

**Brides, receive a FREE copy of "10 Wedding Insider Secrets for a Dream Wedding!"**  
**Instant Access at**  
[www.heyemrdj.ca](http://www.heyemrdj.ca)

**Abbey Lane Disc Jockey**  
 Entertainment Canada  
 We Entertain At All Types Of Functions ~ Marriage Officiant Available  
 Contact Us Today...  
[www.heyemrdj.ca](http://www.heyemrdj.ca) **613-587-4615**

**KENNY'S** GAS  
 Regular & Diesel  
**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**

**JP & SONS PLUMBING**  
 Pumps & Repairs  
 Drain Cleaning & Pipe Thawing  
 New Homes & Septic Tank Installations  
 Hot Water Tanks & Dishwasher Hook-ups  
**Tel: (613) 735-6710**

**FRANK CARROLL**  
 MORTGAGE TEAM  
 720 MACKAY STREET  
 PEMBROKE, ONTARIO K8A 8J8

licensed under  
 mortgage  
 brokers  
**ottawa**  
 com  
 License #11759

**Cheryl Kropf & Jennifer Austin**  
 We are local mortgage professionals and we will find you the most suitable mortgage at the best rates available in today's market!

- Mortgage Renewals
- Home Purchases / Pre-Approvals
- Refinancing / Home Equity Lines of Credit

Telephone: **(613) 735-4141**  
 Email: [mortgages@fcfinancial.com](mailto:mortgages@fcfinancial.com)  
 Website: [www.frankcarrollmortgages.com](http://www.frankcarrollmortgages.com)

*Your Life, Your Love, Your Wedding*

Wedding Officiants (Ontario Licensed)

**Cathy Williamson**  
 613-587-4715 [www.cathywilliamson.ca](http://www.cathywilliamson.ca)

**Danielle Thomas**  
 613-587-4615 [granielle@mail.com](mailto:granielle@mail.com)  
 (Ceremonies en francais aussi)

If you're not doing business with us... we're both losing money!!

**Ottawa Valley**  
**ECO SERVICES**  
 1200 Pembroke St.E  
 Pembroke ON  
 Phone: **613-629-2155**  
[ottawavalleyeco@nrtco.net](mailto:ottawavalleyeco@nrtco.net)  
[ottawavalleyecoservices.net](http://ottawavalleyecoservices.net)

**Spray Foam Cellulose Fiberglass**

Ordinary People...saving The World One Building At A Time

**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**

**EPICURE SELECTIONS**  
 Make every day **GOURMET**  
 It's easy with Epicure's Spice Blends!  
 Use our top-quality products to create easy, healthy, affordable meals for every occasion!  
 Discover the chef you already are with every jar!

Dana Nicholson, National Director, Independent Consultant  
 613-587-4724 [danasepicure@hotmail.com](mailto:danasepicure@hotmail.com)  
[dananicholson.myepicure.com](http://dananicholson.myepicure.com)

**Century 21**  
 NEVILLE REALTY LTD.  
 Brokerage

Andrew Brotton, Broker  
 Direct: 613-633-8661  
 Email: [andrew.brotton@century21.ca](mailto:andrew.brotton@century21.ca)  
[www.andrewbrotton.com](http://www.andrewbrotton.com)

Connected to More

**M. Moss & Son Manufacturing Inc.**  
 Affordable Kitchens - Countertop Outlet

**www.mossmanufacturing.com**  
 2435 Greenwood Road  
 Pembroke, ON K8A 6W2  
 PH: 613-638-3813 / [mossm@nrtco.net](mailto:mossm@nrtco.net)

**WDRA**

WESTMEATH & DISTRICT  
 RECREATION ASSOCIATION

# NOVEMBER 2013 NEWSLETTER

To rent the Community Centre Hall or Ice Rink Facilities:  
 613-587-4559 or email [wdra@nrtco.net](mailto:wdra@nrtco.net)

For Newsletter content:  
 email [aegervais@gmail.com](mailto:aegervais@gmail.com) or call **613.587.4875**

www.westmeathtoday.ca

## Upcoming Events

- Nov. 1st – UCW Dinner
- Nov. 2nd – WDRA Hall
- Nov. 6th – Soup & Sandwich, Lapasse 11:30am-1:00pm
- Nov. 6th – OLG Spaghetti Dinner, WDRA Hall 4:30pm-7:30pm
- Nov. 11th – Remembrance Day, Cenotaph 10am, Indoor Activities to Follow
- Nov. 16th – Craft Show, WDRA Hall 10am-3pm
- Nov. 19th – RVSC Bingo Lapasse Hall 7pm
- Nov. 20th – RVSC Soup & Sandwich, WDRA Hall 12pm
- Nov. 22nd – WDRA Hall Tween Dance "camo" 7pm-10pm
- Nov. 24th – Victorian Tea
- Nov. 30th – WDRA Christmas Dance 8pm-1am
- Dec. 8th – Westmeath Santa Clause Parade
- Dec. 9th – Christmas in the Village, St Andrews Church, 7pm

**WDRA**  
**CHRISTMAS DANCE**  
*Saturday, November 30, 2013*  
*8pm-1am • \$15/person*  
*Westmeath Arena Hall*  
*light lunch served*  
*Classic Rock Music by*  
*Chaput & O'Connor*

For tickets or more information  
 contact Eileen de Haan @ 613-587-4462

**Our Lady of Grace School**

**SPAGHETTI SUPPER**  
 Wed. Nov. 6, 4:30-7:30pm  
 Westmeath Hall  
 Large \$7, Small \$5;  
 4 & under - Free  
 Includes Spaghetti, Caesar Salad, Dinner Rolls, Coffee/Tea/Juice and Dessert.  
**EVERYONE WELCOME!**


**TWEEN DANCE CAMO THEME**  
 Friday, Nov. 22nd 7-10 pm  
 Westmeath Rec. Centre Hall  
 Ages 8-15, \$5 per person  
 Music by Abbey Lane DJ Entertainment Canada  
 Mark your calendars for upcoming Tween Dances!!!  
 December 20th – Semi Formal  
 January 24th – theme to be announced  
 Feb 28th – Hockey Jersey  
 Contact Sherry White  
 613.582.3409 for more information/to help!



St. Andrew's United Church  
Westmeath

## ROAST BEEF SUPPER & BAZAAR

Saturday November 2nd  
Westmeath Rec Centre Hall  
Bazaar at 3pm, Supper 3:30-7pm  
Adults: \$12  
Children (5-12yrs): \$6  
4yrs and under: Free  
Take-Out Available  
Wheelchair Accessible  
Come out and Enjoy a Delicious  
Roast Beef Dinner with all the  
Trimmings and pick some tasty  
treats or gift ideas from our  
Bazaar Tables.

## PUBLIC SKATING

Public Skating  
Saturday Nights  
6:30pm-9pm

### ICE TIME RENTALS

Westmeath Arena Is Open!  
Ice Available for rent –  
for birthday parties,  
Christmas Parties, etc  
Contact Brenda at  
wdra@nrtco.net or  
613-587-4559 or 613-587-4518

Effective immediately! All  
skaters 16 years of age and  
younger are to be wearing CSA  
approved helmets on our ice!  
PARENTS: Please ensure that  
your skaters come prepared  
to have a safe skate! We are  
looking for donations of CSA  
approved hockey helmets to  
have on hand for out of town  
visitors, guests and local  
families!

## COOK BOOKS

Minor Hockey Cook Books  
For Sale - \$10.00, available  
at arena or contact Brenda at  
wdra@nrtco.net or  
613-587-4518

## THANK YOU

We would like to extend a  
heartfelt "thank you" to all of  
our friends and family who were  
able to join us at our home on  
August 24th, to help celebrate  
our special day.  
Your kindness and many well-  
wishes touched our hearts,  
and made the day one we will  
fondly remember always. A  
special thank you goes out to  
all of those people who helped  
put together the delicious buffet  
dinner. Again, our sincere  
thanks to all who came together  
to make our day so enjoyable.  
Lindsay and Pauline

Movember supports world class  
**MEN'S HEALTH PROGRAMS**  
that combat prostate and  
testicular cancer and mental  
health challenges! Will you be  
growing a Moustache to help  
support Movember?

Westmeath Public School is  
looking for School & Yard  
Supervisors  
12:00 – 1:00 p.m. daily  
Commencing immediately  
(following the school year  
calendar)  
\$16.86/hour + 4% vacation pay  
Please contact: Debra Metzger,  
Principal  
613-587-4596 or email:  
metzgerd@rcdsb.on.ca  
Vulnerable sector screening  
criminal background check  
acceptable to the Board is  
required.

A defibrillator has been provided by the County of Renfrew  
Health Unit for the Village of LaPasse. The defibrillator has been  
installed in the parish hall in LaPasse. There will be a list posted at  
Lacroix Store and at the Hall. Copies of the list of volunteers will  
also be left at the back of the church for pickup.

## Remembrance Day Ceremonies

Ceremonies will be held  
November 11th, beginning  
at 10 am at the Cenotaph.  
There will be refreshments  
served in the Community  
Centre Hall following  
the ceremonies.



## CHRISTMAS SHOWCASE

Dream Oasis design will be  
hosting a Christmas showcase  
at the Westmeath Arena  
November 16th from 10-3.  
Your one stop shop for all your  
Christmas needs! Over 15 door  
prizes to be won and swag  
bags for first 20 people!  
Come join us for a day filled  
with Christmas cheer!

## THANK-YOU!

A special thank you to the  
following people for helping put  
the ice in this year:  
Peter Crosby, Dave Laderoute,  
Darcy McMullen, Brandon  
McDonald, Bob Johnson



**Westmeath Arena is  
once again offering Skate  
Sharpening at the rink**

## UPDATE FROM RIVERVIEW SENIOR'S SOCIAL CLUB

Soup and Sandwich will be held on Wed. Nov. 20th  
upstairs at the Community Centre at 12:00 noon.  
Homemade soups, cold cuts, and great desserts, all for  
\$8.00. Bring a friend and come and join us.  
The Food bank needs your support. This month we  
are asking for soup and crackers, canned or dry. Let's  
make a difference for some families this fall.  
We will also be having a Bake sale and Craft & Art  
sale at this time. Great time to get some Christmas  
Shopping done.  
Our next monthly BINGO will be held at 7:00 pm. On  
Tues. Nov. 19 in LaPasse Hall. You must be 18 to play.  
Come and Join the fun.  
The Wellness Clinic as well as Foot Care will take  
place after our regular meeting on Nov.13th at 1:30  
pm.  
A big thank you to our Members who so kindly baked  
cookies for the children for the lovely Remembrance  
Day service. Well done Ladies.  
Get your tickets now for our annual Christmas Dinner  
and Dance, to be held on Dec. 7th, at Westmeath  
Community Hall. The evening starts with a social hour  
from 5:30 to 6:30pm, followed by a Roast Beef/Turkey  
dinner catered by Ullrich's. Music this year is by "The  
Roddy McCann Band". For tickets call Jan at 587-  
4841, or Donna at 587-4373. They are also available  
at our Soup & Sandwich. FAMILY REGISTRY BEING  
PREPARED  
The long-awaited "Family Registry" section, in  
our Riverview Club-sponsored website, will soon be  
available. The Registry has been formatted as a micro-  
site, within the larger website, and will present an  
alphabetized listing of the pioneer families of Historic  
Westmeath Township. Preparing this directory listing  
has been a huge undertaking; but now the foundation  
stones of over 100 early township families will be  
available online. The public will be asked to submit  
family heirloom materials to build out their family  
stories.  
The Historic Westmeath Township Project has been  
very well received and is averaging 30 to 40 visitors to  
the website each week – the highest for one week was  
90 visitors. Join us at: [www.hwtproject.ca](http://www.hwtproject.ca).  
Membership remains at \$10.00 again this year and  
is now due for the upcoming year... Our Membership  
convener is Sheila O'Brien and she can be reached at  
582-7028. We encourage new members.  
Thank you for your continued support.



*Back for  
another season  
at the Westmeath  
Arena Canteen.*

orders: 613.401.7427  
canteen: 613.587.4559  
web: [thesweetshack.ca](http://thesweetshack.ca)

## ACTIVE SENIORS ARE HEALTHY SENIORS! HEALTHY SENIORS ARE HAPPY SENIORS

### NOVEMBER EVENTS

YOGA IN LAPASSE (Tuesday mornings 9:00 –  
10:15) has been a great success; we're checking  
out the possibility of extending the classes for  
another 5 weeks (until December 10) . Participants  
will pass on the information to others if we extend.  
NEW PARTICIPANTS WELCOME! Instructor, Peter  
MacLaggan from White Pine Yoga has been terrific!  
ACRYLIC PAINTING (Mondays at the Fire Hall in  
Foresters Falls) had such a good turnout; we've had to  
split the class into two groups. Now classes will take  
place Monday mornings (9:30 – 12:00) and Monday  
afternoons (1:00 – 3:30).  
STARTING NOVEMBER 12 (AND EVERY TUESDAY  
MORNING UNTIL DEC. 17) SPINNING CLASSES  
BEGIN (at L.E.A.P. Performance Fitness Centre in  
Pembroke.) PREREGISTRATION is a must. Call Cathy  
613 587 4715 if interested.  
Please note... spinning classes are cycling classes!  
No wool necessary!!!  
SPEAKER SERIES CONTINUES: Keeping our MINDS  
ALERT!  
Wednesday, NOVEMBER 27, 1:00 – 2:00, followed  
by social.  
In BEACHBURG (St. Andrew's United Church Hall).  
TOPIC: UNDERSTANDING ELDER ABUSE –  
KNOW THE SIGNS  
Presenter: Peggy Vaillancourt from the Renfrew  
Victoria Hospital.  
Free Admission – Everyone, young and old, is  
welcome. Free admission  
Reminder: SENIORS HELPING SENIORS – BUDDY  
SYSTEM  
Training session for those who will be buddies –  
Wed. October 30 – 1:00 in the Westmeath Hall.  
GENTLEMEN MARK YOUR CALENDARS:  
Thursday, December 12: FOR MEN ONLY....Potluck  
/pub night  
Details to follow. Talk to Phil Cottrell for more info.

