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# Living in North Dundas Township

Fall 2013/
Winter 2014



## OUR COMMUNITY

...where we live, work, play, and shop

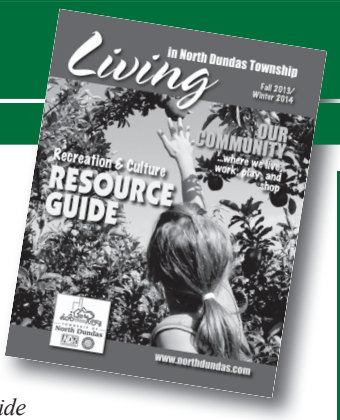
## Recreation & Culture RESOURCE GUIDE

TOWNSHIP OF North Dundas

NDR North Dundas Recreation · Play. Live. Be. Tobacco-Free

**www.northdundas.com**

TOWNSHIP OF North Dundas




# Welcome...

## to our Fall 2013/Winter 2014 Recreation & Culture Resource Guide

*With the introduction of each new Resource Guide, the Recreation & Cuture Department continues to work hard to provide our North Dundas residents with plenty of exciting and affordable programs, courses, and events for all age groups and interests. We hope that you were able to attend and enjoy both the Dundas Drive-in and the Movies Under the Stars series and that you were able to take advantage of our aquatic programs and perhaps the North Dundas Summer Camps.*

*This season, we encourage you to visit our arenas for free public skating, take the kids to the park, and enjoy one or more of the programs in our fall/winter program line-up. Remember to utilize the Skate & Helmet Lending Libraries that are available at both arenas and to borrow items from the Recreation Library, which is available at the Township Office and includes items like snowshoes, nets, and fising rods.*

*This publication is filled with information about our arenas, Recreation Library, public skating schedules, halls and facilities, annual events and a lot more! Please take the time to read through the Recreation & Culture Resource Guide for everything you need to know about local recreation opportunities, as well as service clubs, volunteer committees, sports groups, and municipal department information. If you have any comments or suggestions regarding the delivery of recreation services in North Dundas, please feel free to contact the appropriate staff member or myself directly at mmeerburg@northdundas.com.*

*Please remember that we value & appreciate your ideas and feedback about our programming. Should you have a proposal for a new class or a suggestion about an existing one, we would love to hear from you!*

***— Meaghan Meerburg, Director of Recreation & Culture***

## MAYOR'S MESSAGE:

*Despite the wet weather so far this year, Council and staff continue to advance our agenda of a healthy, active community here in North Dundas. With the slab replacement and new bleachers at the Chesterville Arena and the completely renovated Winchester Centennial Pool, we are ensuring that our infrastructure is built to last for generations to enjoy. It has been a busy year for capital projects, programming, and community events. Council is proud of the great work our staff and volunteers continue to do to make North Dundas such a great place to live, work, and raise a family.*

*As always, I encourage you to take a look at the various courses and activities listed in this guide, and sign-up for something new. There are lots of choices!*

***— Eric Duncan, Mayor, Township of North Dundas***





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**545 St. Lawrence St., Winchester, ON, K0C 2K0**
**Telephone: 613-774-2524 Fax: 613-774-3967**

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## 2011-2014 Council Members

### MAYOR

ERIC DUNCAN
472 North St., Winchester, ON, K0C 2K0
613-774-1081
eduncan@northdundas.com

### DEPUTY MAYOR

GERRY BOYCE
11161 Sandy Row Rd., South Mountain, ON, K0E 1W0
613-989-2330
gboyce@northdundas.com

### COUNCILLORS

ALLAN ARMSTRONG
447 May St., Winchester, ON, K0C 2K0
613-774-0752
aarmstrong@northdundas.com

TONY FRASER
571 St. Lawrence St., Winchester, ON, K0C 2K0
613-774-2182
tfraser@northdundas.com

JOHN THOMPSON
61 Chesterville Main St. N., Chesterville, ON, K0C 1H0
613-448-2963
jthompson@northdundas.com



## Township of North Dundas Municipal Office

**636 St. Lawrence Street, Winchester**
**Phone: 613-774-2105 Fax: 613-774-5699**
**Website: www.northdundas.com**

### COUNCIL MEETING DATES

*(SUBJECT TO CHANGE)*

Council meets every second and fourth Tuesday at 7:00 pm, excluding December, July, August (unless otherwise advertised).

September 10 & 24
October 8 & 22
November 12 & 26
December 10

### CONVENTION DATES 2013

Association of Municipalities of Ontario, August 18-21 (Ottawa)
Ontario East Municipal Conference, September 11-13 (Kingston)

### TOWNSHIP OFFICE CLOSURE DATES

Labour Day: September 2, 2013
Thanksgiving: October 14, 2013


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## PARKING BY-LAW

Please note that even if the street is not "signed", a maximum parking limit of three hours exists on all streets within the Township of North Dundas between 7:00 am and 7:00 pm. A $300 fine will apply to vehicles parked in a designated accessible parking space without an accessible parking permit displayed.

## WINTER PARKING BY-LAW

Winter on-street parking restrictions come into effect from November 1 to April 1 between the hours of 11:00 pm and 7:00 am. ALL vehicles parked on the streets between the aforementioned hours may be ticketed or towed away at the owner's expense. This by-law will be strictly enforced.

## DOG LICENCE REQUIREMENT

All dogs within the Township of North Dundas must be licensed each year. For the year 2014, tags will be sold at the Township Office and from "door to door" salespersons. Failure to have your dog(s) licensed could result in a fine.

## BUILDING PERMIT INFORMATION NIGHT & OPEN HOUSE

**Township of North Dundas Council Chambers,**
**636 St. Lawrence St., Winchester**
**613-774-2105 ext. 246**

Do you have a building project in mind? Maybe you're planning to build a home or start a renovation, but you're not sure of where or how to get started? Perhaps you have heard about changes to the Building Code and to the process for obtaining a building permit and would like to consult a professional. The Township of North Dundas' Building Department will be hosting an **Open House & Information Night.** Department staff will be on site to answer your questions and help you get started. Feel free to drop in between 6:00 pm and 8:00 pm to share ideas with our knowledgeable staff, ask questions, or obtain help in analyzing your design efforts. There will be a continuous slide presentation on the new 2013 Building Code and staff available for one-on-one consultation. All contractors, designers and DIY'ers are welcome.

**Session Dates:** Thursday, October 17, 2013, 6:00 pm - 8:00 pm
*Or call for your individual appointment*

## BOYNE ROAD LANDFILL SITE

**12620 Boyne Road**

**HOURS:**
Monday to Friday: 8:00 am - 4:00 pm
Open Saturdays: 8:00 am - 11:30 am (May 4 to October 26)

## RECYCLING INFORMATION

There are nine Blue Box pick up routes in North Dundas occurring on various days. Contact the landfill at 613-774-5157 to confirm your recycling date or to have a Blue Box or recycling calendar delivered to you. Recycling information is also available on the Township of North Dundas website at www.northdundas.com

## GARBAGE BAG LIMIT NOTICE

The Township has established a residential pick-up of two garbage bags for each household, which began February 1, 2013. For more information, please contact the landfill at 613-774-5157.

## 2013 HAZARDOUS WASTE DAYS

Hazardous Waste Days take place from 8:00 am until 12 noon on September 7 and October 5.
For more information, please contact the landfill at 613-774-5157.

## TIPPING FEES FOR 2013

- Minimum charge of $10
- $10 per cubic yard / $20 per compacted yard
- Items containing freon have a $20 charge each for removal
- $25/MT for contaminated soil

## FREE ITEMS

Soil (not contaminated); concrete; asphalt; brush; trees; leaves; garden wastes (composting); tires, must be clean and not on a rim.

*For more information on North Dundas landfill operations, please contact Doug Froats, Waste Management Co-ordinator* at 613-774-5157 or email dfroats@northdundas.com








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*Shawn Brownlee*

## TOBACCO-FREE SPORT & RECREATION SPACES POLICY

The Township of North Dundas recognizes that there are many benefits of tobacco-free sport and recreation spaces including, but not limited to:

- Preventing youth from starting to use tobacco industry products
- Protecting the environment
- Protecting children from second hand smoke
- Giving everyone a chance to perform at their best
- Creating tobacco-free culture
- Helping tobacco users to quit

Within North Dundas, people enjoy active and passive recreation activities in a variety of public spaces. It is the policy of the Township of North Dundas that no person shall "smoke", "chew", or engage in any other use of tobacco industry products, on/in any "public playing field", "playground equipment zone", or other "public recreation place" as defined by the following:

***"Public Playing Fields and Recreation Spaces",*** means field(s) and/or land(s), of natural and/or man-made composition that are used for athletic purposes to conduct organized or unorganized sporting activities. This shall include a nine (9) meter fringe area around the perimeter of the established playing boundary or recreation facility to include but not limited to basketball nets, baseball diamonds, soccer fields, lawn bowling, tennis/badminton courts, football fields, athletic tracks and associated outdoor fields, ice rinks, pools and other public recreation facilities including halls, centers, gazebos, pavilions, and shelters.

***"Playground Equipment Zones",*** means an area that is located within a public park which has its limits a boundary that nine (9) meters from playground equipment.

***"Smoke",*** includes carrying a lighted cigar, cigarette, pipe, or any other lighted smoking equipment.

## COMMUNITY GRANTS

Community groups/organizations can request financial assistance from the Township through a submission process.

There are six, $400 grants available to these types of groups. The following requirements must be met in order for a request to be reviewed by the committee:

- Your letter should indicate who you are and what type of service you provide in the community of North Dundas; your organization's executive and how long you have been in operation.
- The letter must indicate what the funds are being used for, how it will benefit the organization, and the impact it has on the community.
- A copy of the organization's finances must accompany the letter.
- The review committee may request an interview to further substantiate the request.

The review committee will consist of the Director of Recreation & Culture, the CAO, and two members of Council, (not full Council).

The review committee will make the final decision on whether the request will be granted.

**COMMUNITY GRANT REQUESTS DEADLINE:**
**April 1 and September 1 of each year**

*Please submit applications to the attention of:*
Meaghan Meerburg
Director of Recreation & Culture
IN-PERSON OR MAIL:
636 St. Lawrence Street, P.O. Box 489
Winchester, ON, K0C 2K0
Fax: 613-774-5699
Email: mmeerburg@northdundas.com





## THE NORTH DUNDAS *Green Food Bag*

**With registration & pick-up locations in Winchester, Chesterville and Mountain**

Sponsored by:

Organized by the Township of North Dundas, the **Green Food Bag Program** provides a non-profit, fresh fruit and vegetable distribution system that is available for purchase by all North Dundas residents (regardless of income level).

Bags can be purchased, in advance only, for the very value added price of just $10 (cash only) and there is no limit on the number of bags that an individual, couple, or family can purchase at one time.

With many registration locations in North Dundas, registration is made easy and accessible. Each month the contents of the bags will change to reflect seasonal produce as well as market prices, availability, and customer feedback.

An example of what a bag has previously contained in the fall/winter months is 5 oranges, 5 apples, 5 bananas, 5 kiwi, 1 green pepper, 5 lbs. of potatoes, 2 lbs. of onions, 2 lbs. of carrots, 1 head of lettuce, 1 cucumber, and 1 tomato.

**Green Food Bags** are available for purchase in ***advance only,*** requiring registration and payment to be submitted by the submission deadline, which is the second last Friday of each month. Bags are then available for pick-up on the last Friday of the month between designated pick-up times.

***EXCITING NEWS!!***
***YOU CAN NOW REGISTER FOR THE GREEN FOOD BAG ONLINE!***
***Simply log onto www.northdundas.com and click on "Programs and Courses" on the Recreation & Culture web page, which is located in the Town Hall section. Using credit card only (Visa, MasterCard or American Express), you can purchase any number of bags per month and even purchase your bags for each month from now until December!***

*For detailed information on this incredible, edible program, or to register, please visit the Recreation & Culture web page on www.northdundas.com and click on "Community Initiatives", or contact Gina Welch at the Township Office by calling 613-774-2105 ext. 223 or stop by 636 St. Lawrence St. in Winchester.*

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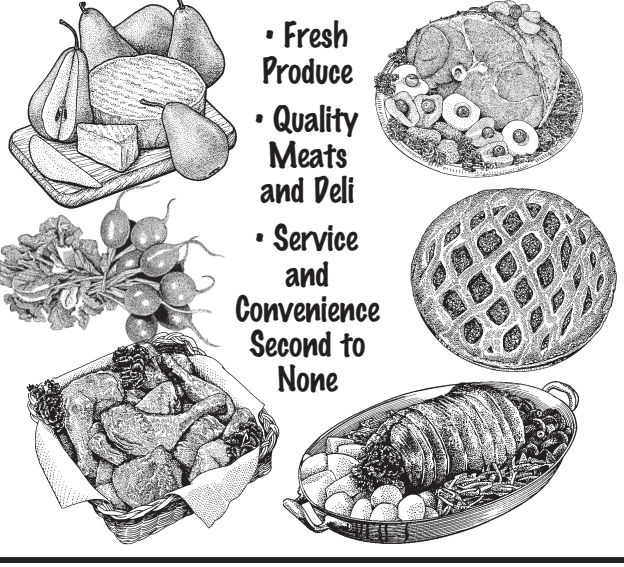

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# Recreation Department Information



## RECREATION STAFF CONTACT LIST

**613-774-2105**

**Director of Recreation & Culture:**
Meaghan Meerburg ext. 236
mmeerburg@northdundas.com

**Community Development Coordinator:**
Gina Welch ext. 223
gwelch@northdundas.com

**Recreation Facilities Manager:**
Les Johnston ext. 290
ljohnston@northdundas.com

## RECREATION FACILITIES

The Recreation Department has a number of halls and facilities that can be rented out for your program, meeting, functions, or event. Be sure to check out the Recreation & Culture Department's web page on www.northdundas.com for a detailed list of available rentals including tables and chairs. The web page also offers information about amenities, capacities, locations, and more.

***Please contact Gina Welch at 613-774-2105, ext. 223, to inquire about availability, rates, or to book a rental.***

## PAVILIONS

**Lions Club Pavilion**
100 Club Park
577 Main St., Winchester

**Green Gang Pavilion**

Chesterville Community Park -
1 William St., Chesterville

## ARENAS

**Chesterville Arena**
153 Queen St., Chesterville
613-448-3267

**Winchester Arena -**
**Joel Steele Community Centre**
577 Main St., Winchester
613-774-2006

## OUTDOOR RINKS

**Inkerman**
11450 Cameron Rd.

**Morewood Community Centre**
17 Russell St., Morewood

**Hallville Community Centre**
10519 Kerr's Ridge Rd. Mountain.

**Mountain Memorial Park**
10480 Clark Rd., Mountain

**South Mountain Park**
10543 Main St., South Mountain

## COMMUNITY HALLS

**Chesterville Community Hall**
1 Mill St., Chesterville

**Nelson LaPrade Centre**
9 William St., Chesterville

**Morewood Community Centre**
1919 County Road 7, Morewood

**Mountain Community Hall**
10523 Van Allen St., Mountain

**Joel Steele Community Centre**
577 Main St. Winchester

**Hallville Community Centre**
10519 Kerr's Ridge Rd., RR#2 Mountain

**South Mountain Resource Centre**
10543 Main St., South Mountain

## THEATRE/MUSEUM

**Winchester Cultural Centre**
**(Old Town Hall)**
478 Main St., Winchester

## PARKS & PLAYGROUNDS

**Chesterville Community Park**
1 William St., Chesterville

**100 Club Park**
577 Main St., Winchester

**Hallville Playground**
St. John St., Hallville

**Mountain Memorial Park**
10480 Clark Rd., Mountain

**South Mountain Park**
(9 hole disc golf course)
10543 Main St., South Mountain

**Skateboard Park**
100 Club Park
577 Main St., Winchester

**Flynn Park**
50 Main St., Chesterville

**Morewood Park**
17 Russell St., Morewood

**Morewood Corner Park**
1 Moffat St., Morewood

**Scented Garden**
Corner of Albert St., & Main St., Winchester

**Sweet Corner Park**
Corner of St. Lawrence St. & Main St., Winchester

## ARENA ADVERTISING RATES

| DESCRIPTION | CURRENT FEES |
|---|---|
| Arena – 4 x 8 wall advertising | $220 + HST annually |
| Arena – 4 x 4 wall advertising | $120 + HST annually |
| Arena – 4 x 8 rink boards | Initial fee: $500 + HST (prep. & installation) Annual fee: $275 + HST |
| Arena – 4 x 4 rink boards | Initial fee: $350 + HST (prep. & installation) Annual fee: $175 + HST |
| Arena – 2 x 2 dressing room door | Initial fee: $100 (prep. & installation) Annual fee: $75 + HST |
| Ice Resurfacer, both sides | Annual fee: $600 + HST |
| Ice Resurfacer, one side | Annual fee: $300 + HST |
| Lobby – 3 pole wrap | Initial fee: $150 + HST (prep. & installation) Annual fee: $100 + HST |
| Lobby – 4 x 3 floor ad | Initial fee: $650 + HST (prep. & installation) Annual fee: $400 + HST |
| Lobby – wall ad | Initial fee: $20 sq. ft. + HST (prep. & installation) (Minimum $100 for a 2 x 2 ad) Annual fee: $15/sq. ft. + HST (Minimum $75 for a 2 x 2 ad) |

***For more information on arena advertising opportunities, please contact Meaghan Meerburg, Director of Recreation & Culture for the Township of North Dundas, at 613-774-2105 ext. 236 or mmeerburg@northdundas.com***

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# Arena Information

## CLOSURE DATES

**Please note that closure dates and times are subject to change; please watch for updates in the *Winchester Press* and *Chesterville Record* "Recreation News" column.

Monday, October 14, 8:00 am to 4:00 pm. Both arenas.

Tuesday, December 24, at 8:00 am to Friday, December 27, at 8:00 am. Both arenas.

Tuesday, December 31, at 8:00 am to Thursday, January 2, 2013 at 7:00 am. Both arenas.

## ICE

**Pre-Season Ice:** Monday, August 26 to Sunday, September 22 – Winchester Only

**Ice Contracts Begin: Winchester:** Monday, September 23
**Chesterville:** Monday, September 30

## PUBLIC SKATING

**Month of September:**

Winchester Arena only, 4:00 - 5:00 pm
Mondays: Sept. 9, 16, 23, 30
Wednesdays: Sept. 4, 11, 18, 25
Fridays: Sept. 6, 13, 20, 27

**REGULAR HOURS:**
**October 1, 2013 to March 31, 2014**

**Chesterville Arena:**
Mondays, Tuesdays, & Fridays: 4:00 pm - 5:00 pm
Saturdays: 1:00 pm - 2:00 pm
Sundays: 12:00 pm - 1:00 pm

**Winchester Arena:**
Mondays: 4:00 - 5:30 pm
Wednesdays and Fridays: 4:00 pm - 5:00 pm
Saturdays: 7:00 pm - 8:00 pm
Sundays: 12:30 pm - 1:30 pm

## PARENT & TOTS SKATING:

**Winchester Arena:** Wednesdays 10:00 am - 11:30 am, beginning September 4, 2013

**Chesterville Arena:** Thursdays 10:00 am – 11:30 am, beginning September 26, 2013

***Please note that these dates & times are subject to change***

***Please call the Township of North Dundas Office at 613-774-2105 ext. 236 for up-to-date information***

## CHRISTMAS BREAK PUBLIC SKATING:

**Winchester Arena:**

| | |
|---|---|
| Mon., Dec. 23 | 2:00 pm - 5:30 pm |
| Fri., Dec. 27 | 2:00 pm - 5:00 pm |
| Sat., Dec. 28 | 7:00 pm - 8:00 pm |
| Sun., Dec. 29 | 12:30 pm - 1:30 pm |
| Mon., Dec. 30 | 2:00 pm - 5:30 pm |
| Thurs., Jan. 2 | 2:30 pm - 4:00 pm |
| Fri., Jan. 3 | 2:00 pm - 5:00 pm |
| Sat., Jan. 4 | 7:00 pm - 8:00 pm |
| Sun., Jan. 5 | 12:30 pm - 1:30 pm |

**Chesterville Arena:**

| | |
|---|---|
| Mon., Dec. 23 | 12:00 pm - 5:00 pm |
| Fri., Dec. 27 | 2:00 pm - 5:00 pm |
| Sat., Dec. 28 | 1:00 pm - 2:00 pm |
| Sun., Dec. 29 | 12:00 pm - 1:00 pm |
| Mon., Dec. 30 | 2:00 pm - 5:00 pm |
| Thurs., Jan. 2 | 2:00 pm - 5:00 pm |
| Fri., Jan. 3 | 2:00 pm - 5:00 pm |
| Sat., Jan. 4 | 1:00 pm - 2:00 pm |
| Sun., Jan. 5 | 12:00 pm - 1:00 pm |

## MARCH BREAK PUBLIC SKATING:

**Winchester Arena:**

| | |
|---|---|
| Sat., March 8 | 7:00 pm - 8:00 pm |
| Sun., March 9 | 12:30 pm - 1:30 pm |
| Mon., March 10 | 2:00 pm - 5:30 pm |
| Tues., March 11 | 2:00 pm - 4:00 pm |
| Wed., March 12 | 2:00 pm - 5:00 pm |
| Thurs., March 13 | 2:30 pm - 4:00 pm |
| Fri., March 14 | 2:00 pm - 5:00 pm |
| Sat., March 15 | 7:00 pm - 8:00 pm |
| Sun., March 16 | 12:30 pm - 1:30 pm |

**Chesterville Arena:**

| | |
|---|---|
| Sat., March 8 | 1:00 pm - 2:00 pm |
| Sun., March 9 | 12:00 pm - 1:00 pm |
| Mon., March 10 | 2:00 pm - 5:00 pm |
| Tues., March 11 | 2:00 pm - 5:00 pm |
| Wed., March 12 | 2:00 pm - 5:00 pm |
| Thurs., March 13 | 2:00 pm - 5:00 pm |
| Fri., March 14 | 2:00 pm - 5:00 pm |
| Sat., March 15 | 1:00 pm - 2:00 pm |
| Sun., March 16 | 12:00 pm - 1:00 pm |

*****Please note that these dates and times are subject to change*****



**Check out the Township of North Dundas Recreation & Culture**

**Web Page**

*www.northdundas.com*

**North Dundas Recreation is also on facebook**

**For information on recreation & culture in North Dundas including:**

- Public Skating/Swimming
- The Latest Edition of the North Dundas Resource Guide or Summer/Winter Brochure
- Programs, Courses, Initiatives
- Program Registration
- Subsidies & Support
- Community Contacts
- Employment, Co-op, and Community Service Opps.
- Recreation Hall/Facility Info., Rentals, and Rates
- Community Events
- Camps
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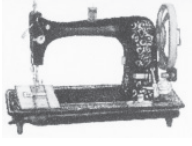

## RECREATION LIBRARY

The Township of North Dundas Recreation & Culture Department currently owns various sorts of recreation equipment such as a camping tent, coolers, snowshoes, balls, life jackets, skateboards, bicycles, helmets, baseball gloves, sticks, bats, and much more. All items are available for community use at no charge.

This lending program functions like a library, with all new borrowers being asked to apply for a membership account at the time of their first loan request. At this time and thereafter, equipment will be signed-out and back in by a staff member at the Township of North Dundas Office.

This program is great for all individuals, families, community groups, schools, churches, clubs, and teams residing in North Dundas.

The Township of North Dundas Recreation & Culture Dept. is always accepting donations of gently used or new recreation equipment as well as monetary donations to help sustain and expand the Recreation Library. For a detailed list of Recreation Library items available for loan, visit the Recreation & Culture web page on www.northdundas.com.

If you would like to make a donation, please do so at the Township Office, located at 636 St. Lawrence St., in Winchester.

*For more information, to reserve equipment, or to schedule an appointment to borrow items, contact Gina Welch, Community Development Coordinator, at 613-774-2105 ext. 223 or email gwelch@northdundas.com*

## RECREATION LIBRARY INVENTORY

- 2 - aerobic step and riser sets
- 3 - infant boater vests (life jacket)
- 5 - child boater vests
- 5 - youth boater vests
- 6 - adult boater vests (Universal)
- 1 - 6 man tent
- 1 - camp propane stove with 2 burners (propane not included)
- 2 - LED camp lanterns
- 1 - 13 pc. set of camping enamel cookware
- 2 - 3 pc. cooler set
- 2 - adult fishing rod, reel, and tackle sets
- 2 - youth fishing rod, reel, and tackle set
- 1 - Paddle Boom ball set
- 2 - adult bicycles
- 3 - youth bicycles
- 1 - child, 6 speed bicycle
- 1 - air compressor
- 1 - megaphone
- 50 - pairs of snowshoes (2 sizes)
- 3 - baseball gloves (right & left handed available)
- - aluminum baseball bats
- 12 - pairs of soccer socks/shin pads (various sizes)
- 15 - pairs of soccer shoes (various sizes)
- 8 - canoe paddles
- 2 - boccee ball sets
- 7 - bike helmets (children's, youth, and adults sizes available)
- 2 - pairs of wrist and ankle weights
- 2 - sets of lifeline cables (heavy-duty elastic bands with handles on the end for strengthening exercises)
- 4 - skateboards
- 2 - yoga mats
- 2 - frizbees
- 7 - skipping ropes
- 6 - bubble wands
- 8 - basketballs
- 10 - soccer balls
- 1 - soccer net
- 4 - soccer corner flags
- 17 - pinnies/vests
- 1 - home plate
- 2 - indoor goalie sticks
- 5 - stability balls
- 6 - indoor soccer balls
- 5 - badminton racquets
- 12 - badminton birdies
- 4 - footballs
- 16 - flag football belts
- 3 - plastic red flags
- 3 - volleyballs
- 2 - sets of golf clubs
- 2 - bosu balls
- 2 - sets of yoga blocks

**To schedule an appointment to borrow any number of the items listed above, please contact Gina Welch at the Township of North Dundas Office by calling 613-774-2105 ext. 223 or visit 636 St. Lawrence Street, in Winchester.**

## HOCKEY HELMET DRIVE

North Dundas Recreation is in need of hockey helmets of all sizes. With the hockey season approaching, we are hoping that parents, guardians, and players will be kind and generous enough to donate any helmets that do not fit. We would greatly appreciate monetary donations that can be put towards the purchase of new helmets.

The North Dundas Skate & Helmet Lending Libraries, that are located at both of our local arenas, get used daily. Unfortunately, we do not have enough helmets to keep up with demand.

All donations can be dropped-off to either the Winchester or Chesterville Arenas or to the Township Office, located at 636 St. Lawrence St., in Winchester.

*For more information, please contact Gina Welch at 613-774-2105 ext. 223 or email gwelch@northdundas.com*

## SKATE & HELMET LENDING LIBRARIES

The Township of North Dundas is pleased to offer **Skate & Helmet Lending Libraries** that will be operating until the end of March, at both the Winchester and Chesterville Arenas. This program will be available, **FREE OF CHARGE,** during public skating hours and is also available to accommodate sports enthusiasts should they forget their own skates or helmet for a game or practice that is taking place at one of the arenas. All skates and helmets must not leave the arena from which they are borrowed, under any circumstances.

We are always accepting donations of gently used or new hockey helmets and skates as well as monetary donations to help sustain and expand the **Skate & Helmet Lending Libraries.** If you would like to make a donation, please do so at the Township Office, located at 636 St. Lawrence St. in Winchester.

*For more information, please contact Gina Welch at 613-774-2105 ext. 223 or email gwelch@northdundas.com*



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## JUMP START

Canadian Tire believes that all kids should have the chance to run, skate, play, and grow. That's why the Canadian Tire Jump Start program was started. Jump Start is a community-based, charitable program, developed and carried out by the Canadian Tire Foundation for Families. Jump Start helps kids between the ages of 4 to 18, who are in financial need, to participate in organized sports and recreational activities such as hockey, dance, and swimming, by providing financial assistance with program registration fees. During the registration evaluation process, community partners use a confidential procedure to select and refer children who meet the criteria and who could benefit from the program. In order to apply for Jump Start, parents and guardians may visit the Township of North Dundas Office, located at 636 St. Lawrence St. in Winchester to fill out an application in person. The form can also be downloaded from the Township of North Dundas website at www.northdundas.com by visiting the Community Initiatives page on the Recreation and Culture web page. Forms may then be emailed to gwelch@northdundas.com. For more information on the Jump Start program, please call Gina Welch at 613-774-2105 ext. 223. All financial aid is confidential and help will be given, if requested, to fill out the short application.

## KIDSPORT

KidSport believes that no child should be left on the sidelines and that all kids should be given the opportunity to experience the positive benefits of organized sport. KidSport accomplishes this by providing financial support for registration fees and/or equipment purchases. Grants are given out for local children 18 years old or younger and range from $50 to $250. In order to apply to KidSport, parents and guardians may visit the Township of North Dundas office, located at 636 St. Lawrence St. in Winchester to fill out an application. For more information about the KidSport program, please contact Gina Welch at 613-774-2105 ext. 223. All financial aid is confidential and help will be given, if requested, to fill out the short application.

## NORTH DUNDAS INCLUSION

The Township of North Dundas realizes that recreational opportunities always have their affiliated costs and that sometimes, these costs can make participation unaffordable. In order to eliminate these financial barriers, the Township of North Dundas has developed a new fund called North Dundas Inclusion. While many great financial aids already exist and are available to residents of North Dundas, we realize that there are still some gaps that need to be filled. Now, regardless of whether you would like to inquire about participation for an infant, child, youth, teen, adult or senior, financial aid for the program or course that you would like to register for, is available. Funding requests for youth sports will be considered through North Dundas Inclusion, after applications have been submitted to both Canadian Tire Jump Start and KidSport and after a response from these sources has been received. All financial aid is confidential. To find out if you qualify, or to find out more about this program or other aids, please contact Gina Welch at 613-774-2105 ext. 223.

## NORTH DUNDAS SPORTS EQUIPMENT SALE, SWAP & DONATE

The Recreation & Culture Department is pleased to announce the commencement of a Facebook page for North Dundas sports enthusiasts. Please become a fan of the new North Dundas Sports Equipment Sale, Swap & Donate page and peruse or post an ad or two! Much like a Kijiji page for sports equipment (only please), residents are urged to post ads for any equipment that you have for sale or that you are looking for. We urge residents to use this great, new community resource and help us spread the word! Please help us to create, foster & promote opportunities for affordable recreation in the Township of North Dundas. For more information, please contact Gina Welch at the Township of North Dundas office at 613-774-2105 ext. 223.

## CHILDREN'S FITNESS TAX CREDIT

The children's fitness tax credit allows parents to claim up to $500 per child, per year for fees that relate to the cost of registering their, their spouse's, or their common-law partner's child, in a prescribed program of physical activity. The child must have been under 16 years of age (or under 18 years of age if eligible for the disability amount), at the beginning of the year in which an eligible fitness expense was paid. If the child qualifies for the disability amount and is under 18 years of age at the beginning of the year, an additional amount of $500 can be claimed provided that a minimum of $100 is paid on registration or membership fees for a prescribed program of physical activity. To qualify for the children's fitness tax credit, a program must:

- be ongoing (either a minimum of eight weeks duration or, in the case of children's camps, five consecutive days);
- be supervised;
- be suitable for children; and
- require a significant amount of physical activity that contributes to cardiorespiratory endurance, plus one or more of the following: muscular strength, muscular endurance, flexibility, and/or balance.

Physical activity includes strenuous games like hockey or soccer, activities such as golf lessons, horse-back riding, sailing and bowling as well as others that require a similar level of physical activity. For more information, please visit: www.cra-arc.gc.ca/fitness/.

## CHILDREN'S ARTS TAX CREDIT

To better recognize the costs associated with children's artistic, cultural, recreational and developmental activities, The Children's Arts Tax Credit builds on the Government's record of helping families. The credit will be available for a wide range of activities that contribute to a child's development and that are not eligible for the Children's Fitness Tax Credit. The credit will be provided on up to $500 of eligible fees per child in respect of qualifying children's programs and will otherwise be based on eligibility conditions for the Children's Fitness Tax Credit. In this regard, the credit is available for children under the age of 16 years for registration costs associated with participation in qualifying supervised activities. In respect of children eligible for the Disability Tax Credit, the age limit will be raised by two years and an additional $500 non-refundable amount will be provided. For more information, please visit: www.cra-arc.gc.ca/gncy/bdgt/2011/qa01-eng.html





• MORE SUBSIDIES AND SUPPORT ON PAGE 15

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# Winter Session 2013-2014

## REGISTRATION FOR ALL PROGRAMS

Winter session 2013-2014 registration for all programs will be taking place the last week of August in the boardroom at the Joel Steele Community Centre (Winchester Arena). Please watch for more details on our Facebook page or website at **www.winchesterskatingclub.com**

### PROGRAMS

### CanSkate

**October 1, 2013-March 20, 2014**

**Pre-CanSkate:** Tuesday & Thursday 6:20-6:45 pm
**$300.00**
**CanSkate:** Tuesday & Thursday 6:20-7:10 pm
**$375.00***

**September 3, 2013-March 25, 2014**

**Advanced CanSkate (Levels 3-6)**
Thursday 5:15-6:10 pm, Saturday 9:00-10:20 am
**$525.00***

**Intermediate (Levels 7-Preliminary)**
Tuesday 5:15-6:10 pm, Saturday 10:30-11:50 am
**$525.00***

### StarSkate

(Must have passed Full Preliminary FreeSkate and working on Jr. Bronze to Gold PreSkate)
Tuesday and Thursday 3:50-5:15 pm
& Saturday 12-2:10 pm
**$750.00**

### *Mandatory for all levels:

**Skate Canada Membership Fee $33.00**
**Administration Fee $25.00**

### Skate Canada Helmet Policy

**(Effective May 1, 2011)**

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice.

## 211

**Phone Number: 211 www.211ontario.ca**

211 is an easy-to-remember, three-digit, non-emergency telephone number that connects callers to a full range of community, social, government and health service information. If your situation is not an emergency, and you don't know where to go for the information you need, dial 211. A trained operator will assess your situation and help you find the best services and programs to provide assistance. Everyone can benefit from using 211 – from individuals, families and professionals, to community agencies and people facing barriers due to languages, poverty, or personal difficulty. Bilingual and certified information and referral specialists answer 211 calls seven days a week. It is complemented by an on-line directory. 211 is free, confidential, and available in over 150 languages.

## HEALTHY SMILES ONTARIO

Good oral health is important to kids' overall health; yet, for some, regular dental care may not be affordable. Healthy Smiles Ontario is a program for kids ages 17 years and under who, do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you. Kids 17 yrs. and under may be eligible if: they are residents of Ontario; they are members of a household with an Adjusted Family Net Income of $20,000 per year or below; and, they do not have access to any form of dental coverage (including other government-funded programs, like Ontario Works). You will need to show specific documents during the enrollment process. To find out more about Healthy Smiles Ontario and to see if you qualify, call the Eastern Ontario Health Unit at 1-800-267-7120 and ask for Health Line.

## CINOT (CHILDREN IN NEED OF TREATMENT)

**Oral Health Program at the Eastern Ontario Health Unit:**
**613-933-1375**
**1-800-267-7120**

CINOT is a government funded dental program that provides emergency and urgent dental care for Ontario children between the ages of newborn to 18 years. Families may be eligible if they do not have dental insurance, if the cost of dental treatment would result in financial hardship, and if they meet the dental eligibility criteria. All registrants must be screened by Health Unit Staff to establish both dental and financial need. A CINOT claim form will be issued following the screening – OR – a child with an emergency condition may see a dentist immediately as long as the Health Unit is contacted on the next business day to arrange for emergency coverage. For more information about CINOT or to find out if your family may be eligible for this program, contact the Oral Health Program at the Eastern Ontario Health Unit using the phone numbers listed above.





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**Satellite Office**
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## PART-TIME ARENA ATTENDANTS

Individuals to work at the Chesterville and Winchester arenas as part-time maintenance staff. Duties include: moving and changing nets during ice resurfacing, event set-up and shoveling snow, as well as general housekeeping duties including sweeping and mopping floors and vacuuming and cleaning washrooms and dressing rooms.
Qualifications: Must be 16 years of age + and willing to work evenings and weekends. First-Aid & CPR certification an asset.

TERM: October 1, 2013 to April 1, 2014
PAY: $11.01 - $11.67/hr.
REFERENCE #6275

*Please submit your resume to:*

Meaghan Meerburg
Director of Recreation & Culture
Township of North Dundas
636 St. Lawrence St.,
P.O. Box 489
Winchester, ON, K0C 2KO
**OR** fax 613-774-5699

DEADLINE: September 9, 2013

## RECREATION PROGRAM INSTRUCTORS

The Recreation & Culture Dept. is currently seeking experienced program instructors for programs including, but not limited to yoga, burlesque, pilates, zumba, ballet, tap, jazz, aerobics, gymnastics, and boot camps. All positions entail contract work on a part-time, regular or occasional basis. Candidates must be available for weekday evenings and must have reliable transportation. All administration work is taken care of in advance by the Township of North Dundas. A facility and required equipment is provided to all instructors (some exceptions apply). Applicants must be 20 yrs. +

TERM: Ongoing
PAY: Varies

*Please submit your resume & cover letter to:*

Meaghan Meerburg,
Director of Recreation & Culture
Township of North Dundas
636 St. Lawrence St.,
P.O. Box 489
Winchester, ON, K0C 2K0
**OR** fax 613-774-5699

DEADLINE: Ongoing

## CO-OP OPPORTUNITIES

**(Unpaid positions)**

### CULTURAL HERITAGE

This co-op position works within the cultural heritage component of the Township of North Dundas Recreation & Culture Dept. and entails researching, organizing, and promoting programs, activities, special events, and exhibits for the Winchester Cultural Centre (Old Town Hall) historical building. The student will work under the direct supervision of the Director of Recreation & Culture for the Township of North Dundas

*All interested individuals are asked to please contact Meaghan Meerburg, at the Township of North Dundas at 613-774-2105 ext. 236 or email mmeerburg@northdundas.com*

## COMMUNITY SERVICE & VOLUNTEER OPPORTUNITIES

**(Unpaid positions)**

### GREEN FOOD BAG PROGRAM

*(**Please visit the Community Initiatives web page on the Recreation & Culture web page for more information on this new program)*

The Green Food Bag Program provides a non-profit, fresh fruit and vegetable distribution system that is available for purchase by all North Dundas residents (regardless of income level). In order to run this once-a-month, self-sustaining program, we require the aid of volunteers to help with tasks such as unloading the delivery truck, filling the bags, supervising during the designated bag pick-up times, performing light cleaning duties during and after the bag stuffing, as well as taking registrations.

*More information on the North Dundas Green Food Bag, see page 5.*

## FESTIVAL & EVENT COMMITTEE MEMBERS

The Township of North Dundas is always seeking individuals who are interested in volunteering for one or more of the festival and event committees that are active in North Dundas. Whether you would like to join a committee and attend meetings, work behind the scenes from your home or office, or simply volunteer for the big event dates, your time and efforts are welcome assets. There are no set time or task requirements; you, the volunteer, can decide what works best for your schedule and abilities. Please contact the Township of North Dundas to find out what opportunities await you!

*All interested individuals are asked to please contact Gina Welch, Community Development Coordinator for the Township of North Dundas at 613-774-2105 ext. 223 or email gwelch@northdundas.com*





If you would like to include any
**VOLUNTEER OPPORTUNITIES**
for your community group, team, club, or committee in the next issue of the
**Recreation & Culture Resource Guide,**
please contact Gina Welch,
Community Development Coordinator for the Township of North Dundas at
613-774-2105 ext. 223
or email gwelch@northdundas.com

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# Program Registration

Township of North Dundas

*Fall/Winter registration begins August 12, 2013*
*Fall/Winter programs begin the week of September 9, 2013*

## GENERAL PROGRAM INFORMATION

- **ALL PROGRAMS REQUIRE PRE-REGISTRATION.**
- Registrations must be submitted in advance of the program commencement date.
- All program sessions and individual classes are subject to change or cancellation. For up-to-date information, please call the Township office at 613-774-2105 ext. 223.
- **SORRY, THERE ARE NO FAMILY RATES.**
- Post-dated cheques are not a valid method of payment and cheques must be submitted at least one week prior to the program commencement date.
- All programs are peanut-free.

## REGISTER FOR PROGRAMS

**IN PERSON –** 636 St. Lawrence St., Winchester, ON
Monday to Friday 8:30 am to 4:30 pm
Using INTERAC, CREDIT CARD, CASH, or CHEQUE

**BY PHONE –** 613-774-2105 using a CREDIT CARD or VISA

**ONLINE –** www.northdundas.com using a CREDIT CARD

## PROGRAM POLICY:

**REGISTRATION –** Once you have registered for a program, you will not be contacted prior to the program commencement date unless the program has been cancelled or rescheduled. Please assume that the program is running as scheduled and ensure that you attend the date, time, and location as listed in the program information.

**CANCELLATION/CHANGES –** We do our best to ensure all programs run exactly as outlined in this brochure, but sometimes a program start date, time, location, or fee may change. Programs are subject to cancellation due to insufficient registration, instructor cancellation, etc. If this situation occurs, a full refund will be issued. In the event that a class or lesson must be cancelled, every attempt will be made to have the class or lesson rescheduled. Program registrants will be notified of the class cancellation as well as the rescheduled date, if applicable.

**REFUNDS/CREDITS/WITHDRAWALS –** A refund or credit will only be given up to one week **before** the start date of the program. A $10 administration fee will apply to all customer-requested withdrawals. A partial/full refund may be issued depending on the circumstances that are presented. A medical note may be requested in order to process this request.



## REQUEST FOR PROPOSAL

***Would you like to provide or suggest a new recreational/instructional program or course in the Township of North Dundas?***
***If so, we want to hear from you!*** Contact Gina Welch, Township of North Dundas, 613-774-2105 ext. 223 or email gwelch@northdundas.com



## ONLINE REGISTRATION

**THE BEST WAY TO REGISTER FOR PROGRAMS IS FROM THE COMFORT OF YOUR HOME OR OFFICE.**

The Township of North Dundas offers you the ease of registration with the click of a mouse!

**NO MORE LINE-UPS!!** The Township of North Dundas is very pleased to announce that a number of programs and courses offered through the Recreation & Culture Department will be available for online registration, 24 hours per day for the Fall/Winter term, **beginning Monday, August 12, 2013.**

**WHAT YOU NEED TO KNOW:** From the Municipality's website home page at www.northdundas.com click on Town Hall, Recreation and Culture, and then Programs & Courses. From here you will be able to create a family account, select your activities, and then pay for your program selection using a credit card.

*For more information, please contact our office at 613-774-2105.*

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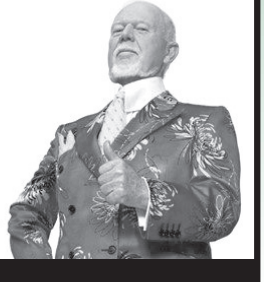

## MUSICAL PLAYGROUND: ALL AROUND MY HOUSE

*Instructed by Paula Lund*
**Age:** Newborn to 5 yrs.
**Duration:** 5 weeks
**Start Date:** Saturday, September 7
**Time:** 9:45 - 10:30 am
**Location:** Winchester Cultural Centre, 478 Main St.
**Registration Fee:** $60 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. Dusting, washing clothes and baking has never been this much fun. Pretend you are clothes in a washing machine, and make yummy treats in the oven to share with your friends. Dance with scarves, roll the dough with rhythm sticks and make popcorn in the parachute.

## MUSICAL PLAYGROUND: AROUND THE WORLD

*Instructed by Paula Lund*
**Age:** Newborn to 5 yrs.
**Duration:** 5 weeks
**Start Date:** Saturday, October 19
**Time:** 9:45 - 10:30 am
**Location:** Winchester Cultural Centre, 478 Main St.
**Registration Fee:** $60 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. During this 5-week session, you and your little one(s) will learn how to say hello in many different languages. Play the games and dance the dances of boys and girls in far-away lands. Dance around the Maypole and explore instruments from around the world. Get your tickets ready! We're going on a trip!

## MUSICAL PLAYGROUND: MY PLANET, MY UNIVERSE

*Instructed by Paula Lund*
**Age:** Newborn to 5 yrs.
**Duration:** 5 weeks
**Start Date:** Saturday, November 23
**Time:** 9:45 - 10:30 am
**Location:** Winchester Cultural Centre, 478 Main St.
**Registration Fee:** $60 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. During this 5-week session, you and your little one(s) will learn how to be a friend to the Earth, sing about all of the planets in our universe, and climb aboard a rocket ship and fly to the moon.

## REQUEST FOR PROPOSAL

***Would you like to provide or suggest a new recreational/ instructional program or course in North Dundas township?***

Contact Gina Welch, Township of North Dundas, 613-774-2105 ext. 223 or email gwelch@northdundas.com

## BALLET

*Instructed by Marika Havekes*
**Age:** 2-7 yrs.
**Duration:** 15 weeks
**Start Date:** Wednesday, September 11
**Time:** 5:30 - 6:15 pm or 6:30 - 7:15 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $110

This program introduces young dancers to the basics of ballet where the focus is on music, movement, creative expression and development of coordination. A place to explore and have fun! Dancers will learn different dance combinations throughout the session and have the chance to make new friends! At the end of the session there will be an open house — where family or friends can come join us for our last class for fun activities and crafts. This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

## ART ATTACK!

**Age:** 6-10 yrs.
**Duration:** 15 weeks
**Start Date:** Tuesday, September 10
**Time:** 6:30 - 7:30 pm
**Location:** Winchester Arena Boardroom, 577 Main St., Winchester (located across the hall from the office, lower level)
**Registration Fee:** $120

Each art class is designed to provide children with skill level/ age appropriate artistic experiences. Children will be provided with an opportunity to explore acrylic and water colour paint, sculpture, chalk/oil pastel, clay, design, and more. This class teaches your child to basic art skills and gives them opportunity to grow as a young artist.

## INDOOR SOCCER

*Instructed by Steve Tovell*
**Age:** 6-8 yrs.
**Duration:** 14 weeks
**Start Date:** Monday, September 9 (No class Thanksgiving Monday, October 14)
**Time:** 7:00 - 8:00 pm
**Location:** North Dundas District High School gym, 12835 Hwy 43, Chesterville
**Registration Fee:** $70

Come out and improve your skills while having fun playing soccer with your friends indoors! The focus will be on skill development as well as good sportsmanship. Indoor non-marking running shoes are required, shin pads are optional.

## INDOOR SOCCER

*Instructed by Steve Tovell*
**Age:** 9-12 yrs.
**Duration:** 14 weeks
**Start Date:** Monday, September 9 (No class Thanksgiving Monday, October 14)
**Time:** 6:00 - 7:00 pm
**Location:** North Dundas District High School gym, 12835 Hwy 43, Chesterville
**Registration Fee:** $70

Come out and improve your skills while have fun playing soccer with your friends indoors! The focus will be on skill development as well as good sportsmanship. Indoor non-marking running shoes are required, shin pads are optional.

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## FLOOR HOCKEY

*Instructed by Colette Moulton*
**Duration:** 14 weeks
**Start Date:** Monday, September 9 (No class Thanksgiving Monday, October 14)
**Time:** Ages 6-8 yrs: 6:00 - 7:00 pm
Ages 9-12 yrs: 7:00 - 8:00 pm
**Location:** North Dundas District High School gym, 12835 Hwy 43, Chesterville
**Registration Fee:** $70

Come out and improve your skills while enjoying floor hockey with your friends indoors! Smaller teams help the coaches to focus on skill development as well as good sportsmanship. Indoor non-marking running shoes, as well as a helmet with a cage are required. Shin pads are optional.

## BABYSITTER & FIRE SAFETY TRAINING INTEREST COURSE

*Instructed by St. John Ambulance and the Winchester Fire Dept.*
**Age:** 11 yrs.+
**Duration:** 1 day
**Start Date:** Saturday, October 19th
**Time:** 9:00 am - 4:30 pm
**Location:** Old Council Chambers, Winchester Library Building, lower level, 547 St. Lawrence St., Winchester
**Registration Fee:** $75 *Manual, certificate of completion included

This program will teach the skills necessary to care for infants, toddlers, and pre-schoolers with emphasis on safety and dealing with emergency situations. Topics will include selected first-aid, feeding, safety, diaper changing, games, how to advertise your services safely, getting a job, etc. An additional training course will also be included and cover the subjects of fire extinguisher training, safety & prevention, and include topics such as the differentiation between a controllable and uncontrollable fire, fire escape plans, proper steps to take in an evacuation, who to call in an emergency, as well as instructed, hands-on training using a fire extinguisher and controlled fire that will teach each course participant how to properly and safely put out a real fire.

## HOME ALONE & LIFESAVER & FIRE SAFETY TRAINING INTEREST COURSE

*Instructed by St. John Ambulance and the Winchester Fire Dept.*
**Age:** 6-11 yrs.
**Duration:** 1 day
**Start Date:** Saturday, October 5
**Time:** 9:00 am - 4:30 pm
**Location:** Old Council Chambers, Winchester Library Building, lower level, 547 St. Lawrence St., Winchester
**Registration Fee:** $75 *Certificate of completion included

This certificate course provides comprehensive, state-of-the-art course materials along with St. John Ambulance quality training that will give your child or dependant the first aid skills, knowledge, and confidence to handle emergency situations. The combination of both the St. John Lifesaver and Home Alone courses will also increase safety awareness, therefore reducing the risk of serious injury to your young one and others. The Lifesaving course component of this one-day course covers numerous topics including: Emergency Scene Management (EMS), shock, Artificial Respiration (AR), choking, wounds & and bleeding, fainting & unconsciousness, burns, and poisoning. As part of the Home Alone course component, topics discussed will include: what to do if there is a prowler outside, safety when answering the phone, knowing when it is safe to cook on the stove, evaluating if it is safe to leave the house, as well as other home alone protocols. Students will also be taught about where to go if there is a fire, the importance of doing a safety audit with your parents, as well as some "what to do's" including what to do when you get home, in emergencies, in a power failure, if you are locked out, if a water pipe breaks, and if you smell gas. All registrants will also be taught about fire safety and given emergency phone numbers to take home. An additional training course will also be included and cover the subjects of fire safety and prevention, and include topics such as fire escape plans, proper steps to take in an evacuation, and who to call in an emergency.





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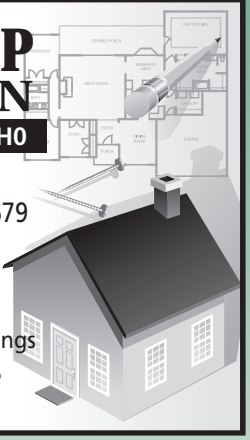




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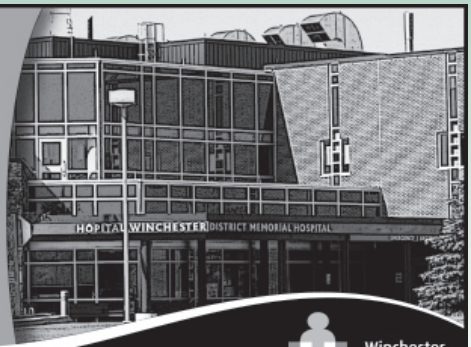


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***** YOGA & ZUMBA PROGRAM PACKAGES: When registering for a yoga or zumba program package on-line, please ensure you look-up the individual program listings and take note of the dates, times & requirements of each. Due to data entry limitations in our software system, we are not able to select multiple dates and times. *****

## DYNAMIC HATHA YOGA – FOR BEYOND BEGINNERS

**Age:** Teens & adults
**Duration:** 15 weeks
**Start Date:** Tuesday, September 10
**Time:** 6:30 - 7:30 pm
**Location:** Morewood Community Centre, 17 Russell St., Morewood
**Registration Fee:** $135 + HST Register for any 2 classes of yoga per week and pay only $250 + HST!

Dynamic Hatha Yoga - For Beyond Beginners is a yoga class that flows yoga asana (postures) and pranayama (breathing techniques) together, in order to challenge you physically and mentally. This class will assist you in creating mind-body awareness and will provide you with the tools to live your yoga off the mat. Enjoy ending class with traditional auming and Namaste. This class is physically dynamic and previous yoga experience is required. Please bring a yoga mat or "sticky" mat due to the floors hard and slippery surface. There are some yoga mats available if you do not have your own.

## DYNAMIC HATHA YOGA – FOR EVERYONE

**Age:** Teens & adults
**Duration:** 15 weeks
**Start Dates, Times & Location:**
Tuesday, September 10, 7:45 - 8:45 pm, Morewood Community Centre, 17 Russell St., Morewood
**OR** Thursday, September 12, 6:30 - 7:30 pm, Morewood Community Centre, 17 Russell St., Morewood
**OR** Saturday, September 14, 8:30 - 9:30 am, Morewood Community Centre, 17 Russell St., Morewood
**Registration Fee:** $135 + HST. Register for any 2 classes of yoga per week and pay only $250 + HST!

Whether you are new to yoga, have some health concerns or just want a slow-paced meditative practice, this yoga class is for you. Take the time to experience and properly learn each posture while focusing on breath and relaxation. Each week will uncover a new technique, so come, learn, and enjoy! All levels are welcome.

## YIN YOGA – FOR EVERYONE

**Age:** Teens & adults
**Duration:** 15 weeks
**Start Date:** Thursday, September 12
**Time:** 7:45 - 8:45 pm
**Location:** Morewood Community Centre, 17 Russell St., Morewood
**Registration Fee:** $135 + HST. Register for any 2 classes of yoga per week and pay only $250 + HST!

Yin yoga is a slower style of yoga that is great for anyone. This practice focuses on the deeper tissue such as ligaments, bones, and joints which makes this type of yoga different from our other classes. Typically postures are held for 3-5 minutes (we could hold them for up to 20) and will certainly challenge you. This style of yoga is very meditative and healing for the mind and body. Yin yoga will complement those with yang practice, those seeking greater flexibility, and those who are looking for meditation.
***Please bring with you 2 medium size blankets (wool preferred but not mandatory).*

## LUNCH HOUR YIN YOGA – FOR EVERYONE

**Age:** Teens & adults
**Duration:** 15 weeks
**Start Date:** Wednesday, September 11
**Time:** 12:30 - 1:30 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $68 + HST. Register for any 2 classes of yoga per week and pay only $185 + HST!

Whether you are new to yoga, have some health concerns or just want a slow paced meditative practice, this yoga class is for you. Take the time to experience and properly learn each posture while focusing on breath and relaxation. Each week will uncover a new technique, so come, learn, and enjoy! All levels are welcome.

## FITNESS/CROSS FIT AND CIRCUIT TRAINING

**Age:** Teens & adults (ALL LEVELS)
**Duration:** 14 weeks
**Start Dates & Times:** Monday, September 9, 7:00 - 8:00 pm
(No class Thanksgiving Monday, October 14)
OR Wednesday, September 11, 7:00 - 8:00 pm
**Location:** Chesterville Community Centre, 1 Mill St., Chesterville
**Registration Fee:** $140 + HST Register for both dates and pay only $260 + HST!

This program offers a beneficial combination of fat-burning cardio and muscle strengthening workouts. Prepare to sweat and push your limit while working all of your muscles through the use of bands, free weights, steps, stability ball and your own body weight. This program provides a mixture of low & high impact, core, and extensive mat work that help's tone, strengthen, and improve flexibility. Mats, steps, stability balls, exercise bands, and weights are all provided.

## MAPLE RIDGE MARTIAL ARTS CLUB

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**South Mountain Agricultural Hall**
**613-989-3815**
*for more information or to book a reservation*

## ZUMBA TONING

**Age:** Teens & adults
**Duration:** 14 weeks
**Start Date:** Monday, September 9, (No class Thanksgiving Monday, October 14)
**Time:** 7:30 - 8:30 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $140 + HST. Register for this program AND Zumba for $270!

The ZUMBA TONING program takes the original Latin-inspired dance-fitness class to a whole new level! ZUMBA TONING incorporates popular Zumba rhythms with lightweight maraca-style toning sticks, created to engage your muscles. This combination of cardio and dynamic resistive movements is an effective use of progressive lightweight training to improve overall performance. This program gives the participants a safe and effective, re-defining and exhilarating total body workout! It's double the workout of a regular Zumba program, in just ½ the time!
***REQUIREMENT** Registrants MUST have taken a minimum of 5 Zumba classes before registering for this program!*

## ZUMBA

**Age:** Teens & adults
**Duration:** 15 weeks
**Start Date:** Wednesday, September 11
**Time:** 7:30 - 8:30 pm
**Location:** Joel Steele Community Centre, 577 Main St.
**Registration Fee:** $150 + HST. Register for this program AND Zumba Toning for $270!

Zumba is a fusion of Latin/International music and dance themes that are used to create a dynamic, exciting, and effective fitness system. The routines feature aerobic interval training with a combination of a variety of styles including Cumbia, Merengue, Salsa, Reggaeton, Hip Hop, Pop, Mambo, Rumba, Flamenco, Calypso, and Salsaton. Zumba uses music selections that include both fast and slow rhythms to help tone and sculpt the body. Dancers will feel like they are at a party and rippin' up the dance floor with friends.

## BALLROOM DANCING PRACTICES

**Age:** All ages - youth, adults & seniors; singles or partners
**2013 Dates:** Sept. 7, Sept. 21, Oct. 5, Oct. 19, Nov. 2, Nov. 16, Nov. 30, Dec. 14, Dec. 28.
**Time:** 7:00 - 10:00 pm
**Location:** Chesterville Community Centre, 1 Mill St.
**Drop-In Fee:** $4/person or $7 per couple

Come out and practice your Ballroom Dancing steps and skills and steps in a relaxed and social environment with wonderful music and great friends. You do not need to be registered for dance classes to attend these practices. This is open to anyone in the area, from beginner to advanced, who wish to dance. For more information, please call Dennis Taylor at 613-448-3633.

## BALLROOM DANCING

*Instructed by Dennis Taylor*
**Age:** Teens & adults
**Duration:** 8 weeks
**Price:** $64 + HST
**Start Date:** September 10
**Location:** Chesterville Community Centre, 1 Mill St.

Would you like to learn to dance to be more comfortable at weddings, parties, community events or even out with your friends? Sign-up for beginner level classes in one or more dances and you will be amazed at how, after just a few week's lessons and some at-home practices, you will be moving around the dance floor with confidence. The dances are mainly social style and are presented for enjoyment in a friendly and relaxed setting. There are also Saturday night practices available every second week to help you get out for an evening while you perfect what you have learned.

**CLASS LEVELS**

**Level 1**
Over 8 weeks learn basic beginner steps for Rumba, Waltz, Foxtrot, Cha Cha, Triple Swing, Samba, Tango and Bachata.

**Level 7**
Continuation from Level 6. More stepping in the Rumba, Foxtrot, Waltz, Cha Cha, Triple Swing, Samba and Tango.

**Rumba/Cha Cha**
A more in-depth approach with 4 weeks of Rumba and 4 weeks of Cha Cha. Take basic stepping and add more to give you enough to enjoy any of your favorite Rumba or Cha Cha songs.

**Mambo/Bachata**
These two dances are fast, fun and sensuous. Enjoy close dancing to upbeat music that will leave you breathless and your friends envious. Over 4 weeks of each dance, you will learn a variety of steps to enjoy on the dance floor.

**Triple Swing/Samba**
These are two dances that are popular everywhere. Both are fast and action packed. Over 4 weeks of each dance you will learn basic stepping and more. Be prepared to move and to impress everyone who watches.

**Silver – Level 1**
For those who have completed levels 1 to 10 or who believe they are ready to move on, start these more advanced classes to take what you have learned to the next level. Steps taught will add to what you have learned, and will give you more moves for your dancing.

**TIMES**

| | | |
|---|---|---|
| Tuesday | 6:30 - 7:30 pm | Level 1 |
| | 7:30 - 8:30 pm | Level 7 |
| | 8:30 - 9:30 pm | Rumba/Cha Cha |
| Thursday | 6:30 - 7:30 pm | Mambo/Bachata |
| | 7:30 - 8:30 pm | Silver – Level 1 |
| | 8:30 - 9:30 pm | Triple Swing/Samba |

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# Certification & Interest Courses

## SMART SERVE TRAINING

**Age:** 18 yrs. +
**Location:** Township of North Dundas Office, 636 St. Lawrence St., Winchester
**Registration Fee:** $40 + HST **Manual & certificate included*

The Smart Serve Training Program has been designed to promote the responsible service of alcohol as it pertains to the current liquor laws in the Province of Ontario. This training program provides valuable information to individuals regarding responsible service and sale of alcoholic beverages. It will enable you to take a pro-active approach to serving alcohol responsibly. The Smart Serve Training course takes place in a meeting room within the Township office and allows the registrant to watch the Smart Serve video, take the chapter quizzes, and complete the test at their own pace, while having access to a coach who can answer questions along the way. Appointments can be scheduled throughout the year at the registrant's convenience. Upon successful completion, the registrant will receive their Smart Serve card and pin within three to six weeks.

*Please call the Township office at 613-774-2105 ext. 223 to schedule your individual appointment.*

## WHITE WATER RAFTING AT OWL RAFTING

**Registration Fee:**
**FAMILY TRIP** (participants must be over 50 lbs): 13 yrs. + : $140 + HST, 12 yrs. and under: $120
**ADVENTURE RAFTING** (no age specifications, but participants must be over 90 lbs): $175 + HST
**Date:** Saturday, September 7
**Location:** Bus will pick up and drop off at Joel Steele Community Centre, 577 Main Street, Winchester
**Pick up:** 6:30 am **Drop off:** 8:00 pm

Come join us for a day of adventure and excitement riding the waves of the Ottawa River. Our day beings with a trip briefing, then a short ride on a bus to the Ottawa River Put-in. For the next five hours, descend the world-renowned Rocher Fondu Rapids. With a stop for lunch along the way. We return to the OWL Resort to view a video presentation of our trip and enjoy activities along our sandy waterfront. If you choose the Family Rafting trip you will have the opportunity to experience the raging beauty of the river, riding waves a metre in height. And since a seasoned guide provides the propelling power, the passengers don't need to do much more than hang on tight, and leave the steering to an expert.

## CAKE DECORATING - THE BASICS

**Age:** 16+
**Duration:** 4 weeks
**Registration Fee:** $90 + HST
**Date:** Thursday, September 12
**Time:** 7:00 - 9:00 pm
**Location:** Happy Face Nursery School Building, 9 William St., Chesterville

When it comes to cake decorating, this is the perfect place to start. Learn how to bake and decorate a great cake, cupcakes and cookies with icing drop flowers, rosettes, shells and much more! Participants will be provided with a list of supplies that will be needed for the first class. Each class you will need to bring an iced cake, cupcakes or cookies to practice on, as well as the icing needed for the class.

## GUITAR - BEGINNER

**Age:** 16+
**Duration:** 12 weeks
**Registration Fee:** $70 + HST
**Date:** Tuesday, September 10
**Time:** 7:00 - 8:00 pm
**Location:** Happy Face Nursery School Building, 9 William St. Chesterville

Learn basic chords, strums and finger picking. This is a group lesson and participants must provide their own guitar.

## OIL/ACRYLIC PAINTING

**Age:** 16+
**Duration:** 12 weeks
**Registration Fee:** $90 + HST
**Date:** Tuesday, September 10
**Time:** 7:00 - 9:00 pm
**Location:** North Dundas District Highschool, 12835 Hwy 43, Chesterville

A wonderful way for beginners to learn to paint and gain confidence. Paint mixing, colour, value, form, perspective and painting techniques will be covered through the instructor's step-by-step demonstrations. A list of supplies will be mailed to each participant when they register.








# Dundas County Drive-in Movie Nights

*North and South Dundas Recreation Departments are excited to announce a joint partnership event.*

***On Saturday, September 14th everyone is welcome to join in the nostalgia of drive-in movies. Come out to the South Mountain Fairgrounds to catch a flick with friends and family. There will be an assortment of snacks available.***

Updates will also be posted on the North Dundas Recreation Facebook page and on the Township of North Dundas Community Events Calendar that is available at www.northdundas.com.

***See you at the movies!***

*For questions and feedback regarding these events, or to find out how you can become a volunteer or sponsor, please contact Gina Welch at 613-774-2105 ext. 223 or gwelch@northdundas.com*

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## MOUNTAIN SENIORS CLUB

**Mountain Twp. Agricultural Hall**
**2967 Lough Rd., South Mountain**
**Jack McCarger: 613-989-5569**

**MEETINGS:** Take place the last Wednesday of each month at the Mountain Hall. The meetings will begin at 11:30 am and will include a potluck luncheon, followed by a short program, so please bring along your favourite dish to share! Meetings will take place all year, with the exception of July and August.

## WINCHESTER GOLDEN YEARS

**Winchester Lions Hall**
**515 Albert St., Winchester**
**Roberta Giberson: 613-774-4273**

The Golden Years, age 50+, meet the third Thursday of each month, except for July, August, and December. Meetings are held at 11 am at the Winchester Lions Hall. On these days, meetings are followed by a potluck lunch at noon and then entertainment.

Our seniors group plays euchre the second and fourth Thursdays of the month. Euchre begins at 7:30 pm and is held at the Winchester Lion's Hall.

Golden Years also have a choral group, which entertain at the hospital the first Tuesday of the month. Practices are held the third Tuesday of the month at 1 pm at the Lion's Hall.

*Golden Years welcomes any new members.*

## NOR-DUN SENIORS' SUPPORT SERVICES

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There are three sites in North Dundas:

- **Nor-Dun Centre,** 517A Albert Street, Winchester
- **Nelson LaPrade Centre,** 9 William Street, Chesterville
- **Mountain Township Ag Hall,** 2967 Lough Road, South Mountain

Activities and services are arranged for physically disabled adults and seniors. You can participate in activities at any one or all of the sites. Fees are set according to the event and services. New participants will be asked to provide basic information, such as emergency contacts, that will be kept on file.

**REGULAR ACTIVITIES FOR NOR-DUN CENTRE IN WINCHESTER**
**Diners Meal** every Monday, Wednesday and Friday at 12:00 pm
**Bid Euchre** is every Thursday at 12:30 pm except the third Friday of the month
**Exercise Class** is every Wednesday at 9:30 am
**Hot Dog Fundraiser Night** at 4:00 pm, fourth Thursday of the month

**REGULAR ACTIVITIES FOR NELSON LAPRADE CENTRE IN CHESTERVILLE**
**Diners Meal** every first and third Tuesday of the month at 12:30 pm
**Euchre** is every Thursday at 1:00 pm
**Tai Chi** classes every Thursday at 2:30 pm

**REGULAR ACTIVITIES FOR MOUNTAIN TOWNSHIP AG HALL IN SOUTH MOUNTAIN**
**Diners Meal** every Thursday of the month at 12:30 pm
**Euchre** is the third Thursday of every month at 1:00 pm

*For more monthly details, be sure to check local newspapers the last week of every month, or contact the Nor-Dun Centre at 613-774-6109, or e-mail crooney@carefor.ca or ngibson@carefor.ca*





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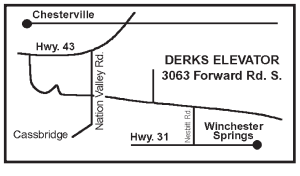


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## UPCOMING EVENTS

**South Mountain Fair:** August 15-18
**Movies Under the Stars:** August 24
**Dundas Drive-In:** September 14

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## BLOOD DONOR CLINICS

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**Date:** Thursday, September 5, 2013
**Location:** Chesterville Royal Canadian Legion, 167 Queen St.
**Time:** 2:00 to 8:00 pm

**Date:** Thursday, November 7, 2013
**Location:** Winchester Public School, 547 Louise St., South
**Time:** 2:00 to 8:00 pm

**Date:** Thursday, January 30, 2014
**Location:** Winchester Public School, 547 Louise St., South
**Time:** 2:00 to 8:00 pm

## NORTH DUNDAS FULL CIRCLES

Welcome to Full Circles – North Dundas FULL CIRCLES, where one person's trash is another's treasure! Serving the communities of: Winchester, Mountain and Chesterville.

Our goal is to encourage North Dundas citizens to live simpler and reduce the size of their environmental footprint by finding new homes for perfectly good, but unneeded, unwanted items rather than just "warehousing" them or throwing them away. Individually and collectively, FULL CIRCLING reduces our negative impacts on our environment and our landfills through growing local communities of like-minded folks – FULL CIRCLERS! FULL CIRCLES – is a simple concept. Connect people with surplus "stuff"... with others who will use that surplus stuff.

*For more information, please visit:*
*Yahoo Group http://groups.yahoo.com/group/NorthDundasFullCircles or http://www.northdundas.com Under Waste Management.*

## S.W.A.P.

S.W.A.P. is a fantastic, locally developed, Facebook page that allows locals to list items, services, and support that they would like to give away or receive, free of charge (please note: items must be given away or requested for free). Things like clothing, toys, recreation equipment, home furnishings, books, movies, anything you can think of, can be posted on here. Please be advised that there are rules that must be followed for this group, so that it may continue to be the great, friendly resource that is has become. Be sure to check it out!!
https://www.facebook.com/groups/230165173690126/

## CHESTERVILLE FARMERS' MARKET

**Cheryl Beasley: 613-774-2224**
**www.chestervillefarmersmarket.com**
**or on Facebook at Chesterville Farmers' Market**

The Chesterville Farmers' Market would like to invite your organization to participate at the market. We have a community space available to non-profit organizations for public education, recruiting and fundraising opportunities. The space is free of charge, however, individuals or groups wishing to use the space will need to reserve in advance. We ask that the space not be used to sell baked goods.

The Market is opened from May 18, 2013 to October 12, 2013, Saturday mornings 9:00 am to 2:00 pm on the Chesterville Waterfront.

*Please feel free to call and book your event with Janet Thompson at 613-989-5362 or Cheryl Beasley at 613-774-2224 or cbeasley@teksavvy.com*

## ST. MARY'S CATHOLIC SCHOOL

**613-448-2158**
**37 Main Street, Chesterville**

The school council has teamed up with the North Dundas Township and Recreation once again for a **Halloween Costume and Dance Party.** This event is a community-wide event for all the children of North Dundas Township. It will be held on Saturday, October 26 at the Joel Steele Community Centre, Winchester between 11:00 am - 2:00 pm. The admission is FREE. There will be various activities planned including crafts and games, as well as costume and dance prizes. A canteen lunch will be served for a fee.

Donations of new or gently used items are also being accepted for our **Annual Gift Wrap event.** This event allows every child the opportunity to shop for their family members by selecting a gently used item or toy corresponding to the family member's age group. It will then be wrapped by a parent volunteer and sent home to be placed under the tree. Anyone in the community wanting to drop off items can do so in November, following Remembrance Day.

On the Sunday of the Chesterville Carnival, held in February, will be our annual **Spaghetti Supper,** which will be served by our students.

Our **St. Patrick's Tea and Bake Sale** will run in March once again. Please come be our guest and let our Grade 5 class provide you with exceptional service. Please watch for local flyers and classified advertisements in our local papers for its official date.

*Anyone interested in finding out more information about the Schools fall events coming up can please contact the school at 613-448-2158 for further information.*

## 211

**Phone Number: 211**
**www.211ontario.ca**

211 is an easy-to-remember, three-digit, non-emergency telephone number that connects callers to a full range of community, social, government, and health service information. If your situation is not an emergency, and you don't know where to go for the information you need, dial 211. A trained operator will assess your situation and help you find the best services and programs to provide assistance. Everyone can benefit from using 211 – from individuals, families, and professionals to community agencies, and people facing barriers due to languages, poverty, or personal difficulty. Bilingual and certified information and referral specialists answer 211 calls seven days a week. It is complemented by an on-line directory. Information is available on emotional health, financial issues, family recreation programs, coping with disabilities, stress and bereavement, employment skills, citizenship, parenting and child care, support for seniors, sexuality, education, and more.

*211 is free, confidential, and available in over 150 languages.*

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## CHESTERVILLE ROTARY CLUB

**Eric Duncan: 613-868-1611**

The Chesterville Rotary Club is celebrating its **75th Anniversary** with a Dinner at the Legion on Friday, October 25. Please look for details regarding ticket sales, in the local newspapers.

On August 21, the Club will be hosting a **BBQ in support of the Lac Mégantic community.** The BBQ runs from 5-8pm with music from 6-8pm. Come join us for hot dogs and hamburgers and show your support.

The Club will be organizing the **Terry Fox Run** on Sunday, September 15 at NDDHS. Thanks to all participants who have helped the Club raise $201,062 over the past 33 years. Come walk, run, or ride a bike, (rain or shine) and keep Terry's dream alive.

**Pride of Workmanship** will be held in October. We are asking local businesses to recognize individuals who go above and beyond in their everyday work. This emphasizes the Rotary motto "Service Above Self". Entry forms will be mailed out and are available from Rotarians.

**Breakfast With Santa** will be held at the Legion on Saturday, December 7, starting at 8:00 am and Santa will join us at 9:00 am. There will be crafts for the children, a bake sale by the United Church, calendar and cake sales by the Lion's Club and lots of time to visit with friends.

*Please read our local newspapers for further event details. Come join us at our events and help make this 75th anniversary year a special year for the Rotary Club of Chesterville.*

## MOUNTAIN AND DISTRICT LIONS CLUB

**President: Roxanne Backes – 613-448-1825**

The Mountain & District Lions Club is celebrating 31 yrs. of serving the community. Come join us November 2 for our annual **Roast Beef Fundraiser Dinner.** Tickets are $40 each and can be purchased by contacting Bob at 613-989-2823. Our lottery calendars will soon be available. New members are always welcome.

## CHESTERVILLE AND DISTRICT LIONS CLUB

**Mark McMillan: 613-448-1825**
**LyinMark@sympatico.ca**

**Car Rally & Chicken BBQ –** Saturday, March 29 at the Chesterville Legion. Registration is from 11:00 am to 12:00 noon. The cost is $20 per navigation booklet which includes prizes for pilot and co-pilot. The cost for the Chicken BBQ is $12/half chicken dinner with beans, coleslaw, and bun. Advance tickets are available for the dinner (only 120 tickets available).

**Calendar Draw –** In September, the Lions Club will commence a new year of events and ventures that benefit the community. New members are welcome to come check us out or join the Club.

Returning for the 2013 year is the Chesterville Lions Club **$5,000 Calendar Fundraiser.** Draws will take place each month throughout 2013 with monthly prizes of $25-$100 being awarded from January through November. A year-end prize of $200 will be awarded in December, for a total of $5,000 in prize money being handed out. Calendars will be available for purchase in October at various Chesterville locations including Lions Club members, TD Bank, Scotiabank, and Flair with Fabrics, at a price of $20 each. Christmas cakes will also be for sale beginning in November and will available for purchase at the same businesses. For more information contact Mark by phone at 613 448-1825 or by e-mail at LyinMark@sympatico.ca.

**FREE Community Appreciation Fun Day –** Saturday, August 31, various service clubs from the Chesterville area will be getting together to host a community appreciation event at the Chesterville Park. The service clubs would like to show their gratitude for the ongoing support that they have recived over the years. This free event will go on rain or shine and will include a BBQ, swimming, kids crafts, and face painting. Please watch the local newspapers for further details.

*For more information, please check out our Facebook page at: www.facebook.com/ChestervilleLionsClub.*

## WINCHESTER LEGION BRANCH #108

**613-774-3694**
**482 Main Street, East, Winchester**

**HOURS OF OPERATION:**
Monday to Friday: 2:00 pm until Close
Saturday noon - 10:00 pm (except for the Euchre Saturdays, which will be 12 noon - 10:00 pm)

We want to welcome you to the Winchester Legion for friendly conversation, a game of cards, and stay for a drink. Monday to Saturday from 2:00 pm until closing. All are welcome and membership is not required. Legion members are requested to attend our general meetings, which are held the last Monday of every month beginning at 7:30 pm. The Legion provides a wide variety of events that are open to the entire community.

**Considering becoming a member?** Give us a call and find out how. We help our community, but also participate in Zone events including horseshoes, darts, cribbage, euchre, golf, and more. Membership applications available to all over 18 years of age.

Our **Euchre Tournaments** are scheduled first Saturday of the month. Anyone can registrar your team of 2 at the bar beginning at 12 noon. Game start at 12:30 pm. Prizes awarded.

**Mixed Legion Dart Fun League** every Thursday night at 7:30 during the fall and winter. Registration on the Thursday after labour day at 7 pm. Everyone welcome.

*Watch for our Legion ads in your local Winchester Press for more information on upcoming events.*

**Legion hall rentals** are a stress-free way to hold your own private party. Both the front room and the hall downstairs (with the kitchen) are available for bookings (no membership required). Please call the Legion for more information.

## CHESTERVILLE LEGION BRANCH 434

**Isabelle Lalonde: 613-448-1997**
**167 Queen St., Chesterville**

HOURS OF OPERATION:
Tuesday - Saturday 8:00 am – Close
Sunday & Monday CLOSED

Attend the Chesterville Legion for weekly activities including darts and cards. Stay for a drink and enjoy a friendly chat with fellow patrons and Legion members. Join the Legion for their monthly general meeting which takes place the third Monday of each month at 7:30 pm. Also included in the Legion's regular scheduled monthly activities are Legion suppers; $12/pp. Hall rentals available.

*For information on hall rentals, programs, and events, as well as information about becoming a Legion member, contact Isabelle Lalonde.*

## NORTH DUNDAS ARTS COUNCIL

northdundasartscouncil@yahoo.ca

The North Dundas Arts Council (NDAC) is a group of artists comprising all genres of the arts in North Dundas Township. A community rich in the arts is a community that prospers! We meet once a month, membership is free and open to all artists residing in the Township. NDAC is partnered with the SD&G County Library in arranging monthly art exhibits in participating library branches; contact the Coordinator of Art Exhibits at northdundasartscouncil1@yahoo.ca. Like us on Facebook at "North Dundas Arts Council."

## WINCHESTER OPEN MIC NIGHTS

Alternate Thursdays at the Old Town Hall, 478 Main Street, Winchester. Doors open 6:45 to 10 pm. Everyone welcome, youth under 14 must be adult accompanied. Wheelchair accessible. Dollar canteen. Sponsored by the Township of North Dundas and North Dundas Recreation, and the North Dundas Arts Council. FREE, FUN, FAB! Like us on Facebook at "Winchester Open Mic Nights."

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## DUNDAS COUNTY FOODBANK

**613-774 0188**
**497 May St., Winchester**

The Dundas County FoodBank welcomes its clients, donors, and volunteers in its 22nd year of operation in North Dundas.

Hours of Service: Monday 10:00 am to 12 Noon
Wednesday 7:00 pm to 9:00 pm
Thursday 1:00 pm to 3:00 pm
Our Morrisburg location is at 17 Second Avenue, 613-543-0065.

We appreciate the support of the community, without whom we could not offer emergency food assistance. Donations of time, food, and funds are a great help. Foods including juices, canned meats/fish, fruit and vegetables, cereals, and pastas are always needed and can be dropped off at the grocery store or at the FoodBank during open hours. Monetary donations can be dropped off at the FoodBank or mailed to Box 32, Winchester, ON, K0C 2K0. Official tax receipts will be provided. We participate in events such as Parade of Lights, Dairyfest, Hunger Awareness in the Spring, Food for Fines by local libraries, and other local events. Anyone wanting to support the FoodBank can become a DCFB member for an annual fee of $15/individual or $35/family, and corporate memberships are $100. Tours are available. Please contact Donna.Quesnel@sympatico.ca if you are interested in knowing more.

## DUNDAS COUNTY PLAYERS

**613-297-0097**
**www.DCPlayers.ca / info@DCPlayers.ca**

The Dundas County Players, your local community theatre, is currently in rehearsal for the fall production which includes a large cast of both adults and children. Do not miss out on the fun! For more information about the DCP, ticket sales, show dates & times, how to get involved etc., please contact us at info@DCPlayers.ca.

**FALL 2013 PRODUCTION:** The Dundas County Players (DCP), your local community theatre, is currently in rehearsal for the fall production or Agatha Christie's **"Witness for the Prosecution"** directed by Elizabeth Barton. Full of twists and turns, this is a 'who-done-it' of a court case that will have you guessing and being surprised more than once.
**Performance dates:** November 22, 23, 24, 29, 30 and December 1, 2013. Tickets are $15 for adults.

**SPRING 2014 PRODUCTION:** DCP brings you the classic play **"The Miracle Worker"** by William Gibson, and directed by Rachelle Eves.
**Performance dates:** May 2, 3, 4, 9, 10 and 11, 2014. Tickets are $15 for adults.

TO RESERVE TICKETS CALL 613-297-0097 or purchase on–line at DCPLAYERS.ca. Ticket sales start about one month before opening night. All performances take place at the North Dundas Old Town Hall, 478 Main St., Winchester.

*For more information please see our website (DCPlayers.ca) or contact us at info@DCPlayers.ca.*

## ON COMMON GROUND STUDIO TOUR

**Hélène Watelle: 613-989-3208**

The 20th annual On Common Ground Studio Tour takes place Sat. Oct. 19 and Sun. Oct. 20, with studios open 10:00 am - 5:00 pm each day. There are 9 stops on the circular route, with 19 talented artists and craftspeople ready to show you their work and explain to you just how they do what they do. Admission is free.

We have a nice mix of 16 returning artists and artisans and 3 who are new to the tour this year. Everything is explained on our website www.ocgstudiotour.ca where you can download a tour map. The artisans' studios are clustered around the South Mountain area in Eastern Ontario in a compact driving circle that can be accessed easily from Highways 43, 416, 31, 401 and 2. Brochures are locally available and studios are well marked by common signage. You are invited to phone Hélène Watelle (bilingual), one of the tour participants, at 613-989-3208 for more information.

## WINCHESTER LIONS CLUB

**Shawn Doolan: 613-774-3061**

Serving Winchester for over 40 years. Meetings held every 1st and 3rd Wednesday of each month, September through June. The club is always looking for new members, or volunteers, who would like to support their community.

## PARADE OF LIGHTS

**Winchester – Saturday, December 7, 2013.**

Join us for exciting events and activities including a vendor fair, community suppers, and the annual parade. Please stay tuned to the local newspapers and the Community Events Calendar on www.northdundas.com, for more detailed, up-to-date information on this local event. Committee planning will begin in September 2012.

*If you are interested in joining the Parade of Lights Planning Committee or would like to contribute any feedback or ideas, please contact Gina Welch at 613-774-2105, ext. 223.*

## CHESTERVILLE WINTER CARNIVAL

**Shelley McLeod: 613-448-1580**
**Tanya VanOers: 613-774-7049**

This year's carnival will have family fun, a Carnival Queen, a Snowflake Prince & Princess, two full breakfast, community sponsored suppers, a Saturday night dance and silent auction, tournaments, children's events and entertainers, a bigger and better 3 on 3 hockey tournament, and so much more!

*For more information or to be on the Chesterville Winter Carnival committee please contact the individuals above.*

## GEOCACHING

**www.geocaching.com**

Geocaching (pronounced geo-cashing) is a high-tech treasure hunting game played by adventure seekers worldwide; including North Dundas! The basic idea is to pinpoint the outdoor location of hidden containers, called geocaches, using GPS technology and then share the geocache's existence and location online. What makes this sport so exciting for all ages, is that Geocachers are able to take an item from the hidden containers and leave a new item in its place. Enjoy this great activity as a group, family, couple, or individual!

*For more information about geocaching, please visit the website listed above.*

## THE GATHERING HOUSE

**613-448-1758 or 613-448-1304**
**Program Contact: Tim Edwards**
**2 Water Street, Chesterville**
**www.thegatheringhouse.ca**

The Gathering House is a missional church that is committed to providing opportunities for members of the wider Dundas community to have their lives enriched by engaging in activities designed to build caring relationships, develop common interests, serve those in need, and explore issues of faith.

**NOT-FOR PROFIT COFFEE SHOP**
The cafe is the hub of The Gathering House. It is designed to provide a comfortable and relaxed environment for you to connect with friends or simply "chill out" by yourself. We offer "recovery cost" free trade coffees and teas, as well as "yummy" home baked goodies.
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## NORTH DUNDAS HISTORY STEWARDS/ MUNICIPAL HERITAGE COMMITTEE

**Carol Goddard: 613-938-2455**
**carol.goddard@sympatico.ca**
**Alec Ball: alecball10@rogers.com**
**Kim McInnis: mcinnisl@superaje.com**

The North Dundas History Stewards are a group of people who are interested in preserving and promoting the history of North Dundas and try to ensure that important historical artifacts or buildings are available for future generations. They are a committee of council and act as the Municipal Heritage Committee for the Township of North Dundas in a variety of ways and upon request.

## HAPPY FACE NURSERY SCHOOL

**South Mountain: 613-989-3248**
**Chesterville: 613-448-2771**

Happy Face Nursery School and Child Care is a non-profit organization dedicated to providing quality child care. Early Childhood Educators care for your children in a nurturing environment carefully designed to promote learning in all developmental areas.

Happy Face offers a variety of programs at six different locations, and we are excited to announce the expansion of the following programs in September 2013:

**Happy Face Chesterville** will be relocating to Chesterville Public School and will now be able to accommodate 15 toddlers and 16 preschoolers as well as offering a before and after school program for kindergarten and school age children.

**Happy Face Nationview** in South Mountain, is moving to a new space within Nationview Public School and will be starting a NEW toddler program in addition to the preschool, kindergarten, and school age programs currently offered.

Both Nationview 613-989-3248 and Chesterville 613-448-2771 locations are open year round 6:00 am - 6:00 pm. In Winchester, we operate a part time Nursery School for children aged 18 months - 5 years. Fee subsidies are accepted at all locations.

*For more information, or to register, please call Cheryl at 613-809-8550.*

## ONTARIO EARLY YEARS CENTRE

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**530 Fred Street, Winchester**
**http://www.giag.ca/early-years/**
**Carrie: 613-774-5487**
**cvanallen@giag.ca**

We are here for all children up to six years of age and their parents and caregivers.
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Tuesdays 9:00 am - 12:00 pm
Wednesdays Community Day (visit website for details on programs and locations)
Thursdays 9:00 am - 12:00 pm

## GIRL GUIDES OF CANADA

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For women 18 +, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring and travel opportunities.

*For more information please visit www.girlguides.ca*

## WINCHESTER SCOUTING

**Bert Hill: 613-774-2047**

For more than 60 years the scouting movement has been part of life in North Dundas. We offer an active program of outdoor activities, games, sports, community service, and opportunities to learn about the world and earn badges. Otters – 5-7 yrs. Timber Wolves – 8-10 yrs. Explorers – 11+ yrs. Registration for these great programs will take place in September, so please watch for dates, times, and locations in the *Winchester Press* as well as in flyers sent home with students of Winchester Public School. Timber Wolves meet on Wednesday evenings at Winchester Public School and Otters meet on Thursday evenings at Winchester Public School. We are always interested in leaders with experience or not.

## CHESTERVILLE & DISTRICT HISTORICAL SOCIETY

**Carol Goddard: 613-938-2455**
**carol.goddard@sympatico.ca**
**Alec Ball: alecball10@rogers.com**
**Kim McInnis: mcinnisl@superaje.com**

Come and visit the only active Historical Society in the Dundas Counties. We are the Chesterville and District Historical Society, located in the Heritage Centre in the rural village of Chesterville, founded in 1843. Our address is 14 Victoria Street and we are located across the river from the new Chesterville Waterfront. We are a Non-profit Charity Organization affiliated with the Ontario Historical Society. We encourage new members (fees $15 per year) and donations for the use of our facilities and resources. We do not receive any government funding and our revenue comes from membership dues, donations, and the sales of books and collectables from our gift shop.

Our goals are to **Research, Record and Preserve** our local history. We hold regular monthly meetings at 7:30 pm on the third Tuesday of each month, except December. We try to have a guest speaker every other month and all visitors are welcome to bring a friend. Guest speakers are listed in Coming Events section in the local newspapers. During the summer months we are staffed by a student from Tuesday to Saturday from 10:00 am to 4:00 pm. If you are visiting from out of town, please call ahead (613-448-9130) to ensure someone is present for your visit. Visits outside these times can be scheduled with the executive.

We have a sizeable collection of artifacts to interest both amateur and seasoned historians as well as numerous tools to assist in local family research and genealogy. The collection includes:

- Antique Tool Display
- Heritage Kitchen and General Store Counter
- A Large Nestle Display
- Local School Photo's, School Histories and Artifacts
- Dutch Immigration Oral History Tapes and Transcriptions
- Local Veterans Books, Remembrance Day Displays/Exhibits
- Professionally Restored (CCI) Five Counties Map from 1862
- Percy Gilroy's Jewellery and Watch Making Display
- The Barbara Ann Scott Chesterville Connection - Audio/Visual Display
- Detailed Cemetery Books, Recording Local Cemeteries
- Microfilm of the *Chesterville Record* from 1901 to 1975
- and much more

## DUNDAS COUNTY 4-H CLUB

**Carolyn Lillico: 613-989-2917**

4-H is an organization dedicated to the personal development of youth through "hands-on" learning. With projects encompassing agriculture, food, health and the environment, youth ages 9 to 21 have the opportunity to meet new friends and have fun while developing new skills. Our volunteer leaders are dedicated, screened individuals who want to provide a safe, fun learning environment within their club. 4-H is open to all youth, whether they are from the city, rural community, or a farm. An annual membership fee of $75, for registrations taken after January 1, 2014 is paid to 4-H Ontario. There are opportunities to participate in local, regional, provincial, national, and international events.

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## LA LECHE LEAGUE CANADA – WINCHESTER GROUP

**Carolyn: 613-448-2562**
**Louise: 613-774-3722**
**Wendy: 613-774-2047**

Providing mother-to-mother breastfeeding support and information to pregnant and nursing women in the Winchester Area for 35 years. La Leche League Canada - Winchester Group offers free monthly, facilitated conversations by specially trained La Leche League Canada volunteer Leaders. Informal meetings feature current and accurate information, mother-to-mother support and sharing of experiences to women who are pregnant or nursing. Breastfeeding babies are always welcome. Telephone assistance and a lending library are also available.

La Leche League Canada - Winchester Group meets the third Monday of every month at 1:00 pm, at the Ontario Early Years Centre, located at 530 Fred St. in Winchester.

*For information about La Leche League Canada please visit our website www.lllc.ca La Leche League International was founded in 1956 www.llli.org.*

## THE HOUSE OF LAZARUS

**613-989-3830**
**2245 Simms St. in Mountain ON.**
**www.houseoflazarus.org**
**house.lazarus@gmail.com**

The House of Lazarus Community Outreach Mission has over 25 years of service in Dundas County. Our services include the Food Bank, Thrift Shop, and Household Goods Shop, as well as advocacy, and referrals. As part of our outreach ministry, we aid fire victims, our local women's shelter, clients of area food banks, and our own clients by providing them with food, clothing, and household goods. Everyone is welcome to come out and shop, where every dollar spent generates revenue to support our food bank and other programs. For up-to-date information on our current projects, Food Bank needs, sales, and our other activities please visit our website.

OUR HOURS OF OPERATION are from 9:00 am to 12:00 pm, Monday, Wednesday, Thursday & Friday; Tuesdays 9:00 am to 8:00 pm and Saturday 9:00 am to 3:00 pm. Our food bank is open week days 9:00 am to 12 noon and Tuesday nights 5:00 pm to 8:00 pm.

## NAOMI'S FAMILY RESOURCE CENTRE

**Locally: 613-774-2838**
**Toll Free: 1-800-267-0395**
**www.naomiscentre.ca**

Naomi's Family Resource Centre is a non-profit service providing confidential, safe refuge for women with or without children who have been physically, emotionally, sexually or financially abused, threatened or harassed. We offer options so that a woman may gain perspective on her situation and consider her alternatives. We present practical assistance and information so that she may make realistic plans and we support her in proceeding with her plan.

We offer free services:
- Residential Program - crisis counselling services 24 hrs./ 7 days a week
- Crisis Line - crisis counselling services 24 hrs./ 7 days a week
- A Child & Youth Program
- Women's Support Groups
- Community Awareness Presentation and/or Workshops

***If we happened to miss your organization or event in this guide, please give us a call at 613-774-2105 Ext. 223 or email gwelch@northdundas.com***

## EASTERN ONTARIO HEALTH UNIT

Health Line: 1-800-267-7120
Winchester Branch: 613-774-2739
www.eohu.ca
The Eastern Ontario Health Unit... so much more than flu shots!
When you think of public health, what comes to mind? For many people, it's the flu shot. Well, you may be surprised to find out just how much the Eastern Ontario Health Unit does in our community. Here are some examples:
- quit smoking workshops
- grocery store tours (for tips and tricks on healthy choices)
- free dental services for children 17 and under who qualify
- food safety training
- annual rabies vaccination clinics for cats and dogs
- prenatal and parenting classes
- workshops to help make your own baby food
- drop -in centres for parents of children under age 6
- drop-in centres for teens
- residential well water testing
- and of course immunization clinics (for the flu, for travellers, for children, etc.)

But that's NOT all! Find out how public health fits into your life. Visit www.eohu.ca or call 1 800 267-7120. Ask for Health Line.

## DUNDAS COUNTY HOSPICE

**613-535-2215**
**Located in the MacIntosh Senior Support Centre, Williamsburg**
**info@dundascountyhospice.ca**

Dundas County Hospice offers a variety of services to anyone suffering from a terminal or life threatening illness. Referrals are accepted from anyone including health and social agencies, nurses, physicians, clergy, friends or clients and their families. We accept clients at any stage of disease.

**SOME OF OUR PROGRAMS INCLUDE:**

**Visiting Volunteers –** Our volunteers are carefully screened, interviewed and complete training programs. They report regularly to the Director of Client Services and are given support and education. They may act as a companion to a client and provide practical assistance such as reading, light meal preparation or just listening. They provide relief for caregivers by staying with clients while the caregiver takes a break.

**Training Course –** We offer a 30-hour Palliative Care Course (normally held annually in September) primarily for our visiting volunteers. Participation by others is always welcome.

**Library –** Over 300 books, videos, CDs and videos are available for loan at any time, to anyone.

**Equipment Loan –** Specialized items are loaned to clients to allow for better mobility and/or comfort.

**Day Programs –** Men's and women's, held three times per month, consists of an activity and a meal.

**Community Education –** Our speakers are pleased to talk to service clubs, churches and other community organizations. A resource library is available to the community.

**Caregiver and Bereavement Support Groups –** We offer regular support groups to both caregivers and those who have lost a loved one.

There is NO CHARGE for our services. Dundas County Hospice is a registered charitable organization. Our work is possible through donations from individuals, businesses, community organizations, bequests and memorial donations. In addition, we hold fund raising events such as our annual golf tournaments, curling bonspiels and our semi-annual Hoedown.

*If you have any questions at all, please feel free to call the office and one of the staff will be pleased to assist you in any way possible.*

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## CHESTERVILLE KAYAK CLUB

**Bernie Curran: 613-448-2099**
**rccoons@aol.com**
**http://www.chestervillekayakclub.com**

We are a club of recreational and touring kayak paddlers, based in Chesterville in eastern Ontario. We enjoy some of the best paddling there is in the Ottawa and St. Lawrence River valleys. The South Nation River at Chesterville, Ontario is our home. For great paddling and fun, join us on the water; all are welcome. For upcoming events, please visit our website.

## WINCHESTER BADMINTON CLUB

**Adrian: 613-774-4949**

The Winchester Badminton Club is open for the 2013 season. The club meets every Tuesday and Friday evening from 7:00 - 9:00 pm at Winchester Public School. For more information or to register, please contact Adrian.

## EASTERN ONTARIO HORSES OF COURSE CLUB

**Treasurer: Pam Sherrer: 613-658-2781**

The Eastern Ontario Horses of Course Club was founded in 2000, and draws participants from a wide area surrounding the towns of Winchester, South Mountain, and Kemptville. Membership is open to people of all ages, and is not restricted by breed of horse or discipline of equestrian activity.
Members of this club participate in a variety of activities, such as:
• draft horse field work demonstrations, light horse fun days, and showcase of breeds;
• pleasure rides and drives;
• sleigh rides; and
• used tack consignment sales and other fundraising activities.

*Membership in the group is $20 per household annually*

## UPWARD BASKETBALL

**613-448-1758 or 613-448-1304**
**Program Contact: Tim Edwards**

Upwards Basketball is a 14-week basketball league for kids in Grades 1-10. It is centred on the belief that "Every Child is a Winner"! Through skill development, positive competition and engaging, Christian "time-outs" or mini-lessons, your child will have the opportunity to develop and grow in league that is all about the kids.

**Registration:** month of October
**Practices Begin:** month of November
**League Runs:** November-March
**TOTAL COST:** $95
Price includes:
- 3 divisions (Starters, Juniors, and Seniors)
- 14 practices
- 14 games
- Authentic Jersey (to keep)
- Year-end award
- Practice t-shirt

## DUNBAR DRAGONS MEN'S HOCKEY

**Tony Wouters: 613-240-7612**

The Dunbar Dragons is hockey team for men over 35 yrs. of age. The team plays at the Chesterville Arena weekly. Registration is taking place until September 20.

*For general information or to register, contact Tony Wouters.*

## WINCHESTER CENTENNIALS MEN'S HOCKEY

John Ralko: 613-774-2789

## WINCHESTER AND DISTRICT LADIES HOCKEY LEAGUE

**Amy Fraser: 613-774-2182**

Winchester and District Ladies Hockey League is a recreational hockey league open to women 18 years of age and older. We are a six-team league and this is our 21st season. Games are played Sunday mornings between 8:00 am and 11:00 am from October until March at the Winchester Arena. We also hold 3 evenings of conditioning camp in September.

**Registration Fee:** $230 (includes CARHA insurance) Goalies play for FREE!

*Interested in playing? Email Amy at amyluvshockey@hotmail.com. Registration is Thursday August 15, 2013 from 6:30 - 8:00 pm at the Winchester arena and is capped at 78 skaters, first come – first served.*

## WINCHESTER SKATING CLUB

**Barb Menard: 613-448-1299**
**winchesterskatingclub@live.ca**

Winter session 2013-2014 registration for all programs will be taking place the last week of August in the Winchester Arena Boardroom. Please watch for more details on our Facebook page or website at www.winchesterskatingclub.com

**PROGRAMS**
**CANSKATE – OCT. 1, 2013 - MARCH 20, 2014**
Pre-CanSkate: Tuesday & Thursday, 6:20 - 6:45 pm, $300*
CanSkate: Tuesday & Thursday, 6:20 - 7:10 pm, $375*

**SEPTEMBER 3, 2013 - MARCH 25, 2014**
Advanced CanSkate (levels 3-6): Thursday, 5:15 - 6:10 pm, Saturday - 9:00 -10:20 am, $525*

Intermediate (levels 7-Preliminary): Tuesday, 5:15 - 6:10 pm Saturday, 10:30 - 11:50 am, $525*

StarSkate (must have passed full Preliminary Freeskate and working on Jr. Bronze to Gold PreSkate):
Tuesday & Thursday - 3:50 pm - 5:15 pm,
Saturday, 12:00 - 2:10 pm, $750

*Mandatory for all levels:
Skate Canada Membership fee $33
Administration fee $25

***Skate Canada Helmet Policy – Effective May 1, 2011***
*All Skate Canada member clubs and skating schools who offer a Can Skate program must ensure all Can Skate and Adult Can Skate participants up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice.*

## DUNDAS COUNTY GIRLS HOCKEY ASSOCIATION

**Anita Gilmer: 613-774-4563**
**southdundasgirlshockey@hotmail.com**
**http://dundascountygirlshockey.ca**

DCGHA offers competitive and house league hockey playing options for girls (PeeWee, Bantam, Midget, and Intermediate age) in the Ottawa District Women's Hockey League. Games and practices are held at the Chesterville, Winchester, and Morrisburg arenas.

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## NORTH DUNDAS MINOR HOCKEY ASSOCIATION

**www.eteamz.com/northdundasminorhockeyassociation**

**Registration:** Barb Menard 613-448-1299
ndmha_demons@yahoo.ca.

**Tournament Info.:** Cate Hyndman
tournamentdirector@northdundashockey.com

**Initiation:** Lynsey Eikelboom
initiationconvenor@northdundashockey.com

We invite any child residing in North Dundas to join. Participate in new skills, fun games, friendship, leadership, and team building qualities. REGISTER NOW!!

**Mega House Tournament:** Atom, Peewee, Bantam, and Midget - DECEMBER 6, 7, 8 – Winchester and Chesterville Arenas

**Mega REP Tournament:** Novice, Atom, Peewee, Bantam, and Midget - JANUARY 10, 11, 12 – Winchester and Chesterville Arenas

**Initiation Fun Day:** February 17 (Family Day) – Winchester and Chesterville Arenas

**Mouth Guard Clinics:** Mobile Smiles will be at the Winchester Arena on Thursday August 15, Monday August 26, and Monday September 9 from 6:00 - 9:00 pm to custom-fit ProForm mouth guards for $45-$55 in just one hour.

## WINCHESTER CURLING CLUB

**Michel St-Marseille 613-448-2042, oldsalt@sympatico.ca**
**Located at 587 Main St., Winchester next to the arena**
**Club: 613-774-2129**
**Email: winchestercurlingclub@gmail.com**
**Web: www.winchester.ovca.com**
**Facebook: Winchester Curling Club**

The Winchester Curling Club was founded in 1927. It continues to operate as a not-for-profit organization and serves the entire township of North Dundas by providing sports and recreation facilities to residents from ages 7 to 97. We have leagues and programs for all level. Hall and ice rentals are also available with a fully license bar and functional kitchen. Come and check us out or look for our registration drive in September.

## JR. B HAWKS

**John Adams: 613-774-6425**
**www.winchesterhawks.com**

**HOME GAME SCHEDULE 2013-2014**

All Friday games start at 8:15 pm and Saturday games at 7:30 pm. Please stay tuned to the local newspapers for more information on registration dates and locations.

Friday, September 13, Casselman
Friday, September 20, Akewesasne
Friday, September 27, Morrisburg
Friday, October 4, Alexandria
Saturday, October 26, Morrisburg
Friday, November 1, Char-Lan
Friday, November 8, Casselman
Friday, November 15, Akwesasne
Saturday, November 30, Westport
Friday, December 6, Prescott
Friday, December 13, Alexandria
Friday, December 20, Casselman
Friday, January 3, Akwesasne
Saturday, January 4, Gananoque
Friday, January 10, Brockville
Saturday, January 18, Athens
Friday, January 31, Char-Lan
Friday, February 7, Alexandria

***If you would like to include any volunteer opportunities for your community group, team, club, or committee in the next issue of the Recreation & Culture Resource Guide, please contact Gina Welch, at the Township of North Dundas at 613-774-2105 ext. 223 or email gwelch@northdundas.com***

# RECREATION ASSOCIATIONS

## ORMOND HARMONY CLOVERDALE R.A.

**Paul Porteous: 613-774-3900**
**Floyd Fisher: 613-774-6115**

**FAMILY HALLOWEEN COSTUME PARTY**
**Saturday, October 26, 1:30 - 3:30 pm**
**Donations are appreciated, Morewood Community Centre**

Come out in costume or wear black and orange and enjoy a fun-filled night with a costume parade, games, crafts, and refreshments. For more information, please contact Heather McDiarmid 613-445-3847

**ANNUAL MEETING**
**Wednesday, November 13, 7:30 pm**
**Country Kitchen County Rd. #31**

WE NEED YOU!!! If you are interested in an executive position, becoming a director, or volunteering to coordinate or assist at one of the events, please call and/or come out and join us!
For more information, please contact Floyd Fisher 613-774-6115

**CHRISTMAS POTLUCK SUPPER & PARTY**
**Saturday, December 14**
**Doors open at 6:00 pm, meal at 6:30 pm**
**Morewood Community Centre**

Potluck supper, games, crafts and a special guest arriving from the North Pole!

Please bring your favourite dish or dessert.

Refreshments, buns, turkey, and ham will be provided by the executive.

Raffle for Christmas gift items. For more information, please contact Floyd Fisher 613-774-6115

*The Ormond Harmony R.A is a volunteer organization that is active in their community. They have hosted a number of events each year and guarantee that these fall and winter seasons will not disappoint!*

*If you are interested in participating in the planning of the events, joining the organization, or volunteering, please contact the individuals above.*

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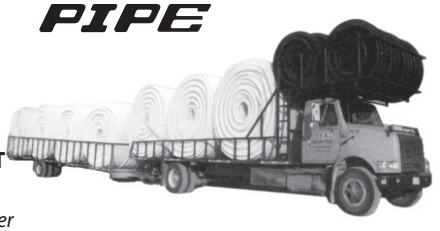

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## ONTARIO PUBLIC LIBRARY WEEK OCT. 20-26

Celebrate Ontario Public Library Week with us with special displays in the branches!

## FOOD FOR FINES DECEMBER 1-15

Donate food and get your fines waived!
For every non-perishable food item you donate, $1 of your fine will be waived to a maximum of $10 per borrower. People who do not owe library fines, but who still wish to donate food, may do so – but we cannot credit their Library account.

## CHESTERVILLE BRANCH

**1 Mill St., Chesterville, ON, K0C 1H0 613-448-2616**
**chestervillelib@sdglibrary.ca**
HOURS: Tuesday 3:00 pm - 8:00 pm,
Wednesday 10:00 am - 2:00 pm, Thursday 5:00 pm - 8:00 pm,
Saturday 10:00 am - 1:00 pm

**PLANNED PROGRAMS:**

**CHESS CLUB**
Thursdays September 12 - December 12, 6:30 pm
*Adult and teen chess club. Coffee on us. Check us out!*

**STORY TIME!**
First Wednesday of the month, September 4 - December 4, 11:00 am
*Stories, songs, and activities for children.*

**BOOK CLUB**
Tuesdays October 1 and November 12, 6:30 pm
*Join our book club in September and join us for lively discussions in October and November.*

**CHRISTMAS PARTY AND OPEN HOUSE**
Tuesday, December 17, 4:00 pm - 8:00 pm
*Activities, food to nibble on (and their recipes) a gadget display and two readings of* T'was the Night Before Christmas *at 4:30 pm and 7:00 pm*

*Visit the Chesterville Branch or www.sdglibrary.ca for more program offerings.*

## MOREWOOD BRANCH

**21 Russell St., Morewood, ON, K0A 2R0 613-448-3822**
**morewoodlib@sdglibrary.ca**
HOURS: Tuesday 3:00 pm - 8:00 pm,
Wednesday 10:00 am - 1:00 pm, Thursday 4:00 pm - 8:00 pm,
Saturday 10:00 am -1:00 pm

**PLANNED PROGRAMS:**

**BABY TALES**
Wednesdays September 25 - October 30, 11:00 am
*A program to inspire healthy, happy readers from birth to age 2. Offered in partnership with the Eastern Ontario Health Unit and the Ontario Early Years Centre.*

*Visit the Morewood Branch or www.sdglibrary.ca for more program offerings.*

## SOUTH MOUNTAIN BRANCH

**10543 Main St., South Mountain, ON, K0E 1W0 613-989-2199**
**southmountainlib@sdglibrary.ca**
HOURS: Tuesday 5:00 - 8:00 pm, Wednesday 10:00 am - 2:00 pm,
Thursday 3:00 - 8:00 pm, Saturday 10:00 am - 1:00 pm

**PLANNED PROGRAMS:**

**ELECTRONIC CLASSROOM**
*Sign up for a free one-on-one 30 minute computer training session tailored to the area where you need help, including eBooks, eResources, and the public library catalogue. Call the branch to set up an appointment.*

**Toy Lending Library and Circle Time**
*First and third Wednesday of each month starting in September, 11:00 am*
*For parents/caregivers and their children. Presented by Ontario Early Years Centre.*

**Loving is Learning & Preschool Storytime**
Dates and Times TBA
*For new parents, caregivers and their infants from birth to 18 months. Come learn about the importance of early learning from birth and how you can assist as parents or caregivers, & receive an item (eg: board book, music CD etc.) at each session to create an infant literacy kit. A story time will be available for older siblings. Please register at the branch.*

*Visit the South Mountain Branch or www.sdglibrary.ca for more program offerings.*

## WINCHESTER BRANCH

547 St. Lawrence St., Winchester, ON, K0C 2K0 613-774-2612
winchesterlib@sdglibrary.ca
HOURS: Monday 9:00 am - 1:00 pm, Tuesday 10:00 am - 8:00 pm,
Wednesday 4:00 pm - 9:00 pm, Thursday 10:00 am - 8:00 pm, Friday 1:00 pm - 4:00 pm, Saturday 10:00 am - 1:00 pm

**PLANNED PROGRAMS:**

**Fall Financial Series**
September 19, 6:30 pm — *Wills and Estate Planning*
October 17, 6:30 pm — *Creating a Business Plan*
November 21, 6:30 pm — *How to ID and Protect Yourself from Fraud*
*Join us at the library as representatives from the Royal Bank provide us with valuable information on the above topics.*

**Preschool Story Time**
Tuesdays September 3 - October 8, 10:30 am
*A social time for both preschoolers and caregivers, including a circle time with stories, songs and fingerplays.*

**Game Night**
Thursdays September 5 - November 7, 6:00 pm
*Drop in on Thursday evening and try out your chess skills in this fun and interactive game, or test out your word power with Scrabble!*

**Young Readers Book Club**
Tuesday, September 17, 6:00 pm
*Love to read? Come out to the Library and let's pick our next great book together. For advanced junior readers and young teens.*

**2nd Annual Recipe Exchange at the Library**
Tuesday, December 10, 6:30 pm
*Stop by the Library and sign up for our annual recipe exchange, swap recipes and treats right before the holidays!*

**Christmas Story Time**
Thursday, December 19, 6:30 pm
*Come ready in your PJs for Christmas stories, warm treats and holiday fun!*

**Saturday Morning Lego Club**
Saturdays January 4 - March 8, Drop-in 10:00 am - 1:00 pm
*Drop in and check out our Lego Club, become master builders and meet new friends.*

*Visit the Winchester Branch or www.sdglibrary.ca for more program offerings.*

## COMMUNITY SERVICES

**Arena - Chesterville**
613-448-3267

**Arena - Winchester**
613-774-2006

**Canadian Blood Services**
1-888-2-DONATE

**Chesterville & Dist. Historical Society**
Carol Goddard 613-938-2455

**Chesterville Farmers' Market**
Cheryl Beasley 613-774-2224

**Child, Youth & Family Crisis Line for Eastern Ontario**
1-877-377-7775

**Dundas County 4-H Club**
Carolyn Lillico 613-989-2917

**Dundas County Food Bank**
Donna Quesnel 613-774-0188

**Dundas County Hospice**
613-535-2215

**Dundas County Players**
613-297-0097

**Eastern Ontario Health Unit**
1-800-267-7120, 613-774-2739

**Girl Guides of Canada**
1-800-565-8111

**Green Food Bag**
Gina Welch 613-774-2105 ext. 223

**Happy Face Nursery School**
Chesterville, Winchester 613-448-2771
South Mountain 613-989-3248

**House of Lazarus**
613-989-3830

**Jump Start**
Gina Welch 613-774-2105 ext. 223

**La Leche League – Winchester Group**
Carolyn VanDelst 613-448-2562

**Mountain Seniors Club**
Jack McCarger 613-989-5569

**Naomi's Family Resource Centre**
613-774-2838

**Nor-Dun Senior Support Centre**
613-774-6109

**North Dundas History Stewards/ Municipal Heritage Committee**
Carol Goddard 613-938-2455

**North Dundas Landfill**
613-774-5157

**Ontario Early Years Centre**
Carrie Van Allen 613-774-5487

**Ontario Works**
613-448-3987

**South Mountain Twp. Ag Hall**
Rhonda Holmes 613-989-5235

**Tele-Health Ontario**
1-866-797-0000

**The Gathering House**
Rev. Tim Edwards 613-448-1758, 613-448-1304

**Tri-County Mental Health Services**
Winchester 613-774-2244

**Winchester District Memorial Hospital**
613-774-2420

**Winchester Golden Years**
Roberta Giberson 613-774-4273

**Winchester Scouting**
Bert Hill 613-774-2047

## SERVICE CLUBS

**Chesterville & District Rotary Club**
Eric Duncan 613-868-1611

**Chesterville Legion**
Isabelle Lalonde: 613-448-1997

**Chesterville & District Lions Club**
Mark McMillan 613-448-1825

**Mountain & District Lions Club**
Roxanne Backes 613-448-1825

**Winchester Legion**
613-774-3694

**Winchester Lions Club**
Shawn Doolan 613-774-3061

## SPORTS

**Chesterville Kayak Club**
Bernie Curran 613-448-2099

**Dundas Girls Hockey Association**
Anita Gilmer 613-774-4563

**Eastern Ontario Horses of Course**
Pam Sherrer 613-658-2781

**Eastern Ontario Provincial Broomball**
Wendy Byers 613-448-3791

**Jr. B Hawks**
John Adams 613-774-6425

**North Dundas Minor Hockey**
Barb Menard 613-448-1299

**Upward Basketball**
Rev. Tim Edward 613-448-1758, 613-448-1304

**Winchester & District Ladies Hockey**
Amy Fraser 613-774-2182

**Winchester Badminton Club**
Adrian 613-774-4949

**Winchester Curling Club**
Michael St-Marseille 613-448-2042

**Winchester Men's Town League Hockey**
Josh McLean 613-774-1112

**Winchester Skating Club**
Barb Menard 613-448-1299

## SCHOOLS

**Chesterville Public School**
613-448-2224

**Nationview Public School**
613-989-2600

**North Dundas District High School**
613-448-2328

**St. Mary's Catholic School**
613-448-2158

**T.R. Leger Alternative School**
613-774-0222

**Winchester Public School**
613-774-2607

## LIBRARIES

**Chesterville Library**
613-448-2616

**Morewood Library**
613-448-3822

**South Mountain Library**
613-989-2199

**Winchester Library**
613-774-2612

## RECREATION ASSOCIATIONS

**Chesterville Recreation Association**
Fred Bortolussi 613-448-2115
Tanya VanOers 613-774-7049
Danny McLeod 613-448-1580

**Morewood Recreation Association**
Steve Mattice 613-448-2238

**Ormond Harmony Cloverdale Recreation Association**
Floyd Fisher 613-774-6115

**South Mountain Recreation Association**
Kim Vandesande 613-989-1101

## CHURCHES

**Anglican Parish of North Dundas**
Rev. Jon Martin 613-774-2236

**Baptist Church, Winchester**
Bud & Mollie McKibbon 613-989-6078

**Christian Reformed Church, Dixons Corners**
Rev. Clarence Witten 613-652-2400

**Christian Reformed Church, Williamsburg**
Rev. John Noordhof
Church: 613-535-2227
Office: 613-535-1882

**Evangelical Missionary Church (Harmony Community Church)**
Rev. Bruce North 613-774-5170

**Pentecostal Church, Nationside**
Pastor Heather Comber 613-448-2272

**Presbyterian Church, Chesterville (St. Andrew's)**
Rev. Bruce Kemp 613-267-0928

**Presbyterian Church, Morewood**
Rev. Bruce Kemp 613-267-0928

**Presbyterian Church, Winchester**
Rev. Bruce Kemp 613-774-3333

**Roman Catholic Church, South Mountain & Chesterville**
Father Cosmas Ajawara 613-448-3262

**United Church, Hallville, Inkerman & South Mountain**
Rev. Blair Paterson 613-989-2825

**Christ Church United Chesterville**
613-448-2532

**Wesleyan Church, Inkerman**
Rev. Anita Goulet 613-989-5351

**Winchester United Church**
Rev. Christine Lowson 613-258-4859
Office: 613-774-2512

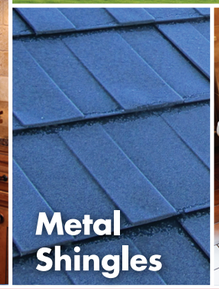
**Winchester Wesleyan Church**
Pastor Thurland Brown 613-774-3137

**Township of North Dundas 613-774-2105**



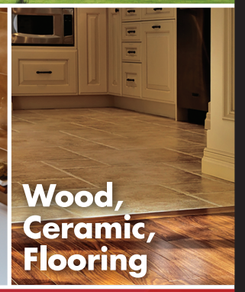










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