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WESTMEATH & DISTRICT  
 RECREATION ASSOCIATION

**UPCOMING  
 EVENTS**

- Feb. 1st** Pee Wee Hockey Tournament
- Feb. 5th** LaPasse Soup & Sandwich 11:30—1:00
- Feb. 12th** RSSC Business Meeting  
 St. Andrew's, Beachburg
- Feb. 15th** Valentine's Dinner/  
 Dance
- Feb. 19th** RSSC Soup & Sandwich  
 St. Andrew's, Beachburg
- Feb. 22nd** Atom Hockey Tournament
- Mar. 4th** LaPasse Soup & Sandwich
- Mar. 6th & 7th** WESTMEATH  
 WINTER CARNIVAL

Join our Gentle Fitness classes and improve your strength and balance to prevent falls. Our "Fit & Fully Alive!" Group Fitness Classes (for older adults) are offered in Beachburg and 4 other locations. There are classes for all ability levels and instructors are Certified through the Canadian Centre for Activity and Aging (CCAC). There is no fee to join and classes are a great way to help you get keep fit, strong and maintain your mobility and independence while having fun and meeting new people! Call 613-582-3685 (Lara) or click on "Programs & Services" on our website at: [www.wbchc.on.ca](http://www.wbchc.on.ca)

**FEBRUARY 2020 NEWSLETTER**

To rent Community Centre Hall :  
 613-587-4559/613-587-4838 or email [wdra@nrtco.net](mailto:wdra@nrtco.net)  
 Ice bookings: [arenas@whitewaterregion.ca](mailto:arenas@whitewaterregion.ca);  
 call Township office M-F, 8:30 am - 4 pm , ask for Debbie

For Newsletter inquiries:  
 Email: [wdranewsletter@nrtco.net](mailto:wdranewsletter@nrtco.net) or call 613-587-4438  
 DEADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH  
[www.westmeathtoday.ca](http://www.westmeathtoday.ca)

**Valentine's  
 Dinner & Dance**

**Saturday, February 15, 2020**

Doors open at 5:00  
 Dinner at 6:00

**Prime Rib and Chicken**

Westmeath & District Recreation  
 Centre Hall  
 (119 Synton Street)

Entertainment  
 by  
**In 2 Harmony**

Cost  
 \$25. per person

For tickets or for more information please contact:  
 613-587-4436 or 613-587-4518  
[wdra@nrtco.net](mailto:wdra@nrtco.net)

Sponsored by  
**WDRA**  
 WESTMEATH & DISTRICT  
 RECREATION ASSOCIATION

**Which exercise is best for me?**

**ACTIVE** **GENTLE**

**HIGH activity level**  
 I have few worries about my balance and I am able to exercise at least 2x per week to:

- Get stronger;
- Increase my endurance and heart rate (brisk walking)

**GOAL: TO MAINTAIN OR IMPROVE MY OVERALL FITNESS**

**MEDIUM activity level**  
 I am worried about my balance and I can:

- Stand on one leg for 20 seconds;
- Climb 10 stairs;
- Stand for 20 minutes;
- Walk one block without losing my breath or sitting down;

**GOAL: TO IMPROVE MY STRENGTH & BALANCE TO MOVE AROUND MORE**

**Mondays:**  
 9:00-10:00: Cobden: Arena Hall  
 9:00-10:00: Foresters Falls: St. Andrew's United Church  
 6:00-7:00 pm: Westmeath: Arena Hall

**Tuesdays:**  
 8:00-9:00: Beachburg Public School

**Wednesdays:**  
 9:00-10:00: Cobden: Arena Hall  
 9:00-10:00: Foresters Falls: St. Andrew's United Church

**Thursdays:**  
 8:00-9:00: Beachburg Public School  
 9:00-10:00: Westmeath: Arena Hall

**Fridays:**  
 9:00-10:00: Cobden: Arena Hall

**Mondays:**  
 10:30-11:30: Health Centre-BEACHBURG SITE

**Tuesdays:**  
 1:30-2:30: Health Centre-COBDEN SITE

**Thursdays:**  
 1:30-2:30: Health Centre-COBDEN SITE

**Fridays:**  
 10:30-11:30: Health Centre-BEACHBURG SITE

**Heart Wise Exercise Corps à cœur**

**ALL classes are designated Heart Wise Exercise (HWE) by the Ottawa Heart Institute**

**Hey, it's free!**

**Whitewater Bromley Community Health Centre**  
 A Part of Lankford Health & Community Services

**Every One Matters.**



NEW ENTRANCEWAY PROJECT—EXPLANATION FOR DELAYS

Excitement was in the air on August 19<sup>th</sup>, 2019. It was the official start-date for construction of the new entrance and ramp at the Westmeath Community Hall. However, it didn't happen that day as many had anticipated. In fact it was another 7 weeks before Wade Construction released their work schedule on October 8<sup>th</sup>. It took 3 weeks for Wade to become bonded for insurance and another 4 weeks before the engineering drawings from Jp2g conformed to the shop drawings necessary for Wade. This is not that unusual in construction for such delays. As well, on-going projects had to be wrapped up before full speed on a new project.

Then the unfortunate news that the ramp would be delayed for 2 weeks (redesign) because of major obstacles. First, a buried dug artisan well was discovered on the site underneath where the entrance platform would be. Continuous gushing water meant it had to be permanently capped. That in turn meant moving the sono tubes up to a 3 ft. level instead of 6 ft. They now had to be positioned onto a thick insulation padding to prevent frost in the future. The second major obstacle was not being able to relocate a three-phase transformer that was an obstruction to one of the sono tube installations. This meant a delay of 2 weeks until Hydro One could be arranged to handle the job. Now the colder weather meant much more time and effort for concrete pouring and much welding that would be required necessary with the installation. The welder needed heat available for his work and talks about the extra cost took up more time and eventually went nowhere. Concrete work could still be done but with an extra cost of \$12,251.27 due to cold weather, or all the remaining work could be left until spring, saving that extra cost and with only one week added to the schedule. The WDRA committee voted to defer any more work-in-progress until the spring. When spring arrives is anyone's guess, but two months after that the project should be completed. Access to the Hall could be a few weeks earlier though. We know it has been frustrating for so many not able to access the Hall or alternatively have to use the back stairs. Our committee is especially concerned for the community's frustration and we are all frustrated as well. I too am discouraged, especially as I passed on so many optimistic dates for access into the Hall, leading up to the Christmas Dinner/Dance, only to find that one complication after another made them not achievable. Some events have been cancelled or pared back, unfortunately hurting fundraising for various clubs as well. The project seemed destined for interruptions from what we figured should have been an earlier start. Then the ill-fated well discovered on the job site clinched the chance of finishing during 2019. The only assurance remaining is that when the new entranceway and ramp along with its covered roof is completed it will be a fine-looking structure with access into the Hall for every single one of us. I can assure also that it be the last one ever built!

SCHEDULING DATES

July 15 – Tender documents completed, sent to three bidders; July 19 – Site visit; Aug 8 – Bids opened - Wade Contracting (lowest bid) was awarded the contract; Aug 11 – Extended roof added to the project (more design work); Aug 19 – Start date for construction; Aug 19 – Wade requested insurance information regarding the arena [3 weeks to become bonded]; Sep 9 – Engineering drawings converted to shop drawings (delays, meetings, changes) [4 weeks for acceptance of drawings]; Oct 8 – Wade's work schedule; ramp installation finished Nov 16, roof finished Nov 22; Oct 17 – Grating lead-time is 6-8 weeks (Nov 25-Dec 9th). Should be OK for Christmas Dinner; Nov 5 – Artisan well problem. Construction stopped until a design change. Nov 6 – New plan is to keep the pier foundation and sono tubes at 3 ft. depth, granular fill and xps insulation for frost protection. New engineering drawings required [2 weeks delay]; Nov 13 - Wade advised that ramp won't be ready for Dec 14. Hydro pole needs to be moved to complete ramp foundation. No update from Hydro this week.; Nov 18 – Progress meeting held at Jp2g; Dec 2 – Hydro pole with 3-phase transformer relocated by Hydro One [2 weeks delay]; Dec 20 – Christmas vacation [One week delay]; Dec 24 – Jp2g suggests the best course of action is to pour the foundations in January and build the steel structure when weather allows

Jan 2 - to present. Calculating of extra costs because of well and hydro pole probl[2 weeks delay]

Jan 5 – Jp2g suggestion

- 1 - Complete all work during winter. There will be extra costs for cement work plus temporary shelter for the welder.
- 2 - Complete concrete work immediately and hold off welding until weather gets warmer.
- 3 - Complete balance of work in spring – least expensive.

Jan 15 – Proposal to do concrete pour immediately at an extra cost of \$12, 251.27 for prep work and heating. Welding subcontractor reluctant to work during the winter and won't quote a firm price. Balance of all work-in-progress be left until spring (no frost and above zero temperatures) and save the extra costs related to cement work

Jan 19 – WDRA unanimously voted to hold off further work until spring;

Jan 20 – Report prepared for Facebook and Newsletter

UPCOMING HOCKEY TOURNAMENTS 2020	Please come out and watch our local youth play. The following upcoming tournaments will be played in Westmeath - February 1st - Peewee; February 22nd - Atom; February 7, 8 & 9 - Competitive Tournament for Atom, Peewee & Bantam (played at Cobden, Beachburg and Westmeath rinks.
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February 2020 Update of Riverview Seniors Social Club

Submitted by Heather Campbell

*The Riverview Seniors Social Club is a non-profit and volunteer-driven organization working to enhance the quality of life, community participation and independence of Seniors..*

Unfortunately the entranceway of the Westmeath Hall is still not ready. Until there is further notice, our club will continue to meet in the basement of Beachburg's St. Andrew's United Church. The next monthly business meeting will be Wednesday, Feb. 12<sup>th</sup> at 1:00 p.m. The free Renfrew County Paramedic Wellness Clinic will continue to be held in conjunction with the monthly business meeting from 1:00 p.m. to 2:00 p.m. Come and have your blood pressure, heart rate, and oxygen level as well as your sugar level checked.

The club plans to have the regular Noon Soup and Sandwich Day on Wed. Feb. 19th at ST. ANDREW'S UNITED CHURCH in BEACHBURG. Cost is \$8 and there is a lift available for anyone handicapped or carrying food.

The new session of Gentle Yoga classes do meet in the Westmeath Hall each Wednesday, 9 – 10:15 a.m., until Feb. 19<sup>th</sup>. Call Danielle 613-587-4615 for more info.

The Club's Wednesday Afternoon Socials have been suspended but will resume when the entranceway renovations are finished at the Westmeath Hall.

Contact Claudette (613-587-4225) for refund from tickets purchased for the "Greek Night" which has had to be postponed until our hall is ready.

Plans for the "Pub Night and Talent Show" in the spring are also "on hold".

If you are 50+ and interested in RSSC membership (\$10), please contact membership chair Connie Gray at 613-582-3390.

Bob Grylls and Heather Campbell, representing RSSC at the meetings of the community committee formed to help facilitate efforts to prevent closure of the Beachburg branch of BNS report that the name of the committee is now SOS (Save our Scotiabank). Please follow other media reports for ongoing updates. On-line sites for your use are: FACEBOOK: Save our Scotiabank. And the Township's website: <https://www.whitewaterregion.ca/>

PLEASE fill out the COMMUNITY SURVEY re our bank closing. Find it on the SOS Page: <https://www.whitewaterregion.ca/community/save-our-scotiabank>

As well as the multiple choice answers, there are spaces for comments if you wish.

 Like us on Facebook at Riverview Seniors Social Club.

The historical website <http://hwtproject.ca> continues to attract readers.

FOR HALL BOOKINGS

Please call  
Marg Gervais  
613-587-4838



MARK YOUR CALENDAR

TOUR DE WHITEWATER

July 11, 2020

Tour our beautiful Whitewater Region

Further details to follow.

WDRA

Looking for folks interested in helping with  
The Easter Egg Hunt; Crafts & Egg Decorating.

Contact Brenda @613-587-4518

[wdra@nrtco.net](mailto:wdra@nrtco.net)

