

NEWSLETTER

ISSUE #2 - DECEMBER 2024

HOLIDAY OFFICE HOURS

FOR THE TOWNSHIP OF EDWARDSBURGH CARDINAL



As the holiday season approaches, the Township of Edwardsburgh Cardinal (TWPEC) would like to inform residents of changes to office hours and garbage collection schedules.

Office Hours: The Township office will close on Tuesday, December 24 at noon and will reopen on Thursday, January 2 at 8:30 a.m.

Garbage Collection: There will be interruptions to the regular garbage collection schedule during the holiday period. Please note:

- December 25: No garbage collection. Wednesday and Thursday routes will be collected on December 26.
- January 1: No garbage collection. Wednesday and Thursday routes will be collected on January 2.

The Township thanks residents for their cooperation.

TWPEC Contact:

Township of Edwardsburgh Cardinal
18 Centre St. PO Box 129
Spencerville, ON K0E 1X0
Tel: 613-658-3055
Toll Free: 1-866-848-9099
www.twpec.ca



Newsletter made By: Grant, Isla and Avery. Students from SGDHS South Grenville District High School.

SHARE THE ROAD



Winter Road Safety Tips from TWPEC Public Works

As winter approaches, here are six tips to help you stay safe on icy and snowy roads:

1. **Adjust Your Speed:** Drive slower to match road conditions. Ice and snow increase stopping distances, so give yourself more time to react.
2. **Increase Following Distance:** Keep a safe distance between your vehicle and others to allow for longer stopping distances on slippery surfaces.
3. **Clear Snow & Ice Before Driving:** Ensure all windows, mirrors, and your windshield are free of snow and ice for maximum visibility.
4. **Avoid Sudden Movements:** Make gradual changes in speed and direction to maintain control on icy roads.
5. **Check Your Tires:** Verify that tires are properly inflated and have sufficient tread to handle winter conditions.
6. **Keep Headlights On:** Headlights improve your visibility and help others see your vehicle.

By following these tips, you'll contribute to a safer winter driving experience for everyone. Stay alert, and drive safely this winter season!



slow down share the road



SKATING & DECORATING

HOLIDAY SKATING

Skate with Santa and Enjoy Holiday Skating!
This holiday season, bring the family out to Skate with Santa and enjoy festive public skating sessions! Along with the chance to skate alongside Santa, we'll also be hosting additional holiday skating times at the Ingression Centre and Spencerville Arena.

Skate with Santa: Santa will be visiting for two special skating sessions:

- Friday, December 13 at the Ingression Centre, from 6 p.m. to 7:30 p.m.
- Sunday, December 15 at the Spencerville Arena, from 2 p.m. to 3:30 p.m.

Donations to the South Grenville Food Bank will be graciously accepted at both Skate with Santa events. Join us for a jolly time on the ice and help support our local food bank!

Holiday Skating Schedule:

Ingression Centre:

- Friday, December 20: 6 p.m. to 7:30 p.m.
- Tuesday, December 24: 2 p.m. to 3:30 p.m.
- Friday, December 27: 6 p.m. to 7:30 p.m.
- Tuesday, December 31: 2 p.m. to 3:30 p.m.
- Friday, January 3: 6 p.m. to 7:30 p.m.

Spencerville Arena:

- Sunday, December 22: 2 p.m. to 3:30 p.m.
- Sunday, December 29: 2 p.m. to 3:30 p.m.
- Thursday, January 2: 2 p.m. to 3:30 p.m.
- Sunday, January 5: 2 p.m. to 3:30 p.m.

Come celebrate the season on the ice! Enjoy these fun family skating sessions throughout the holidays.



HOLIDAY COOKIE DECORATING

Join us for a sweet and festive afternoon of cookie decorating fun! Bring your creativity and holiday spirit to our Holiday Cookie Decorating event, where kids of all ages can get into the seasonal spirit with delicious treats!

Date: Sunday, December 8

Time: 12 p.m. to 3 p.m.

Location: South Edwardsburgh Community Centre

Registration is required to secure your spot.

Registration can be completed online at www.twpec.ca/cookie

Holiday Cookie Decorating

Children of all ages welcome!

Sunday, December 8
from 12 p.m. to 3 p.m.

South Edwardsburgh Community Centre

Registration is required!

VACCINE SERVICES & MENTAL HEALTH

VACCINE SERVICES AT LOCAL PHARMACIES

Our local pharmacies are providing free (Ontario funded) COVID-19 vaccines and annual flu shots to all eligible individuals. You do not have to be a current client of the pharmacy to receive these services. Residents are encouraged to call the pharmacy to confirm appointment or clinic dates and times. Nasal flu vaccine (FluMist) which can be given to anyone aged 2-59 who has needle phobia; it is not covered by the government (approximately \$45 per dose). For more information including recommendations for specific populations groups visit www.ontario.ca/vaccines

What you should do when going to the pharmacy for vaccine:

1. Bring your Health Card
2. Provide a list of medications and allergies
3. Wear short sleeves
4. Bring eyeglasses, if needed, to complete consent form
5. Plan to stay at the pharmacy for a few minutes after vaccine is given to ensure no side effects.



LET'S GET VACCINATED



IT'S FREE!



Pharmasave Spencerville
29 Bennett Street, Spencerville
613-648-1148



Rexall
2100 Dundas Street, Cardinal
613-657-3326



Cardinal Drug Mart
331 Walter Street, Cardinal
613-696-6944

MENTAL HEALTH

Five Ways to Protect Your Mental Health During the Holidays

Resource: Canadian Mental Health Association

While the holiday season is joyous for some, it can heighten stress, anxiety, and feelings of isolation for others. In fact, over half of Canadians experience these emotions during this time. Here are five ways to help you protect your mental health from holiday stress:

1. **Avoid Unrealistic Expectations** Don't feel pressured to create a "perfect holiday." Reflect on what you genuinely enjoy, set boundaries, and celebrate in ways that are meaningful to you.
2. **Practice Moderation** The holidays often bring overindulgence. Set a budget, and be mindful of spending, eating, and drinking habits. Focus on giving meaningful gifts, like donations to charities or experiences, instead of material items.
3. **Reduce Hosting Pressure** Hosting can be overwhelming. Delegate responsibilities, set boundaries with guests, or consider taking a break from hosting altogether.
4. **Balance Social Interactions** Frequent gatherings can be stressful. Take breaks, allow yourself to leave if you feel overwhelmed, and remember it's okay to decline invitations if you need personal time.
5. **Address Feelings of Loneliness** The holidays can amplify loneliness. Consider volunteering, connecting with others, or treating yourself to enjoyable activities. Remember, help is available if feelings of sadness or anxiety become overwhelming.

To read the full article, visit <https://cmha.ca/news/five-ways-to-protect-your-mental-health-this-holiday/> For support, contact local mental health resources such as Lanark, Leeds and Grenville Addictions and Mental Health at <https://llgamh.ca/> or call their 24/7 Crisis Line toll free at 1-866-281-2911 if you need immediate assistance.





MERRY CHRISTMAS

12 Days of Holiday Safety

December 12: Deck the halls with outdoor-rated LED lights and nail-free clips! Be sure to discard damaged strings.

December 15: Give the gift of time with working smoke alarms on every floor –tested monthly.

December 18: Holiday baking fun: Watch your little bakers and never leave the oven unattended. Safety first, cookies second.

December 22: Keep holiday cheer, not fear! Smoke outside with sturdy ashtrays, and make sure smoke alarms are ready to protect.

December 13: Keep your Christmas tree merry and bright—water it daily and keep it away from heat.

December 16: CO is The Silent Grinch! Install CO alarms to keep it away, and enjoy a safe, cozy holiday with smoke and CO alarms.

December 19: Be ready for Santa and safety! Plan two exits for every room

December 20: Holiday feasts need attention —stay in the kitchen while cooking.

December 23: Keep holiday gadgets safe! Avoid overcharging gifts with lithium-ion batteries and only use proper chargers.

December 14: Spark joy, not flames! Use battery-powered candles, and keep pets and little ones safe.

December 17: Tangle-free holidays! Use extension cords temporarily, don't overload, and keep cords uncovered.

December 21: Stay warm and safe! Keep heaters and fireplaces 1 metre from anything that could catch fire. Smoke and CO alarms make it cozier!



The Leeds Grenville Fire Prevention Committee wishes you a fire safe Holiday season!



Wishing all our residents

Merry
Christmas

from Council & Staff