Living in North Dundas Township

Fall/Winter
2010/11



OUR COMMUNITY

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Recreation & Culture

RESOURCE GUIDE

TOWNSHIP OF
North Dundas

www.northdundas.com



















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Welcome...

to our Fall 2010/Winter 2011 Recreation & Culture Resource Guide.

We are pleased to bring you the new Fall 2010/Winter 2011 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 toolkit is packed with instructional programs, certification courses, camps, public skating 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 7), the Skate and Helmet Lending Libraries (page 9), the Green Food Bag program (page 41), and children and youth recreation subsidies, as well as 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 and more plentiful. 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.

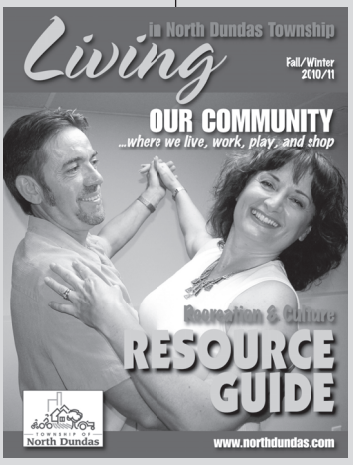
Also, be sure to check out the redesigned Recreation & Culture web page on www.northdundas.com for a full list of Township programs and facilities, as well as employment and volunteer opportunities.

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



On our cover: Lissa and Ernie Fawcett participating in the popular Ballroom Dancing classes.

TOWNSHIP OF North Dundas

The District's Most Widely Read Community Newspaper



WINCHESTER PRESS

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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



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

Mayor's Message

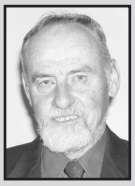
Once again we are pleased to present the Township of North Dundas Recreation & Culture Resource Guide. This guide continues to be a valuable resource to our residents.

The Department of Recreation and 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 living.

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

Public Notices

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

2010 Hazardous Waste Days

Take place from 8 am until 12 noon on the following dates: 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

Parking By-Law

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

Winter Parking By-Law

NO parking is permitted on all streets in the Township of North Dundas between the hours of **11:00 pm and 7:00 am** from **November 1 to April 1. ALL** vehicles parked on the streets between the aforementioned hours may be ticketed or towed away at the owner's expense. This by-law will be strictly enforced.

Dog License Requirement Notice

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.

Municipal Information

TOWNSHIP OF NORTH DUNDAS COUNCIL MEETING DATES FOR 2010

(Subject to change)

Council meets every 2nd and 4th Tuesday of each month, excluding December, July, August.

2010 COUNCIL MEETING DATES ARE:
August 10, September 14, September 28, October 12, December 07, December 14.

TOWNSHIP OF NORTH DUNDAS OFFICE CLOSURES

Labour Day – September 6, 2010
Thanksgiving – October 11, 2010
Christmas Break – December 24, 2010 at 12 noon until January 3, 2011
Good Friday – April 22, 2011
Easter Monday – April 25, 2011
Victoria Day – May 23, 2011
Canada Day – July 1, 2011
Civic Holiday – August 1, 2011
***Please note that dates are subject to change without notice*

Municipal Elections 2010

INFORMATION FOR VOTERS

Election Day, Monday, October 25, 2010

VOTING CAN ONLY BE DONE BY INTERNET OR TELEPHONE

Each eligible and registered elector on the Voters' List will personally and individually receive, by first class mail a "Voter Information Letter" containing the following information:

1. The toll free number for telephone voting and the website address.

2. Your personal and confidential voter identification number (VIN);

3. Your password;

4. A list of the candidates nominated for each office and instructions on how to vote;

5. The Telephone number of the Municipal "Help Center" (613-774-2105) for those individuals requiring assistance or information.

Voting by telephone and internet will commence on **Wednesday, October 20, 2010 at 9:00 am and conclude on October 25, 2010 at 8:00 pm.**

Voting access by telephone and internet will be available on a continuous 6 day 24-hour basis during this voting period. "Voting by Telephone" requires use of a touch-tone telephone. "Voting by Internet" requires the use of a computer with internet access. Votes will be tallied at 8:00 pm on October 25, 2010.

With this alternative voting system, there will not be any polling or voting stations. In addition, no proxies are permitted. Any individual, during the 6 day voting period, may request assistance by presenting themselves at the Municipal Office for voting by telephone or internet during the hours identified.

To accommodate all electors, the **Municipal Office will be open** to answer questions or to assist any elector as follows: from Wednesday, October 20, 2010 to Sunday October 24, 2010 from 9:00 am to 4:30 pm; and on **Election Day Monday, October 25, 2010 from 9:00 am to 8:00 pm.**

MAKE SURE YOU ARE ON THE VOTERS' LIST

A list of all eligible voters has been prepared. This list is available for inspection at the Municipal Office at 636 St. Lawrence St., Winchester from Monday - Friday, 8:30 am to 4:30 pm. If you are not on the Voters' List or the information about you is incorrect, you may attend at the Municipal Office (address above) to be added to the list. Note that you require proof of identification or proof of qualification as an elector.

OFFICES TO BE ELECTED

In this election you will be selecting representatives for a four (4) year term commencing December 1, 2010.

Municipal Council (5 members consisting of)
One Mayor, One Deputy Mayor and Three Councillors

You may also be eligible to vote for
One School Trustee from the following boards
ENGLISH PUBLIC SCHOOL BOARD
ENGLISH SEPARATE SCHOOL BOARD
FRENCH PUBLIC SCHOOL BOARD
FRENCH SEPARATE SCHOOL BOARD

WHO MAY VOTE?

Any person who on Voting Day meets the following qualifications is eligible to vote:

1. is a Canadian citizen;

2. is at least 18 years old on Voting Day.

3. resides in the municipality or is the owner, tenant, or spouse, or same sex partner of the owner or tenant of land;

4. any person not prohibited, by law, from voting.

The Municipal Office is designated as the "Help Center" and telephone or internet access will be available to any elector who requires such service. If you have any questions regarding the upcoming municipal election please contact, Clerk, Jo-Anne McCaslin at 613-774-2105 EXT 225.

The Township of North Dundas encourages you to vote.

Recreation Department Information

Recreation Department Information

RECREATION STAFF CONTACT LIST

613-774-2105

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

Recreation Booking Clerk:
Mary Lynn Plummer ext. 227
mplummer@northdundas.com

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

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

RECREATION FACILITIES

The Recreation Department has a number of halls and facilities that can be rented out for your program, meeting, function, or event. Be sure to check out the Recreation & Culture Department's new and 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.

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

OUTDOOR RINKS:

Inkerman
Cameron Rd.

Morewood Community Centre
1919 County Road 7, Morewood

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

Mountain Memorial Park
10480 Clark Rd., Mountain

South Mountain Park
10543 Main St., South Mountain

ARENAS:

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

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

Arena Information

CLOSURE DATES:

***Please note that closure dates and times are subject to change, please watch for updates in the* Winchester Press *"Remarks" Column.*

Monday, October 11, 8:00 am to 4:00 pm. Both arenas.

Saturday, December 4, 4:30 pm to 8:00 pm. Closed for the North Dundas Parade of Lights. Winchester Arena only.

Friday, December 24, at 8:00 am to Monday, December 27, at 4:00 pm. Both arenas.

Friday, December 31, at 8:00 am to Sunday, January 2, 2011 at 7:00 am. Both arenas.

ICE:

Pre-Season Ice: Tuesday, September 7 to Monday, September 27 – Winchester Only

Ice Contracts Begin: Monday, September 27, both arenas

PUBLIC SKATING:

Month of September:
WINCHESTER ARENA ONLY, 4:00 - 5:00 pm
Mondays – September 13, 20
Wednesdays – September. 8, 15, 22
Fridays – September 10, 17, 24

Regular Hours: September 27, 2010 to March 31, 2011

CHESTERVILLE ARENA:
Mondays, Tuesdays & Fridays 4:00 pm - 5:00 pm
Saturdays 1:00 pm - 2:00 pm
Sundays 2:30 pm - 3:30 pm

WINCHESTER ARENA:
Mondays, Wednesdays and Fridays 4:00 pm - 5:00 pm
Saturdays 7:00 pm - 8:00 pm; Sundays 12:30 pm - 1:30 pm

MOM & TOTS SKATING:

Beginning September 29, 2010 at BOTH ARENAS:
Wednesdays 10:00 am - 11:30 am

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

CHRISTMAS BREAK PUBLIC SKATING:

WINCHESTER ARENA:

Mon., Dec. 20:	4:00 pm - 5:30 pm
Wed., Dec. 22:	4:00 pm - 5:00 pm
Mon., Dec. 27:	4:00 pm - 5:30 pm
Wed., Dec. 29:	4:00 pm - 5:00 pm
Thurs., Dec. 30:	3:00 pm - 4:00 pm
Sun., Jan. 2:	12:30 pm - 1:30 pm
Mon., Jan. 3:	4:00 pm - 5:30 pm
Tues., Jan. 4:	3:00 pm - 4:00 pm
Wed., Jan. 5:	4:00 pm - 5:00 pm
Thurs., Jan. 6:	3:00 pm - 4:00 pm
Fri., Jan. 7:	4:00 pm - 5:00 pm

CHESTERVILLE ARENA:

Mon., Dec. 20:	4:00 pm - 5:00 pm
Tues., Dec. 21:	4:00 pm - 5:00 pm
Mon., Dec. 27:	4:00 pm - 5:00 pm
Wed., Dec. 29:	2:00 pm - 3:00 pm
Sun., Jan. 2:	2:30 pm - 3:30 pm
Mon., Jan. 3:	4:00 pm - 5:00 pm
Tues., Jan. 4:	4:00 pm - 5:00 pm
Wed., Jan. 5:	2:00 pm - 3:00 pm
Thurs., Jan. 6:	3:00 pm - 4:00 pm
Fri., Jan. 7:	4:00 pm - 5:00 pm

MARCH BREAK PUBLIC SKATING:

WINCHESTER ARENA:

Sun., March 13:	12:30 pm - 1:30 pm
Mon., March 14:	4:00 pm - 5:30 pm
Tues., March 15:	3:00 pm - 4:00 pm
Wed., March 16:	4:00 pm - 5:00 pm
Thurs., March 17:	11:00 am - 12:00 pm
Fri., March 18:	4:00 pm - 5:00 pm
Sat., March 19:	7:00 pm - 8:00 pm

CHESTERVILLE ARENA:

Sat., March 12:	1:00 pm - 2:00 pm
Sun., March 13 :	2:30 pm - 3:30 pm
Mon., March 14:	4:00 pm - 5:00 pm
Tues., March 15:	4:00 pm - 5:00 pm
Thurs., March 17:	3:00 pm - 4:00 pm
Fri., March 18:	4:00 pm - 5:00 pm
Sat., March 19:	1:00 pm - 2:00 pm

FREE EVENT LISTINGS

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

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

DON'T FORGET TO LOG ONTO WWW.NORTHDUNDAS.COM AND CLICK ON THE COMMUNITY EVENTS CALENDAR LINK FOR UP-TO-DATE LISTINGS AND INFORMATION ON WHAT IS GOING ON IN NORTH DUNDAS.



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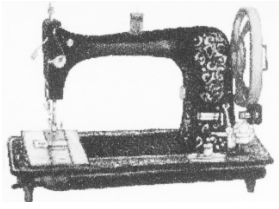
504 Main Street
Winchester
613-774-6260

Hours:
Tues., Wed. & Fri. 9-5:30;
Thurs. 9-7;
Sat. 9-12;
Closed Sun. & Mon.



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Joan Shirreffs

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steeleworksfitness@live.ca
490 Main St., Winchester 613-220-8919

Recreation Support

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 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 Support

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
- 2 - sets of lifeline cables (heavy-duty elastic bands with handles on the end for strengthening exercises)
- 4 - skateboards
- 2 - yoga mats
- 2 - frizbees
- 7 - skipping ropes
- 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 schedule an appointment 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 *improved* Township of North Dundas

Recreation & Culture Web Page on www.northdundas.com

For information on recreation & culture in North Dundas including:

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



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Winchester 613-774-0647

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- Farm Memorabilia
- Quality Baby & Parent Products
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Appointments recommended – Call us.
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Kim Carruthers

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Township of North Dundas

Recreation Support

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 subsidized 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.

TRUE SPORT lives here

Sport is a testing ground – not just for athletes and coaches, but also for communities and society as a whole. The way we play together shapes how we live together. Sport is never neutral. It can teach values and ethics – or not. It can help people develop a positive self-image and respect for others – or not. It can strengthen community life – or not. Sport can bring people together, foster friendships, reinforce healthy lifestyles, build civic pride and community participation. Or it can be about violence, drugs, cheating, winning at any cost. It's up to us. Positive sport values may be alive and well in our Township of North Dundas, but don't take this for granted. It's essential to actively support positive values, in simple and powerful ways. Join the growing ranks of teams, organizations, schools, communities, clubs and associations in North Dundas and across Canada who are building a stronger, more positive sport culture through True Sport.

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

It's a Movement powered by people like you… athletes, coaches, officials, organizers, parents, teachers, and community leaders. People who know that sport can transform lives and communities. People who care about the positive values that sport embodies, like teamwork and commitment. People who want to see sport in Canada live up to its full potential.

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

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

– Deputy Mayor Estella Rose

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FALL/WINTER 2010-2011

Employment Opportunities

Employment Opportunities

RECREATION DEPARTMENT EMPLOYMENT OPPORTUNITIES

PART-TIME ARENA ATTENDANTS
Individuals to work at the Chesterville and Winchester arenas as part-time maintenance staff (Rink Rats). Duties include: moving nets during ice resurfacing and general housekeeping duties such as mopping floors, vacuuming and cleaning washrooms and dressing rooms.
Qualifications: Must be 16 years of age and willing to work evenings and weekends. First-Aid certificate would be an asset.
TERM: September 27 to April 1, 2011
PAY: $10.25 - $10.91/hr.
REFERENCE # 6275

Please mail your resume to:
Les Johnston, Facilities Manager Township of North Dundas, P.O. Box 489, Winchester, ON, K0C 2K0
OR fax 613-774-5699
DEADLINE: September 3, 2010

MARCH BREAK DAY CAMP LEADERS (2)
Responsible for working in a day camp setting with other camp leaders and camp volunteers, as well as 12-30 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 and Level C CPR certification are considered assets.
TERM: March 14-18, 2011 PAY: $10.25/hr.
REFERENCE # 6277

Please submit your resume and cover letter to:
Meaghan Elder, Community Development Programmer
Township of North Dundas
P.O. Box 489, Winchester, ON, K0C 2K0
OR fax 613-774-5699
DEADLINE: September 10, 2010

RECREATION PROGRAM INSTRUCTORS
The Recreation & Culture Dept. is currently seeking experienced program instructors for programs including, but not limited to yoga, stability ball, pilates, zumba, ballet, tap, jazz, hip-hop, aerobics, and bootcamps. 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

RECREATION DEPARTMENT CO-OP OPPORTUNITIES

(Unpaid positions)

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

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.

RECREATION DEPARTMENT COMMUNITY SERVICE & VOLUNTEER OPPORTUNITIES

(Unpaid positions)

GREEN FOOD BAG PROGRAM:
***Visit the Community Initiatives page on the Recreation & Culture web site for more information on this new program)*
The Green Food Bag Program provides a non-profit, fresh fruit and vegetable distribution system that is available for purchase by all North Dundas residents (regardless of income level). In order to run this once-a-month, self-sustaining program, we require the aid of volunteers to help with tasks such as unloading the delivery truck, filling the bags, supervising during the designated bag pick-up times, as well as taking registrations. For more information on the North Dundas Green Food Bag, please see page 41.

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Employment Opportunities

RECREATION DEPARTMENT COMMUNITY SERVICE & VOLUNTEER OPPORTUNITIES

(Unpaid positions)

EVENT/PROGRAM PLANNERS

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

FESTIVAL AND EVENT COMMITTEE MEMBERS

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

WANTED COMMITTEE MEMBERS FOR
Parade of Lights
and Chesterville Winter Carnival

** Please see page 37 for more information about these events*

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.

NORTH DUNDAS FIRE SERVICE DISTRICT 3 VOLUNTEER FIREFIGHTERS

The North Dundas Fire Service District 3 Winchester is now accepting applications for the position of Volunteer Firefighter. An information night will be held on Tuesday, August 17 at the Winchester Fire Station.

Please submit your resume and cover letter to:
Township of North Dundas
P.O. Box 489
Winchester, ON, K0C 2K0
OR fax 613-774-5699
DEADLINE: Friday, August 27, 2010

We thank all applicants for their interest, however, only those to be considered will be contacted.

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

Ontario

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TOWNSHIP OF North Dundas

Program Registration

Fall registration begins August 23, 2010
Fall programs begin September 20, 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

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!

Contact Meaghan Elder, Township of North Dundas, 613-774-2105 ext. 236 or email melder@northdundas.com

PROGRAM POLICY:

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

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

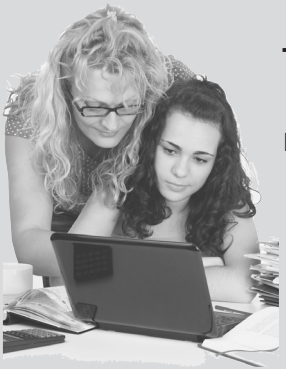
Registration - Once you have registered for a program, you will not be contacted prior to the program commencement date unless the program has been cancelled or rescheduled. Please assume that the program is running as scheduled and ensure that you attend the date, time, and location as listed on the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

WINTER PROGRAMS

Winter programs will include many of the fall programs and a few new programs. Winter session will begin January 17, 2011 with registrations being accepted beginning the week of December 13, 2010.



ONLINE REGISTRATION – Coming soon!

The best way to register for programs is from the comfort of your home or office.

The Township of North Dundas will soon be offering you the ease of registration with the click of a mouse!

NO MORE LINE-UPS!! The Township of North Dundas is very pleased to announce that a number of programs and courses offered through the Recreation & Culture Department will be available for online registration, 24 hours per day for Winter/Spring program term, **beginning Monday, December 13, 2010 at 8:30 am.**

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

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

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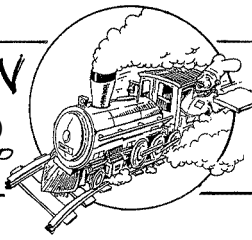

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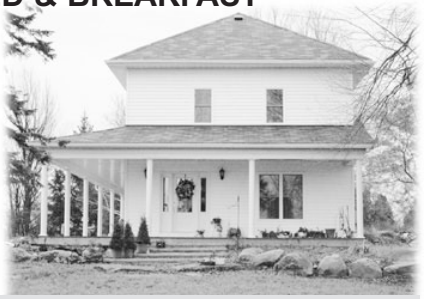

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Child & Youth Programs

MUSICAL PLAYGROUND: SUMMER IN THE CITY

Instructed by Paula Lund
Age: Newborn to 5 yrs.
Duration: 5 weeks
Start Date: Saturday, September 18
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 walk or run on the sidewalks. Ride up and down the elevators. Look way up to the tip top of the skyscrapers. Pretend to be a vendor on the main street selling your wares calling "Hamburgers, Hotdogs, Ice Cream for sale!"
Pack your bags we're going to play "summer in the city"!

MUSICAL PLAYGROUND: HERE COMES THE MARCHING BAND

Instructed by Paula Lund
Age: Newborn to 5 yrs.
Duration: 5 weeks
Start Date: Saturday, October 30
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 sing, dance, and move your way through the streets and pretend to be part of the marching band. Explore several elements of music: beat and rhythm, concepts and contrasts, high and low, instrument families, and ensemble. Your child will have a blast exploring with drums, shakers, and scrapers! The whole family will enjoy finger plays, songs, circle dances, story time, and family jam.

YOUTH ACTIVE CLUB (YAC)

Age: 6-13 yrs.
Duration: 13 weeks
Start Date: Thursday, September 23
Time: 6:30 - 8:00 pm
Location: South Mountain Resource Centre (located inside the South Mountain Library) 10543 Main St., South Mountain
Registration Fee: $65 (works out to be just $5/day)

YAC offers a social, supportive and fun place for our North Dundas youth. During this once a week program, club members can participate in art projects, enjoy outdoor sports and activities, bake, conduct science experiments, read, and so much more. Each week promises something new and exciting! Special guests will also be invited to attend YAC periodically so that club members can learn something new.

HALLOWEEN CUPCAKE PROJECT CLASS

**Please see workshop details that are listed in the Teen & Adult Program section of this Guide.*

HALLOWEEN CANDY MELT PROJECT CLASS

**Please see workshop details that are listed in the Teen & Adult Program section of this Guide.*

CHRISTMAS CUPCAKE PROJECT CLASS

**Please see workshop details that are listed in the Teen & Adult Program section of this Guide.*

CHRISTMAS CANDY MELT PROJECT CLASS

**Please see workshop details that are listed in the Teen & Adult Program section of this Guide.*

MARCH BREAK CAMP – YouTube!

Age: 5-12 yrs.
Duration: March 14-18, 2011
Time: 9:00 am - 4:00 pm (with drop-off between 8-9 am and pick-up between 4-5 pm daily)
Location: Winchester Community Hall
Registration Fee: $130 or $35/day

We all have our favourite shows that play on the "telly" each night after school and on the weekends, but why not step through the big screen to the other side? Join us for an exciting week as we bring television shows like *Cake Boss, Survivor, CSI, America's Got Talent,* and *Fear Factor* to life. Campers will be challenged to crank up the heat in the kitchen as they square-off in an intense bake-off and then prepare the goodies to be sold in a bake sale. The team with the highest proceeds will take home the ultimate *Cake Boss* kit! Camp will also bring out your *Survivor* skills and increase your survival knowledge as you learn about both poisonous and edible plants and berries; design a team logo and banner, and compete in extreme challenges in order to be the last team standing. In *CSI*, you and your band of North Dundas Detectives will carefully collect the clues and evidence in order to crack the case. Showcase your talents and learn some new ones in *America's Got Talent* day. Finally, get ready to surrender your senses and leave your doubts at the door, because only the strongest will survive in *Fear Factor*! Campers will be challenged to do the unthinkable and subject themselves to just about anything. More details on this March Break Camp will be available in the Winter Program Brochure that will be available December 13, 2010.

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Township of North Dundas

Child & Youth Programs

INDOOR SOCCER

Facilitated by Mark and Amanda Jorgensen
Age: 6 yrs. +
Duration: 14 weeks
Start Date: September (exact date TBD)
Time: 6:00 - 9:00 pm **Please read the information below for time slots
Location: TBD
Registration Fee: $30

Sad to see 'soccer season' ending? Come out and improve your skills while have fun playing soccer with your friends indoors! Smaller teams help the coaches to focus on skill development as well as good sportsmanship! Indoor non-marking running shoes are required, shin pads are optional. Groups will be arranged by age; 6 to 10 years old (play from 6-7 pm), 11-14 years old (play from 7-8 pm) and 15 years old and up (play from 8-9 pm).
For information on the start date and location, contact Meaghan Elder, Township of North Dundas, 613-774-2105 ext. 236.

INTRO TO HORSEBACK RIDING

Instructed by Nicole Allen-Dings Equine Canada Certified Level 1 Coach. Fully insured facility.
Age: 8 yrs +.
Duration: 12 weeks
Start Date: Tuesday, September 21
Time: 6:00 - 7:00 pm
Location: Alingsview Stables, 13008 McMillan Rd., Chesterville
Registration Fee: $260

Introduction to horseback riding is a 12 week program that takes you through grooming and tacking up of the horse as well as riding. Riders will learn the basic position, arena figures and much more! Riders will also be taught how to work safely with the horses, both on and off. By the end of the 12 weeks riders can expect to be confident with handling horses and riding at the walk and trot. Riders must come with boots with a small heel and long pants. ASTM approved helmets must be worn while mounted but can be borrowed from Alingsview Stables for the lessons. For facility information please visit www.alingsview.com.

BALLET & LYRICAL DANCE

Instructed by Hollie Clayton
Age: 5-7 yrs.
Duration: 12 weeks
Start Date: Monday, September 20
Time: 5:45 - 6:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

A great class combining the classical side of ballet, with the expressive side of lyrical dance. Participants will learn and practice ballet exercises and technique as well as a routine. The last portion of the class will be dedicated to learning different lyrical combinations and eventually a lyrical dance. In the year end recital, participants will be able to perform both their Ballet and Lyrical dances. The recital will take place during the last class of the dance year (May 2011) at the Winchester Cultural Centre (Old Town Hall). Admission will be free and costumes will cost a maximum of $20 per registrant (not included in the registration fee). This is a recreational program with focus on physical activity, dance, and most of all, FUN! *Note that class will be cancelled on Monday, October 11 for Thanksgiving.*

BALLET & LYRICAL DANCE

Instructed by Hollie Clayton
Age: 8-11 yrs.
Duration: 12 weeks
Start Date: Monday, September 20
Time: 6:30 - 7:15 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

A great class combining the classical side of ballet, with the expressive side of lyrical dance. Participants will learn and practice ballet exercises and technique as well as a routine. The last portion of the class will be dedicated to learning different lyrical combinations and eventually a lyrical dance. In the year end recital, participants will be able to perform both their ballet and lyrical dances. The recital will take place during the last class of the dance year (May 2011) at the Winchester Cultural Centre (Old Town Hall). Admission will be free. Costumes will cost a maximum of $20 per registrant (not included in registration fee). This is a recreational program focusing on physical activity, dance and FUN! *Class cancelled on Monday, October 11 for Thanksgiving.*

BALLET & LYRICAL DANCE

Instructed by Hollie Clayton
Age: 12 yrs.+
Duration: 12 weeks
Start Date: Monday, September 20
Time: 7:15 - 8:00 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

A great class combining the classical side of ballet, with the expressive side of lyrical dance. Participants will learn and practice ballet exercises and technique as well as a routine. The last portion of the class will be dedicated to learning different lyrical combinations and eventually a lyrical dance. In the year end recital, participants will be able to perform both their ballet and lyrical dances. The recital will take place during the last class of the dance year (May 2011) at the Winchester Cultural Centre (Old Town Hall). Admission will be free. Costumes will cost a maximum of $20 per registrant (not included in registration fee). This is a recreational program focusing on physical activity, dance and FUN! *Class cancelled on Monday, October 11 for Thanksgiving.*

TAP & JAZZ DANCE

Instructed by Hollie Clayton
Age: 4-6 yrs.
Duration: 13 weeks
Start Date: Wednesday, September 22
Time: 5:45 - 6:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $130

A great class blending jazz and tap technique with moves to fun, popular music. Jazz includes lots of hip wiggling and a more popular style of dancing. Tap focuses on creating rhythms and learning about connecting dance with music. In this class, we will learn different combinations throughout the session and will focus on a dance for both jazz and tap that will be performed in the year end recital! The recital will take place during the last class of the year (May 2011) at the Winchester Cultural Centre. Admission will be free. Costumes will cost a maximum of $20 (not included in registration fee). A recreational program focusing on physical activity, dance and FUN! *Class cancelled for Thanksgiving.*

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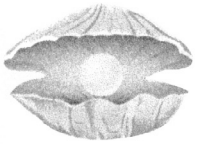

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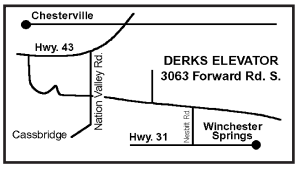

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Child & Youth Programs

FUNKY JAZZ DANCE

Instructed by Hollie Clayton
Age: 8-11 yrs.
Duration: 13 weeks
Start Date: Wednesday, September 22
Time: 6:30 - 7:15 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $130

A great class teaching jazz technique with moves to fun, popular music. Jazz includes lots of hip wiggling and a more popular style of dancing. In this class, we will learn different combinations throughout the session and will focus on a dance that will be performed in the year end recital. The recital will take place during the last class of the dance year (May 2011) at the Winchester Cultural Centre (Old Town Hall). Admission will be free and recital costumes will cost a maximum of $20 per registrant (this is an additional fee that is not included in the $130 registration fee). This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

FUNKY JAZZ DANCE

Instructed by Hollie Clayton
Age: 12 yrs.+
Duration: 13 weeks
Start Date: Wednesday, September 22
Time: 7:15 - 8:00 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $130

A great class teaching jazz technique with moves to fun, popular music. Jazz includes lots of hip wiggling and a more popular style of dancing. In this class, we will learn different combinations throughout the session and will focus on a dance that will be performed in the year end recital. The recital will take place during the last class of the dance year (May 2011) at the Winchester Cultural Centre (Old Town Hall). Admission will be free and recital costumes will cost a maximum of $20 per registrant (this is an additional fee that is not included in the $130 registration fee). This is a recreational dance program with a focus on physical activity, dance, and most of all, FUN!

Libraries

Please visit the SD&G County Library website in September, to learn more about fall programming and other events going on at all branches.
www.sdglibrary.ca

CHESTERVILLE PUBLIC LIBRARY

613-448-2616 – 1 Mill St., Chesterville, ON, K0C 1H0
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 - 12:00 pm.

PLANNED PROGRAMS:

Preschool Storytime – Wednesday mornings beginning in September. Ages 3-5 years. Pre-registration requested.

Teen Book Club – If anyone is interested in becoming involved in a teen book club, please contact the library

** Contact the branch for more programming information.*

MOREWOOD PUBLIC LIBRARY

613-448-3822 – 21 Russell St., Morewood, ON, K0A 2R0
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:

Scrabble Tuesday – Begins September. Drop in Tuesday evenings to place your word on the board! Ongoing until December.

Book Club – Thursday evenings beginning in September.

** Contact the branch for more programming information.*

Libraries

SOUTH MOUNTAIN LIBRARY

613-989-2199 – 2952 Lough Rd., South Mountain, ON, K0E 1W0
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:

Storyhours for Preschoolers – Ages 3-5 years. Pre-registration requested. Dates to be announced.

Teen Book Club – If anyone is interested in becoming involved in a teen book club, please contact the library

** Contact the branch for more programming information.*

WINCHESTER PUBLIC LIBRARY

613-774-2612 – 547 St. Lawrence St., Winchester, ON, K0C 2K0
winchesterlib@sdglibrary.ca
Hours: Monday 9 am - 1:00 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:

Preschool Storytime – Wednesday mornings beginning in September. Ages 3-5 years. Pre-registration requested.

P.A. Afternoons at the Library – Stop by the Library for some afternoon fun! Books to read, a movie (based on a book), games, snacks and a small craft. A drop in program, open to all ages. See you there!

SD&G Writes – Creative writing contest. Enter by September 15, 2010. Ages 12 yrs. and up. 2,500 words max.

** Contact the branch for more programming information.*



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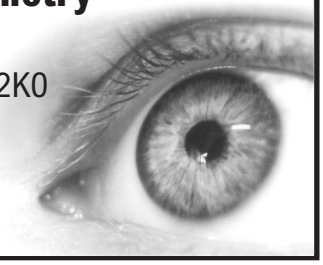

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Township of North Dundas

Teen & Adult Programs

Intermediate Belly Dancing – Beyond Basics

Instructed by Barb Buchanan
Age: 14 yrs. +
Duration: 12 weeks
Start Date: Thursday, September 23
Time: 7:00 pm - 8:00 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

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.

Vinyasa Flow Yoga

Instructed by Emily Wilkins
Age: 16 yrs. +
Duration: 12 weeks
Start Date: Tuesday, September 28
Time: 6:30 - 7:30 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

Vinyasa 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. Join us for this energetic Vinyasa Flow Yoga class as we rediscover the movement, practices, and techniques that were taught by Alicia Ennis. Enjoy ending class with traditional auming and Namaste. This class is physically dynamic and previous yoga experience is required. Please bring a "yoga mat" or "sticky" mat due to the floors hard and slippery surface. There are some yoga mats available if you do not have your own. We are striving to meet your needs and wishes, so we urge you to either speak with Emily or call the Township Office during program registration time or throughout the session to present your feedback and suggestions.

Yoga For Everyone

Instructed by Emily Wilkins
Age: 16 yrs. +
Duration: 12 weeks
Start Date: Tuesday, September 28
Time: 7:45 - 8:45 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

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. Each week will uncover a new technique so come learn, and enjoy! All levels are welcome.

Step Interval Training

Instructed by Françoise Guyot
Age: 16 yrs. +
Duration: 12 weeks
Start Date: Tuesday, September 21
Time: 7:30 - 8:30 pm ALL LEVELS
Location: Nelson LaPrade Centre, 9 William Street in Chesterville
Registration Fee: $120

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

High-Low Cardio & Muscle Strengthening

Instructed by Heather Norton and Nancy Casselman
Age: 16 yrs. +
Duration: 12 weeks
Start Date: Monday, September 20
Time: 7:30 - 8:30 pm ALL LEVELS
Location: Chesterville Community Hall, 1 Mill St.
Registration Fee: $120

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 all provided. Newer shoes to provide safety and comfort as well as comfortable clothes are a must. *** Please note that class will be cancelled on Monday, October 11 for Thanksgiving Monday.*

Total Muscle Conditioning

Instructed by Heather Norton & Nancy Casselman
Age: 16 yrs. +
Duration: 12 weeks
Start Date: Monday, September 20
Time: 6:30 - 7:30 pm ALL LEVELS
Location: Chesterville Community Hall, 1 Mill St.
Registration Fee: $120

Increase your muscle strength and endurance with this non-choreographed workout. Prepare to sweat while working all of your muscles, 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 welcome to work those muscles in ways they may find new yet highly effective. *** Please note that class will be cancelled on Monday, October 11 for Thanksgiving Monday.*

Dance & Tone

Instructed by Hollie Clayton
Age: Teens and adults
Duration: 12 weeks
Start Date: Monday, September 20
Time: 8:00 – 9:00 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $120

This fun and exciting class combines different styles of dance with muscular strength and endurance exercises, in order to obtain a great, overall workout. A session of Dance & Tone not only incorporates cardiovascular training by dancing to fun and energetic music, but it also includes different strength and flexibility exercises that are used by dancers to stay in shape. This is a recreational dance and fitness program with a focus on physical activity, dance, and most of all, FUN! This class is suitable for all abilities, so come and give it a go!!!

*Please note that class will be cancelled on Monday, October 11 for Thanksgiving.**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.*

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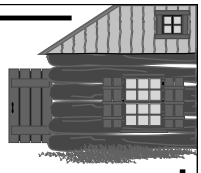

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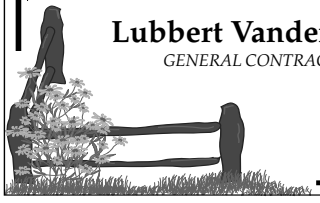

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Teen & Adult Programs

Fit-Walk

Instructed by Françoise Guyot
Age: 16 yrs. +
Duration: 12 weeks
Start Date: Thursday, September 23
Time: 7:00 - 8:00 pm ALL LEVELS
Location: Nelson LaPrade Centre, 9 William Street in Chesterville
Registration Fee: $120

Join us for 60 minutes of low intensity/high intensity walking intervals. We will be using strap-on wrist weights to increase intensity and for toning segments during low intensity intervals. Class will include stretching segment and cool-down. A great alternative for people who may not want to do aerobics or for parents with strollers. In case of inclement weather, the walking group will be replaced by an interval fitness class indoors.

Zumba

Instructed by Hollie Clayton
Age: Teens and adults
Duration: 13 weeks
Start Date: Wednesday, September 15
Time: 8:00 - 9:00 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $130

Zumba is a fusion of Latin/International music and dance themes that are used to create a dynamic, exciting and effective fitness system. The routines feature aerobic interval training with a combination of a variety of styles including cumbia, merengue, salsa, reggaeton, hip hop, pop, mambo, rumba, flamenco, and calypso and Salsaton. Zumba uses music selections that include both fast and slow rhythms to help tone and sculpt the body. Dancers will feel like they are at a party and rippin' up the dance floor with friends. Don't miss the party! Register now!

ND Ladies Volleyball League

Age: 21 yrs. +
Duration: 12 weeks
Start Date: Monday, September 20
Time: 7:00 pm - 8:30 pm
Location: North Dundas District High School, 12835 Hwy 43, Chesterville
Registration Fee: $40

Come out and share some fun and laughs with the non-competitive 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. *** Note that class will be cancelled on Monday, October 11 for Thanksgiving.*

Ballroom Dancing – Group A1: Rumba and Waltz

Instructed by Dennis Taylor
Age: 16 yrs. +
Duration: 10 weeks
Start Date: Tuesday, September 21
Time: 6:30 - 7:30 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $70

This class will introduce the basics of the Rumba and Waltz. With over four weeks of classes for each dance, participants will learn eight steps in Rumba and six steps in Waltz. Participants who wish to master the steps will need to practice at home and at practice dances. Depending on the ability of the class, extra steps may be taught.

Ballroom Dancing – Group B1: Cha Cha and Foxtrot

Instructed by Dennis Taylor
Age: 16 yrs. +
Duration: 10 weeks
Start Date: Tuesday, September 21
Time: 7:30 - 8:30 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $70

This class will introduce the basics of the Cha Cha and Foxtrot. With over 4 weeks of classes for each dance, participants will learn six steps in Cha Cha and seven steps in Foxtrot. Participants who wish to master the steps will need to practice at home and at practice dances. Depending on the ability of the class, extra steps may be taught.

Ballroom Dancing – Group C1: Triple Swing and Samba

Instructed by Dennis Taylor
Age: 16 yrs. +
Duration: 10 weeks
Start Date: Tuesday, September 21
Time: 8:30 - 9:30 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $70

This class will introduce the basics of the Triple Swing and Samba. With over four weeks of classes for each dance, participants will learn eight steps in Triple Swing and eight steps in Samba. Participants who wish to master the steps will need to practice at home and at practice dances. Depending on the ability of the class, extra steps may be taught.

Ballroom Dancing Level 4

Instructed by Dennis Taylor
Age: 16 yrs. +
Duration: 10 weeks
Start Date: Thursday, September 23
Time: 6:30 - 7:30 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.
*** Please note that class will be cancelled the week of October 25.*

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Township of North Dundas

Teen & Adult Programs

Ballroom Dancing Level 5

Instructed by Dennis Taylor
Age: 16 yrs. +
Duration: 10 weeks
Start Date: Thursday, September 23
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.
***Please note that class will be cancelled the week of October 25.*

Ballroom Dancing Level 7

Instructed by Dennis Taylor
Age: 16 yrs. +
Duration: 10 weeks
Start Date: Thursday, September 23
Time: 8:30 - 9:30 pm
Location: Chesterville Community Centre, 1 Mill St.
Registration Fee: $70

To continue onto Ballroom Dancing Level 7, an excellent mastery of Level 6 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. ***Please note that class will be cancelled the week of October 25.*

Ballroom Dancing Practices

Instructed by Dennis Taylor
Age: All ages - youth, adults and seniors; singles or partners
2010-2011 Dates: Sept. 11 & 25, Oct. 9 & 23, Nov. 13 & 27, Dec. 11*, Jan. 15 & 29, Feb. 12* & 26, Mar. 12* & 26, Apr. 9 & 23, May 7 & 21, June 4 & 18, July 2, 16* & 30, Aug. 13 & 27 **On these dates 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

Come out and practice your Ballroom Dancing skills and steps in a relaxed & 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.

Intro to Horseback Riding

Instructed by Nicole Allen-Dings Equine Canada Certified Level 1 Coach. Fully insured facility.
Duration: 12 weeks
Start Date: Tuesday, September 21
Time: 6:00 - 7:00 pm
Location: Alingsview Stables, 13008 McMillan Rd., Chesterville
Registration Fee: $260

Introduction to horseback riding is a 12 week program that takes you through grooming and tacking up of the horse as well as riding. Riders will learn the basic position, arena figures and much more! Riders will also be taught how to work safely with the horses, both on and off. By the end of the 12 weeks riders can expect to be confident with handling horses and riding at the walk and trot. Riders must come with boots with a small heel and long pants. ASTM approved helmets must be worn while mounted but can be borrowed from Alingsview Stables for lessons. For facility information visit www.alingsview.com.

Mrs. Wlotzki's Natural School of Cooking: Quilt without the Guilt!

Instructed by Victoria Vander Linden of Kenmore.
Ages: 16 yrs. +
Duration: 5 hrs. including a 1 hr. lunch break
Date: Saturday, October 9
Time: 10:00 am - 3:00 pm
Location: Winchester Community Hall, 577 Main St.
Registration Fee: $60

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: Easy Celtic Table Runner. Fast and fun! Sewn with two colours, you will want to make one of these "woven look" table runners for everyone on your Christmas list.
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 Mon., Sept. 24 to ensure there is sufficient participation and adequate supplies.***
****Program participants will receive a list of required material and supplies at the time of registration.*

Mrs. Wlotzki's Natural School of Cooking: 12 Appetizers Before Christmas

Age: 16 yrs. +
Date: Saturday, November 27
Time: 10:00 am - 12:00 noon
Location: Winchester Community Centre, 577 Main St.
Registration Fee: $73.50

Now you can prepare for the holiday season with the aid of one great class! Have fun learning how to create 12 easy and stunning appetizers that are sure to impress your guests. Recipes and samples of each appetizer will be included, so bring your own container so you can take home your samples to share.
**Please advise us of any food allergies at the time of registration.*
*****Note that registrants must be signed up by Fri., Nov. 12 to ensure there is sufficient participation and adequate supplies.***

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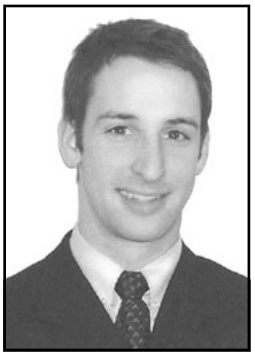

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Teen & Adult Programs

Halloween Cupcake Project Class

Ages: Youth, teens, adults or parent and child
Date: Saturday, October 16
Time: 9:00 - 11:00 am
Duration: 2 hrs.
Location: South Mountain Resource Centre (located inside the South Mountain Library) 10543 Main St., South Mountain
Registration Fee: $20

Give cake decorating a try with Wilton's 1-lesson Cupcakes Class. This 2-hour class will introduce you to some of the basic skills of cake decorating as you try your hand at decorating cupcakes. Don't miss this opportunity to discover the fun of cake decorating. Learn to make ghosts, goblins, and mummies just in time for Halloween. Just bring a container to take home the cupcakes you make!

Halloween Candy Melt Project Class

Ages: Youth, teens, adults or parent and child
Date: Saturday, October 16
Time: 11:30 am - 1:30 pm
Duration: 2 hrs.
Location: South Mountain Resource Centre (located inside the South Mountain Library) 10543 Main St., South Mountain
Registration Fee: $20

Unlock the secrets of homemade candy! Impress your family and friends with an assortment of beautiful candies that taste as good as they look. In just one 2-hour class, our Wilton Method Instructor will demonstrate how to make chocolates perfect for gift giving and special occasions. We'll make ghosts, pumpkins, bats and other spooky treats just in time for Halloween.
Just bring a container to take home what you make!

Christmas Cupcake Project Class

Ages: Teens, adults and youth age 10-15 yrs. when accompanied by an adult
Date: Saturday, December 11
Time: 9:00 - 11:00 am
Duration: 2 hrs.
Location: South Mountain Resource Centre (inside South Mountain Library) 10543 Main St., South Mountain
Registration Fee: $20

Give cake decorating a try with Wilton's 1-lesson Cupcakes Class. This 2-hour class will introduce you to some of the basic skills of cake decorating as you try your hand at decorating cupcakes. Don't miss this opportunity to discover the fun of cake decorating. Learn to make Santas, snowmen, ornaments, wreaths and other festive themes just in time for Christmas.
Just bring a container to take home the cupcakes you make!

Christmas Candy Melt Project Class

Ages: Teens, adults and youth age 10-15 yrs. when accompanied by an adult
Date: Saturday, December 16
Time: 11:30 am - 1:30 pm
Duration: 2 hrs.
Location: South Mountain Resource Centre (located inside the South Mountain Library) 10543 Main St., South Mountain
Registration Fee: $20

Unlock the secrets of homemade candy! Impress your family and friends with an assortment of beautiful candies that taste as good as they look. In just one 2-hour class, our Wilton Method Instructor will demonstrate how to make chocolates perfect for gift giving and special occasions. We'll make Santas, Christmas trees, snowmen, reindeer and other festive treats just in time for Christmas. Just bring a container to take home what you make!

Certification & Interest Courses

Certification & Interest Courses

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 and certificate included*

The Smart Serve Training Program has been designed to promote the responsible service of alcohol as it pertains to the current liquor laws in the Province of Ontario. This training program provides valuable information to individuals regarding responsible service and sale of alcoholic beverages. It will enable you to take a pro-active approach to serving alcohol responsibly. The Smart Serve Training course takes place in a meeting room within the Township office and allows the registrant to watch the Smart Serve video, take the chapter quizzes, and complete the test at their own pace, while having access to a coach who can answer questions along the way. Appointments can be scheduled throughout the year at the registrant's convenience. Upon successful completion, the registrant will receive their Smart Serve card and pin within 3-6 weeks.

Babysitter & Fire Safety Training Interest Course

Instructed by St. John Ambulance and the Chesterville Fire Department
Age: 11 yrs.+
Duration: 1 day
Start Date: Saturday, October 23
Time: 9:00 am - 4:30 pm
Location: Chesterville Community Hall, 1 Mill St., Chesterville/Chesterville Fire Dept., 1 Industrial Drive, Chesterville
Registration Fee: $60.
**Manual and certificate of completion included*

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

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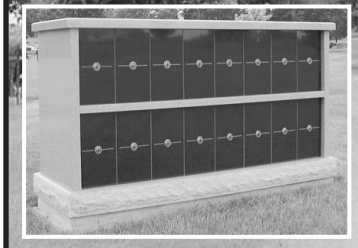

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Township of North Dundas

Certification & Interest Courses

Decorating Basics Certification Course

Ages: Teens, adults and youth age 10-15 yrs. when accompanied by an adult
Dates & Times:
Tuesdays: September 14, 21, 28 & Oct. 5, 6:30 - 8:30 pm
Saturdays: September 18 & 25, October 2 & 16, 9:00 - 11:00 am
Saturdays: October 23 & 30, November 6 & 13, 11:30 am - 1:30 pm
Tuesdays: November 23 & 30, December 7 & 14, 6:30 - 8:30 pm
Saturdays: November 20 & 27, December 4 & 11, 9:00 - 11:00 am
Duration: 4 weeks
Location: South Mountain Resource Centre (located inside the South Mountain Library)10543 Main St., South Mountain
Registration Fee: $80 ***Includes a certificate of completion as well as the course book and kit*

The Wilton Method Decorating Basics Course is the perfect place to start! Your instructor will show you the right way to decorate, step by step, so that you experience the excitement of successfully decorating your first cake in a Wilton Method Course. You'll understand how to bake a great cake, see how to make and colour icing, and learn the best way to ice the cake. You will also practice the three fundamentals of decorating, enabling you to approach each technique the right way for great results. Along the way, you'll learn to create icing drop flowers, rosettes, shells, pompom flowers, leaves, shaggy mums, and the ribbon rose. You'll also decorate cookies, cupcakes… and of course cakes!
*** Please note that at the time of registration, participants will be issued a list of required materials and supplies for each class*

Flowers and Cake Design Certification Course

Ages: Teens, adults and youth age 10-15 yrs. when accompanied by an adult
Dates & Times:
Tuesdays: October 19 & 26, November 2 & 9, 6:30 - 8:30 pm
Saturdays: October 23 & 30, November 6 & 13, 9:00 - 11:00 am
Duration: 4 weeks
Location: South Mountain Resource Centre (located inside the South Mountain Library)10543 Main St., South Mountain
Registration Fee: $80
***Includes certificate of completion as well as the course book & kit*

Flowers and Cake Design is one of two additional courses you can choose; the sequence doesn't matter. In Flowers and Cake Design, you'll explore sophisticated ways to bring your cakes and desserts to life! Your Wilton Method Instructor will teach you to create breathtaking icing flowers such as pansies, lilies and the famous Wilton Rose. Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet. Your amazing flowers will be framed by an impressive border treatment or basket weave design. With the skills you learn here and your ability to make flowers in advance using gum paste and fondant or royal icing, you can create beautiful blooms at your convenience, ready to place on any cake.
*** Please note that at the time of registration for this program, participants will be issued a list of required materials and supplies for each class*

Home Alone & Lifesaver & Fire Safety Training Interest Course

Instructed by St. John Ambulance
Age: 6-11 yrs. **Duration:** 1 day **Start Date:** Saturday, November 20 **Time:** 9:00 am - 4:30 pm
Location: Chesterville Community Hall, 1 Mill St., Chesterville/Chesterville Fire Dept., 1 Industrial Drive, Chesterville
Registration Fee: $60. **Certificate of completion included*

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

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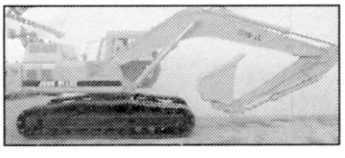
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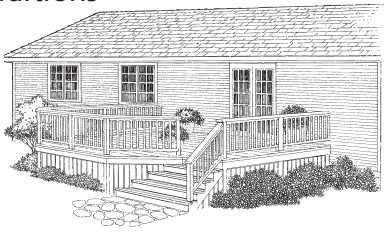

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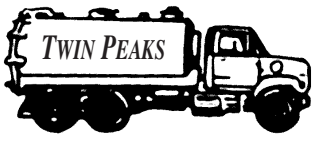

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Township of North Dundas

Community Sports

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WINCHESTER SKATING CLUB

Cheryl Beasley: 613-774-2224
www.winchesterskatingclub.org

2010-2011 REGISTRATION will be taking place on September 21, 2010 from 6:30 to 8:00 pm in the Winchester Arena Lobby.

PROGRAMS

October 5, 2010 to March 22, 2011

Tiny Tots – Tues. & Thurs. (6:20 pm - 6:50 pm) – $300*

CanSkate – Tues. & Thurs. (6:20 pm - 7:10 pm) – $375*

September 7, 2010 to March 24, 2011 (27 weeks)

Advanced CanSkate – Tues. & Sat. (Sept. 7 - March 22) – $525*

Intermediate – Tues., Thurs. & Sat. (Sept. 7 - March 24) – $675*
(passed Stage 6 to Junior Bronze Freeskate)

Senior – Tues., Thurs. & Sat. (Sept. 7 - March 24) – $750*
(working on Senior Bronze to Gold Freeskate)

**Add Skate Canada membership fee $35 and administration fee (per skater) $25.*

For more information and to download a registration form, please visit: www.winchesterskatingclub.org or contact Cheryl Beasley 613-774-2224 (President)

NORTH DUNDAS MINOR HOCKEY

Tournament Info. –
Dawna Whitehead: 613-448-3801
www.northdundashockey.com
Registration – Julie Byers: 613-448-1318
Initiation – Tina VanBreugel: 613-774-4384

MINOR HOCKEY INITIATION LEVEL:

We invite any child residing in North Dundas, born after 2003, to join. Come enjoy the game! Learn new skills, fun games, friendship, leadership and team building qualities. Registration dates will be announced in mid-September.

Please check your local papers for dates, times and locations.

FUN, FUN, FUN, GO DEMONS GO!

TOURNAMENTS:

Guildcrest Homes Rep B tournament - Atom, Peewee and Bantam October 30 - Winchester and Chesterville Arenas

Guildcrest Homes Rep B tournament - Minor and Major Midget - October 31 - Winchester and Chesterville Arenas

Guildcrest Homes Mega House Tournament - Atom, Peewee and Bantam House C - December 11 - Winchester and Chesterville Arenas

Guildcrest Homes Mega House Tournament - Atom, Peewee, Bantam - House B - December 12 - Winchester and Chesterville Arenas

Guildcrest Homes Mega House Tournament - Midget House B - December 11 & 12 - Winchester and Chesterville Arenas

Guildcrest Homes Novice Tournament - House B & C - December 28 - Winchester and Chesterville Arenas

Initiation Fun Day - Initiation Level 1 and 2 - February 21 (Family Day) - Winchester Arena

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

TOURNAMENT OF CHAMPIONS is being hosted by North Dundas Minor Hockey at the end of the 2010-2011 Hockey season. The tournament is scheduled for March 31 to April 3.

SOUTH DUNDAS GIRLS HOCKEY ASSOCIATION

Ron Hass: 613-652-1136
www.southdundasgirlshockey.ca
southdundasgirlshockey@hotmail.com

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

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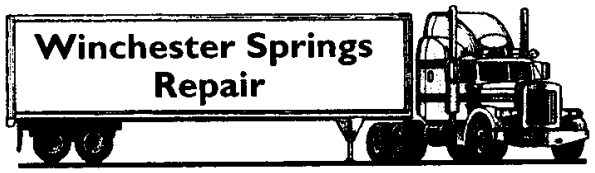

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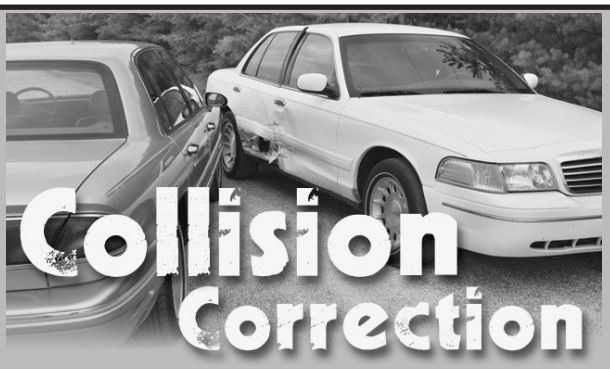

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Township of North Dundas

Community Sports

JR. B HAWKS

Kevin Bowie, President: 613-989-2267

2010-2011 HAWKS HOME GAME SCHEDULE:

September 17 - Char-Lan
September 24 - Casselman
October 1 - Akwesasne
October 8 - Morrisburg
October 16 - Alexandria
October 22 - Akwesasne
October 29 - Gananoque
November 5 - Char-Lan
November 12 - Casselman
November 26 - Morrisburg
December 3 - Westport
December 10 - South Grenville
December 17 - Alexandria
January 14 - Brockville
January 21 - Casselman
January 22 - Athens
January 28 - Morrisburg (in Chesterville for Carnival)
February 4 - Akwesasne
February 5 - Alexandria
February 11 - Char-Lan

All Friday games start at 8:15 pm and Saturday games at 8:00 pm. Please stay tuned to the local newspapers for more information on registration dates and locations.

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:

- draft horse field work demonstrations, light horse fun days, and showcase of breeds;
- pleasure rides and drives;
- sleigh rides; and
- used tack consignment sales and other fundraising activities.

Membership in the group is $20 per household annually.

WINCHESTER CURLING CLUB

Michel St-Marseille, President: 613-448-2042
Located at 587 Main St., by the arena
Club: 613-774-2129
winchestercc@ovca.com
www.winchester.ovca.com

Registration will be in September. Please watch for the notice in the *Winchester Press.* Our season runs from Thanksgiving until early April. We have leagues and programs for all ages. Hall rentals are also available, please contact Michel St-Marseille for details.

WINCHESTER BADMINTON CLUB

Adrian: 613-774-4949

The Winchester Badminton Club will be open for the 2010-2011 season. The Club's season will begin October 5, 2010 and will take place Tuesday and Friday evenings from 7:00 - 9:00 pm at Winchester Public School. Registration is $35 per person. For more information or to register, please contact Adrian.

WINCHESTER AND DISTRICT LADIES HOCKEY LEAGUE

Amy Fraser: 613-774-2182

Winchester and District Ladies Hockey League is a recreational hockey league open to women 18 years of age and older. We are a six-team league and this is our 17th season. Games are played Sunday mornings between 8:00 am and 11:00 am from October until March at the Winchester Arena. We also hold three evenings of conditioning camp in September.

REGISTRATION - WEDNESDAY AUGUST 18
Winchester Arena
7:00 pm to 8:30 pm

Registration Fee: $225 (includes CARHA insurance)
Goalies play for FREE! (16 years of age and older)
Can't make it registration?
Then email Amy at amyluvshockey@hotmail.com to have a registration form emailed to you.

NEW – registration is capped at 78 skaters, first come – first served.

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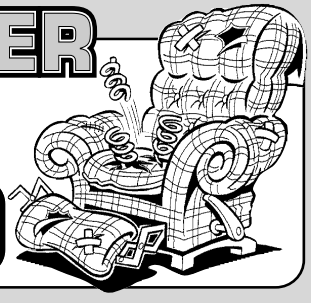

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Township of North Dundas

Community Groups & Events

CANADIAN BLOOD SERVICES / SOCIÉTÉ CANADIENNE DU SANG

BLOOD DONOR CLINICS:

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

Date: Thursday, September 2, 2010
Location: Chesterville Royal Canadian Legion, 167 Queen Street
Time: 1:00 - 8:00 pm

Date: Thursday, November 18, 2010
Location: Winchester Public School, 547 Louise St.
Time: 1:00 - 8:00 pm

Date: Thursday, January 13, 2011
Location: Winchester Public School, 547 Louise St.
Time: 1:00 - 8:00 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.

Strategies to Quit Smoking: This informative one-hour presentation is useful for those planning to quit smoking. It addresses: tobacco products, benefits of quitting, tools to help you quit, elements of a quit plan, and how to deal with a relapse. To reserve your place, call the Eastern Ontario Health Unit at 1-800-267-7120 and ask for the Health Line.

Food Safety Training Program: Now more than ever, Canadians are demanding safe food production and service. That's why the Eastern Ontario Health Unit and the Township of North Dundas invites you and your employees to earn the Food Safety Training Certificate. Register for this flexible training program and learn about the latest professional food safety techniques, public health regulations, food borne illness and food allergies, basic microorganisms, safe food handling procedures, and cleaning and sanitizing procedures. Designed for food establishment owners and employees, as well as interested members of the public, this course is based on the Ontario Ministry of Health's Food Handler Training Protocol. It meets all provincial certification requirements. Registrants must be 16 yrs. of age or older. The next course date is scheduled for Saturday, October 16 from 9 am - 4 pm at the Nelson Laprade Centre, located at 9 William St. in Chesterville. Registration is just $35 per person and includes the manual, 1-day workshop, exam, and certificate. A minimum of 10 registrants are required. Please note that this workshop will be cancelled if there is insufficient enrolment. For further information and/or to register, please call the Eastern Ontario Health Unit at 613-933-1375 or at 1-800-267-7120 and ask for the Health Line.

CHILD, YOUTH & FAMILY CRISIS LINE FOR EASTERN ONTARIO

613-260-2360 (in Ottawa)
1-877-377-7775 (Long distance toll-free)
www.icrs.ca

24/7 crisis support for children, youth, and families

CHESTERVILLE FARMERS' MARKET

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 the table in advance. We ask that the table not be used to sell baked goods.
The Market is open until October 10, Saturday mornings 8 am to 1 pm. Please feel free to call and book your event with one of the individuals above.

PARADE OF LIGHTS

Winchester – Saturday, December 4, 2010

Join us for exciting events and activities like the third annual vendor fair, an ice carving display, a miniature train to take the kids for a ride, public skating, community suppers, and of course the annual parade. Please stay tuned to the local newspapers and the Township of North Dundas website (www.northdundas.com) for more detailed, up-to-date information on this local event. Committee planning will begin in September 2010 with the first meeting scheduled for Tuesday, September 14 at 7:30 am at Mary's Restaurant in Winchester (Subject to change. Please call the Township of North Dundas Office to confirm before you attend). If you are interested in joining the Winchester Parade of Lights Planning Committee or would like to contribute any feedback or ideas, please contact Meaghan Elder at 613-774-2105, ext. 236.

CHESTERVILLE WINTER CARNIVAL

January 28-30, 2011
Shelley McLeod 613-448-1580
Tanya VanOers at 613-774-7049

This year's carnival will have family fun, a Carnival Queen, a Snowflake Prince and Princess, two full breakfasts, community sponsored suppers, a Saturday night dance and silent auction, tournaments, children's events and entertainers, a bigger and better 3 on 3 hockey tournament, and so much more! For more information or to be on the Chesterville Winter Carnival committee please contact the individuals above.

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

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Winchester Skating Club

Box 522, Winchester, Ontario, K0C 2K0

Winter Session 2010-11

October 5, 2010 to March 22, 2011

Tiny Tots

Tuesday & Thursday
(6:20 p.m.-6:50 pm)
$300.00

CanSkate

Tuesday & Thursday
(6:20 pm-7:10 pm)
$375.00

Mandatory:

Skate Canada Fee.....$35.00
Administration Fee.....$25.00

Other programs available:

Sessions starting September 7, 2010, Advanced CanSkate, Intermediate and Senior

Registration

In the Arena Lobby

Tues., Sept. 21, 2010

6:30 pm-8:00 pm

For more information please contact Cheryl Beasley at 613-774-2224 or e-mail to: cbeasley@teksavvy.com or check out the website at **www.winchesterskatingclub.org**

Township of North Dundas

Community Groups & Events

ON COMMON GROUND STUDIO TOUR

Monique O'Brien: 613-989-5426

The 17th annual On Common Ground Studio Tour takes place this year Sat. Oct. 16 and Sun. Oct. 17, with studios open 10-5 each day. There are 12 stops on the circular route, with 23 talented artists and craftspeople ready to show you their work and explain to you just how they do what they do. Admission is free. We have a nice mix of 16 returning artists and artisans and 7 who are new to the tour this year. Everything is explained on our website www.ocgstudiotour.ca where you can download a tour map. The artisans' studios are clustered around the South Mountain area in Eastern Ontario in a compact driving circle that can be accessed easily from Highways 43, 416, 31, 401 and 2. Brochures are available and studios are well marked by signage. Phone the helpful and bilingual Monique O'Brien, one of the tour participants, at 613-989-5426 for more information.

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.

October 18, 2010, the Rotary Club celebrates **Pride of Workmanship.** With nominations from local business owners, the Rotary Club recognizes individuals who go above and beyond in their chosen fields. Nominate someone you feel deserves to be recognized for their hard work and efforts.

To honour our veterans and other members of the Legion, the Rotary Club invites the Chesterville Legion to a dinner, in their honour. This takes place on **Monday, November 22, 2010.**

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 Breakfast will be held at the Chesterville Legion on **Saturday, January 29, 2010.** For more information, check your local newspaper.

MOUNTAIN & DISTRICT LIONS CLUB

President: Robert Fraser – 613-448-2830
Vice President: Karl Ceelen – 613-445-3859
Membership Chair: Roxanne Backes – 613-448-1825

Meetings are held on the 1st and 3rd 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 29 years. Anyone interested in joining our Lions Club, please contact anyone listed above.

Upcoming Activities: Fall Fundraiser – Join us for dinner and entertainment in November. Details TBA. For more information or to purchase tickets, please contact the individuals above.

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. We also have a big-screen TV! Any Legion member is able to attend our general meetings which are held the last Monday of every month beginning at 7:30 pm. The Legion has a wide variety of activities open to the community including darts and euchre tournaments. You may register for the dart league by contacting Ann Sinclair at 613-774-0077. The euchre tournaments run the first Saturday of every month, from November until April. Please visit the Legion and sign-up your team at the bar.

Join us on **Sunday, November 7** beginning at 12 noon, outside the Legion branch, for the **Remembrance Day Parade.** Our service will be held in the Winchester Public School gymnasium and ceremonial laying of the wreaths at our cenotaph at its new location in the entry of the WDMH. All are welcome. If you have any comments, questions or would like your group or organization to join us on this day to commemorate the fallen, please call the Legion.

Hall rentals are also available for small parties, capacity being 50 people.

For more information on 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

Tracey Chiasson: 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 more information on hall rentals, Legion programs and events, as well as general inquiries and information on becoming a Legion member, please contact Tracey Chiasson.

Hours of operation:
Tuesday - Thursday: 12 noon - 7 pm
Friday & Saturday: 12 noon - Close

Sunday & Monday: CLOSED

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

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Community Groups & Events

DUNDAS COUNTY PLAYERS

Bill Steele: 613-774-6107

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 Bill.

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, Directed by J-P Leduc
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 613-774-6107
TO RESERVE TICKETS CONTACT CAROLINE ROBERTS AT 613-448-3534

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

Doug Shirreffs: 613-774-1386
dshir@sympatico.ca
515 Albert St., Winchester

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

Winchester Lions Bingo every Monday night from September 13 until June 20. Doors open at 6:30 pm, game begins at 7:15 pm.

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. Proceeds from these sales go to support our food bank and programs. The House of Lazarus is also a strong supporter of fire victims and local shelters, as well as clients of area food banks; providing clothing, household goods, and food, to help aid those in need, in rebuilding their lives. We host numerous sales and events throughout the year. For up-to-date information visit our website.
Food Bank: Mon. to Sat. 9 - 11:30 am, Tues. 5 - 7:30 pm. Thrift Shop, Household Goods Shop: Mon., Wed., Thurs., Fri. 9 am to noon, Tues. 9 am to 8 pm, Sat. 9 am to 3 pm.

ENERGIZE TASK FORCE

Jenna Chrisholm: 613-774-2739

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. Contact the individual above for more information or to join the Energize Task Force.

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.

To give an example of what a bag might contain for this low price, the April Green Food Bag's contents included: 5 lbs. of potatoes, 2 lbs. of onions, 1 cantaloupe, 1 head of Romaine lettuce, 1 tomato, 1 green pepper, 1 cucumber, 5 clementines, 1 head of cauliflower, and 4 apples.

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. ***Note: The registration and pick up dates for December will be different due to the holiday. For further details, please call the Township office.***

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.

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270 Edward Street
613-925-5901

MORRISBURG
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613-543-3731

CRYSLER
12 Queen Street
613-987-2117

EMBRUN
1025 Notre-Dame
613-443-3666

CHESTERVILLE
11 Industrial Drive
613-448-2398

SERVING EASTERN ONTARIO

Township of North Dundas

Community Groups & Events

NORTH DUNDAS HISTORY STEWARDS/ MUNICIPAL HERITAGE COMMITTEE

Carol Goddard: 613-938-2455
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.

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 then 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.



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 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. Explorers – 11+ yrs. Registration for these great programs will take place in September, so please watch for dates, times, and locations in the *Winchester Press* as well as in flyers sent home with students of Winchester Public School. We are always interested in leaders with experience or not.
Timber Wolves meet on Wednesday evenings at Winchester Public School and Otters meet on Thursday evenings at Winchester Public School.

DUNDAS COUNTY FOOD BANK

613- 774-0188

The Dundas County Food Bank welcomes its clients, donors, and volunteers in its 18th year of operation. We are located 497 May St. in Winchester.
Hours of Service: Monday 10:00 am to 12 noon
Wednesday 7:00 pm to 9:00 pm
Thursday 1:00 pm to 3:00 pm

Our Morrisburg location is at 17 Second Avenue, 613-543-0065. "Depending on Volunteers" Inquire how we can work together.

LA LECHE LEAGUE CANADA – WINCHESTER GROUP

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

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

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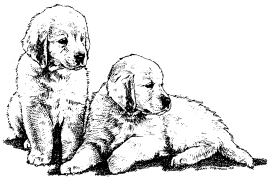


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Community Groups & Events

ONTARIO EARLY YEARS CENTRE

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Lisa: 613-774-5487 lisa@earlyyear.ca
www.earlyyear.ca

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

New Fall Playgroup Hours:
Mondays 9 am -12 pm and 1 pm - 3 pm (Baby afternoon)
Tuesdays 9 am - 12 pm
Wednesdays Community Day (visit website for details on programs and locations)
Thursday 9 am - 12 pm

Ongoing special programming throughout the year, monthly car seat clinics and more. Visit the website or the centre for more information, times and dates. Look for Infant Yoga, School Readiness afternoons, and Infant Massage this fall.

Don't miss the third annual Baby Show at the Cornwall Civic Complex on October 22 from 10 am - 6 pm and on October 23 from 10 am - 4 pm. From parenting – prenatal to preschool – this show brings together products services and resource information for parents and expectant parents in SD&G.

CHESTERVILLE AND 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. Historical Society meetings take place the 3rd 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.

"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.

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. Simplify; give away; FULL CIRCLE; your surplus stuff here! 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!

DUNDAS COUNTY HOSPICE

613-535-2215 info@dundascountyhospice.ca

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

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

Training Course – We offer a 30 hour Palliative Care Course primarily for our visiting volunteers. Participation by others is always welcome.

Library – Over 300 books, videos, 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 fundraising events such as our annual golf tournaments, curling bonspiels and our semi-annual 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.

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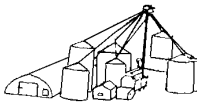

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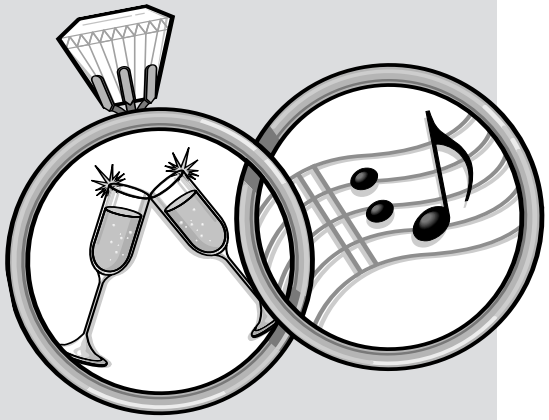

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Recreation Association Events

ORMOND HARMONY CLOVERDALE RA

Floyd Fisher: 613-774-6115

FAMILY HALLOWEEN COSTUME PARTY
Saturday, October 23, 6:00 pm
Morewood Community Centre
Donations are appreciated.
Come out in costume or wear black and orange and enjoy a fun-filled night with a costume parade, games, crafts, and refreshments. For more information, please contact Heather McDiarmid 613-445-3847.

VOLUNTEERS NEEDED

The Ormond Harmony RA is a volunteer organization that is active in their community.

They have hosted a number of events each year and guarantee that these fall and winter seasons will not disappoint!

If you are interested in participating in the planning of the events, joining the organization, or volunteering, please contact Floyd Fisher at 613-774-6115.

ANNUAL MEETING, Wednesday, November 17, 7:30 pm, Country Kitchen County Rd. #31
WE NEED YOU! If you are interested in an executive position, becoming a director, or volunteering to coordinate or assist at one of the events, please call and/or come out and join us! For more information, please contact Floyd Fisher 613-774-6115.

CHRISTMAS POTLUCK SUPPER/PARTY, Saturday, December 11, doors open at 6:00 pm, meal at 6:30 pm, Morewood Community Centre.
Potluck supper, games, crafts and a special guest arriving from the North Pole! Please bring your favourite dish or dessert. Refreshments, buns, turkey, and ham will be provided by the executive. Raffle for Christmas gift items. Donations are appreciated. For more information, please contact Floyd Fisher 613-774-6115.

Seniors' Programs

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 4:00 pm 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 2:30 pm.

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.

Seniors' Programs

Township of North Dundas 613-774-2105

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

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 Players
Bill Steele 613-774-6107

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

Energize Task Force
Jenna Chrisholm 613-774-2739

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
1-866-821-7770

Ontario Early Years Centre
Lisa 613-774-5487

"Think Food" Campaign
613-774-0188

Winchester Scouting
Bert Hill 613-774-2047

SERVICE CLUBS

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

Chesterville Legion
Tracey Chiasson 613-448-1997

Chesterville Lions Club
Mark McMillan 613-448-1825

Mountain & District Lions Club
Robert Fraser 613-448-2830

Winchester Legion
613-774-3694

Winchester Lions Club
Doug Shirreffs 613-774-1386

SPORTS

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

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

Dunbar Panthers Minor Broomball
Bruce Currie 613-448-1013

Eastern Thunder Broomball
Terry Barkley 613-448-3212

Jr. B Hawks
Kevin Bowie 613-989-2267

Seaway Valley Devils Broomball
Ina Henry 613-445-2065

South Dundas Girls Hockey Assoc.
Ron Hass 613-652-1136

Winchester Badminton Club
Adrian 613-774-4949

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

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

Winchester Skating Club
Cheryl Beasley 613-774-2224

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

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
Chrisy Thompson 613-448-2963

Morewood Recreation Association
Steve Mattice 613-448-2238

Mountain Recreation Association
Lyne Wall 613-989-3749

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

South Mountain Recreation Association
Chris Fata 613-875-7664

CHURCHES

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

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

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

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
613-269-9368 Office: 613-774-2512

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

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❒ VISIT A - FREE WINTER SERVICES

1. OIL, LUBE & FILTER (5W30 - 5 litre max. house oil) Non-synthetic specialty oils $1 per litre - extra charge)
2. Top up all fluids, including brake, windshield, differential, transmission and power steering
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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