



Mental Health walk
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The Glengarry News

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NG beefing up forces vs. milfoil

By ANGELA BROWN
 News Staff

North Glengarry residents have another chance to take back summer this year by stamping out that nasty milfoil.

The township is once again focusing its attention on a program to help knockdown the Eurasian milfoil weed build-up, as part of the Loch Garry and Mill Pond Water Quality Improvement Project.

Last year the township purchased a supply of weevils for Loch Garry and Mill Pond in an effort to try to eliminate some milfoil weed. The invasive milfoil tends to clog up the waterways and can also pose problems for the use of recreational watercraft.

"We have amended the budget slightly, and we are hoping to get approximately 50 per cent of the funding (to introduce) weevils in the Garry River watershed," said CAO Daniel Gagnon. "We are also thinking that it might be more beneficial."

As a result, in order to purchase and deposit more weevils for this year's program, the township will be applying for a provincial grant through the "Great Lakes Guardian Community Fund," which offers grants up to \$25,000 for community projects aimed at preserving the ecological health of the St. Lawrence River Basin as well as the Great Lakes. The full cost of the township's project is estimated at about \$50,000.

It is expected in June or July, crews would be introducing the weevils to the water system.

In 2012 the Loch Garry Lake Association applied for the \$25,000 grant to purchase the weevils on the township's behalf. But their request was denied.

"So we thought this year we might have better chances if we applied directly as the township of North Glengarry," said Mr. Gagnon.

Council gave its approval for the township to submit an application for the grant.

INSIDE NEWS:

Le Relais mounts Café Chantant production.
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INSIDE SPORTS:

SDG high school soccer season kicks off this week.
 Page A9

INSIDE FARMING:

Five new inductees for Agricultural Wall of Fame.
 Page A15

LOTTO NUMBERS:

Note: These are unofficial numbers. In case of discrepancy, please check your tickets with a licensed lottery retailer.

Lotto 6/49, Wed. April 24, 2013:
10, 20, 30, 38, 41, 44 Bonus: 15
 Lotto 6/49, Sat. April 27, 2013:
9, 28, 35, 36, 48, 49 Bonus: 6
 Lotto Max, Fri. April 26, 2013:
10, 13, 15, 18, 25, 36, 47 Bonus: 40

WEATHER:

WED 23°C 10°C	THURS 25°C 12°C	FRI 24°C 10°C 30%
SAT 24°C 9°C	SUN 22°C 9°C	MON 21°C 7°C

TUES PREDICTION

 16°C
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SDG resident assumes control of local OPP detachment

By SCOTT CARMICHAEL
 News Staff

Although she's not in the running for the position full-time, the interim Stormont, Dundas & Glengarry OPP detachment commander is nonetheless looking forward to the challenge of leading the local unit.

"I'm happy to be working with the Police Services Board and the United Counties, local residents, and of course, all the good men and women (police personnel) in SD&G," A/Insp. (Acting Inspector) Stephanie Patterson told *The News* recently.

"They're a wonderful, professional group of individuals who are all about making the community safe, and it's great to be a part of that."

She assumed the reigns of the local detachment on April 15, succeeding Insp. Mike McDonell, who left the previous week to take a position as the lead security planner for the 2015 Pan-Am Games in Toronto.

A Metcalfe native who, along with her husband and two teenaged sons, still calls the village (a rural part of the City of Ottawa) home, A/Insp. Patterson has almost two decades of service with the provincial force, most of which has been spent on the local front.

"I started with the OPP 19 years ago, in Long Sault, and I was (t)here until around

the end of 1995 or '96," she explained.

"Then I was in Winchester for about 10 years...and I was detachment manager in Napanee for almost two years."

A/Insp. Patterson then returned to SD&G in 2011 - where she and S/Sgt. Brendan MacDonald split the duties of detachment manager, under the command of her predecessor - before another secondment.

"I was back here for about a year, then I got reassigned again (as a staffing advisor at East Region Headquarters in Smiths Falls), and now I'm back, holding down the fort until they select a new detachment commander," she added.

"And it's good to be back...It's nice to see all the familiar faces again."

Although A/Insp. Patterson - who will resume her previous rank of staff sergeant (S/Sgt.) once a full-time detachment commander has been chosen, likely by the end of May - wasn't aware if her appointment as regional 'top cop' made local history, a long-time member of the detachment believes it did.

"This is my 31st year here in SD&G, and looking back, I would have to say that she's the first female detachment commander we've had," said Const. Pete Robertson, the detachment's media relations officer.

And while her time at the SD&G helm will be brief, the interim commander appre-

Electronic recycling:



The Glengarry Inter Agency Group (GIAG) organized an electronic waste recycling day in Alexandria on Saturday which came as a great relief to people who missed the first E-Waste day in town earlier this month. Helping out here are Melanie Lebrun, GIAG youth centre program supervisor, and GIAG youth program facilitator Gary Hicks. The event was a fundraiser for the GIAG youth program.

MARGARET CALDBICK PHOTO

The Bhoys are back:



Just when you thought the annual Quigley Wiggly couldn't get more fun, this year's instalment featured The Glengarry Bhoys, Glengarry County's Celtic-punk-fusion band, back on stage here at home for the first time in 12 years. Here, during the first of their two sets, Graham Wright, co-founder and leader of The Glengarry Bhoys, fiddler D'Arcy Furniss and Steve McIntosh on pipes rip through a tune. Adam Lalonde in back was on drums. For more on the event, see page A3.

MARGARET CALDBICK PHOTO

Cancer survivor blazing ahead in endurance riding

By MARGARET CALDBICK
 News Staff

The real-life story of Monica Grundmann and her handsome Morab stallion, Excalibur Legend, would make an exciting and inspirational movie.

Last June, the Bainsville horsewoman embarked on what she felt certain was her last competitive equestrian event. Only five months earlier, after two years of unexplained and troubling symptoms and episodes of excruciating pain, Ms. Grundmann underwent a partial hysterectomy. During the surgery it was discovered that she had a severely inflamed appendix and an appendectomy was performed. Six weeks later she was told that a biopsy had revealed Goblet cell Carcinoid cancer (GCC), a rare tumour of the appendix.

Despite the news, Grundmann registered for the 40 km (25 mile) OCTRA-sponsored Stormont Competitive Trail Ride in Finch on June 10, 2012, winning the event with no penalties, earning first place in the Lightweight and Part-Arab divisions as well as being called up as the day's Champion. OCTRA is the Ontario Competitive Trail Riding Association.

"That ride was so poignant because my dad Otto finally got to witness a competition from start to finish," says Ms. Grundmann. "My youngest son Carl was there pit crewing for me, and my husband Steve was there, so we were three generations for what I thought was my last competition."

Ms. Grundmann dedicated her ride to two nonprofit organizations, the U.S. Carcinoid Cancer Foundation and the Carcinoid-NeuroEndocrine Tumour Society of Canada. By happy coincidence, Monica was wearing bib No. 1 on that winning day.

As it turned out, Stormont would not be her last event. In one of those twists of fate, on July 5 Ms. Grundmann returned to her specialist to hear the news that no cancer cells had been found in the series of tests she had undergone including a two-day octreotide scan that can detect certain types of neuro-endocrine cancers. Preventative surgery was recommended, including a partial bowel resection and the removal of nearby lymph nodes.

"Would you mind if I compete for the rest of the season," she asked her doctor,

hoping to postpone the surgery until the fall. "There is something I need to do this summer." The doctor looked at her, thought about it, and then agreed, saying, "But you have to promise to come back."

What she had in mind was to pursue the next phase of training and competition with the goal of taking Legend to the highest level of endurance competition.

Unlike competitive trail rides in which there is a minimum and maximum time in

which to finish, endurance riding is a controlled race, up to 100 miles (160 km) long, with the first horse across the finish line the winner if the horse meets after-race criteria for soundness and recovery.

After a summer of training and competing, on Sept. 2, 2012, in their first internationally recognized FEI (Fédération Equestre Internationale) international challenge, Ms. Grundmann and Legend

SEE RIDER ON BACK PAGE



WINNING HORSE: Monica Grundmann of Silhouette Stables in Bainsville poses with Excalibur Legend, "Leggie", her purebred Morab stallion, one of the founding Morab stallions in Canada. Horse and rider had a outstanding 2012 in their endurance endeavours including first place Canadian at their first FEI 1* International endurance race in September.

MARGARET CALDBICK PHOTO

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\$62/wk 84 mths @ 7.49% Payments plus HST

Rider

CONTINUED FROM PAGE A1

crossed the finish line two seconds behind the winner, so close she and the race winner, Krista Alderdice of Jericho, Vermont, clasped hands as they crossed the finish line.

The 80-km race earned Legend his first FEI star which qualifies him to compete against some of the best horses at home and internationally. All FEI-recognized competitions are rated on the "star" system. Endurance horses must successfully complete a 1-Star level (for endurance riders training for longer distances) before moving up through the categories to a 3-star, or 160 km race.

There were other top endurance finishes last summer including first place and Champion on the first day at an 80 km race. "Legend is a long distance horse and the plan from now on is to specialize in endurance," says Ms. Grundmann.

Legend consistently climbs one position higher with every race he enters, and in only four years Ms. Grundmann has soared from Rookie to Novice to Open to International.

On Oct. 19, Ms. Grundmann kept her word and returned to Ottawa for the recommended surgical therapy. "Before I went under, the doctor asked, 'So, did you do what you said you were going to do?' I said yes, and that we were the top Canadians at my

first international and only two seconds from first place, a dream I never thought would come true."

In January at the 2012 OC-TRA awards banquet held in Cobourg, Monica Grundmann was named 2012 Athlete of the Year. "That night and the award are very special to me," she says. "It wasn't because of the cancer, it was a nominated award based on the work I have done with Legend over the year."

Last week, Legend, an undeniably handsome boy, celebrated his 13th birthday to some fanfare on the internet.

"Happy 13th Birthday Legend! Lucky 13! Here's to looking to 'our' future!" wrote Ms. Grundmann on her Facebook page. The birthday wishes were posted above a photo of her on her dark bay stallion about to take victory at the 40 km competitive trail event last June.

Meeting Legend at Grundmann's Silhouette Stables is a treat. He comes out of his stall calm and polite even though his mare is in the next stall.

He's curious and gently takes an apple from your hand, and then on command, nods up and down and delivers a kiss.

He has manners, spirit and beauty, and is so representative of the Morab breed standard that in 2006, out of the blue, author Mary Lou Wells contacted Grundmann to ask if she could publish a photo of Legend on the cover of "The Illustrated Guide To The Morab Horse." And there he is, immortalized on the cover and in several photos inside

with Grundmann on his back.

Ms. Grundmann and Legend have a full year ahead of them including another international race in September, 2013. After that, depending on the sponsorship she needs to stay in the sport, Grundmann hopes to travel to Florida in December for the North American Endurance Team Challenge, a 160 km FEI competition.

Her biggest dream is the World Equestrian Games in Bromont, Quebec, in 2018. "It's the Olympics for equestrian events and would be a once in a lifetime opportunity," she says.

"Leggie will be eighteen then and endurance horses can compete well into their twenties, but it's pushing the envelope a bit. But then again, if we're in good shape, who knows?"

In the stall next to Ms. Grundmann's tack room which is festooned with Legend's ribbons from over the years, is the heir and the spare, Silhouette's Amour, Legend's ten-month son.

The colt is a liver chestnut second generation Canadian Morab.

His mother across the aisle is Gypsy LadyinGold, an American Palimino purebred Morab, and in another stall is Silhouette's Intrigue, a beautiful three year-old filly who is for sale.

For a finale, Ms. Grundmann sweeps up Latte, a rescued barn cat with some pedigree of her own. Grundmann places the Siamese-mix cat on Legend's back and the two settle in companionably.