# Living in North Dundas Township

Spring/Summer 2013

## Recreation & Culture

# RESOURCE GUIDE



## OUR COMMUNITY

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TOWNSHIP OF North Dundas

NDR North Dundas Recreation

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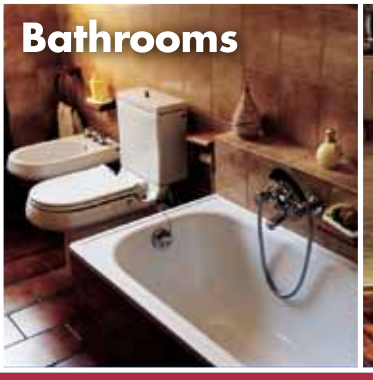


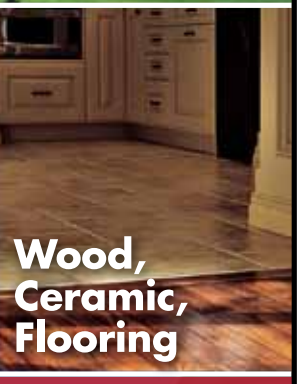


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Township of North Dundas

# Welcome...

## to our Spring/Summer 2013 Recreation & Culture Resource Guide




*We are pleased to bring you the new Spring/Summer 2013 edition of the North Dundas Recreation & Culture Resource Guide. The Township of North Dundas Recreation & Culture Department is continuously striving to provide you, your family, and friends with new recreational opportunities. As such, this Guide is filled with information about our arenas, Recreation Library, Township parks, halls and facilities, annual events and a lot more!*

*Also, please be sure to try our convenient on-line program registration system that allows you to register quickly and easily, 24 hours a day, seven days a week. 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*

*Stay active and stay safe throughout the season!*

*– Meaghan Meerburg, Director of Recreation & Culture*

## MAYOR'S MESSAGE:

*As we look forward to warmer weather, Council and staff at the Township are continuing to work hard to ensure that we offer a variety of programs and activities in North Dundas. Our strong Recreation and Culture services continue to be a key strength of our community and our quality of life. Meaghan, Gina, Les, and our front line staff continue to do a great job, and we have another busy year ahead in 2013 with major projects. The Winchester Centennial Pool and Chesterville Arena slab and board replacement are two solid commitments to providing modern facilities to keep our community healthy and active.*

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

*We also encourage you to support the businesses that continue to make this publication possible. Local businesses are the backbone of our economy – let's support those who support us here at home!*

*Best regards,*

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





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

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# 2011-2014 Council Members

## MAYOR

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

## DEPUTY MAYOR

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

## COUNCILLORS

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

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

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

# 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).

April 9 & 23
May 14 & 28
June 11 & 25
July 9
August 13
September 10 & 24
October 8 & 22
November 12 & 26
December 10

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

## TOWNSHIP OF NORTH DUNDAS OFFICE CLOSURE DATES

Good Friday: March 29, 2013
Easter Monday: April 1, 2013
Victoria Day: May 20, 2013
Canada Day: July 1, 2013
Civic Holiday: August 5, 2013
Labour Day: September 2, 2013
Thanksgiving: October 14, 2013


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Kim Carruthers

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# Township of North Dundas Municipal Office



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

## POOL BY-LAW

All pools (including inflatable/bag pools) with a depth greater than 24" require a "fence" enclosure and a permit. Let's keep our kids and visitors safe. *For more information please contact the By-law Department at 613-774-2105 ext. 246.*

## PARKING BY-LAW

Please note that even if the street is not "signed", a maximum parking limit of three (3) hours exists on all streets within the Township of North Dundas between 7:00 am and 7:00 pm. Also, the province sets a $300 fine for vehicles parked in a designated accessible parking space without an accessible parking permit displayed.

## DOG LICENCE REQUIREMENT NOTICE

In accordance with By-law 38-2000, all dogs within the Township of North Dundas must be licensed each year. Dog licences may be purchased for $20 each ($15 for neutered or spayed dogs) before April 1, or $23 each ($18 for neutered or spayed dogs) after April 1. ***Failure to have your dog(s) licensed could result in a fine.***

## 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 4 to October 26)

## RECYCLING INFORMATION

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

## GARBAGE BAG LIMIT NOTICE

The Township has established a residential pick-up of **two (2)** garbage bags for each household, which began February 1, 2013. *For more information, please contact the landfill at 613-774-5157.*

## 2013 HAZARDOUS WASTE DAYS

Take place from 8:00 am until 12 noon on the following dates: May 18, June 15, July 13, August 10, September 7 and October 5.

*For more information, please contact the landfill at 613-774-5157.*

## NORTH DUNDAS FULL CIRCLES

Do you want to get rid of something that is still useful? The North Dundas Full Circles group is open to all who want to "recycle" that special something rather than throw it away. This group is a non-profit organization with people interested in keeping good stuff out of landfills.

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

## TIPPING FEES FOR 2013

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

## FREE ITEMS

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

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







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**Winchester**
**613-774-0724**

*Joan Shirreffs*

## TOBACCO-FREE SPORT & RECREATION SPACES POLICY

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

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

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

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

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

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

## COMMUNITY GRANTS

Community Group/Organizations can request financial assistance from the Township through a submission process.

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

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

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

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

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

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





## The North Dundas Green Food Bag

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

**Sponsored by:**

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

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

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

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 Gina Welch at the Township Office by calling 613-774-2105 ext. 223 or stop by 636 St. Lawrence St. in Winchester.*

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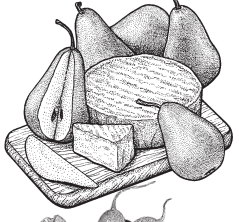

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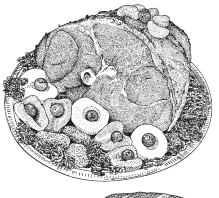

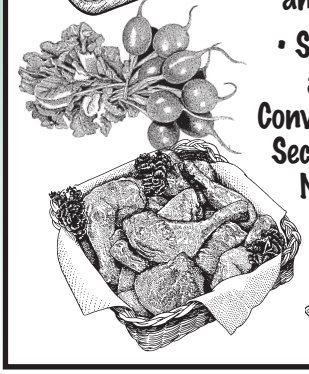

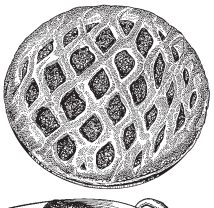

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# Recreation Department Information

## RECREATION STAFF CONTACT LIST

**613-774-2105**

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

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

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

## RECREATION DEPARTMENT NOTICES

**End of Ice Season:**
The last day of the ice season at both township arenas is Sunday, March 31, 2013

**2013-14 Ice Requests - Chesterville and Winchester Arenas:**
Ice request forms will be sent to all current contract ice users in April. Anyone who would like to rent ice on a contract basis, who is not a current user, can contact Gina Welch at 613-774-2105 ext. 223 to receive a form. Deadline for ice request forms to be submitted to the Community Development Coordinator, is Friday, June 14, 2013.

**Start of Sport Field Season and Bookings:**
Weather permitting, all baseball diamonds and soccer fields will be ready for play at the beginning of May. Contact Les Johnston, Facilities Manager at 613-774-2105, ext. 290 for information and confirmation. The deadline for requests will be Friday, April 12, 2013.

## RECREATION FACILITIES

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

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

## ARENAS

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

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

## 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

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

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

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

## THEATRE/MUSEUM

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

## PARKS

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

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

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

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

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

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

## PAVILIONS

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

**Green Gang Pavilion**
Chesterville Community Park - 1 William St., Chest.

## PUBLIC POOLS

**Chesterville**
1 William St., Chesterville
613-448-2012

**Winchester**
577 Main St., Winchester
613-774-1603



## JUNE IS PARKS & RECREATION MONTH

In May of 2007, the North Dundas Council declared June to be *Parks and Recreation Month* in the Township of North Dundas.

*June is Parks and Recreation Month* is a Parks & Recreation Ontario initiative, which creates an opportunity to draw public attention to the important benefits and values of recreation to individuals, families, and neighbourhoods. The theme "Live it Everyday" expresses the need to embrace and participate in recreation and parks programs, services, and facilities – everyday!

Join us for our seventh annual celebration by taking part in the **free public swims at Winchester and Chesterville pools, various seniors' programs and activities hosted by the Nor-Dun Centre, as well as numerous other fun, recreational activities for everyone to participate in and enjoy!**

The Township of North Dundas is also striving to make recreation and play increasingly more accessible with the **Township Recreation Library** (see page 9), which offers a simple lending program for a vast assortment of recreation equipment and supplies at **no charge.**

*For more information on the Recreation Library and/or the various recreational programs being offered during the month of June, please visit the Township of North Dundas Recreation & Culture web page at www.northdundas.com or contact Gina Welch at the Township of North Dundas at 613-774-2105 ext. 223, gwelch@northdundas.com*

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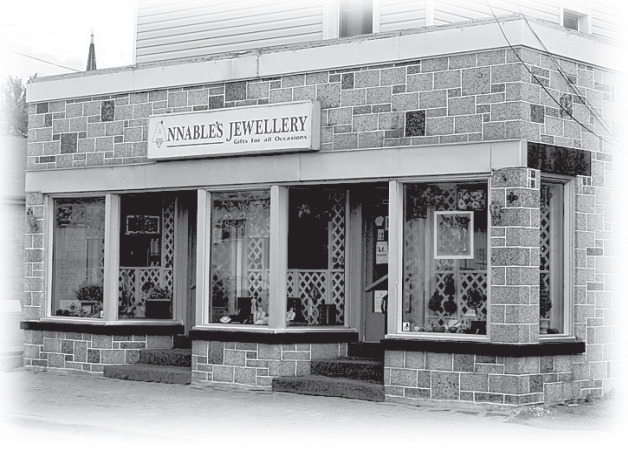

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## RECREATION LIBRARY

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 sorts of recreation equipment such as a camping tent, coolers, snowshoes, balls, life jackets, skateboards, bicycles, helmets, baseball gloves, sticks, bats, and much more. All items are available for community use at no charge.

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

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

The Township of North Dundas Recreation & Culture Dept. is always accepting donations of gently used or new recreation equipment as well as monetary donations to help sustain and expand the Recreation Library. For a detailed list of Recreation Library items available for loan, visit the Recreation & Culture web page on www.northdundas.com. If you would like to make a donation, please do so at the Township Office, located at 636 St. Lawrence St., in Winchester.

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

## RECREATION LIBRARY INVENTORY

- 2 - aerobic step and riser sets
- 3 - infant boater vests (life jacket)
- 5 - child boater vests
- 5 - youth boater vests
- 6 - adult boater vests (Universal)
- 1 - 6 man tent
- 1 - camp propane stove with 2 burners (propane not included)
- 2 - LED camp lanterns
- 1 - 13 pc. set of camping enamel cookware
- 2 - 3 pc. cooler set
- 2 - adult fishing rod, reel, and tackle sets
- 2 - youth fishing rod, reel, and tackle set
- 1 - Paddle Boom ball set
- 2 - adult bicycles
- 3 - youth bicycles
- 1 - child, 6 speed bicycle
- 1 - air compressor
- 1 - megaphone
- 50 - pairs of snowshoes (2 sizes)
- 3 - baseball gloves (right & left handed available)
- 1 - 30" aluminum baseball bat
- 1 - 34" aluminum baseball bat
- 12 - pairs of soccer socks/shin pads (various sizes)
- 15 - pairs of soccer shoes (various sizes)
- 8 - canoe paddles
- 2 - boccee ball sets
- 7 - bike helmets (children's, youth, and adults sizes available)
- 2 - pairs of wrist and ankle weights
- 2 - sets of lifeline cables (heavy-duty elastic bands with handles on the end for strengthening exercises)
- 4 - skateboards
- 2 - yoga mats
- 2 - frizbees
- 7 - skipping ropes
- 6 - bubble wands
- 8 - basketballs
- 10 - soccer balls
- 1 - soccer net
- 4 - soccer corner flags
- 17 - pinnies/vests
- 1 - home plate
- 2 - indoor goalie sticks
- 5 - stability balls
- 6 - indoor soccer balls
- 5 - badminton racquets
- 12 - badminton birdies
- 4 - footballs
- 16 - flag football belts
- 3 - plastic red flags
- 3 - volleyballs
- 2 - sets of golf clubs
- 2 - bosu balls
- 2 - sets of yoga blocks

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

## HOCKEY HELMET DRIVE

North Dundas Recreation is in need of hockey helmets of all sizes. With the hockey season coming to an end, we are hoping that parents, guardians, and players will be kind and generous enough to donate any helmets that do not fit next 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 Gina Welch at 613-774-2105 ext. 223 or email gwelch@northdundas.com*




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

## Dundas County Drive-in Movie Nights

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

***On Saturday, June 22 and Saturday, September 14 everyone is welcome to join in the nostalgia of drive-in movies. Come out to the South Mountain Fairgrounds to catch a flick with friends and family. There will be an assortment of snacks available.***

For up-to-date information on the Dundas County Drive-in Movie Nights, please keep watch for the North Dundas Summer Program Brochure that will hit mailboxes and updates on the Municipal website at www.northdundas.com in May.

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

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

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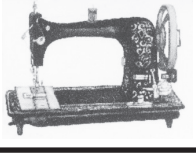

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for more information or to book a reservation

## 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 gwelch@northdundas.com

*For more information on the Jump Start program, please call Gina Welch at 613-774-2105 ext. 223. All financial aid is confidential and help will be given, if requested, to fill out the short application.*

## NORTH DUNDAS INCLUSION

The Township of North Dundas realizes that recreational opportunities always have their affiliated costs and that sometimes, these costs can make participation unaffordable. In order to eliminate these financial barriers, the Township of North Dundas has developed a new fund called North Dundas Inclusion. While many great financial aids already exist and are available to residents of North Dundas, we realize that there are still some gaps that need to be filled. Now, regardless of whether you would like to inquire about participation for an infant, child, youth, teen, adult or senior, financial aid for the program or course that you would like to register for, is available. All financial aid is confidential.

*To find out if you qualify, or to find out more about this program or other aids, please contact Gina Welch at 613-774-2105 ext. 223.*

## CHILDREN'S ARTS TAX CREDIT

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

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

## KIDSPORT

KidSport believes that no child should be left on the sidelines and that all kids should be given the opportunity to experience the positive benefits of organized sport. KidSport accomplishes this by providing financial support for registration fees and/or equipment purchases. Grants are given out for local children 18 years old or younger and range from $50 to $250. In order to apply to KidSport, parents and guardians may visit the Township of North Dundas office, located at 636 St. Lawrence St. in Winchester to fill out an application or email your request to gwelch@northdundas.com.

*For more information about the KidSport program, please contact Gina Welch at 613-774-2105 ext. 223. All financial aid is confidential and help will be given, if requested, to fill out the short application.*

## NORTH DUNDAS SPORTS EQUIPMENT SALE, SWAP & DONATE

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

*For more information, please contact Gina Welch at the Township of North Dundas office at 613-774-2105 ext. 223.*

## 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.*





• MORE SUBSIDIES AND SUPPORT ON PAGE 13

Winchester Dairyfest 2013

AUGUST 8-11

Please visit www.winchesterdairyfest.com for up-to-date information

For more information, to join the Winchester Dairyfest committee, or to become a volunteer at Dairyfest, email us at info@winchesterdairyfest.com or contact Gina Welch at 613-907-6916.

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## 211

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

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

## HEALTHY SMILES ONTARIO

Good oral health is important to kids' overall health; yet, for some, regular dental care may not be affordable. Healthy Smiles Ontario is a program for kids ages 17 years and under who, do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you. Kids 17 years and under may be eligible if:

- They are residents of Ontario;
- They are members of a household with an Adjusted Family Net Income of $20,000 per year or below; and,
- They do not have access to any form of dental coverage (including other government-funded programs, like Ontario Works).

You will need to show specific documents during the enrollment process.

*To find out more about Healthy Smiles Ontario and to see if you qualify, call the Eastern Ontario Health Unit at 1-800-267-7120 and ask for Health Line.*

## CHILDREN'S FITNESS TAX CREDIT

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

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

Physical activity includes strenuous games like hockey or soccer, activities such as golf lessons, horse-back riding, sailing, and bowling as well as others that require a similar level of physical activity.

*For more information, please visit: www.cra-arc.gc.ca/fitness/*





**Check out the Township of North Dundas**

## Recreation & Culture Web Page

www.northdundas.com

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

- Public Swimming/Skating
- 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 Opportunities.
- Recreation Hall and Facility Info., Rentals, and Rates
- Community Events
- Camps
- AND MORE!!

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**Friday, June 28th**

**&**

**Saturday, June 29th**

Friday evening
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Saturday
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- Arena Dance featuring *Landmark!*

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# Summer Employment Opportunities

TOWNSHIP OF North Dundas

## RECREATION & CULTURE DEPT.

### SPECIAL EVENTS COORDINATOR (1)

The Special Events Coordinator is responsible for organizing and executing a summer museum at the Winchester Old Town Hall historical building. This position will also assist various volunteer groups within North Dundas, to organize special events that will promote North Dundas and enhance opportunities for our downtown businesses. Duties include developing and dispensing promotional material to the public, directing visitors, answering public inquiries, as well as liaising with community groups, historical societies, and volunteers. A valid G2 class drivers licence and access to a personal vehicle are required.

TERM: May 21, 2013 - Aug. 30, 2013 PAY: $11.67 to 11.73/hr.
REFERENCE # 0112

### OUTDOOR POOL COORDINATOR (1)

Responsible for overseeing the programming and operation of our two municipal pools. Duties include organizing the registration for children's swimming lessons as well as overseeing the operation of the lessons, supervision of 14 pool staff, implementation and supervision of all programs and public swims, general finances, general maintenance and operation of the 2 pools, communication with parents and facility staff, and other duties that may be assigned. Previous experience in a supervisory role with pool operations are considered assets. NLS certification and familiarity with all swim level programs is essential. A valid G2 class drivers licence and access to a personal vehicle are required.

TERM: May 21, 2013 - Sept. 1, 2013 PAY: $14.21/hr.
REFERENCE # 0412

### GUARDS/SWIM INSTRUCTORS (12)

Responsible for overseeing all public swims and various swimming lesson programs at either the Chesterville or Winchester pool. Duties include guarding for public swims, assisting with organizing and implementing all children's swimming lessons, assisting with registrations for swimming lessons and aquatic programs, assisting with maintenance of the pool, communication with parents and facility staff, organizing swim teams, and other assigned duties. Previous experience working in a pool setting is considered an asset. NLS certification is essential. First Aid & CPR certification are required.

TERM: June 14, 2013 - Sept. 1, 2013 PAY: $12.70 – 12.95/hr.
REFERENCE # 0512

### AQUAFIT INSTRUCTOR (2)

Responsible for designing and instructing an assortment of Aqua Fit programs that are able to accommodate a variety of registrants including seniors, prenatal, beginners, advanced, disabled, etc. The ideal candidates must be able to instruct at both the Chesterville and Winchester pools, on a part-time basis. Previous Aqua Fit instructional experience is required, as well as NLS certification, Water Safety Instructor certification, and First Aid & Level C CPR certification.

TERM: June 14, 2013 – Aug. 30, 2013 PAY: $35.00/hr.
REFERENCE # 0612

### MAINTENANCE/PARKS LABOURER (3)

Responsible for assisting full-time Facility Operators with the maintenance and operation of all recreation facilities, parks, and sports fields. Duties include lawn raking and mowing, weed eating, landscaping, general janitorial duties, supervision of facilities, communication with the public, and other duties as assigned. Previous experience with maintenance equipment and general landscaping, as well as First Aid and CPR certification are considered assets.

TERM: June 17, 2013 - Aug. 30, 2013 PAY: $11.30 to 11.40/hr.
REFERENCE # 0712

### DAY CAMP SENIOR LEADER (1)

Responsible for planning and organizing nine (9), themed summer camps as well as overseeing and taking part in daily camps. Responsibilities include researching, obtaining price comparisons, and booking locations for outings and field trips including transportation; planning multiple crafts and activities, organizing special guests, purchasing required materials, and working within budgetary constraints under the direct supervision of the Community Development Coordinator. The Day Camp Senior Leader will also be responsible for camp registrations and other duties as assigned. The ideal candidate must be outgoing, well organized, imaginative, effective with time management, self motivated, a great problem solver, responsible, caring, resourceful, and a team player. Previous experience working with children as well as First Aid & Level C CPR certification are required. A valid G2 class drivers licence and access to a personal vehicle are required.

TERM: May 27, 2013 - Aug. 30, 2013 PAY: $11.30 to 11.40/hr.
REFERENCE # 0212

### DAY CAMP LEADERS (2)

Responsible for working in a summer day camp setting with other camp leaders and camp volunteers, as well as 20-40 children and youth each week. Duties include assisting with program planning and organization as well as daily execution of planned programs, activities, and field trips. Camp Leaders will also be working hands-on with camp registrants, communicating with parents and special guests, supervising participants, reporting and record all incidents and accidents that occur, as well as other duties as assigned. Candidates for this position must be mature role-models for the campers and must be outgoing, well organized, imaginative, great problem solvers, responsible, caring, and resourceful. Candidates are also expected to actively participate in all daily activities. Previous experience working with children, First Aid & Level C CPR certification are required.

TERM: June 17, 2013 - Aug. 30, 2013 PAY: $10.90 to 11/hr.
REFERENCE # 0312

### RECREATION PROGRAM INSTRUCTORS

The Recreation & Culture Dept. is currently seeking experienced program instructors for all types of recreation programs and training courses. 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 and a facility and required equipment are provided to the instructors (some exceptions apply). Applicants must be 20 yrs.+

TERM: Ongoing PAY: Varies

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# Summer Employment Opportunities

Township of North Dundas

## ROADS DEPARTMENT

### GENERAL LABOURER (2)

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TERM: May 27, 2013 - August 30, 2013 PAY: $11.30 to 11.40/hr.
REFERENCE #1012

***For those who wish to apply for multiple positions, please submit one resume for each position and clearly indicate on the envelope, which position is your first choice.***

Interested applicants must submit their cover letter and resume by April 12, 2013, to:
**Township of North Dundas,**
**636 St. Lawrence St.,**
**P.O. Box 489, Winchester, Ontario, K0C 2K0**
**Fax: 613-774-5699**
**"Summer Employment"**

**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.*

## COMMUNITY SERVICE & VOLUNTEER OPPORTUNITIES

**(Unpaid positions)**

### GREEN FOOD BAG PROGRAM

*(Visit Community Initiatives on the Recreation & Culture web page on www.northdundas.com for more information on this 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 page 5.

### FESTIVAL & EVENT COMMITTEE MEMBERS

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

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



*The North Dundas Movie Committee is pleased to present...*

## *A Night at the Movies*

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Cost: $5
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**Winchester Old Town Hall, 478 Main St., Winchester**

Township of North Dundas Presents

## Movies Under The Stars

***That's right!***

***Once again, North Dundas Recreation will be hosting Movies Under The Stars events this summer in Winchester & Chesterville.***

Five events are currently being planned for your enjoyment, but at this point, dates are still unknown. Be sure to bring your blanket or lawn chair and join us! The best part of an outdoor theatre with a 23-foot inflatable screen featuring great films under the night sky?

**It's FREE!!**

*For more information and updates, keep watch for the Summer Program Brochure that will hit mailboxes and on our Municipal website at www.northdundas.com, in May. Updates will also be posted in June, on the North Dundas Recreation Facebook page, on the Township of North Dundas Community Events Calendar – available at www.northdundas.com.*

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

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# Program Registration

TOWNSHIP OF North Dundas

***Spring/Summer registration begins March 25, 2013***
***Spring/Summer programs begin April 29 - May 5, 2013***

## GENERAL PROGRAM INFORMATION

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

## REGISTER FOR PROGRAMS

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

**BY PHONE –** 613-774-2105 using a 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, 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 Gina Welch, Township of North Dundas, 613-774-2105 ext. 223 or email gwelch@northdundas.com



## ONLINE REGISTRATION

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

The Township of North Dundas 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 a number of programs and courses offered through the Recreation & Culture Department will be available for online registration, 24 hours per day for the Spring/Summer term, **beginning Monday, March 25, 2013.**

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

**SIGN UP... DON'T LINE UP!**



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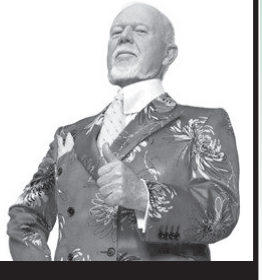

## MUSICAL PLAYGROUND: ALL AROUND MY HOUSE

*Instructed by Paula Lund*
**Age:** Newborn to 5 yrs.
**Duration:** 5 weeks
**Start Date:** Saturday, May 4 (No class on May 18)
**Time:** 9:45 - 10:30 am
**Location:** Winchester Cultural Centre, 478 Main St., Winchester
**Registration Fee:** $60 per family, including up to 3 little ones and 2 parents/guardians

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

## MUSICAL PLAYGROUND: AROUND THE WORLD

*Instructed by Paula Lund*
**Age:** Newborn to 5 yrs.
**Duration:** 5 weeks
**Start Date:** Saturday, June 8
**Time:** 9:45 - 10:30 am
**Location:** Winchester Cultural Centre, 478 Main St., Winchester
**Registration Fee:** $60 per family, including up to 3 little ones and 2 parents/guardians

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

## BALLET

*Instructed by Marika Havekes*
**Age:** 2-4 yrs.
**Duration:** 9 weeks
**Start Date:** Wednesday, May 1
**Time:** 5:30 - 6:15 pm or 6:30 - 7:15 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $70

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

## ART ATTACK!

**Age:** 6-10 yrs.
**Duration:** 5 weeks
**Start Date:** Tuesday, April 30
**Time:** 6:30 - 7:30 pm
**Location:** Winchester Arena Boardroom, 577 Main St., Winchester (located across the hall from the office, on lower level)
**Registration Fee:** $35

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

## INDOOR SOCCER

*Instructed by Steve Tovell*
**Age:** 6-8 yrs.
**Duration:** 9 weeks
**Start Date:** Monday, April 29
**Time:** 7:00 - 8:00 pm
**Location:** North Dundas District High School, 12835 Hwy. 43, Chesterville
**Registration Fee:** $35

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

## INDOOR SOCCER

*Instructed by Steve Tovell*
**Age:** 9-12 yrs.
**Duration:** 9 weeks
**Start Date:** Monday, April 29
**Time:** 6:00 - 7:00 pm
**Location:** North Dundas District High School, 12835 Hwy 43, Chesterville
**Registration Fee:** $35

Come out and improve your skills while having fun playing soccer with your friends! 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:** 9 weeks
**Start Date:** Monday, April 29
**Time:** 6:00 - 7:00 pm
**Location:** North Dundas District High School, 12835 Hwy 43, Chesterville
**Registration Fee:** $35

Come out and improve your skills while enjoying floor hockey with your friends! 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.

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## FLOOR HOCKEY

*Instructed by Colette Moulton*
**Age:** 9-12 yrs.
**Duration:** 9 weeks
**Start Date:** Monday, April 29
**Time:** 7:00 - 8:00 pm
**Location:** North Dundas District High School, 12835 Hwy 43, Chesterville
**Registration Fee:** $35

Come out and improve your skills while enjoying floor hockey with your friends! 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.

## BABYSITTER & FIRE SAFETY TRAINING INTEREST COURSE

*Instructed by St. John Ambulance*
**Age:** 11 yrs.+
**Duration:** 1 day
**Start Date:** Saturday, April 20
**Time:** 9:00 am - 4:30 pm
**Location:** Chesterville Community Hall, 1 Mill St., Chesterville
**Registration Fee:** $65 + HST **Manual & certificate of completion included.*

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

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

*Instructed by St. John Ambulance*
**Age:** 6-11 yrs.
**Duration:** 1 day
**Start Date:** Saturday, April 6
**Time:** 9:00 am - 4:30 pm
**Location:** Chesterville Community Hall, 1 Mill St., Chesterville
**Registration Fee:** $65 + HST **Certificate of completion included*

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





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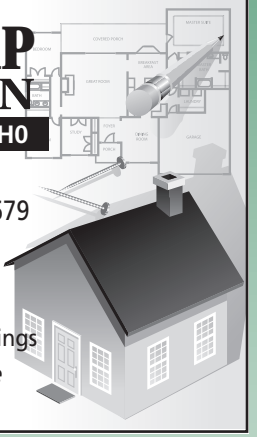




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***** YOGA & ZUMBA PROGRAM PACKAGES: When registering for a yoga or zumba program package on-line, please ensure you look-up the individual program listings and take note of the dates, times, and requirements of each. Due to data entry limitations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

## DYNAMIC HATHA YOGA – FOR BEYOND BEGINNERS

*Instructed by Melanie Savoie*
**Age:** Teens & adults
**Duration:** 9 weeks
**Start Date:** Tuesday, April 30
**Time:** 6:30 - 7:30 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $85 + HST *Register for any 2 classes of yoga per week and pay only $150 + HST!*

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

## DYNAMIC HATHA YOGA - FOR EVERYONE

*Instructed by Melanie Savoie*
**Age:** Teens & adults
**Duration:** 9 weeks
**Start Date,Time & Location:** Tuesday, April 30, 7:45 - 8:45 pm, Joel Steele Community Centre, 577 Main St., Winchester
OR Thursday, May 2, 6:30 - 7:30 pm, Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $85 + HST. *Register for any 2 classes of yoga per week and pay only $150 + HST!*

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

## YIN YOGA – FOR EVERYONE

*Instructed by Melanie Savoie*
**Age:** Teens & adults
**Duration:** 9 weeks
**Start Date:** Thursday, May 2
**Time:** 7:45 - 8:45 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $85 + HST. *Register for any 2 classes of yoga per week and pay only $150 + HST!*

Yin yoga is a slower style of yoga that is great for anyone. This practice focuses on the deeper tissue such as ligaments, bones, and joints which makes this type of yoga different from our other classes. Typically postures are held for 3-5 minutes (we could hold them for up to 20) and will certainly challenge you. This style of yoga is very meditative and healing for the mind and body. Yin yoga will 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).*

## FITNESS/CROSS FIT AND CIRCUIT TRAINING

*Instructed by Heather Norton*
**Age:** Teens & adults (ALL LEVELS)
**Duration:** 9 weeks
**Start Date & Time:** Monday, April 29, 7:00 - 8:00 pm
Thursday, May 2, 6:30 - 7:30 pm
**Location:** Chesterville Community Hall, 1 Mill St., Chesterville
**Registration Fee:** $72 + HST *Register for both dates and pay only $124 + HST!*

This program offers a beneficial combination of fat-burning cardio and muscle strengthening workouts. Prepare to sweat and push your limit while working all of your muscles through the use of bands, free weights, steps, stability ball, and your own body weight. This program provides a mixture of low and 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 and strengthens muscle movements. This combination program is great for men and women of all ages. Mats, steps, stability balls, exercise bands, and weights are all provided.





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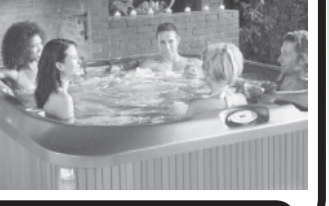

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## ZUMBA TONING

*Instructed by Kelly Roberts*
**Age:** Teens & adults
**Duration:** 9 weeks
**Start Date:** Monday, April 29
**Time:** 7:30 - 8:30 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $72 + HST *Register for this program AND Zumba and receive $20 off your registration fee!*

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

## ZUMBA

*Instructed by Kelly Roberts*
**Age:** Teens & adults
**Duration:** 9 weeks
**Start Date:** Wednesday, May 1
**Time:** 7:30 - 8:30 pm
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $72 + 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.

## BALLROOM DANCING PRACTICES

**Age:** All ages - youth, adults & seniors; singles or partners

**2013 Dates:**
March 23, April 6, April 20, May 4, May 18, June 1, June 15, June 29, July 13, July 27, Aug. 10, Aug. 24, Sept. 7, Sept. 21, Oct. 5, Oct. 19, Nov. 2, Nov. 16, Nov. 30, Dec. 14, Dec. 28.
**Time:** 7:00 - 10:00 pm
**Location:** Chesterville Community Centre, 1 Mill St., Chesterville
**Drop-In Fee:** $4/person or $7 per couple

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

## BALLROOM DANCING

*Instructed by Dennis Taylor*
**Age:** Teens & adults
**Duration:** 4 weeks
**Start Date:** Week of April 29
**Location:** Chesterville Community Centre, 1 Mill St., Chesterville

Those wishing to learn ballroom dance are encouraged to sign-up for one or more of the 4-week dance classes.

Each class costs $ 32 + HST and will be offered if 6 or more individuals sign-up to take it. Level 8 and 10 classes cost $64 + HST.

All the Beginner classes are introductory classes.
All Intermediate classes build on what was learned in Beginner classes, with more advanced stepping.
You must have completed the Beginner class to move into the Intermediate class.

**CLASSES BEING OFFERED ARE:**
Tuesday
6:30 pm – Level 1
7:30 pm – Level 5 to 7 review

Thursday
7:30 pm – Level 1 to 4 review
8:30 pm – Level 8 to 10 review



# CERTIFICATION COURSE

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

## REQUEST FOR PROPOSALS

***Would you like to provide or suggest a new recreational/ instructional program or course in the Township of North Dundas? If so, we want to hear from you!***

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

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## 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 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

**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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## CAMP INFORMATION WHAT YOU MUST KNOW!

All camps run from 9 am until 4 pm daily with drop-off from 7-9 am and pick-up from 4-5:30 pm. Participants should bring to camp daily: a lunch, snacks, plenty of water, a swimsuit and towel, a hat, sunscreen, running shoes, any required medication, as well as any special requirements as indicated in the weekly camp newsletters. It is recommended that all campers wear old/play clothes that can get dirty and that all personal items are labelled and kept in a backpack.

If your child is registered for a camp and cannot attend on a particular day, please contact the Township of North Dundas at 613-774-2105 and leave a message.

Sorry, there are no family rates. Campers must be registered and paid for by the Monday before the camp is scheduled to start. Spaces are available on a first-come, first-serve basis and payment must be received in order to hold/confirm a spot. Post-dated cheques will not be accepted as a valid method of payment.

ALL CAMPS ARE PEANUT-FREE.

**For more information on the 2013 North Dundas Summer Camps or to register, please contact the Township Office at 613-774-2105, stop in to 636 St. Lawrence St., Winchester, or register online at www.northdundas.com**

*Please note that summer camp prices, locations, trips and activities are subject to change.*

## PIRATE ADVENTURES

**Ages:** 5 to 12 yrs.
**Dates:** July 2-5
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $112/week or $40/day

Ahoy, Maties! All hands on deck as we are about to enter a world where pirates rule! Legend says that thar be a treasure buried in these parts. Let's grab our Pirate hats and follow the 'ancient' map to find treasures that are hidden in our town. Hoist your mainsail, weigh anchor, and get ready to design your ship of choice. Will you go for durability, size, or speed? Build a fort that can with stand an attack from your enemies! Test your sea legs as we join a band of swashbuckling pirates while fighting rolling waves on the mighty Rideau River!

## THE WILD SIDE

**Ages:** 5 to 12 yrs.
**Dates:** July 8-12
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $140/week or $40/day

Come on over to The Wild Side this week! Campers will study different animal prints and discover interesting facts that will guide them on an exciting animal hunt. Learn to identify species of insects, their characteristics, and examine specimens under a microscope. Break into packs, tribes, colonies, and other types of animal, bird, and insect groups and compete against other campers to identify predators and see how your group can hide from or defend yourselves from these predators; how you will brave the elements or hibernate, how you will obtain food and water, and what a typical day would be like in your new body. Jr. Explorers will also visit Papanack Zoo to see animals from around the globe. Campers will be given complimentary animal food to feed the animals in the Children's Zoo. This is followed by a visit to the Tigers and Snow Leopards on the 'Nature Trail'.

## SURVIVAL ADVENTURES CAMP

**Ages:** 5 to 12 yrs.
**Dates:** July 15-19
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $140/week or $40/day

Are you a thrill seeker who craves new challenges and adventures? If you are, then don't miss out, because it's all about survival of the fittest this week! Together with your team of campers and a GPS, you will go on a high-tech hunt in search of hidden treasure! Known as Geocaching and played by adventure seekers worldwide (including in North Dundas!), campers will be able to take a piece of treasure from the located loot and leave something behind for the next thrill seeker to find. Campers will also compete in ultimate survival challenges, learn about emergency preparedness, and use knowledge and resources to go head to head in skills-based relays. Finally, get ready to surrender your fear of heights and leave your doubts at the door, because we are going on a rock climbing excursion!





• MORE SUMMER CAMPS ON PAGE 33



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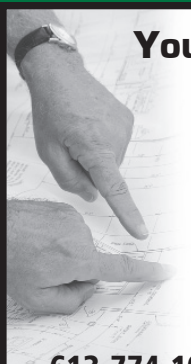

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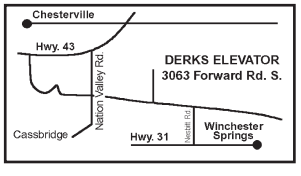


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## GIRL POWER

**Ages:** 5 to 12 yrs.
**Dates:** July 22-26
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $140/week or $40/day

This week it's all about getting down and getting girly! This week will be full of fun and funky activities like tie dyeing old t-shirts, baking tasty treats, and having a spa day. Girls will also participate in a yoga class, show-off their great moves in a dance-off, and get creative with art projects. The highlight of this camp will be a visit to the Old Town Hall theatre to watch a chick flick on the big screen with popcorn! Also enjoy some fun in the sun with a picnic, swimming, and games.

## BOYZ ROCK

**Ages:** 5 to 12 yrs.
**Dates:** July 22-26
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee: $**140/week or $40/day

This camp is all about being a boy! You'll spend the week designing the perfect car to race down the track. You'll compete to see who is the best at Mario Kart on the big screen! Get down and dirty when you take part in a chocolate pudding eating contest and then clean off in a water fight! The highlight of this camp will be a visit to the Old Town Hall theatre to watch a guy's movie on the big screen with popcorn! This exciting week will also include games in the park and fun in the pool.

## FOOD FIASCO

**Ages:** 5 to 12 yrs.
**Dates:** July 29 - August 2
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $140/week or $40/day

Get your apron, get your measuring cup and spoon, and for goodness sake bring your appetite, because this summer camp program includes a whole lot of cooking and baking! Have fun making yummy recipes like scones, healthy granola bars, apple crisp, dessert pizza, casseroles, friendship bread, and more! Campers will also have fun preparing special dishes for their very own end-of-the-week camper picnic! This exciting day will also include games in the park and fun in the pool. For this incredible, edible camp, registrants will be issued a list of daily menus on the first day of camp and will be able to eat everything that they help make! Campers are still required to bring food, drinks, and snacks for the day to supplement what they will be creating in the kitchen.

## ARTS ATTACK

**Ages:** 5 to 12 yrs.
**Dates:** August 6-9
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $112/week or $40/day

What do drama, dancing, music, and painting all have in common? The arts of course! Campers are able to express their creativity this week as they choreograph a new dance to a favourite song, prepare and present short skits, make musical instruments, and create lots of art! Campers will also have the opportunity to spray paint large bales of hay that will be on display for Dairyfest, paint totem poles, learn to make origami, paint their own masterpiece on canvas, and form friendship beads out of clay! The highlights for this camp will be a visit to the Old Town Hall theatre to watch a movie on the big screen with popcorn and setting-up an art gallery for parents, guardians and visitors. The creative possibilities are endless this week in Arts Attack!

## TRUE SPORT

TRUE SPORT lives here

**Ages:** 5 to 12 yrs.
**Dates:** August 12-16
**Location:** Nelson LaPrade Centre, 9 William St., Chesterville
**Registration Fee:** $140/week or $40/day

This action-packed week is for the ultimate sport enthusiast; so come out and be a part of a winning team! Take part in an action-packed week of sports including soccer, baseball, basketball, volleyball, floor hockey, flag football, and more! Have fun with your teammates creating your team logo, decorating a team flag, learning important values of sport, and many more team activities. But that's not all! Grab your racing gloves because we are heading to the race track! Hop on the bus and join fellow campers for a jam-packed day of go-karting, volleyball, and mini golf at Karters Korner! This week in True Sport, you will share your skills, learn some new ones, and win or lose, you'll take home the gold!

## H2O EXTREME

**Ages:** 5 to 12 yrs.
**Dates:** August 19-23
**Location:** Nelson LaPrade Centre, 9 William St., Chesterville
**Registration Fee:** $140/week or $40/day

Get wet and get wild! Grab your swimsuits and slide into camp for a super soaked splash bash! This camp offers endless water fun with swimming, water wars, cannon ball contests, water-t-ball, and lots of games and activities! Campers will also be taking a day trip to Calypso Water Park! Get ready to enjoy 45 waterslides, Canada's largest wave pool, and over 100 water games! Keep cool this summer in Water World!





• MORE SUMMER CAMPS ON PAGE 35

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## SWIM LESSON SPECTACULAR

**Ages:** 5 to 12 yrs.
**Dates:** August 12-23
**Location:** Nelson LaPrade Centre, 9 William St., Chesterville
**Registration Fee:** $310

This camp is designed for each participant to be enrolled in a two-week swimming lesson level. Campers will be scheduled for a ½ hr. swim lesson each day and will be escorted to and from the pool by a camp leader. Participants of this camp program will be required to register in both the True Sport & Water World camps; however, the Swim Lesson Spectacular camp fee will include the registration fees for all three camps. A $30+ savings!

## SUMMER EXTRAVAGANZA

**Ages:** 5 to 12 yrs.
**Dates:** August 26-30
**Location:** Joel Steele Community Centre, 577 Main St., Winchester
**Registration Fee:** $140/week or $40/day

This camp is all about a final salute to summer vacation and encompasses some of the fun and exciting things from all of the North Dundas summer camps! Join us for water battles, swimming, movies, art, cooking and baking, sports, and tons of games! Campers will also take a trip to the local movie theatre for an afternoon out with popcorn and treats!

**FEES:**
**Adults: $2**
**Children (12 and under): $1.50**

**SEASON PASS:**
**Single $60**
**Family $125**

# Public Swimming

**Regular public swimming hours at both pools will begin:**
**Weekends – June 15**
**Weekdays – July 1**

**STAY TUNED for more aquatic information that will be coming out in May. A full list of aquatic programs, lessons, swims, dates, times, prices, etc., can be found on the Township of North Dundas Recreation & Culture web page, available at www.northdundas.com and will also be available at the Township Office.**

### CHESTERVILLE PUBLIC POOL

**613-448-2012**

**Monday - Friday:** 1:30 - 4:00 pm, 7:00 - 9:00 pm
**Saturday - Sunday:** 1:00 - 7:00 pm
**Family Swim (5 yrs. & under)**
**(Mon., Wed., Thurs., Fri.):** 12:30 - 1:00 pm
**(Mon. - Fri.):** 5:00 - 6:00 pm
**Adult Swim (Mon. - Fri.):** 1:00 - 1:30 pm
**(Mon., Wed., Fri.):** 6:00 - 7:00 pm

### WINCHESTER CENTENNIAL POOL

**613-774-1603**

**Monday - Friday:** 2:00 - 5:00 pm, 7:00 - 9:00 pm
**Saturday - Sunday:** 1:00 - 7:00 pm
**Adult Lane Swim (Wed. & Fri.):** 12:00 pm - 1:00 pm
**Adult Lane Swim (Mon. - Fri.):** 6:00 - 7:00 pm
**Family Swim (5 yrs. & under)**
**(Mon. - Fri.):** 1:00 - 2:00 pm

**SCHOOL'S OUT PUBLIC SWIMMING:** Thurs., June 27, 2:00 - 5:00 pm (free swim, both pools).
**CIVIC DAY PUBLIC SWIMMING:** Mon., August 5, 1:00 - 5:00 pm (both pools).



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# 2013 Swimming Programs

Township of North Dundas

**REGISTER FOR SWIMMING LESSONS, AQUA ZUMBA & AQUAFIT:**
**ONLINE:** www.northdundas.com **BY PHONE:** 613-774-2105
**IN PERSON AT:** Township of North Dundas office, 636 St. Lawrence St., Winchester, Ontario

*Please note that registrations will no longer be accepted at the Winchester & Chesterville pools.*

## LESSON CLASSES:

| Category | Lifesaving | Red Cross | Duration |
|---|---|---|---|
| Parent & Tot (4mths-3yrs.) $63/person/session | Parent & tot 1 → | Starfish | 30 minutes |
| " | Parent & tot 2 → | Duck | 30 minutes |
| " | Parent & tot 3 → | Sea Turtle | 30 minutes |
| Pre-School (ages3-5) $63/person/session | Pre-School A → | Sea Otter | 30 minutes |
| " | Pre-School B → | Salamander | 30 minutes |
| " | Pre-School C → | Sunfish | 30 minutes |
| " | Pre-School D → | Crocodile | 30 minutes |
| " | Pre-School E → | Whale | 30 minutes |
| Swim Program(ages 6 & up)$74/person/session | Swimmer 1 → | Swim Kids 1 | 40 minutes |
| " | Swimmer 2 → | Swim Kids 2 | 40 minutes |
| " | Swimmer 3 → | Swim Kids 3 | 40 minutes |
| " | Swimmer 4 → | Swim Kids 4 & 5 | 40 minutes |
| " | Swimmer 5 → | Swim Kids 6 | 50 minutes |
| " | Swimmer 6 → | Swim Kids 7 | 50 minutes |
| Swim Kids 8, 9 & 10- $79/person/session | Rookie Patrol → | Swim Kids 8 | 1 hour |
| " | Ranger Patrol → | Swim Kids 9 | 1 hour |
| " | Star Patrol → | Swim Kids 10 | 1 hour |
| Bronze Star - $89/person/session | Bronze Star → | Bronze Star | 1 hour |
| Bronze Medallion - $116/person | Bronze Medallion → | Bronze Medallion | 1 hour |
| Bronze Cross - $116/person | Bronze Cross → | Bronze Cross | 1 hour |

## SESSION DATES & LESSON TIMES:

| Session 1 (evening only) June 17-June 28 | Win. Pool Time | Chest. Pool Time |
|---|---|---|
| Sea Otter & Salamander | 5:45-6:15pm | 5:45-6:15pm |
| Sunfish, Crocodile & Whale | 6:20-6:50pm | 6:20-6:50pm |
| Swim Kids 1 & 2 | 7pm-7:40pm | 5:45-6:25pm |
| Swim Kids 3, 4 & 5 | 5:45pm-6:25pm | 7-7:40pm |
| Swim Kids 6 & 7 | 5:45-6:35pm | 6:45-7:30pm |
| Swim Kids 8, 9 & 10 | 7pm-8pm | 7-8pm |

| Program | **Sessions 2-** July 1-12**; 3-** July 15-26**; 4-** July 29-Aug 9**, 5-** Aug. 12-23 | Win. Pool Time | Chest. Pool Time |
|---|---|---|---|
| Starfish/Duck/Sea Turtle | 2-5 Winchester, 2-5 Chesterville | 11:30-12pm | 11:30-12pm |
| Sea Otter/ Salamander | 2-5 Winchester, 2-5 Chesterville | 10:30-11am | 11-11:30am |
| Sunfish/ Crocodile/Whale | 2-5 Winchester, 2-5 Chesterville | 11-11:30am | 10:30-11am |
| Swim Kids 1 | 2-5 Winchester, 2-5 Chesterville | 9:30-10:10am | 11:30-12:10pm |
| Swim Kids 2 | 2-5 Winchester, 2-5 Chesterville | 8:30-9:10am | 10:20-11am |
| Swim Kids 3 | 2-5 Winchester, 2-5 Chesterville | 9:30-10:10am | 11:30-12:10pm |
| Swim Kids 4 & 5 | 2-5 Winchester, 2-5 Chesterville | 8:30-9:10am | 9:30-10:10am |
| Swim Kids 6 | 2-5 Winchester, 2-5 Chesterville | 9:30-10:20am | 11:20-12:10pm |
| Swim Kids 7 | 2-5 Winchester, 2-5 Chesterville | 9:30-10:20am | 10:30-11:20am |
| Swim Kids 8, 9 & 10 | 2-5 Winchester, 2-5 Chesterville | 10:30-11:30am | 9:30-10:30am |
| Bronze Star | 2-3 Winchester & Chesterville | 8:30am-9:30am | 8:30am-9:30am |
| Bronze Medallion | July 1-July 19 Winchester only | 7am-9:30am | N/A |
| Bronze Cross | July 22-August 9 Chesterville only | N/A | 7am-9:30am |

## AQUAFIT & AQUA ZUMBA

### CHESTERVILLE PUBLIC POOL
**AQUA ZUMBA:** Tues. & Thurs., 6:00 pm - 7:00 pm

### WINCHESTER PUBLIC POOL
**AQUA ZUMBA:** Thurs., 12:00 pm-1:00 pm
**AQUAFIT:** Tues., 12:00 pm-1:00 pm

**Duration:** 9 weeks **Start Date:** Tuesday, July 2 **Level:** All levels welcome
**Registration Fee:** $70 for 1 class/week; $130 for 2 classes/week; $180 for 3 classes/week
***Pre-registration is essential and drop-ins will not be permitted.*
*Both the Aquafit program and the Aqua Zumba program are for all ages and all levels.*

### Private Lessons:
**$18/half hour per lesson.**
***Please contact either the Winchester pool or the Chesterville pool for more information.***

## SWIM TEAMS

**Winchester Waves** and **Chesterville Rippin' Racers** are community swim teams that hold 2-3 practices each week in preparation for various swim meets. These swim meets are held at local pools on weekends during July and August.

### WINCHESTER WAVES

Registration for Winchester Waves will take place at the Winchester Arena on
**Tues., May 28: 6:30 pm - 8:45 pm**
**Wed., May 29: 6:30 pm - 8:45 pm**

*A $25 registration fee will apply. Registration fees received after May 29 will be $40.*

*Registration fee includes FREE t-shirt (while quantities last). A maximum of 75 swimmers may register. Dates and times of practices are TBD. Phone registrations will NOT be accepted.*

**For more information on Winchester Waves, please contact Cindy at 613-774-1668 and/or Shannon at 613-989-1734.**

**Participants must be able to complete one lap (the length of a 25-meter pool) (UNASSISTED). For those with no experience, competition is not mandatory.*

### CHESTERVILLE RIPPIN' RACERS

This team is organized and run by the lifeguards at the Chesterville Public Pool. As a result, more details will be available when the summer staff are hired at the end of June.

*Thank you for your patience and we invite you to revisit the Township web page at that time or call the Township of North Dundas at 613-774-2105 and ask to speak to the Pool Coordinator.*

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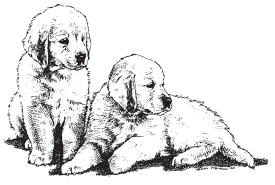



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## WINCHESTER SHUFFLEBOARD CLUB

**Percy Armstrong: 613-774-2082**

The club meets at the Winchester Curling Club. Registration will take place in May and shuffling will start at the end of May and run until September. Please watch for the notice in the *Winchester Press.* Everyone is welcome. Please call Percy for more information.

## NORTH DUNDAS MINOR BALL HOCKEY

**Lee Bowers 613-227-5987**
**northdundasminorballhockey@gmail.com**

All games played at the Winchester Arena
Seniors (12-16 years) play Tuesday nights
Juniors (8-11 years) play Wednesday nights
Age as of January 1, 2013
Juniors $60 / Seniors $70
Registration Location & Dates:
Chesterville Arena March 27, 6:30 pm - 8:00 pm
Winchester Arena March 26 & 28, 6:30 pm - 8:00 pm
**Phone registrations will not be accepted.

## WINCHESTER BADMINTON CLUB

**Adrian: 613-774-4949**

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

## EASTERN ONTARIO HORSES OF COURSE CLUB

**Treasurer: Pam Sherrer: 613-989-2781**

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 fund-raising activities.
Membership in the group is $20 per household annually.

## CHESTERVILLE MINOR BASEBALL

**Danny McLeod: 613-448-1580**

Registration will be held Saturday, April 20, from 10:00 am to 1:00 pm at the Chesterville Firehall. Please call for registration information.

| | | |
|---|---|---|
| T-Ball | 4-6 years | $25* |
| Novice | 7-8 years | $50* |
| Minor Baseball | 8-10 years | $60* |
| Minor Girls Softball | 9-10 years | $60* |
| Major Baseball | 11-12 years | $70* |
| Major Girls Softball | 11-12 years | $70* |
| Junior Baseball | 13-14 years | $90* |
| Senior Baseball | 15-16 years | $90* |
| Senior Girls Softball | 13-15 years | $90* |
| Big League Girls Softball | 16-21 years | $90* |

**Subject to change*

## CHESTERVILLE GIRLS BALL HOCKEY LEAGUE

**Kelly Francis: 613-774-5512**
**kellyfrancis@sympatico.ca**

Registration is $65. Games will take place Monday nights in Winchester. Girls between the ages of 12 to 16 years are welcome to play. For more information contact Kelly Francis.

## 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.

## WINCHESTER SOX MINOR BALL

**Steve & Kathy Cochrane: 613-774-1934**

Season games are played from mid May to the end of July. For more information, please contact the individuals above.

## NORTH DUNDAS UNITED SOCCER CLUB

**Visit www.ndusc.ca for downloadable registration forms & registration information**

Season Start Date: Mid May. Age: 2 yrs+. There is a category for all ages.
**Chesterville:** Co-ed house league for children U3-U13. South Side Soccer league U13, U15, and U18. Co-ed adult pick-up soccer age 18+.
**Mountain:** Co-ed house league for children U3-U9.
**Registration:** Please see our website and also check out our Facebook page for details. Email for more information hlc@ndusc.ca. SPACES LIMITED

## CHESTERVILLE/WINCHESTER LADIES BALL HOCKEY

**Heather Erwin: 613-989-6145**

Games will take place Thursday evenings at the Winchester Arena. For more information, please call Heather.

## SOUTH MOUNTAIN/MOUNTAIN MINOR BASEBALL

**Julie Vandemheen: 613-989-3966**

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## UPCOMING EVENTS

**Chesterville Lions Garage Sale:** May 11, 2013

**Winchester Town Wide Garage Sale:** May 25, 2013

**RCMP Musical Ride:** May 26, 2013 – Sponsored by the Chesterville Rotary Club

**South Mountain Canada Day:** July 1, 2013

**Chesterville Fair:** July 26-28, 2013

**Winchester Dairyfest:** August 8-11, 2013

**South Mountain Fair:** August 15-18, 2013

**Community Yard Sales & Scrap Metal Drives**: For your convenience, a scrap metal bin will be located in the parking lots of both the Winchester and Chesterville Arenas during the communities' yard sale day. Please ensure that only scrap metal goes in these bins. All proceeds will help support our North Dundas Inclusion Fund, which helps to make access to recreation more affordable for qualifying North Dundas residents.

## COMMUNITY GROUPS

### BLOOD DONOR CLINICS:

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

CANADIAN BLOOD SERVICES SOCIÉTÉ CANADIENNE DU SANG

**Date:** Thursday, March 28, 2013
**Location:** Winchester Public School, 547 Louise St., South
**Time:** 1:00 to 8:00 pm

### NORTH DUNDAS FULL CIRCLES

Welcome to Full Circles - North Dundas FULL CIRCLES... where one person's trash is another's treasure! Serving the communities of: Winchester, Mountain and Chesterville. Our goal is to encourage North Dundas citizens to live simpler and reduce the size of their environmental footprint by finding new homes for perfectly good, but unneeded, unwanted items rather than just "warehousing" them or throwing them away. Individually and collectively, FULL CIRCLING reduces our negative impacts on our environment and our landfills through growing local communities of like-minded folks - FULL CIRCLERS! FULL CIRCLES – is a simple concept. Connect people with surplus "stuff"... with others who will use that surplus stuff.
*For more information, please visit:*
*Yahoo Group http://groups.yahoo.com/group/NorthDundasFullCircles or http://www.northdundas.com Under Waste Management.*

### S.W.A.P.

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

### 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**
**or on Facebook at Chesterville Farmers Market**

The Chesterville Farmers' Market would like to invite your organization to participate at the Market. We have a community table available to non-profit organizations for public education, recruiting and fundraising opportunities. The table is free of charge; however, individuals or groups wishing to use the table will need to reserve in advance. We ask that the table not be used to sell baked goods.
The Market is open from May 18, 2013 to October 12, 2013, Saturdays 9:00 am to 2:00 pm on the Chesterville Waterfront.
*Please feel free to call and book your event with Janet Thompson at 613-989-5362 or Cheryl Beasley at 613-774-2224 or cbeasley@teksavvy.com*

### 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.

### CHESTERVILLE ROTARY CLUB

**Dave Black 613-448-3094 djblack@trondata.net**

We are all looking forward to Spring's arrival at the Rotary Club of Chesterville. This season's first event is our annual **Duck Race**, on Saturday, April 13. Tickets are $5 each and all proceeds go back into the Community.

**The Dutch Heritage Dinner and Dance,** held at the Chesterville Legion, will take place on Saturday, April 20. Tickets are available from Committee Members.

The Rotary will also hold three **BBQ Events** on the waterfront this June, July and August. Please consult your local paper for times and dates for these upcoming events.

The Chesterville Rotary Club is sponsoring the **RCMP Musical Ride** at the Chesterville Fairgrounds on Sunday afternoon May 26, 2013. This will be one of the events celebrating the 75th Anniversary of the Rotary Club of Chesterville."

Please consult your local paper for times and dates for these events.

### NORTH DUNDAS ARTS COUNCIL

**northdundasartscouncil@yahoo.ca**

The North Dundas Arts Council (NDAC) is a group of artists and artisans comprising all genres of the arts in North Dundas Township. The arts bring beauty, value and prosperity to the communities in which we live, and we support one another for the benefit of all. NDAC meets once a month, and membership is free and open to all artists and artisans residing in the Township. See us on Facebook!

### WINCHESTER LIONS CLUB

**Phil Carkner: 613-774-2733 dsinc@eastlink.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 who would like to support their community.

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## DUNDAS COUNTY FOODBANK

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

The Dundas County FoodBank welcomes its clients, donors, and volunteers in its 21st year of operation in North Dundas.

**Hours of Service: Monday 10:00 am to 12 noon; Wednesday 7:00 pm to 9:00 pm; Thursday 1:00 pm to 3:00 pm**

**Our Morrisburg location is at 17 Second Avenue, 613-543-0065.**

We appreciate the support of the community, without whom we could not offer emergency food assistance. Donations of time, food, and funds are a great help. Foods including juices, canned meats/fish, 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, Dairyfest, Hunger Awareness in the Spring, Food for Fines by local libraries, and other local events. Anyone wanting to support the FoodBank can become a DCFB member for an annual fee of $15/individual or $35/family, and corporate memberships are $100. *Please contact at Donna.Quesnel@sympatico.ca if you are interested in knowing more.*

## GIRL GUIDES OF CANADA

**Recruitment Line: 1-800-565-8111**

For girls 5 - 17, Guiding is an accepting environment with diverse and exciting programs and activities that offer the chance to discover new interests, learn valuable leadership skills and make lasting friendships. Guiding gives girls the tools and resources they need to achieve greatness. For women 18 +, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring and travel opportunities. *For more information please visit www.girlguides.ca*

## WINCHESTER SCOUTING

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

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

## LA LECHE LEAGUE CANADA – WINCHESTER

**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 9:30 am, at the Ontario Early Years Centre, located at 530 Fred St. in Winchester.
*For information about La Leche League Canada please visit our website www.llc.ca*
*La Leche League International was founded in 1956. www.llli.org*

## NAOMI'S FAMILY RESOURCE CENTRE

**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 Line - crisis counselling services 24 hrs./ 7 days a week; A Child & Youth Program; A Transitional & Housing Support Program; Women's Support Groups; Community Awareness Presentation and/or Workshops.

## EASTERN ONTARIO HEALTH UNIT

**Health Line: 1-800-267-7120 www.eohu.ca**
**Winchester Branch: 613-774-2739**

The Eastern Ontario Health Unit... so much more than flu shots! When you think of public health, what comes to mind? For many people, it's the flu shot. Well, you may be surprised to find out just how much the Eastern Ontario Health Unit does in our community. Here are some examples: quit smoking workshops, grocery store tours (for tips and tricks on healthy choices), free dental services for children 17 and under who qualify, food safety training, annual rabies vaccination clinics for cats and dogs, prenatal and parenting classes, workshops to help make your own baby food, drop-in centres for parents of children under age 6, drop-in centres for teens, residential well water testing, and of course immunization clinics (for the flu, for travellers, for children, etc.)
But that's NOT all! Find out how public health fits into your life.
*Visit www.eohu.ca or call 1 800 267-7120. Ask for Health Line.*

## CHESTERVILLE GREEN GANG

**Shirley Coons: 613-448-2099**

The Green Gang was formed in 1998 after the ice storm. It is made up of 18 volunteers with the main purpose being the beautification of our village. We have done many projects over the years as well as planting flowers and maintaining them. We try to do our own fundraising to pay for these things but we have had assistance from the Township of North Dundas as well as donations from service clubs, businesses and individuals. This year, in conjunction with the Township of North Dundas, we will continue our work on the Flynn Park, which is located at the corner of Queen St. and Main St. in Chesterville. The Green Gang is actively looking for new volunteers to help with future endeavours.

## THE HOUSE OF LAZARUS

**2245 Simms St., Mountain 613-989-3830 www.houseoflazarus.org**
**email: house.lazarus@gmail.com 'Like us' on Facebook**

The House of Lazarus Community Outreach Mission has 26 years of service in Dundas County. Our services include the Food Bank, Thrift Shop and Household Goods Shop, as well as advocacy and referrals. As part of our outreach ministry, we aid fire victims, our local women's shelter, clients of area food banks, and our own clients by providing them with food, clothing and household goods. Everyone is welcome to come out and shop, where every dollar spent generates revenue to support our food bank and other programs. For up-to-date information on our current projects, Food Bank needs, sales, and our other activities please visit our website. Our hours of operation are from 9:00 am to 12:00 pm, Monday, Wednesday, Thursday & Friday; Tuesdays 9:00 am to 8:00 pm and Saturday 9:00 am to 3:00 pm. Our food bank is open week days 9:00 am to 12 pm and Tuesday nights 5 pm to 8 pm.

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# Winchester Legion

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## DUNDAS COUNTY HOSPICE

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

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.

There is NO CHARGE for our services. Dundas County Hospice is a registered charitable organization. Our work is possible through donations from individuals, businesses, community organizations, bequests and memorial donations. In addition, we hold fund raising events such as our annual golf tournaments, curling bonspiels and our semi-annual Hoedown. *If you have any questions at all, please feel free to call the office and one of the staff will be pleased to assist you in any way possible.*

## WINCHESTER LEGION BRANCH #108

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

We want to welcome you to the Winchester Legion for friendly conversation, a game of cards, and to stay for a drink. Any Legion member is able to attend our **General Meetings** which are held the last Monday of every month beginning at 7:30pm. The Legion provides a wide variety of events that are open to the entire community. Considering becoming a Member? We help our community but also participate in District and Zone events including horseshoes, darts, euchre, golf and more. Membership applications available to all over 18 years of age.

**Our Euchre Tournaments** are scheduled monthly. Anyone can register your team of 2 at the bar beginning at 12 noon. Games start at 12:30 pm. Prizes awarded.

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

Legion hall rentals are a stress-free way to hold your own private party. Both the front room (which includes the use of the large screen) & the hall downstairs (with the kitchen) are available for bookings (no membership required). Please call the Legion for more information.

HOURS: Monday, Tuesday, Wednesday 2:00 pm - 8:00 pm; Thursday 2:00 pm - 10:00 pm; Friday 2:00 pm - 10:00 pm; Saturday noon - 10:00 pm (except for Euchre Saturdays, 12 noon - 10:00 pm)

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

## CHESTERVILLE LEGION BRANCH 434

167 Queen St., Chesterville
Glenna MacIntosh: 613-448-1997

Attend the Chesterville Legion for weekly activities including darts & 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 regularly 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 Glenna MacIntosh.

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

## MOUNTAIN & DISTRICT LIONS CLUB

President: Karl Ceelen 613-445-3859

The Mountain and District Lions Club are celebrating over 31 years of serving the community. Meetings are held every first and third Thursday of the month at 7 pm at the Mountain Community Hall.

## CHESTERVILLE & DISTRICT LIONS CLUB

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

**Car Rally & Chicken BBQ -** Saturday, March 30 at the Chesterville Legion. Registration is from 11:00 am to 12:00 noon. The cost is $20 per navigation booklet which includes prizes for pilot and co-pilot. The cost for the Chicken BBQ is $12/half chicken dinner with beans, coleslaw and a bun. Advanced tickets are available for the Chicken Dinner, with only 120 tickets available.

**Community Yard Sale -** Saturday May 4 in the Chesterville Fair Grounds and Exhibition Hall. Set up at 7 am, doors will be open to the public from 8:00 am until 1:00 pm. The cost is $10 per table rental.

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

## CHESTERVILLE & DISTRICT HISTORICAL SOCIETY

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

Located in 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. 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.

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

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

## ONTARIO EARLY YEARS CENTRE

*Ensuring children have the best start in life!*
**530 Fred Street, Winchester**
**Carrie: 613-774-5487 cvanallen@giag.ca**
**http://www.giag.ca/early-years/**

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

## DUNDAS COUNTY 4-H CLUB

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

4-H is an organization dedicated to the personal development of youth through "hands-on" learning. With projects encompassing agriculture, food, health and the environment, youth ages 9 to 21 have the opportunity to meet new friends and have fun while developing new skills. Our volunteer leaders are dedicated, screened individuals who want to provide a safe, fun learning environment within their club. 4-H is open to all youth, whether they are from the city, rural community or a farm. An annual membership fee of $65 is paid to 4-H Ontario. There are opportunities to participate in local, regional, provincial, National and International events.

## WINCHESTER OPEN MIC NIGHTS

Alternate Thursdays at the Old Town Hall, 478 Main Street, Winchester. Doors open 6:45 to 10 p.m. Everyone welcome, youth under 14 adult accompanied. Wheelchair accessible. Sponsored by the Township of North Dundas and North Dundas Recreation. FREE, FUN, FAB!
Like us on Facebook at www.facebook.com/pages/WINCHESTER-OPEN-MIC-NIGHT/469141063105689.

## ALL THINGS FOOD SDG COMMUNITY FOOD NETWORK

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

All Things Food is your local Community Food Network that aims to increase access to local, healthy and sustainable food for all residents of SDG. Some of the network's projects include coordinating "How to Grow Your Own Food!", as well as foodskills workshops, connecting schools to local food through its Farm-to-School program, supporting the creation of Community Gardens, and raising awareness about the benefits of local food systems. *Get involved with the good food movement!*

## DUNDAS COUNTY PLAYERS

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

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

**DUNDAS COUNTY PLAYERS SPRING 2013 PRODUCTION**
*Pump Boys and Dinettes* is a light hearted and spunky musical production that has been around since the early 1980s. Set somewhere in North Carolina, it tells the story of four men who work at L.M. and Jim's Gas Station and two women who are waitresses at the Double Cupp Diner. These six characters transform an ordinary, typical and otherwise boring day, into a toe tapping, even foot stomping, occasion celebrating friendship and life's simple pleasures through the magic of music.

A small and talented cast with many new faces to DCP promise to entertain you with country and gospel, ballads and blues, guitar and accordion... and even a waitress who thinks hubcaps make pretty good percussion instruments.

**SHOW TIMES:** April 26 & 27 at 7:30 pm. April 28 at 2:30 pm. May 3 & 4 7:30 pm and May 5 at 2:30 pm.
Tickets are $15 for adults.

TO RESERVE TICKETS CALL 613-297-0097 or purchase on-line at DCPLAYERS.ca

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

## ORMOND HARMONY CLOVERDALE R.A.

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

The Ormond Harmony Cloverdale R.A. is a volunteer organization that is active in their community. They have hosted a number of events in the past and this summer they will not disappoint! Join the Recreation Association for their regular meetings. If you are interested in becoming involved, please call Floyd Fisher and/or come out and join us!

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info@dundaspowerline.com

# Public Libraries



County Library SD&G Bibliothèque des comtés unis

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

## CHESTERVILLE PUBLIC LIBRARY

**1 Mill St., Chesterville**
**613-448-2616 chestervillelib@sdglibrary.ca**

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

**PLANNED PROGRAMS:**

### Baby Tales

**Wednesdays, April 10 - May 8, 11:15 am**
A program to inspire healthy, happy readers from birth to age 2. Offered in partnership with the Eastern Ontario Health Unit and the Ontario Early Years Centre.

### Story Time!

**Wednesdays, May 15 - June 26, 10:30 am**
Stories, songs, and activities for children.

### Teddy Bear's Sleepover & Story Time

**Thursday, May 9, 6:45 pm**
Wear your Pyjamas and bring your teddy bear for the 2nd annual Teddy Bear's Sleepover & Story Time. Your teddy bear is welcome to stay for our fantastic sleepover, and you may pick him or her up (with a record of what he or she did) on the following Saturday. For ages 0-6.

### Children's Book Week - May

Join us as children's story teller Cassy Welburn shares her love of stories with our younger visitors. Please contact the Chesterville Branch for date and time.

### Author Visit: Jennifer DeBruin

**Tuesday, May 28, 7:00 pm**
Please join us to discuss the supremely popular book *A Walk with Mary* with local author Jennifer DeBruin.

*Please visit the Chesterville Branch or www.sdlgibrary.ca for more program offerings*

## MOREWOOD PUBLIC LIBRARY

**21 Russell St., Morewood**
**613-448-3822 morewoodlib@sdglibrary.ca**

**HOURS:** Tuesday 3:00 pm - 8:00 pm
Wednesday 10:00 am - 1:00 pm
Thursday 4:00 pm - 8:00 pm
Saturday 10:00 am - 1:00pm

**PLANNED PROGRAMS:**

### Baby Tales

**Wednesdays, April 10 - May 8,10:00 am**
A program to inspire healthy, happy readers from birth to age 2. Offered in partnership with the Eastern Ontario Health Unit and the Ontario Early Years Centre.

*Please visit the Morewood Branch or www.sdlgibrary.ca for more program offerings.*

## WINCHESTER PUBLIC LIBRARY

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

**HOURS:** Monday 9:00 am - 1:00 pm
Tuesday 10:00 am - 8:00 pm
Wednesday 4:00 pm - 9:00 pm
Thursday 10:00 am - 8:00 pm
Friday 1:00 pm - 4:00 pm
Saturday 10:00 am - 1:00 pm

**PLANNED PROGRAMS:**

### Preschool Story Time

**Tuesdays, April 2 - May 7, 10:30 am**
A social time for both preschoolers and caregivers, including a circle time with stories, listening and play.

### Winchester Lego Club

**Saturdays, May 4 - June 29**
**Drop-in 10:00 am - 1:00 pm**
Stop in at the Library and Build Impressive Lego creations, visit with friends and of course have fun!

### PA Day @ the Library

**Friday, May 31, 1:30 pm**
Stop in at the Library to watch a movie or play the Wii – your choice!

*Please visit the Winchester Branch or www.sdlgibrary.ca for more program offerings.*

## SOUTH MOUNTAIN LIBRARY

10543 Main St., South Mountain
613-989-2199 southmountainlib@sdglibrary.ca

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

**PLANNED PROGRAMS:**

### Draw for prizes

The Friends are running a draw for prizes: each library member who brings a new patron to the library can enter the draw, and so can the new member.

### Computer Training Workshops

The library will offer one on one training sessions to assist patrons with electronic library services and basic computer training. Ability to type, use a mouse and knowledge of how to navigate the Internet is required. Call the branch to set up an appointment.

### Earth Day

**Wednesday, April 17, at 11:00 am**
Help us celebrate Earth Day with displays, colouring fun, and free packets of seeds.

### Toy Lending Library and Circle Time

**First and third Wednesday of each month at 11:00 am**
For parents/caregivers and their children. Presented by the Ontario Early Years Centre.

### Baby Tales

**Wednesday, May 22 and 29 and June 12 and 26 at 11:00 am**
A program to inspire healthy, happy readers from birth to age 2. In partnership with the Eastern Ontario Health Unit and the Ontario Early Years Centre.

### TD Summer Reading Club

Join us again this summer for fun filled games and activities. Check back in June for dates and times.

*Please contact the South Mountain Branch for further program offerings.*



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RR#2, Mountain
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## COMMUNITY SERVICES

**All Things Food**
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

**Chesterville Green Gang**
Shirley Coons 613-448-2099

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

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

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

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

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

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

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

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

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

**Harmony Drop-in Centre**
Rev. Bruce North 613-774-5170

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

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

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

**Mountain Seniors Club**
Audrey Gibson 613-989-5319

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

**Nor-Dun Senior Support Centre**
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

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

**Ontario Works**
613-448-3987

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

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

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

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

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

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

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

## SERVICE CLUBS

**Chesterville & District Rotary Club**
Dave Black 613-448-3094

**Chesterville Legion**
Glenna MacIntosh: 613-448-1997

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

**Mountain & District Lions Club**
Karl Ceelen 613-445-3859

**Winchester Legion**
613-774-3694

**Winchester Lions Club**
Phil Carkner 613-774-2733

## SPORTS

**Chesterville Girls Ball Hockey League**
Kelly Francis 613-774-5512

**Chesterville Minor Baseball**
Danny McLeod 613-448-1580

**Chesterville/Winchester Ladies Ball Hockey**
Heather Erwin 613-989-6145

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

**North Dundas Minor Ball Hockey**
Lee Bowers 613-227-5987

**North Dundas United Soccer Club**
www.ndusc.ca

**South Mountain/Mountain Minor Baseball**
Julie Vandemheen 613-989-3966

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

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

**Winchester Sox Minor Ball**
Steve & Kathy Cochrane 613-774-1934

**Winchester Shuffleboard Club**
Percy Armstrong 613-774-2082

**Winchester Waves Swim Team**
Cindy Steele 613-774-1668

## 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
Child & Youth – Amy Morris 613-323-6381

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

# WINCHESTER AUTOPRO

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4. Battery load test and recharge
5. Inspect front and rear brakes and clean as required
6. Check steering and suspension components

### ❒ VISIT B
### FREE SUMMER OR WINTER SERVICES

1. OIL, LUBE & FILTER (5W30 - 6 litres max. house oil)
2. Inspection of shocks and struts
3. 30-point safety inspection
4. Tighten all belt drives

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### ❒ VISIT C
### FREE FALL SERVICES

1. OIL, LUBE & FILTER (5W30 - 6 litres max. house oil)
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3. Rotate all four tires and adjust air pressure (free seasonal wheel changes with service applies to tires already on rims)
4. Battery load test and recharge
5. Inspect front and rear brakes and clean as required
6. Check steering and suspension components

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