Living in North Dundas Township

Fall 2008/
Winter 2009



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Recreation & Culture

ACTIVITY GUIDE

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TOWNSHIP OF North Dundas

Welcome

Mayor's Message:

The Township of North Dundas Activity Guide continues to be a valuable resource to our residents. It includes a myriad of opportunities for active and positive participation in leisure programs.

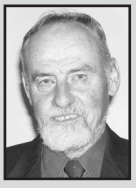
The Department of Recreation and Culture continues to offer an ambitious range of programs for all residents. These activities are intended to provide opportunities to reap the full benefits of active and healthy participation.

It is increasingly apparent that regular participation in leisure activities affects each of us positively. When we experience more positive social interaction, our stress levels go down, our personal health is improved and we become more alert and able to deal with situations within our lives. Collectively, by having healthy and vibrant residents in the community, our community becomes more energetic and positive.

I encourage you to review the numerous activities in the Guide and contact a staff person to inquire about your or a member of your family's participation in one of the many programs. If you have any new ideas or would like to comment on existing services please contact a staff person directly and provide them with your comments.

Please enjoy all the wonderful things the Township of North Dundas has to offer!!

— Alvin Runnalls



Alvin Runnalls, Mayor North Dundas Township



Welcome to our Fall 2008/Winter 2009 Recreation & Culture Activity Guide:

I am pleased to bring you the new Fall 2008/Winter 2009 edition of the North Dundas Recreation & Culture Activity Guide. This community kit provides you with a vast amount of recreation information happening in North Dundas including: Township and community organized programs and events, Township of North Dundas employment, co-op and volunteer opportunities, facility information and upgrades, public skating information, Municipal information, and much more!

*Please be sure to check out the **new** Recreation and Culture web page by visiting the Township of North Dundas website at www.northdundas.com. Here you will find current information and updates on everything recreation in our Township's communities.*

A special thank you to all of those who volunteer their time to the recreation field. Your enthusiasm and support is always appreciated by our community members.

Stay active and stay safe throughout the season!

— Mark Guy



Mark Guy, Director of Recreation & Culture

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This edition of the ***Living in North Dundas Township Recreation and Culture Activity Guide*** was published by the *Winchester Press*

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2006-2010 Council Members

MAYOR
ALVIN RUNNALLS
13200 County Rd. 3
RR#2, Winchester, ON
K0C 2K0
613-448-3425 (home)
runnalong@igs.net

DEPUTY MAYOR
ESTELLA ROSE
10834 County Road 43
RR#2, Mountain, ON
K0E 1S0
613-989-5421 (home)
eeterose@magma.ca

COUNCILLORS
ALLAN ARMSTRONG
447 May St.
Winchester, ON
K0C 2K0
613-774-0752 (home)
alarmstrong@sympatico.ca

ERIC DUNCAN
10560 Nelson Rd.
South Mountain, ON
K0E 1W0
613-989-1972 (home)
eric@jedexpress.com

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

2008 Council Meeting Dates

(Subject to change)

Second and fourth Tuesdays of each month, excluding December, July, August:
September 23 & 16
October 14 & 28
November 11 & 25
December 9

CONVENTION DATES:

Ontario East Municipal Conference – September 11-12 (Kingston)

***Please note that dates are subject to change without notice*

Hazardous Waste Days

2008 Hazardous Waste Days will take place from 9 am until 12 noon on the following dates:

August 16, September 13, October 11

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.

Municipal Information

PUBLIC NOTICE
Winter Parking Bylaw

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 bylaw will be strictly enforced.

Your co-operation is appreciated,
Township of North Dundas

Township of North Dundas Closure Dates

Thanksgiving – October 13, 2008
Christmas Break – December 24 at 12 noon to January 5, 2009
Family Day – February 16, 2009
Good Friday – April 10, 2009
Easter Monday – April 13, 2009
Victoria Day – May 18, 2009
Canada Day – July 1, 2009
Civic Holiday – August 3, 2009
Labour Day – September 7, 2009
Thanksgiving – October 12, 2009

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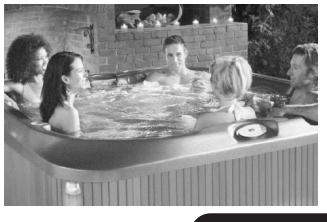

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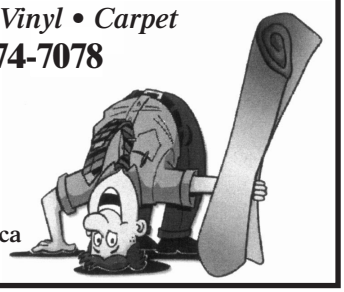

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Recreation Department Information

New Recreation Library

In June of 2008, the Township of North Dundas Recreation & Culture Department received $15,000 in funding from the Communities in Action Fund to purchase equipment for the first known Recreation Library in the area.

The Township has been working in partnership with local businesses to purchase various sorts of recreation equipment such as camping tents, coolers, skates, nets, balls, life jackets, water toys, snowshoes, helmets, baseball gloves, sticks, bats, etc. that are available, at no charge for community use.

This new program functions like a library with all equipment being signed out by a Township staff member. In addition, each borrower must fill out a lending agreement at the time of sign-out. This program is great for all individuals, families, community groups, schools, churches, clubs, and teams residing in North Dundas.

We would also like to thank the House of Lazarus in South Mountain for donations of gently used items. We are 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 Street, Winchester.

For more information, please contact Meaghan Elder, Community Development Programmer, at 613-774-2105 ext. 236 or email melder@northdundas.com.

Recreation Staff Contact List

Director of Recreation & Culture: Mark Guy

Community Development Programmer: Meaghan Elder

Recreation Booking Clerk: Mary Lynn Plummer

Recreation Facilities Manager: Les Johnston

Facility Operators: Barry Elliott, Jordan Eastman, Todd Elliott, Mike Sharkey, Danny Roy, Craig Smith

Facility Rentals and Fees

The Recreation Department has a number of halls and facilities that can be rented out. Contact Mary Lynn Plummer at 613-774-2105 to inquire about availability and rates. For rental of the Morewood Community Centre, please contact Marie Cousineau at 613-448-2233.

Recreational Facilities

ARENAS

Chesterville Arena Ice Surface
153 Queen St., Chesterville

Winchester Arena Ice Surface
577 Main St., Winchester

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 Hall
577 Main St., Winchester

Hallville Community Centre
10519 Kerr's Ridge Rd.

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

May Street Park
Winchester

Hallville Playground
St. John St., Hallville

Mountain Memorial Park
10480 Clark Rd., Mountain

South Mountain Park
10543 Main St., South Mountain

Sign Board & Rink Board Advertising Rates at Winchester/Chesterville Arena

4x8 wall advertising $200 annually – both arenas
4x4 wall advertising $100 annually – both arenas
4x8 rink boards $500 annually – both arenas
4x4 rink boards $350 annually – both arenas
2x2 dressing room door $100 annually – both arenas

For more information contact Mark Guy, 613-774-2105 ext. 223

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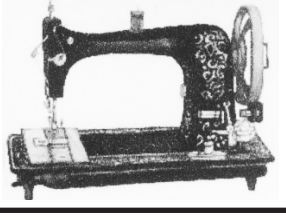

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Township of North Dundas

Recreation News

Recreation News

Since 2004, the Township of North Dundas Department of Recreation and Culture has completed several capital projects to ensure the longevity and safety of our recreation facilities. With the aid of community partners, we have also created a Community Development component within our department, in order to offer numerous programs and events. The capital upgrades and Community Development section have been achieved with the financial assistance of numerous grants totalling $841,387.

The following is a list of some of the larger projects that have been completed to date as well as future projects in recreation:

TO DATE:

- 100 Club Park Winchester revitalization
- Chesterville Arena parking lot rehabilitation
- Roof Renovations: Winchester and Chesterville Arenas, Township Office, Winchester OPP Detachment, Chesterville Fire Hall, Morewood Community Centre
- Old Town Hall exterior renovations
- New refrigeration equipment, Chesterville Arena
- New chiller, water reclaimer, Winchester refrigeration plant
- Renovated South Mountain tennis courts
- Interior and exterior renovations to Hallville Rink building – new outdoor rink lights
- Expanded program section that includes general interest programs, camps, educational programs, and community initiatives through community partners
- New play structure – Chesterville Community Park

FUTURE WORK:

- New play structure – South Mountain Park
- New sand for Township parks
- Chesterville tennis court repairs
- Skateboard Park
- North Dundas Recreational Trail

Arena Information

NEW ARENA SKATE & HELMET LENDING PROGRAM

The Township of North Dundas is pleased to present the new skate and helmet lending program that will commence in September and continue until the end of March 2009, when ice season ends.

In March of 2008, the *Energize… Now for Tomorrow!* task force (a community group that is dedicated to combating child obesity through programs that promote healthy eating and increased physical activity) was successful in their application to receive 50 new helmets through the *ThinkFirst* program, a Ministry of Health Safe Sport Helmet Initiative.

As a result, the task force has begun the new lending program for these helmets, accompanied by skates that have been purchased locally thanks to funding obtained through the Communities In Action Fund, as well as gently used skates that have been generously donated by the House of Lazarus in Mountain.

This program will be available free of charge during public skating hours at both the Winchester and Chesterville arenas.

This new program functions like a library with all equipment being signed out at the arenas by a Township staff member. In addition, each borrower must fill out a lending agreement at the time of sign-out.

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 and helmet lending program.

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

For more information, please contact Meaghan Elder, Community Development Programmer, at 613-774-2105 ext. 236 or email melder@northdundas.com.

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Township of North Dundas

Recreation News

Ice Schedule

FIRST DAY
Winchester:
Saturday, September 6

Chesterville:
Sunday, September 28

PRE-SEASON ICE
September 6 to September 27 – Winchester Only

ICE CONTRACTS BEGIN
Sunday, September 28, both arenas

Public Skating

Month of September:
Winchester Only –
Friday, September 12, 19, 26, 4 pm - 5 pm

Regular Hours:
September 28, 2008 to March 29, 2009

Chesterville Arena:
Mondays, Tuesdays, Wednesdays and Fridays
4 pm - 5 pm
Saturdays 2:30 pm - 3:30 pm;
Sundays 2:30 pm - 3:30 pm

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

Christmas Break Public Skating

Winchester Arena:
Monday, December 22, 4 pm - 5 pm
Tuesday, December 23, 4 pm - 5 pm
Saturday, December 27, 7 pm - 8 pm
Sunday, December 28, 12:30 pm - 1:30 pm
Monday, December 29, 4 pm - 5 pm
Tuesday, December 30, 4 pm - 5 pm
Wednesday, December 31, 1 pm - 2 pm

Christmas Break Public Skating

Chesterville Arena:
Monday, December 22, 4 pm - 5 pm
Tuesday, December 23, 4 pm - 5 pm
Saturday, December 27, 3 pm - 4 pm
Sunday, December 28, 2:30 pm - 3:30 pm
Monday, December 29, 4 pm - 5 pm
Tuesday, December 30, 4 pm - 5 pm
Wednesday, December 31, 1 pm - 2 pm

March Break Public Skating

Winchester Arena:
Monday, March 16, 4 pm - 5 pm
Tuesday, March 17, 3 pm - 4 pm
Wednesday, March 18, 4 pm - 5 pm
Thursday, March 19, 11 am - 12 pm
Friday, March 20, 4 pm - 5 pm

Chesterville Arena:
Monday, March 16, 4 pm - 5 pm
Tuesday, March 17, 4 pm - 5 pm
Wednesday, March 18, 4 pm - 5 pm
Thursday, March 19, 3 pm - 4 pm
Friday, March 20, 4 pm - 5 pm

Please note that these dates and times are subject to change

Arena Closure Dates

Monday, October 13, 8 am to 4 pm:
Both Arenas

Saturday, December 6, 4:30 pm to 8 pm:
Parade of Lights, Winchester Arena Only.

Wednesday, December 24, 8 am to Saturday, December 27, 7 am:
Both Arenas.

Wednesday, December 31, 3 pm to Friday, January 2, 2009, 8 am:
Both Arenas

Check out our new Recreation & Culture web page on

www.northdundas.com

For information on everything recreation in North Dundas including:

- Aquatic Information
- The Latest Activity Guide
- Programs and Courses
- True Sport
- Community Contacts
- Community Events, Programs and Teams
- Employment, Co-op and Community Service Opportunities
- Sign-Up For Mailers
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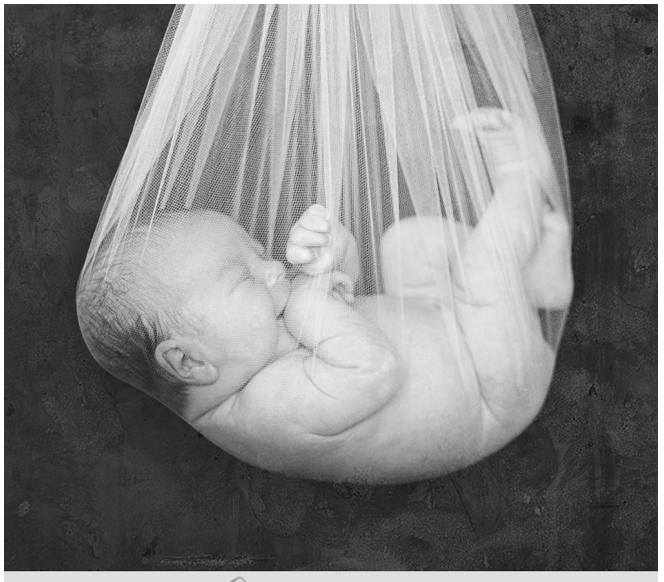

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(Inside Winchester Video)

Recreation Department Employment Opportunities

TOWNSHIP OF North Dundas

Employment Opportunities

Sport Explorer Leader (2)
(Morewood location)

Responsible for planning, organizing, and executing a series of 12 sports related activity nights for kids between the ages of seven to 12 years, taking place on Thursday evenings from 6:30 pm - 8 pm. Tasks include program registrations, nightly attendance, collection of monies, set-up, teardown and pack-up of all gym equipment required for the evening's activities, supervision of participants, and other duties as assigned. Candidates will be responsible for possession of the facility key and alarm code and will be expected to actively participate in all planned activities. Reliable transportation is required.

TERM: September - December
PAY: $8.50/hr
REFERENCE: #238

Sport Explorer Leader (2)
(South Mountain location)

Responsible for planning, organizing, and executing a series of nine sports related activity nights for kids between the ages of seven to 12 years, taking place on Friday evenings from 7 pm - 8:30 pm. Tasks include program registrations, nightly attendance, collection of monies, set-up, teardown and pack-up of all gym equipment required for the evening's activities, supervision of participants, and other duties as assigned. Candidates will be responsible for possession of the facility key and alarm code and will be expected to actively participate in all planned activities. Reliable transportation is required.

TERM: September - December
PAY: $8.50/hr
REFERENCE: #239

Kids' Cooking Class Senior Leader (1)

Responsible for planning, organizing, and executing a series of eight kids' cooking classes that will include up to 30 kids between the ages of six to 12 years old. This program will be held at the Winchester Community Centre for eight consecutive Saturdays. Leaders are responsible for working within the set program guidelines to source healthy, child-friendly recipes, type out and photocopy the recipes, purchase groceries, plan a weekly craft, create and distribute advertising, and other tasks as assigned. Applicants must be 20 yrs. +

TERM: September - November
PAY: $10/hr
REFERENCE: #236

Kids' Cooking Class Leader (1)

Responsible for executing a series of eight kids' cooking classes alongside the Senior Leader. Classes will include up to 30 kids between the ages of six to 12 years and will be held at the Winchester Community Centre for eight consecutive Saturdays. Tasks include aiding in set-up, clean-up, and other tasks as assigned.

TERM: September - November
PAY: $10/hr
REFERENCE: #237

Please mail your resume for these positions to:

Meaghan Elder
Community Development Programmer
Township of North Dundas
P.O. Box 489, Winchester, ON, K0C 2K0
OR fax 613-774-5699

DEADLINE: September 5, 2008

Please specify the reference number of the position you are applying for. We thank all applicants for their interest, however, only those to be considered will be contacted.

Part-Time Arena Attendants

Individuals to work at the Chesterville and Winchester arenas as part-time maintenance staff. (Rink Rats) Duties include: change nets during ice resurfacing and general housekeeping duties such as sweeping and mopping floors, vacuuming, and cleaning washrooms and dressing rooms.

QUALIFICATIONS: must be 16 years of age and willing to work evenings and weekends. First-aid certificate would be an asset.

Please mail your resume for this position to:

Les Johnston, Facilities Manager
Township of North Dundas
P.O. Box 489
Winchester, ON, K0C 2KO
OR fax 613-774-5699

DEADLINE: September 12, 2008

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Recreation Department Co-op Opportunities

Co-op/Volunteer Opportunities

Heritage Coordinator (1)

The Heritage Coordinator is responsible for researching and organizing a multitude of programs, activities, special events, and exhibits for the Winchester Old Town Hall historical building.
The Heritage Coordinator will develop promotional material for the public, plan and organize educational programs, and perform other duties as assigned.
The Heritage Coordinator will work under the direct supervision of the Director of Recreation & Culture for the Township of North Dundas.

Recreation Department Assistant (1)

The Recreation Department Assistant is responsible for taking all recreation related registrations as well as maintaining recreation databases including program and course registrants, community contacts, vendors, etc. The assistant would also aid in all tasks and duties relating to program and event planning and organization, as well as planning and organizing any holiday and summer camps. He/she will also perform other duties as assigned.

Please mail your resume for either position to:
Meaghan Elder
Community Development Programmer
Township of North Dundas
P.O. Box 489, Winchester, ON, K0C 2K0
OR fax 613-774-5699

Recreation Department Community Service & Volunteer Opportunities

Green Food Box Program: Stuffing (10)

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

The *Energize... Now for Tomorrow!* task force is a community group that is dedicated to combating child obesity through programs that promote healthy eating and increased physical activity. As a result, the Task Force will be introducing the ***Green Food Box Program*** to the residents of North Dundas in August. The ***Green Food Box Program*** provides a non-profit fresh fruit and vegetable distribution system that will be operated in partnership with Mike Dean's Super Food Store with locations in Winchester and Chesterville; Andy's Foodland in Winchester, the Township of North Dundas, The Eastern Ontario Health Unit, the Heart & Stroke Foundation, and the House of Lazarus in Mountain. This program will be functioning once per month with the pilot program taking place on August 29, 2008. In order to run this self-sustaining program, we require the aid of volunteers to help fill the boxes, supervise during the designated box pick-up time, and perform light cleaning during and after the box stuffing, among other duties that are undetermined at this time.

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 both the residents of North Dundas and the 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 so that we can work together to pursue your vision for all to enjoy!

Please contact Meaghan Elder, Community Development Programmer for the Township of North Dundas at 613-774-2105 ext. 236 or email melder@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 Activity Guide, please contact Meaghan Elder, Community Development Programmer for the Township of North Dundas at 613-774-2105 ext. 236 or email melder@northdundas.com

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613-989-5235

Program Registration Information

FALL REGISTRATION
Begins August 11, 2008

FALL PROGRAMS BEGIN
The week of September 22-26, 2008

General program information

- *REGISTRATIONS MUST BE SUBMITTED IN ADVANCE OF THE PROGRAM COMMENCEMENT DATE* ***LATE REGISTRATIONS WILL NOT BE ACCEPTED***
- *SORRY, THERE ARE NO FAMILY RATES*
- *POSTDATED CHEQUES ARE NOT ACCEPTED AS A METHOD OF PAYMENT AND CHEQUES MUST BE SUBMITTED AT LEAST ONE WEEK PRIOR TO THE PROGRAM COMMENCEMENT DATE*
- *ALL PROGRAMS ARE PEANUT-FREE*

Register for programs

IN PERSON
636 St. Lawrence St., Winchester, ON.
Monday to Friday 8:30 am to 4:30 pm.
Using Interac, Visa, MasterCard, cash, or cheque

BY PHONE
613-774-2105 using MasterCard or Visa

BY FAX
613-774-5699 using MasterCard or Visa

BY MAIL
Visit our website www.northdundas.com to download the Registration Form or use the one provided in this brochure and mail your registration and payment to: Township of North Dundas, P.O. Box 489, Winchester, ON, K0C 2K0

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.

Township of North Dundas
Program Registration

MEDICAL INFORMATION – When registering, please identify any significant health problems, allergies and/or medications for the registrant. We also ask that you provide the participant's health card number and doctor's name in case of emergency.

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 on 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. 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 and the program registrants will be notified of the class cancellation as well as the rescheduled date, if applicable.

REFUNDS/WITHDRAWALS – A $10 administration fee will apply to all customer-requested refunds. A full refund will be issued with a medical note.

REQUEST FOR PROPOSAL – Would you like to provide a recreational/instructional program in the Township of North Dundas? Please contact Meaghan Elder at the Township of North Dundas at 613-774-2105 ext. 236 or email melder@northdundas.com.



Winter Programs

Winter programs will include many of the fall programs and a few new programs. The winter session will begin January 19, 2009 with registrations being accepted beginning the week of December 8, 2008.

The winter programs flyer will be out the week of December 8, 2008



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Youth Programs

Ballroom Dancing Level 1

Instructed by Dennis Taylor
Ages: Youth and teens
Duration: 10 weeks
Start Date: Monday, September 22 (no class the last week of October)
Location: Chesterville Community Centre
Time: 6:30 pm - 7:30 pm
Registration Fee: $60
Ballroom dancing Level 1 is an introduction to the Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba. Basic steps will be taught for each dance and a couple of dance practices will be held to help you practice what you have learned. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. Dancing is fun, a great way to meet new friends, and it might really impress your friends! Proper footwear is mandatory. No slippers, running shoes, or work boots. Individuals welcome, couples not required.

Mike Dean's Super Food Store Kids Cooking Class

Ages: 7-12 years
Duration: 8 weeks
Start Date: Saturday, September 26
Location: Winchester Community Centre
Time: 11 am - 12:30 pm
Registration Fee: $60
Get your apron, get your measuring cup and spoon, and for goodness sake bring your appetite! This program includes a whole lot of baking and cooking for young, aspiring chefs. Have fun making healthy, kid-friendly recipes, as well as art, and new friends! Kids also get to take home their own copy of the day's recipes so that they can build their very own recipe book!

Sport Explorers

Ages: 7-12 years
Dates, Times & Locations:
Nationview Public School –
Friday evenings 7 pm - 8:30 pm, September 26, October 10, 17, 24; November 7, 14, 21; December 5, 12
Morewood Public School –
Thursday evenings 6:30 pm - 8 pm, September 25, October 2, 9, 16, 23, 30; November 6, 13, 20, 27; December 4, 11
***Please note that dates and times are subject to change. Please call the Township Office at 613-774-2105 ext. 236 or the school to confirm.*
If you are looking for loads of after school fun, come out and participate in fun activities and sports like basketball, soccer, dodgeball, floor hockey, and more! No need to register, just come drop in!

Babysitter Training Course:

Hosted by St. John's Ambulance
Ages: 11+ years
Duration: 1 day
Start Date: Saturday, October 25, 2008 or Saturday, February 28, 2009
Location: Chesterville Community Hall, 1 Mill St., Chesterville/Chesterville Fire Dept., 1 Industrial Drive, Chesterville
Time: 9 am - 4:30 pm
Registration Fee: $45 **Manual & certificate included*
This program will teach the skills necessary to care for infants, toddlers and pre-schoolers with emphasis on safety and dealing with emergency situations. Topics will include selected first-aid, feeding, safety, diaper changing, games, how to advertise your services safely, getting a job, etc. An additional training course will also be included and cover the subjects of fire extinguisher training, safety and prevention and include topics such as the differentiation between a controllable and uncontrollable fire, fire escape plans, proper steps to take in an evacuation, who to call in an emergency, as well as instructed, hands-on training using a fire extinguisher and controlled fire that will teach each course participant how to properly and safely put out a real fire.

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

Dundas Manor Ltd.
P.O. Box 970
Winchester, Ont., K0C 2K0
Tel. 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.

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KEMPTVILLE	RR3	1-613-258-2525
PRESCOTT	920 Edward St.	1-613-925-4223

Adult Programs

Belly Dancing

Instructed by Barb Buchanan
Ages: 14+ years
Duration: 10 weeks
Start Date: Thursday, September 25, 2008
Location: Winchester Community Hall
Time: 7 pm - 8 pm — Intermediate
8 pm - 9 pm — Beginners
Registration Fee: $80
A graceful, soulful way of expressing traditional forms of movement passed down through the ages. This aerobic exercise promotes general fitness, reduces stress, tones the body and the nervous system. Come join and learn this graceful art. This is a very popular program so be sure to register early!!

Vinyasa Flow Yoga – ALL LEVELS

Ages: 16+ years
Duration: 10 weeks
Start Date: Tuesday, September 23, 2008
Location: Nelson Laprade Centre, Chesterville
Time: 6:45 pm to 8 pm
Registration Fee: $120
Vinyasa Flow Yoga is a style of Hatha Yoga where postures are linked with breathing. Continuous flow and mind-body awareness create physical and mental strength and flexibility for all starting points. Modifications are provided to allow all levels to enjoy. Please bring a yoga or "sticky" mat.

Cardio & Step Aerobics

Instructed by Ilsa Maguire Perras & Françoise Guyot
Ages: 16 years +
Duration: 10 weeks
Start Date: Monday, September 22, 2008
Location: Chesterville Community Hall, 1 Mill St.
Time: 7 pm - 8 pm — ALL LEVELS
Registration Fee: $110 (this includes two classes per week)
This program offers a beneficial combination of two great workouts each week with Step Aerobics being taught on Monday evenings and Cardio on Wednesday nights. Step classes teach a combination of arm and leg gestures in order to increase large-muscle movements, and increase fat-burning sequences. The classes are performed to music. Cardio classes help tone, strengthen, and improve flexibility, creating a more enjoyable lifestyle. Cardio classes also provide a mixture of classes including low impact, core, and extensive mat work. This combination program is great for all ages. If possible, please bring your own mat for the Cardio classes and wrist weights if desired. Steps are provided. Newer shoes to provide safety and comfort as well as comfortable clothes are a must.

Smart Serve Training

Ages: 18 years +
Date: Call to schedule your individual appointment
Location: Township of North Dundas office, 636 St. Lawrence St., Winchester
Registration Fee: $30 **Manual & certificate included*
The Smart Serve Training Program has been designed to promote the responsible service of alcohol as it pertains to the current liquor laws in the Province of Ontario. This training program provides valuable information to individuals on the responsible service and sale of alcoholic beverages. It will enable you to take a pro-active approach to serving alcohol responsibly. The Smart Serve Training course takes place in a meeting room within the Township Office and allows the registrant to watch the Smart Serve video, take the chapter quizzes, and complete the test at their own pace, while having access to a coach who can answer questions along the way. Appointments can be scheduled throughout the year at the registrant's convenience. Upon successful completion, the registrant will receive their Smart Serve card and pin within three to six weeks.

Standard First Aid & Level C CPR

Hosted by St. John's Ambulance
Date: Saturday, November 15 to Sunday, November 16, 2008
Location: Chesterville Community Centre
Time: 8 am - 5 pm
Registration Fee: $130
Learn First Aid skills as well as CPR for adult, child and infant. *Manual and certificate included.*

Ballroom Dancing Level 1

Instructed by Dennis Taylor
Call to inquire about our babysitting service!
Ages: 16+ years
Duration: 10 weeks
Start Date: Thursday, September 25 (no class the last week of October)
Location: Chesterville Community Centre
Time: 6:30 pm - 7:30 pm *OR* 8:30 pm - 9:30 pm
Registration Fee: $60
Ballroom Dancing Level 1 is an introduction to the Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba. Basic steps will be taught for each dance and a couple of dance practices will be held to help you practice what you have learned. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. Dancing is fun, a good way to meet others interested in dancing, a great way to exercise, and it might really impress your friends. Proper footwear is mandatory. No slippers, running shoes, or work boots. Individuals welcome, couples not required.

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Adult Programs

Ballroom Dancing Level 2

Instructed by Dennis Taylor
Call to inquire about baby-sitting service!
Ages: 16+ years
Duration: 10 weeks
Start Date & Time: Tuesday, September 23, 7:30 pm - 8:30 pm *OR* Thursday, September 25, 7:30 pm - 8:30 pm
Location: Chesterville Community Centre
Registration Fee: $60
To continue onto Ballroom Dancing Level 2, completion of Level 1 is a prerequisite. Level 1 dance steps, (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. Style and proper technique will now be emphasized. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. A couple of dance practices will be held to help you practice what you have learned. Proper dance footwear is mandatory. No slippers, running shoes, or work boots. Individuals welcome, couples not required.

Ballroom Dancing Level 3

Instructed by Dennis Taylor
Call to inquire about baby-sitting service!
Ages: 16+ years
Duration: 10 weeks
Start Date: Tuesday, September 23 (no class the last week of October)
Location: Chesterville Community Centre
Time: 8:30 pm - 9:30 pm
Registration Fee: $60
To continue onto Ballroom Dancing Level 3, an excellent mastery of Level 2 steps is a prerequisite. Level 2 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. A couple of dance practices will be held to help you practice what you have learned. Proper dance footwear is mandatory. No slippers, running shoes, or work boots. Individuals welcome, couples not required.

Seniors Programs

Nor-Dun Seniors' Support Services

Nancy Gibson: 613-774-6109

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** at 517A Albert Street in Winchester.
- **Nelson LaPrade Centre** on William Street in Chesterville,
- **Mountain Township Ag Hall** on Lough Road in 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 some basic information, such as emergency contacts, that will be kept on file.

Regular activities for September 2008 - March 2009

ACTIVITIES FOR NOR-DUN CENTRE IN WINCHESTER
Diners Meal: every Monday, Wednesday and Friday at 12 noon
Bid Euchre: every Thursday at 12:30 pm except the third Friday of the month
Crokinole: the second Tuesday of every month at 1 pm
Bridge: the fourth Tuesday of every month at 12:30 pm
Exercise class: every Wednesday at 9:30 am
Hot Dog Fundraiser Night at 4 pm on the second and fourth Thursday of the month.

ACTIVITIES FOR NELSON LAPRADE CENTRE IN CHESTERVILLE
Diners Meal: every first and third Tuesday of the month at 12:30 pm
"The Page Turners": starting soon on Tuesday afternoons at the Nelson LaPrade Centre. A reading club for all.
Call the Nor-Dun Centre for more details.

ACTIVITIES FOR MOUNTAIN TOWNSHIP AG HALL IN SOUTH MOUNTAIN
Diners Meal: every Thursday of the month at 12:30 pm
Euchre: the third Thursday of every month at 1 pm
For more monthly details, check local newspapers the last week of every month, or contact the Nor-Dun Centre at 613-774-6109, or e-mail crooney@carefor-ec.ca OR ngibson@carefor-ec.ca.

Mountain Seniors' Club

Mavis Graham: 613-989-2888
Euchre: Every first and third Monday of the month from September 15, 2008 until May, 1 pm at the Mountain Hall. Cost is $2/day. Prizes are given away based on the score earned. The club provides refreshments. For more information please contact Mavis at the phone number listed above.
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.

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Recreation Associations

Chesterville RA

Fred Bortolussi: 613-448-2115
Chrisy Thompson: 613-448-2963

The Chesterville RA, in partnership with the Township of North Dundas, is a volunteer organization that is active in their community. They host community programs and events each year including the annual Chesterville Winter Carnival that is scheduled to take place from January 9 to 11, 2009. If you are interested in participating in the planning of the events, attending a meeting of the Chesterville RA, joining the organization, or contributing your ideas and suggestions for future or existing programs, activities and events, please contact the individuals above. For more information on our exciting events, please stay tuned to the *Winchester Press* and *Chesterville Record* or contact us.

SOUTH MOUNTAIN RA

Chris Fata: 613-875-7664

The South Mountain RA is a newly formed volunteer organization that is striving to commence various programs and events for the community. If you are interested in participating in the planning of the events, attending a meeting, joining the volunteer committee, or contributing your ideas, suggestions or time for future or existing programs, activities and events, please contact Chris.

MOUNTAIN RA

Marlene Fawcett: 613-989-2897
Lyne Wall: 613-989-3749

Santa Claus is coming to town in Mountain. Kids have a chance to see Santa Claus before Christmas in December. Santa will hand out treats and the Mountain Recreation Association will provide hot chocolate. There will also be a bonfire for roasting marshmallows. Be sure to come for your visit and pictures with Santa!

SANTA IS COMING TO MOUNTAIN
Thursday, December 18, 7 pm
Mountain Memorial Park

MOREWOOD RA

Steve Mattice: 613-448-2238
Jeff Taylor: 613-448-2495

The Morewood RA is a volunteer organization that is active in their community. They host events for the community each year. If you are interested in participating in the planning of events, joining the organization, or volunteering, please contact the individuals above. For more information on our events, please stay tuned to the *Winchester Press* and *Chesterville Record* or contact us. We would love to hear your ideas and suggestions!

ORMOND HARMONY CLOVERDALE RA

Floyd Fisher: 613-774-6115

FAMILY HALLOWEEN COSTUME PARTY
Saturday, October 25, 7 pm
Morewood Community Centre
Come out in costume or wear black and orange and enjoy a fun-filled night with a costume parade, games, crafts, and refreshments. For more information, contact Heather McDiarmid at 613-445-3847. Donations appreciated.

ANNUAL MEETING
Wednesday, November 19, 7:30 pm
Country Kitchen Restaurant, Cty. Rd. 31
Please come join us as we would love to hear your ideas and suggestions! For more information, please contact Floyd Fisher at 613-774-6115.

CHRISTMAS POTLUCK SUPPER/PARTY
Saturday, December 13, 7 pm
Morewood Community Centre
Potluck supper, games, crafts and a special guest arriving from the North Pole! For more information, contact Floyd Fisher at 613-774-6115. Please bring you favourite dish or dessert. Donations are appreciated.

VOLUNTEERS NEEDED
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 planning of events, joining the organization, or volunteering, contact the individual above.

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Community Organizations

Chesterville Legion Branch 434

167 Queen St., Chesterville
Gail Melvin: 613-448-1997

Attend the Chesterville Legion for weekly activities including darts and euchre; stay for a drink, and enjoy a friendly chat with fellow patrons and members. Join the Legion for their monthly meetings which include the executive meeting that takes place the first Monday of each month and the general meeting that takes place the third Monday of each month. Also included in the Legion's regular scheduled monthly activities are Legion suppers; $10/pp. Hall rentals available. For more information on hall rentals, Legion programs and events, as well as general inquiries and information on becoming a Legion member, please contact Gail Melvin.

Hours of operation:
Tuesday-Thursday 12 noon – 7 pm
Friday & Saturday 12 noon – Closed
Sunday & Monday Closed

Dundas County Players

Caroline Roberts: 613-448-3534

The Dundas County Players, your local community theatre, presents an exciting line up of entertainment this year. Do not miss out on the fun! For more information about the DCP, ticket sales, show dates and times, etc., please contact Caroline. Ticket sale information is also available at Stedmans in Winchester.

October 24, 25 at 8 pm; October 26 at 2 pm
A collection of one act plays including:
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by Robertson Davies
Directed by Tony Glen
and ***A Canadian Musical Cabaret***
Directed by Elizabeth Barton
For information contact Tony at 613-448-3855 or Elizabeth at 613-774-1637

December 27 at 2 pm & 7:30 pm;
December 28 at 2 pm; January 2 - 3, 2009 at 7:30 pm;
January 4 at 2 pm
Sing a Song of Sixpence, a panto by Norman Robbins
Directed by Caroline Roberts

Dundas County Food Bank

497 May St., Winchester, 613-774-0188
17 Second Avenue, Morrisburg, 613-543-0065

The Dundas County Food Bank welcomes its clients, donors, and volunteers in its 16th year of operation.
Hours of Service: Monday 10 am to 12 noon; Wednesday 7 pm to 9 pm; Thursday 1 pm to 3 pm
"Depending on Volunteers" call us and inquire about how we can work together.

Winchester Lions Club

515 Albert St., Winchester
Doug Shirreffs: dshir@sympatico.ca

Serving Winchester for over 40 years. Meetings held every first and third Wednesday of each month, September through June. The club is always looking for new members. **Winchester Lions Bingo** every Monday night from September 8 until June 22. Doors open at 6:30 pm, game begins at 7:15 pm.

Winchester & 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 15th season. Games are played Sunday mornings between 8 am and 11 am from October until March at the Winchester Arena. We also hold three evenings of conditioning camp in September.
Registration – Wednesday August 20, Winchester Arena, 7 pm to 8:30 pm, Registration Fee: $225 (includes insurance)
Goalies play for FREE! (16 years of age and older)
Can't make it for registration? Then visit our website by Googling "Winchester and District Ladies Hockey League" for our online registration form or call Amy Fraser at 613-774-2182.

Chesterville and District Historical Society

Carol Goddard: 613-938-2455
Carol.Goddard@sympatico.ca
Margot Dixon: 613-984-2880

Located in Chesterville, this society is interested in preserving the history and artifacts of this area. 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* for a number of decades. Contact a society member to arrange a time to come to the Heritage Centre to do some research. Historical Society meetings take place the third Tuesday of every month and all are welcome. The Society will also be participating in Doors Open Ontario on Sunday, September 7 from 12 noon until 4 pm. Be sure to visit this exciting display, located on Victoria St., in Chesterville.

Girl Guides of Canada

Lisa Gillis: 613-722-2178

Guides Canada welcomes girls 5-17 years+ and women over 18 years to be part of the following groups:
Sparks 5-6 years, Brownies 7-8 years, Guides 9-12 years, Pathfinders 12-14 years, and Rangers 15-17 years+; adults as leaders, mentors, alumni, team members, and more.
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Registration is early September.

Winchester Scouting

Bert Hill: 613-774-2047

For more than 60 years the scouting movement has been part of life in North Dundas. We offer an active program of outdoor activities, games, sports, community service, and opportunities to learn about the world and earn badges. Otters – 5-7 years. Timber Wolves – 8-10 years. Explorers – 11+ years. Registration for these great programs will take place in September, so please watch for dates, times, and locations in the *Winchester Press* as well as in flyers sent home with students of Winchester Public School.
Timber Wolves meet on Wednesdays evenings at Winchester Public School and Otters meet on Thursday evenings at Winchester Public School.

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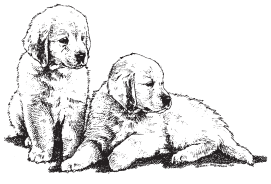

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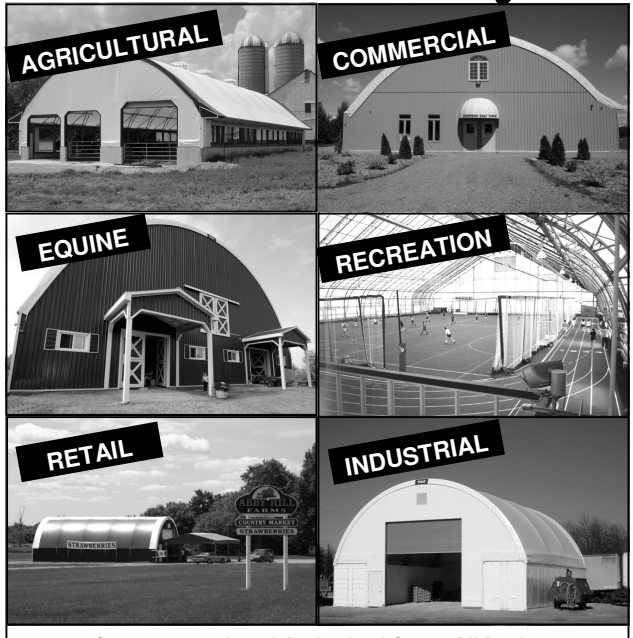

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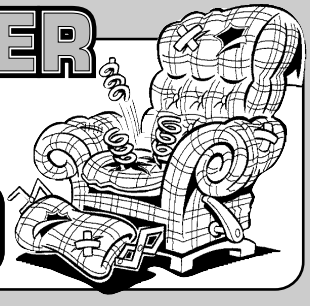

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Community Organizations

Dundas County Junior Farmers
Paula Weagant: 613-286-3759
We are looking for new members between 15 and 30 years of age who are interested in having fun and learning. We are a youth-driven organization with the mandate of "building future rural leaders through self-help and community betterment." Opportunities include: Sport events, dances, meeting new people, travel and more.

Dundas County 4-H Club
Carolyn Lillico: 613-989-2917
4-H is an organization dedicated to the personal development of youth through "hands-on" learning. 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 10 years old and no older than 21. An annual membership fee of $50 is paid to 4-H Ontario. There are opportunities to participate in local, regional, provincial, national and international events. We will be holding an information night in late March or early April. Please look for information in the *Winchester Press* or call Carolyn for more information.

Ontario Early Years Centre
Lisa: 613-774-5487
The Ontario Early Years Centre is a place where parents and caregivers can take part with their children in a range of programs and activities, get answers to questions, get information about programs and services available for young children, and talk to Early Years professionals, as well as other parents and caregivers in the community. They provide multiple programs every week.

The House of Lazarus
613-989-3830 www.houseoflazarus.org
The House of Lazarus Community Outreach Mission is located at 2245 Simms St. in Mountain, Ont. Our services include a Food Bank, a Thrift Shop and a Household Goods Shop. All are welcome to come and shop for good value clothing and household items at low prices. The proceeds from these sales go to support our food bank and our programs. Our hours of operation are from 9 am to 12 noon, Monday to Saturday.

Eastern Ontario Health Unit
1-800-267-7120, www.eohu.ca
The Eastern Ontario Health Unit offers a wide range of programs and services to promote healthy living in your community. Our quitting smoking courses and workshops, pre-natal and parenting courses, immunization clinics, food and water safety programs, workplace programs and Watch Me Grow drop-in centres are just a few examples of how we can help you stay healthy and safe. We also host a variety of forums and workshops throughout the year. Check out our website at www.eohu.ca for updates. For more information on how we can help you, call the Eastern Ontario Health Unit at 613-933-1375 or at 1-800-267-7120. Ask for the Health Line.

Mountain and District Lions Club
President: Dermid O'Farrell
613-989-2121
Vice President: Karl Ceelen
613-989-5659
Membership Chair:
Roxanne Backes 613-448-1825
Meetings are held on the first and third Thursday of each month in the Mountain Community Hall. The Motto of the Lions Club is "We Serve". The members of the Mountain & District Lions Club have been actively involved in serving our community for the past 27 years. Anyone interested in joining our Lions Club, please contact anyone listed above.
Upcoming Activities: Fall Fundraiser – Join us for dinner and entertainment in November. Details TBA. For more information or to purchase tickets, please contact the individuals above.

North Dundas History Stewards/Municipal Heritage Committee
Carol Goddard: 613-938-2455
Carol.Goddard@sympatico.ca
Alec Ball: 613-821-3934
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 groups who are working in this area. It is important that artifacts and other items of historical significance are preserved for the future generations. The Stewards will also be supporting four Doors Open Ontario initiatives with locations including the Heritage Centre in Chesterville, the Oak Valley Pioneer Park, the Morewood Presbyterian Church, and the 9th School House. Please stop by and visit one or all of the participating locations on Sunday, September 7 from 12 noon until 4 pm. If you are interested in joining this group, or would like more information on programs and events, please contact Carol Goddard.

Naomi's Family Resource Centre
613-774-2838, Toll free 1-800-267-0395
Naomi's Family Resource Centre is a shelter for abused women with or without children that offer a variety of services.
Fall Support Group for Women:
Managing Your Anger
Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems – problems at work, in your personal relationships and in the overall quality of your life. It can make you feel as though you're at the mercy of an unpredictable and powerful emotion.
Join us for morning support groups starting this fall. You will learn practical tools that can help you manage your anger and give you the freedom to express yourself in a healthy manner.

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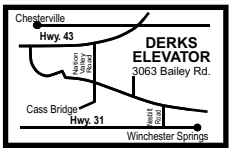

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Marg Mackler:
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SKATING REGISTRATION TIME IS HERE!

Winchester Skating Club offers Tiny Tot and CanSkate programs, Advanced CanSkate, Intermediate and Senior programs, and a Synchro program, all at REASONABLE RATES. We have four dedicated professional coaches and a group of assistants to teach you all you wish to learn about skating.

Registration dates are: Tuesday, August 20 from 7 pm to 8:30 pm OR
Tuesday, September 9 from 6 pm to 8 pm in the lobby of the Winchester Arena

For more information, please contact Marg Mackler or visit our website at www.winchesterskatingclub.org

North Dundas Minor Hockey

www.northdundashockey.com
Tournament Info. – Dawna Whitehead: 613-448-2333 ext. 203
Registration & Initiation Info. – Julie Byers: 613-448-1318
Darlene Sherrer: 613-989-1534

MINOR HOCKEY INITIATION LEVEL

We invite any child residing in North Dundas, who was born after 2002, to call to inquire and join. Come enjoy the game! Learn new skills, leadership and team building. Enjoy fun games and friendship. Registration dates will be announced in mid-September. Please check your local papers for dates, times and locations.

Fun, fun, fun, go Demons go!

TOURNAMENTS

Rep B Tournament: Atom, Peewee and Bantam October 25 - Winchester and Chesterville Arenas

Rep B Tournament: Midget - October 26 - Winchester and Chesterville Arenas

House Tournament: Atom, Peewee and Bantam House C - December 13 - Winchester and Chesterville Arenas

House Tournament: Atom, Peewee, Bantam, Midget - House B - December 14 - Winchester and Chesterville Arenas

Novice Tournament: B & C - December 30 - Winchester and Chesterville Arenas

Initiation Fun Day: open to eight teams - February 16 - Winchester Arena

Winchester Home Hardware is offering North Dundas Demons branded hockey equipment in partnership with Flarrow Hockey. 10% of retail sales of this branded equipment will go to North Dundas Minor Hockey.

Jr. B Hawks

Darren Stitt: 613-880-8858
Craig Smith: 613-448-2172

2008-2009 HAWKS HOME GAME SCHEDULE NOT AVAILABLE AT PRESS TIME.

Hawks home games are usually played on Fridays at 8:15 pm with the occasional games on Saturdays at 8:15 pm at the Winchester Arena.

Winchester Badminton Club

Adrian: 613-774-4949

The Winchester Badminton Club will be open for the 2008-2009 season. The club's season will begin October 7, 2008 and will take place Tuesday and Friday evenings from 7 pm - 9 pm at Winchester Public School. Registration is $35 per person. For more information or to register, please contact Adrian.

Winchester Martial Arts Club

Bill Pope: 613-258-9826, www.wmac.ca

We have been operating since 2000 at the arena and play an active part in activities like Dairyfest and hockey training camps. Winchester Martial Arts provides a disciplined approach to fitness, awareness and self-defence. The basis for the club is Shotokan Karate and we welcome students of all ages. The martial arts are a great way to get into shape, learn some valuable skills and we always have fun doing it. Member of the World Kobudo Federation. It is a holistic approach that emphasizes mind, body and spirit. Registration and classes begin the week of September 8 and classes will run every Monday and Wednesday evening at the Winchester Community Hall from 7 pm - 9 pm. For more information please contact Bill.

JumpStart

Mark Guy: 613-774-2105

Canadian Tire believes all kids should have the chance to run, skate, play, and grow. That's why we created Canadian Tire JumpStart: A community-based charitable program from the Canadian Tire Foundation for Families that helps kids in need participate in organized sports and recreational activities like hockey, soccer, and swimming. For more information visit canadiantire.ca or call 1-877-616-6600.

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New members are always welcome! Leagues include: men, women, singles or couples – both evening and daytime, open fixed, as well as active Little Rock, Bantam, and Junior programs for the children. The season starts mid-October and continues 'til early April, and training *IS* provided.

Information and registration for 2008/09 curling season at the Curling Club.

www.winchester.ovca.com

See you between the sheets this winter!

Winchester & District Curling Club
Main Street West, WINCHESTER, across from the arena
Watch local papers for registration dates or call John Sloane, 613-774-2771 for more info.

Community Sports

South Dundas Girls' Hockey Association

Cathy Gilmer: 613-652-2037

SDGHA organizes/provides recreational hockey for girls in South Dundas and North Dundas. Currently the SDGHA operates five teams at the PeeWee, Bantam and Midget levels, playing in the Ottawa District Women's Hockey League and playing House League with the Cornwall Hockey Association. Games and practices are held at the Morrisburg and Chesterville arenas.



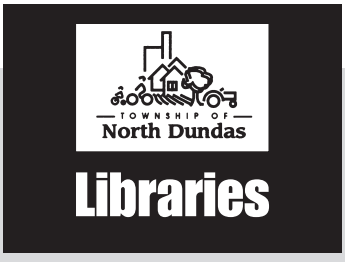
Winchester Curling Club

President:
John Sloane,
613-774-2771
Located by the arena
at 587 Main St., Winchester

Club: 613-774-2129
winchestercc@ovca.com
www.winchester.ovca.com

Registration will be in September. Please look for the notice in the *Winchester Press.* Our season runs from Thanksgiving until early April. We have leagues and programs for all ages.

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



Chesterville Public Library

613-448-2616
1 Mill St., Chesterville, ON., K0C 1H0
chestervillelib@sdglibrary.ca

Hours: Tuesday 3 pm - 8 pm, Wednesday 10 am - 12:00 noon & 6 pm - 8 pm, Thursday 6 pm - 8 pm, Friday 2 pm - 4 pm, Saturday 10 am - 12 noon.

PLANNED PROGRAMS
Halloween Storytime – Saturday, October 25, 10:30 am
Join us for spooky stories and activities to celebrate Halloween.
A program for children ages three to five years old.

Christmas Storytime – Saturday, December 20, 10:30 am
Celebrate the holiday season with stories and songs.
A program for children ages three to five years old.

Morewood Public Library

613-448-3822
21 Russell St., Morewood, ON, K0A 2R0
morewoodlib@sdglibrary.ca

Hours: Tuesday 2 pm - 8 pm, Wednesday 10 am - 12 noon, Thursday 4 pm - 8 pm, Saturday 10 am - 1 pm.

PLANNED PROGRAMS
Halloween Storytime – Tuesday, October 28, 6 pm
Join us for spooky stories and activities to celebrate Halloween.
A program for children ages three to five years old.

Beatrix Potter Twilight Tales – Tuesday, November 25, 6 pm - 8 pm
Drop in to the library with the whole family to enjoy stories and activities based on the Beatrix Potter stories.

South Mountain Library

613-989-2199
2952 Lough Rd., South Mountain,
ON., K0E 1W0
southmountainlib@sdglibrary.ca

Hours: Tuesday 2 pm - 8 pm, Wednesday 10 am - 12 noon, Thursday 6 pm - 8 pm, Saturday 10 am - 1 pm.

PLANNED PROGRAMS
Early Years Toy Lending Library
The toy lending library will continue its bi-monthly visits. Please check the library website for dates and times.

Halloween Storytime – Wednesday, October 22 at 10:30 am
Join us for spooky stories and activities to celebrate Halloween.
A program for children ages three to five years old.

Christmas Storytime – Wednesday, December 10 at 10:30 am.
Celebrate the holiday season with stories and songs.
A program for children ages three to five years old.

Winchester Public Library

613-774-2612
547 St. Lawrence St., Winchester, ON., K0C 2K0
winchesterlib@sdglibrary.ca

Hours: Tuesday 10 am - 8 pm, Wednesday 4 pm - 8 pm, Thursday 10 am - 8 pm, Friday 1 pm - 4 pm, Saturday 10 am - 1 pm.

PLANNED PROGRAM:
Preschool Storytime – Tuesdays, September 16 – October 21 at 11 am.
Join us at the library for stories, songs and finger plays.
A program for children ages three to five years old.

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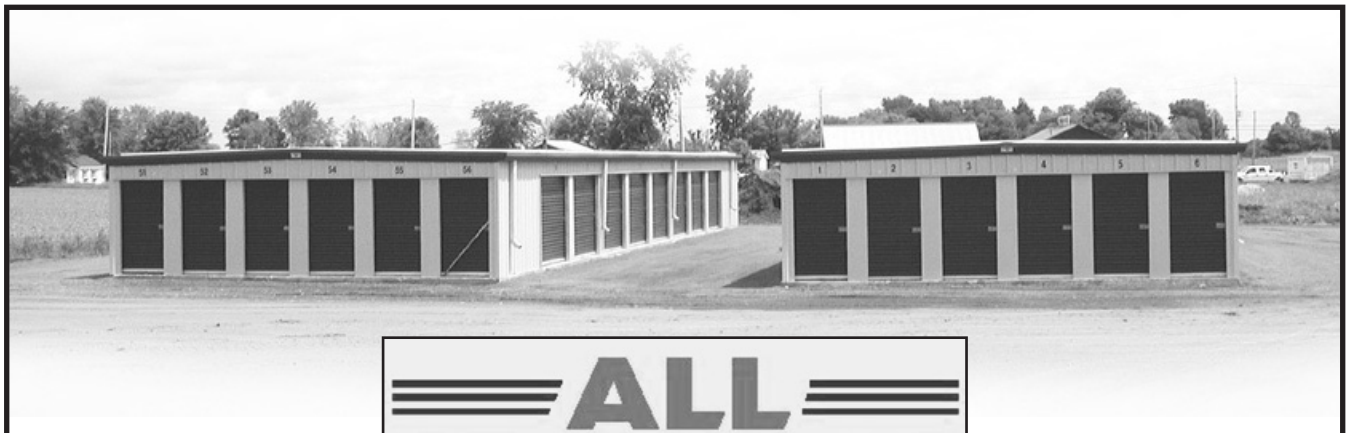

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Community Events

Township of North Dundas

Community Events

Parade of Lights

Winchester –
Saturday, December 6, 2008

Join us for exciting afternoon entertainment and the annual parade, which will begin at 6 pm. Please stay tuned to the local newspapers for more detailed information. Committee planning will begin in September 2008. If you are interested in joining the Winchester Parade of Lights Planning Committee, please contact Mark Guy at 613-774-2105 ext. 223.

Chesterville "Icebreaker" Carnival

January 9-11, 2009

This year's carnival will have family fun, a Carnival Queen, junior and adult *Deal or No Deal* competitions, a pancake breakfast, community-sponsored suppers, a Saturday night dance and silent auction, a euchre tournament, a dart tournament, Junior "C" hockey, firefighter's challenge hockey, children's events, and so much more! For more information or to be on the Chesterville "Icebreaker" Carnival committee please contact Chrisy Thompson at 613-448-2963 or Tanya VanOers at 613-774-7049.

Morewood Public School Spaghetti Dinner and Silent Auction

Morewood Public School: 613-448-2622
17 Russell St., Morewood

Join us for an amazing Valentine's Day spaghetti dinner fundraiser on February 14, 2009 from 4:30 pm - 7:30 pm, in support Morewood Public School. Dinner includes spaghetti, salad, a homemade roll, your choice of beverage, and dessert. There will also be a children's craft table for added fun. Admission is $6 and children under five years of age are admitted free. Tickets will be sold at the door. For more information, please contact Morewood Public School. This event is a good time to be had by all — *SEE YOU THERE!*

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 11, 2008
Location: Chesterville Royal Canadian Legion, 167 Queen Street
Time: 1:30 pm - 3:30 pm and 5 pm - 8 pm

Date: Thursday, November 6, 2008
Location: Winchester Public School, 547 Louise Street
Time: 1:30 pm - 3:30 pm and 5 pm - 8 pm

Date: Thursday, January 15, 2009
Location: Winchester Public School, 547 Louise Street
Time: 1:30 pm - 3:30 pm and 5 pm - 8 pm

Date: Thursday, March 26, 2009
Location: Winchester Public School, 547 Louise Street
Time: 1:30 pm - 3:30 pm and 5 pm - 8 pm

The "thINK Food" Campaign

613-774-0188

This program is supported by Ontario and Canadian food bank associations and so far has collected over a quarter of a million printer cartridges, and over 50,000 unwanted cell phones, which translates to 150,000 pounds of food in food banks. Here are the following collection boxes in North Dundas:

The Source, Winchester Home Hardware: Drop off boxes for cartridges and cell phones.
Winchester Press: Drop off box for ink jet cartridges.
All libraries: Drop off boxes for ink jet cartridges.
North Dundas Township Office: Drop off box for ink jet cartridges.
Dundas County Food Bank: cartridges and cell phones. We are always looking for new sites for this program, so if your business is interested in becoming a drop-off site for cell phones and/or ink cartridges, please contact the administrator of the Food Bank.

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?

If so, please contact Angela Rutley at 613-774-2105 ext. 226 or email arutley@northdundas.com to have your listing and/or website link added free of charge. All 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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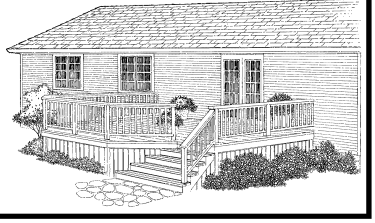

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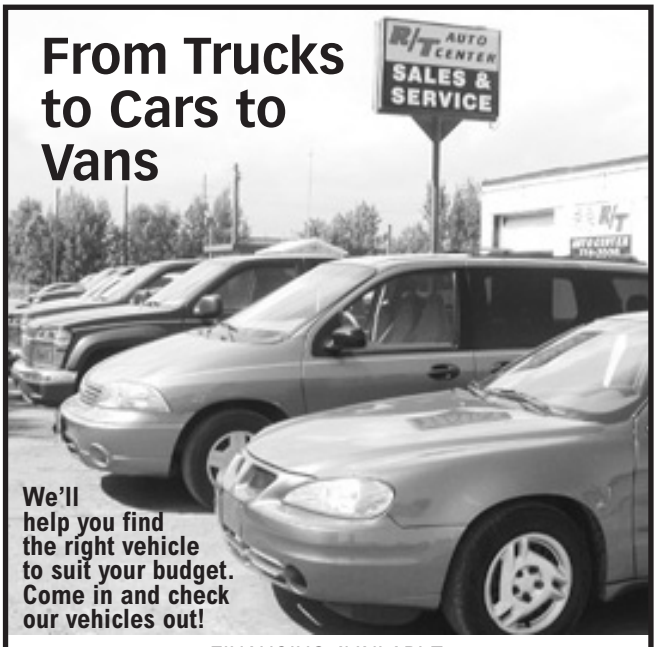

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The Energize… Now for Tomorrow! Task Force



is a community group that is dedicated to combating child obesity through programs that promote healthy eating and increased physical activity. As a result, the Task Force will be introducing the ***Green Food Box Program*** to the residents of North Dundas in August 2008. This program will be functioning once per month with the pilot program taking place August 29, 2008.

The ***Green Food Box Program*** provides a non-profit fresh fruit and vegetable distribution system that will be operated in partnership with various community produce growers and farmers. Other community sponsors and supporters are Mike Dean's Super Food Store in Winchester and Chesterville; Andy's Foodland in Winchester, the Township of North Dundas, The Eastern Ontario Health Unit, the Heart & Stroke Foundation, and the House of Lazarus in South Mountain.

Green Food Boxes will be available for purchase to all North Dundas residents for a small fee of just $10 per box. There is no limit on the number of ***Green Food Boxes*** that an individual, couple, or family can purchase at one time. Each month the contents of the boxes will change to reflect seasonal produce as well as local availability and customer feedback.

An example of the ***Green Food Box*** contents is: five pounds potatoes, two pounds onions, two pounds carrots, one head of broccoli, one head of celery, one head of lettuce, three apples, three oranges, one grapefruit, one mango, two kiwi, one cucumber, three bananas and two red peppers.

Green Food Boxes will be available for purchase in advance only, requiring registration and monies to be submitted by the submission deadline. The submission deadline will be advertised in the "Remarks" column of the *Winchester Press,* at registration drop-off points (TBD) and at the Winchester Community Centre between designated food boxes pick-up times. Please note that the ***Green Food Box*** program sells only the contents of the container that it is packed in and that customers are responsible for bringing their own reusable bag to collect the contents of their box each month. All boxes used for packing must remain at the Winchester Community Centre for reuse.

Green Food Boxes will be packed at the Winchester Community Centre and scheduled hours will be arranged for customers to pick-up their box(es). All boxes that are not picked-up from the Community Centre by the end of the pick-up hours will be donated to the local Food Bank or another local charity and reimbursement will not be provided.

The ***Energize for Tomorrow Task Force*** is currently seeking community produce growers and farmers to purchase ***Green Food Box*** contents from, as well as volunteers to help pack the boxes (a couple of hours, once every month or upon volunteer availability). If you, or anyone you know, might be interested in selling produce to this new initiative, volunteering, or if you would like to know more about the program, please contact Meaghan Elder at the Township of North Dundas Office at 613-774-2105 ext. 236 or email melder@northdundas.com.

Join It. Show It. Live It. Grow It.

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TOWNSHIP OF North Dundas

Sport is a testing ground – not just for athletes and coaches, but also for communities and society as a whole. The way we play together shapes how we live together. Sport is never neutral. It can teach values and ethics – or not. It can help people develop a positive self-image and respect for others – or not. It can strengthen community life – or not. Sport can bring people together, foster friendships, reinforce healthy lifestyles, build civic pride and community participation. Or it can be about violence, drugs, cheating, winning at any cost. It's up to us.

Positive sport values may be alive and well in our Township of North Dundas, but don't take this for granted. It's essential to actively support positive values, in simple and powerful ways. Join the growing ranks of teams, organizations, schools, communities, clubs and associations in North Dundas and across Canada who are building a stronger, more positive sport culture through ***True Sport.***

True Sport is ... a national movement of communities and groups across Canada working to ensure a positive, meaningful and enriching experience for all who participate in sport. The ***True Sport Movement*** is based on the belief that good sport can help build lasting strengths in individuals, as well as healthy, vibrant communities and a more socially connected Canada. At the heart of ***True Sport*** there are four core values: ***fairness, excellence, inclusion and fun.***

It's a movement powered by people like you… athletes, coaches, officials, organizers, parents, teachers, and community leaders. People who know that sport can transform lives and communities. People who care about the positive values that sport embodies, like teamwork and commitment. People who want to see sport in Canada live up to its full potential. ***To learn more about this incredible movement or to declare your organization, team, school or community to the growing list of those that believe in the sport, please visit www.truesport.ca.***

"True Sport is such an exciting movement, which is badly needed in our present day of "winning is the only aim of the game". I am pleased that our Council has declared North Dundas a "True Sport Municipality"; which is a movement that is based on the belief that good sport can help build lasting strengths in individuals, as well as healthy, vibrant communities."

— Deputy Mayor Estella Rose



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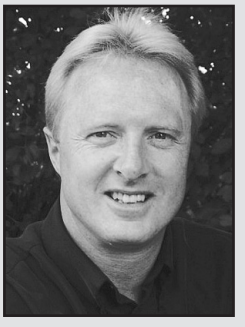

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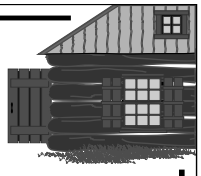

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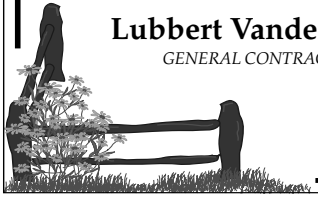

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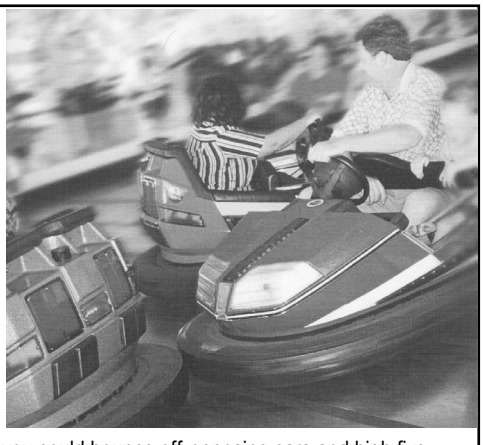

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Program Registration Form

1 participant per form

TOWNSHIP OF North Dundas

Name of Participant:_____ Sex: M / F___ Date of Birth: _____

Address:_____ Town:_____ Postal Code: _____

E-mail:_____ Phone (H):_____ Phone (O):_____ Phone (C): _____

Parent/Guardian (if under 18):_____ Relationship: _____

E-mail:_____ Phone (H):_____ Phone (O):_____ Phone (C): _____

Emergency Contact:_____ Relationship: _____

Phone (H):_____ Phone (O):_____ Phone (C): _____

Program Registration Form

MEDICAL INFORMATION:

Are there any health conditions which staff should be aware of (i.e. allergies, medications, epi-pen, seizures, behavioural issues, etc.)? ❒ No ❒ Yes (please provide staff with specific information)

_____

_____

Health Card #:_____ Doctor's Name:_____

Program:	Session Dates:	Time:	Cost:

PAYMENT INFORMATION:

❒ Cheque Cheque Number: _____ ❒ Cash ❒ Interac

Credit Card Payment: ❒ VISA ❒ MASTERCARD

Card # _____ Expiry Date: _____

Amount of Payment $_____ Signature: _____

Make cheque payable to: Township of North Dundas

Refund/Cancellation Policy: refunds will be granted before a program begins less a $10.00 admin charge.

To my knowledge, I (or my ward) have no health impairment, which might interfere with or preclude my participation in the above-described activity. With respect of such participation, I hereby waive any and all claims for injury, loss or damage which may be suffered by me or which may arise from any physical defect, infirmity or incapacity known to me insofar as the Township of North Dundas, its employees or agents may be found liable or responsible for any injury or loss sustained by me. I also give permission for the release of any photographs taken of myself or my dependant for the purpose of inclusion in Township of North Dundas promotions and advertising as a result of this program registration.

Signature: _____ Date: _____

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