Living in North Dundas Township

Fall 2014/
Winter 2015

Recreation & Culture
RESOURCE GUIDE



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TOWNSHIP OF North Dundas

Welcome...

to our Fall 2014/ Winter 2015 Resource Guide

MAYOR'S MESSAGE:

Council and staff are continuously working together to improve our communication with residents, to ensure that you are kept updated on local events, recreational programming, municipal department news, and other key information about North Dundas.

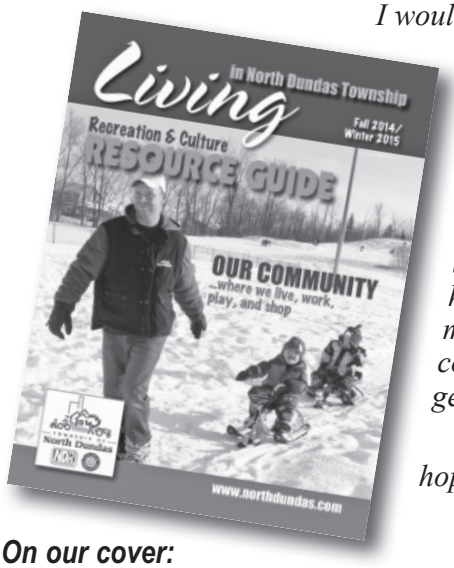
This latest edition of our Resource Guide is an example of that commitment. We have increased the scope of the Resource Guide to include recreation information as well as additional information about other department services and general information.

We hope that you take a moment to read through the wide variety of opportunities that are offered locally. Without a doubt, there is something for every resident and I encourage you to get involved and participate.

I would also like to thank the many volunteers for their contribution to our community.

If you have any ideas for new programs or events, please let us know. At the same time, keep this Guide handy in the upcoming months for event, program, community contact, and general information.

Have a great autumn, let's hope the weather cooperates!



On our cover:

A popular destination in Winchester is the sledding hill behind the Joel Steele Community Centre where Kyle Young (left) spent an afternoon last winter with Kobe Young and Cohen Gilmer.

Press Photo – Uhrig

— Eric Duncan, Mayor, Township of North Dundas

North Dundas is also on

facebook & twitter



Check out the Township of North Dundas

Web Page

www.northdundas.com

For information about North Dundas including:

- Public Notices
- Tenders
- Council Agendas & Minutes
- Job Opportunities
- Community Improvement Plan
- Licenses & Permits
- Zoning, Severances, Bylaws & Enforcement
- Municipal Department Information
- AND MORE!!

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Mayor touts need for tech advancement during forum

Municipal veteran calling it a career after three decades

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2010-2014 Council Members

MAYOR

ERIC DUNCAN
472 North St.,
Winchester, ON, K0C 2K0
613-868-1611
eduncan@northdundas.com

DEPUTY MAYOR

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

COUNCILLORS

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

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

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

COUNCIL MEETINGS *(Subject to change)*

Council meetings take place at 636 St. Lawrence Street in Winchester and commence at 7:00 pm, unless otherwise advertised. The public is welcome to attend. Department Heads report at the first Council meeting of each month and delegations are received at the second meeting of the month. If you wish to make an audience with Council, please contact the Clerk, Jo-Anne McCaslin at 613-774-2105 ext. 226 at least one week prior to the meeting date.

COUNCIL MEETING SCHEDULE

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

UPCOMING MEETINGS ARE: August 12, September 16 & 30, October 14, November T.B.D., December 9

2014 MUNICIPAL ELECTION

The 2014 Municipal Election will take place on Monday, October 27, 2014. As in previous elections, we will be voting by telephone and internet.

On Voting Day any person who meets the following qualifications is eligible to vote:

1. Resides in the local municipality or is the owner or tenant of land there, or the spouse of such owner or tenant
2. Is a Canadian citizen
3. Is at least 18 years of age on coting Day.
4. Is not prohibited from voting by law

Prior to Election Day you will receive by mail a Voter Information Letter. This letter will contain:

- instructions on how to vote
- a PIN - Personal Identification Number
- a telephone access number for voting
- an internet address for voting
- a list of candidates running for office, and
- the Voters' Help Centre telephone number

These envelopes shall be mailed individually to every person on the Voter's List.

Voting will commence on Wednesday, October 22, 2014 at 9:00 am and conclude Monday October 27, 2014 at 8:00 pm. Please contact the Township of North Dundas Municipal Office to make sure you are on the Voter's List.

Stay tuned for upcoming election information and announcements posted on the municipal website. If you have any questions, please feel free to call Jo-Anne McCaslin at 613-774-2015 ext 226.

TOWNSHIP OFFICE CLOSURE DATES

Labour Day – September 1, 2014;
Thanksgiving – October 13, 2014;
Christmas Break – December 24, 2014 at 12 noon until January 5, 2015

Township of North Dundas Municipal Office

Hours of Operation:
Monday to Friday
8:30 am - 4:30 pm



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Kim Carruthers

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PARKING BY-LAW

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

WINTER PARKING BY-LAW

Winter on-street parking restrictions come into effect from **November 1 to April 1** between the hours of **11:00 pm and 7:00 am**. 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.

BUILDING PERMIT INFORMATION NIGHT & OPEN HOUSE

Township of North Dundas Council Chambers,
636 St. Lawrence St., Winchester
613-774-2105 ext. 246
Session Date: Wednesday, October 22, 2014,
7:00 pm - 9:00 pm

Are you planning a construction project or starting a renovation, but you're not sure of where or how to get started? Perhaps you have heard about changes to the Building Code and to the process for obtaining a Building Permit and would like to consult a professional. The Township of North Dundas' Building Department will be hosting an Open House & Information Night. Department staff will be on-site to answer your questions and help you get started. Feel free to drop-in between 7:00 pm and 9:00 pm to share ideas with our knowledgeable staff, ask questions or obtain help in analyzing your design efforts. All contractors, designers and DIY are welcome.

TOPICS:
- Ontario has a new Building Code.
- New initiatives for energy conservation.
- New radon awareness and health standards.
- Harmonization with our National Code.
- New fire safety regulations.
- New plumbing standards.
- New fall protection standards.
- New accessibility requirements.
- Water conservation reducing strain on infrastructure.

IMPORTANT NOTICE FOR ALL NEW CONSTRUCTION

The issue of a building permit usually creates an increase in the value of a property. Once the building permit is issued, a copy of the building permit is sent to the Municipal Property Assessment Corporation (MPAC)

Upon completion of construction, the homeowner will receive a notice of evaluation from MPAC. At the same time, the municipality will receive the supplemental roll for all new construction and will prepare tax bills for all supplementary taxes.

This process could take some time (frequently from 6 months to 36 months), depending on the number of new construction projects that MPAC is dealing with in a specific year. It is incumbent on the homeowner, to therefore anticipate a tax bill for the new construction, starting from the date on the Notice of Assessment.

For example, you might receive a tax bill in 2014 for construction completed in 2012. In that case **you will be invoiced for 2012, 2013 and 2014.** It is therefore important to budget a monthly amount for municipal, county and school taxes.

For your information, the taxes for a property evaluated at $200,000 in 2014 are $2,548.90.

Tax payers have the option to pay monthly amount (pre-authorized payment), as soon as you have your occupancy permit. These amounts will be applied against future taxes and will considerably reduce the financial impact when the tax bill is received.

For more information, please call 613-774-2105 ext. 221

DOG LICENCE REQUIREMENT NOTICE

In accordance with By-law 38-2000, all dogs within the Township of North Dundas must be licensed each year. Dog licences may be purchased for $20 each ($15 for neutered or spayed dogs) before May 1, or $23 each ($18 for neutered or spayed dogs) on or after May 1, 2014. **Failure to have your dog(s) licensed could result in a fine.**

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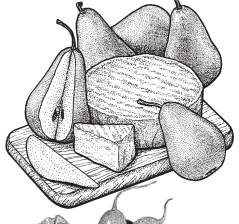

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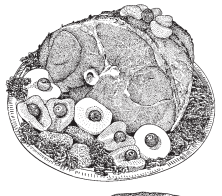



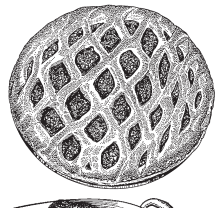

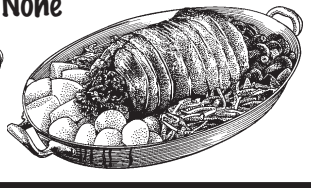

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NORTH DUNDAS ECONOMIC DEVELOPMENT OFFICE SERVICES

The Township of North Dundas Economic Development Department is your source for business information and assistance. Our goal is to help local companies grow their business by bringing businesses, organizations, government and community together.

If you are considering opening a business, expanding your business or know of a company that is considering locating in North Dundas, please contact our Economic Development Officer, Rob Hunter at the Township office at 613-774-2105, ext. 244 or via email: rhunter@northdundas.com. He would be pleased to offer assistance and information regarding any current funding opportunities that may be available.

Business resources can also be obtained by visiting the Business Tab on the North Dundas website.

ATTENTION VENDOR/SERVICE PROVIDERS

DIRECT DEPOSIT (ELECTRONIC FUNDS TRANSFER)

In our efforts to 'go green' and become more efficient, the township is offering Direct Deposit (Electronic Funds Transfer) to our vendors/service providers. The Direct Deposit payment option will improve service by eliminating delays in the handling and mailing of cheques. Your payment will be directly deposited into your bank account and you will be notified of the payment via e-mail. If you have any questions or concerns or would like to sign-up, please contact kholmes@northdundas.com.

KEEP CONNECTED!

For up-to-date news and event information that is happening in the Township, "like" our Facebook page at www.facebook.com/northdundas. You can also connect with us on Twitter at @northdundas.

Landfill/Recycling Information

BOYNE ROAD LANDFILL SITE

12620 Boyne Road
Monday to Friday: 8:00 am - 4:00 pm
Open Saturdays: 8:00 am - 11:30 am (May 3 to October 25)

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 limit of two garbage bags for each household. For more information, please contact the landfill at 613-774-5157.

2014 HAZARDOUS WASTE DAYS

Take place from 8:00 am until 12 noon on the following dates: September 6 and October 4
For more information, please contact the landfill at 613-774-5157.

TIPPING FEES FOR 2014

- Minimum charge of $15
- $15 per cubic yard / $30 per compacted yard
- $25 per cubic yard for shingles
- Items containing Freon have a $20 charge each for removal
- $25/MT for contaminated soil

FREE ITEMS

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

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

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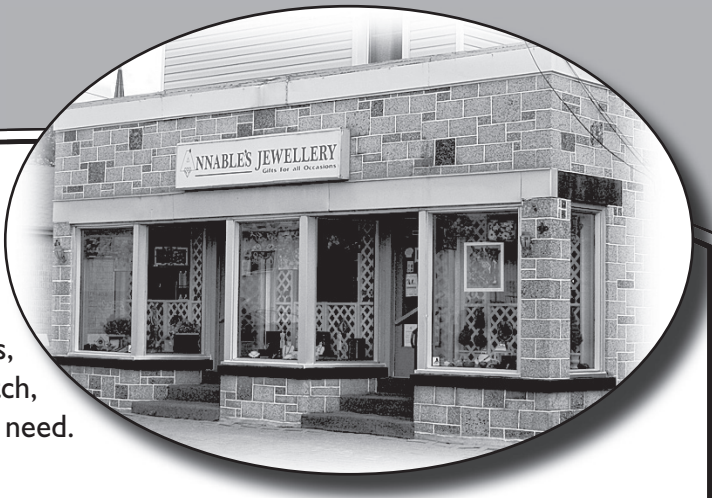

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TOBACCO-FREE SPORT & RECREATION SPACES POLICY

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

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

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

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

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

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

COMMUNITY GRANTS

Community groups/organizations can request financial assistance from the Township through a submission process. There are six, $400 grants available to these types of groups.

The following requirements must be met in order for a request to be reviewed by the committee:

- A letter indicating:
  - Who your group/organization is
  - What type of service you provide in the community of North Dundas
  - Who is on your executive
  - How long you have been in operation
  - What the funds are being used for and how the funds will benefit the organization and impact the community
- A copy of the organization's finances

The review committee may request an interview to further substantiate the request.

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

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

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

Please submit applications to the attention of:
Meaghan Meerburg, Director of Recreation & Culture

IN-PERSON OR MAIL:
636 St. Lawrence Street, P.O. Box 489
Winchester, ON K0C 2K0
Fax: 613-774-5699
Email: mmeerburg@northdundas.com

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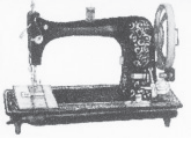


Heel 'n Wheel for Local Cancer Care

Saturday, September 6

Winchester District Memorial Hospital FOUNDATION
613-774-2422 x6164

Pledge online or offline and then walk or bike towards WDMH with your team, or on your own, to raise funds for cancer care at WDMH together!



REGISTRATION $25 FOR ADULTS,
$10 KIDS UNDER 16

NO FUNDRAISING MINIMUMS!!

• BBQ • Entertainment • Kids' Activities
at the Heel 'n Wheel Afterparty!



FUN FOR ALL AGES!

• @HeelnWheel • heelnwheel.ca • @WDMHFoundation
• facebook.com/wdmhfoundation • wdmh.on.ca/foundation

HOW TO READ YOUR WATER METER

NEPTUNE T-10 WATER METER STEP-BY-STEP INSTRUCTIONS:

• Make sure no water is being used inside or outside your home. This means no dishwashers, sprinklers or toilets flushing. It also means shutting off any appliance that may continuously use water like a water softener or humidifier.

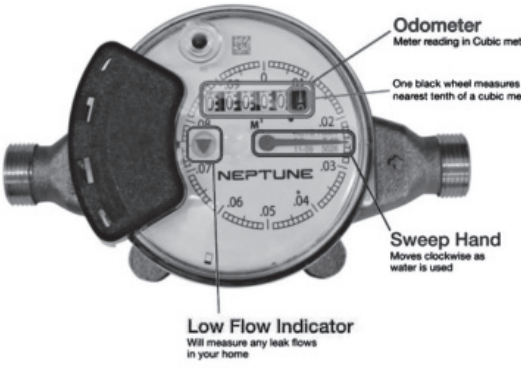
• Find your water meter. It is found in the lowest part of your home, in your basement or crawl space. The meter is adjacent to the main water shut-off valve to your home.

• Get to know your meter. Your water meter has a series of dials and hands. The dials measure the amount of water you've used in your home over time and are used to calculate your water bill.

• The sweep hand also measures water flowing through the meter. As it completes a full circle it prompts the dials to turn once.

• The flow indicator will measure any leaks in your home.

• The flow indicator moves counter clockwise whenever water is moving through the meter.



Neptune T-10 Water Meter

• If either the low flow indicator or the sweep hand moves when you believe no water is being used in your home, you may have a leak.

HOMEOWNER RESPONSIBILITIES

As a homeowner, you are responsible for the maintenance of fixtures and pipes on the private-side of your property line.

NEPTUNE E-CODER READING INSTRUCTIONS:

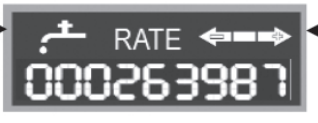


The Water Utility will read your water meter for billing purposes, but **should you wish to monitor your own consumption**, here's how:

- Shine a flashlight over the flashlight icon (located on the register) to activate the LCD display *
- Take a reading at a set time of the day
- Take a 2nd reading at the same time the next day
- The difference between the two readings is your daily water consumption

* Note: when the register display is first activated via a flashlight, all icons will be briefly displayed followed by firmware information. The register display will then toggle (every 4 seconds) displaying the reading and then the flow rate. The flow rate is per minute. When the display indicates "RATE", the flow rate is being displayed.

Leak Indicator
Displays a possible leak



Flow Indicator
Displays direction of water flow

- **OFF** – indicates no leaks
- **Flashing** – water usage for more than 50% of time in 24 hour period
- **Continuous ON** – there is most likely a leak in your home

The LCD figure displays your meter reading in cubic metres. The last 4 digits are decimal points. (e.g. – 26.3987 cubic metres) (decimal will be displayed)

- **ON**– water in use
- **OFF** – water not in use
- **Flashing** – water is running slowly
- **(–)** - indicates reverse flow
- **(+)** – indicates forward flow

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www.bbcanada.ca

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Crisis Services for Abused Women and Their Children

NAOMI'S FAMILY RESOURCE CENTRE

Crisis Line: Call 24 hours a day for **support**, referrals and a listening ear.
Shelter: Emergency housing where you can **feel safe**, feel supported and work toward goals.
Women's Support Group: Provide **practical information and tools** to apply in everyday life.
Child & Youth: Help to identify, **express and cope with feelings** about violence and separation.

TOLL FREE: 1-800-267-0395 LOCAL: 613-774-2838
www.naomiscentre.ca

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Recreation Department Information

RECREATION STAFF CONTACT LIST

613-774-2105

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

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

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

RECREATION FACILITIES

The Recreation Department has a number of halls and facilities that can be rented out for your program, meeting, function, or event. Check out the Recreation & Culture Department page on www.northdundas.com for a detailed list of available rentals including tables and chairs. The web page also offers information about amenities, capacities, locations, and more. **Please contact Gina Welch at 613-774-2105 ext. 223, to inquire about availability, rates, or to book a rental.**

PAVILIONS

Lions Club Pavilion
577 Main St., Winchester

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

ARENAS

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

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

COMMUNITY HALLS

Chesterville Community Hall
1 Mill St., Chesterville

Nelson LaPrade Centre
9 William St., Chesterville

Morewood Community Centre
17 Russell St., Morewood

Mountain Community Hall
10523 Van Allen St., Mountain

Joel Steele Community Hall
577 Main St., Winchester

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

South Mountain Resource Centre
10543 Main St., South Mountain

Mountain Township Agricultural Hall
2967 Lough Rd., South Mountain
(Contact Rhonda Holmes, 613-989-5235)

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

Harmony Park
1306 Country Lane

Mountain Memorial Park
10480 Clark Rd., Mountain

South Mountain Park
10543 Main St., South Mountain

Skateboard Park
577 Main St., Winchester

Thompson Park
Erin Ave., Chesterville

OUTDOOR RINKS:

Inkerman
11450 Cameron Rd.

Morewood Community Centre
17 Russell St., 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

Ice is made and maintained by volunteers. If you are interested in volunteering, contact the Director of Recreation and Culture at the municipal office.

ARENA ADVERTISING RATES

DESCRIPTION	CURRENT FEES
Arena – 4 x 8 wall advertising	$220 + HST annually
Arena – 4 x 4 wall advertising	$120 + HST annually
Arena – 4 x 8 rink boards	Initial fee: $500 + HST (prep. & installation) Annual fee: $275 + HST
Arena – 4 x 4 rink boards	Initial fee: $350 + HST (prep. & installation) Annual fee: $175 + HST
Arena – 2 x 2 dressing room door	Initial fee: $100 (prep. & installation) Annual fee: $75 + HST
Ice Resurfacer, both sides	Annual fee: $600 + HST
Ice Resurfacer, one side	Annual fee: $300 + HST
Lobby – 3 pole wrap	Initial fee: $150 + HST (prep. & installation) Annual fee: $100 + HST
Lobby – 4 x 3 floor ad	Initial fee: $650 + HST (prep. & installation) Annual fee: $400 + HST
Lobby – wall ad	Initial fee: $20 sq. ft. + HST (prep. & installation) (Minimum $100 for a 2 x 2 ad) Annual fee: $15/sq. ft. + HST (Minimum $75 for a 2 x 2 ad)

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

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Winchester Skating Club

Box 522, Winchester, Ontario, K0C 2K0
Registrar Wendy Crober 613-774-1623
winchesterskatingclub@live.ca

Winter Session 2014-2015

REGISTRATION FOR ALL PROGRAMS

Winter session 2014-2015 registration for all programs will be taking place the last week of August in the boardroom at the Joel Steele Community Centre. Please watch for further details on our Facebook page or website at **www.winchesterskatingclub.com**

PROGRAMS

CanSkate Program
(Pre-CanSkate and CanSkate)
October 7, 2014-March 26, 2015
Pre-CanSkate: Tuesday & Thursday 6:20-6:45 pm
$325.00
CanSkate: Tuesday & Thursday 6:20-7:10 pm
$400.00

Advanced CanSkate Program
(Levels 2-6)
September 2, 2014-March 28, 2015
Thursday 5:15-6:10 pm, Saturday 9:00-10:20 am
$560.00

Intermediate Program
Tuesday 5:15-6:10 pm, Saturday 10:30-11:50 am
$560.00

StarSkate Program
(Must have passed Full Preliminary FreeSkate)
Tuesday and Thursday 3:50-5:15 pm
& Saturday 12-2:10 pm
$775.00

Mandatory for all levels:
Skate Canada Membership Fee $33.00
Administration Fee $25.00

Skate Canada Helmet Policy
(Effective May 1, 2011)

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice.

Arena Information

CLOSURE DATES

Monday, October 13, 2014 - 8:00 am to 9:00 pm. Both arenas.

Wednesday, December 24, 2014 at 8:00 am to
Saturday, December 27, 2014 at 7:00 am, both arenas.

Wednesday, December 31, 2014 at 8:00 am to
Friday, January 2, 2015 at 8:00 am, both arenas.

Monday, February 16, 2015, both arenas.

ICE

Pre-Season Ice:
Monday, August 25 to Sunday, September 21, 2014 – Winchester Only

Ice Contracts Begin:
Monday, September 22, 2014 in Winchester
Monday, September 29, 2014 in Chesterville

PUBLIC SKATING

Month of September:

Winchester Arena only, 4:00 - 5:00 pm
Mondays: Sept. 8, 15, 22, 29
Wednesdays: Sept. 3, 10, 17, 24
Fridays: Sept. 5, 12, 19, 26

REGULAR HOURS:

Chesterville Arena:
Mondays, Tuesdays & Fridays: 4:00 pm - 5:00 pm
Thursdays: 11:30 am - 1:00 pm
Saturdays: 12:00 pm - 1:00 pm
Sundays: 12:00 pm - 1:00 pm
September 29, 2014 to March 29, 2015

Winchester Arena:
Mondays: 4:00 pm - 5:00 pm
Wednesdays & Fridays: 4:00 pm - 5:00 pm
Wednesdays & Thursdays: 11:30 am - 1:00 pm
Saturdays: 7:00 pm - 8:00 pm
Sundays: 12:30 pm - 1:30 pm
September 22, 2014 to March 29, 2015

PARENT & TOTS SKATING

Winchester Arena:
Wednesdays: 10:00 - 11:30 am, beginning September 3, 2014

Chesterville Arena:
Thursdays 10:00 - 11:30 am, beginning September 25, 2014

CHRISTMAS BREAK PUBLIC SKATING

Winchester Arena:

Sat., Dec. 27	7:00 pm - 8:00 pm
Sun., Dec. 28	12:30 pm - 1:30 pm
Mon., Dec. 29	2:00 pm - 5:00 pm
Tues., Dec. 30	2:00 pm - 3:30 pm
Fri., Jan. 2	2:00 pm - 5:00 pm
Sat., Jan. 3	7:00 pm - 8:00 pm
Sun., Jan. 4	12:30 pm - 1:30 pm

Chesterville Arena:

Sat., Dec. 27	12:00 pm - 1:00 pm
Sun., Dec. 28	12:00 pm - 1:00 pm
Mon., Dec. 29	1:00 pm - 2:00 pm
Tues., Dec. 30	12:00 pm - 1:00 pm
Fri., Jan. 2	2:00 pm - 5:00 pm
Sat., Jan. 3	2:00 pm - 5:00 pm
Mon., Jan. 5	12:00 pm - 1:00 pm

MARCH BREAK PUBLIC SKATING 2015

Winchester Arena:

Sat., March 14	7:00 pm - 8:00 pm
Sun., March 15	12:30 pm - 1:30 pm
Mon., March 16	2:00 pm - 5:30 pm
Tues., March 17	2:00 pm - 3:30 pm
Wed., March 18	2:00 pm - 5:00 pm
Thurs., March 19	2:00 pm - 3:30 pm
Fri., March 20	2:00 pm - 5:00 pm
Sat., March 21	7:00 pm - 8:00 pm
Sun., March 22	12:30 pm - 1:30 pm

Chesterville Arena:

Sat., March 14	1:00 pm - 2:00 pm
Sun., March 15	12:00 pm - 1:00 pm
Mon., March 16	2:00 pm - 5:00 pm
Tues., March 17	2:00 pm - 5:00 pm
Wed., March 18	2:00 pm - 5:00 pm
Thurs., March 19	2:00 pm - 5:00 pm
Fri., March 20	2:00 pm - 5:00 pm
Sat., March 21	1:00 pm - 2:00 pm
Sun., March 22	12:00 pm - 1:00 pm

PLEASE NOTE THAT SKATING DATES & TIMES ARE SUBJECT TO CHANGE*

Please call the Township of North Dundas Office at 613-774-2105 ext. 236 for up-to-date information

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613-933-6513
Satellite Office
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800-514-9660
Satellite Office
Morrisburg, ON, K0C 1X0
800-514-9660
jim.mcdonellco@pc.ola.org
Fax 613-933-6449 www.jimmcdonellmpp.ca

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RECREATION LIBRARY

The Township of North Dundas Recreation & Culture Department is pleased to offer the Recreation Library. The Township owns various recreation equipment such as coolers, snowshoes, balls, life jackets, skateboards, bicycles, helmets, baseball gloves, sticks, bats, and ***much*** more. All items are available for community use at no charge.

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

The Township of North Dundas Recreation & Culture Dept. is always accepting donations of gently used or new recreation equipment as well as monetary donations to help sustain and expand the Recreation Library.

To view the most recent list of Recreation Library items available for loan, please see below.

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

RECREATION LIBRARY INVENTORY

- 2 - aerobic step and riser sets
- 3 - infant boater vests (life jacket)
- 5 - child boater vests
- 5 - youth boater vests
- 6 - adult boater vests (Universal)
- 1 - camp propane stove with 2 burners (propane not included)
- 2 - LED camp lanterns
- 1 - 13 pc. set of camping enamel cookware
- 2 - adult fishing rod, reel, and tackle sets
- 2 - youth fishing rod, reel, and tackle set
- 2 - adult bicycles
- 3 - youth bicycles
- 4 - child, 6 speed bicycle
- 1 - air compressor
- 2 - frizbees
- 7 - skipping ropes
- 8 - basketballs
- 10 - soccer balls
- 4 - soccer corner flags
- 17 - pinnies/vests
- 1 - home plate
- 5 - stability balls
- 6 - indoor soccer balls
- 3 - baseball gloves (right and 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
- 6 - bike helmets (children's, youth, and adult's 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
- 5 - badminton racquets
- 12 - badminton birdies
- 4 - footballs
- 16 - flag football belts
- 3 - plastic red flags
- 3 - volleyballs
- 2 - sets of golf clubs
- 2 - bosu balls
- 2 - sets of yoga blocks

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



SKATE & HELMET LENDING LIBRARIES

The Township of North Dundas is pleased to offer **Skate & Helmet Lending Libraries** that will be operating until the end of March, at both the Winchester and Chesterville Arenas.

This program will be available, **FREE OF CHARGE,** during public skating hours and is also available to accommodate sports enthusiasts should they forget their own skates or helmet for a game or practice that is taking place at one of the arenas.

Skates and helmets may also be signed out for the duration of the ice season.

We are always accepting donations of gently used or new hockey helmets and skates as well as monetary donations to help sustain and expand the **Skate & Helmet Lending Libraries.** If you would like to make a donation, please do so at the Township Office, located at 636 St. Lawrence St. in Winchester.

For more information, please contact Gina Welch at 613-774-2105 ext. 223 or email gwelch@northdundas.com

• MORE SUBSIDIES AND SUPPORT ON PAGE 19

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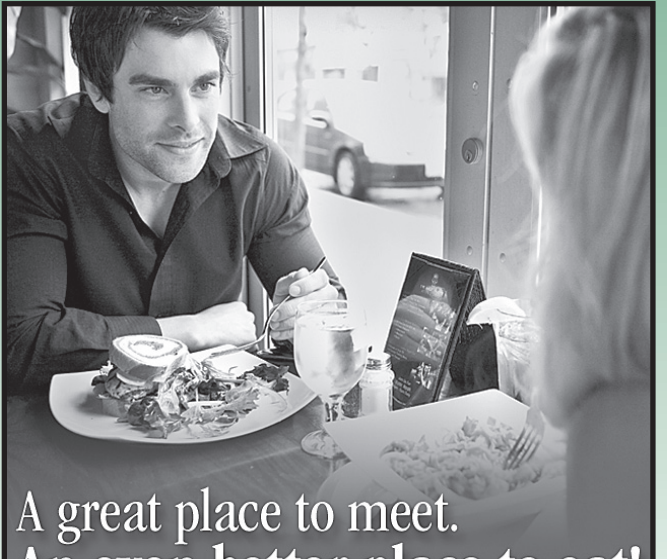

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613.774.1091
goodwin-1@hotmail.com
teamgoodwin.acndirect.com
teamgoodwin.acnibo.com
Mountain, Ont.
Canada

NORTH DUNDAS INCLUSION

The Township of North Dundas realizes that recreational opportunities always have their affiliated costs and that sometimes, these costs can make participation unaffordable. In order to eliminate these financial barriers, the Township of North Dundas has developed a fund called North Dundas Inclusion. While many great financial aids already exist and are available to residents of North Dundas, we realize that there are still some gaps that need to be filled. Now, regardless of whether you would like to inquire about participation for an infant, child, youth, teen, adult or senior, financial aid for the program or course that you would like to register for, may be available. All financial aid is confidential. *To find out if you qualify, or to find out more about this program, please contact Gina Welch at 613-774-2105 ext. 223.*

CHILDREN'S ARTS TAX CREDIT

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

CHILDREN'S FITNESS TAX CREDIT

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

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

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

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

JUMP START

Canadian Tire believes that all kids should have the chance to run, skate, play, and grow. That's why the Canadian Tire Jump Start program was started. Jump Start is a community-based, charitable program, developed and carried out by the Canadian Tire Foundation for Families. Jump Start helps kids between the ages of 4 to 18, who are in financial need, to participate in organized sports and recreational activities such as hockey, dance, and swimming, by providing financial assistance with program registration fees. During the registration evaluation process, community partners use a confidential procedure to select and refer children who meet the criteria and who could benefit from the program. To apply for Jump Start, parents and guardians may visit the Township of North Dundas Office, located at 636 St. Lawrence St. in Winchester to fill out an application in person. The form can also be downloaded from the Township website at www.northdundas.com and then emailed to gwelch@northdundas.com. *For more information on the Jump Start program, please call Gina Welch at 613-774-2105 ext. 223. All financial aid is confidential.*

HEALTHY SMILES ONTARIO

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

- They are residents of Ontario;
- They are members of a household that meets the income eligibility requirements; and
- They do not have access to any form of dental coverage (including government-funded programs, like Ontario Works).

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

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

CINOT (CHILDREN IN NEED OF TREATMENT)

Oral Health Program at the Eastern Ontario Health Unit: 613-933-1375, 1-800-267-7120

CINOT is a Government funded dental program that provides emergency and urgent dental care for Ontario children between the ages of newborn to 18 years. Families may be eligible if they do not have dental insurance, if the cost of dental treatment would result in financial hardship, and if they meet the dental eligibility criteria. All registrants must be screened by Health Unit Staff to establish both dental and financial need. A CINOT claim form will be issued following the screening – OR – a child with an emergency condition may see a dentist immediately as long as the Health Unit is contacted on the next business day to arrange for emergency coverage. *For more information about CINOT or to find out if your family may be eligible for this program, contact the Oral Health Program at the Eastern Ontario Health Unit using the phone numbers listed above.*

Dr. George Carlin *Dental Surgeons*

Dr. Leila Okhravi

613-774-2616
Office Hours:
8:00 am-4:00 pm
By Appointment

2724 County Rd. 31
(South of BMR)
Winchester, Ontario
K0C 2K0

CHIROPRACTIC

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Employment Opportunities

RECREATION DEPARTMENT EMPLOYMENT OPPORTUNITIES

PART-TIME ARENA ATTENDANTS (6)

Individuals are to work at the Chesterville and Winchester arenas as part-time maintenance staff. Duties include: moving and changing nets during ice resurfacing, event set-up and shoveling snow, as well as general housekeeping duties including sweeping and mopping floors and vacuuming and cleaning washrooms and dressing rooms.

QUALIFICATIONS: Must be 16 years of age + and willing to work evenings and weekends. First-Aid & CPR certification an asset.

TERM: August 25, 2014 to March 29, 2015
PAY: $11.01 - $11.67/hr.
REFERENCE #0114

CALL-IN FACILITY OPERATORS

Individuals will provide operational and maintenance services to all recreation and other municipal facilities, grounds and areas controlled by the Township of North Dundas, on a part-time, call-in basis. Responsibilities include: ice maintenance, housekeeping for halls and arenas, preparation of recreation facilities for special events as required, supervision of part-time staff, and other duties as assigned.

QUALIFICATIONS: Must be 16 years of age + and willing to work evenings and weekends. A valid G drivers licence, as well as experience with the operation of an ice resurfacer, ice edger, and refrigeration plant, are required. First-Aid & CPR certification an asset.

TERM: August 25, 2014 to March 29, 2015
PAY: $18.01/hr.
REFERENCE #0214

Please submit your resume to: Meaghan Meerburg, Director of Recreation & Culture, Township of North Dundas, 636 St. Lawrence St., P.O. Box 489, Winchester, ON, K0C 2K0 OR fax 613-774-5699
DEADLINE: August 11, 2014

RECREATION PROGRAM INSTRUCTORS

The Recreation & Culture Dept. is currently seeking experienced program instructors for programs including, but not limited to yoga, burlesque, pilates, zumba, ballet, tap, jazz, aerobics, gymnastics, and boot camps. All positions entail contract work on a part-time, regular or occasional basis. Candidates must be available for weekday evenings and must have reliable transportation. All administration work is taken care of in advance by the Township of North Dundas. A facility and required equipment is provided to all instructors (some exceptions apply). Applicants must be 20 yrs. +
TERM: Ongoing PAY: Varies

Please submit your resume & cover letter to: Gina Welch, Community Development Coordinator, Township of North Dundas, P.O. Box 489, Winchester, ON, K0C 2K0 OR fax 613-774-5699
DEADLINE: Ongoing



Dundas County Drive-in Movie Night

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

On Saturday, September 13 everyone is welcome to join in the nostalgia of drive-in movies.

Come out to the South Mountain Fairgrounds to catch a flick with friends and family. There will be an assortment of snacks available at the concession stand.

For up-to-date information on the Dundas County Drive-in Movie Night visit the Community Events Calendar on our minicipal website at www.northdundas.com or check out the North Dundas Facebook page.

See you at the drive-in!

For questions and feedback regarding this event, or to find out how you can become a volunteer or sponsor, please contact Cyril Davis at 613-774-2105 ext. 299 or events@northdundas.com

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Program Registration

Township of North Dundas

Fall/Winter registration begins August 11, 2014
Fall/Winter programs begin the week of September 8, 2014

GENERAL PROGRAM INFORMATION:

- ALL PROGRAMS REQUIRE PRE-REGISTRATION
- REGISTRATIONS MUST BE SUBMITTED IN ADVANCE OF THE PROGRAM COMMENCEMENT DATE
- ALL PROGRAM SESSIONS AND INDIVIDUAL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION. FOR UP-TO-DATE INFORMATION; PLEASE CALL THE TOWNSHIP OFFICE AT 613-774-2105 EXT. 223
- SORRY, THERE ARE NO FAMILY RATES
- POST-DATED CHEQUES ARE NOT A VALID METHOD OF PAYMENT AND CHEQUES MUST BE SUBMITTED AT LEAST ONE WEEK PRIOR TO THE PROGRAM COMMENCEMENT DATE
- ALL PROGRAMS ARE PEANUT-FREE

REGISTER FOR PROGRAMS

In Person – 636 St. Lawrence St., Winchester, ON
Monday to Friday 8:30 am to 4:30 pm
Using INTERAC, VISA, AMERICAN EXPRESS, MASTERCARD, CASH, or CHEQUE

By Phone – 613-774-2105 using a credit card

Online – From the Municipality's website home page at www.northdundas.com you will be able to create a family account, select your activities, and then pay for your program selection using Visa, American Express or MasterCard. ***Please be advised, that as of December 2013, all online registrations are subject to a convenience fee. The convenience fee is calculated at the time of checkout and is based on the total price of the online transaction.***

PROGRAM POLICY

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

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

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

Cancellation/Changes – We do our best to ensure that all programs run exactly as outlined in this brochure, but sometimes a program start date, time, location or fee may change. Programs are subject to cancellation due to insufficient registration, instructor cancellation, etc. If this situation occurs, a full refund will be issued. In the event that a class or lesson must be cancelled, every attempt will be made to have the class or lesson rescheduled. Program registrants will be notified of the class cancellation as well as the rescheduled date, if applicable.

Refunds/Credit/Withdrawals – A refund or credit will only be given up to one week before the start date of the program. A $10 administration fee will apply to all customer-requested refunds. A partial/full refund may be issued depending on the circumstances that are presented. A medical note may be requested in order to process this request.

REQUEST FOR PROPOSALS

Would you like to provide or suggest a new recreational/instructional program or course in the Township of North Dundas?
If so, we want to hear from you! Contact Gina Welch, Township of North Dundas, 613-774-2105 ext. 223 or email gwelch@northdundas.com



ONLINE REGISTRATION

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

WHAT YOU NEED TO KNOW:

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

Please be advised, that as of December 2013, all online registrations are subject to a convenience fee. Convenience fee is calculated at time of checkout and is based on total price of the online transaction.

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

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BALLET

Age: 2-7 yrs.
Duration: 13 weeks
Start Date: Wednesday, September 10 (Fall), Wednesday, January 14th (Winter)
Time: 5:30 - 6:15 pm or 6:30 - 7:15 pm
Location: Joel Steel Community Centre, 577 Main St., Winchester
Registration Fee: $130 (Fall), $110 (Winter)
Register for both sessions for $220!

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

ROCK N' TOTS

Age: Newborn - 6 yrs.
Duration: 4 weeks
Start Date: Thursday, September 18
Time: 10:30 - 11:15 am
Location: Winchester Cultural Centre (Old Town Hall), 478 Main St., Winchester
Registration Fee: $60 per family

Rock 'n' Tots classes feature small class sizes of 6-12 students. Rock 'n' Tots classes feature a mix of classic children's songs and stories as well as current and classic pop/rock music. Students will have the opportunity to take their songs home with them and sing along! Children receive lots of individual attention and gain experience and confidence in a small classroom setting. Students and parents will have time to play, make friends and learn!

INDOOR SOCCER

Age: 6-8 yrs.
Duration: 14 weeks
Start Date: Monday, September 8
(No class Thanksgiving Monday, October 13)
Time: 6-8 yrs: 7:00 - 8:00 pm
9-12 yrs: 6:00 - 7:00 pm
Location: North Dundas District High School gym, 12835 Cty. Rd. 43, Chesterville
Registration Fee: $70

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

ART ATTACK!

Age: 6-10 yrs.
Duration: 14 weeks
Start Date: Tuesday, September 9
Time: 6:30 - 7:30 pm
Location: Joel Steele Community Centre Boardroom, 577 Main St., Winchester (located across the hall from the office, on the lower level)
Registration Fee: $140

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

FLOOR HOCKEY

Duration: 14 weeks
Start Date: Monday, September 8
(No class Thanksgiving Monday, October 13)
Time: 6-8 yrs: 6:00 - 7:00 pm
9-12 yrs: 7:00 - 8:00 pm
Location: North Dundas District High School gym, 12835 Cty. Rd. 43, Chesterville
Registration Fee: $70

Improve your skills while enjoying floor hockey with your friends indoors! Smaller teams help the coaches to focus on skill development as well as good sportsmanship. Indoor non-marking running shoes are required as well as a helmet with a cage. Shin pads are optional.

GINGERBREAD HOUSE MAKING WORKSHOP

Age: 6-12 yrs.
Date: Saturday, December 13
Time: 10:00 am - 12:00 noon
Location: Joel Steele Community Centre, 577 Main St., Winchester
Registration Fee: $35

Turn up the holiday magic for your little ones with a fun-filled session of confectionary creativity. Children and families decorate a gingerbread house and cookies with icing and candy. Cheerful holiday tunes are played during the workshops to get families in the holiday spirit.

• more CHILD AND YOUTH PROGRAMS on page 27

MAPLE RIDGE MARTIAL ARTS CLUB

Classes run Wednesday nights,
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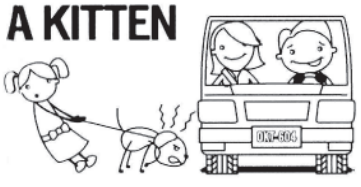

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LITTLE CHEFS

Age: 6-12 yrs.
Duration: 14 weeks
Start Date: Friday, September 12
Time: 5:30 - 7:30 pm
Location: Nelson LaPrade Centre, 9 William St., Chesterville
Registration Fee: $140

This hands-on kitchen series is a great way to introduce your child to the tasty world of cooking! Kids will have a blast while measuring, mixing, stirring, mashing, and best of all, eating! Each workshop will give your child a new adventure in the kitchen.

RAINBOW LOOM ONE-DAY WORKSHOP

Age: 6-12 yrs.
Duration: 2 hours
Date: Saturday, November 22
Time: 10:00 am - 12:00 noon
Location: Joel Steele Community Centre, 577 Main St., Winchester
Registration Fee: $40 with loom, $30 without loom

With a Rainbow Loom, the possibilities are endless. Learn how to weave one of a kind bracelets, rings, necklaces, and charms out of colourful rubber bands. Discover new designs and share some of your favourites in a friendly environment.

BABYSITTER & FIRE SAFETY TRAINING INTEREST COURSE

Instructed by Red Cross and the Winchester Fire Service
Age: 11 yrs.+
Duration: 1 day
Date: Saturday, October 25
Time: 9:00 am - 4:30 pm
Location: Old Council Chambers, Winchester Library Building, lower level, 547 St. Lawrence St., Winchester
Registration Fee: $75 **Manual & certificate of completion included.*

This program will teach the skills necessary to care for infants, toddlers, and pre-schoolers with emphasis on safety and dealing with emergency situations. Topics will include selected first-aid, feeding, safety, diaper changing, games, how to advertise your services safely, getting a job, etc. An additional training course will also be included and cover the subjects of fire extinguisher training, safety 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.

HOME ALONE, LIFESAVER & FIRE SAFETY TRAINING INTEREST COURSE

Instructed by Red Cross and the Winchester Fire Service
Age: 6-11 yrs.
Duration: 1 day
Date: Saturday, October 4
Time: 9:00 am - 4:30 pm
Location: Old Council Chambers, Winchester Library Building, lower level, 547 St. Lawrence St., Winchester
Registration Fee: $75 **Certificate of completion included*

This 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 & 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" practices including what to do when you get home, in emergencies, in a power failure, if you are locked out, if a water pipe breaks, and if you smell gas. All registrants will also be taught about fire safety and given emergency phone numbers to take home. An additional training course will also be included and cover the subjects of fire safety and prevention, and include topics such as fire escape plans, proper steps to take in an evacuation, and who to call in an emergency.

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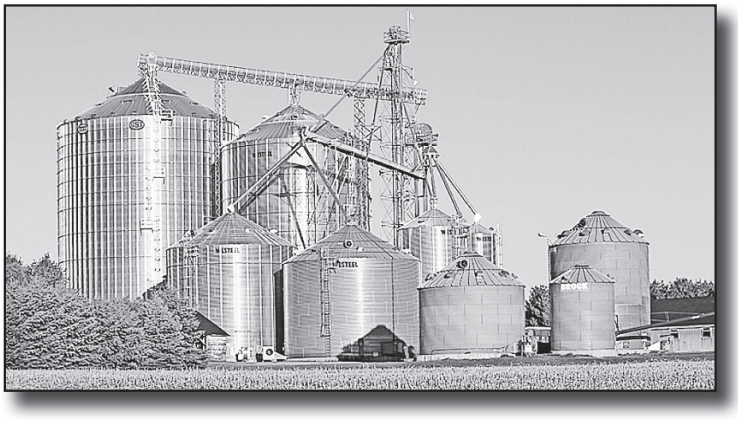

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***** YOGA & ZUMBA PROGRAM PACKAGES: When registering for a yoga or zumba program package on-line, please ensure you look-up the individual program listings and take note of the dates, times and requirements of each. Due to data entry limitations in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

DYNAMIC HATHA YOGA – FOR BEYOND BEGINNERS

Age: Teens & adults
Duration: 15 weeks
Start Date, Time & Location:

Thursday, September 11, 7:30 - 8:30 pm,
Morewood Community Centre,
17 Russell St., Morewood

OR Saturday, September 13, 7:30 - 8:30 am,
Morewood Community Centre,
17 Russell St., Morewood

Registration Fee: $150 + HST ***Register for any 2 classes of yoga per week and pay only $280 + HST!***

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

CARDIO BALL

Age: Teens & adults
Duration: 15 weeks
Start Date: Wednesday, September 10
Time: 7:30 - 8:30 pm
Location: Joel Steele Community Centre, 577 Main St., Winchester
Registration Fee: $150 + HST.
Register for this program AND Zumba Toning for $280!

Cardio ball is a strength and cardio workout using a stability ball. The class will also incorporate a toning portion using light weights and providing a focus on building your core muscles. Registrants will need to bring their own sets of light weights (1-8 lbs. max is recommended). Don't miss out on this new and exciting workout this fall!

DYNAMIC HATHA YOGA – FOR EVERYONE

Age: Teens & adults
Duration: 15 weeks
Start Date, Time & Location:

Thursday, September 11, 8:30 - 9:30 pm,
Morewood Community Centre,
17 Russell St., Morewood

OR Saturday, September 13, 8:45 - 9:45 am,
Morewood Community Centre,
17 Russell St., Morewood

Registration Fee: $150 + HST.
Register for any 2 classes of yoga per week and pay only $280 + HST!

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

FITNESS/CROSS FIT AND CIRCUIT TRAINING

Age: Teens & adults (ALL LEVELS)
Duration: 14 weeks
Start Date & Time:

Monday, September 8, 7:00 - 8:00 pm
(No class Thanksgiving Monday, October 13)

OR Wednesday, September 10, 7:00 - 8:00 pm
Location: Chesterville Community Centre, 1 Mill St., Chesterville
Registration Fee: $140 + HST
Register for both dates and pay only $260 + HST!

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

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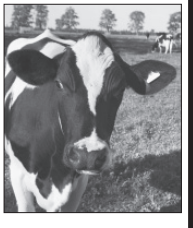

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ZUMBA TONING

Age: Teens & adults
Duration: 14 weeks
Start Date: Monday, September 8,
(No class Thanksgiving Monday, October 13)
Time: 7:30 - 8:30 pm
Location: Joel Steele Community Centre,
577 Main St., Winchester
Registration Fee: $140 + HST.
Register for this program AND Cardio Ball for $260!

ZUMBA TONING incorporates popular Zumba rhythms with lightweight maraca-style toning sticks, created to engage your muscles. This combination of cardio and dynamic, resistive movements is an effective use of progressive, lightweight training that will improve overall performance. It's double the workout of a regular Zumba program, in half the time! ***REQUIREMENT** Registrants MUST have taken a minimum of 5 regular Zumba classes before registering for this program!*

NEW - BOUNCE FIT



Age: 16 yrs.+
Duration: 15 weeks
Start Date & Time:
Tuesday, September 9, 8:00 - 9:00 pm,
Thursday, September 11, 6:30 - 7:30 pm,
Location: Joel Steele Community Centre, 577 Main St., Winchester
Registration Fee: $150 + HST
Register for both dates and only pay $280!

Bounce Fit is a great, new, aerobic workout program that uses specially designed boots to firm and strengthen the glutes, legs, core and abs, as well as increase bone density, and reduce body fat. The boots fit like rollerblades or ski boots & form fit to your feet through use. They provide the most exciting exercise concept around, while protecting the knees, spinal column and joints by reducing the impact shock by up to 80% compared to conventional training shoes. Boots will be provided to program registrants for use during classes. Registrants must wear a high pair of socks.

ADULT CO-ED FLOOR HOCKEY

Age: 16 yrs.+
Duration: 15 weeks
Start Date: Thursday, September 11
Time: 8:00 - 9:30 pm
Location: North Dundas District High School,
12835 Cty. Rd. 43, Chesterville
Registration Fee: $75 + HST

Get active and stay fit. Grab some friends and come out and play a fun game of floor hockey. Please wear non-making shoes.

NEW - ADULT SHINNY HOCKEY

Duration: 15 weeks
Start Date, Time & Location:
Monday Nights (18 yrs.+): September 22,
10:00 - 11:00 pm, Joel Steele Community Centre, 577 Main St., Winchester
Wednesday Mornings (55 yrs.+): September 24,
8:30 - 10:00 am, Joel Steele Community Centre, 577 Main St., Winchester
Friday Nights (18 yrs.+): September 26, 10:00 - 11:00 pm,
Chesterville Arena, 153 Queen St.
Registration Fee: $75 + HST

PICK-UP HOCKEY RULES:
- It is mandatory that adults age 18 yrs. and older wear full hockey equipment including a CSA approved helmet.
- It is highly recommended participants wear a full-face mask.
- Please use the pucks provided by the township.
- Dates may be cancelled due to event bookings.
- This not an organized activity. A referee is not provided.

NEW - SPINNING

Age: 16 yrs.+
Duration: 15 weeks
Start Date & Time: Tuesday, September 9, 8:00 - 9:00 pm,
Thursday, September 11, 6:30 - 7:30 pm,
Location: North Dundas District High School, 12835 Cty. Rd. 43, Chesterville, Multipurpose Room
Registration Fee: $150 + HST
Register for both dates and only pay $280!

Go on a real, physical journey without leaving your seat! This ride comes complete with nonstop peaks and valleys. Spin class is a high intensity cardio workout involving intervals and resistance.

NEW - PILOXING

Age: 16 yrs.+
Duration: 14 weeks
Start Date: Thursday, September 11
Time: 6:30 - 7:30 pm
Location: Morewood Community Centre, 17 Russell St., Morewood
Registration Fee: $140 + HST

PILOXING® cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina. The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates. These techniques are also supplemented by the use of weighted gloves, that further tone the arms and maximize cardiovascular health. Add to that, exhilarating dance moves and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered.

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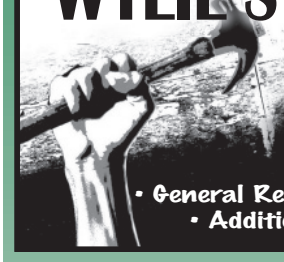

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NEW - LEARN TO RUN

Age: 16 yrs.+
Duration: 9 weeks
Start Date: Thursday, September 11
Time: 7:00 - 8:00 pm
Location: 100 Club Park Lions Club Pavilion, 577 Main St., Winchester.
Registration Fee: $90 + HST

If you have always wanted to learn to run, but don't know where to start, this program will teach all you need to know. Topics that will be covered include: running in different weather conditions, nutrition, goal setting, motivation, injury prevention, pacing and much more. Each session will cover a topic and then participants will go for a run. By the end of the clinic, you will be running about 2.5 km in 20 minutes. This will be accomplished through a gradual progression of run and walk breaks.

ADULT CO-ED INDOOR SOCCER

Age: 16 yrs.+
Duration: 15 Weeks
Start Date: Tuesday, September 9
Time: 8:00 - 9:30 pm
Location: North Dundas District High School, 12835 Cty. Rd. 43, Chesterville
Registration Fee: $75 + HST

Get active and stay fit. Grab some friends and come out and play a fun game of indoor soccer. Please wear non-making shoes.

BALLROOM DANCING PRACTICES

Age: All ages - youth, adults & seniors; singles or partners
2014 Dates: Aug. 30, Sept. 13, Sept. 27, Oct. 11, Oct. 25, Nov. 8, Nov. 22, Dec. 6, Dec. 20
Time: 7:00 - 10:00 pm
Location: Chesterville Community Centre, 1 Mill St.
Drop-In Fee: $5/person *(ages 15 and under are free)*

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

BALLROOM DANCING

Age: Teens & adults
Duration: 8 weeks
Price: $64 + HST
Start Date: Tuesday September 9 & Thursday, September 11
Location: Chesterville Community Centre, 1 Mill St.

Would you like to learn to dance to be more comfortable at weddings, parties, community events or even out with your friends? Sign up for beginner level classes in one or more dances and you will be amazed at how, after just a few week's lessons and some at home practices, you will be moving around the dance floor with confidence. The dances are mainly social style and are presented for enjoyment in a friendly and relaxed setting. There are also Saturday night practices available every second week to help you get out for an evening while you perfect what you have learned.

CLASS LEVELS

BEGINNER LEVEL 1: Over 8 weeks, learn basic beginner steps for Rumba, Waltz, Foxtrot, Cha Cha, Triple Swing, Samba, Tango and Bachata.

BEGINNER LEVEL 2: Expand on what was learned in the Beginner Level 1 classes by learning additional steps over an 8-week period.

WALTZ/FOXTROT: Waltz and Foxtrot are slow dances commonly played at all types of dances. Over a 4-week period, you will learn the basics of these two popular dances.

MAMBO/BACHATA: These two dances are fast, fun and sensuous. Enjoy close dancing to upbeat music that will leave you breathless and your friends envious. Over 4 weeks of each dance, you will learn a variety of steps to enjoy on the dance floor.

SILVER LEVEL: For those who have completed levels 1 to 10 or who believe they are ready to move on, start these more advanced classes to take what you have learned to the next level. Steps taught will add to what you have learned and will give you more moves for your dancing.

TRIPLE SWING/SAMBA: These are two dances that are popular everywhere. Both are fast and action packed. Over 4 weeks of each dance you will learn basic stepping and more. Be prepared to move and to impress everyone who watches.

TIMES:

Tuesday:	6:30 - 7:30 pm	Beginner Level 1
	7:30 - 8:30 pm	Beginner Level 2
	8:30 - 9:30 pm	Waltz/Foxtrot
Thursday:	6:30 - 7:30 pm	Mambo/Bachata
	7:30 - 8:30 pm	Silver Level
	8:30 - 9:30 pm	Triple Swing/Samba

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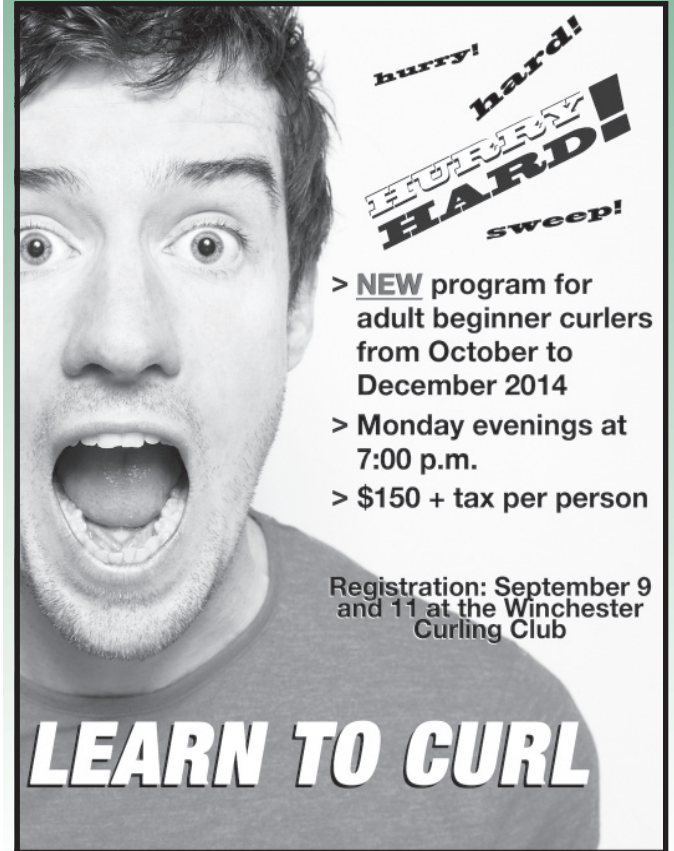

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TAI CHI

Age: Teens & adults
Duration: 14 weeks
Start Date: Monday, September 8, (No class Thanksgiving Monday, October 13)
Time: 6:30 - 7:30 pm
Location: Joel Steele Community Centre, 577 Main St., Winchester
Registration Fee: $140 + HST.

Tai Chi is an ancient Chinese exercise that gently tones the entire body while promoting a feeling of deep, inner peace. Each class begins with a slow warm-up of each joint, followed by meditative movements. This healing art is known as the universal healer because it increases energy, flexibility, stamina, balance and peace of mind.

BELLY DANCING

Age: Teens & adults
Duration: 14 weeks
Start Date: Wednesday, September 10
Time: 6:30 - 7:30 pm
Location: Joel Steele Community Centre, 577 Main St., Winchester
Registration Fee: $140 + HST.

Belly Dance is a vigorous, Middle Eastern dance that uses the whole body to express the lively quality of the music. Special emphasis is placed on the different hip movements (sides, twists, circles, figure eights, undulations, shimmy), arms and torso. Women of all ages enjoy the joyful essence of this dance and find it refreshes the spirit and strengthens the body core. Props such as a veil and stick may also be used, but are not provided.

Certification & Interest Courses

SMART SERVE TRAINING

Age: 18 yrs. +
Location: Township of North Dundas Office, 636 St. Lawrence St., Winchester
Registration Fee: $45 + HST **Manual & certificate included*

The Smart Serve Training Program has been designed to promote the responsible service of alcohol as it pertains to the current liquor laws in the Province of Ontario. This training program provides valuable information to individuals regarding responsible service and sale of alcoholic beverages. It will enable you to take a pro-active approach to serving alcohol responsibly. The Smart Serve Training course takes place in a meeting room within the Township office and allows the registrant to watch the Smart Serve video, take the chapter quizzes, and complete the test at their own pace, while having access to a coach who can answer questions along the way. Appointments can be scheduled throughout the year at the registrant's convenience. Upon successful completion, the registrant will receive their Smart Serve card within 3-6 weeks. Please call the Township office at 613-774-2105 ext. 223 to schedule your individual appointment.

REQUEST FOR PROPOSALS

Would you like to provide or suggest a new recreational/instructional program or course in North Dundas township?

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

DECORATING BASICS CERTIFICATION

Age: 16+
Duration: 2 weeks
Registration Fee: $90 + HST
***Includes certificate of completion, course book and kit*
Date: Saturday, September 27 & Saturday, October 4
Time: 9:00 am - 1:00 pm
Location: Park Pavilion Building, 5 William St. Chesterville

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 a 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 decorate cookies, cupcakes, and cakes!

*** Please note that at the time of registration for this program, participants will be emailed a list of required materials and supplies for each class.*

OPEN ART STUDIO

Age: 16+
Duration: On going
Start Date: Tuesday Nights (starting Feb. 3) 7:00 - 9:00 pm
Thursdays, 1:00 - 3:00 pm - ongoing
Location: Park Pavilion Building, 5 William Street, Chesterville
Registration Fee: $10 drop in fee *(no registration required)*

Do you have an art project in mind and you don't know how to accomplish it? Would you like to learn a new technique or just want to get together with other artists? If you have never painted and would like to learn, come and drop by the open art classes. There will be an instructor who will guide, teach and answer any of your questions. You will need to provide your own paint and tools.



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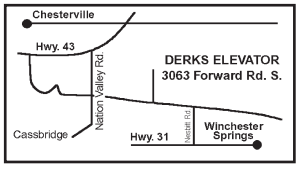

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WINCHESTER BADMINTON CLUB

Adrian: 613-774-4949

The Winchester Badminton Club is open for the 2014-2015 season. The club meets every Tuesday and Friday evening from 7:00-9:00 pm at Winchester Public School. For more information or to register, please contact Adrian.

EASTERN ONTARIO HORSES OF COURSE CLUB

Treasurer, Pam Sherrer: 613-658-2781

The Eastern Ontario Horses of Course Club was founded in 2000 and draws participants from a wide area, surrounding the towns of Winchester, South Mountain and Kemptville. Membership is open to people of all ages and is not restricted by breed of horse or discipline of equestrian activity.
Members of this club participate in a variety of activities, such as: draft horse field work demonstrations, light horse fun days, and showcase of breeds; pleasure rides and drives; sleigh rides; and used tack consignment sales and other fund-raising activities. Membership in the group is $20 annually per household.

UPWARD BASKETBALL

613-448-1758 or 613-448-1304
Contact: The Gathering House

Upwards Basketball is a 14-week basketball league for kids in Grades 1-10. It is centred on the belief that "Every Child is a Winner"! Through skill development, positive competition and engaging, Christian "time-outs" or mini-lessons, your child will have the opportunity to develop and grow in league that is all about the kids.

Registration: month of October
Practices Begin: month of November
League Runs: November-March
TOTAL COST: $95
3 divisions (Starters, Juniors, and Seniors), 14 practices, 14 games, authentic jersey (to keep), year-end award, practice t-shirt.

DUNBAR DRAGONS MEN'S HOCKEY

Tony Wouters: 613-240-7612

The Dunbar Dragons is hockey team for men over 35 years of age. The team plays at the Chesterville Arena weekly. Registration is taking place until September 20th. For general information or to register, please contact Tony Wouters.

WINCHESTER & DISTRICT LADIES HOCKEY LEAGUE

Amy Fraser: 613-774-2182

Winchester and District Ladies Hockey League is a recreational hockey league open to women 18 years of age and older. We are a six-team league and this is our 22nd 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 Fee: $230 (includes CARHA insurance) ***Goalies play for FREE!*** Interested in playing?
Email Amy at amyluvshockey@hotmail.com
Registration is Wednesday August 13, 2014 from 6:30 - 8:00 pm at the Winchester arena and is capped at 78 skaters, first come – first served.

WINCHESTER CENTENNIALS MEN'S HOCKEY

John Ralko: 613-774-2789

WINCHESTER SKATING CLUB

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Registrar, Wendy Crober (613) 774-1623
www.winchesterskatingclub@live.ca

Winter Session 2014-2015
REGISTRATION FOR ALL PROGRAMS
Winter session registration for all programs will be taking place the last week of August in the boardroom of the Joel Steele Community Centre. Please watch for further details on our Facebook page or website.

PROGRAMS
CanSkate Program (Pre-CanSkate and CanSkate)
October 7, 2014 to March 26, 2015

Pre-CanSkate
Tuesday & Thursday, 6:20 - 6:45 pm, $325

CanSkate
Tuesday & Thursday, 6:20 - 7:10 pm, $400

Advanced CanSkate Program (Level 2-6)
September 2, 2014 - March 28, 2015
Thursday 5:15 - 6:10 pm & Saturday 9:00 - 10:20 am, $560

Intermediate Program
Tuesday 5:15 - 6:10 pm & Saturday 10:30 - 11:50 am, $560

StarSkate Program
(Must have passed full Preliminary Freeskate)
Tuesday & Thursday 3:50 - 5:15 pm & Saturday 12 - 2:10 pm $775

Mandatory for all levels:
Skate Canada Membership fee $33, Administration fee $25

Skate Canada Helmet Policy (effective May 1, 2011)
All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice.

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GOODYEAR UCDA MICHELIN

NORTH DUNDAS MINOR HOCKEY ASSOCIATION

Registration Director: Barb Menard
Registrationdirector@northdundashockey.com
Equipment Director: Jamie VanBreugel
equipmentdirector@northdundashockey.com
Tournament Director: Darren Stitt
Tournamentdirector@northdundashockey.com

North Dundas Minor Hockey Association welcomes new and returning players for the 2014-2015 season. We invite all children residing in North Dundas to participate in learning new skills, fun games, building friendships, and developing leadership and team building skills.

REGISTER NOW: Form can be found at: www.northdundasminorhockey.com

A final registration session for new residents or new players will be held on Tuesday August 26, 2014 from 6:00 - 9:00 pm at the Joel Steele Community Centre, Winchester.

There will also be an equipment library available for lending out for the season at the time of registration. Please contact Equipment Director, Jamie VanBreugel at equipmentdirector@northdundashockey.com

The pre-season will start on Sunday, September 7 for Novice (birth year 2006-2007) and Saturday, September 27 for Initiation (birth years 2008 & 2009)

NDMHA EVENTS FOR 2014-2015
Mega House Tournament - weekend of December 6, 2014
Mega Rep Tournament - weekend of January 10, 2015
Initiation Fun Day - February 1, 2015

JR. C ROCKETS

Todd Smith: 613-252-7997
www.northdundasrockets.com

Home games will be played on Saturday evenings at the Chesterville Arena, with a 7:30 pm start time. Game dates are available on our website.

FUN HOCKEY

Bert Hill: 613-774-2047
bert7hill@gmail.com

Open to all ages, experience, ability and gender. You won't be embarrassed. Indeed, you could be a star! The emphasis is fun. No body-checking. Full protective equipment required. We start when the ice goes in at the Joel Steele Arena, in Winchester, in early September and at the Chesterville Arena in early October. We play to the end of March when ice goes out. Show up as frequently as you like. Goalies are particularly welcomed.

PLAY TIMES, LOCATIONS & FEES:
Sundays at 3:30 pm, at the Chesterville Arena.
$12 per game or much less if you pay half-seasons in advance.

Fridays at 12 noon, at the Joel Steele Arena. $5 per game.

JR. B HAWKS

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

HOME GAME SCHEDULE 2014-2015
All Friday games start at 8:15 pm. All other games begin at the times listed. Please stay tuned to the local newspapers for more information on registration dates and locations.
Friday, September 19, Casselman
Friday, September 26, Akwesasne
Friday, October 3, Morrisburg
Saturday, October 10, Alexandria
Friday, October 17, Gananoque
Friday, October 24, Casselman
Saturday, November 1, Morrisburg, 2:30 pm
Friday, November 7, Char Lan
Friday, November 14, Casselman
Friday, November 21, Akwesasne
Saturday, December 6, Westport, 8:15 pm
Friday, December 12, Prescott
Friday, December 19, Alexandria
Wednesday, January 7, Char Lan, 8:30 pm
Friday, January 9, Akwesasne
Friday, January 16, Brockville
Saturday, January 24, Athens, 7:30 pm
Friday, January 30, Morrisburg
Friday, February 6, Char Lan
Friday, February 13, Alexandria

DUNDAS COUNTY GIRLS HOCKEY ASSOCIATION

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

DCGHA offers competitive and house league hockey playing options for girls (Pee Wee, Bantam, Midget, and Intermediate age) in the Ottawa District Women's Hockey League. Games and practices are held at the Chesterville, Winchester and Morrisburg arenas.

WINCHESTER CURLING CLUB

Allison Summers, President 613-774-2747
brooke_al81@yahoo.com
Club: 613-774-2129 Web: www.winchester.ovca.com
Email: winchestercurlingclub@gmail.com
Like us on Facebook: Winchester Curling Club

Located at 587 Main St. next to the Arena, WCC offers leagues and programs for all ages including Little Rocks (6-12 yrs. - Wed. at 5:30 pm), Bantam/Junior (12-20 yrs. - Mon. at 6:00 pm), Daytime (Mon. & Thurs.), Mixed (Tues., Wed. & Fri. evenings), Fixed (Thurs. evening).

NEW FALL 2014 - Adult Learn to Curl - Mondays at 7:00 pm October to December - $150/person. No experience necessary.

Hall and ice rentals are available with a fully licensed bar and full kitchen.

FALL REGISTRATION: September 9, 6:30 - 8:00 pm
September 11, 6:30 - 7:30 pm

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Catharine Rodger
Cell. 613-551-5209

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***Kevin* 613-223-0620**

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MOUNTAIN SENIORS CLUB

Mountain Twp. Agricultural Hall
2967 Lough Rd., South Mountain
Jack McCarger: 613-989-5569

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

WINCHESTER GOLDEN YEARS

Winchester Lions Hall
515 Albert St., Winchester
Roberta Giberson: 613-774-4273

The Golden Years, age 50+, meet the third Thursday of each month, except for July, August, and December. Meetings are held at 11 am at the Winchester Lions Hall. On these days, meetings are followed lunch at 12 noon and then entertainment.

Our seniors' group plays euchre the second and fourth Thursdays of the month. Euchre begins at 7:30 pm and is held at the Winchester Lion's Hall. For more information, please call Roberta Giberson at 613-774-4273.

Golden Years also have a choral group, which entertains at the hospital.

Golden Years welcomes any new members.

NOR-DUN SENIORS' SUPPORT SERVICES

a Carefor Agency, offering a variety of Community Support Services

There are three sites in North Dundas:

- **Nor-Dun Centre,** 517A Albert Street, Winchester
- **Nelson LaPrade Centre,** 9 William Street, Chesterville
- **Mountain Township Ag Hall,** 2967 Lough Road, South Mountain

Activities and services are arranged for seniors and physically disabled adults. You can participate in activities at any one or all of the sites. Fees are set according to the event and services. New participants will be asked to provide basic information, such as emergency contacts, that will be kept on file.

REGULAR ACTIVITIES FOR NOR-DUN CENTRE IN WINCHESTER
Diners Meal every Monday, Wednesday and Friday at 12:00 pm
Bid Euchre is every Thursday at 12:30 pm
Pat's Exercise Class is every Thursday at 9:30 am
Hot Dog Fundraiser Night at 4:00 pm, fourth Thursday of the month
FREE Exercise Class (working on range of motion, strength and balance) every Monday and Friday at 1:00 pm

REGULAR ACTIVITIES FOR NELSON LAPRADE CENTRE IN CHESTERVILLE
Diners Meal every first and third Tuesday of the month at 12:30 pm
Euchre is every Thursday at 1:00 pm
Tai Chi classes every Thursday at 2:30 pm

REGULAR ACTIVITIES FOR MOUNTAIN TOWNSHIP AG HALL IN SOUTH MOUNTAIN
Diners Meal every Thursday at 12:00 pm
Euchre is the third Thursday of every month at 1:00 pm

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

RECREATION ASSOCIATIONS

ORMOND HARMONY CLOVERDALE R.A.

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

ANNUAL MEETING
Wednesday, November 19, 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!

CHRISTMAS POTLUCK SUPPER & PARTY
Saturday, December 13
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 to this potluck supper. Try out your neighbour's gourmet specialty. Refreshments, buns, turkey, and ham will be provided by the executive. Raffle for Christmas gift items.

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

The Ormond Harmony R.A is a volunteer organization that is active in their community. They have hosted a number of events each year and guarantee that these fall and winter seasons will not disappoint! If you are interested in participating in the planning of the events, joining the organization, or volunteering, please contact the individuals above.

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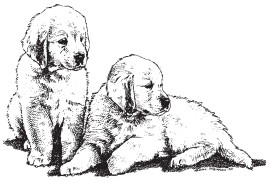



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UPCOMING EVENTS:

South Mountain Fair: August 14-17
Movies Under the Stars: August 29
Dundas Drive-In: September 13 (Rain date of September 14)
Election Day: October 27
Parade of Lights: December 6

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Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse. That means quick, easy access to a qualified health professional, who can assess your symptoms and help you decide your best first step. We can help you decide whether to care for yourself, make an appointment with your doctor, go to a clinic, contact a community service or go to a hospital emergency room.

211

Phone Number: 211
www.211ontario.ca

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

NORTH DUNDAS FULL CIRCLES

Welcome to Full Circles - North Dundas FULL CIRCLES... where one person's trash is another's treasure! Serving the communities of: Winchester, Mountain and Chesterville.

Our goal is to encourage North Dundas citizens to live simpler and reduce the size of their environmental footprint by finding new homes for perfectly good, but unneeded, unwanted items rather than just "warehousing" them or throwing them away. Individually and collectively, FULL CIRCLING reduces our negative impacts on our environment and our landfills through growing local communities of like-minded folks - FULL CIRCLERS!
FULL CIRCLES – is a simple concept. Connect people with surplus "stuff"... with others who will use that surplus stuff.

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

S.W.A.P.

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

BLOOD DONOR CLINICS:

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

Date: Thursday, September 4, 2014
Location: Chesterville Royal Canadian Legion, 167 Queen St.
Time: 2:00 to 8:00 pm

Date: Thursday, November 6, 2014
Location: Chesterville Royal Canadian Legion, 167 Queen St.
Time: 2:00 to 8:00 pm

Date: Thursday, January 29, 2015
Location: Chesterville Royal Canadian Legion, 167 Queen St.
Time: 2:00 to 8:00 pm

ST. MARY'S CATHOLIC SCHOOL

613-448-2158
37 Main Street, Chesterville

The school council has teamed up with the North Dundas Township and Recreation once again for a **Halloween Costume and Dance Party.** This event is a community-wide event for all the children of North Dundas Township. It will be held on Saturday, October 25 at the Joel Steele Community Centre between 11am-2pm. The admission is FREE. There will be various activities planned including crafts and games, as well as costume and dance prizes. A canteen lunch will be served for a fee.

Donations of new or gently used items are also being accepted for our **Annual Gift Wrap event.** This event allows every child the opportunity to shop for their family members by selecting a gently used item or toy corresponding to the family member's age group. It will then be wrapped by a parent volunteer and sent home to be placed under the tree. Anyone in the community wanting to drop off items can do so in November, following Remembrance Day.

On the Sunday of the Chesterville Carnival, our annual **Spaghetti Supper** will be served by our students.

Our **St. Patrick's Tea and Bake Sale** will run in March once again. Please come be our guest and let our Grade 5 class provide you with exceptional service. Please watch for local flyers and classified advertisements in our local papers for its official date.

Anyone interested in finding out more information about the school's fall events coming up can please contact the school at 613-448-2158 for further information.

• MORE COMMUNITY GROUPS & EVENTS ON PAGE 45

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CHESTERVILLE FARMERS' MARKET

Cheryl Beasley: 613-774-2224
www.chestervillefarmersmarket.com
or on Facebook at Chesterville Farmers` Market

The Chesterville Farmers' Market would like to invite your organization to participate in the market. We have a community table that is available, to non-profit organizations, for public education, recruiting and fundraising opportunities. The table is free of charge, however, individuals or groups wishing to use the table will need to reserve it in advance. We ask that the table not be used to sell baked goods. The Market is open May 24 to October 11, 2014, Saturday mornings from 9:00 am - 2:00 pm, at the Chesterville Waterfront.

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

CHESTERVILLE ROTARY CLUB

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

The Chesterville Rotary Club is looking forward to a busy fall and winter of activities and fundraising for both local and international causes. Our annual **Terry Fox Run** is scheduled at NDDHS on Sunday, September 14. Our **Pride of Workmanship** to acknowledge outstanding local employees is in October, and our popular **Breakfast with Santa** is confirmed for the Chesterville Legion on Saturday, December 13.

"Like" us to keep updated at www.facebook.com/ChestervilleRotary

CHESTERVILLE AND DISTRICT LIONS CLUB

Natasha Hodge: 613-774-3978 natashabuterhodge@gmail.com

Scrapbooking Crop on September 20, 2014 from 9:00 am - 9:00 pm at the Nelson LaPrade Centre.
Cost is $45 and includes supper and snacks.

For more information and to register, email chestervillelions@gmail.com or www.facebook.com/ChestervilleLions

DUNDAS COUNTY FOOD BANK

497 May St., Winchester 613-774 0188

The Dundas County FoodBank welcomes its clients, donors, and volunteers in its 23rd year of operation in North Dundas.
Hours of Service: Monday 10:00 am to 12 noon
Wednesday 7:00 pm to 9:00 pm
Thursday 1:00 pm to 3:00 pm
Our Morrisburg location is at 17 Second Avenue, 613-543-0065.

We appreciate the support of the community, without whom we could not offer emergency food assistance. Donations of time, food, and funds are a great help. Foods including juices, canned meats/fish, fruit and vegetables, cereals and pastas are always needed and can be dropped off at the grocery store or at the FoodBank during open hours. Monetary donations can be dropped off at the FoodBank or mailed to Box 32, Winchester, K0C 2K0. Official tax receipts will be provided. We participate in events such as Parade of Lights, Dairyfest, Hunger Awareness in the Spring, Food for Fines by local libraries, and other local events. Anyone wanting to support the FoodBank can become a DCFB member for an annual fee of $15/individual or $35/family, and corporate memberships are $100. Tours are available. Please contact dcfbadmin@bellnet.ca

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 (no membership required). The Legion hosts a wide variety of events that are open to the entire community. The Legion helps your community but also participates in District and Zone events including horseshoes, darts, euchre, golf and more. Considering becoming a member? Membership applications available to all over 18 years of age. Any Legion member is able to attend our general meetings which are held the last Monday of every month beginning at 7:30 pm.

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

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

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

HOURS OF OPERATION:
Monday - Friday : 2:00 pm - close
Saturday: 2:00 pm - close (except for the Euchre Saturdays, which will be 12:00 noon - close)

CHESTERVILLE LEGION BRANCH 434

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

Attend the Chesterville Legion for weekly activities including darts and cards. Stay for a drink and enjoy a friendly chat with fellow patrons and Legion members. Join the Legion for their monthly General Meeting which takes place the third Monday of each month at 7:30 pm. Also included in the Legion's regularly scheduled monthly activities are Legion suppers; $12/pp. Chicken BBQs once a month from May to October. Hall rentals available.

For more information on hall rentals or Legion programs and events, as well as general information about becoming a Legion member, please contact Isabel Lalonde.

HOURS OF OPERATION:
Tuesday- Saturday 8:00 am – close
Sunday & Monday – closed

ON COMMON GROUND STUDIO TOUR

The 21st annual On Common Ground Studio Tour takes place Sat., Oct. 18 and Sun., Oct. 19, with studios open 10:00 am - 5:00 pm each day. There are 5 stops on the circular route, with 14 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 returning and new artists and artisans. Everything is explained on our website www.ocgstudiotour.ca where you can download a tour map. The artisans' studios are clustered around the South Mountain area in Eastern Ontario in a compact driving circle that can be accessed easily from Highways 43, 416, 31, 401 and 2. Brochures are locally available and studios are well marked by common Ground Studio Tour signage.

• MORE COMMUNITY GROUPS & EVENTS ON PAGE 47

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WINCHESTER LIONS CLUB

Shawn Doolan: 613-774-3061

We've been serving Winchester for over 40 years. Meetings are held every 1st and 3rd Wednesday of each month; September through June. The club is always looking for new members who would like to support their community.

DUNDAS COUNTY PLAYERS

The Dundas County Players, your local community theatre, is rehearsing for its fall 2014 production of "The Children's Hour", by Lillian Hellman, directed by Terry Green.

"The Children's Hour" is a serious adult play about two woman during the depression in 1934, who start up and successfully run a private school for girls. After a malicious student starts a rumour about the two women, the rumour soon turns to scandal. As the girl comes to understand the power she wields, she sticks to her story, which precipitates tragedy for the women. By the time the lie is discovered, it is too late and irreparable damage has been done. The play will be performed at the Winchester Old Town Hall, 478 Main St., Winchester, November 21, 22, 23, 28, 29 and 30.
Tickets are $15 for adults.

TICKETS: 613-297-0097 or purchase on-line at DCPLAYERS.ca

For more information about the DCP, ticket sales, show dates and times, how to get involved etc., please contact us at: info@DCPlayers.ca

NORTH DUNDAS ARTS COUNCIL

northdundasartscouncil@yahoo.ca

The North Dundas Arts Council (NDAC) is a group of artists and artisans embracing all genres of the arts in North Dundas Township. We believe the arts bring beauty, value and prosperity to the communities in which we live, and we support one another for the benefit of all. NDAC meets on the third Thursday of the month, at 6:00 pm at the Winchester Old Town Hall. Refreshments served. Membership is free and open to all artists, and supporters of the arts, residing in the Township of North Dundas.
Like us on Facebook at North Dundas Arts Council.

WINCHESTER OPEN MIC NIGHT

Winchester Open Mic Night happens year-round, every Thursday from 7:00 to 10:00 pm at the Winchester Old Town Hall, 478 Main Street. Featuring an alcohol-free sixties-style coffeehouse with a dollar canteen, free parking, and fully accessible, we have some of the best live music in the Valley! And the last Thursday of each month includes our popular **Community Potluck.** All styles of performers, and audiences, welcome. Youth under 14 must be adult accompanied. Always FUN, FREE, FAB!
Like us on Facebook at Winchester Open Mic Night.

PARADE OF LIGHTS

Winchester - Saturday, December 6, 2014.

Join us for exciting events and activities including a vendor fair, community suppers and the annual parade. Please stay tuned to the local newspapers and the Community Events Calendar on www.northdundas.com, for more detailed, up-to-date information on this local event. Committee planning will begin in September 2014.

If you are interested in joining the Parade of Lights Planning Committee or would like to contribute any feedback or ideas, please contact Gina Welch at 613-774-2105, ext. 223.

GEOCACHING

http://www.geocaching.com

Geocaching (pronounced geo-cashing) is a high-tech treasure hunting game played by adventure seekers worldwide; including North Dundas! The basic idea is to pinpoint the outdoor location of hidden containers, called geocaches, using GPS technology and then share the geocache's existence and location online. What makes this sport so exciting for all ages, is that Geocachers are able to take an item from the hidden containers and leave a new item in its place. Enjoy this great activity as a group, family, couple, or individual! *For more information about geocaching, please visit the website listed above.*

MOUNTAIN & DISTRICT LIONS CLUB

President, Ted Ceelen: 613-989-2824 or 613-989-5659

You are invited you to join us at the annual **Fall Roast Beef Dinner and Show,** November 1, 2014 and the **Spring Steak Dinner and Show,** April 4, 2015. Tickets are $40 each and can be purchased by contacting Bob at 613-989-2823. Members of the community are welcome to help us with our spring and fall roadside clean up. New members are always welcome.

CHESTERVILLE AND DISTRICT HISTORICAL SOCIETY

Carol Goddard: 613-938-2455
carol.goddard@sympatico.ca

Located in the town of Chesterville, the Society is interested in preserving the history and artifacts of the surrounding Township. We have many artifacts, displays and books detailing the history of the area as well as a microfilm reader and microfilm of the *Chesterville Record* from 1894 until the 1970s. Contact a Society member to arrange a time to come to the Heritage Centre to do some research or to take a look at exhibits that detail the history of our area. Historical Society meetings take place the third Tuesday of every month and all are welcome. *We have many special events during the year, so watch your local papers for notice of these.*

DUNDAS COUNTY 4-H CLUB

Carolyn Lillico: 613-989-2917

4-H is an organization dedicated to the personal development of youth through "hands-on" learning. With projects encompassing agriculture, food, health and the environment, youth between the ages of 9 to 21 years of age (as of January 1), have the opportunity to meet new friends and have fun while developing new skills. Our volunteer leaders are dedicated, screened individuals who want to provide a safe, fun learning environment within their club. 4-H is open to all youth, whether they are from the city, rural community or a farm. An annual membership fee of $75 is paid to 4-H Ontario. There are opportunities to participate in local, regional, provincial, national and international events. New to 4-H is the CloverBud Program. Children 6 to 8 years of age (as of January 1) now have the opportunity to join 4-H. This program has been specifically created for a younger age group where they will experience and learn about different 4-H projects.

To learn more about 4-H or to become a volunteer, check out the 4-H Ontario website at www.4-hontario.ca

• MORE COMMUNITY GROUPS & EVENTS ON PAGE 49

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NORTH DUNDAS HISTORY STEWARDS/ MUNICIPAL HERITAGE COMMITTEE

Carol Goddard: 613-938-2455
carol.goddard@sympatico.ca

The North Dundas History Stewards is a group of individuals who are ready, willing and able to assist in any manner possible, to ensure that the history of North Dundas is preserved, conserved and promoted. We are like-minded individuals who are available to research questions that people might have, about our local heritage. Please remember that we are a volunteer group with many demands upon our free time, so a reply may not be immediate.

CHESTERVILLE WINTER CARNIVAL

Shelley McLeod: 613-448-1580 Tanya VanOers: 613-774-7049

This year's carnival will take place February 13, 14 & 15 and will include family fun, a Carnival Queen, a Snowflake Prince and Princess, one breakfast, three community sponsored suppers, a Saturday night dance and silent auction, tournaments, children's events and entertainers, a bigger and better 3 on 3 hockey tourney, and so much more! For more information or to be on the Chesterville Winter Carnival committee please contact the individuals above.

ONTARIO EARLY YEARS CENTRE

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

We are here for all children up to six years of age and their parents and caregivers.
PLAY & LEARN HOURS:
Mondays 9:00 am - 12:00 pm and 1:00 pm - 3:00 pm (Watch Me Grow)
Tuesdays 9:00 am - 12:00 pm
Wednesdays Community Day (visit our website for details on programs and locations)
Thursdays 9:00 am - 12:00 pm

GIRL GUIDES OF CANADA

Recruitment Line: 1-800-565-8111

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

WINCHESTER SCOUTING

Bert Hill: 613-774-2047

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

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 with 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 Monday of every month at 1:00 pm, at the Ontario Early Years Centre, located at 530 Fred St. in Winchester.

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

HAPPY FACE NURSERY SCHOOL

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

Happy Face Nursery School and Child Care is proud to be celebrating their 40th anniversary this year. Happy Face Nursery School is a non-profit organization dedicated to providing quality child care. Early Childhood Educators care for your children in a nurturing environment that is carefully designed to promote learning in all developmental areas. Happy Face offers a variety of programs at six different locations. Both Nationview (South Mountain) and Chesterville locations are open year-round from 6:00 am - 6:00 pm and offer programs for children between the ages of 12 months to 12 years, including March Break and summer programs for school age children. In Winchester, we operate a part time Nursery school for children aged 18 months - 5 years. Fee subsidies are accepted at all locations.

For more info, or to register, call Cheryl at 613-809-8550.

THE GATHERING HOUSE

613-448-1758 or 613-448-1304
2 Water Street, Chesterville
www.thegatheringhouse.ca

The Gathering House is a missional church that is committed to providing opportunities for members of the wider Dundas community to have their lives enriched by engaging in activities designed to build caring relationships, develop common interests, serve those in need, and explore issues of faith.

NOT-FOR PROFIT COFFEE SHOP
The cafe is the hub of The Gathering House. It is designed to provide a comfortable and relaxed environment for you to connect with friends or simply "chill out" by yourself. We offer "recovery cost" free trade coffees and teas, as well as "yummy" home baked goodies.
Hours of Operation: Monday to Saturday 9:00 am to 5:00 pm

• MORE COMMUNITY GROUPS & EVENTS ON PAGE 51

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THE HOUSE OF LAZARUS

613-989-3830
2245 Simms St. in Mountain
www.houseoflazarus.org
house.lazarus@gmail.com

The House of Lazarus Community Outreach Mission has over 25 years of service in Dundas County. Our services include the Food Bank, Thrift Shop and Household Goods Shop, as well as advocacy and referrals. As part of our outreach ministry, we aid fire victims, our local women's shelter, clients of area food banks, and our own clients by providing them with food, clothing and household goods. Everyone is welcome to come shop, where every dollar spent generates revenue to support our food bank and other programs. For-up-to date information on our current projects, Food Bank needs, sales, and our other activities, please visit our website.

HOURS OF OPERATION: Monday, Wednesday, Friday from 9:00 am to 2:00 pm, Tuesday & Thursday from 9:00 am to 8:00 pm and Saturday from 9:00 am to 3:00 pm. Our food bank is open week days from 9:00 am to 1:00 pm, Tuesday & Thursday nights from 5:00 pm to 8:00 pm and Saturday from 9:00 am to noon.

NAOMI'S FAMILY RESOURCE CENTRE

Locally: 613-774-2838
Toll Free: 1-800-267-0395
www.naomiscentre.ca

Naomi's Family Resource Centre is a non-profit service, providing confidential, safe refuge for women with or without children who have been physically, emotionally, sexually or financially abused, threatened or harassed. We offer options so that a woman may gain perspective on her situation and consider her alternatives. We present practical assistance and information so that she may make realistic plans and we support her in proceeding with her plan.

We offer free services: **Residential Program** - crisis counselling services 24 hours/7 days a week; **Crisis Line** - crisis counselling services 24 hours/7 days a week; a **Child & Youth Program**; **Women's Support Groups**; **Community Awareness Presentation and/or Workshops**

EASTERN ONTARIO HEALTH UNIT

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

When you think of public health, what comes to mind? For many people, it's the flu shot. Well, you may be surprised to find out just how much the Eastern Ontario Health Unit does in our community. Here are some examples:

- quit smoking workshops
- grocery store tours (for tips and tricks on healthy choices)
- free dental services for children 17 and under who qualify
- food safety training
- annual rabies vaccination clinics for cats and dogs
- prenatal classes
- workshops to help make your own baby food
- drop-in centres for parents of children under 6 yrs. Of age
- drop-in centres for teens
- residential well water testing
- immunization clinics (for the flu, for travellers, for children, etc.)

But that's NOT all! Find out how public health fits into your life.

Visit www.eohu.ca or call 1-800-267-7120, and ask for Health Line.

DUNDAS COUNTY HOSPICE

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

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

SOME OF OUR PROGRAMS INCLUDE:

Visiting Volunteers – Trained, carefully screened and interviewed individuals that report regularly to, and are supported by, the Director of Client Services. They may act as a companion to a client, provide practical assistance such as reading, light meal preparation or just listening and provide relief for caregivers by staying with clients while the caregiver takes a break.

Training Course – A 30-hour Palliative Care Course primarily for our visiting volunteers held annually. Participation by others is always welcome.

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

Day Hospice/Men's Breakfast Programs – Held three times monthly, these programs consist of an activity (crafts, speaker, games, etc.) and a healthy lunch or breakfast and social time.

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

Community Education – Our speakers are pleased to talk to service clubs, churches and other community organizations.

Library – Over 300 books, videos, CDs and videos are available for loan at any time, to anyone.

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, Hike for Hospice and our semi-annual Hoedown.

If you have any questions, please feel free to call the office at 613-535-2215 or e-mail us at info@dundascountyhospice.ca and one of the staff will be pleased to assist you in any way possible.

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 Rob Hunter at rhunter@northdundas.com to have your listing and/or website link added free of charge.
All listings are subject to approval and availability of space.

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

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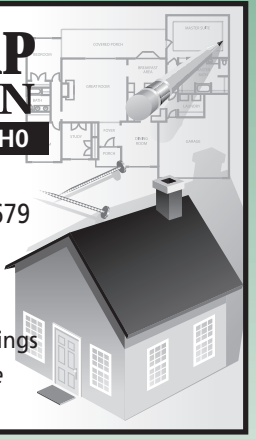

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Be sure to check out the library website www.sdglibrary.ca to see a complete list of all programs and services

CANADIAN LIBRARY MONTH – OCTOBER
ONTARIO PUBLIC LIBRARY WEEK – OCTOBER 19-25

Celebrate Canadian Library Month and Ontario Public Library Week with us with special displays in the branches!

CHESTERVILLE BRANCH

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

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

PLANNED PROGRAMS:

Story Time for Preschoolers
Wednesdays, September 17 to October 29 at 10:15 am
Stories and songs for 2-5 year olds and their caregivers.

Adventures for Homeschoolers
Wednesdays, September 17 to December 3 at 11:15 am
Join us as we learn together. Themes will be chosen by the students for the next week's adventure. Books and online resources provided by the BSC, as well as theme based displays.

Book Club
Third Tuesday of the month at 6:30 pm
Join us for our first meeting on Tuesday September 16 to pick up your first book.

Creative Teens!
Tuesdays, October 28 to December 2 at 4:00 pm
Trendy makings for 13-year-olds and up.

Clue Finders Puzzle Club
Saturdays, October 4 to November 29
Investigate mysteries at the library, work together or individually to figure out the clues. New themes every week.

How the library inspired me to…
Thursday, October 16 to Thursday, October 23 during Open Hours
Drop in during open hours to write down messages about how the library has inspired you and help to decorate the library walls. On Thursday, October 23 from 6:00 to 7:30 drop into the library for our open house and learn how a book makes it from the publisher to the SD&G County Library to the Chesterville Branch.

Christmas Story Time
Tuesday, December 23 at 6:30 pm
Join us for a snack and Christmas story.

Visit the Chesterville Branch or www.sdglibrary.ca for more program offerings

WINCHESTER BRANCH

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

HOURS:
Monday 9:00 am - 1:00 pm, Tuesday 10:00 am - 8:00 pm, Wednesday 3:00 pm - 8:00 pm, Thursday 10:00 am - 8:00 pm, Friday 1:00 pm - 4:00 pm, Saturday 10:00 am - 1:00 pm

PLANNED PROGRAMS:

Monday Morning at the Library
Mondays, September 8 to October 27 at 9:30 am
Start the week with a fun interactive program at the library for children and their caregivers. Help pass those crazy Monday mornings with stories, songs and fingerplays.

Dundas Youth Centre Book Club – Kick Off!
Thursday, September 25 at 4:30 pm
A fun opportunity for young readers to meet new friends and share their love of reading, offered in collaboration with the Dundas Youth Centre. Ages 9 and up.

Fire Safety at the Library
Saturday, October 4 at 10:30 am
Fire safety at the Winchester Branch is sure to be a blast with our guest speaker from the Winchester Fire Department. Stories and even a fire drill. Learn how to be safe in a fire and maybe even see a fire truck.

Ontario Public Library Week – Reader's Advisory Night
Thursday, October 23 at 6:30 pm
Stop by the branch all week to see how libraries can inspire you. Check out our displays on author read a-likes, e-resources and join us on Thursday night for our Reader's Advisory presentation. Let us help you find your next great read!

Monster Mash Book Party
Saturday, October 25 at 11:00 am
Come dressed in your spooky costume and get ready for a scary good time. Listen to some spooky Halloween stories and help carve the 'Library Pumpkin'. Followed by the film "It's the Great Pumpkin Charlie Brown".

Building Your Family Tree
Time and Date to be Determined in November
An experienced user of Ancestry.ca will be our guest speaker to show her family tree and talk about the steps she took to collect her history. She will show us some simple tutorials to help get you started on your own Family tree.

Christmas Story Time!
Thursday, December 18 at 6:30 pm
Bring your little ones for a Christmas Story time and snuggle down with some warm treats, while we listen to some Christmas stories and sing some Christmas Carols. A program for all ages.

Visit the Winchester Branch or www.sdglibrary.ca for more program offerings.

• MORE LIBRARY PROGRAM OFFERINGS ON PAGE 55

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SOUTH MOUNTAIN BRANCH

613-989-2199
10543 Main St., 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:

Electronic Classroom
Sign up for a free one-on-one 30-minute computer training session tailored to the area where you need help, including eBooks, eResources and the public library catalogue. Call the branch to set up an appointment.

Lego Club
First Saturday of the month from 10:00 am - 12:00 pm.
We have the Lego, you bring the ideas and build your own creations! A drop-in program for school aged children.

Family Craft Nights
Tuesday evenings, once a month.
Make a new craft each month. See library staff for more information. Offered in partnership with the Friends of the South Mountain Library Resource Center.

Movie Matinees
Third Wednesday of the month from September - November at 2:00 pm.
Join us for award winning movies. Refreshments served. Offered in partnership with the Friends of the South Mountain Library Resource Center.

Fire Prevention Story Time
Wednesday, October 8 at 10:30 am
Learn about the importance of fire safety with stories and fun activities. A program for pre-schoolers with parent or caregiver.

Ontario Public Library Week
Open House, Tuesday, October 21 from 5:00 - 8:00 pm.
'See what your library has to offer' - displays and refreshments available.

Halloween Story Time
Wednesday, October 29 at 10:30 am
Visit the library for some spooky stories, songs, and a simple craft. A program for pre-schoolers with parent or caregiver.

Family Movie Night
Thursday, October 23 at 6:00 pm
Friday is a PA day! Join us at the library for a movie and popcorn.

Christmas Story Time
Wednesday, December 10th at 10:30 am
Join us for stories and activities to celebrate the holidays. A program for pre-schoolers with parent or caregiver.

Children's Book Talk
Date and time TBA.
Local children's authors will visit the library to talk about their books. Offered in partnership with the Friends of the South Mountain Library Resource Center.

'Our Watershed, Our Heritage'
Book Talk and discussion - Date and time TBA.
Join us as contributors to the book share their stories of living alongside the South Nation River. Offered in partnership with the Friends of the South Mountain Library Resource Center.

Visit the South Mountain Branch or www.sdglibrary.ca for more program offerings.

MOREWOOD BRANCH

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

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

PLANNED PROGRAMS:

Pre-School Story Time
Wednesdays, October 15 to November 5 at 10:30 am
Join us on Wednesdays for stories, songs and fingerplays.

Ontario Public Library Week
Thursday, October 23 at 6:00 pm
Get inspired to try something new in the kitchen! Bring in a copy of your favourite recipe to share with someone else, check out some of our recipe books and enjoy a taste of Ruth's favourite dessert.

Tween Book Club
Tuesday, September 23 at 6:00 pm
Join us at our first meeting for snacks and conversations about books. We will choose our first book and our next discussion date.

Scrabble Night
Thursdays, October 2, November 6 and December 4 at 6:00 pm
Join us at the branch on the first Thursday evening of the month for a game of scrabble.

Teddy Bear Christmas Sleepover
Saturday, December 20 at 10:30 am
Drop off your Teddy Bear on Thursday, December 18 during open hours for a sleepover and story time at the library. Shh! It is a surprise. Pick up your Teddy Bear on Saturday, enjoy a story time with Santa, and hear all about the sleepover.

Visit the Morewood Branch or www.sdglibrary.ca for more program offerings.

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

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

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

Dundas County Food Bank
613-774-0188

Dundas County Hospice
613-535-2215

Dundas County Players
613-297-0097, info@DCPlayers.ca

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

Girl Guides of Canada
1-800-565-8111

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

House of Lazarus
613-989-3830

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

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

Mountain Seniors Club
Jack McCarger 613-989-5569

Naomi's Family Resource Centre
613-774-2838

Nor-Dun Senior Support Centre
613-774-6109

North Dundas Arts Council
northdundasartscouncil@yahoo.ca

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

North Dundas Landfill
613-774-5157

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

Social & Housing Services of SD&G
1-877-448-3987 Ext. 0

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

Tele-Health Ontario
1-866-797-0000

The Gathering House
613-448-1758, 613-448-1304

Tri-County Mental Health, Winchester
Winchester 613-932-9940

Winchester District Memorial Hospital
613-774-2420

Winchester Golden Years
Roberta Giberson 613-774-4273

Winchester Scouting
Bert Hill 613-774-2047

SERVICE CLUBS

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

Chesterville Legion
Isabelle Lalonde: 613-448-1997

Chesterville & District Lions Club
Natasha Hodge 613-774-3978

Mountain & District Lions Club
Roxanne Backes 613-448-1825

Winchester Legion
613-774-3694

Winchester Lions Club
Shawn Doolan 613-774-3061

SPORTS

Chesterville Kayak Club
Bernie Curran 613-448-2099

Dunbar Dragons Men's Hockey
Tony Wouters 613-240-7612

Dundas Girls Hockey Association
Anita Gilmer 613-774-4563

Eastern Ontario Horses of Course
Pam Sherrer 613-658-2781

Eastern Ontario Provincial Broomball
Wendy Byers 613-448-3791

Jr. B Hawks
John Adam 613-774-6425

North Dundas Minor Hockey
Barb Menard 613-448-1299

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

Winchester Badminton Club
Adrian 613-774-4949

Winchester Centennials Men's Hockey
John Ralko 613-774-2789

Winchester Curling Club
Allison Summers 613-774-2747

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

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

Winchester Skating Club
Barb Menard 13-448-1299

SCHOOLS

Chesterville Public School
613-448-2224

Nationview Public School
613-989-2600

North Dundas District High School,
Intermediate/Secondary School,
Serving Grades 7-12
613-448-2328

St. Mary's Catholic School
613-448-2158

Winchester Public School
613-774-2607

Township of North Dundas 613-774-2105

LIBRARIES

Chesterville Library
613-448-2616

Morewood Library
613-448-3822

South Mountain Library
613-989-2199

Winchester Library
613-774-2612

RECREATION ASSOCIATIONS

Chesterville Recreation Association
Fred Bortolussi 613-448-2115
Tanya VanOers 613-774-7049
Danny McLeod 613-448-1580

Morewood Recreation Association
Steve Mattice 613-448-2238

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

South Mountain Recreation Association
Kim Vandesande 613-989-1101

CHURCHES

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

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

Christian Reformed Church, Dixons Corners
Rev. Clarence Witten 613-652-2400

Christian Reformed Church, Williamsburg
Rev. John Noordhof
Church: 613-535-2227
Office: 613-535-1882

Evangelical Missionary Church (Harmony Community Church)
Rev. Bruce North 613-774-5170

Pentecostal Church, Nationside
Pastor Heather Comber 613-448-2272

Presbyterian Church, Chesterville (St. Andrew's)
Rev. Bruce Kemp 613-267-0928

Presbyterian Church, Morewood
Rev. Bruce Kemp 613-267-0928

Presbyterian Church, Winchester
Rev. Bruce Kemp 613-774-3333

Roman Catholic Church, South Mountain & Chesterville
Father Cosmas Ajawara 613-448-3262

United Church, Hallville, Inkerman & South Mountain
Rev. Blair Paterson 613-989-2825

Christ Church United Chesterville
Pastor: Debbie Poirier 613-448-2532

Wesleyan Church, Inkerman
Rev. Melody Trolly 613-989-5311

Winchester United Church
Rev. Christine Lowson 613-258-4859
Office: 613-774-2512

Winchester Wesleyan Church
Pastor Thurland Brown 613-774-3137

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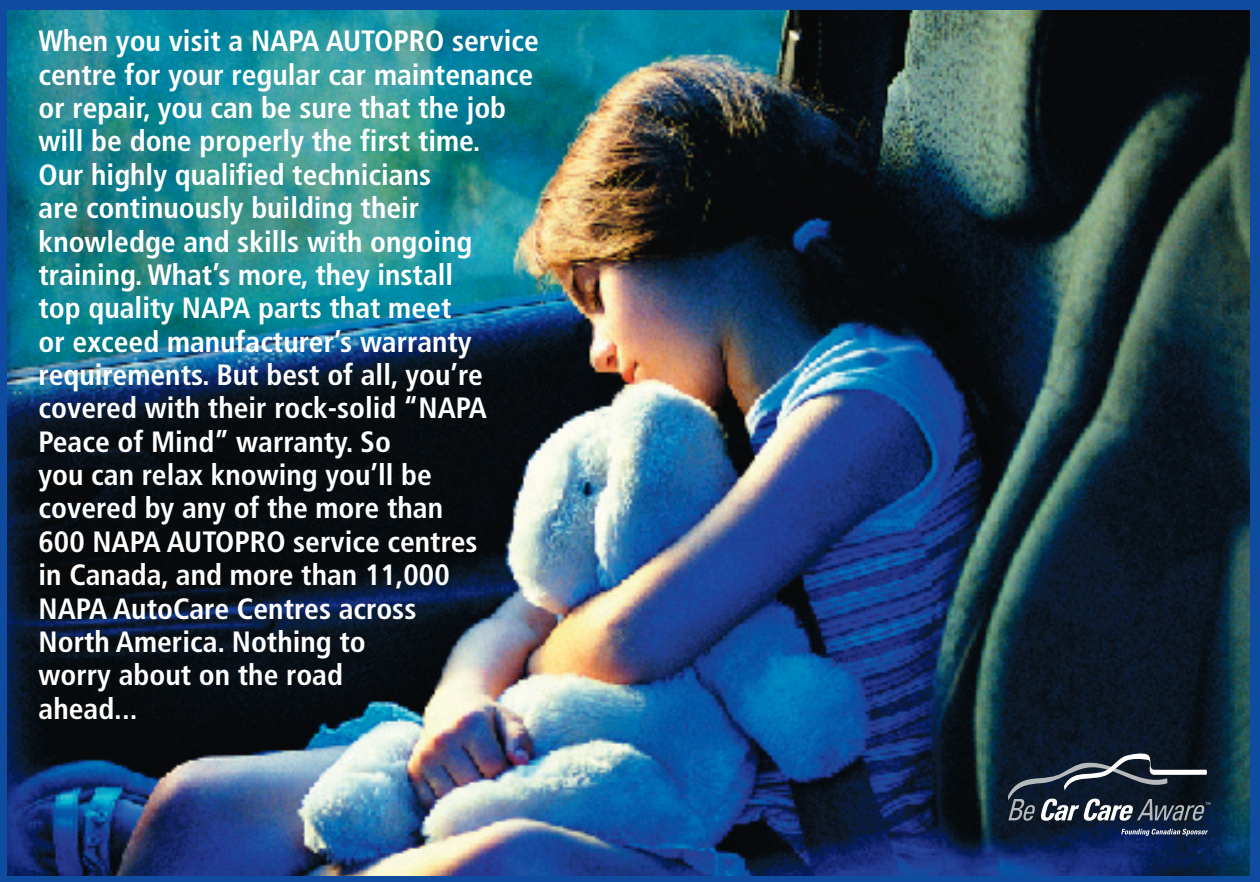

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