

"Your Better DJ Experience!"



ABBEY LANE
Disc Jockey
Entertainment Canada

The Whitewater Region DJ With Music For All Occasions!
Contact Ernest Thomas at
www.abbeylanedj.com 613-587-4615

NICHOLSON
Family Farm

Custom Orders and Freezer Packages of
Pork—Lamb—Beef—Chicken—Turkey—Duck
As well as Piglets and Lambs

Neil and Dana Nicholson—613-587-4725
nicholsonfamilyfarm@hotmail.ca



WHITE WATER
CONTRACTING COMPANY

Plan, Build, Maintain...

From decks to fences and everything in-between,
we are your experts in home renovation!

Phone: (613) 401-6592
Email: steve@whitewatercontracting.ca

Andrew Brotton
Broker
613-633-8661
andrew@thesignatureteam.net




WHITEWATER FOAM
INSULATION SOLUTIONS INC.

- * Spray Foam Insulation
- * Cellulose
- * Crawl spaces / basement blankets

Serving the Upper
Ottawa Valley

ph: (613) 587-4275
cell: (613) 635-1899
whitewaterfoam@gmail.com
www.whitewaterfoaminsulationsolutions.com



GOOD FOOD.REAL FAST.™

JOIN THE MOVEMENT
EPICURE.COM

Dana Nicholson
National Director
Independent Consultant, Epicure
Office: 18667969798
Email: danagoodfood@hotmail.com



LCBO KENNY'S GAS
GAS BAR & GROCERY
Regular & Diesel

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



BEACH-WEST PHARMACY
1858 Beachburg Road, Beachburg, Ontario K0J 1C0

JIM LABOW – Pharmacist
Phone: 613-582-3333 Fax: 613-582-3338

Pharmacy Hours
Monday – Friday: 9:30 am – 5:45 pm
Saturday: 9:30 am – 12:00 noon

PRESCRIPTIONS • DIABETIC SUPPLIES
HEALTH & BEAUTY AIDS
Photocopy and Fax Service



MARRIAGE OFFICIANTS
CÉLÉBRANTS DE MARIAGE
BILINGUAL SERVICES/SERVICES BILINGUES

DANIELLE THOMAS
613-635-1485
granielle@nrtco.net

JEANNELLE ROMAIN
613-295-8618
jeannelleromain@gmail.com

ELLIOTT'S INCOME TAX
(613) 582-3431
318 WESTMEATH ROAD

WDRA

WESTMEATH & DISTRICT
RECREATION ASSOCIATION

**UPCOMING
EVENTS**

- March 1st Family Games Night
- March 1st World Day of Prayer
2 p.m. LaPasse Parish Hall
- March 1st & 2nd WDRA Carnival
- March 6th LaPasse Soup & Sandwich
11:30—1:00
- March 6th RSSC SOCIAL starts & will
run every Wednesday
1:00—3:30 p.m.
- March 10th Beachburg Lion's Club
Irish Stew Lunch
11 a.m.—2 p.m.
- March 13th RSSC Monthly Meeting
- March 16th St. Patty's Day
Dinner & Entertainment
- March 20th RSSC Soup & Sandwich
- March 22nd Soup Luncheon
Beachburg United Church
11:30—1:00—\$6.00
- March 24th WDRA Paint Day
Fundraiser—register by
March 8th
- March 24th Spaghetti Supper
St. Andrew's United
Westmeath
- April 3rd LaPasse Soup & Sandwich



MARCH 2019 NEWSLETTER

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


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

Westmeath & District Recreation Association Winter Carnival 2019			
Time	Event	Costs	Location
Friday, March 1st			
10am	School Carnival		Hall / Rink
6:30-9:00pm	Family Game Night	Button	Hall
Saturday, March 2nd			
7-10:30am	WDRA Kitchen Buffet Breakfast (\$9 Adults / \$5 Children / n/c 4years & under)	As posted	Hall
11:30am-10pm	Lunch and evening snacks	As posted	Hall
10am-3pm	Children Crafts and Grain Table (2-5 yrs. olds)	Button	Hall
8am-3pm	Youth and Family Family Ball Hockey Tournament	As posted	Parking Lot
2pm	Bingo	As posted	Hall
4pm	Tug War /Lumberjack Competition	Button	Parking Lot
9am-10pm	Adults Co-ed Adult Hockey Tournament Finals on Sunday		Rink
11:30am-1am	Bar Open		Hall
8:30pm-1am	Dance	Button \$5 Without button	Hall
Sat. 10pm	Draws & Prizes 50/50 Draw		Hall
Sat. 10pm	Button Draws	\$3 Button	Hall

Adult Co-Ed Hockey Tournament - 3 games minimum , contact ashleybertrand@live.ca 613-635-1616
Family Ball Hockey- organized geographically, for details contact n_r_nicholson@hotmail.com 613-587-4725
Tug a War / Lumberjack Competition- nail pounding, log sawing, start fire boil water, sign up hall morning Mar 3,
materials provided


FAMILY GAME NIGHT

FRIDAY, March 1st, 2019
6:30 p.m.—9:00 p.m.
Westmeath Community Centre
Everyone Welcome



Admission Carnival Button
Or
\$3.00
Bring your favourite board game
Snacks available

Sponsored by the WDRA
For more information
contact Matthew at
matthew@wdra.ca



WDRA PAINT DAY FUNDRAISER
Sunday, March 24 @ 1:00 p.m.

Deadline to register is March 8th.To sign
up visit yamaker.com under the
Westmeath Fundraiser. Cost is \$45.
plus tax. We need 25 people to take
part or it will be cancelled. Please come
out, bring family, neighbours, friends.
No experience needed.



FOR YOUR INFORMATION...

*Did you know that last year's
T de W attracted 381 riders!!*

BUT only 64 of those were
from Whitewater!!!

**Let's get active this year
Whitewater. Join the event
and tour our beautiful re-
gion!**

*Our THANKS to Joshua Wayner,
(Planning Committee member, Mat-
thew Garfat's brother) for the crea-
tion of our new logo. Such talent!!!!*



Spaghetti Supper Fundraiser

Sunday, March 24, 2019

St. Andrew's Church Hall, Westmeath
4:00 - 7:00 p.m.

ALL YOU CAN EAT SPAGHETTI SUPPER

Adults—\$10.00/plate; Children—\$5.00

4 years and under—free

Spaghetti & Sauce, Caesar Salad, Garlic Bread,
Cake and Ice Cream,
Tea, Coffee & Juice

EVERYONE WELCOME

St. Andrew's United Church, Westmeath, Ontario

Saturday, March 16, 2019

Come out and enjoy!



Westmeath Community Hall

Doors open—5:30 p.m.

Dinner—6:30 p.m.

Irish Stew, Vegan Stew, Baked Beans & more.

Homemade Bread and Desserts

Adults—\$15.00; Children—\$8.00

Entertainment 7:00 p.m.

Featuring: Gillan Rutz

Sponsored by the WDRA

**For information or ticket contact Brenda at 613-587-4518
or wdra@nrtco.net**



For All Ages

Final day

Saturday, March 16th @ 5:30 p.m.

\$4.00/person

Helmets (all ages) and Indoor Running
Shoes or Broomball shoes required

Brooms provided by Beachburg Public
School

For more info, please contact Mary-
marcy@nrtco.net or 613-582-7491

Fun for the Whole Family

The WDRA is now accepting
nominations for Volunteer of the
Year. Award(s) to be presented
Canada Day! Please submit your
nominations to wdra@nrtco.net



ANNUAL

GENERAL MEETING

Monday, April 29th

7:15 p.m.

EVERYONE

WELCOME

If anyone is interested
in organizing an EASTER
EGG HUNT, please con-
tact Brenda at
wdra@nrtco.net



March 2019 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.

COMING EVENTS:

The Whitewater Singers under the direction of Blaine Sack will have their last session on Tuesday March 12th at their regular time of 7 -8:30. The year-long provincial funding grant terminates on March 15th. This program has been funded by Ontario Seniors Community Grant Program, Ontario Ministry of Seniors Affairs. There is no singing session on Tuesday, March 5th because of the hall being rented for a Shrove Tuesday Pancake Supper that night.

Riverview Senior Social Club monthly business meetings are the 2nd Wednesday of every month, starting at 11a.m. until 12:15 p.m. All members are encouraged to attend. It's where planning for our events takes place. March 13th will be the next meeting.

The monthly Community **Soup and Sandwich Noon Luncheon** will continue monthly, the 3rd Wednesday of each month, March 20, April 17, etc. Cost is \$8. EVERYONE welcome! Members: Please contact Convenor Jan Reeves at 613-582-3741 if you can kindly donate soup, buns, cheese, fixings or dessert.

Something New: The Riverview SOCIAL will start on Wednesday, March 6th and run every Wednesday afternoon from 1 pm to 3:30 pm at the Westmeath Rec Centre Hall. The Social will be a low-key time of socializing, cards or game playing, crafts, cups of tea and chatting and is open to all Whitewater residents, age 55 plus.. **Club members and non-members can socialize and participate however they wish.** Put the 1st Social on March 6th on your calendar if you think you would like to come check it out. Please tell any senior neighbours and friends in the area about this weekly Social.

Copies of "My Wishes Workbook" are still available for purchase at \$15.00. Order by email to: mywish-esworkbook@gmail.com. Or phone 587-4502.

Please like us and share our Facebook Page!" It's **Riverview Seniors' Social Club**. Go there to learn more about activities offered as well as viewing photos from past RSSC events..

Please note: This Riverview monthly column also now appears on the Club's website. <http://hwtproject.ca/riverviewclubevents/> as well as in the Lions' Newsletter.

THE RIVERVIEW SOCIAL

Every Wednesday Starting March 6th

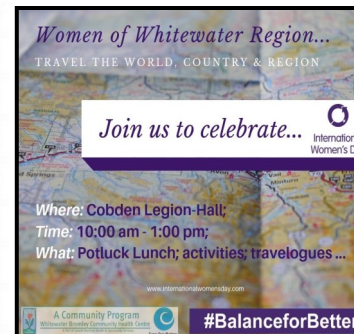
From 1 pm to 3:30 pm

At The Westmeath Rec Centre Hall

WHAT IS THE SOCIAL?

- an unstructured weekly gathering,
- **SOCIAL**ising, playing cards, games, crafting, plus more...
- chatting over a cuppa,
- enlarging friendship circles,
- a prevention for cabin fever

**OPEN TO ALL WHITEWATER RESIDENTS 55+
RIVERVIEW SENIORS SOCIAL CLUB**



Please join us to celebrate
International Women's Day on
Friday, Mar. 8; 10:00 – 1:00 pm at
the Cobden Legion Hall.

For more info. to our Events page
on our Facebook
page: @whitewaterbromleychc

Seeking new volunteer Fitness Instructors in Westmeath...

For anyone who wants to learn how to design and lead
effective fitness classes for older adults.

For more information on the Senior Fitness Instructor

Course (SFIC) go to:

www.uwo.ca/ccaa/training/courses/sfic/index.html



WDRA COMMUNITY YARD SALE

MAY 11, 2019

8:00 A.M.—12:00 P.M.

**BUFFET BREAKFAST WILL BE SERVED FROM
7:30 TO 10:30. Cost to book a table is \$20.00. Please advise if
you are interested in booking or being on our Facebook page
list of home addresses taking part.**