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Broker

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Jennifer E. Turcotte
Broker

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Arnold deRuiter
Owner

613-587-4677
Cell# 613-717-4607

deRuiter Aggregates

Sand > Gravel > Backhoe
Lot Clearing
Westmeath, Ontario



ADVERTISE YOUR BUSINESS WITH US -

ONLY \$25.00/MONTH -GET ONE MONTH FREE
WHEN YOU COMMIT TO A FULL YEAR.

FOR MORE INFORMATION OR TO
ADVERTISE, PLEASE CONTACT HEATHER AT

wdranewsletter@nrtco.net

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Dana Nicholson
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Independent Consultant, Epicure
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BEACH-WEST PHARMACY
1858 Beachburg Road, Beachburg, Ontario K0J 1C0

MATTHEW CONWAY – Pharmacist
Phone: 613-582-3333 Fax: 613-582-3338

Pharmacy Hours
Monday – Friday: 9:30 am – 5:30 pm
Saturday: 9:30 am – 12:00 noon

PRESCRIPTIONS • DIABETIC SUPPLIES
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318 WESTMEATH ROAD

LCBO KENNY'S GAS
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GAS BAR & GROCERY

Groceries • Confectionery • Ice • Gas • Oil • Diesel • Stove Oil
Authorized LCBO Agent & Beer Store Retail Partner

at the corner of Westmeath Road & Gore Line
Westmeath 613-587-4468



Meeka Bromley
Registered Massage Therapist


massagesbymeeka@gmail.com | 613 401 2252



WDRA

WESTMEATH & DISTRICT
RECREATION ASSOCIATION

UPCOMING
EVENTS



Apr. 5th Soup & Dessert Luncheon
LaPasse Hall 11:30 - 1:00

Apr. 6th Yoga 6:00 pm
Westmeath Rec. Centre Hall

Apr. 17th WDRA AGM - 7pm
Westmeath Rec. Centre Hall

Apr. 15th Beachburg Lion's Pancake
Breakfast

Apr. 19th RSSC Soup & Dessert Lunch
12 noon, Westmeath Rec.
Centre Hall

June 17th WDRA Golf Tournament

July 1st CANADA DAY, Chicken BBQ

July 15th Tour de Whitewater

July 15th WDRA Big Breakfast
Westmeath Rec. Centre Hall

WDRA ANNUAL AGM

On Monday, April 17, 2023 at 7:00 pm at the Westmeath Rec. Centre Hall we will be holding our annual general meeting. A number of board positions are up for election - Vice President, Treasurer, Member at Large and Kitchen Manager.

If you are interested in being part of the board or would like to learn more about our committee please contact Brenda at 613 587-4518 or send a message to wdra@nrtco.net.

All are welcome.

APRIL 2023 NEWSLETTER

To rent the Community Centre Hall:
613-587-4559/613-587-4838 or email wdra@nrtco.net
Ice bookings: arenas@whitewaterregion.ca;
or call Courtney at the Township @ 613-646-2282 ext. 150

For Newsletter inquiries:
Email: wdranewsletter@nrtco.net or call 613-587-4394
DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH
www.westmeathtoday.ca

WESTMEATH WINTER CARNIVAL

Thank you to everyone who helped in various roles. Thank you to those who donated food, and those who worked at the hall. Thank you to Marie McMullen who continues to bartend. Thank you to the ladies who worked at the front door selling tickets and food - Cheryl Spotswood, Gail Watson, Mona Lacroix and Gail Ethier. Thank you goes out to Sydney Fletcher and April White who looked after the Lumberjack contest. The winner of the tea boiling was Korbyn and Arie Keller with a time of 6:19. The bale toss winner was Braden Yakabuskie 34 feet, and Arie Keller with nail driving at 1.2 seconds. The tug of war was very entertaining to watch. Thank you to Rondeau Electric that let us borrow their big rope. Our winter carnival wouldn't be the same without Anne Bromley and her 4 H grain table. The children love it. The crafts and play doh is always a hit with the children. Thank you to Anne and all her volunteers. Thank you also to Jim and Kim who looked after Bingo. Thank you to Annmarie Reist and Laura Pelkey who helped with children's games and the bon fire with sparklers and other activities. Thank you Robert Watson for bringing the deep fryer and for being outside helping as well. Thank you to all those who helped with the outside BBQ - Darren Shackleton, Heather Fleury, Dane Prosper and I know I am missing others. Once again Dave Lessard organized a scavenger hunt. Dave and Marie spent a good amount of time placing their clues out Friday night, and then having to go and dig some of them out that were buried in snow Saturday morning. Thank you so much. Lots of children enjoyed participating. Saturday was a very busy day for our carnival. We would like to start off first by sending out a huge thank you to Drew McLeish the Twp. snow plow driver who was able to clear the snow in front of the hall before all the barricades went up. It was so greatly appreciated. Our big buffet breakfast was a great success, with many meals served. The hockey tournament started at 8:00 am with 8 teams taking part. The B champ winners were The Swingers and the A champ winners were the Valley Ducks. Thank you so much to all the teams that entered. They were The Participants, The Roaring Roosters, The Lagers, Mikes Home Hardware, Cavanagh Construction and No X Box Today. Shout out to our oldest player who word has it got a hat trick in one game, Dave Lessard. Thank you so much to our volunteers who helped in the time box, Peter and Bruce Ethier, Jason and Connor Reist, Cailen and Andrew Bromley, Krysten Sheedy and Shannon Cowan. What a great weekend we had for our Winter Carnival. We started off with having the students from Our Lady of Grace come and have a free hot dog, drink and dessert at the hall. This was followed up with food and games/darts at the hall Friday night. Thank you to everyone who helped prepare and serve the food.



4th Annual TOUR DE WHITEWATER

Save The Date

July 15th, 2023

**RIDES FOR
EVERYONE!**
Families & Groups
Welcome

NEW ROUTES

Ride beautiful Whitewater in Renfrew County

RIVERVIEW SENIORS SOCIAL CLUB

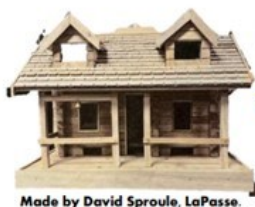
Soup & Dessert Lunch



Welcome to Spring

Wednesday, April 19, 2023
12 Noon, \$8.00 p.p.

Westmeath Recreation Centre Hall
119 Synton Street, Westmeath Village.



Made by David Sproule, LaPasse.

Bird Feeder Raffle Tickets available during
lunch, with the **RAFFLE DRAW** to
follow. Call John Cory at 613-621-
5644 to get yours now.

Last chance to buy your tickets!

WDRA ANNUAL GOLF TOURNAMENT

SAVE THE DATE

Saturday, June 17, 2023
Oaks of Cobden

The cost is \$100 per player for 18 holes of golf,
cart and dinner.

We are looking for teams, hole sponsors and
prizes (homemade or purchased).
No prize is too small.

For more information, please
contact Beth Ethier
at (613) 587-4294.



MINOR BALL

Minor softball will just be
around the corner. We are
looking for players for all
divisions. If you are
interested in playing soft
ball please contact Beth at
613-587-4294, send a
message to our Facebook page or email to
ethierpb@nrtco.net.



Dart night every Friday
at 7:00 pm, Westmeath
Rec. Centre Hall. \$5.00
per person. The bar is
open. Bring your own
darts. Great fun
and lots of
laughs.



**FOR HALL
BOOKINGS**
Please call
Marg Gervais
@ 613-587-4838



Beachburg Lions Club

ANNUAL SPRING BREAKFAST

April 15, 2023

7:30 - 10:30 am

Adults \$12, Youth 7-12yrs \$7, Children 6 & un-
der n/c

MENU

Eggs & Bacon, Pancaked & Sausage
Home Fries, Homemade Baked Beans,
Muffins & Toast
Local Maple Syrup
Coffee/Tea/Juice



WHITEWATER SENIORS APRIL 2023

Seniors from all Whitewater Township communities are welcome to attend any event listed.
Require Transportation? If so, be sure to ask when you register. There are no costs unless stated.

When: Tuesday, April 4th from 10:00am-3:00pm
Where: St. Andrew's United Church, 1744 Beachburg Road
Event: **Crafting** (bring your own supplies)
Tea and coffee will be provided. Bring a lunch if you're staying all day!
All ages welcome.

When: April 3 & 10 from 10:15-11:45am
Where: Westmeath Recreation Centre,
119 Synton Avenue
Event: **TAI CHI** (for those that are enrolled)

When: Friday, April 28th from 11:30am-1:00pm
Where: St. Andrew's Church, 1744 Beachburg Rd.
Event: **Soup Luncheon**
Donations accepted at the door

APRIL FUNDRAISING CURBSIDE DINNER \$17/meal

Wednesday, April 26th from 4:30-6:00pm.
Pick-up at **ConnectWell Community Health**
20 Robertson Drive, Beachburg
OR
St. Paul's Anglican Church Hall, 27 Crawford
Street, Cobden.

Please call (613)582-3685 to reserve your meals
by Friday, April 14th at 3:00pm and provide your
preferred pick-up location.
Meal - to be determined

When: Thursday, April 20th from 1:00-2:30pm
Where: Cobden Municipal Basement Hall, 44 Main Street
Topic: **Photography**
Presenter: Phill Cottrell
(Registration required)

When: Thursday, April 20th from 1:00-2:30pm
Where: Haley United Church, 760 Calvin Road
Topic: **Dealing with Chronic Diseases/Pain**
Presenter: Betty Mae Bryanton, RPN
(Registration required)

When: Thursday, April 27th from 1:00-2:30pm
Where: Westmeath Recreation Centre, 119 Synton Avenue
Topic: **Anxiety & Depression, Recognizing the Signs & How to Help**
Presenter: Angie Lepine
(Registration required)



The Frozen Meal Program

One of the challenges with daily living as an older adult is food (buying, preparing and cooking).

Who may benefit from the frozen meal program?

- Those who may require help with meals as they recover from illness or injury
- Those who may not be able to prepare their own meals
- Those with specific dietary needs – diabetic, low sodium, etc.

Meals - \$8.00 / Soups - \$7.00 / Desserts - \$4.75

**** Please note that the cost of Frozen Meals will be increasing as of April 1st, 2023 to \$8.00/meal****

VOLUNTEERS NEEDED!

If you are looking for something to get involved with where
you can meet people or lend a hand in your community,
please contact Whitewater Seniors and make a difference.

Whitewater Seniors Liaison Coordinator – Margaret Morin
1-833-582-7004
seniors@whitewaterregion.ca
www.facebook.com/WWRSeniors



YOGA

On Thursday April 6th at 6:00 pm we will be starting 5
weeks of yoga. The cost is \$40.00. The classes will be at the
Westmeath Rec Centre Hall, 119 Synton Street. To register
please contact Beth at 613 587-4294 or send a message to
the Westmeath and District Recreation Association
Facebook page. Deadline to register is April 4th. Drop ins
will be permitted at a cost of \$12.00 a class, however we
will need a minimum number to ensure the class goes ahead.



VOLUNTEERS NEEDED

Delta Bingo

2 bingos per month
Short training period.
We don't want to lose
this valuable source or
revenue which helps
our programming and
events.

Table set up and chairs

For events at the hall as
well a coordinator to
contact volunteers as to
date and time required
Email wdra@nrtco.net

Kitchen

For events and catered
meals. Contact Leatrice
at (613) 587-4503.

Golf Tournament

Please contact Beth
Ethier at (613) 587-4294
if you are interested in
volunteering.

School Volunteer Hours

The WDRA offers great
opportunities for stu-
dents to get their volun-
teer hours in at any of
our upcoming events.
Please email
wdra@nrtco.net if
interested.