massive effort to find him but by January 12th, 2022, even his vet agreed that being out in the cold and elements, without his medication (for kidney and Lyme disease) and special dietary needs, Snickers' situation was grim and only a miracle would return him home alive. Three days after that, he was (miraculously) found on Sandy Hook Road! Snickers became famous from that moment on...his story was in the Gazette, on 99.3 County FM, CJBQ, 98.3 Fly FM Kingston, and CTV News Ottawa did a piece on TV about his adventure. Since then, people came into the shop asking, almost daily, "Is this the famous dog who went missing?".





Craft and Vendor Show

**Kente Public School
Sat. April 13th
10-3pm**

264 Cty. Rd. 19,
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admission is a new/gently used children's book for our library, or monetary donation

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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

Identifying helpful services for seniors in your community is as easy as dialing 2-1-1. In the lead-up to 211 Day, learn more about how Ontario 211 connects people to the resources and services that are here to help them. The 2-1-1 helpline is here for you.

Where can I learn more about seniors' services?

Just Dial 2-1-1

MAKE THE CALL.



H.O.P.E. Centre, 46 King Street, Picton
All our meals are free. Donations are appreciated.

NEXT MEALS:
MARCH 4TH & 18TH

Please Join Us For a FREE



COMMUNITY DINNER



2024 DINNER OFFERINGS

15 Mar	Steak BBQ	4pm to 7pm	\$20/person
22 Mar	Ham & Turkey Roll	Start 8pm come early & chat with friends	
19 April	Fish Fry	4pm to 7pm	\$20/person
12 May	Mother's Day Breakfast	8:30Aamto 11am	By donation
16 Jun	Father's Day Breakfast	8:30am to 11am	By donation
4 Oct	Ham & Turkey Roll	Start 8pm come early & chat with friends	
18 Oct	Fish Fry	4pm to 7pm	\$20/person
13 Dec	Turkey Roll	Start 8pm come early & chat with friends	

WELLINGTON ELKS

Brother Lloyd Scammell <http://wellingtonelks.ca/>

WHILST DOING A LONG OVERDUE CLEAROUT AT THE OFFICES OF IRELAND'S OLDEST AND MOST RESPECTED SCHOOL OF DANCE, MRS O'HARA MADE A TERRIBLE DISCOVERY.....



In case you are unable to read the cover of the book Mrs. O'Hara is holding it says: "The Book of Irish Dancing Vol. 2, "How to Incorporate the Arms"

WOTL CITIZENS

For responsible growth

Planning Meeting Re-scheduled.
 The meeting to address the developer's (Sterling Homes) request for increased density at the subdivision abutting our Aletha Drive has been re-scheduled to March 20th. Need more info?
 Email us at wotlcrqc@gmail.com



Royal Canadian Legion Branch #160
264 Main Street
Wellington, Ontario N0K 3L0

PLEASE JOIN US FOR DINNER

The Royal Canadian Legion Branch #160 is pleased to advise there will be a dinner available for pickup or sit down as follows:

Please note the following information:

Date **Saturday March 2, 2024**
 Location **Royal Canadian Legion Branch #160**
 Dinner Takeout **1pm-4pm at the Legion**
 Sit Down Dinner **5 pm at the Legion**

Dinner Cost **\$18 for members**
\$21 for non-members

To order your dinner please call Dave or Brenda at 613 399 1651


Last day to order dinner for takeout or eat in is Thursday February 29th before noon

*Delivery is available in the immediate Wellington area on request.

Dinner Menu
 Soup
 Pork Medallions
 Rice Pilaf & Vegetable
 Dessert




PRINCE EDWARD CURLING CLUB CURL-A-THON RAISES \$57,022 FOR BACK THE BUILD!



Representatives from the Prince Edward County Memorial Hospital Foundation (PECMHF) were swept off their feet when the Prince Edward Curling Club members presented \$57,022 that will Back the Build for a new hospital in Prince Edward County (PEC).

Source: <https://www.standard-freeholder.com/news/local-news/curl-a-thon-for-back-the-build-is-right-on-the-button-2>

"This is such community spirit; you have fun and you help build a new hospital," said Barbara McConnell, PECMHF board director. She noted the Back the Build campaign total raised currently sits at \$21 million, where their goal is to reach \$27 million, with \$6 million yet to raise. Shovels are expected to be in the ground to begin construction of the new hospital this year, in the fall.

"Our projection is we will open the doors of the new hospital in 2027," said McConnell. "It will include an in-patient room (in the name of Prince Edward Curling Club), 24/7 emergency, dialysis, in-patient services, and will have a CT scanner." She reminded that PECMHF is raising 10 per cent of the bricks and mortar for the new hospital build, and 100 per cent of the equipment costs. Visit pecmhf.ca for more about the Prince Edward County Memorial Hospital Foundation and ways to donate to the Back the Build campaign.

Source: <https://www.countylive.ca/second-annual-curl-a-thon-right-on-the-button-for-countys-hospital-build/>

MARCH BIRTHDAYS

Tony McDermott	01	Lenka Cerovsky	15	Terri Pelan	22
George Shaw	01	David Hayward	15	Andrew Trott	22
Bob Wright	01	Donna Wood	15	Angela O'Connor	23
Roy Perkin	05	André Aubé	16	Carol-Anne Lee-	
Elsie Wiersma	05	Bill Baker	16	Desmarais	23
Bob Atkin	06	Paul Busich	16	Sue Vodden	23
Alice Rozak	07	Jim Rayburn	16	Bradley Bested	25
Viju Menon	09	Claire Aubé	18	Roy Goostrey	25
Brad Puklicz	09	Claire Guilbault	18	Katherine Whyte	26
Bob Ness	10	Craig Alexander	19	Pat Denault	27
Fran Pomajba-Lever	10	Josephine Campbell	19	Ingrid Harrington	27
Susan Grant	11	Rick Hill	19	Lynne Lamb	27
Suzanne Murphy	11	Jan King	19	Dianne Baker	29
Luigi Antonucci	13	Adolf Stock	20	Ford Rosborough	29
Hanne Missakian	13	James Carson	21	Lorraine Whitehead	29
Anne Ortner	14	Vince Lebano	21		
Donna Traynor	14	Catherine Reeder	21		

.....
 • 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
 •

MARCH ANNIVERSARIES

Peter and Joanne Kaplan	03 1995
David and Vicki Cooke	05 1960
Dan and Bev McDonald	12 1997
Dan and Dale Gordon	15 2005
Bradley and Sarah Bested	16 1985
Gerry and Bev Stewart	16 1963
Tom and Mary Drysdale	17 1997
Bryan and Donna Traynor	19 1977
Dave and Brenda Silver	21 1975
Ron and Linda Waterson	21 1970
Craig and Donna Morris	23 2019
Bill and Elizabeth Smellie	24 1979
Frank and Linda Sims	30 1968
Ian and Carolyn Clarke	31 1994

CONDOLENCES



*Thankfully our community is intact
and we lost no one this past month.*

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 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	Tuesday YOGA CR/DR Advanced 9-10 Beg/Chair 10:15-11:15 Chair 11:30-12:30 WALKING 8:45 - 9:30 MH SHUFFLEBOARD 9:30am PHYSIO-FIT 10:30-11:15 MH SHUFFLEBOARD 11am RC CLEANING NOON-1PM CARPET BOWL 1-3pm MH HAPPY HOUR PLAYERS 3-5 MH EUCHRE 6:45 CR/DR DARTS 7pm	Wednesday AEROBICS 8 - 9 MH WALKING EXERCISE 9am MH PING PONG 10-Noon MH GAMES GALORE 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	Thursday 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	Friday 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	Saturday 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.

MARCH 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
	26	27	28	29	1	2
3	4	5	6	7	8	9
						
10	11	12	13	14	15	16
						
17	18	19	20	21	22	23
	SINGLES SOCIAL CLUB 2-4	 CAREGIVER SUPPORT MTING 1-3 MEDITATION CIRCLE 5-6PM				
24	25	26	27	28	29	30
						
31	1	2	3	 The Voice of the County	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!