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That's right! R/C or radio-controlled cars will be at the Car and Bike Show in Ingleside of Saturday, Sept. 6.

Initially, slot cards were schedule but the more popular R/C cars are taking their place at this fantastic annual event.

From 10:00 AM until 2:00 PM, there will be random racing and heat winners will be offered a spot in the 2:00 PM tournament.

(Continued on page 2)

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2025

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(Continued from page 1)

If you're able to use a remote control, you can race your car around the track.

There will of course be many cars and motorcycles on display worth coming out to see. This show has been getting bigger and bigger each year.

In the green space across from the Ingleside Plaza is where all the action will be taking place. Train rides for kids, face painters, Kevin Rivette providing some great live entertainment and some food vendors.

Bring the whole family. The South Stormont Fun Raisers will be hosting the event and is fast approaching their fundraising goal to help build a band shell for our community.

Come early, stay late. Enjoy the day!

By David Smith



The next 50+ Community Club monthly regular Euchre is on Sat. August 23, 2025, at St. Matthews Church, 15 Memorial Square, Ingleside. 12 noon start. Cash prizes, Door Prize, Snacks and Sandwiches available. Info Betty 613-984-1431.

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The bus trip to Montreal is fully booked. A reminder that departure on August 20th will be from the plaza in Ingleside at 8:30 and Long Sault at 8:45. Please arrive 15 minutes ahead of boarding. We are planning the Christmas Market on 15th November, from 2 to 4 pm, at the Stormont Township Hall. If you are a vendor or know one, you can now register for the event. Tables cost \$15 for members and \$30 for non-members. For more information and to reserve your spot, please get in touch with Gloria at 613-330-5047 or gwaldroff@icloud.com. Our exercise classes continue on Thursdays at 10 am at the Township Hall. It is followed by walking, and it's free for members. Why not become a member and gain access to all our activities? Membership costs \$20 per year.

*Ginette Guy Mayer
Vice-president*

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LOST VILLAGES HISTORICAL SOCIETY

"Doors Open", a program initiated by the Lost Villages Museum on Saturday, August 16th and Sunday, August 17th. The museum, along with other museums and heritage structures in Stormont, Dundas, and Glengarry, will throw open their doors and welcome patrons and guests. Although the Lost Villages Museum does not charge an entrance fee, the fees to all sites are waived for the weekend. For more details on the various "Doors Open" sites in Cornwall and Stormont, Dundas and Glengarry, please Google "Doors Open SDG 2025".

August 7, 2025, was a great day in the recovery from the devastating floods that took place at the Forbes Memorial Reading Room and Stuart House. As reported, the historical society rented a work trailer so that recovery work could be done in climate controlled comfort. The trailer served us well, but it certainly was a great day when the trailer left its site on Fran Laflamme Drive. A group of five municipal employees arrived at the site on the morning of August 7th, and made quick work of moving the countless boxes and artifacts to their respective locations. The historical society thanks this great team from the Township of South Stormont along with their supervisor,

Jason Lavallee, Parks and Facilities Manager.

The Bus Tours "Through the Lands of the Lost Villages" set for Sunday, August 24th and September 14th are now SOLD OUT events. These two tours will be my final Sunday bus tours, as I am finding it increasingly difficult to find the energy to do them. It has certainly been quite the ride, over the years, but the time has come for someone else to take over the reins. While I am giving up the Sunday tours, I do plan to host the "Step-On" tours that make pre-planned appointments for them. The tours are operated by outside agencies that bring visitors and tourists to the Township of South Stormont.

On Tuesday, August 12th, Sebastian Warner, Race Director, the St. Lawrence Marathon Volunteer Committee, arrived at the museum site and presented a cheque to the historical society. This was the marathon's way in saying "Thank You" for hosting a refreshment stop at the museum site on Saturday, April 26, 2025. We thank Bob and Ada Sloan and their great team for organizing things for the Lost Villages Historical Society.

By Jim Brownell

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Can you spot 12 differences between these pictures?



Solution: 1. Girl's shorts are different. 2. Sign on building in background is missing. 3. Section of soccer ball is colored in. 4. Top of clipboard is colored in. 5. Heel on shoe is colored in. 6. Pylon has moved. 7. Tuft of grass behind coach has moved. 8. Crest on jersey has moved. 9. Drinking straw is longer. 10. "8" has changed to "3". 11. Stripe on shoe is different. 12. Cloud is upside down.

The reason Mayberry was so peaceful was because nobody was married.

Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and Opie were all single. The only married person was Otis, and he stayed drunk.

LIFE IS LIKE THAT

• An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

As the 20 year old sets up his tee shot to hit onto the fairway, the old man notes, "When I was your age, we use to hit over the trees — not around to the side."

So the 20 year old readjusts and tries

to hit over the trees — but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says, "Of course, when I was your age, the trees were only 6 foot tall."

• My grandfather says to me, he goes, "When I was a boy, you could walk into a grocery store with two dollars in your pocket and walk out with a loaf of bread, a dozen eggs, even a little butter!"

He says, "But now, these days, too many damn cameras."

• I asked me barber if he could cut my hair too short on one side, leave a bald patch on top and make it look ragged in the back.

He said, "No, I can't do that."

"Why not?" I asked, "You did it last time!"

• A man is in the emergency room after a horrific accident. A surgeon is examining his hand. He had already lost three of his fingers and the rest of his hand was in a bad way. "Doc! I'm a taxi driver. Will I still be able to drive with this hand?"

"Maybe! But I wouldn't count on it."

• Bono and Edge walk into a bar. The bartender says, "Not U2 again."

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TRIVIA

- Which unexpected product skyrocketed to "must have" items to become the highest grossing invention to date? a) Chia Pet b) Beany Babies c) The Pet Rock d) Crocs
- What is the most popular tire brand in the world? a) Michelin b) Good Year c) Goodrich d) Yokohama
- Which country has the highest average IQ? a) South Korea b) Norway c) China d) Armenia
- Which country is considered to be the least hygienic in the world? a) Pakistan b) Iraq c) Chat d) Uganda
- According to "Hanna Fielding", what country has the most romantic people? a) Italy b) France c) Spain d) Greece
- Which animal can withstand the most cold? a) Polar Bear b) Musk Oxen c) Artic Hare d) Penguin
- What is the most common "Noun" used in English? a) Day b) Man c) Thing d) Time
- Which modern day restaurant was first to use the "drive-thru window"? a) A&W b) Big Boy c) Wendy's d) In-N-Out Burger
- In what year did McDonald's introduce Ronald McDonald? a) 1961 b) 1963 c) 1965 d) 1966
- Where is the busiest McDonald's on the planet? a) New York City b) Detroit, Michigan c) Munich, Germany d) Beijing, China

Answers on page 4

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TRIVIA ANSWERS

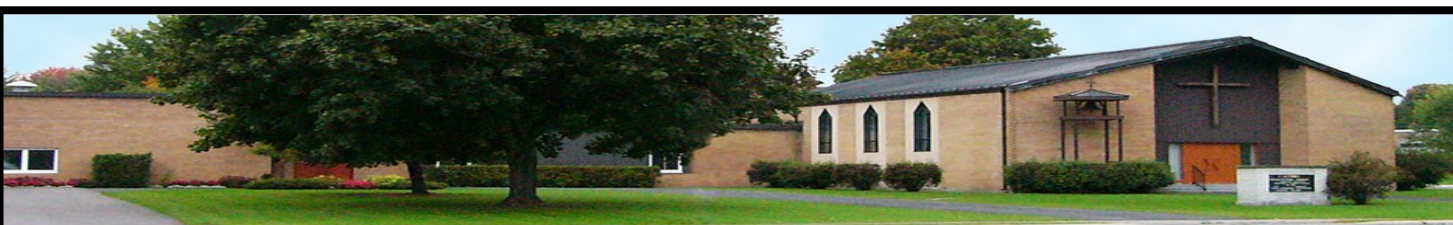
1. b) Beany Babies
2. a) Michelin
3. c) China (107.19)
4. c) Chad (69% of the population practiced open defecation)
5. a) Italy
6. a) Polar Bear
7. d) Time
8. c) Wendy's
9. b) 1963
10. c) Munich, Germany

QUOTES FOR SENIORS

"You can live to be a hundred if you give up all things that make you want to live to be a hundred." ~ *Woody Allen*

"Old age isn't so bad if you consider the alternative." ~ *Maurice Chevalier*

OPENING DAY SAT. AUG. 16



St. Matthews Community Supper — Memorial Square Ingleside
Next Community Supper — Thursday, September 4th 5:30 PM
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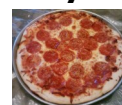
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THRIVE DAILY NOW! The Benefits of Positive Thinking

Many studies have looked at the role of optimism and positive thinking in mental and physical health. It's not always clear which comes first: the mindset or these benefits. But there is no downside to staying upbeat.

Some physical benefits may include:

- Longer life span
 - Lower chance of having a heart attack
 - Better physical health
 - Greater resistance to illness such as the common cold
 - Lower blood pressure
 - Better stress management
 - Better pain tolerance
- The mental benefits may include:
- More creativity
 - Greater problem-solving skill
 - Clearer thinking
 - Better mood
 - Better coping skills
 - Less depression

And in a study of people over the age of 50, those who had more positive thoughts about aging lived longer. They also had less stress-related inflammation, which shows one possible link between their thoughts and health.

People with a positive outlook may be more likely to live a healthy lifestyle since they have a more hopeful view of the future. But researchers took that into account, and the results still held.

What Pessimists Should Know

That all sounds great, right? But what if you're naturally more pessimistic, meaning that you tend to expect the worst? No worries. It may help to see this positive thinking as a skill you can learn and benefit from, rather than a personality trait you either have or you don't.

There's research on this, too. In one experiment, adults who meditated daily on positive thoughts started feeling more upbeat emotions each day.

Other studies have shown that positive thinking helps people manage illness and eases depression, regardless of whether they are naturally optimistic or pessimistic!

Although none of this is medical advice, it certainly is "food for thought"!

And if you need help with changing your thought patterns, you can always try subliminal brainwave entrainment with the products shown at www.thrivedaiynow.com.

Here's to positive thinking to change your life!

Your friend, Cheryl

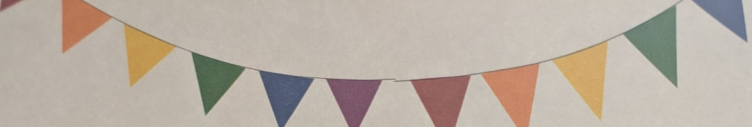




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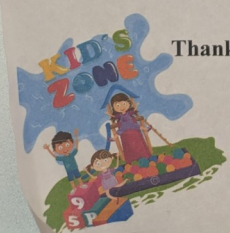
Wednesday, August 20th
10:00-3:00

Music, games, food, lots of fun for everyone!

We have a lot of fun activities planned for this day. We will be doing a bake sale to raise money for resident council. We're are looking for volunteers to help with various tasks at the fair as well as baked goods for this event.

If you can volunteer your time, please write your name down on the paper. If you are able to donate baked goods could you please write it on the sheet provided.

Thank you! We look forward to this fun event.





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For more info about becoming a member of our Lions club you can email, message or call:

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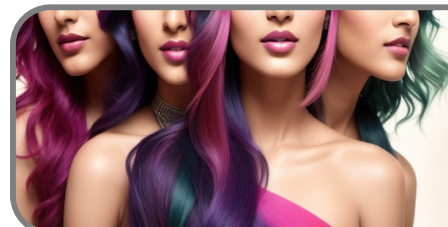


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