# in North Dundas Township Spring/Summer

Recreation & Culture

<u>filli</u>

North Dundas

AMEARIE

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

www.northdundas.com

#### This beautiful custom marble countertop is a highlight from our first bathroom remodel for 2010. Remember Clear Cut works with you, your and our design team, and our suppliers to offer the finest in quality kitchen and bath remodels.

Whether you use our famous window and door installation with North Star windows; our top quality roofing service that protects your family and your home; or our kitchen and bath remodeling services; with Clear Cut you always get top professional work from trained and certified installers.

> Our truck is your guarantee of quality. Clear Cut Installations has been build-

ing in eastern Ontario since 1986. We have worked hard to build the best teams, to have the best standards. That's why we can offer our famed 10 year no quibble installation guarantee.

Clear Cut takes on the big box store with three reasons why we're the better choice

> Clear Cut has trained and certified installers, no subcontractors here. That's why only Clear Cut offers a 10 year no quibble installation guarantee (and celebrates 25 years of service this July!).

Clear Cut now offers financing (to \$35k, a15 year term, and 6 months interest free).Talk to your Clear Cut sales designer to get started.

H 3 Only Clear Cut has a 20% savings sale
 on window and door installations now until
 May 15th. Don't delay, bookings are filling up fast
 and with these savings you don't want to wait.

Learn more at clearcutinstallations.com or arrange for a free sales designer visit to your home, call 1-800-561-4206 today.



South Mountain Showroom 10616 Main Street Tel: 613-989-2367 Mon to Fri: 7 am - 5 pm Sat: 9 am - 2 pm

Ottawa Tel: 613-739-4301 Brockville Tel: 613-342-4638

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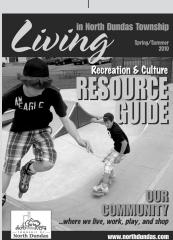
clearcutinstallations.com - 1-800-561-4206



#### to our Spring/Summer 2010 Recreation & Culture Resource Guide.

We are pleased to bring you the new Spring/Summer 2010 edition of the North Dundas Recreation & Culture Resource Guide. As you know, the Township of North Dundas Recreation & Culture Department is continuously striving to provide you, your family, friends, and neighbours, with new recreational opportunities. For this reason, we are excited to release this new edition of the Resource Guide.

This community tool kit is packed with instructional programs, certification courses, camps, public swimming details, hall and facility information, new and ongoing initiatives, annual events, and so much more. This season's Guide provides a wealth of information about programs and opportunities including the Recreation Library (page 5), the Green Food Bag program (page 3), and children



and youth recreation registration subsidies. Also included is information on some new structures around the Township, ongoing improvements to parks and recreation facilities, and details regarding numerous community programs and events that are brought to you by your fellow residents. We believe, that the recreational, leisure, and special event offerings in North Dundas have never been better.

> Please take time to read this new Guide cover to cover for a detailed list of resources, happenings, and opportunities that your local service clubs, volunteer committees, businesses, sports groups, and municipal office have to offer you. Also, be sure to check out the redesigned Recreation & Culture web page on www.northdundas.com for a full list of Township programs and facilities, as well as employment and volunteer opportunities.

If you have new program ideas, or any comments or suggestions, please email them to mguy@northdundas.com or call the Township Office at 613-774-2105 ext. 223.

Stay active and stay safe throughout the season!

Mark Guy, Director of Recreation & Culture



North Dundas





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

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

#### Township of North Dundas Municipal Office

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North Dundas

Mayor's

Message

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

Once again, we are pleased to present the Township of North Dundas Recreation & Culture Resource Guide. This guide continues to be a valuable resource to our residents.

*The Department of Recreation & Culture continues to offer an ambitious range of* 

programs and courses for young and old alike. These activities are intended to provide opportunities to reap the full benefits of active and healthy participation.

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

*I encourage you to participate in* 

the activities in this Guide and to support our local businesses who have made this publication possible.

Please enjoy all the wonderful things the Township of North Dundas has to offer!! Alvin Runnalls, Mayor North Dundas Township



#### 2006-10 Council Members

#### MAYOR

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

#### **DEPUTY MAYOR**

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

#### COUNCILLORS

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

ERIC DUNCAN 472 North St., Winchester, ON, K0C 2K0 613-774-1081 (home), eric@jedexpress.com

#### JOHN THOMPSON

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

#### **2010 MUNICIPAL ELECTION**

The 2010 Municipal Election will take place on Monday, October 25, 2010. As in 2006, electors in the Township of North Dundas will vote by Internet or telephone. If you require any information about the upcoming municipal election, please contact Clerk Jo-Anne McCaslin at 613-774-2105 ext. 225. Watch for the Fall/Winter Resource Guide for more municipal election details.



### Township of North Dundas Council Meeting Dates for 2010

*(Subject to change)* Council meets every second and fourth Tuesdays of each month, excluding December, July, August.

#### **2010 COUNCIL MEETING DATES ARE:**

April 13, 2010 April 27, 2010 May 11, 2010 May 25, 2010 June 15, 2010 July 13, 2010 August 10, 2010 September 14, 2010 September 28, 2010 October 12, 2010 December 7, 2010 December 14, 2010

# 2010 TOWNSHIP OF NORTH DUNDAS OFFICE CLOSURE DATES

Good Friday – April 2, 2010 Easter Monday – April 5, 2010 Victoria Day – May 24, 2010 Canada Day – July 1, 2010 Civic Holiday – August 2, 2010 Labour Day – September 6, 2010 Thanksgiving – October 11, 2010

#### **BOYNE ROAD LANDFILL SITE**

12620 Boyne Road Monday to Friday: 8 am - 4 pm Open Saturdays: 8 am - 11:30 am (May 1 to October 30, 2010)

**MOUNTAIN LANDFILL \*CLOSED\*** 

#### **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 4 garbage bags for each household, which began July 1, 2008.

#### **TIPPING FEES FOR 2010**

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

#### FREE ITEMS

- Soil (not contaminated)
- Concrete
- Asphalt
- Brush
- Trees
- Leaves
- Garden Wastes (composting)
- Tires, must be clean and not on a rim

#### THE NORTH DUNDAS Green Food Bag WITH BRANCHES IN WINCHESTER & CHESTERVILLE



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.



Take place from 8 am until 12 noon on the following dates: May 15, June 12, July 10, August 7, September 4 and October 2.

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.

#### 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 nonprofit organization with people interested in keeping good stuff out of landfills.

For more information, please visit:

http://groups.yahoo.com/group/NorthDundasFullCircles

#### **POOL BY-LAW**

North Dundas

Public

Notices

All pools (including inflatable/bag pools) with a depth greater than 24" require a "fenced" enclosure and a permit. For more information please contact the By-law Department at 613-774-2105 ext. 246.

#### **PARKING BY-LAW**

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

#### **DOG LICENSE REQUIREMENT NOTICE**

In accordance with By-law 38-2000, all dogs within the Township of North Dundas must be licensed each year. Dog licenses 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.

To give an example of what a bag might contain for this low price, the January 2010 Green Food Bag's contents included: 4 pears, 4 apples, 5 kiwi, 2 lbs. of carrots, 5 lbs. of potatoes, 2 lbs. of onions, 1 head of broccoli, 1 head of iceberg lettuce, and 3 tomatoes. The Green Food Bags are available for purchase in advance **only**, requiring registration and monies 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.

For detailed information on this incredible, edible program, or to access a printable order form, please visit the Recreation & Culture web page on www.northdundas.com, and click on "Community Initiatives"; or contact Meaghan Elder at the Township office by calling 613-774-2105 ext. 236 or stop by 636 St. Lawrence St. in Winchester.

# Recreation Department Information



Recreation Department Information

#### ARENAS

Chesterville Arena 153 Queen St., Chesterville, 613-448-3267 Winchester Arena 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 1919 County Road 7, Morewood

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

Winchester Community Hall 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 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., Chesterville

#### PUBLIC POOLS

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

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

## **RECREATION STAFF CONTACT LIST** 613-774-2105

Director of Recreation & Culture: Mark Guy ext. 223 mguy@northdundas.com

Community Development Programmer: Meaghan Elder ext. 236 melder@northdundas.com

Recreation Booking Clerk: Mary Lynn Plummer ext. 227 mplummer@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 Monday, March 29, 2010.

#### 2010-11 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 Mary Lynn Plummer at 613-774-2105 ext. 227 to receive a form. Deadline for ice request forms to be submitted to the Director of Recreation & Culture, is Friday, June 4, 2010.

#### Start of Sport Field Season:

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.

#### **RECREATION FACILITIES**

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

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

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

#### **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, skates, nets, balls, life jackets, water toys, skateboards, bicycles, helmets, baseball gloves, sticks, bats, and much more, that are now available, at no charge, for community use.

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. A detailed list of Recreation Library items available for loan is listed below. If you would like to make a donation, please do so at the Township Office, located at 636 St. Lawrence St., in Winchester. For more information, to reserve equipment, or to schedule an appointment to borrow items, contact Meaghan Elder, Community Development Programmer, at 613-774-2105 ext. 236 or email melder@northdundas.com.

#### **RECREATION LIBRARY INVENTORY LIST**

- 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)
- 2 pairs of pool goggles
- 3 pool noodles
- 1 6 man tent
- 1 camp propane stove with 2 burners (propane not included)
- 2 LED camp lanterns
- 1 13 pc. set of camping enamel cookware
- 1 3 pc. cooler set
- 2 backyard game combo sets [1 beach ball, 1 water football, 2 velcro magic mitts & ball, 2 lawn tennis rackets & ball, 1 flying disc, and 2 Jai-Lites (curved plastic catchers) & 1 ball]
- 2 adult fishing rod, reel, and tackle sets
- 2 youth fishing rod, reel, and tackle sets
- 2 first aid kits
- 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, youth, and adult sizes available)
- 2 pairs of wrist and ankle weights

North Dundas

Recreation

Support

- 2 sets of lifeline cables (heavy-duty elastic bands with handles on the end for strenthening exercises)
- 4 skateboards
- 2 yoga mats
- 2 frizbees
- 7 skipping ropes
- 10 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
- 8 hockey sticks
- 2 volleyballs
- 2 sets of golf clubs
- 5 pairs of water wings for 3-6 yr. olds
- 2 bosu balls
- 2 sets of yoga blocks

To borrow any number of the items listed above, please contact Meaghan Elder at the Township of North Dundas Office by calling 613-774-2105 ext. 236 or visit 636 St. Lawrence Street, in Winchester Check out the <u>improved</u> Township of North Dundas

**Recreation & Culture** 

Web Page

WWW.Northdundas.com For information on recreation & culture in North Dundas including:

- Public Swimming
- The Latest Resource Guide
- Programs, Courses & Initiatives
- True Sport
- Child & Youth Recreation Subsidies
- Community Contacts
- Employment, Co-op & Community Service Opps.
- Registration
- Recreation Hall & Facility Info., Rentals & Rates
- Fairs & Festivals
- Camps
- Sign-Up For Mailers
- AND MORE!!

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**Recreation Support** 



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#### HOME'S HELPING HAND

Winchester Home Hardware believes that children between the ages of 4 to 18, who are



in financial need, should have the proper safe equipment to participate in organized sport and recreation. Home's Helping Hand program,

sponsored by Winchester Home Hardware, is able to assist in subsidizing required sport equipment to qualified applicants. Together with the Township of North Dundas Recreation Library, the required equipment will be sourced and provided free of charge, for the duration of the sport season. The equipment will then be returned at the end of the season and become a part of the Recreation Library. Start-up consumable equipment needs will be provided at a subsidised rate, as future applicants cannot re-use this equipment. In order to apply to Home's Helping Hand, 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 melder@northdundas.com. For more information on the Home's Helping Hands program, please contact Meaghan Elder at 613-774-2105 ext. 236.

#### **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, soccer, 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 or download the form from the Township of North Dundas website at www.northdundas.com and email your request to mguy@northdundas.com. For more information on the Jump Start program, please call Mark Guy at 613-774-2105 ext. 223.



#### JOIN IT. SHOW IT. LIVE IT. GROW IT.

Sport is a testing ground – not just for athletes and coaches, but also for communities and society as a whole. The way we play together shapes how we live together.



Sport is never neutral. It can teach values and ethics – or not. It can help people develop a positive self-image and respect for others – or not. It can strengthen community life – or not. Sport can bring people together, foster friendships, reinforce healthy lifestyles, build civic pride and community participation. Or it can be about violence, drugs, cheating, winning at any cost. It's up to us.

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

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

It's a movement powered by people like you... athletes, coaches, officials, organizers, parents, teachers, and community leaders. People who know that sport can transform lives and communities. People who care about the positive values that sport embodies, like teamwork and commitment.

To learn more about this incredible movement or to declare your organization, team, school, or community to the growing list of those that believe in the sport, please visit www.truesport.ca.

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

#### 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 fourth annual celebration by taking part in the **Winchester Skateboard Park Skate & Jam Event, scheduled for Saturday, June 26.** Join us for skateboard demos and competitions, graffiti demos, live rap, tunes, and prizes. Special guests include West 49 and Keep it Real Ministries. Other recreational opportunities this month will include free public swims at the 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 striving to make recreation and play increasingly more accessible with the Township Recreation Library (see page 5), 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 free recreational programs being offered during the month of June, please visit the redesigned Township of North Dundas Recreation & Culture web page at www.northdundas.com or contact Meaghan Elder at 613-774-2105 ext. 236, melder@northdundas.com.

More information on the Winchester Skateboard Park Skate & Jam event will appear in future Winchester Press Remarks columns.



#### Summer 2010 Employment Opportunities Recreation & Culture Department

#### **HERITAGE COORDINATOR (1)**

The Heritage/Cultural Coordinator is responsible for researching, organizing, and executing a multitude of programs, activities, special events, tours, and exhibits at the Winchester Old Town Hall historical building. Duties include developing and dispensing promotional material to the public, delivering educational programs, performing guided tours, directing visitors, answering public inquiries, as well as liaising with community groups, historical societies, and volunteers in a historical setting. A valid G2 class drivers licence is required.

TERM: May 25, 2010 - Aug. 27, 2010 PAY: \$11.50 to 11.73/hr. REFERENCE # 0110

#### **DAY CAMP SENIOR LEADER (1)**

Responsible for planning and organizing eight, themed summer camps as well as overseeing and taking part in daily camps as required. 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 Programmer. 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 considered assets. A valid G2 class drivers licence is required.

TERM: May 24, 2010 - Aug. 27, 2010 (Full-time) PAY: \$10.70 to 10.91/hr. REFERENCE # 0210

#### 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 recording 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 as well as First Aid & Level C CPR certification are considered assets. **TERM:** June 21, 2010 - Aug. 27, 2010 (Full-time) PAY: \$10.25 to 10.46/hr. REFERENCE # 0310



#### **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 two 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. **TERM:** May 17, 2010 - Aug. 27, 2010 **PAY:** \$12 to 12.24/hr. **REFERENCE # 0410** 

#### **GUARDS/SWIM INSTRUCTORS (14)**

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, Employment Opportunities

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, 2010 - Aug. 27, 2010 **PAY:** \$10.70 to 10.91/hr. **REFERENCE # 0510** 

#### AQUA FIT 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, 2010 - Aug. 27, 2010 **PAY:** \$35/hr. **REFERENCE # 0610** 

#### **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 21, 2010 - Aug. 27, 2010 **PAY:** \$10.70 to 10.91/hr. **REFERENCE # 0710** 

continued on page 11

VISA



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#### RECREATION PROGRAM INSTRUCTORS

The Recreation & Culture Dept. is currently seeking experienced program instructors for programs including, but not limited to yoga, stability ball, aqua fit, French as a second language, zumba, ballet, tap, jazz, hip-hop, after school activities, and aerobics. 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

#### Planning/Building and Enforcement Department TECHNICAL ASSISTANT (1)

Assistant to the Director of Planning and the Chief Building Official/Property Standards Officer; conduct site inspections; prepare background information for reports; dog licence sales/data entry; general office administration and other duties as assigned; provide assistance with regard to the parking by-law; up-date assessment files and maps; follow up on outstanding building and pool permits; assist in the development of the Township's GIS database; assist with counter inquiries; data entry; co-ordinate development/planning applications and assist in the development of a consolidated zoning by-law. All candidates must have a valid Class G Ontario Drivers Licence. College or University student preferred. **TERM:** May 10, 2010 - Sept. 3, 2010

**PAY:** \$11 to 15/hr. **REFERENCE #0810** 

#### Roads Department

#### **GENERAL LABOURER (2)**

Responsible for assisting full-time employees with general road maintenance, garbage pick-up, sign patrol, landscaping, weed removal and other duties as assigned. **TERM:** June 14, 2010 - Sept. 3, 2010 **PAY:** \$11/hr. **REFERENCE #0910** 

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 <u>first choice.</u>

Interested applicants must submit their cover letter and resume by April 19, 2010, 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.



#### Recreation Department Community Service & Volunteer Opportunities (unpaid positions)

#### GREEN FOOD BAG PROGRAM

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

The Green Food Bag Program provides a non-profit, fresh fruit and vegetable distribution system that is available for purchase by all North Dundas residents (regardless of income level). In order to run this oncea-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 3.

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

#### ATTENTION: Community groups, teams, clubs, or committees

If you would like to include any volunteer opportunities for your community group, team, club, or committee in the next issue of the Recreation & Culture Resource Guide, please contact Meaghan Elder, Community Development Programmer for the Township of North Dundas at 613-774-2105 ext. 236 or email melder@northdundas.com



# **THOMPSON SUBDIVISION**

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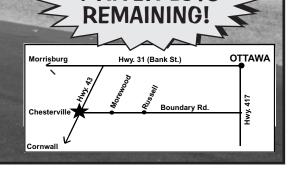
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- Easy access to boating and fishing on the Nation River

Centrally located between Ottawa, Cornwall and Brockville (less than 1 hour drive)

For more information call 613-448-2083



Spring/Summer registration begins March 22, 2010 Spring/Summer programs begin April 19-23, 2010

#### **GENERAL PROGRAM INFORMATION**

- All programs require pre-registration
- Registrations must be submitted in advance of the program commencement date.
- All program sessions and individual classes are subject to change or cancellation. For up-to-date information, please call the Township office at 613-774-2105 ext. 236
- Sorry, there are no family rates
- Post-dated cheques are not a valid method of payment 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

BY FAX - 613-774-5699 using a MASTERCARD or VISA

**BY MAIL** – Visit our website www.northdundas.com to download the registration form or use the one provided in this Guide and mail your registration and payment to the Township of North Dundas, P.O. Box 489, 636 St. Lawrence St., Winchester ON, KOC 2KO.



#### PROGRAM POLICY

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

**MEDICAL INFORMATION** – When registering, please identify any significant health problems, allergies and/or medications for the registrant.

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

**CANCELLATION/CHANGES** – We do our best to ensure all programs run exactly as outlined in this brochure, but sometimes a program start date, time, location or fee may change. Programs are subject to cancellation due to insufficient registration, 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 and the program registrants will be notified of the class cancellation as well as the rescheduled date, if applicable.

**REFUNDS/WITHDRAWALS** – A refund 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 refunds. 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 in the Township of North Dundas? If so, we want to hear from you! Please contact Meaghan Elder at the Township of North Dundas at 613-774-2105 ext. 236 or email melder@northdundas.com.

#### MUSICAL PLAYGROUND: LETS GO TO THE BEACH

Instructed by Paula Lund Age: Newborn to 5 yrs. Duration: 5 weeks Start Date: Saturday, April 24 Time: 10:00 - 10:45 am Location: Winchester Cultural Centre, 478 Main St. Registration Fee: \$60 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. During this 5-week session, you and your little one(s) will swim at the seashore, search for sea shells, sail a boat, feel the sun on your face, and fly like a sea gull! Grab your pail and shovel and hop in the car because we're going to the beach!

#### **MUSICAL PLAYGROUND: ME & MY TEDDY BEAR**

Instructed by Paula Lund Age: Newborn to 5 yrs. Duration: 5 weeks Start Date: Saturday, May 29 Time: 10:00 - 10:45 am Location: Winchester Cultural Centre, 478 Main St.

**Registration Fee:** \$60 per family, including up to 3 little ones and 2 parents/guardians

Musical Playground is a music and movement program for families. You and your child will enjoy singing and dancing to catchy tunes and have weekly opportunities to explore many different instruments and props. During this 5-week session, you and your little one(s) will go on a bear hunt, meet honey bear, and take a trip over the mountain. Did you know that bears love to square dance? Maybe you will too! At the end of the day you and your bear can dream about what your next adventure will be.



#### MIKE DEAN'S SUPER FOOD STORE "ADVENTURES IN THE KITCHEN" SERIES

Age: 6-12 yrs. Duration: 10 weeks Start Date: Saturday, April 24 Time: 11:00 am - 1:00 pm Location: Chesterville Community Hall, 1 Mill St.

Registration Fee: \$120

Get your apron, get your measuring cup and spoon, and for goodness sake bring your appetite! This program includes a whole lot of cooking and baking! Now you can have fun making and creating healthy, yummy, kid-friendly recipes that you can teach to friends and family in your own kitchen!

#### AFRICAN DRUMMING

Instructed by Jody Marsolais (certified Vic Firth Instructor) Age: 5-10 yrs. Duration: 8 weeks Start Date: Friday, April 23 Time: 6:00 - 7:30 pm Location: Winchester Cultural Centre, 478 Main St. Registration Fee: \$120

What a great way to introduce your child to music! In this workshop, your child will enjoy exploring some new and exciting games using African drums and different types of hand percussion instruments. Students will have fun learning simple exercises that will help develop focus and concentration and will also drum up some fun as they learn and practice rhythms as a group. The four basic ways of counting will also be discussed and applied to the drums. Drums will be provided.



#### BEGINNER BELLY DANCING – BASIC LEVEL

Instructed by Barb Buchanan Age: 14 yrs. + Duration: 8 weeks Start Date: Thursday, April 22 Time: 8:00 pm - 9:00 pm Location: Winchester Community Hall, 577 Main St. Registration Fee: \$80

Come and learn the foundation of this beautiful, artistic dance form that has been taught throughout the ages. In this session, you will learn various steps, moves, isolations, and culmination in a choreographed dance routine.

\*\* Please note that class will be cancelled on May 13 and June 10.

#### INTERMEDIATE BELLY DANCING – BEYOND BASICS

Instructed by Barb Buchanan Age: 14 yrs. + Duration: 8 weeks Start Date: Thursday, April 22 Time: 7:00 pm - 8:00 pm Location: Winchester Community Hall, 577 Main St. Registration Fee: \$80 Students should have taken at least one session of the

Introduction to Belly Dancing – Basic Level (from instructor Barb Buchanan or any dance instructor) as students will be moving on to more advanced dance moves and isolations. This is a fast-paced class where you will learn stronger moves and isolations as well as various choreographed dance routines.

\*\* Please note that class will be cancelled on May 13 and June 10.

#### **VINYASA FLOW YOGA**

Instructed by Devon Lloyd Age: 16 yrs. + Duration: 10 weeks Start Date: Tuesday, April 20 Time: 6:30 - 7:30 pm Location: Nelson LaPrade Centre, 9 William St., Chesterville

Registration Fee: \$100

Vinyasa Yoga is a style of hatha yoga where postures are linked with the breathing. Continuous flow and mind-body awareness create physical and mental strength and flexibility for all starting points. 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.

#### YOGA FOR EVERYONE

Instructed by Devon Lloyd Age: 16 yrs. + Duration: 10 weeks Start Date: Tuesday, April 20 Time: 7:45 - 8:45 pm Location: Nelson LaPrade Centre, 9 William St., Chesterville Registration Fee: \$100

Whether you are new to yoga, have some health concerns or just want a slow paced meditative practice, this yoga class is for you. Taking the time to experience and properly learn each posture while focusing on breath and relaxation is the focus of this hour. All levels are welcome.



Programs

#### HIGH-LOW CARDIO & MUSCLE STRENGTHENING

Instructed by Heather Norton Age: 16 yrs. + Duration: 10 weeks Start Date: Monday, April 19 Time: 7:30 - 8:30 pm ALL LEVELS Location: Chesterville Community Hall, 1 Mill St. Registration Fee: \$100 (\*\*A special discounted)

rate of \$160 will apply when individuals register for a combination of 2 of the following programs: High-Low Cardio & Muscle Strengthening, Step Circuit, or Total Muscle Conditioning)

This program offers a beneficial combination of two great workouts each class. Registrants will work on a combination of arm and leg gestures in order to increase muscle movements and increase fat-burning sequences. Cardio helps tone, strengthen, and improve flexibility, creating a more enjoyable lifestyle. Cardio also provides a mixture of low and high impact, core, and extensive mat work. This combination program is great for all ages. Mats, exercise bands, and weights are provided. Newer shoes and comfortable clothes are a must.

#### **STEP WORKOUT**

Instructed by François Guyot Age: 16 yrs. + Duration: 10 weeks Start Date: Wednesday, April 28 Time: 7:30 - 8:30 pm ALL LEVELS Location: Chesterville Community Hall, 1 Mill St. Registration Fee: \$100 (\*\*A special discounted rate of \$160 will apply when individuals register for a combination of 2 of the following programs: High-Low Cardio & Muscle Strengthening, Step Circuit, or Total Muscle Conditioning)

This program allows you to maximize your time and burn countless calories with a full body workout that combines aerobic step routines with segments of muscle-conditioning.

#### **TOTAL MUSCLE CONDITIONING**

Instructed by Heather Norton Age: 16 yrs. + Duration: 10 weeks Start Date: Monday, April 19 Time: 6:30 - 7:30 pm ALL LEVELS Location: Chesterville Community Hall, 1 Mill St. Registration Fee: \$100 (\*\*A special discounted rate of \$160 will apply when individuals register for a combination of 2 of the following programs: High-Low Cardio & Muscle Strengthening, Step Circuit, or Total Muscle Conditioning) Increase your muscle strength and endurance with this nonchoreographed workout, through the use of bands, free weights and your own body weight. Classes will begin with a short warm-up and end with a relaxing stretch. After 40

years of age, women begin to lose muscle at an increased rate and are at greater risk of osteoporosis; however, studies have proven that strength training helps to prevent or reverse this condition. This workout isn't just for women though! Men are also welcome.

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#### BALLROOM DANCING PRACTICES

Instructed by Dennis Taylor Age: All ages - youth, adults & seniors; singles or partners

**2010 Dates:** Mar. 27, Apr. 10 & 24, May 8 & 22, June 5 & 19, July 3, 17\* & 31, Aug. 14 & 28 \*On this date we will be having our mini-pot lucks. Finger food only, no cooking.

**Time:** 7:00 - 10:00 pm

Location: Chesterville Community Centre, 1 Mill St. Drop-In Fee: \$3/person or \$5/couple

Come out and practice your Ballroom Dancing 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. This is open to anyone in the area, from beginner to advanced, who wishes to dance.

Dances will continue as long as there is enough interest (low interest is considered to be two consecutive practices with less than 16 people). For more information, please call Dennis Taylor at 613-448-3633.

#### **BALLROOM DANCING LEVEL 1**

Instructed by Dennis Taylor Age: 16 yrs. + Duration: 10 weeks Start Date: Tuesday, April 20 Time: 6:30 - 7:30 pm Location: Chesterville Community Centre, 1 Mill St. Registration Fee: \$60 Ballroom dancing Level 1 is an introduction to the Rumba, Foxtrot Waltz, Cha-Cha, Triple Swing, and Samba, Basic

Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba. Basic steps will be taught for each dance and a couple of dance practices will be held to help you practice what you have learned. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. Dancing is fun, a good way to meet others interested in dancing, a great way to exercise, and might really impress your friends. While a partner is not mandatory for this program, it is much better. Proper footwear is mandatory. No slippers, running shoes, or work boots.

#### **BALLROOM DANCING LEVEL 2**

Instructed by Dennis Taylor Age: 16 yrs. + Duration: 10 weeks Start Date: Tuesday, April 20 Time: 8:30 - 9:30 pm Location: Chesterville Community Centre, 1 Mill St. Registration Fee: \$70

To continue onto Ballroom Dancing Level 2, completion of Level 1 is a pre-requisite. Level 1 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. Style and proper technique will now be emphasized. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. A couple of dance practices will be held to help you practice what you have learned. While a partner is not mandatory for this program, it is much better. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.



Teen & Adult Programs

#### **BALLROOM DANCING LEVEL 3**

Instructed by Dennis Taylor Age: 16 yrs. + Duration: 10 weeks Start Date: Thursday, April 22 Time: 6:30 - 7:30 pm Location: Chesterville Community Centre, 1 Mill St. Registration Fee: \$70

To continue onto Ballroom Dancing Level 3, an excellent mastery of Level 2 steps is a prerequisite. Level 2 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. We will continue to emphasize proper technique and style. Regular, punctual attendance for each lesson is important. Each night will begin with a short review and practice of the previous lesson's dance. A couple of dance practices will be held to help you practice what you have learned. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.

#### **BALLROOM DANCING LEVEL 4**

Instructed by Dennis Taylor **Age:** 16 yrs. +

Age: 16 yrs. + Duration: 10 weeks Start Date: Tuesday, April 20

Time: 7:30 - 8:30 pm Location: Chesterville Community Centre, 1 Mill St.

Registration Fee: \$70

To continue onto Ballroom Dancing Level 4, an excellent mastery of Level 3 steps is a prerequisite. Level 3 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught.

We will continue to emphasize proper technique and style. Regular, punctual attendance for each lesson is important.

Each night will begin with a short review and practice of the previous lesson's dance. A couple of dance practices will be held to help you practice what you have learned. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.

#### BALLROOM DANCING LEVEL 5

Instructed by Dennis Taylor Age: 16 yrs. + Duration: 10 weeks Start Date: Thursday, April 22 Time: 7:30 - 8:30 pm Location: Chesterville Community Centre, 1 Mill St. Registration Fee: \$70

To continue onto Ballroom Dancing Level 5, an excellent mastery of Level 4 steps is a prerequisite. Level 4 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. We will continue to emphasize proper technique and style. Regular, punctual attendance for each lesson is important.

Each night will begin with a short review and practice of the previous lesson's dance. A couple of dance practices will be held to help you practice what you have learned. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.



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For more information or to make an appointment, please call 613-774-2456



#### **BALLROOM DANCING LEVEL 6**

Instructed by Dennis Taylor Age: 16 yrs. + Duration: 10 weeks Start Date: Thursday, April 22 Time: 8:30 - 9:30 pm Location: Chesterville Community Centre, 1 Mill St. Registration Fee: \$70

To continue onto Ballroom Dancing Level 6, an

excellent mastery of Level 5 steps is a prerequisite. Level 5 dance steps (Rumba, Foxtrot, Waltz, Cha-Cha, Triple Swing, and Samba) will be reviewed and new variations will be taught. We will continue to emphasize proper technique and style. Regular, punctual attendance for each lesson is important.

Each night will begin with a short review and practice of the previous lesson's dance. A couple of dance practices will be held to help you practice what you have learned. Proper dance footwear is mandatory. No slippers, running shoes, or work boots.

#### STABILITY BALL – ALL LEVELS

Instructed by Devon Lloyd Age: 16 yrs. + Duration: 10 weeks Start Date: Wednesday, April 28 Time: 6:30 - 7:30 pm Location: Chesterville Community Centre, 1 Mill St.

Registration Fee: \$100

This stability ball program is great for people of all fitness levels, including seniors and women who are pregnant. A variety of intensity levels will be presented so that all registrants are able to participate within their own skill level and comfort zone. These classes will allow for more than one muscle group to be worked at once and will focus on stretch and balance as well as cardio and strength training. Participants will also work on enhancing coordination, increasing flexibility, and boosting muscle tone, in order to obtain an overall, stronger core.

\*Please note that stability balls will not be provided for this class; however, balls can be borrowed, free of charge, from the Township of North Dundas Recreation Library. For more information, please contact Meaghan Elder at the Township Office at 613-774-2105 ext. 236.

#### **AFRICAN DRUMMING**

Instructed by Jody Marsolais (certified Vic Firth Instructor) Age: 11 yrs. to adult Duration: 8 weeks Start Date: Friday, April 23 Time: 7:30 - 9:00 pm Location: Winchester Cultural Centre, 478 Main St. Registration Fee: \$120

In this workshop, registrants will enjoy learning about the "ultimate brain exercise", better known as drumming. Join in for some team building exercises, as well as exercises for developing both focus and concentration. Have fun exploring some exotic group rhythms from around the world and discover some new and exciting drumming games. Also discussed, will be the four basic ways of counting using the jembe. Drums will be provided.



Teen & Adult Programs

#### NORTH DUNDAS LADIES VOLLEYBALL LEAGUE

Age: 21 yrs. + Duration: 7 weeks Start Date: Monday, May 3 Time: 7:00 pm - 8:30 pm Location: North Dundas District High School, 12835 Hwy 43, Chesterville Registration Fee: \$25

Come out and share some fun and laughs with the noncompetitive Ladies Volleyball League. Registrants will be split into four teams and enjoy the health benefits and team building experiences of this recreational sport. Maximum of 30 registrants.

#### JEWELLERY CREATIONS: ILLUSION NECKLACE AND WOVEN ILLUSION Age: 16 yrs. +

**Date:** Monday, April 19 **Time:** 6:30 pm - 9:00 pm



Location: Winchester Arena Boardroom, 577 Main St. Registration Fee: \$35. \*Materials and tools provided, however please indicate at the time of registration, if you own any tools that you will be able to bring to the class. Learn the technique of floating beads on wire, using crimps and glass beads to create a single strand necklace. Additionally, with three strands of flexible beading wire and glass pearls, weave a multi-strand necklace. Maximum 15 registrants.

#### JEWELLERY CREATIONS: WIRE WRAPPING

Age: 16 yrs. + Date: Monday, May 3 Time: 6:30 pm - 9:00 pm Location: Winchester Arena Boardroom, 577 Main St.

Location: Winchester Arena Boardroom, 577 Main St. Registration Fee: \$35. \*Materials and tools provided, however please indicate at the time of registration, if you own any tools that you will be able to bring to the class. Learn how to wrap semi precious stones. Two techniques are taught and two pendants will be completed by each student. Time permitting will

Just in time

for Mother's

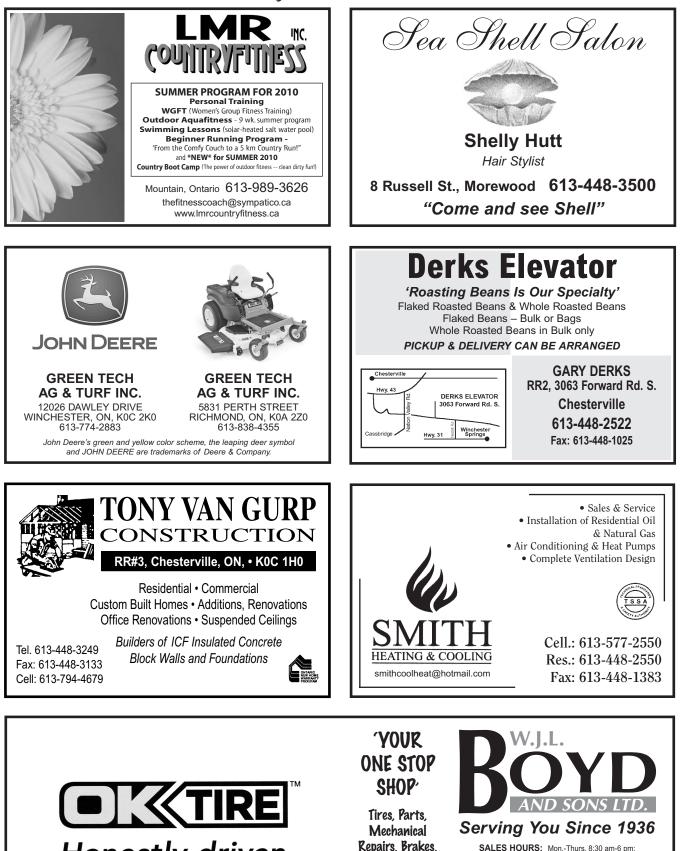
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pendants will be completed by each student. Time permitting, we will also learn how to make a wired bird's nest pendant with freshwater pearls. Maximum 15 registrants.

#### **JEWELLERY CREATIONS: BEAD KNOTTING**

Age: 16 yrs. + Date: Monday, May 17 Time: 6:30 pm - 9:00 pm Location: Winchester Arena Boardroom, 577 Main St. Registration Fee: \$35. \*Materials and tools provided, however please indicate at the time of registration, if you own any tools that you will be able to bring to the class. Create whimsical waterfall earrings with three strands of knotted silk and glass beads. Also, make a summer anklet with swarovski crystals and thread. Maximum 15 registrants.

# Teen & Adult Programs



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567 ST. LAWRENCE STREET WINCHESTER 613-774-2520

#### MRS. WLOTZKI'S NATURAL SCHOOL OF COOKING: QUILT WITHOUT GUILT

Age: 16 yrs.+ Date: Sunday, April 11 Time: 9:00 am - 5:00 pm Location: Winchester Community Centre, 577 Main St.

#### **Registration Fee:** \$77

Instructed by Victoria Vander Linden of Kenmore. Victoria is a well known speaker and quilter who has lived in Eastern Ontario for the past 25 years. She has taught at PEI and Ontario guilds, in stores, at shows, and at special events such as the Quilters' Pleasure Weekend that was held in Cornwall, as well as the Ontario Quilting Connections Retreat in Orillia.

#### **PROJECT OUTLINE:**

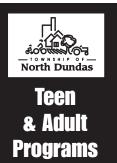
#### "Trip Around the World" – for beginners and beyond.

Learn to make this old favourite by an easy rotary cut and machine sewn method. The single size top can be completed in a day. Queen size instructions also available. Your supply list will be given at the time of registration. This workshop is for beginners and experienced quilters.

Included in our workshop is a guilt free, low calorie, 3-course, gourmet lunch, with a cooking demonstration. Morning snack and tea time snack are also included in this full day program. Catered by Mrs. Wlotzki's Natural School of Cooking.

Please advise us of any food allergies at the time of registration.

Please note registrants must be signed up by Monday, March 29 in order to ensure that there is sufficient participation and adequate supplies.



#### MRS. WLOTZKI'S NATURAL SCHOOL OF COOKING: BANG FOR 4 YOUR BUCK "AROUND THE WORLD SERIES" Age: 16 yrs.+

**Time:** 7:00 pm - 8:30 pm **Location:** Winchester Community Centre **Registration Fee:** Just \$20/class! Travel to one or all of these countries by joining us in our new hands on cooking workshops. Learn how

to prepare and bring home your meal to share with family or friends. Your cooking demonstration and recipes for these main entrees will **feed a family of four, for just \$20!** Mrs. Wlotzki will be showing you other alternative, natural ingredients that you can add to your recipes in order to make them more nutritious for you and your family. All you need to bring is containers for take-away!

Monday April 12 – Italy: Spinach & Ricotta Canneloni. Register by March 26.

Monday April 19 – China: Sweet and Sour Pork Stir Fry with Rice. Register by April 5.

Monday April 26 – Mexico: Mexican Shepherds Pie with Cheese. Register by: April 12.

Monday May 3 – India: Vegetable Indian Curry with Vegetables and Coconut Rice. Register by April 19.

Please inform us of any alergies at the time of registration.

In order to be able to offer this program at a lower cost these classes have been subsidized by the following businesses: Andy's Foodland, Nature's Way – Kemptville,

Township of North Dundas, Mrs. Wlotzki's Natural School of Cooking

A special thank you for their community involvement and gracious support of this program.





#### **BASIC DSLR\* (DIGITAL SINGLE LENS REFLEX) CAMERA AND COMPOSITION** COURSE

Age: 16 yrs. + Date: Saturday, March 27 Time: 1:00 pm - 5:30 pm Location: Winchester Arena Boardroom, 577 Main St. **Registration Fee: \$90** 

Do you want to get familiar with your DSLR Camera?

Do you want to learn the other side of auto and start, taking advantage of all that your camera has to offer? If so, this is the course for you. This course targets beginners who would like to make full use of their camera's capabilities by switching off auto mode and learning what all those manual settings let them do. The main emphasis will be on Aperture Value as this, for beginners, gives a good grasp of the basics before going all manual. In addition, we will cover Depth of Field, f/stops and their relationship, as well as ISO and other important settings that will allow you to get more out of your camera. After a small break, registrants will learn about the basics of composition for almost all genres of photography. So bring your camera, tripod and lenses, as well as your questions, and learn how to take your photography to the next level.

\* A DSLR camera is like a 35mm camera that has changeable lenses – this course is NOT for point and shoot pocket cameras.

#### PLEASURE CRAFT OPERATOR COURSE

Age: 12 yrs. +

Date: Tuesday, April 6

Location: Winchester Arena Boardroom, 577 Main St.

Time: 6:30 pm - 9:30 pm \*Please be sure to be 15-20 minutes early Registration Fee: \$75

This course is accredited by the Canadian Coast Guard and is mandatory for:

 All operators of pleasure crafts under 4 m in length including personal watercrafts

 All operators of pleasure crafts will need their boating license bv 2009

This course will include lessons and discussion on topics including: the outboard motor, water rescue equipment, basic seamanship techniques, boating basics, and bouyage system.

This comprehensive program will be 3-4 hrs. in length for a minimal cost of \$75 (GST incl.). Upon completion, students will receive the SAFE BOATING GUIDE and Pleasure Craft Operator Card (PCO Card) recognized by the Canadian Coast Guard. There is no recertification required at this time as per the Canadian Coast Guard.

#### **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. \*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 guizzes, 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 3-6 weeks.



Certification **& Interest** Courses

#### **OFFICE SKILLS FOR TODAY'S** ECONOMY – COURSE 1 OF 2

Instructed By Donna Curry Age: 18 years+ Duration: 6 weeks Start Date: Tuesday, April 20 Time: 6:30 pm - 9:30 pm (Please note: 8:30 pm - 9:30 pm is a one hour Q&A period with the instructor(s) or special guest speaker(s).

Location: North Dundas District High School, 12835 Hwy 43, Chesterville, classroom #214

Registration Fee: \$135. Includes Course Material and Administration Fees

Registration Deadline: April 16, in order to ensure that the proper number of course materials are available.

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

- Agendas

- Time Scheduling

Click) Review

- Major Project

- PowerPoint

Skills

- Excel

- Outlook

- Emailing

- Brainstorming Sessions

- Computer (Point and

- Computer Upgrading

- Inner Office Messages/

- Creating/Sending Files

Advertisements/

- Internet Highway/

Direct Mail

Websites

- Final Exam

(Microsoft Office)

- Document Preparation
- Communication Skills
- Phone Power
- Voice Mail
- External Customers/Internal Customers (what is the difference and why are they important)
- Resumes
- Resume Do's and Don'ts
- Resume Writing and Editing
- Scams/Worms/Hick-ups?
- Performance/Evaluation Forms
- Interviews
- Interview Preparation
- Interview Do's and Don'ts
- Interview Dress for Success
- Office Manuals
- Travel

#### **"EXCEL WITH EXCEL"** - COURSE 2 OF 2

Instructed by Bill Pretty Age: 18 years+

Duration: 4 weeks Start Date: Wednesday April 21

Time: 7:00 pm - 9:00 pm

Location: North Dundas District High School, classroom 214 Registration Fee: \$135

Registration Deadline: April 14, 2010, in order to ensure that the proper number of course materials are available.

To continue into "Excel with Excel", completion of "Office Skills For Today's Economy" is a pre-requisite.

This shortened program will offer the participant an opportunity to enhance their skills with Microsoft Excel. Through in-class instruction, Power Point presentations, and case studies scenarios; the participant will gain a higher level of comprehension with Microsoft Excel.

The program will cover the following areas/sections: - Charts

- Graphs
  - Themes
  - Formulas
  - Data (Web)

# **Certification & Interest Courses**





#### "ABOVE AND BEYOND" HOSPITALITY & TOURISM

Instructor: Donna Curry (Certified Travel Consultant and Certified Travel Manager)

Age: 18 years+

Duration: 8 weeks

Start Date: Thursday, April 22, 6:30 - 9:30 pm Registration: \$155 includes course materials/textbook

Level 1: (Please Note: that Level 2, 3, and 4 will be

offered in the fall term. The pre-requisites for these programs is Level 1)

**Registration Deadline:** April 15, 2010, in order to ensure that the proper number of course materials and textbooks are available. Co-op Placements: 80 hours (Maximum)

Have you ever wondered what it would be like to study, work, and travel for a living? Are you a creative, detailed-orientated, adventurous, and thorough? Do you like to plan parties? If you have responded YES to the questions asked; then your new career awaits. The **"Above and Beyond Hospitality & Tourism Program"** will take you there and get you the education for where you want to be. The program will cover the following areas/sections:

Introduction To The Hospitality & Tourism Industry

- Travel: Codes (Encoding and Decoding) Introduction to Reservations/Bookings "Planes, Trains, Ships, and Automobiles" B&Bs, Inns, Motels, Hotels, Resorts, and their ratings
- Planning: Scheduling and Budgets Parties, Milestones, Showers, and Weddings Meetings Inside and Out Final Exam

#### THE CANADIAN FIREARMS SAFETY COURSE

Age: None specified.

Duration: 2 days

Dates: Saturday, May 1 and Sunday, May 2

**Time:** 9:00 am - 5:00 pm (*Please note that the Sunday portion of the course will end later and dismissal time will depend upon the time required by the students to complete the exam. Dismissal time could be anywhere from 6 pm +)* 

Location: Winchester Arena Boardroom, 577 Main St.

Registration Fee: \$125. \*Includes course and exam. Please note that all registrants are required to use the "Canadian Firearms Course Student Manual" for this course. Students are invited to bring their own manual or purchase a manual at the course for \$5. The manual titled "Canadian Restricted Firearms Safety Course" is not suitable.

The Canadian Firearms Safety Course is a federal course in safe firearms handling for non-restricted firearms (non-restricted firearms are the rifles and shotguns that you would normally use for hunting). The course teaches basic skills in the safe handling of these firearms. Successful completion of the Canadian Firearms Safety Course Exam is normally a requirement to obtain a Possession Acquisition License (PAL) for non-restricted firearms. Students wishing to register in this course can be any age, however, registrants must be 15 yrs. of age to apply for a Minors Permit or 18 yrs. of age to apply for a Possession Acquisition License.

The deadline for course registration is no later than Thursday, April 22 in order to ensure that the proper number of course materials are ordered.



Certification & Interest Courses

# THE ONTARIO HUNTER EDUCATION COURSE

Age: 12 yrs. + Duration: 2 days Dates: Saturday, May 8 and Sunday, May 9 Time: 9:00 am - 5:00 pm Location: Winchester Arena Boardroom, 577 Main St. Registration Fee: \$125. \*Includes manual, course, and exam.

The Ontario Hunter Education Course is a provincial course for Ontario residents who wish to get an Ontario Hunting version Outdoors Card and thereby be eligible to purchase an Ontario residents hunting license. To be eligible to take the Ontario Hunter Education Course and test, you must reside in Ontario for at least six months. The Ontario Hunter Education test can not normally be taken without first completing the course. (There are exceptions for a new resident of Ontario who has had a hunting license issued in another jurisdiction and can provide proof. Those persons can attempt to challenge the Ontario Hunter Education Test one time only without taking the course.)

**Someone, 12, 13, or 14 years of age** who takes just the Hunter Education Course will only be issued an A2 Hunter Apprentice Card (which allows them only to hunt with archery equipment) by the Ministry of Natural Resources. If the registrant can prove that they took and passed the Canadian Firearms Course and Exam, they will be issued an A1 Hunter Apprentice Card (which allows for the use of firearms).

**Someone 15 years of age**, who takes just the Hunter Education Course will only be given an H2 Outdoors Card, with parental permission, (which allows them only to hunt with archery equipment) by the Ministry of Natural Resources. If the registrant can prove that they took and passed the Canadian Firearms Course and Exam, they will be issued an H1 Hunter Apprentice Card (which allows for the use of firearms).

**Someone 16, 17, or 18 years of age**, who takes just the Hunter Education Course will only be given an H2 Outdoors Card (parental permission not required), (which allows them only to hunt with archery equipment) by the Ministry of Natural Resources. If the registrant can prove that they took and passed the Canadian Firearms Course and Exam, they will be issued an H1 Outdoors Card (which allows for the use of firearms).

**Someone 18 years of age or older,** will only be given an H2 outdoors card (parental permission not required), (which allows them only to hunt with archery equipment) by the Ministry of Natural Resources. If the registrant can prove that they passed the Canadian Firearms Exam, they will be issued an H1 Outdoors Card (which allows for the use of firearms).

Essentially, anyone who wants to hunt with archery equipment only requires the Hunter Education Course but anyone wanting to use a firearm generally takes the firearm course.

The deadline for course registration is no later than Thursday, April 29 in order to ensure that the proper number of course materials are ordered. Certification & Interest Courses



Winchester Dairyfest 2010



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

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#### WINCHESTER CO-ED MINOR BALL HOCKEY

Amy & Tony Fraser: 613-774-2182 REGISTRATION Chesterville Arena: March 17 & 18, 6:30 pm to 8:00 pm Winchester Arena: March 22 & 25, 6:30 pm to 8:00 pm \*\*Phone registrations will NOT be accepted. Juniors 8 - 11 yrs. \$50 Seniors 12 - 16 yrs. \$60

\*Ages as of Jan. 1, 2010

Games are played Wednesday nights at Winchester Arena.

#### 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.

#### WINCHESTER BADMINTON CLUB

#### Adrian: 613-774-4949

Winchester Badminton Club will be open for the 2009-2010 season. The Club's season began October 6, 2009 and takes place Tuesday and Friday evenings from 7-9:00 pm at Winchester Public School. Registration is \$35 per person. For more information or to register, please contact Adrian.

#### **CHESTERVILLE/WINCHESTER LADIES BALL** HOCKEY

Heather Erwin: 613-989-6145

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#### CHESTERVILLE MINOR BASEBALL Danny McLeod: 613-448-1580 Peter Forester: 613-448-3365

Registration will be held at the Chesterville Fire Hall on Thursday, March 25 from 6:00 to 8:00 pm and on Saturday, March 27, 2010 from 10:00 am to 12 noon. Please call for more information.

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

#### **CHESTERVILLE GIRLS BALL HOCKEY** LEAGUE

#### Roxanne Backes: 613-448-1825

Registration is Thursday, March 25 from 6 - 8 pm in the Winchester Arena lobby. Games will take place in Winchester on Monday nights. Girls born between January 1, 1998 and December 31, 1994 are welcome to play. For more information or to register, please call Roxanne Backes.

#### **NORTH DUNDAS UNITED SOCCER CLUB**

generalinguiries@ndusc.ca

Season Start Date: Mid May. Age: 2 yrs+. There is a category for all ages. Chesterville and Mountain: Fun and Games with soccer age 2-3 yrs. Co-ed house league for children U5, U7, U9, U11, and U13 (Chesterville only). South Side Soccer league U13, U15, and U18. Co-ed adult soccer age 18+. Women's League. Registration Dates: TBD. Please see local newspapers (Winchester Press, Chesterville Record, and Morrisburg Leader) for details or email for more information.

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**Community Sports** 



# Summer Camp Information

All camps run from 9 am until 4 pm daily with drop-off from 8-9 am and pick-up from 4-5 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 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. Post-dated cheques will not be accepted as a valid method of payment. All camps are peanut-free. For more information please visit the Township of North Dundas Recreation & Culture web page at www.northdundas.com or stay tuned for more information that will be released in the May program brochure. Brochures will be delivered to all elementary schools, libraries, and arenas in North Dundas, and will also be available at the Township Office. Please note that summer camp trips and activities may change without notice.

#### **MAGIC MIXER**

Ages: 5 to 12 yrs. Dates: July 5 - 9 Location: Winchester Community Centre, 577 Mill St., Winchester

#### Registration Fee: \$130

This week at camp, we're mixin' it up! Take a little bit of water fun, add a hint of sports, mix in a scavenger hunt and a pinch of cooking and baking; then add a dash of magic, shake it up, and get ready to enjoy! We will also take a trip to the Old Town Hall for some arts and heritage and return to the hall later that week for an afternoon of magic and a movie! Ottawa Magician Michael Bourada has undeniably become one of the leaders of magical entertainment in the nation's capital. With a show that is truly original you will not be disappointed! Campers will learn some magic tricks and put on a show in front of a live audience!

#### **SURVIVAL CAMP**

Ages: 5 to 12 yrs. Dates: July 12 - 16 Location: Winchester Community Centre, 577 Mill St., Winchester

#### Registration Fee: \$130

It's all about survival of the fittest this week and you'll learn the skills to do just that. Spend a day at Camp Sheldrick where you will learn how to build a fire, cook a lunch safely over an open flame, use a compass for a scavenger hunt, and learn new games that use only what nature has to offer. Campers will also create a survival kit, learn how to purify water, take part in a pool relay, and enjoy many other fun games and activities all week long. Also included as a component of this camp, is the St. John Ambulance Home Alone & Life Saver Interest Course with an additional Fire Safety component presented by the local fire department. The St. John certificate course provides comprehensive, state-of-the-art course materials along with St. John Ambulance quality training that will give campers 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.

#### ADVENTURE CAMP

Ages: 5 to 12 yrs. Dates: July 19 - 23 Location: Winchester Community Centre, 577 Mill St., Winchester

#### Registration Fee: \$130

Are you a thrill seeker who craves new adventures and enjoys the great outdoors? If you are, then don't miss out on Adventure Camp. Pack your bag for a day trip to the YMCA Camp Otonabee where you can reach for the top with rock climbing, race to the finish line in a canoe voyage, and test your fearlessness by going to all new heights with high rope and low rope challenges. But that's not all! Together with your team of campers and a GPS, you will go on a geocaching extravaganza in search of treasures that are hidden by other individuals, in our local area. Campers will then work in teams to create and hide their own geocach for fellow campers to locate. Take part in relay races, splash it up with water antics, and let the adventure begin!

#### **GIRL POWER**

Ages: 5 to 12 yrs. Dates: July 26 - 30 Location: Winchester Community Centre, 577 Mill St., Winchester

#### Registration Fee: \$130

You go girl! This week it's all about getting' down and getting' girly! Create a chocolate fondu treat for you and your friends to enjoy, prepare for a bake sale and donate the profits to a local charity of choice (as decided by you and your peers), take a trip to the local movie theatre for a girls afternoon out with popcorn and treats, and design a t-shirt transfer with your own positive message. You'll also have fun posing for pictures in order to create an inspirational wall hanging, getting creative with art projects, and pampering yourself during a spa party! Also enjoy some fun in the sun with a picnic, swimming, and games.

#### EARTH, WIND, WATER & FIRE

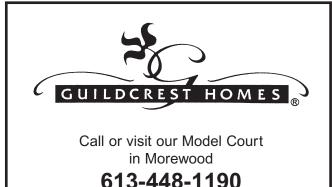
Ages: 5 to 12 yrs. Dates: August 3 - 6 Location: Chesterville Public School, 38 College St., Chesterville

#### Registration Fee: \$100

It's all about the elements this week as campers learn about and explore the wonders of the earth, wind, water, and fire. Get out your green thumb and plant a mini garden to grow and harvest at home, make a kite and watch it soar, and build a solar oven to make some smores. Campers will also make an anemometer to measure the wind speed and learn about fire in order to complete a fire safety challenge. Campers will learn about fossils, create their own, and then incorporate them into a scavenger hunt using fun facts found at the library. Using a compass, campers will then venture out to find each hidden fossil. This week we will welcome South Nation Conservation, who will be leading campers in activities like tree trivia (otherwise known as "Treevia"), tree and earth art, creating a watershed, and making worm kits for vermicomposting. Campers will also take a day trip to the Upper Canada Mirgatory Bird Sanctuary where they will conduct a pond study, take a nature walk, have a picnic, and learn about and observe a wide variety of plants, animals, and wildlife signs.

Spring/Summer 2010







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#### **TRUE SPORT**

Ages: 5 to 12 yrs. Dates: August 16 - 20 Location: Nelson LaPrade Centre, 9 William St., Chesterville

#### Registration Fee: \$130

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!

#### SWIM LESSON SPECTACULAR

Ages: 5 to 12 yrs. Dates: August 16 - 27 Location: Nelson LaP

Location: Nelson LaPrade Centre, 9 William St., Chesterville Registration Fee: \$290

This camp is designed for each participant to be enrolled in a two-week swimming lesson level. Campers will be scheduled for a 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 Water World & True Sport camps, however, the Swim Lesson Spectacular camp fee will include the registration fees for all three camps. A \$30+ savings!

#### ADVENTURES IN THE KITCHEN

Ages: 5 to 12 yrs. Dates: August 9 - 13

Location: Winchester Community Centre, 577 Mill St., Winchester Registration Fee: \$130

Have fun making yummy recipes like casseroles, soup, pie, trifle, lasagne, pizza, cookies, muffins, and more! Participate in eating contests, make your own jam, and learn about proper diet as well as the importance of clean hands and a clean kitchen.

as the importance of clean hands and a clean kitchen. Campers will also have fun planning and organizing their very own at-home dinner party! Create your own guest list and party invitations, plan a three-course meal, write a shopping list, create and decorate napkin rings and place cards, and learn how to properly set a table. 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.

#### WATER WORLD

Ages: 5 to 12 yrs. Dates: August 23 -27

Location: Nelson LaPrade Centre, 9 William St., Chesterville Registration Fee: \$130

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-tball, and lots of games and activities! Campers will also be taking a day trip to the new Calypso Water Park! Get ready to enjoy over 35 waterslides, Canada's largest wave pool, and over 100 water games! Keep cool this summer in Water World!

#### SUMMER HERITAGE MUSEUM

OLD TOWN HALL, WINCHESTER 613-774-2105

Once again the Summer Heritage Museum will be open to the public. Come out and view the municipalities' heritage where specific displays will



be featured. In the past, displays on schools, sports, and churches have been featured. The museum will be open every Wednesday from 2 pm to 5 pm and Friday from 1 pm to 4 pm starting June 30, 2010. The museum will also be open Dairyfest weekend, August 6, 2010.

If you have an interest in participating or have artifacts or heritage items that you would like to loan for the displays please contact the Summer Heritage Coordinator after May 17, 2010 at 613-774-2105.



#### TOWNSHIP OF NORTH DUNDAS COMMUNITY TREE PROGRAM



Trees are a vital component in any community. They provide cool summer shade, reduce the chill of a winter wind, clean the air, reduce noise, beautify our streets and help to give our communities a unique character. A community tree program contributes to the well-being of the community through the beauty and utility of trees.

#### In partnership with the Resource Stewardship SD&G Council we have developed a Community Tree Program, which will focus on greening our public spaces through partnership with community groups, businesses, and the general public.

The focus for 2010, will be on the Winchester 100 Club Park but many other community sites such as the Chesterville Community Park and the South Mountain Fire Hall will be included in future years as support and awareness of this initiative grows.

The Resource Stewardship SD&G Council is working to secure financial support from a variety of environmental funding agencies.

Community sponsorship opportunities exist for those interested in this worthwhile cause at three levels: The Pine Level - \$50

The Walnut Level - \$150 The Maple Level - \$250

All sponsorship funds will be directed toward tree purchase and maintenance supplies only, e.g. wood chips, tree guards, etc...

To obtain further information about the Township of North Dundas Community Tree program, arrange a presentation or should you wish to become a sponsor, please contact: Mark Guy, Director of Recreation and Culture for the Township of North Dundas. Phone: 613-774-2105, ext. 223. Email: mguy@northdundas.com.

**Summer Camps** 



Spring/Summer 2010

#### **LESSON CLASSES**

PRESCHOOL (4 months to 35 months) Parent and Tot 1, 2, 3 – 30 minutes

PRESCHOOL (3 to 5 years) Preschool A to E – 30 minutes

per lesson. CHILDREN (6 to 12 years) Please see your local pool for more Swimmer 1, 2, 3, 4 – 40 minutes information. Swimmer 5, 6 – 50 minutes Swimmer 7 (Rookie Patrol) - 60 minutes Swimmer 8 (Ranger Patrol) – 60 minutes Swimmer 9 (Star Patrol) - 60 minutes Bronze Star - 60 minutes, offered at both pools Bronze Medallion - 60 minutes, offered at Winchester only Bronze Cross – 60 minutes, offered at Chesterville only

Private

Lessons:

\$15/half hour

#### **SESSION DATES:**

Winchester	Start Date	End Date
Session 1 (evening only)	June 21	July 2 *
Session 2	July 5	July 16
Session 3	July 19	July 30
Session 4	August 2	August 13
Session 5	August 16	August 27
<b>Chesterville</b>	Start Date	End Date
Session 1 (evening only)	June 21	July 2
Session 2	July 5	July 16
Session 3	July 19	July 30
Session 4	August 2	August 13

\* Please note that there are no lessons on July 1.

From August 16 - August 27, various clinics will be held at the Chesterville Pool, ranging from synchronized swimming to diving. Registration information to follow.

#### SWIMMING LESSON REGISTRATION

Register by phone, fax, or in person at the: Township of North Dundas office 636 St. Lawrence St., Winchester, Ontario Phone: (613) 774-2105 Fax: (613) 774-5699 No in-person registration times will be scheduled.



# Information

Swimmer 1-6 Ranger/Rookie/Star Bronze Star **Emergency First Aid** & Bronze Medallion **Emergency First Aid** & Bronze Cross

**REGISTRATION FEES:** 

Parent & Tot Preschool

\$60 person/level \$60 person/level \$70 person/level \$75 person/level \$85 person/level \$110 person/level

\$110 person/level

#### **LESSON TIMES:**

Session 1 (evening only)	Winchester Centennial Pool	Chesterville Pool
Preschool A & B Preschool C & D/E Swimmer 1 & 3 Swimmer 2 & 4 Swimmer 5 Swimmer 6 Ranger/Rookie/Star	5:45 - 6:15 pm 6:20 - 6:50 pm 7:00 - 7:40 pm 5:45 - 6:25 pm 6:20 - 7:10 pm 5:45 - 6:35 pm 7:00 - 8:00 pm	5:45 - 6:15 pm 6:20 - 6:50 pm 5:45 - 6:25 pm 7:00 - 7:40 pm 6:20 - 7:10 pm 6:45 - 7:35 pm 7:00 - 8:00 pm
Session 2-5	Winchester Centennial Pool	Chesterville Pool
Bronze Medallion	July 5 - 23 7:00 - 9:30 am	N/A
Bronze Cross	N/A	July 26-Aug. 13 7:00 - 9:30 am
Bronze Star Preschool A & B Preschool C & D/E Swimmer 1 Swimmer 2 Swimmer 3 Swimmer 4 Swimmer 5 Swimmer 6 Ranger/Rookie/Star Parent & Tot	8:00 - 9:30 am 10:30 - 11:00 am 11:10 - 11:40 am 9:30 - 10:10 am 8:30 - 9:10 am 9:30 - 10:10 am 8:30 - 9:10 am 9:30 - 10:20 am 9:30 - 10:20 am 10:30 - 11:30 am 11:40 am -12:10pm	7:00 - 9:30 am         8:00 - 9:30 am         11:00 - 11:30 am         10:30 - 11:00 am         11:30 am - 12:10 pm         10:20 - 11:00 am         11:30 am - 12:10 pm         9:30 - 10:10 am         11:20 am - 12:10 pm         10:30 - 11:20 am         9:30 - 10:30 am         11:30 am - 12:00 pm



CANADA DAY PUBLIC SWIMMING: Thursday, July 1, 2:00 pm to 5:00 pm & Friday, July 2nd 2:00 pm to 5:00 pm

SEASON PASS: 7:00 pm - 9:00 pm Single \$60

\$125

Family Saturday - Sunday: 1:00 pm - 7:00 pm 12:00 pm - 1:00 pm

Adult Lane Swim (Mon., Wed., Fri.): 6:00 pm - 7:00 pm Parent & Child Swim (5 & under) (Tues., Wed. & Fri.): 1:00 pm - 2:00 pm

**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.

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# 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 – a simple concept. Connect people with surplus "stuff"... with others who will use that surplus stuff. Simplify; give away; FULL CIRCLE; your surplus stuff here... chair, fax machine, clothing, appliances, piano, computer, even old cars! It doesn't matter! Nothing's too big or too small.

Looking for something yourself. Shop FULL CIRCLES first! Before you buy, ask for it here. Contact us at Yahoo Group http://groups.yahoo.com/group/NorthDundasFullCircles or http://www.northdundas.com Under Waste Management!

# 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

# THE ONTARIO CHILD BENEFITS

#### 1-800-387-1193, www.ontario.ca/childbenefit

The Ontario Child Benefit is a provincial government program to help low-income families provide for their children. Beginning in July 2009, eligible families will receive up to \$92 per child each month – up to a maximum of \$1,100 a year for each child. Your eligibility is based on the number of children in your family and your family income. You may be eligible if you:

- Have a child under 18 and are in a low-income family
- Have filed your annual income tax return and so has your spouse or common-law partner
- Are registered for the Canada Child Tax Benefit
- Are a resident of Ontario for the past 18 months.

# 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 Thursday of every month at the Ontario Early Years Centre, 520 St. Lawrence St. in Winchester at 7.30 pm

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



#### DUNDAS COUNTY FOOD BANK 613- 774-0188

**Community Organizations Community Organizations Community Organizations** 

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

Our Morrisburg location is at 17 Second Avenue, 613-543-0065. *"Depending on Volunteers"* Call us and enquire how we can work together.

# THE HOUSE OF LAZARUS

#### 613-989-3830, www.houseoflazarus.org The House of Lazarus Community Outreach Mission is located at 2245 Simms St. in Mountain.

Our services include a food bank, a thrift shop and a household goods shop. All are welcome to come and shop for good value clothing and household items at low prices.

The proceeds from our shops go to support our food bank and our programs. The House of Lazarus also supports fire victims and our local shelter, as well as clients of area food banks; providing clothing and household goods, to help aid those in need, or in rebuilding their lives.

For up-to-date information on sales and our other activities please visit the House of Lazarus 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.

# **EASTERN ONTARIO HEALTH UNIT**

Health Line: 1-800-267-7120

Winchester Branch: 613-774-2739, www.eohu.ca The Eastern Ontario Health Unit offers a wide range of programs and services to promote healthy living in your community. Our quit smoking courses and workshops, pre-natal and parenting courses, immunization clinics, food and water safety programs, workplace programs, and "Watch Me Grow" drop-in centers are just a few examples of how we can help you stay healthy and safe. We also host a variety of forums and workshops throughout the year. Check out our website at www.eohu.ca for regular updates. For more information on how we can help you, call the Eastern Ontario Health Unit at 613-774-2739 or call the Health Line at 1-800-267-7120.

# THE "THINK FOOD" CAMPAIGN 613-774-0188

This program is supported by Food Banks Canada and the Ontario FB Association and so far has collected over a quarter of a million printer cartridges, and over 50,000 unwanted cell phones, which translates to 150,000 pounds of food for food banks. Although the ink cartridge program has been discontinued, the cell phone recycling is on-going.

In the past, collection sites in Dundas County, in addition to the Food Bank itself, have consisted of township offices, all public libraries, as well as some local businesses.

If your workplace would consider being a collection/ drop-off site for cell phones, please contact the Administrator of the Food Bank.

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# Living IN NORTH DUNDAS TOWNSHIP

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# GIRL GUIDES OF CANADA

Lisa Gillis: 613-722-2178 ext. 6126 Guides Canada welcomes girls 5-17 yrs.+ and women over 18 yrs. to be part of the following groups: Sparks 5-6 yrs., Brownies 7-8 yrs., Guides 9-12 yrs., Pathfinders 12-14 yrs., and Rangers 15-17 yrs.+ ; adults as leaders, mentors, alumni, team members, and more.

Learn leadership, decision-making, and life skills through special camps and trips at the provincial and national level. Registration is now taking place and is ongoing.

# 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., and Explorers 11+ yrs.

Registration for these great programs will take place in September, so please watch for dates, times, and locations in the *Winchester Press* as well as in flyers sent home with students of Winchester Public School. We are always interested in leaders with experience or not.

Timber Wolves meet on Wednesday evenings at Winchester P. S. and Otters meet on Thursday evenings at Winchester P. S.

# **DUNDAS COUNTY 4-H CLUB**

#### Carolyn Lillico: 613-989-2917

4-H is an organization dedicated to the personal development of youth through "hands-on" learning. Both, agricultural and life skill projects are available in our county.

Our volunteer leaders are dedicated, screened individuals who want to provide a safe, fun learning environment within their club. 4-H is open to all youth, whether they are from the city, rural community or a farm.

Members must be at least 10 years old and no older than 21. An annual membership fee of \$50 is paid to 4-H Ontario. There are opportunities to participate in local, regional, provincial, national and international events.

We will be holding an information night in late March or early April. Please look for information in the *Winchester Press* or call Carolyn for more information.

# CHESTERVILLE GREEN GANG

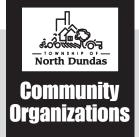
#### Shirley Coons: 613-448-2099

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.

The Green Gang is currently selling 50/50 tickets to raise money for the Chesterville Waterfront Project. Tickets are \$2 each or 3 for \$5 and are available for purchase by any Green Gang member or by contacting Shirley.

The Green Gang is actively looking for new volunteers to help with future endeavours.



# **ENERGIZE TASK FORCE**

Candace Weaver / Lisa Watt, Clinical Dietitian WDMH, 613-774-2420 ext 6761

The Energize Task Force is a group of community partners working to reduce child obesity through programs promoting healthy eating and increased physical activity.

We are actively searching for new partners and volunteers to work with us in organizing activities, promoting healthy lifestyles, and creating positive environments for our youth. If you would like more information or are interested in joining the Energize Task Force, please contact one of the individuals above.

# **DUNDAS COUNTY HOSPICE**

#### 613-535-2215, info@dundascountyhospice.ca

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

disease. Some of our programs include: Visiting Volunteers – Our volunteers are carefully

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

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, CDs, and videos are available for loan at any time, to anyone.

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

**Day Hospice** – Held three times monthly, this day consists of an activity (crafts, speaker, games, etc.) and a healthy lunch.

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

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

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

The Hoedown will be held on Saturday, October 16, 2010 at the Matilda Community Hall in Dixon's Corners.

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.

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



**Gommunity Organizations** 



Chesterville Fair: July 23 - 25, 2010 Mountain Summer Games: July 17, 2010 South Mountain Fair: August 12 - 15, 2010 Winchester Dairyfest: August 7 - 8, 2010

### **UPPER CANADA RODEO**

On June 19 - 20, 2010, the Chesterville Fairgrounds will be the home for our first ever Professional Rodeo and weekend long festival. The professional competition will feature world class cowboys competing in a two-day, head-to-head match, in three of the most dangerous sports in the world; Bareback Bronc Riding, Saddle Bronc Riding, and Bull Riding. Plus there will be roping, barrel racing and steer wrestling competitions, and various equine and cattle events all weekend long. Topping off the excitement in the arena we are adding a lineup of local musicians, activities/entertainment throughout the grounds, unique vendors, and a weekend-long Farmers Market.

The fairgrounds won't be the only source for entertainment; you will find dry camping for the weekend, boat rentals at the new waterfront, and sidewalk sales throughout the town.

For more information, to book a vendor space, become a sponsor or to volunteer, email uppercanadarodeo@bell.net or visit our website at www.uppercanadarodeo.com.

# **BLOOD DONOR CLINICS:**

CANADIAN SOCIÉTÉ BLOOD CANADIENNE SERVICES DU SANG Please drop-in to make your donation or call 1-888-2-DONATE to book an appointment Date: Thursday, June 10, 2010 Location: Chesterville Royal Canadian Legion, 167 Queen Street **Time:** 1:00 - 8:00 pm

# **CHESTERVILLE FARMERS' MARKET**

Shaun Funk: 613-448-4308 Cheryl Beasley: 613-774-2224 chestervillefarmersmarket@yahoo.ca

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

The market is opened from May 22 to Oct. 9, Saturday mornings 8 am to 1 pm. Please feel free to call and book your event with one of the individuals above.

# **MOUNTAIN AND DISTRICT LIONS CLUB**

President: Dermid O'Farrell - 613-989-2121 Vice President: Karl Ceelen - 613-445-3859

Membership Chair: Roxanne Backes – 613-448-1825 Meetings are held on the first and third Thursday of each month in the Mountain Community Hall. The Motto of the Lions Club is "We Serve" and the members of the Mountain & District Lions Club have been actively involved in serving our community for the past 28 years. Anyone interested in joining our Lions Club, please contact anyone listed above.

Upcoming Activities: Spring Fundraiser - Join us for dinner and entertainment on April 24, 2010. Tribute to the Beatles. For more information or to purchase tickets, please contact the individuals above.

**& Events** 

#### **CHESTERVILLE ROTARY CLUB** Michael Cassell: 613-448-2474

Each year the Rotary Club of Chesterville sponsors the Annual Terry Fox Run. As in the past years, the run begins at the North Dundas District High School. This year's run is set for Sunday, September 19, 2010. Registration begins at 8:00 am and ends at noon. Walk, run, or ride a bike!

Come out and support the fight against cancer.

To honour our veterans and other members of the Legion, the Rotary Club invites the Chesterville Legion to a dinner, in their honour. This takes place on Monday, November 15, 2009.

Breakfast with Santa! Come and join us at the Chesterville Legion for a morning of hearty eating, fellowship, and Christmas crafts for the kids. This year Santa will be at the Legion on Saturday, December 4, from 9:00 am until noon.

Rotary Carnival Breakfasts will be held at the Chesterville Legion on the Saturday of the carnival.

For more information on any of the above events, please contact Mike Cassell.

# WINCHESTER LEGION BRANCH #108

613-774-3694, 482 Main Street, East, Winchester We want to welcome you to the Winchester Legion for friendly conversation, a game of cards, and 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 7:30 pm. The Legion has a wide variety of activities open to the community including darts and euchre tournaments. Hall rentals are also available for small parties, capacity being 50 people.

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

HOURS OF OPERATION:

Monday, Tuesday and Wednesday 2 pm - 8 pm; Thursday 2 pm -10 pm; Friday 12 noon - 10 pm; Saturday 12 noon - 8 pm.

#### **CHESTERVILLE LEGION BRANCH 434** Gail Melvin: 613-448-1997 167 Queen St., Chesterville

Attend the Chesterville Legion for weekly activities including darts and euchre; stay for a drink, and enjoy a friendly chat with fellow patrons and Legion members. Join the Legion for their monthly meetings which include the Executive Meeting that takes place the first Monday of each month and the General Meeting that takes place the third Monday of each month. Also included in the Legion's regular scheduled monthly activities are Legion suppers; \$12/pp. Hall rentals available. For information on rentals, Legion programs, events, as well as general inquiries and information on becoming a member, contact Gail Melvin.

HOURS OF OPERATION:

Tuesday - Thursday 12 noon - 7 pm; Friday & Saturday 12 noon - Close; Sunday & Monday CLOSED

### WINCHESTER COMMUNITY YARD **SALE & SIDEWALK SALE DAY**

Saturday, May 29, 2010, beginning at 8 am. Check out great bargains offered by Winchester merchants at the Sidewalk Sale, and at the numerous garage sales throughout Winchester.



# **Living** IN NORTH DUNDAS TOWNSHIP



# 1-888-805-2513

621 Pitt Street, Cornwall, Ont., K6J 3R8 613-937-3331 info@guylaulzon.ca • www.guylauzon.ca

Constituency Office Located at the Township of North Dundas Municipal Building

636 St. Lawrence Street, Winchester Open on Mondays only, 10:30 am-12 noon

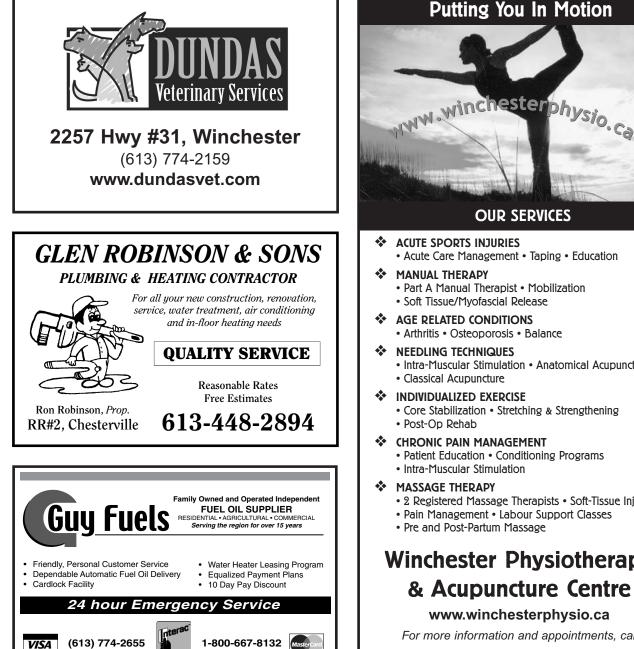




# Terry's Restoration Shop

Tractor Trailer Painting Sandblasting, Painting and Lettering Service Specializing in painting - Imron Basecoat - Clearcoat 613-989-2773 Fax: 613-989-3868

Terry Palmer RR3, Mountain, Ont., K0E 1S0



# **Putting You In Motion**

- Intra-Muscular Stimulation 
   Anatomical Acupuncture
- Core Stabilization Stretching & Strengthening
- Patient Education Conditioning Programs
- 2 Registered Massage Therapists Soft-Tissue Injuries

# Winchester Physiotherapy & Acupuncture Centre

#### www.winchesterphysio.ca

For more information and appointments, call 613-774-4505

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# HARMONY DROP-IN CENTRE

Harmony Church office: 774-5170 Ron Laura Gannon-Berg: 613-821-0261 We invite youth ages 12-17 to register for an opportunity to improve communication and leadership skills through an 8-week Toastmasters Youth Leadership Program sponsored by the

Morrisburg Toastmaster Club. This program will take place from Thursday, March 25 to May 20, 2010, 7:00 - 8:30 pm, at the Harmony Drop-In Centre, located at 29 Main Street, Chesterville. This 8-session workshop provides youth with the opportunity to practice public speaking, evaluations, table topics (impromptu speaking), chairmanship, and other skills in a warm, mutually supportive environment. Classes are limited to 12 participants, so if you are interested, register early! There is no cost to participants for tuition or materials. To register please call the numbers listed above.

# **DUNDAS COUNTY PLAYERS**

#### Caroline Roberts: 613-448-3534

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

#### HOTBED HOTEL by Michael Parker. Directed by John Orton. April 9 and 10 at 7:30 pm; April 11 at 2:00 pm; April 16 and 17 at 7:30 pm; April 18 at 2:00 pm

To make a failing hotel appear more prosperous to a prospective buyer, the owners have their tipsy handyman and vacant maid masquerade as paying guests. Add to that an eccentric retired British Army Major, a wealthy Arab Sheik, a nymphomaniac dubbed the Barracuda, the prospective buyer's mistress, followed unexpectedly by his jealous wife and you have a laugh a minute merry-go-round that leaves audiences screaming with delight.

# THE RELUCTANT RESURRECTION OF SHERLOCK HOLMES by David Belke. Directed by Tony Glen.

November 5 and 6 at 7:30 pm; November 7 at 2:00 pm; November 12 and 13 at 7:30 pm; November 14 at 2:00 pm When Sir Arthur Conan Doyle is called upon to solve a mysterious murder he is convinced that it is the result of the paranormal. However, it soon becomes apparent that he is the one who is possessed, and not by any ordinary ghost, but by his own literary creation, Sherlock Holmes. The twists and turns of this clever play will leave you haunted by one of the most enduring characters of all time.

#### MURDER BY THE BOOK by Mat Kelly.

**November 26 and 27 at 7:30 pm; November 28 at 2:00 pm.** What happens when five eccentric murder mystery writers set out to solve a real life murder which has taken place right beneath their nose? Their imaginative speculation is matched only by the clever plot of local playwright, Mat Kelly, who shows us that truth can be sometimes stranger than fiction, and a whole lot more amusing!

FOR INFORMATION ON THE PRODUCTIONS CONTACT BILL STEELE AT 774-6107 All performances take place at the North Dundas Old Town Hall for Arts and Heritage, 478 Main St., Winchester. www.dcplayers.ca



#### WINCHESTER LIONS CLUB 515 Albert St., Winchester

Doug Shirreffs: 613-774-1386, dshir@sympatico.ca

Serving Winchester for over 40 years. Meetings are 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.

Winchester Lions Bingo every Monday night from September 14 until June 21. Doors open at 6:30 pm, game begins at 7:00 pm.

# **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 the town of Chesterville, the Society is interested in preserving the history and artifacts of the surrounding Township. We have many artifacts, displays and books detailing the history of the area as well as a microfilm reader and microfilm of the *Chesterville Record* from 1910 until the 1970s. 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. Meetings take place the third Tuesday of every month and all are welcome. We have many special events during the year, so watch your local papers for notice of these. We have recently received some genealogical resources from the former SD&G Genealogical Society. Chesterville & District Historical Society will be participating in **Doors Open Ontario 2010**.

# 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, Alec Ball or the Township of North Dundas at 613-774-2105 ext. 223. Future plans include designation of historic buildings in the Township and events associated with the observance of the bicentennial of the discovery of the McIntosh Apple and the bicentennial of the War of 1812-14 as well as anniversary celebrations in Winchester and Chesterville.

# **ONTARIO SENIORS SUMMER GAMES**

**Bid-Euchre Tournament** on Friday, May 14, 2010 At Nor-Dun Seniors Centre in Winchester Please call Betty Wheeler at 613-984-1431 to register. Shuffleboard Tournament on Tuesday May 11

Shuffleboard Tournament on Tuesday, May 11, 2010 at Long Sault Arena in Long Sault. Please call Percy Armstrong at 613-774-2082 to register.

Organizationx & Events



# GEOCACHING

#### www.geocaching.com

Geocaching (pronounced geo-cashing) is a hightech treasure hunting game played by adventure seekers worldwide; including North Dundas! The basic idea is to pinpoint the outdoor location of hidden containers, called geocaches, using GPS technology and then share the geocache's

existence and location online. What makes this sport so exciting for all ages, is that Geocachers are able to take an item from the hidden containers and leave a new item in its place. Enjoy this great activity as a group, family, couple, or individual! For more information, please visit the website or contact Meaghan at the Township of North Dundas at 613-774-2105 ext. 236.

# **ONTARIO EARLY YEARS CENTRE**

# 520 St Lawrence Street, Winchester, www.earlyyear.ca Lisa: 613-774-5487, lisa@earlyyear.ca

*Ensuring children have the best start in life!* We are here for all children up to six years of age and their parents and caregivers.

#### PLAYGROUP HOURS:

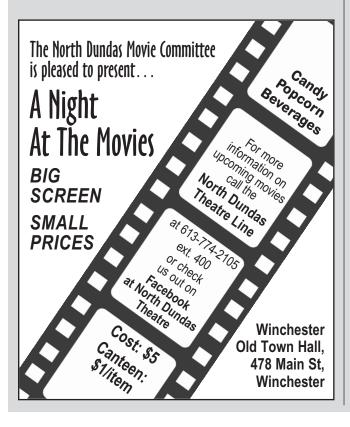
Mondays 9 am - 12 pm and 1 pm - 3 pm (Watch Me Grow) Tuesdays 9 am - 12 pm Wednesdays Community Day (visit website for details on programs and locations)

Thursday 9 am - 12 pm

#### Coming this spring/summer...

"On My Way": a 12-session school readiness program created to help make your child's transition into school a positive experience. Contact Lisa at the centre for locations, times, and program schedules.

Adventures in Nature and annual Teddy Bear Picnic See website and/or contact the centre for more information for the what, where and when!





# Organizations & Events

# Recreation Association Events

#### **ORMOND HARMONY CLOVERDALE RA** Floyd Fisher: 613-774-6115

Paul Porteous: 613-774-3900

The Ormond Harmony Cloverdale RA 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 meeting that will take place on Wednesday, April 28 at 7:30 pm at the Country Kitchen, County Rd. 31 in Winchester. If you are interested in becoming involved, call Floyd Fisher and/or come out and join us!

Bring your family and friends and join us on Friday, June 25 at 7 pm for our annual **Strawberry Social and Canada Day festivities**. This event will take place at the Harmony Church, 12010 Ormond Rd., rain or shine. Satisfy your appetite with hotdogs, salads, cake, strawberries, and refreshments. Bring the kids for face painting, take part in the many games, and enjoy a friendly conversation with your neighbours. Adults are \$5, children 4-10 yrs. are just \$4, and children 3 yrs and under are free. FIREWORKS at dusk – approximately 8:30 pm.

On Friday, August 27 at 7 pm come out for **August Fun Night** and enjoy roasting marshmallows on a bonfire, great refreshments, and games. Bring your lawn chairs, enthusiasm, and a smile for this last summer fling before school starts! This event will be held at Harmony Church, 12010 Ormond Rd. Donations are appreciated.

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

# Free Event Listings

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

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

All listings are subject to approval and availability of space.

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

#### LIBRARIES

Be sure to check out the library website www.sdglibrary.ca to see a complete list of all programs and services. All 18 county libraries in the SD&G are registered and participating in the Forest of Reading

Program. The Ontario Library Association Literacy Initiative offers eight reading programs/levels that encourage people of all ages in their love of reading of Canadian books and authors. Items selected for the program have been nominated and will be voted on by the readers. Visit your local library to find out how you can participate.

### **CHESTERVILLE PUBLIC LIBRARY**

613-448-2616 - 1 Mill St., Chesterville

chestervillelib@sdglibrary.ca

Hours: Tuesday 3:00 - 8:00 pm, Wednesday 10:00 am - 2:00 pm, Thursday 5:00 - 8:00 pm, Saturday 10:00 - 1:00 pm.

#### Planned programs:

April 8 – HOW TO PREPARE FOR RETIREMENT April 24 – SYSTEM WIDE EARTH DAY PROGRAM May 1 – MOTHER GOOSE STORYTIME June 10 – PREPPING YOUR RESUME – Finding a summer job.

### **SOUTH MOUNTAIN LIBRARY**

613-989-2199 – 2952 Lough Rd., South Mountain southmountainlib@sdglibrary.ca Hours: Tuesday 5:00 - 8:00 pm, Wednesday 10:00 am - 2:00 pm, Thursday 3:00 - 8:00 pm, Saturday 10:00 am - 1:00 pm. Planned programs. Please contact branch for more information. April 24 – SYSTEM WIDE EARTH DAY PROGRAM April – PRESCHOOL STORYTIME – Dates TBD. Ages 3-5.

Caregiver required.

April, May, June – WEB WEDNESDAY – Dates TBD. June – GENEALOGY PROGRAM – Dates TBD.



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

Hours: Tuesday 3:00 - 8:00 pm, Wednesday 10:00 - 1:00 pm, Thursday 4:00 - 8:00 pm, Saturday 10:00 - 1:00 pm.

Planned programs:

North Dundas

Libraries

Please contact branch for more information. April, May, June – WEB WEDNESDAY – Dates TBD April 7 – SHOW & TELL – Ages 2 - 5. Children bring their favorite thing to show and talk about it. Caregiver required. April 24 – System Wide Earth Day Program May 5 – MY HOUSE & FAMILY – Ages 2 - 5. We talk about our home and we can bring pictures of our house, families, and friends and tell what we do for work and play. Caregiver required. June 2 – ANIMALS & PETS – Ages 2 - 5. We talk about our pets and all animals and their babies. Caregiver required . Every third Thursday – ADULT BOOK DISCUSSION

### WINCHESTER PUBLIC LIBRARY

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

Hours: Monday 9 am - 1 pm, Tuesday 10:00 am - 8:00 pm, Wednesday 3:00 - 8:00 pm, Thursday 10:00 am - 8:00 pm, Friday 1:00 - 4:00 pm, Saturday 10:00 am - 1:00 pm. **Planned programs:** Please contact branch for more information. April & May – THURSDAY MOVIE NIGHTS – A movie will be playing in the Resource Room. April 5 - May 11 – PRESCHOOL STORYTIME – Tuesdays 10:30 -

11:30 am. Various themes. Ages 3 - 5. Caregiver required. April, May, June – WEB WEDNESDAY – 4 - 5 pm. Dates TBD. Please contact branch for more information. April 24 – SYSTEM WIDE EARTH DAY PROGRAM "Solar" Astronomy – Date TBD (end May, early June)

#### MOUNTAIN SENIORS CLUB

Huguette Shaver: 613-989-3111 Euchre: Every 1st

and 3rd Monday of

the month, taking place at 1:00 pm at the Mountain Hall. Euchre will continue until May. Cost is \$3/day. Prizes are given away based on the score earned. The club provides refreshments. For more information please contact Huguette at the phone number listed above.

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



# NOR-DUN SENIORS' SUPPORT SERVICES

a Carefor Agency, offers a variety of Community Support Services. There are 3 sites in North Dundas:

- Nor-Dun Centre at 517A Albert Street in Winchester.
- Nelson LaPrade Centre at 9 William Street in Chesterville,
- Mountain Township Ag Hall at 2967 Lough Road in South Mountain
- Activities and services are arranged for physically disabled adults and seniors. You can participate in activities at any one or all of the sites. Fees are set according to the event and

services. New participants will be asked to provide some basic information, such as emergency contacts, that will be kept on file.

#### **REGULAR ACTIVITIES FOR NOR-DUN CENTRE IN WINCHESTER**

Diners Meal every Monday, Wednesday & Friday at 12:00 pm Bid Euchre is every Thursday at 12:30 pm except the 3rd Friday of the month Crokinole is the 2nd Tuesday of every month at 1:00 pm Exercise class is every Wednesday at 9:30 am Hot Dog Fundraiser Night at 4:00pm on the 4th Thursday of the month.

ACTIVITIES FOR NELSON LAPRADE CENTRE IN CHESTERVILLE Diners Meal every 1st & 3rd Tuesday of the month at 12:30 pm Euchre is every Thursday at 1:00 pm. Tai Chi classes every Thursday at 2:30pm. Shuffleboard every 2nd & 4th Tuesday of the month at 1:00pm. Activities for Mountain Township Ag Hall in South Mountain Diners Meal every Thursday of the month at 12:30 pm Euchre is the 3rd Thursday of every month at 1:00 pm

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

#### **COMMUNITY SERVICES**

Arena - Chesterville 613-448-3267

Arena - Winchester 613-774-2006

Canadian Blood Services 1-888-2-DONATE

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

Chesterville Farmers' Market Cheryl Beasley 613-774-2224 Shaun Funk 613-448-4308

Chesterville Green Gang Shirley Coons 613-448-2099

Child, Youth & Family Crisis Line for Eastern Ontario 613-260-2360

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

Dundas County Food Bank 613-774-0188

Dundas County Hospice 613-535-2215

Dundas County Players Caroline Roberts 613-448-3534

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

Energize Task Force Candace Weaver / Lisa Watt 613-774-2420 ext. 6761

Girl Guides of Canada Lisa Gillis 613-722-2178 ext. 6126

Green Food Bag Meaghan Elder 613-774-2105 ext. 236

Harmony Drop-in Centre Rev. Bruce North 613-774-5170 House of Lazarus

613-989-3830

Jump Start Mark Guy 613-774-2105 ext. 223

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

Mountain Seniors Club Huguette Shaver 613-989-3111

Mountain Township Ag Hall Rhonda Holmes 613-989-5235

Nor-Dun Senior Support Centre Nancy Gibson 613-774-6109

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

North Dundas Landfill 613-774-5157

North Dundas Theatre 613-774-2105 ext. 400

Ontario Child Benefit 1-800-387-1193

Ontario Early Years Centre Lisa 613-774-5487

"Think Food" Campaign 613-774-0188

Winchester Scouting Bert Hill 613-774-2047 Township of North Dundas 613-774-2105

#### **SERVICE CLUBS**

Chesterville & District Rotary Club Michael Cassell 613-448-2474

Chesterville Legion Gail Melvin 613-448-1997

Chesterville Lions Club Mark McNillan 613-448-1825

Mountain & District Lions Club Dermid O'Farrell 613-989-2121 Winchester Legion

613-774-3694

Winchester Lions Club Doug Shirreffs 613-774-1386

#### **SPORTS**

Chesterville Girls Ball Hockey League Roxanne Backes 613-448-1825

Chesterville Minor Baseball Danny McLeod 613-448-1580 Peter Forester 613-448-3365

Chesterville / Winchester Ladies Ball Hockey

Heather Erwin 613-989-6145

Eastern Ontario Horses of Course Club Pam Sheerer 613-989-2781

North Dundas United Soccer Club generalinguiries@ndusc.ca

Winchester Badminton Club Adrian 613-774-4949

Winchester Co-ed Minor Ball Hockey Amy and Tony Fraser 613-774-2182

Winchester Curling Club John Sloan 613-774-2771

Winchester Waves Swim Team Cindy Steele 613-774-1668 Vince Zandbelt 613-913-9670

#### SCHOOLS

Chesterville Public School 613-448-2224

Maple Ridge Public School 613-448-2817

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 Winchester Library 613-774-2612 South Mountain Library 613-989-2199 Morewood Library 613-448-3822

#### **RECREATION ASSOCIATIONS**

Chesterville Recreation Association Fred Bortolussi 613-448-2115 Tanya VanOers 613-774-7049

Morewood Recreation Association Steve Mattice 613-448-2238

Mountain Recreation Association Marlene Fawcett 613-989-2897 Lyne Wall 613-989-3749

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

South Mountain Recreation Association Chris Fata 613-875-7664

# Contacts

#### **CHURCHES**

Anglican Parish of North Dundas 613-774-2236

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

Christian Reformed Church, Dixons Corners Rev. Clarence Witten 613-352-2400

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. Floyd McPhee

613-774-3333, 613-448-1304 Roman Catholic Church,

South Mountain & Chesterville Father Jim Esper 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 Office: 613-774-2512 Manse: 613-774-7077

Winchester Wesleyan Church Pastor Thurland Brown 613-774-3137 Child & Youth – Amy Morris 613-774-3137



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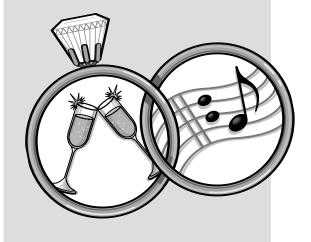
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Spring/Summer 2010

# **Program Registration Form**

48

1 participant per form

North Dundas

	rticipant:	Sex: M /	F Date of Birth:		
Address:		Town:	Postal Cod	Postal Code:	
E-mail:	Phone (H):	Phone (O):	Phone (C):		
Parent/Guard	dian (if under 18):		Relationship:		
E-mail:	Phone (H):	Phone (O):	Phone (C):		
Emergency (	Contact:		Relationship:		
Phone (H):	Phone (O):	Ph	one (C):		
		Dural issues, etc.)?       Image: No       Image: Yes (please provide staff with specific information)         Card #:       Doctor's Name:			
	lealth Card #:	Doctor's Name:			
-	ealth Card #: rogram:	Session Dates:	Time:	Cost:	

Make cheque payable to: Township of North Dundas

**Refund/Cancellation Policy: refunds will be granted <u>before</u> a program begins less a \$10.00 admin charge.** To my knowledge, I (or my ward) have no health impairment, which might interfere with or preclude my participation in the above-described activity. With respect of such participation, I hereby waive any and all claims for injury, loss or damage which may be suffered by me or which may arise from any physical defect, infirmity or incapacity known to me insofar as the Township of North Dundas, its employees or agents may be found liable or responsible for any injury or loss sustained by me. I also give permission for the release of any photographs taken of myself or my dependant for the purpose of inclusion in Township of North Dundas promotions and advertising as a result of this program registration.



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- 3. Rotate all four tires and adjust air pressure
- 4. Battery load test and recharge
- 5. Inspect front and rear brakes and clean as required

# VISIT B - FREE SPRING OR FALL SERVICES

- 1. OIL, LUBE & FILTER (5W30 5 litre max. house oil) Non-synthetic specialty oils \$1 per litre extra charge)
- 2. Inspection of shocks and struts
- 3. 30- point safety inspection
- 4. Tighten all belt drives

### **VISIT C** - FREE SUMMER SERVICES

- 1. OIL, LUBE & FILTER (5W30 5 litre max. house oil) Non-synthetic specialty oils \$1 per litre extra charge)
- 2. Check steering components
- 3. Top up all fluids, including brake, windshield, differential, transmission and power steering
- 4. Inspect front and rear brakes and clean as required

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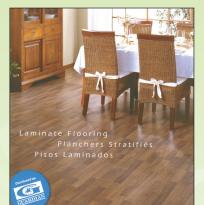
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