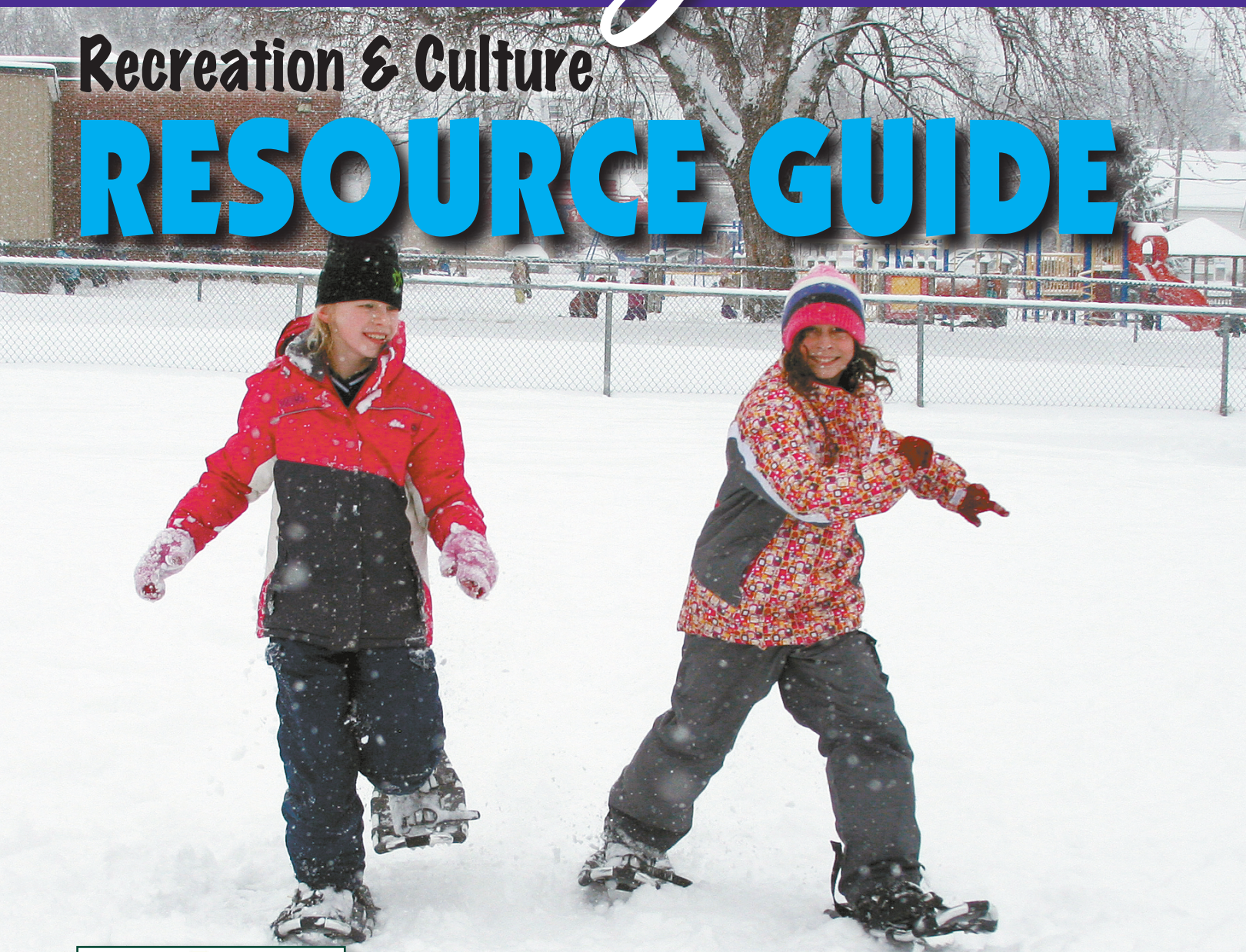
Living in North Dundas Township

Fall 2012/
Winter 2013

Recreation & Culture

RESOURCE GUIDE



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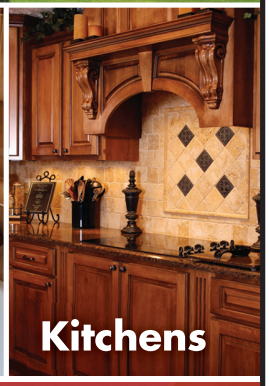

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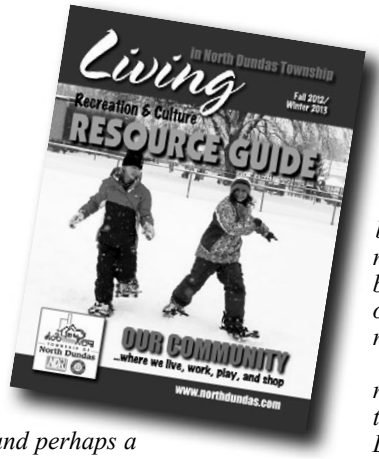
Welcome...

to our Fall 2012/Winter 2013 Recreation & Culture Resource Guide



With the introduction of each new Resource Guide, the Recreation & Culture 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 this summer and that you were able to take advantage of our aquatic programs and perhaps a North Dundas Camp.

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 free of charge until the end of March. Residents may also borrow items from the Recreation Library, that is available at the Township Office and includes items like snowshoes, nets, and fishing rods.

This Guide 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 this 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 and 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,
Interim Director of Recreation & Culture/Community Development Programmer

Mayor's Message:

Thank you for taking time to browse through our most recent copy of the Recreation & Culture Resource Guide. This booklet continues to be a great resource for families, seniors, and businesses to learn about the great opportunities available to our residents.

Council is proud of the wide range of activities and programs that we offer here in North Dundas. Our structure and variety continues to be a leading example and envy for other municipalities throughout Eastern Ontario.

It continues to be an important part of the health and well-being of our community. I urge you to join a class, participate in an event, and see the great benefits offered within the Township!

Best regards,
Eric Duncan, Mayor,
North Dundas Township

ON OUR COVER

Amy Proulx (left) and Ashley Wheeler have fun on snowshoes at Winchester Public School in January.



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

THIS BROCHURE IS PUBLISHED BY THE *WINCHESTER PRESS* AND PROUDLY SUPPORTED BY THE MANY LOCAL BUSINESSES IN NORTH DUNDAS TOWNSHIP. PLEASE SUPPORT THEM BY SHOPPING LOCALLY!

2011-2014 Council Members

MAYOR

ERIC DUNCAN
472 North St., Winchester, ON, K0C 2K0
613-774-1081
eduncan2@gmail.ca

DEPUTY MAYOR

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

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447 May St., Winchester, ON, K0C 2K0
613-774-0752
alarmstrong@bell.net

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

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

Council Meetings

TOWNSHIP OF NORTH DUNDAS COUNCIL MEETING DATES

(subject to change)

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

August 14
September 11 & 25
October 9 & 23
November 13 & 27
December 11
January 8 & 22
February 5 & 19
March 12 & 26

CONVENTION DATES 2013
Association of Municipalities of Ontario, August 18-21 (TBD)
Ontario East Municipal Conference, September 11-13 (TBD)

TOWNSHIP OF NORTH DUNDAS OFFICE CLOSURE DATES

Labour Day: September 3, 2012
Thanksgiving: October 8, 2012
Christmas Break:
December 24, 2012 until January 2, 2013



Public Notices

Boyne Road Landfill Site

12620 Boyne Road
Monday to Friday: 8:00 am - 4:00 pm
Open Saturdays: 8:00 am - 11:30 am
(May 5th to October 27th, 2012)

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 Reduction

The Township has established a residential pick-up limit of three garbage bags for each household, which began August 6, 2012. For more information, please contact the landfill at 613-774-5157.

2012 Hazardous Waste Days

Will take place from 8:00 am until 12 noon on the following dates: September 8 & October 6.
For more information, please contact the landfill at 613-774-5157.

Tipping Fees for 2012

- 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

Parking By-Law

A $300 fine will apply to vehicles parked in a designated accessible parking space without an accessible parking permit displayed. 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.

Winter Parking By-Law

NO parking is permitted on all streets in the Township of North Dundas between the hours of **11:00 pm and 7:00 am from November 1 to April 1.** 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 License Requirement Notice

Please note that all dogs that are residing within the Township of North Dundas, must be licensed each year. For the year 2013, tags will only be sold at the Township Office or by "mail-in" notice. We will not have "door-to-door" salespersons. **Failure to have your dog(s) licensed by April 30, 2013 could result in a fine.**

Community Grants

Community Group/Organizations can request financial assistance from the Township through a submission process. There are two, $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: September 1, 2012

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

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Recreation Staff Contact List

613-774-2105

Interim Director of Recreation & Culture / Community Development Programmer:
Meaghan Meerburg ext. 236
mmeerburg@northdundas.com

Recreation Booking Clerk:
Mary Lynn Plummer ext. 227
mplummer@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, function, 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 venue pictures as well as information about amenities, capacities, locations, rates, and more.

Please contact Mary Lynn Plummer at 613-774-2105, ext. 227, to inquire about availability, rates, or to book a rental.

For rental of the Morewood Community Centre please contact Marie Cousineau at 613-448-2233.

TOWNSHIP OF North Dundas

Recreation Department Information

Community Halls

Chesterville Community Hall
1 Mill St., Chesterville

Nelson LaPrade Centre
9 William St., Chesterville

Morewood Community Centre
17 Russell St., Morewood

Mountain Community Hall
10523 Van Allen St., Mountain

Winchester 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

Pavilions

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

Green Gang Pavilion
Chesterville Community Park,
1 William St., Chesterville

Theatre/Museum

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

Parks

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
10543 Main St., South Mountain

Skateboard Park
100 Club Park
577 Main St., Winchester

Flynn Park
50 Main St., Chesterville

Outdoor Rinks

Inkerman
11450 Cameron Road

Morewood Community Centre
17 Russell St., Morewood

Hallville Community Centre
10519 Kerr's Ridge Rd., Hallville

Mountain Memorial Park
10480 Clark Rd., Mountain

South Mountain Park
10543 Main St., South Mountain

Arenas

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

Winchester Arena
577 Main St., Winchester
613-774-2006

TOWNSHIP OF North Dundas

Public Notice

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 everyone from second hand smoke
- Giving everyone a chance to perform at their best
- Creating tobacco-free culture
- Helping tobacco users to quit

PLAY. LIVE. BE TOBACCO-FREE PLAYLIVEBETOBACCOFREE.CA

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: 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 of nine (9) meters from playground equipment.

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

Arena Information

CLOSURE DATES

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

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

Monday, December 24, at 8:00 am to Thursday, December 27, at 8:00 am. Both arenas.

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

ICE

Pre-Season Ice: Monday, August 27 to Sunday, September 23 – Winchester Only
Ice Contracts Begin: Monday, September 24, both arenas

PUBLIC SKATING

Month of September: Winchester Arena only, 4:00 - 5:00 pm
Mondays – Sept. 10, 17, 24
Wednesdays – Sept. 5, 12, 19, 26
Fridays – Sept. 7, 14, 21, 28

REGULAR HOURS:
October 1, 2012 to March 31, 2013

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

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

MOM & TOTS SKATING

Beginning September 12, 2012

Winchester Arena: Wednesdays 10:00 am - 11:30 am
Chesterville Arena: Thursdays 10:00 am - 11:30 am

Please note that these dates & times are subject to change

Please call the Township of North Dundas Office at 613-774-2105 ext. 223 for up-to-date information

CHRISTMAS BREAK PUBLIC SKATING:

Winchester Arena:	
Thurs., December 27	2:30 pm - 3:30 pm
Fri., December 28	4:00 pm - 5:00 pm
Sat., December 29	7:00 pm - 8:00 pm
Sun., December 30	12:30 pm - 1:30 pm
Wed., January 2	4:00 pm - 5:00 pm
Thurs., January 3	2:30 pm - 3:30 pm
Fri., January 4	4:00 pm - 5:00 pm
Sat., January 5	7:00 pm - 8:00 pm
Sun., January 6	12:30 pm - 1:30 pm
Chesterville Arena:	
Thurs., December 27	4:00 pm - 5:00 pm
Fri., December 28	4:00 pm - 5:00 pm
Sat., December 29	1:00 pm - 2:00 pm
Sun., December 30	12:00 pm - 1:00 pm
Wed., January 2	3:00 pm - 4:00 pm
Thurs., January 3	4:00 pm - 5:00 pm
Fri., January 4	4:00 pm - 5:00 pm
Sat., January 5	1:00 pm - 2:00 pm
Sun., January 6	12:00 pm - 1:00 pm

MARCH BREAK PUBLIC SKATING:

Winchester Arena:	
Sat., March 9	7:00 pm - 8:00 pm
Sun., March 10	12:30 pm - 1:30 pm
Mon., March 11	4:00 pm - 5:30 pm
Tues., March 12	3:00 pm - 4:00 pm
Wed., March 13	4:00 pm - 5:00 pm
Thurs., March 14	2:30 pm - 3:30 pm
Fri., March 15	4:00 pm - 5:00 pm
Sat., March 16	7:00 pm - 8:00 pm
Sun., March 17	12:30 pm - 1:30 pm
Chesterville Arena:	
Sat., March 9	1:00 pm - 2:00 pm
Sun., March 10	12:00 pm - 1:00 pm
Mon., March 11	4:00 pm - 5:00 pm
Tues., March 12	4:00 pm - 5:00 pm
Wed., March 13	3:00 pm - 4:00 pm
Thurs., March 14	1:30 pm - 3:00 pm
Fri., March 15	4:00 pm - 5:00 pm
Sat., March 16	1:00 pm - 2:00 pm
Sun., March 17	12:00 pm - 1:00 pm

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

ARENA ADVERTISING RATES

	DESCRIPTION	CURRENT FEES
ADVERTISING	Arena - 4 x 8 wall advertising	$220 + HST annually – both arenas. Installation completed by arena staff.
	Arena – 4 x 8 rink boards	Initial fee: $520 + HST (prep. & installation). Annual fee: $275 + HST
	Arena – 4 x 4 rink boards	Initial Fee: $375 + HST (prep. & installation). Annual fee: $175 + HST
	Arena – 2 x 2 dressing room door	Annual fee: $75 + HST
	Olympia both sides	Annual fee: $600 + HST
	Olympia, one side	Annual fee: $300 + HST

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

Recreation Library

The Township of North Dundas Recreation & Culture Department is pleased to offer the first known Recreation Library in the area. The Township currently owns various kinds 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.

Township of North Dundas

Recreation Support

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 Department is always accepting donations of gently used or new recreation equipment as well as monetary donations to help sustain and expand the Recreation Library. 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 Meaghan Meerburg, Interim Director of Recreation & Culture/Community Development Programmer, at 613-774-2105 ext. 236 or email mmeerburg@northdundas.com

RECREATION LIBRARY INVENTORY

- 3 - infant boater vests (life jackets)
- 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
- 1 - 3 pc. cooler set
- 1 - paddle boom ball set
- 2 - adult fishing rod, reel, and tackle sets
- 2 - youth fishing rod, reel, and tackle sets
- 2 - adult bicycles
- 3 - youth bicycles
- 1 - child's, 6 speed bicycle
- 1 - air compressor
- 1 - megaphone
- 50 - pairs of snowshoes (2 sizes)
- 3 - baseball gloves (right & left handed available)
- 1 - 30" aluminum baseball bat
- 1 - 34" aluminum baseball bat
- 12 - pairs of soccer socks/shin pads (various sizes)
- 8 - canoe paddles
- 2 - boccee ball sets
- 2 - bosu balls
- 2 - sets of yoga blocks
- 7 - bike helmets (child, youth, and adult 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 - frizbees
- 7 - skipping ropes
- 8 - basketballs
- 2 - soccer nets
- 6 - indoor soccer balls
- 5 - badminton racquets
- 12 - badminton birdies
- 4 - footballs
- 3 - volleyballs
- 2 - sets of golf clubs

To schedule an appointment to borrow any number of the items listed above, please contact Meaghan Meerburg at the Township of North Dundas Office by calling 613-774-2105 ext. 236 or visit the Township of North Dundas office at 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 this year. 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 Meaghan Meerburg at 613-774-2105 ext. 236 or email mmeerburg@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 Meaghan Meerburg, Interim Director of Recreation & Culture/ Community Development Programmer, at 613-774-2105 ext. 236 or email mmeerburg@northdundas.com





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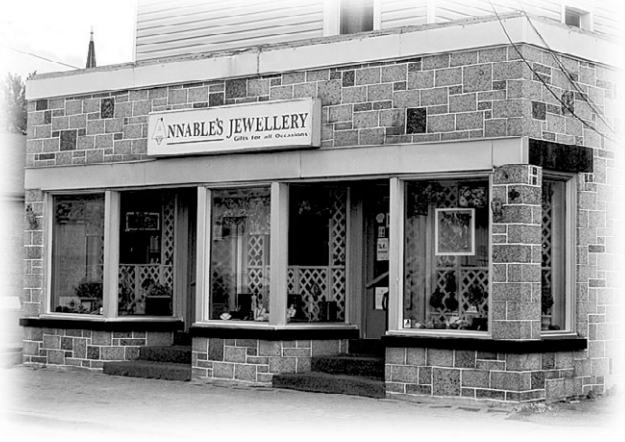

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Township of North Dundas

Subsidies & Support

NORTH DUNDAS SPORTS EQUIPMENT SALE, SWAP & DONATE

The Recreation & Culture Department would like to remind residents about our Facebook page that is for North Dundas sports enthusiasts. Please become a fan of the 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, community resource and help us spread the word! Please help us to create, foster and promote opportunities for affordable recreation in the Township of North Dundas.

For more information, please contact Meaghan Meerburg at the Township of North Dundas office at 613-774-2105 ext. 236.

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 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. All financial aid is confidential.

To find out if you qualify, or to find out more about this program or other aids, please contact Meaghan Meerburg at 613-774-2105 ext. 236.

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, bowling, and 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 is 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 is provided on up to $500 of eligible fees per child in respect of qualifying children's programs and is otherwise 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 is raised by two years and an additional $500 non-refundable amount is provided.

For more information, please visit: www.cra-arc.gc.ca/gncy/bdgt/2011/qa01-eng.html

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. Information is available for: 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.

• Subsidies & Support continued on page 11

Township of North Dundas

Township of North Dundas
Municipal Office



636 St. Lawrence Street, Winchester
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Website: www.northdundas.com

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Township of North Dundas

Subsidies & Support

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.

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 years old 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 enrollment.

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.

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 and then emailed to mmeerburg@northdundas.com.

For more information on the Jump Start program, please call Meaghan Meerburg at 613-774-2105 ext. 236. 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 $500. 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 or email your request to mmeerburg@northdundas.com.

For more information about the KidSport program, please contact Meaghan Meerburg at 613-774-2105 ext. 236. All financial aid is confidential and help will be given, if requested, to fill out the short application.

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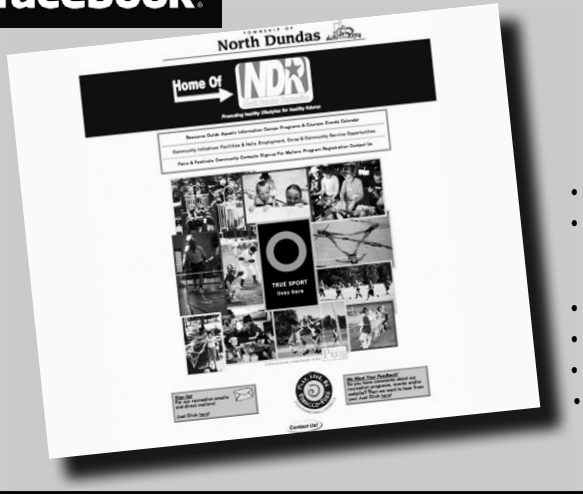
facebook



Check out the Township of North Dundas

Recreation & Culture

Web Page

www.northdundas.com

For information on recreation & culture in North Dundas including:

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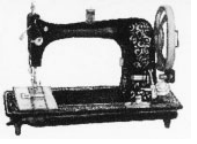





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EMPLOYMENT OPPORTUNITIES

Township of North Dundas

Employment Opportunities

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,
Interim Director of Recreation & Culture/
Community Development Programmer
Township of North Dundas
P.O. Box 489
Winchester, ON, K0C 2K0
OR fax 613-774-5699

DEADLINE: Ongoing

Dundas Drive-in



$5 per person
No family rates

Join the Townships of North & South Dundas at the Dundas Drive-in!

Next show
Saturday, September 15

Boasting a screen size of 46' x 36', these events will not only include pre-release films, but will also feature concession stands, children's activities, and lots of fun for all ages!

The Dundas Drive-in will be hosted at the **South Mountain Fair Grounds**, located at 2967 Lough Rd. No advanced ticket sales will be available. All admission fees will be collected at the gates upon entry and parking spaces will be assigned. Please note that this is a cash only event and that there is no ATM on site.

Gates will open at 7:00 pm. Movie will begin at approximately 9:00 pm.

For more detailed information including films that will be screened, please visit the Community Events Calendar that is available on www.northdundas.com and select the date of interest or call the North Dundas Theatre Line, at 613-774-2105 ext. 400. Please note that last minute information, including cancellations due to weather, will only be available on the North Dundas Theatre Line.

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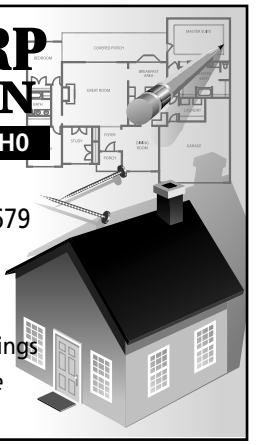

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Township of North Dundas

Volunteer Opportunities

RECREATION DEPARTMENT 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

RECREATION DEPARTMENT 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. *For more information on the North Dundas Green Food Bag, please see the box below.*

EVENT/PROGRAM PLANNERS

The Township of North Dundas is always looking for individuals and/or groups who are interested in planning events and programs for the residents of North Dundas as well as visitors to our area. Whether it is a bus trip, festival, quilting guild, workshop, certification course, family day, or other creative activity, we would like to hear from you and work together to pursue your vision for all to enjoy!

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!

WANTED – COMMITTEE MEMBERS FOR:
Parade of Lights, Chesterville Winter Carnival, Dairyfest, South Mountain Fair, South Mountain Canada Day, Art on the Waterfront, Chesterville Waterfront Committee, Chesterville Fair.

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

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 Meaghan Meerburg, at the Township of North Dundas at 613-774-2105 ext. 236 or email mmeerburg@northdundas.com

The North Dundas

Green Food Bag

Sponsored by: Mike Dean's Super Food Stores

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

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.

To give an example of what a bag might contain for this price, the May 2012 Green Food Bag's contents included: 1 head of broccoli, 1 cucumber, 1 head of lettuce, 5 lbs. of potatoes, 2 tomatoes, 5 apples, 5 bananas, and 1 pineapple. 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 "Online Program Registration". 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 access a printable order form, please visit the Recreation & Culture web page on www.northdundas.com and click on "Community Initiatives", or contact Meaghan Meerburg at the Township Office by calling 613-774-2105 ext. 236 or stop by 636 St. Lawrence St. in Winchester.

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Fall/Winter registration begins August 13, 2012
Fall/Winter programs begin September 10, 2012

Township of North Dundas

Program Registration

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. 236
- **SORRY, THERE ARE NO FAMILY RATES**
- Post-dated cheques are not a valid method of payment. 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, VISA, MASTERCARD, CASH, or CHEQUE

BY PHONE – 613-774-2105 using AMERICAN EXPRESS, MASTERCARD, or VISA

ONLINE – www.northdundas.com

PROGRAM POLICY:

Wait Lists – If the program you are interested in is full, you have the option of making another program selection or being placed on a wait list for the program of your choice (however, there is no guarantee that a space will become available). Participants will only be contacted if a space becomes available.

Medical Information – When registering, please identify any significant health problems, allergies and/or medications for the registrant.

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 will be issued with a medical note depending on the circumstances that are presented.

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 Meaghan Meerburg, Township of North Dundas, 613-774-2105 ext. 236 or email mmeerburg@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 is now offering 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 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 13, 2012.**

WHAT YOU NEED TO KNOW: From the Municipality's website home page at www.northdundas.com you will be able to create a family account, select your activities, and then pay for your program selection using Visa, MasterCard, or American Express.

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

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Township of North Dundas

Child & Youth Programs

Musical Playground: Summer in the City

Instructed by Paula Lund
Age: Newborn to 5 yrs.
Duration: 5 weeks
Start Date: Saturday, September 15
Time: 9:45 - 10:30 am
Location: Winchester Cultural Centre, 478 Main St.
Registration Fee: $62 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 pretend to walk or run on the sidewalks, ride up and down the elevators, and look way up to the tip top of the skyscrapers. Pretend to be a vendor on the main street selling your wares calling "Hamburgers, hotdogs, ice cream for sale!" Pack your bags we're going to spend the summer in the city!

Musical Playground: Let's Go To The Beach

Instructed by Paula Lund
Age: Newborn to 5 yrs.
Duration: 5 weeks
Start Date: Saturday, October 27
Time: 9:45 - 10:30 am
Location: Winchester Cultural Centre, 478 Main St.
Registration Fee: $62 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 pretend to swim at the seashore, search for sea shells, and sail a boat. Feel the sun on your face and fly like a seagull! Grab your pail and shovel and hop in the car because we're going to the beach!

Ballet For Ages 2-3 yrs.

Instructed by Marika Havekes
Duration: 15 weeks
Start Date: Wednesday, September 12
Time: 5:45 - 6 :30 pm
Location: Winchester Community Hall, 577 Main St.
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 will focus on learning a dance that will be performed in the end of term open house. Admission will be free and recital costumes (if required) will cost a maximum of $20 per registrant (this is an additional fee that is not included in the $110 registration fee). This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

Ballet For Ages 4-5 yrs.

Instructed by Marika Havekes
Duration: 15 weeks
Start Date: Wednesday, September 12
Time: 6:30 - 7:15 pm
Location: Winchester Community Hall, 577 Main St.
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 will focus on learning a dance that will be performed in the end of term open house. Admission will be free and recital costumes (if required) will cost a maximum of $20 per registrant (this is an additional fee that is not included in the $110 registration fee). This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

ZumbAtomic

Instructed by Kelly Townsend
Age: 7-11 yrs.
Time: 6:30 - 7:15 pm
Duration: 15 weeks
Start Date: Monday, September 10
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $110

ZumbaAtomic® blurs the lines between fitness and entertainment with its many characters and its original music specifically designed for ZUMBA® FOR KIDS. Young boys and girls are given the opportunity to get into fabulous, kidtastic shape through repetition, great music, cool lyrics, and fun! In each class we'll get those ZUMBA® FOR KIDS bodies moving with a fun warm-up! We'll then move from song to song with the best ZumbaAtomic® music and routines, before wrapping up with a fun cool down. Please dress children in light comfortable clothing, with socks and shoes. Each child should also have their own water bottle, clearly labelled with their name.

JiggiJump

Instructed by Paula Lund
Age: 3-9 yrs.
Duration: 15 weeks
Start Date: Tuesday, September 11
Time: 5:45 - 6:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $110

JiggiJump is a fun, educational, active musical adventure. It's designed to get boys and girls moving, stretching, singing, balancing, breathing, and most importantly – having fun. This new children's program uses play to get little hearts pumping and to make the connection between exciting activity and healthy living. Please ensure your child comes to class wearing comfortable clothes and running shoes and brings a bottle of water. Parents are welcome to stay and participate!

• continued on page 21

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Township of North Dundas

Child & Youth Programs

Art Attack!

Age: 6-10 yrs.
Duration: 14 weeks
Start Date: Tuesday, September 18
Time: 6:30 - 7:30 pm
Location: Winchester Arena Boardroom, 577 Main St. (across hall from office, on lower level)
Registration Fee: $110

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 basic art skills and gives them opportunity to grow as a young artist.

Indoor Soccer

Age: 6-8 yrs.
Duration: 15 weeks
Start Date: Monday, September 10
Time: 7:00 - 8:00 pm
Location: North Dundas District High School, 12835 Cty. Rd. 43, Chesterville
Registration Fee: $55

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 Tovel
Age: 9-12 yrs.
Duration: 15 weeks
Start Date: Monday, September 10
Time: 6:00 - 7:00 pm
Location: North Dundas District High School
Registration Fee: $55

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.

Floor Hockey

Instructed by Colette Moulton
Age: 6-8 yrs.
Duration: 15 weeks
Start Date: Monday, September 10
Time: 6:00 - 7:00 pm
Location: North Dundas District High School, 12835 Cty. Rd. 43, Chesterville
Registration Fee: $55

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.

Floor Hockey

Instructed by Colette Moulton
Age: 9-12 yrs.
Duration: 15 weeks
Start Date: Monday, September 10
Time: 7:00 - 8:00 pm
Location: North Dundas District High School, 12835 Cty. Rd. 43, Chesterville
Registration Fee: $55

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 are required as well as a helmet with a cage. Shin pads are optional.

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 Meaghan Meerburg, Township of North Dundas, 613-774-2105 ext. 236 or email mmeerburg@northdundas.com



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TOWNSHIP OF North Dundas

Teen & Adult Programs

Dynamic Hatha Yoga – For Beyond Beginners

Instructed by Emily Wilkins
Age: Teens & adults
Duration: 15 weeks
Start Date/Time: Tuesday, September 11, 6:30 - 7:30 pm
Thursday, September 13, 6:30 - 7:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $110 + HST *Register for any 2 classes of yoga per week and get $20 off!*

Dynamic hatha yoga is a class that will flow asanas (postures) and pranayamas (breathing techniques) together to challenge you physically and mentally. This class will assist you in creating mind-body awareness and will provide you the tools to take your yoga off the mat. This class is physically dynamic and demanding so previous yoga experience is required. Enjoy ending class with a relaxation and a soothing Om and Namaste. 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 Beginners

Instructed by Emily Wilkins
Age: Teens & adults
Duration: 15 weeks
Start Date: Tuesday, September 11
Time: 7:45 - 8:45 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $110 + HST. *Register for any 2 classes of yoga per week and get $20 off!*

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 asana (posture), pranayamas (breathing technique) and relaxation. Each week will uncover a new technique so come, learn, and enjoy! All levels are welcome however this class will be geared towards beginners.

Yin Yoga – For Everyone

Instructed by Emily Wilkins
Age: Teens & adults
Duration: 10 weeks
Start Date: Thursday, September 13
Time: 7:45 - 8:45 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $110 + HST. *Register for any 2 classes of yoga per week and get $20 off!*

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 compliment 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).

North Dundas Ladies Volleyball League

Facilitated by Kari VanOverbeke
Age: 21 yrs. +
Duration: 5 weeks
Start Date: Wednesday, September 12
Time: 7:00 pm - 8:30 pm
Location: North Dundas District High School,
12835 Cty. Rd. 43, Chesterville
Registration Fee: $55 + HST

Come out and share some fun and laughs with the non-competitive Ladies Volleyball League. Registrants will be split into teams and enjoy the health benefits and team building experiences of this recreational sport.

High-Low Cardio & Muscle Strengthening

Instructed by Heather Norton
Age: Teens & adults
Duration: 15 weeks
Start Date: Monday, September 10
Time: 7:00 - 8:00 pm ALL LEVELS
Location: Chesterville Community Hall,
1 Mill St., Chesterville
Registration Fee: $110 + HST

This program offers a beneficial combination of fat-burning cardio & muscle strengthening workouts. Prepare to sweat while working all of your muscles through the use of bands, free weights, steps, and your own body weight. This program provides a mixture of low & high impact, core, and extensive mat work that helps tone, strengthen, and improve flexibility. Participants will also benefit from the muscle conditioning component that increases & strengthens muscle movements. This combination program is great for all ages. Mats, steps, exercise bands, and weights are all provided.

Zumba Toning

Instructed by Kelly Townsend
Age: Teens & adults
Duration: 15 weeks
Start Date: Monday, September 10
Time: 7:30 - 8:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $150 + HST for new registrants who do not own the toning sticks.
$130 + HST for returning registrants who have purchased the toning sticks through the previous term program.

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 that will 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 half the time!

***REQUIREMENT** Registrants MUST have taken a minimum of 5 Zumba classes before registering for this program!*

*****Musical content may contain explicit lyrics and/or material that is suggestive in nature. Participant discretion is advised.***

Zumba

Instructed by Kelly Townsend
Age: Teens & adults
Duration: 15 weeks
Start Date: Wednesday, September 12
Time: 7:30 pm - 8:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $110 + HST. *Register for this program AND Zumba Toning and receive $20 off your registration fee!*

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.

*****Musical content may contain explicit lyrics and/or material that is suggestive in nature. Participant discretion is advised.***

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Township of North Dundas

Teen & Adult Programs

Intro to Digital SLR Photography

Instructed by Gary Jones
Age: Teens & adults
Duration: 10 weeks
Start Date: Thursday, September 13
Time: 6:00 - 9:00 pm
Location: North Dundas District High School, 12835 Cty. Rd. 43
Registration Fee: $150 + HST

Interested in photography, but not getting the results you would like? This 10-week course is designed to help you understand your DSLR camera better and improve your photographs through lectures, demonstrations, discussions, and practical exercises. Develop your photographic eye and a passion for photography!

Topics covered include: camera equipment and operation, lighting, composition, basic post-production photo editing, and file management. Technical and aesthetic issues pertaining to portraiture, landscape, street, and still life photography will also be explored through lectures, discussions, practical hands-on exercises, and shooting assignments.

Prerequisites: Students must have their own Digital SLR camera and have access to a computer outside of class. If students have a laptop, they could use that in several classes. This is a beginner level course which will introduce the students to using their camera on manual exposure, and give them much more control over the creation of their images in camera, as well as an introduction to post-production techniques.

Ballroom Dancing Practices

Age: All ages – youth, adults, seniors; singles or partners
2012 Dates: Aug. 11, Aug. 25, Sept. 8, Sept. 22, Oct. 6, Oct. 20, Nov. 3, Nov. 17, Dec. 1, Dec. 15
Time: 7:00 - 10:00 pm
Location: Chesterville Community Centre, 1 Mill St.
Drop-In Fee: $4/person or $7 per couple

Practice your ballroom dancing 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. Open to anyone in the area, from beginner to advanced. For information, call Dennis Taylor 613-448-3633.

Ballroom Introduction Class, Level 1

Instructed by Dennis Taylor
Age: Teens & adults
Duration: 8 weeks
Start Date: Tuesday, September 11
Time: 6:30 pm - 7:30 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $64 + HST

This class will teach the basic steps in: Rumba, Waltz, Foxtrot, Cha-Cha, Triple Swing, Samba, and Bachata. Seven of the nights will have instruction on the basic stepping for a different dance and the 8th night will be a review. It is important, for success, that participants are willing to practice at home so as to master the steps.

Ballroom Introduction Class, Level 2

Instructed by Dennis Taylor
Age: Teens & adults
Duration: 8 weeks
Start Date: Tuesday, September 11
Time: 7:30 pm - 8:30 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $64.00 + HST

This class will be a continuation of the introductory class and will teach more steps for the Rumba, Waltz, Foxtrot, Cha-Cha, Triple Swing, Samba, and Bachata. Seven of the nights will have some review instruction on the basic steps from Level 1 and will then add additional steps for each dance. The eighth night will be a review. It is important, for success, that participants are willing to practice at home so as to master the steps.

Ballroom Introduction Class, Level 6

Instructed by Dennis Taylor
Age: Teens & adults
Duration: 8 weeks
Start Date: Thursday, September 13
Time: 8:00 pm - 9:00 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $64 + HST

To continue onto Ballroom Dancing Level 6, an excellent mastery of Level 5 steps is a prerequisite. Level 5 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. We will continue to emphasize proper technique and style. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.

Ballroom Introduction Class, Level 9

Instructed by Dennis Taylor
Age: Teens & adults
Duration: 8 weeks
Start Date: Thursday, September 13
Time: 7:00 pm - 8:00 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $64 + HST

To continue onto Ballroom Dancing Level 9, an excellent mastery of Level 8 steps is a prerequisite. Level 8 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. We will continue to emphasize proper technique and style. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.

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TOWNSHIP OF North Dundas

Certification & Interest Courses

Building Permit Information Night & Open House

Township of North Dundas Council Chambers,
636 St. Lawrence St.
613-774-2105 ext. 243

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 7 pm and 9 pm to share ideas with our knowledgeable staff, ask questions or obtain help in analyzing your design efforts. There is no formal presentation – just staff available for one-on-one consultation. All contractors, designers and DIY'ers are welcome.

Session Dates: Wednesday, October 24, 2012, 7-9 pm
Or call for your individual appointment.

Smart Serve Training

Age: 18 yrs.+
Date: Call to schedule your individual appointment
Location: Township of North Dundas Office,
636 St. Lawrence St., Winchester
Registration Fee: $40 + HST **Manual & certificate included*

The Smart Serve Training Program was 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 allows the registrant to watch the Smart Serve video, take the chapter quizzes, and complete the test at their own pace.

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 3-6 weeks.

Office Skills For Today's Economy

Instructed By Donna Curry
Age: 18 years+
Duration: 15 weeks
Start Date: Tuesday, September 11
Time: 7:00 pm - 9:00 pm
Location: North Dundas District High School,
12835 Cty. Rd. 43, Chesterville
Registration Fee: $125 + HST
Includes course materials
Registration Deadline: September 7, in order to ensure that the proper number of course materials are available.

Office Skills For Today's Economy was designed to enhance the participants' skills and qualification for today's office requirements. This program will cover the following areas/sections:

- Document Preparation
- Communication Skills
- Phone Power
- Voice Mail
- External Customers/Internal Customers (what is the difference and why are they important)
- Resumes: Do's and Don'ts, Writing and Editing
- Interviews: Preparation, Do's and Don'ts, Dress for Success
- Office Manuals
- Travel
- Agendas
- Time Scheduling
- Brainstorming Sessions
- Computer (Point and Click) Review
- Computer Upgrading Skills (Microsoft Office)
- PowerPoint
- Excel
- Outlook
- Emailing
- Inner Office Messages/Advertisements/Direct Mail
- Creating/Sending Files
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- Scams/Worms/Hick-ups
- Major Project
- Final Exam
- Performance/Evaluation Forms

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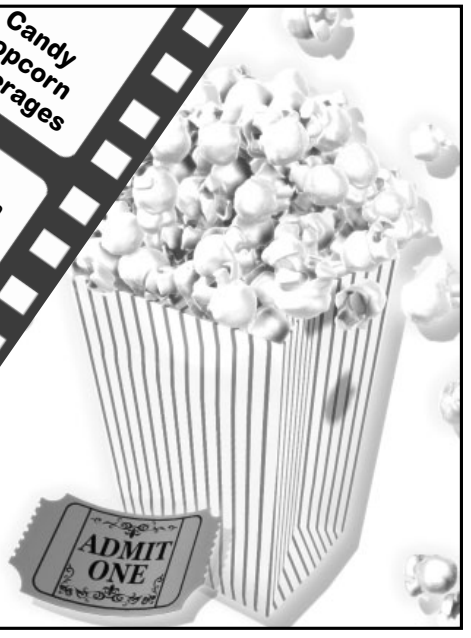
Cost: $5
Canteen: $1/item



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Seniors' Programs

Mountain Seniors Club

Mountain Twp. Agricultural Hall
2967 Lough Rd., South Mountain
Audrey Gibson: 613-989-5319

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 12 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. For more information, please call Ray Robertson at 613-774-2134.

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

a Carefor Agency, offering a variety of Community Support Services

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
Tai Chi classes every Tuesday at 9:30 am

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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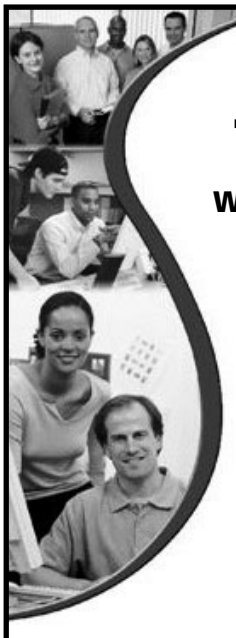

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Township of North Dundas

Community Sports

CHESTERVILLE KAYAK CLUB

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

We are a club of recreational and touring kayak paddlers, based in Chesterville. 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. Contact, president, at the number above.
For upcoming events go to our website.

UPWARD BASKETBALL

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

Upward Basketball is a ten-week basketball program for kids in Grades 1-7. It is anchored on the belief that "Every Child is a Winner"! Through skill development, positive and engaging competition, and Christian "time-outs" or mini-lessons, your child will have the opportunity to develop and grow in a league that is all about the kids.

Registration begins in September.
Dates to be announced in the local papers and on our website at www.thegatheringhouse.ca

Registration Location: The Gathering House, 2 Water St. Chesterville

Practices Begin: First two weeks of December

Practices & Games: January and February

Location: Timothy Christian School, Williamsburg or Dixon's Corners Community Centre

EASTERN ONTARIO HORSES OF COURSE CLUB

Pam Sherrer: 613-989-2781

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.

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 18th 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: $225 (includes CARHA insurance)
Goalies play for FREE! (16 years of age and older)

Interested in playing?
Email Amy at amyluvshockey@hotmail.com
Registration is capped at 78 skaters, first come – first served.

WINCHESTER SKATING CLUB

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

Winter session 2012-2013 registration for all programs will be taking place on Tuesday, September 11 from 6 pm to 8 pm in the Winchester Arena Boardroom.

PROGRAMS

LEARN TO SKATE - Oct. 2, 2012 - March 26, 2013

Tiny Tots: Tuesday & Thursday - 6:25 pm - 6:50 pm ……..…… $300*

Tiny Tots: Tuesday & Thursday - 6:50 pm - 7:15 pm ……..…… $300*

CanSkate: Tuesday & Thursday - 6:25 pm - 7:15 pm $375*

September 4, 2012 - March 26, 2013
ADVANCED CANSKATE (LEVELS 2-5):

Thursday - 5:15 pm - 6:15 pm
& Saturday - 9:00 -10:20 am $525*

INTERMEDIATE (LEVELS 6 - PRELIMINARY):

Tuesday - 5:15 pm - 6:15 pm
& Saturday - 10:30 am - 11:50 am ……..…$525*

STARSKATE (MUST HAVE PASSED FULL PRELIMINARY FREESKATE):

Tuesday & Thursday - 3:50 pm - 5:15 pm
& Saturday - 12:00 pm - 2:10 pm …….. $750*

*Mandatory for all levels:
Skate Canada Membership fee - $37
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.

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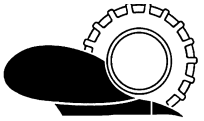

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Township of North Dundas Community Sports

NORTH DUNDAS MINOR HOCKEY ASSOCIATION

Registration – Rhonda Kelly: 613-774-0268
registrationdirector@northdundashockey.com
Tournament Info. – Cate Hyndman
tournamentdirector@northdundashockey.com
Initiation – Tina VanBreugel
atomconvenor@northdundashockey.com
www.northdundashockey.com

We invite any child residing in North Dundas born in 2006-2007 or before to join. Participate in new skills, fun games, friendship, leadership and team building qualities. REGISTER NOW!!

TOURNAMENTS

Guildcrest Homes Mega REP Tournament - Atom, Pee Wee, Bantam, and Midget - JANUARY 12 & 13 – Winchester and Chesterville Arenas

Guildcrest Homes Mega House Tournament - Atom, Pee Wee, Bantam, and Midget - DECEMBER 8 & 9 – Winchester and Chesterville Arenas

Guildcrest Homes Novice Tournament - DECEMBER 27 – Winchester and Chesterville Arenas

Initiation Fun Day - February 18 (Family Day) – Winchester Arena

Mouth Guard Clinics: Mobile Smiles will be at the Winchester Arena on Monday August 27, Wednesday August 29, and Thursday September 6 from 6:00 pm - 9:00 pm to custom fit ProForm mouth guards for $45-$55 in just one hour.

DUNDAS COUNTY GIRLS HOCKEY ASSOCIATION

Anita Gilmer: 613-774-4563
southdundasgirlshockey@hotmail.com
www.dundascountygirlshockey.ca

DCGHA offers competitive and house league hockey playing options for girls (Pee Wee, 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. New players welcome.

WINCHESTER BADMINTON CLUB

Adrian: 613-774-4949

The Winchester Badminton Club will be open for the 2012-2013 season. The Club's season will begin October 9, 2012 and will take place Tuesday and Friday evenings from 7:00 pm - 9:00 pm at Winchester Public School. Registration is $35 per person.

For more information or to register, contact Adrian.

JR. B HAWKS

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

HOME GAME SCHEDULE 2012-2013

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 14 - Casselman
Saturday, September 22 - Akwesasne
Friday, September 28 - Morrisburg
Friday, October 5 - Alexandria
Saturday, October 27 - Gananoque
Friday, November 2 - Char-lan
Friday, November 9 - Casselman
Saturday, November 16 - Akwesasne
Friday, November 23 - Morrisburg
Saturday, December 1 - Westport
Friday, December 7 - South Grenville
Friday, December 14 - Alexandria
Friday, December 21 - Casselman
Friday, December 28 - Char-lan
Friday, January 4 - Akwesasne
Friday, January 11 - Brockville
Saturday, January 19 - Athens
Friday, January 25 - Morrisburg
Friday, February 1 - Char-lan
Friday, February 8 - Alexandria

WINCHESTER CURLING CLUB

Michel St-Marseille, President: 613-448-2042
oldsalt@sympatico.ca
Located at 587 Main St. 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 levels. Hall and ice rentals are also available with a fully licensed bar and functional kitchen. Come and check us out or look for our registration drive in September.

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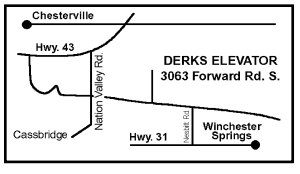

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Township of North Dundas

Community Groups & Events

CANADIAN BLOOD SERVICES / SOCIÉTÉ CANADIENNE DU SANG

BLOOD DONOR CLINICS

Please drop-in to make your donation or call 1-888-2-DONATE to book an appointment

Date: Thursday, September 13, 2012
Location: Chesterville Royal Canadian Legion, 167 Queen St.
Time: 2:00 pm to 8:00 pm

Date: Thursday, November 15, 2012
Location: Winchester Public School, 547 Louise St., South
Time: 2:00 pm to 8:00 pm

Date: Thursday, January 24, 2013
Location: Winchester Public School, 547 Louise St., South
Time: 2:00 pm to 8:00 pm

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.
Hours of Operation: Monday to Saturday 9:00 am to 5:00 pm

K2-KALEIDOSCOPE KIDS
This recreation club for kids in Grades 1-5, provides a variety of fun and engaging activities in four, six-week sessions. In addition to large group games, the kids will be able to sign-up for electives such as drama, choir, scrapbooking, woodworking, crafts, cooking etc. There will be a small fee for each activity to cover the cost of materials. Registration begins in August at the Gathering House.

K2-YOUTH
This is a parallel program to K2 except that the youth in Grades 6-8 will participate as a single group rotating through the activities.

YOUTH NIGHT
This relational drop-in program for youth in Grades 9-12 will provide a community for youth who are interested in exploring issues related to faith and community.

ST. MARY'S CATHOLIC SCHOOL

613-448-2158
37 Main Street, Chesterville

St. Mary's Catholic School wants to welcome the communities in which we serve (Chesterville, Winchester, Morewood, Finch, Crysler, Berwick, Mountain, and South Mountain) to our fundraising events. These events help support extra-curricular opportunities for our children including: French, yoga, dance clubs, and choir. Additionally, these events help subsidize transportation and equipment costs for our athletics programs. Please come out and show your support!

Please watch your local papers for information on our **1ST KIDS HALLOWEEN DANCE PARTY** in partnership with the Township of North Dundas on Saturday, October 27.

Donations of new or gently used items are also being accepted for our **ANNUAL GIFT WRAP EVENT** (end of November) 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.

Please also join us at our **SPAGHETTI SUPPER**, which will take place on the Sunday during the Chesterville Carnival.

For further information regarding these events or to register your child for our new French Immersion and Full Day/Every Day Kindergarten for the 2012-2013 school year, please contact St. Mary's Catholic School after August 29, or, to register your child before this date, please contact the Catholic District School Board Office at 1-800-443-4562.

ALL THINGS FOOD SDG COMMUNITY FOOD NETWORK

Dana Kittle, All Things Food Coordinator: 613-989-3830
info@allthingsfoodbouffe360.ca
www.allthingsfoodbouffe360.ca
Facebook: All Things Food

All Things Food is your Community Food Network that aims to increase access to local, healthy and sustainable food for all residents of Stormont-Dundas-Glengarry (SDG).

All Things Food offers "How to grow Your Own Food!" and food skills workshops, connecting schools to local food through their Farm-to-School program, helps residents to connect to community gardens through their Community Gardening Network, and raising awareness about the benefits of local food systems.

For more information on All Things Food's programs, please visit our website or our Facebook Page by searching "All Things Food" on Facebook. Get involved with the good food movement!

• continued on page 37



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Township of North Dundas

Community Groups & Events

DUNDAS COUNTY HOSPICE

613-535-2215
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 primarily for our visiting volunteers. Participation by others is always welcome.

LIBRARY – Over 300 books, videos, CD's 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 HOSPICE – Held three times monthly, this day consists of an activity (crafts, speaker, games, etc.) and a healthy lunch.

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.

OUR SERVICES ARE FREE: 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 semiannual 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.

NORTH DUNDAS COMMUNITY KITCHEN PROGRAM

Dana Kittle, All Things Food Coordinator:
613-989-3830, dana@allthingsfoodbouffe360.ca

Do you like to cook healthy, budget-friendly meals? The North Dundas Community Kitchen is a monthly program where participants meet at a central location to cook up tasty take-home meals. The kitchen is organized by the All Things Food SDG Community Food Network in partnership with the Township of North Dundas.

For more information on the program or to become involved, contact Dana, All Things Food Coordinator at dana@allthingsfoodbouffe360.ca or phone 613-875-3262.

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.

Information is available on the following topics:

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

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
- Child & Youth Program
- Transitional & Housing Support Program
- Women's Support Groups
- Community Awareness Presentation and/or Workshops

• continued on page 39

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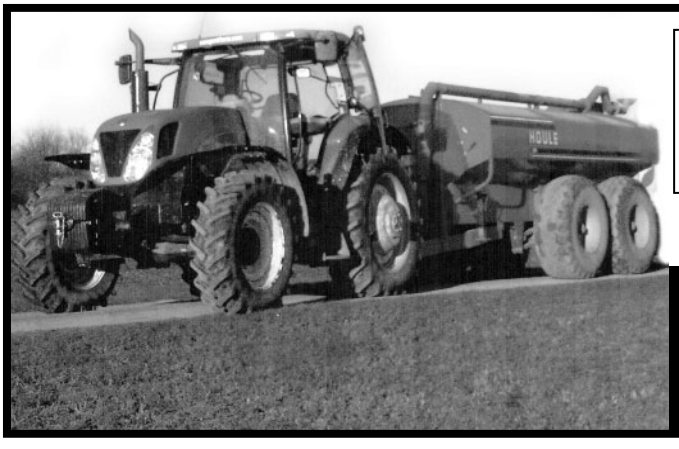

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Township of North Dundas

Community Groups & Events

EASTERN ONTARIO HEALTH UNIT

Health Line: 1-800-267-7120
Your health… our priority/
Votre santé… notre priorité
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 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
- make-your-own baby food workshops
- drop-in centres for parents of children under age 6
- drop-in centres for teens
- residential well water testing
- immunization clinics (for the flu, travelers, children, etc.)

Find out how public health fits into your life. Visit www.eohu.ca or call 1-800-267-7120 and ask for Health Line.

CHILD, YOUTH & FAMILY CRISIS LINE FOR EASTERN ONTARIO

613-260-2360 (in Ottawa)
1-877-377-7775 (Long distance toll-free)
www.icrs.ca
24/7 crisis support for children, youth, and families

CHESTERVILLE FARMERS' MARKET

Cheryl Beasley: 613-774-2224
www.chestervillefarmersmarket.com
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 table available to non-profit organizations for public education, recruiting and fundraising opportunities. The table is free of charge; however, persons or groups wishing to use the table will need to reserve the table in advance. We ask that the table not be used to sell baked goods.

The Market is opened from May 19 to October 13, Saturday mornings 9 am to 2 pm on the Chesterville Waterfront.

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

PARADE OF LIGHTS

Winchester – Saturday, December 1, 2012

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 Meaghan Meerburg at 613-774-2105, ext. 236.

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 breakfasts, community sponsored suppers, a Saturday night dance and silent auction, tournaments, children's events & entertainers, a bigger & 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.

ON COMMON GROUND STUDIO TOUR

Monique O'Brien: 613-989-5426

The 18th annual On Common Ground Studio Tour takes place Sat. Oct. 13 and Sun. Oct. 14, with studios open 10:00 am - 5:00 pm each day. There are 10 stops on the circular route, with 22 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 17 returning artists and artisans and five 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.

Phone the helpful and bilingual Monique O'Brien, one of the tour participants at 613-989-5426 for more information.

GIRL GUIDES OF CANADA

1-800-565-8111

Guides Canada welcomes girls 5-17 yrs.+ and women over 18 yrs. to be part of the following groups: Sparks 5-6 yrs., Brownies 7-8 yrs., Guides 9-12 yrs., Pathfinders 12-14 yrs., and Rangers 15-17 yrs. ; adults as leaders, mentors, alumni, team members, and more. Learn leadership, decision-making, and life skills through special camps and trips at the provincial and national levels. Registration is now taking place and is ongoing.

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Township of North Dundas

Community Groups & Events

CHESTERVILLE ROTARY CLUB

Martin Schoones: 613-448-3997

Each year the Rotary Club of Chesterville sponsors the **ANNUAL TERRY FOX RUN.** As in the past years, the run begins at the North Dundas District High School. This year's run is set for Sunday, September 16. Walk, run, or ride a bike! Come out and support the fight against Cancer.

In October, the Rotary Club celebrates **PRIDE OF WORKMANSHIP.** With nominations from local business owners, the Rotary Club recognizes individuals who go above and beyond in their chosen fields. Nominate someone you feel deserves to be recognized for their hard work and efforts.

TO HONOUR OUR VETERANS and other members of the Legion, the Rotary Club invites the Chesterville Legion to a dinner, in their honour. This will take place in November.

BREAKFAST WITH SANTA! Come and join us at the Chesterville Legion for a morning of hearty eating, fellowship, and Christmas crafts for the kids. This year Santa will be at the Legion in December. For more information see local newspapers closer to the date.

CHESTERVILLE AND DISTRICT LIONS CLUB

Mark McMillan: 613-448-1825

DUNDAS COUNTY FOODBANK

Dundas County FoodBank

613-774 0188
497 May St., Winchester

The Dundas County FoodBank welcomes its clients, donors, and volunteers in its 20th 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 vegetables and fruit, 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, K0C 2K0; official tax receipts will be provided.

We participate in events such as Parade of Lights, and Dairyfest, Hunger Awareness in June, 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.

Please contact at Donna.Quesnel@sympatico.ca if you are interested in knowing more.

WINCHESTER LEGION BRANCH #108

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

We would like to welcome you to the Winchester Legion for friendly conversation, or a game of cards; stay for a drink, and watch the game on the big-screen TV! Any legion member is able to attend our general meetings which are held the last Monday of every month beginning at 7:30 pm.

The Legion has a wide variety of activities open to the community including **DARTS AND EUCHRE TOURNAMENTS**. You may register for the dart league during the dart registration on Thursday, September 6, 7:30 pm - 8:30 pm or by contacting Janine Stevenson 613-774-0389. The dart league runs every Thursday evening until spring.

The **EUCHRE TOURNAMENTS** run the first Saturday of every month, from November until April. Please visit the Legion and sign-up your team at the bar.

Enjoy **OKTOBERFEST SAUSAGE & CORN** with some entertainment in September, watch the upcoming events in the *Winchester Press* for the exact date. You can pick up your tickets in advance at the Legion for $10/person.

Join us on Sunday, November 11 beginning at 12 noon, outside the legion branch, for the **REMEMBRANCE DAY PARADE.** Our service will be held in the Winchester Public School gymnasium and ceremonial lying of the wreaths at our cenotaph at its location in the entry of the WDMH. All are welcome.

Join us for an **AFTER PARADE PARTY** following the Parade of Lights. There will be entertainment and a surprise guest….. Santa! Be sure to stay for a drink and a snack.

BAR HOURS - The legion bar is open Monday to Saturday and ALL are welcome to drop in to socialize, play cards and meet new friends. Membership is not required to pay us a visit. Hall rentals are also available for small parties (capacity 50 people).

For more information on the Winchester Legion rentals, programs, and events, as well as general inquiries and information on becoming a Legion member, please call the Legion at 613-774-3694.

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.

• continued on page 43

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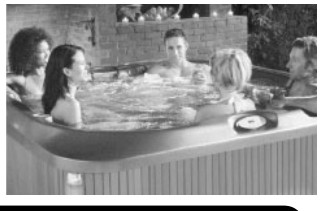

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SERVING EASTERN ONTARIO

Township of North Dundas

Community Groups & Events

CHESTERVILLE LEGION BRANCH 434

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

HOURS OF OPERATION:
Tuesday- Saturday 8:30 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 more information on hall rentals or Legion programs and events, as well as general information about becoming a Legion member, please contact Isabelle Lalonde.

MOUNTAIN AND DISTRICT LIONS CLUB

President: Roxanne Backes – 613-448-1825

The Mountain & District Lions Club is celebrating 31 years of serving the community. Come and join us in November for our annual roast beef fundraiser dinner. Tickets are $40 each and can be purchased by contacting Bob at 613-989-2823.

DUNDAS COUNTY PLAYERS

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

The Dundas County Players' **CABARET 2012** will be performed October 26, 27 & 28 and November 2, 3 & 4.
The theme: Bugs and Relationships.

This fall, two one-act plays will be performed as part of DCP's **CABARET 2012.**

'TIME FLIES' by David Ives, co-directed by Kaitlyn Wade and Tony Glen, is a charming 20 minute play about two May flies discovering the facts of life.

The second play, **'CRAWL TO BE KIND'** by Troy Banyan, directed by JP Leduc is a first-time production of this British playwright's 45-minute comedy about a mother and her daughter moving into a house that may have a big spider in it.

Various musical numbers performed by DCP talent under the musical direction of Elizabeth Barton and Colleen Howard will complete the show.

For details, please visit the DCP Website at www.DCPlayers.ca or call 613-297-0097

All performances take place at the
North Dundas Old Town Hall, 478 Main St., Winchester.

WINCHESTER LIONS CLUB

Phil Carkner: 613-774-2733
dsinc@eastlink.ca

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 who would like to support their community.

CHESTERVILLE AND DISTRICT HISTORICAL SOCIETY

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

Located in the town of Chesterville, the Society is interested in preserving the history and artifacts of the surrounding Township. We have many artifacts, displays and books detailing the history of the area as well as a microfilm reader and microfilm of the Chesterville Record from 1910 until the 1970s. We have a large collection of local cemetery books, families files and family history books that can be used in genealogy research. Contact a society member to arrange a time to come to the Heritage Centre to do some research or take a look at exhibits detailing the history of this area. Historical Society meetings take place the third Tuesday of every month and all are welcome. We have many special events during the year, so watch your local papers for notice of these. We have recently received some genealogical resources from the former SD&G Genealogical Society.

Chesterville & District Historical Society will be participating in **DOORS OPEN ONTARIO 2012.**

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 volunteers who are working to ensure that the heritage of North Dundas is preserved. This entails serving as the Municipal Heritage Committee for North Dundas in addition to assisting various groups. It is important that artifacts and other items of historical significance are preserved for the future generations. Meetings are generally held once every two months or sooner if needed. Future plans include designation of historic buildings in the Township and events associated with the observance of the bicentennial of the discovery of the McIntosh Apple and the bicentennial of the War of 1812-14 as well as anniversary celebrations in Winchester and Chesterville.

If you are interested in joining this group, or would like more information on programs and events, contact Carol Goddard or Alec Ball.

• continued on page 45



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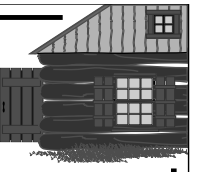

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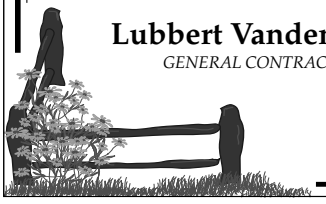

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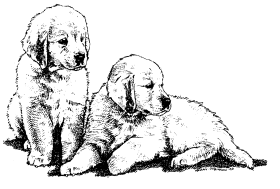

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Township of North Dundas

Community Groups & Events

WINCHESTER SCOUTING

Bert Hill: 613-774-2047

For more than 60 years the scouting movement has been a 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. We are always interested in leaders with experience or not.
Timber Wolves meet on Wednesday evenings at Winchester Public School and Otters meet on Thursday evenings at Winchester Public School.

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. Both, agricultural and life skill projects are available in our county. 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. Members must be at least 9 years old and no older then 21. An annual membership fee of $60 is paid to 4-H Ontario. There are opportunities to participate in local, regional, provincial, National and International events.

ONTARIO EARLY YEARS CENTRE

Carrie: 613-774-5487
Ensuring children have the best start in life!
cvanallen@giag.ca
502 St. Lawrence Street, Winchester
www.giag.ca

We are here for all children up to six years of age and their parents and caregivers.

PLAY & LEARN HOURS:
Mondays 9:00 am - 12:00 pm and 1:00 pm - 3:00 pm (Watch Me Grow)
Tuesdays 9:00 am - 12:00 pm
Wednesdays Community Day (visit website for details on programs and locations)
Thursday 9:00 am - 12:00 pm

Look for **SPECIAL PROGRAMMING** coming this fall.
Visit our new website or the centre for more information, times and dates. Look for Infant Yoga, School Readiness afternoons, Car seat clinics, Learn French with Me Program and Infant Massage this fall.

Don't miss the 5th annual **FAMILY EXPO** on October 20 and 21 in Cornwall. This show brings together products, services and resource information for families in SD&G.

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 Wednesday of every month at the Ontario Early Years Centre in Winchester at 9:30 am.

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

S.W.A.P.

www.facebook.com/#!/groups/230165173690126/

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!!

TELEHEALTH ONTARIO

1-866-797-0000
TTY : 1-866-797-0007

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse. That means quick, easy access to a qualified health professional, who can assess your symptoms and help you decide your best first step.

We can help you decide whether to care for yourself, make an appointment with your doctor, go to a clinic, contact a community service or go to a hospital emergency room.

• continued on page 46

If we happened to miss your organization or event in this guide, please give us a call at 613-774-2105 Ext. 236 or email mmeerburg@northdundas.com

Township of North Dundas

Community Groups & Events

THE HOUSE OF LAZARUS

613-989-3830
2245 Simms St. in Mountain
www.houseoflazarus.org
'Like us' on Facebook

The House of Lazarus Community Outreach Mission and Resource Centre now has a **DOCTOR AVAILABLE** through the Seaway Valley Community Health Centre. This service is available to people who do not have a doctor; for an appointment call 613-936-0306.

Our services include a **FOOD BANK, THRIFT AND HOUSEHOLD GOODS SHOPS, ADVOCACY AND REFERRAL.** As part of our outreach ministry, we aid community members, fire victims, our local women's shelter and other agencies, 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. We are also a recognized electronics recycling depot for the area. For up-to-date information on our current projects, Food Bank needs, sales, and our other activities please visit our website houseoflazarus.org and to keep up to what's happening with sales 'Like' us on Facebook.

The **FOOD BANK** is open 9:00 am to noon, Monday, Wednesday, Thursday & Friday; Tuesdays 9:00 am to noon and 5:00 pm to 8:00 pm and Saturday 9:00 am to noon.

STORE HOURS are 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.

HAPPY FACE NURSERY SCHOOL

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

Happy Face Nursery School 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 four different locations. Our South Mountain site is located in Nationview Public School 613-989-3248 and offers year-round programs for children aged 18 months to 12 years. Our Chesterville site 613-448-2771 offers year-round programs for children aged 18 months to 5 years. 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, call Cheryl at 613-989-3248.

FREE EVENT LISTINGS

Do you have an event, meeting, program, or other community function that you would like advertised on the Township of North Dundas website?

Contact Rob Hunter at 613-774-2105 Ext. 244 or email rhunter@northdundas.com to have your listing and/or website link added FREE OF CHARGE.
Listings are subject to approval and availability of space.

Don't forget to log onto www.northdundas.com and click on the Community Events Calendar link for up-to-date listings and information on what is going on in North Dundas.

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Township of North Dundas

Recreation Association Events

ORMOND HARMONY CLOVERDALE RA

Floyd Fisher: 613-774-6115

The Ormond Harmony RA 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 individual above.

FAMILY HALLOWEEN COSTUME PARTY
Saturday, October 27, 6:00 pm
Morewood Community Centre
Donations are appreciated.

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.*

ORMOND HARMONY CLOVERDALE RA ANNUAL MEETING
Wednesday, November 14, 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 8.
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 you favourite dish or dessert. Refreshments, buns, turkey, and ham will be provided by the Executive. Raffle for Christmas gift items. Donations are appreciated.

For more information, please contact Floyd Fisher at 613-774-6115

County Library SD&G
Bibliothèque des comtés unis

Township of North Dundas

Libraries

Be sure to check out the library website www.sdglibrary.ca to see a complete list of all programs and services.

CHESTERVILLE BRANCH

1 Mill Street
613-448-2616, chestervillelib@sdglibrary.ca

HOURS: Tuesdays 3:00 pm - 8:00 pm
Wednesdays 10:00 am - 2:00 pm
Thursdays 5:00 pm - 8:00 pm
Saturdays 10:00 am - 1:00 pm

MOREWOOD BRANCH

21 Russell Street
613-448-3822, morewoodlib@sdglibrary.ca

HOURS: Tuesdays 3:00 pm - 8:00 pm
Wednesdays 10:00 am - 1:00 pm
Thursdays 4:00 pm - 8:00 pm

WINCHESTER BRANCH

547 St. Lawrence Street, 613-774-2612
winchesterlib@sdglibrary.ca

HOURS: Mondays 9:00 am - 1:00 pm
Tuesdays 10:00 am - 8:00 pm
Wednesdays 3:00 pm - 8:00 pm
Thursdays 10:00 am - 8:00 pm
Fridays 1:00 pm - 4:00 pm
Saturdays 10:00 am - 1:00 pm

SOUTH MOUNTAIN LIBRARY

10543 Main Street, 613-989-2199
southmountainlib@sdglibrary.ca

HOURS: Tuesday 5:00 - 8:00 pm
Wednesday 10:00 am - 2:00 pm
Thursday 3:00 pm - 8:00 pm
Saturday 10:00 am - 1:00 pm

A complete listing of programs for the South Mountain branch will be available on the library website www.sdglibrary.ca

The recreation department at Dundas Manor offers a wide variety of programs for our residents.

Dundas Manor Ltd.
P.O. Box 970
Winchester, Ont.
613-774-2293
613-774-2294

Our programs include spiritual programs, crafts, baking, gardening, manicures, restorative, physio and exercise programs, relaxation therapy, men's club, outings, news and views, reminisce and trivia programs, special events and theme days, pet visits and intergenerational programs.

Dundas Manor strives to create a home that nurtures, respects and values our residents.

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613-448-3966

Ken **613-229-1327**
Kevin **613-223-0620**

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COMMUNITY SERVICES

All Things Food/ SDG Community Food Network
Dana Kittle 613-989-3830

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
Meaghan Meerburg 613-774-2105 ext. 236

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

House of Lazarus
613-989-3830

Jump Start
Meaghan Meerburg 613-774-2105 ext. 236

KidSport Ontario
Meaghan Meerburg 613-774-2105 ext. 236

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

Mountain Seniors Club
Audrey Gibson 613-989-5319

Naomi's Family Resource Centre
613-774-2838

Nor-Dun Senior Support Centre
Carolyn Roone y 613-774-6109

North Dundas Community Kitchen
Dana Kittle 613-989-3830

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

North Dundas Landfill
613-774-5157

North Dundas Theatre Line (for movies playing in North Dundas)
613-774-2105 ext. 400

Ontario Child Tax Benefit
1-866-821-7770

Ontario Early Years Centre
Carrie 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
Martin Schoones 613-448-3997

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
Phil Carkner 613-774-2733

SPORTS

Chesterville Jr. Broomball
John & Lise Irwin 613-984-0153

Chesterville Kayak Club
Bernie Curran 613-448-2099

Dunbar Panthers Minor Broomball
Bruce Currie 613-448-1013

Dundas Girls Hockey Association
Anita Gilmer 613-774-4563

Eastern Ontario Horses of Course
Pam Sherrer 613-989-2781

Eastern Thunder Broomball
Terry Barkley 613-448-3212

Finch Youth Broomball
Kathy Robinson 613-984-0465

Jr. B Hawks
John Adams 613-774-6425

North Dundas Minor Hockey
Rhonda Kelly 613-774-0268

Seaway Valley Devils Broomball
Ina Henry 613-445-2065

Upward Basketball
Rev. Tim Edwards 613-448-1758, 613-448-1304

Winchester Badminton Club
Adrian 613-774-4949

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

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

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

Winchester Skating Club
Barb Menard 613-448-1299

Township of North Dundas
613-774-2105

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
Rev. David Charles 613-843-9653

Presbyterian Church, Chesterville (St. Andrew's)
Rev. Floyd McPhee 613-224-8438

Presbyterian Church, Morewood
Rev. Floyd McPhee 613-224-8438

Presbyterian Church, Winchester
Rev. Bob Martin 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

United Church, Morewood & Chesterville
Rev. Wendy Wright-MacKenzie
613-448-2532

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

Winchester United Church
Rev. Christine Lowson
613-269-9368 Office: 613-774-2512

Winchester Wesleyan Church
Pastor Thurland Brown 613-774-3137

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