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Small business in today's world is as tough as it ever was. Sure it's not like the days of the depression but, to small business owners, it couldn't be much easier.

Just recently, one of our own local restaurants turned 20 years old. Jimmy's Restaurant in Ingleside reached that milestone in fine fashion.

(Continued on page 2)

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(Continued from page 1)

Jimmy and Vicki seem to be doing very well today but their business, the way it is, wasn't just handed to them.

Think back a bit to some of the road blocks that this type of business has to overcome. Although it appears to be a great move now but the "smoking by-law" made things tough for a couple of years.

Then the infamous "Covid-19" pandemic. What more needs to be said of those three years.

Now! and for some time coming, "Inflation", and the deflated workforce is the new number one enemy.

Jimmy's Restaurant has survived all of these hardships and never once left our community down. With smiles on their faces and growing pains in the rear view mirror, they did all that they could to be here for us, for TWENTY YEARS.

They have maintained the great service with help like Kelly, who has been by their side from the beginning. Many other local employers have worked here over the years, who all made their mark in Ingleside as well.

Congratulations Jimmy and Vicki for an outstanding twenty years of community service. Your efforts and determination are much appreciated by all who share this little town with you.

By David Smith

Friendly Circle Seniors Club

REGULAR MONTHLY MEETING

For Socially Minded Seniors

October 6<sup>th</sup> 10am

South Stormont Hall

Long Sault

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DEADLINE TO POST EVENTS AND NOTICES FOR THE NEXT EDITION IS OCTOBER 12

## LOST VILLAGES HISTORICAL SOCIETY

As I prepare this report from the Lost Villages Historical Society, it is British Home Child Day in Canada. On this day, we recognize and honour the 100,000 orphans and impoverished children who were sent from Great Britain to Canada between 1869 and 1939. Many of these British Home Children worked as domestics and farm labourers in the villages and farms of the Lost Villages.

Two British Home Children who called Moulinette and Mille Roches their second homes respectfully were Mary Scott (Pearson) Brownell and John Swainson. After serving out her indenture in Prescott and Summerstown, Ontario, through Quarrier's, Mary Brownell became the wife of Curtis Brownell, a widower. She contributed to her community through a long and useful life in and around Moulinette. John Swainson arrived in Canada from England at the age of 14 through the Salvation Army. After serving out his indenture on the farms of Oscar Fetterly and Fred Young of Mille Roches, he then joined the Black Watch and served his adopted country in action in Europe during WWII. Having lost his life from injuries received, John Swainson's name is memorialized on the Mille Roches-Moulinette

Cenotaph at the Lost Villages Museum.

The October meeting if the historical society will be held on Monday, October 20, 2025, at 1:00 p.m., in the John Cleary Room at the Long Sault Arena. The guest speaker will be Gerry Duguid, a participant in the Centennial Voyageur Canoe Pageant held to commemorate Canada's Centennial Year in 1967. The canoe race started in the Rocky Mountains and ended on September 4, 1967, in Montreal.

We congratulate our very own executive member of the historical society, John Sliter, on the release of his book, "Matriarchs of the Hoople Creek Loyalist", at a book launch at the Lost Villages Brewery on Friday, September 26, 2025. Books are available through the author or through the on-line web store of the historical society.

The Lost Villages Historical Society is closed for 2025, but we still have some autumn activities taking place at Ault Park. On Thursday, October 2nd, we will host a bus tour through See-Way More of Cornwall. On Friday, October 10th, the students from Longue Sault Public School will have their annual Bike-a-thon to the museum site. On Friday, October 17th, we will welcome a group of seniors from Cardinal Lakeshore Tours of Bowmanville, Ontario.

By Jim Brownell

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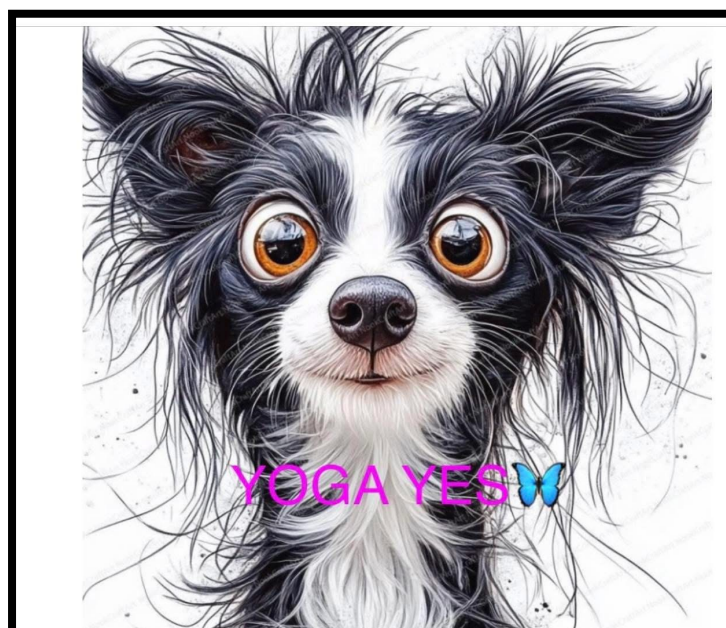
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Can you spot 12 differences between these pictures?



Solution: 1) Line on cat's chest is missing 2) Leg on witch is missing 3) Ham in pot is coloured in 4) Windowsill is coloured in 5) Small bat has moved 6) Label on bottle has moved 7) Spider on dress has moved 8) Pumpkin stem is facing other way 9) Window line is lower 10) Tooth has moved to the right 11) Snake is longer 12) End of hat is longer



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## A JOKE

• A man and his wife are at a restaurant, and the husband keeps staring at a drunken lady swigging her gin at a nearby table. His wife asks, "Do you know her?"

"Yes," sighs the husband. "She's my ex-wife. She took to drinking right after we divorced seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife. "Who would think a person could go on celebrating that long?"

## BRAIN TEASERS

- Q. What is always coming but never arrives?
- Q. What can you hold in your left hand but not in your right?
- Q. Which word in the dictionary is spelled incorrectly?
- Q. What can be seen once in a minute, twice in a moment, and never in a thousands years?
- Q. What can you hold without touching it?
- Q. What band doesn't play music?
- Q. What building has the most stories?

## ANSWERS

- Tomorrow
- Your right elbow
- Incorrectly
- The letter M
- Your breath
- A rubber band
- A library

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## TRIVIA

- Which country started the pumpkin carving trend? a) Austria b) Germany c) Ireland d) Netherlands
- Count Dracula lives in Transylvania, which lies within the borders of which country? a) Romania b) Bulgaria c) Austria d) Germany
- How many colours can you possibly find in a bag of M&M's? a) 5 b) 6 c) 7 d) 8
- What is the most popular candy in North America? a) Mars Bar b) Reese's Peanut Butter Cups c) Twizzlers d) M&M's
- What is the best selling album of all time? a) The Dark Side of the Moon, Pink Floyd b) Hotel California, The Eagles c) Thriller, Michael Jackson d) Elvis Christmas Album, Elvis Presley
- What is the most played Halloween song? a) Monster Mash b) Ghostbusters c) Thriller d) Somebody's Watching Me
- What is the most popular Halloween decoration? a) Ghosts b) Witches c) Skeletons d) Pumpkins
- What animal has the thickest fur or hair? a) Beaver b) Polar Bear c) Otter d) Honey Badger
- What animal hibernates for the longest period of time? a) Bumble Bees b) Snails c) Bears d) Garter Snakes
- What nationality has the longest life expectancy in the world? a) China b) Norway c) Singapore d) Iceland

**Answers on page 4**



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## TRIVIA ANSWERS

1. c) Iceland
2. a) Romania
3. b) 6 (red, orange, yellow, green, blue & brown)
4. b) Reese's Peanut Butter Cups
5. c) Thriller, Michael Jackson
6. a) Monster Mash
7. c) Skeletons
8. c) Otter
9. b) Snails
10. a) Hong Kong, China

**Cornwall Quilters Guild** will hold their next monthly meeting on Monday Oct 20, 2025 at 7:00 p.m. in St. Matthews Lutheran Church hall, 1509 2nd St. W. Cornwall.  
Topic: Trunk show by Thistle Quilts.  
For more info call Barb 613-360-8079

## SOUP LUNCH

St. Andrew's – St. Mark's  
United Church

Johnson Cres., Long Sault

**Tues., Oct. 7th**

**11:30 am -1:30 pm**

Choice of 2 Soups, Rolls,  
Homemade Dessert, Beverage  
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**Everyone Welcome**

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## THRIVE DAILY NOW!

Forgiveness - set yourself FREE !

It is as much a benefit to the forgiver as to the person receiving forgiveness!!

Today's article on forgiveness shows the benefits of not only forgiving others but how it can benefit YOU as well!

Did you know that holding a grudge against someone is said to be like drinking poison and expecting the other person to die!?

Because in reality, holding resentment and not forgiving, actually poisons YOU in many ways!

Essentially, forgiveness is about freeing yourself from the burden of past grievances and allowing yourself to **heal**.

Forgiveness offers numerous benefits for both mental and physical well-being. It can lead to **reduced stress, lower blood pressure, and a stronger immune system**. Mentally, it helps in reducing feelings of depression, anxiety, and anger, promoting a sense of peace and emotional stability. Overall, it allows you to let go of past grievances and move forward with a positive outlook on life.

Scientific studies that support the benefits of forgiveness:

### 1. Harvard Health Study

**Imaging studies indicate that forgiveness activates regions of the**

**brain associated with empathy and perspective-taking while decreasing activity in areas linked to negative emotions and rumination.** Read that again! Let it sink in!

2. **Luskin's Research:** Forgiveness **offers protection against future upsets.** Forgiveness training also leads individuals to become emotionally stronger, experience greater confidence, and be increasingly optimistic.

So with all those benefits, it should be something you would be willing to try? If you feel you cannot do it on your own, you can try different methods to get you to that point, like mind-changing inspirational brain-entrainment programs at [www.thrivedaily.com](http://www.thrivedaily.com)!

Be happy, Forgive!

*Your friend always,  
Cheryl at [www.ThriveDailyNow.com](http://www.ThriveDailyNow.com)*

## Tri-County Country Music Association Music and Dance

Saturday, October 4, 2025

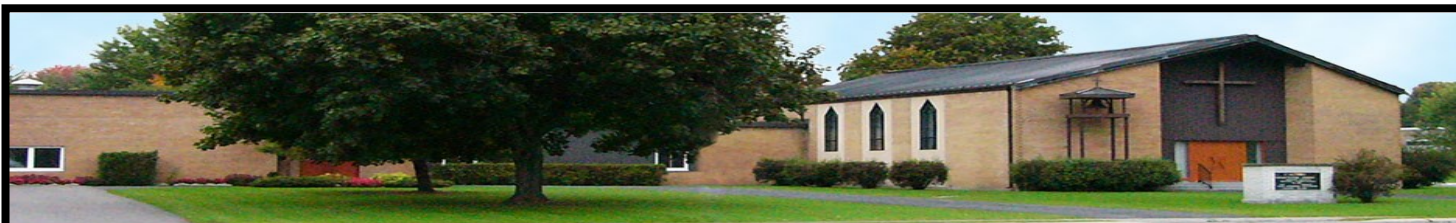
1:00PM to 5:00PM

South Stormont Township Hall

2 Mille Roches Rd

Long Sault, ON

This will be our Hallowe'en dance,  
so dress up and enjoy.



**St. Matthews Community Supper – Memorial Square Ingleside**  
**Next Community Supper – Thursday, October 2nd 5:30 PM**  
\$8 per person or \$15 per family

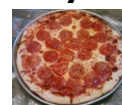
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We look forward to sharing this special evening with you!

The Area Parish of the Saint Lawrence

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## Christmas Market

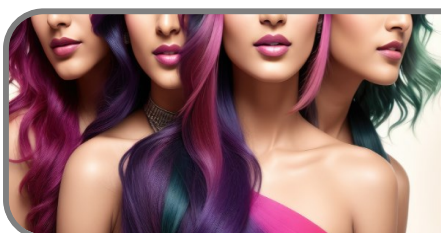
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Choice of  
Chili or  
Tomato Mac  
Soup  
\$10

Includes roll,  
dessert & drink

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25 kg Bags

## Chicken Feed

Check the size of your chicken feed bags.  
Ours are 25 kg not 20 kg.

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CORNWALL'S #1 FISHING & HUNTING STORE

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