
B21 Gazette – The place we all belong

Working in Community - Hunter

I love movies very much. I Love talking about movies and music from movies. I Love talking about the Oscars. So, when I found out that I was hired at Cineplex I was very happy. My worker from community living arranged my work.



When I go to work, I wear my amazing Cineplex hat and name tag with my name and favourite movie on it.

I have a lot of responsibilities. We have to change the posters and check the theatres and candy room as well. I do lot of walking when I am at work, it is hard because of Covid 19, my routine at work changes weekly which is sometimes hard.

It feels great to have a job and I have fun as well.

When I am working it is important to remember to be nice, happy, calm, and to be a good person as well.

My bosses Derek and Matt are really nice to me, and they show me what do when I am working.

I ask them some questions about what I need to do.

Local History – Jean The Brown House

My name is Jean, I was born June 5, 1980. I lived near the Brown House Corner for many years. The Brown House is a very interesting place with a lot of history. It is a landmark for a lot of people when giving directions. It is on the corner of Highway 34 and County Rd. 18, in South Glengarry. A long time ago before I was born, the Brown house in 1890 was a hotel and rooming house. It had a stable for horses and the stagecoach would stop to let people off and make deliveries. It was always painted Brown. Later, about 1937 it became a general store and gas station. It has changed owners many times over the years. As I grew up, I would go to the store to buy a coke and get movies. It was a great place.



It stayed Brown until 2015 when it was sold and painted yellow. It is now closed, but hopefully it will open again some day. Photos are of the Brown House over the years.



Another Lockdown – Todd

It was only to be a two-week province wide shut down. The two-week state of emergency declared by the Ontario Government to stop dead in its tracks the spread of Covid 19. Two weeks turned into 4, 4 turned into 52 and as I write this letter, 52 turned into 109. For 109 weeks, because I live in long term care, I have been told off and on I can not see family, I cannot leave the building and visit friends, or I can not go to Beyond 21. There are weeks in the warmer months where restrictions are loosened, only to have the colder weather arrive along with tighter restrictions. Staff, Support Workers, family and friends have been a great support system. Even when they are struggling with the pandemic, they put their emotions aside and cheer me up. Since March 2020 I've realized how much the world has changed. I am a social butterfly. I eat, breath and sleep social interactions. Friends and family are the food for my soul that keeps me going. Luckily, I learned how to use an iPad, FaceTime, Zoom and Proloquo2Go. I'm so lucky I have these methods to communicate and see family and friends. I don't even want to think what it would have been like not to have it. I miss mass gatherings. I love wrestling. I miss being in a large crowd enthusiastically cheering on the wrestlers. A room full of people and no one wearing a mask. It's hard to think of a world without masks! Spring is upon us, and I look forward to the freedom it will bring.

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Induction to the Glengarry Celtic Music Hall of Fame

By Gerry

The Glengarry Celtic Hall of Fame, famous for its celebration of local Celtic Music in Glengarry, recently inducted Robert Kitts, a piper of The Glengarry Pipe Band. Robert Kitts is my Dad.

Robert, also known as Bob was born in Maxville, Ontario



My Dad has played an active role in the Celtic community of S.D & G for over 60 years. Beginning at the age of 15, Dad grew a fondness for playing the bagpipes. As a Celtic dancer, he enjoyed the music and began practicing the instrument. Later in the 1960s, he joined The Glengarry Pipe Band competing in competitions and traveling to perform at local charitable events across Canada and the United States.

Later in the 1980s, despite his passion for bagpipes, Kitts opened the Kodak Printing Shop on Pitt Street in Cornwall, Ontario. During this time, Kitts continued to play for the Glengarry Pipe Band including performances at local establishments such as the Royal Canadian Legion and various events such as Remembrance Day and the Santa Claus Parade.



Music produced by the Glengarry Pipe Band during this time, specifically between 1972 to 1988 was presented on an album titled “Gracing the Stage, Glengarry”, which includes music by Robert Kitts with The Glengarry Pipe Band, live recording from the National Art Centre. All artists showcased on this album have been inducted into The Glengarry Celtic Music Hall of Fame.

The Netherlands – Matt

My Grandfather was born in Holland, which is why I’ve chosen this topic for my article. After the Second World War his family emigrated to Canada. I think my grandpa was 10 when they emigrated.



I’d like to tell you about Holland, also known as the Netherlands. The Netherlands is a small country located between Belgium and Germany. The Netherlands has a population of 17.44 million people. The main Language is Dutch, although most people speak English. The Dutch also have their own sign language called Nederandse. In the North of Holland, they speak Frisian. Netherlands has two capital cities. Amsterdam is officially the Capital city, but since the Dutch Government has been in the Hague for hundreds of years, so The Hague also serves at the functional Capital

Since 1914, The Netherland has a Constitutional Monarchy. During the Second World war, the Dutch Monarchy took refuge in Ottawa. The Queen gave birth to Princess Margriet at the Ottawa Civic Hospital in 1943. After the war, the citizens of Holland began sending tulip bulbs to Ottawa as a thank you. The gift of these tulips is what has created the Tulip Festival in Ottawa. Tulip Bulbs continue to arrive yearly. Since 2013 Willem-Alexander has been the reigning Monarch.



I have chosen three Dutch Cities to talk about, they are Delft, Gouda, The Hague. Delft is located in the Province of South Holland between the cities of The Hague and Rotterdam.

Delft is famous for Delftware pottery that was produced, it was white and blue.



Gouda is located in the West Netherlands between Rotterdam and Utrecht, it has a population 74,134. It is known for its Gouda cheese, Stroopwafels, smoking pipes and 15th century city halls.

The Hague is the third largest city with a population of over 500 000.

The Hague is situated on the coastal plain with city centre just inland from the North Sea. The Hague (Den Haag) name began in the early 13th century, when Count Floris

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IV purchased land on the western coast of Holland and then built a luxurious hunting lodge on the banks of a nearby lake called de Hofvijve.

The Hague is the third largest city in the Netherlands after Amsterdam and Rotterdam.

Five Facts About the Hague

(1) The Prime Minister teaches at a local school

Talk about cool! I doubt this would happen in many other countries, but in the Netherlands, with the majority being so down-to-earth, having your prime minister teach you is totally possible. Mark Rutte, the Prime Minister, is a guest teacher at Johan de Witt Scholengroep (School Group) in The Hague. He teaches pupils Dutch and citizenship and has been doing so since September 2008.

(2) The symbol for The Hague is a stork

If you take a look at the coat of arms from The Hague, you'll find a stork on a shield, stood on one leg, eating an eel. The shield is held by two golden lions. That's all well and good, but why a stork?

Well, back in the 14th century, the Binnenhof was a complex of farms, and storks happened to build their nests there and these were then maintained. People thought that storks brought luck.



Storks were not only thought to be lucky, but they were also actually useful too, as they cleaned up the mess at the fish market square. It was in 1541 that storks were first seen on The Hague coat of arms. In 2006, there was talk of removing the stork from the city logo, but after large protests, the municipality decided against it.

(3) The Hague is home to the longest lane

Yes, that's right, the longest lane in the Netherlands can be found in The Hague. So, if you're thinking about how long that street you're walking on seems, just remember, there is one that is so much longer.

The Laan van Meerdervoort, is a great 5.8 kilometres long. But don't get the lane confused and start thinking it is the longest street, because it most definitely isn't. The longest street belongs to Oudebildtdijk in Friesland at around 12.1 kilometres.

(4) The first tennis courts in the Netherlands were in The Hague

It's hard to think of people playing tennis in the 1500s, but that they did, and where else than in The Hague, at the Binnenhof to be precise. The only thing that is left of these courts is a commemorative stone with the inscription "*Op deze plek bevond zich tussen circa 1500 en 1650 's lands eerste tennisbaan 'de Caetsbaan' van de Prinsen van Oranje*".

The inscription roughly translates as "At this spot between around 1500 and 1650 there was the country's first tennis court "de Caetsbaan" of the Princes of Orange". Of course, tennis back then is not the same tennis we know today. Back then, the predecessor of tennis was played in Western Europe between 1500 and 1800. Today's tennis came into existence in 1874.

(5) It has a flame that never dies

How it stays alight I do not know, but it does. The Hague has a flame in the Peace Palace, the Eternal Peace Flame as it is called, which never dies. This flame burns beside the entrance to the Palace and was placed there in 2002. The monument housing the flame has a particularly moving inscription: "May all beings find peace". In 2004, the flame was surrounded by the World Peace Path, which consists of 196 stones, big and small, from 196 countries. Some stones are particularly special, such as a piece of the Berlin Wall and a stone from the island where Nelson Mandela was imprisoned.

Pannenkoeken; is a style of pancake with origins in the Netherlands. Pannenkoeken are usually larger (up to a foot in diameter) and much thinner than their American or Scottish pancake counterparts, but not as thin as crêpes. They may incorporate slices of bacon, apples, cheese, or raisins. Plain ones are often eaten with treacle (syrup

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made of sugar beets), *appelstroop* (an unsliced Dutch variety of apple butter) or (powdered) sugar and are sometimes rolled up to be eaten by hand or with cutlery.

DIRECTIONS

- Preheat oven to 400 degrees.
 - Heat butter in pans.
 - I like smaller cake pans myself.
 - My mother prefers pie pans.
 - Beat eggs.
 - Add other ingredients.
 - Beat.
 - Pour into pans.
 - Bake 20 minutes.
 - Will puff up and fall when removed.
 - Loosen and serve right away.
- **TOPPING IDEAS**
 - **fruit (strawberries, peaches, etc.)**
 - **sour cream**
 - **brown sugar**
 - **syrup**
 - **whipped cream**
 - **chocolate syrup**
 - **sausage gravy**



Queen Elizabeth II celebrate 70th year as Monarch

The Queen's Platinum Jubilee – Shelby and Friends

On the 6th of February the Queen will become the first British monarch to celebrate a Platinum Jubilee, marking a 70-year reign. A series of celebrations will take place throughout the year.

The celebration started on January 10th and will continue throughout 2022.

Queen Elizabeth II became second in line to the throne (after her father) when her Uncle King Edward VIII gave up the throne so he could marry the twice divorced Wallis Simpson.

Elizabeth's accession drew great criticism as the people did not believe a woman could run the monarchy properly. Yet, Elizabeth proved these individuals wrong by handling her royal duties in a responsible and professional manner.

Although events will happen all year, it will round off with a four-day UK bank holiday weekend from June 2-5.

The first event begins with a competition to invent a new pudding (dessert) to celebrate the Queen's reign.

And during the Platinum Jubilee Pageant, a River Of Hope - made up of 200 silk flags decorated with images of hope drawn by children - will make its way along the Mall in central London.

As part of the Queen's Green Canopy initiative, some 60,000 trees have already been planted to mark the year, as people have been encouraged to "**plant a tree for the Jubilee**".



For more information on the Jubilee including schedule of events

[The Platinum Jubilee of Her Majesty Queen Elizabeth II - Canada.ca](https://www.royal.gov.uk/Platinum-Jubilee-2022)

Travelling during Covid - Alyson

Mom, Dad, and I drove to Windermere, Florida (with COVID masks and hand sanitizers) to visit with my sister Tasha and her family. While in Florida we spent a full day at Animal Kingdom Theme Park. This park is beautiful with lots of entertainment. On our Safari Kilimanjaro Jeep ride, we saw many animals such as giraffes, elephants, lions, etc. Mom, Dad, Tasha and Andrew enjoyed Avatar's Flight of Passage, but I was too frightened to participate even

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though it was a simulation ... no Banshee back ride for me. I did go on Na'vi River Journey which was a slow-moving boat ride showing of the beauty of the Pandora Forest. I also enjoyed the Festival of the Lion King with the stilt walkers and live costumed characters like Simba.

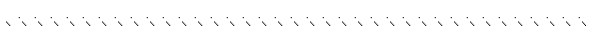
As many of you know, I had spinal stenosis surgery (C5-6) and now have mobility issues.

My parents rented a wheelchair for me, and everyone took turns pushing me around the Theme Park.

It was fun to go shopping with my niece Tori. I also watched her High School Cheerleading Team Competition where they placed first.

Scott, my brother-in-law took everyone for a fun boat ride. We enjoyed the beautiful Christmas lights and Disney fireworks.

I watched movies in the theatre room with my nephews Emerson, Zayne and Andrew. Relaxing in the hot tub was amazing, it was nice to celebrate an early Christmas with all my family.



## Kinsmen Bingo Cards

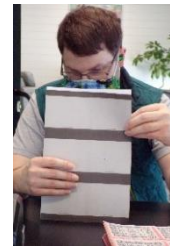


The Kinsmen Club have given us the opportunity to assemble TV bingo cards. We started on a trial basis, we at Beyond 21 completed many tasks to do this

job. We worked in a group by removing cover

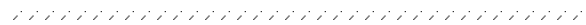


sheets and replacing with new ones. We then stapled, counted, tore sheets, then put in bundles of 25. We are also learning to do our own timesheets including being responsible for filling them in, keeping track of hours, dates, signing, then submitting. We had to be very careful that they all lined up perfectly to fit back in the box. When we were done, members of the Kinsmen picked them up for inspection. We received a call back, he was pleased with the work and called it "Perfect". The job was offered to us at Beyond 21 if we would like to continue.



*John in his happy place*

We feel good and happy about this new job because we had fun working as a group.

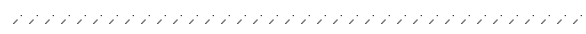


*After many suggestions we have finally chosen the official name for Challenger Baseball Team.*



*We are now known as the B21 HUB-caps*

And we have a logo too



## Challenger Baseball Interview at Beyond 21- Dylan

As our team reporter/photographer I was able to interview Coach Angela about

Beyond 21's future with Challenger Baseball. The following is our interview

Dylan - Do you play baseball?

Angela – Yes, I played baseball growing up, however it was never on a competitive level. It was always just for fun with family and friends.

Dylan – Are you a good coach?

Angela – Ha ha ha, good question. I believe I am, I certainly am trying! I am always looking to improve in areas where I can grow.

Dylan - Where did all the equipment come from?

Angela – We have been fortunate to receive our equipment from Jay's Care Foundation. They have equipped us with everything we need to practice our drills as well as playing games indoors and outdoors.

Dylan - Do you like the Toronto Blue Jays?

Angela – Yes, I do love the Toronto Blue Jays. I have been a fan of the Jays for a very long time. My father is the one who first introduced the Blue Jays team as he was a huge fan. Since 1992 my father and I had bonded over the amazing game of baseball, specifically the Blue Jays 😊

Dylan - What is your goal for the team?

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Angela – My goal for this fabulous team of ours, is that we will be able to play an old fashion game of baseball against family members, agencies, and or businesses in our community, meet new people, raise awareness for Jay’s Care Foundation as well as Beyond 21, but most of all have TONS OF FUN!

Until that time comes, we the “B21 HUB-caps” are continuously strengthening our skills as we practice several days a week with drills and skills.

## Tulips at Beyond 21

Last fall Mr. Moat (Tim’s Dad) brought us a lot of Tulip bulbs. He came and made the holes, and we took turns putting bulbs in the holes he made.



Then →

Spring has finally arrived, our tulips have popped up and this is how they look now →



(photo credit – Dylan)

## Katrina’s Story - Katrina

My name is Katrina and would like to tell you how I came to Beyond 21. I moved with my

parents to the Cornwall area from the Toronto area. About 4 years ago, my aunt and my brother heard about Beyond 21 and told my parents. We moved to the Cornwall area June 26<sup>th</sup>, of that same year.

After we arrived, we toured Beyond 21. Everyone knew this would be a good place for me to make new friends. So, we signed up for Beyond 21 for 3 days a week and now I come four days.

Beyond 21 is where I first met Alex and my new besties. I also like to participate in Challenger baseball with coach Angela and my friends. I am also excited when Brett comes for Drama class.

I like where I live now, but I miss my old friends and keep in touch with my friend Jessica, who lives in Toronto area with her parents. Most nights we video chat.

I graduated from high school at the age of 21. My parents gave me an iPad for my graduation. I feel comfortable writing in my notebooks and my pages on my iPad. I bring my notebook to Beyond 21 where I write in it during breaks. I would like to be a successful book author. I have already written two books called ‘The New Witch’ and ‘Lending a Helping Hand’. They are brand new complete books.

## Farm Life - Robyn

I live on my family’s farm, and we have cows, two goats and a donkey. I feed my animals

every morning and every night. The food that I feed the animals is a mix of grains and corn. I clean the pens with help from my mom. Sometimes my mom lets me drive the tractor around in the barn. Sometimes we drive the tractor with the wagon to pick up the hay. I also take the white plastic off the hay. Then my mom drives the tractor with the clam on it to pick up the hay bales and she puts them in the feeders.



On my birthday, March 17<sup>th</sup>, a baby calf was born. Since it was my birthday, I named her Robyn.

During Christmas time my favourite thing to do is open gifts with my parents. My parents pick out a Christmas tree from Harvest to bring home and decorate. On Christmas day I open gifts and eat lunch at my cousin’s place. This last Christmas another calf was born on Christmas eve. I named her Eve.

## Birthdays

Since we were away due to Covid for January and February, birthdays were not published. We’ll start with the beginning of the year and catch up.

### January

Christiane- January 10<sup>th</sup>

John – January 12<sup>th</sup>

Austin – January 13<sup>th</sup>

Todd – January 14<sup>th</sup>

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Sam – January 14<sup>th</sup>  
Margaret – January 15<sup>th</sup>  
Hunter – January 29<sup>th</sup>

## March

Donna – March 15<sup>th</sup>  
Robyn – March 17<sup>th</sup>  
Will – March 23<sup>rd</sup>  
Corey – March 30<sup>th</sup>

## April

Lise -April 1<sup>st</sup>  
Stephen – April 12<sup>th</sup>  
Sabrina – April 21<sup>st</sup>  
Brodie – April 28<sup>th</sup>

## A new addition to our paper...

### Horoscopes.

Aries Horoscope 2022: Key Yearly Predictions

In 2022, you will focus on partnerships more than on anything else. In case you decide to open a business, you will do it with someone else, whereas if you're already working for a big company, expect to do things in a team.

If you're an artist, then everything you're going to create will be done in partnership. Arieses who are involved in a long-term relationship will work hard together with their other half to have a beautiful future together.

On the other hand, those Rams who aren't with anyone should expect to find

their soulmate. All in all, 2022 will be a year in which these natives are collaborating.

The singles ones will get to meet interesting people. Businesses conducted with someone are going to be a success for them. They will have all sort of innovative ideas, not to mention that they will wisely invest their money.

When it comes to their marriage, things are going to get better because their family wealth is going to increase. Sensuality and romance should be expected.

You won't care that much about your health and fitness levels. It's very important that you learn how to relax with a new type of exercise or a new hobby.

Success won't come your way if you're being aggressive. Therefore, listen to what others have to say and follow their advice. People born in Aries won't be stopped from making their dreams come true in 2022.

You're being advised to fight for accomplishing your objectives, no matter if these are about business, love, or your career. Furthermore, you will be able to make successful investments. Don't hesitate to trust people who believe in you, as this will help you achieve fame.

## TAURUS TRAITS

Your Taurus horoscopes reveal your emotional, love and career horoscope and what the aspect of the month means for Taurus. I show your peak periods to achieve, receive and recharge as explained in my Seasons and the Zodiac post. Plan your year ahead and chart your best times for love, career, health, success and more!

## Zumba - Sabrina



Zumba is a good exercise to do. Zumba is like dancing and exercise put together. I have been doing Zumba for about 10 years now. I do

Zumba at St. Lawrence High School in the gym, every Monday night. Zumba runs from 6:30-7:30. The instructor's name is Crystal. I really like standing in the front. When I was little, I also used to do Zumba with Crystal. I also used to do Zumba at Nativity and Benson Center on Mondays. I have always had the same instructor, but she has just moved to a different location. I also used to do Aqua Fit at the Aquatic Centre, but then they stopped doing it.

The instructor does different songs each time. There are a lot of people that go to Zumba. I always bring water with me. My worker Jane usually brings me and does Zumba with me. I used to do Wednesday nights online also, but now I just do it on my

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own by watching a YouTube video. Both my brother and my mom also used to do Zumba. Mom isn't able to anymore because of her hip.

This year I started instructing Zumba at Beyond 21 in the Multi-purpose room. I lead Zumba at least once a week. My favourite song to do Zumba to is Fireball by Pitbull. I also like doing Justin Bieber songs too. I really love doing Zumba and I want to continue as long as I can.



## **Meeting a Senator – Jocelyn**

Have you ever met a Senator? Do you know how to become a Senator or what it is they do? We got the answers to all these questions when my friend Senator Bernadette Clement visited us through Zoom on March 24<sup>th</sup>. She reminded us that the very first place she visited when she became Mayor was Beyond 21. We were able to ask all kinds of questions during our Zoom.

### Participant Question

“What does a Senator do?”

The Senate reviews proposed bills before they are passed. The Senate has become an important group for representing minority interests and groups who are not well

represented in the elected chamber (such as Indigenous peoples, minority language and ethnic groups, and women). The Senate's committees investigate studies on important social and political issues facing the country, such as poverty, aging, unemployment, land use, and national defense.

### Participant Question

“How does someone become a Senator?”

Canadians must complete an application to become a Senator. There are usually 105 Senators in the Senate of Canada, the upper chamber of Canada's Parliament. Canadian Senators are appointed by the Governor General of Canada on the advice of the Canadian Prime Minister. Canadian Senators must be at least 30 years old and retire at the age of 75. Senators also must own property and reside in the Canadian province or territory which they represent.

### Participant Question

How are Senators chosen

Under the Canadian Constitution, the Governor General appoints individuals to the Senate. Senators are appointed on the advice of the Prime Minister. Candidate applications are reviewed by the Independent Advisory Board for Senate

Appointments, which provides recommendations to the Prime Minister.

### Participant Question

How did you find out you'd been selected and what was your reaction?

I received a phone call from Prime Minister Trudeau telling me that I had been selected. My reaction was very mixed. I was very quiet and then the Prime Minister spoke.

Prime Minister: “Bernadette, are you still there?”

Senator Clement: “Yes, I am here, I can hear you”

Prime Minister: “So, how are you feeling right now?”

Senator Clement: “Sad”

Prime Minister: “Sad, why are you sad? You've just been appointed to the Senate”

Senator Clement: “Yes and I'm very excited about that, but it also means I must immediately resign as Mayor of Cornwall. I really like being Mayor of Cornwall, I just really like Cornwall!”

### Participant Question

Did you know that Beyond 21 is starting a Baseball team as part of the Jay's Care Foundation?



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Senator Clement was not familiar with Jay's Care and would like to learn more. We suggested maybe one day when we are ready to start playing against people, she could get a team together and play against us.

We did get a strong feeling that maybe she'd prefer being a cheerleader. We also talked to her about how shy Sabrina was when she first joined Beyond 21 and now, she leads a Zumba class for her B21 friends about once a week.

Senator Clement said she'd love to come to the Hub and do Zumba with us. We will reach out to her staff and see when it might be possible.



94th Academy Awards were held March 27, 2022

CODA won the top prize of Best Picture

Dune walked away with the most awards (six in total)

Will Smith won the Oscar of Best Actor for his part in "King Richard"

Jessica Chastain won the Oscar for Best Actress for her role in "The Eyes of Tammy Faye."

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Coming Events

C.A.P.E April 23-24 at the Benson Centre  
Tickets can be Purchased at Fantasy Realm on Pitt Street. Tickets may also be purchased online [cornwallpoevent.com](http://cornwallpoevent.com)  
SATURDAY - \$15 admission\* SUNDAY - \$10 admission\* **\*Plus applicable taxes (and PayPal fees if buying online). CHILDREN 11 & under FREE (when accompanied by a paying adult)**

The 2022 Royal Tour of Canada — The Prince of Wales and The Duchess of Cornwall

Their Royal Highnesses, The Prince of Wales and The Duchess of Cornwall, will tour Canada in May 2022.

The Royal Tour is one of many ways Canada is celebrating The Platinum Jubilee of Her Majesty Queen Elizabeth II in 2022. It will also be an opportunity to meet with inspiring Canadians who are making a difference in our communities.

The detailed itinerary will be announced later this spring. Stay tuned. For more information [The 2022 Royal Tour of Canada — The Prince of Wales and The Duchess of Cornwall - Canada.ca](http://The 2022 Royal Tour of Canada — The Prince of Wales and The Duchess of Cornwall - Canada.ca)

The St. Lawrence Marathon  
Saturday April 30, 2022

Race Information

A Boston-qualifier marathon that follows the beautiful St Lawrence River from Crysler Park Marina to St Lawrence College in Cornwall, Ontario. As well as Half-Marathon, 10km and 5km distances that follow the scenic Great Lakes Waterfront Trail.

Please consider cheering on the Athletes as they cross the finish line at St. Lawrence College.

2022 Canadian Tulip Festival

The 2022 Canadian Tulip Festival runs in Ottawa from **May 13 to 23**. Virtual programs will still be available. More information can be found at [www.tulipfestival.ca](http://www.tulipfestival.ca) as the festival nears.

