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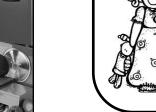
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JANUARY 2014 NEWSLETTER

To rent Community Centre Hall or Ice Rink Facilities: 613-587-4559 or email wdra@nrtco.net www.westmeathtoday.ca

For Newsletter inquiries: Email: aegervais@gmail.com or call 613-587-4875

COMING VENTS

WESTMEATH & DISTRICT

RECREATION ASSOCIATION

Jan. 6th WDRA Meeting @7pm

Jan. 8th Wellness Clinic/Foot Care WDRA Hall @ 130pm

Jan. 9th Winter Carnival Planning Meeting @7pm

Midget Hockey Jan. 11th Tournament

Jan. 15th **RVSC Soup & Sandwich** WDRA Hall @ 12pm

Jan. 21st **RVSC BINGO** LaPasse Hall @7pm

Jan. 24th Tween Dance 7pm-10pm

Jan. 25th Private Dinner and Dance Proceeds to Renfrew Country Mental Health

Murder Mystery Dinner Jan. 31st WDRA Háll @5pm

Feb. 1st Peewee Hockey Tournament

Feb. 8th WDRA Valentine's Dance **WDRA Hall**

TWEEN DANCE—JAN. 24TH 7-10PM

PAJAMA THEME DANCE!!! \$5/tween * Ages 8-15 Music by: Abbey Lane DJ !!!



WESTMEATH AND DISTRICT RECREATION ASSOCIATION PRESENTS: A MURDER MYSTERY SHOW AND 4 COURSE MEAL

"Homicide In the Rock Group"

Friday, January 31 2014 6:00 pm

Tickets \$25.00/person



THIS IS A MURDER MYSTERY DINNER TO INVESTIGATE THE DEATH OF **HEAVY METAL ICON "TARANTULA"**

WDRA Community Hall

Tickets available at WDRA Rink Canteen or any WDRA Board Member For more information please call Amanda Gervais or Rodney Keeping 613.587.4875 /aegervais@gmail.com

WINTER CARNIVAL PLANNING MEETING

* January 9th @7pm * WDRA HALL

Please join us to plan our annual Winter Carnival!! We are looking for ideas and community members to volunteer during the event in March.

Please call Amanda (587.4875) Brenda (587.4518) for more info!





Monthly Walk n' Talk

Upcoming Events for (January 2014 - April 2014) Drop-in, 5:30-7:00 pm



Date	Location	
Jan. 28, 2014	Walk: LaPasse over ice bridge (if we can) – details TBD Talk: Pedometers – everything you wanted to know about how to use these handy little devices!	
Feb. 18 th , 2014	Walk: Shaw Woods (http://www.shawwoods.ca/ - near Kelly's Corners) – details TBD [If weather is poor we could join the Get W.I.T.H. [Walking in the Halls] It1 group at the Cobden Public School] Talk: A tour of Japan – Ray Parchelo	
Mar. 25 th , 2014	Walk: Beachburg, meet @ Lara's place on Pappin Rd. – details TBD Talk: Cameron Dube (BORCA – Beachburg Off Road Cycling Association) (to be confirmed)	
Apr. 29 th , 2014	Walk: Cobden; Marsh Trail and Astrolabe block Talk: Township of Whitewater Region Municipal Councilor(s) (and/or staff) (to be confirmed)	





Warm *Safe Free * Fun!

EVERYONE is Welcome

Don't forget your walking shoes & water bottle!

100		
Month	Beachburg Public School	Cobden Public School
	Every Monday AND Wednesday,	Every Tuesday AND Thursday,
	5-7 pm	5-7 pm
January	Jan. 6, 8, 13, 15, 20, 22, 27, 29	Jan. 7, 9, 14, 16, 21, 23, 28, 30
February	Feb. 3, 5, 10, 12, 19, 24, 26	Feb. 4, 6, 11, 13, 18, 20, 25, 27
March	Mar. 3, 5, 17, 19, 24, 26, 31	Mar. 4, 6, 18, 20, 25, 27



A Community Program Whitewater Bromley Community Health Centre A Part of Lanark Renfrew Health & Community Services



Every One Matters.

PUBLIC SKATING

Saturday nights 6:30-9:00pm

Helmets are mandatory for skaters under the age of 16.

Ice Time Rentals

Ice available for rent for birthday parties, Christmas parties, etc. Contact Brenda at wdra@nrtco.net or 613-587-4559 or 613-587-4518

positively! WDRA meetings are held on the first Monday evening of every month. They are open to everyone! If you would like to speak at a meeting please contact Brenda (587.4518) in advance! We look forward to seeing

Let's start the new year off

Friendly reminder that the deadline for newsletter submissions in the 15th of the month!! Thank you ~ Amanda

new faces in 2014!!!

UPDATE FROM RIVERVIEW SENIOR'S SOCIAL CLUB

Happy New Year!

Our first Soup and Sandwich of the New Year will be held on Wed. Jan.15th upstairs at the Community Centre at 12:00 noon. A great lunch of homemade soups, cold cuts, and great desserts, all for \$8.00. Bring a friend and come and ioin us.

Our local Food bank needs your support. Please bring an item to fill our basket.

Our next monthly BINGO will be held at 7:00 pm. on Tues. Jan. 21st 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 Jan. 8th at 1:30 pm.

A new Canadian Flag and pole have been obtained for our Community Hall. Sincere thanks to "The Flag Man" for his generous donation. It will be proudly displayed at all events.

Thank You to all committee members, helpers, bartenders, and all who attended our Christmas Dinner Dance, a great time was had by all.

The Riverview Seniors are proud to sponsor Historic Westmeath Township Project. Many local family histories are now on the website. Thank you Gayle Stewart for your many hours of work that you have put into this project. For a very informative peek at Westmeath Township history visit us

Wishing you Health & Happiness in the New Year. Thank you for your Support.

at: www.hwtproject.ca.

!!!CONGRATULATIONS!!!!

We have THREE WINNERS for the WDRA Christmas Lottery! 1st Prize (\$1000) - Eileen deHaan 2nd Prize (\$500) - lan England 3rd Prize (\$250) - Mike Gleason Thank you to all who bought tickets and a special thank you to Ian England who donated his winnings back to the WDRA!

A Men's night was held at the WDRA Hall on Dec 12th. The evening was a success with 41 men in attendance.

There was a very vigorous discussion on men's health generally, with emphasis on some of the specific issues that were of concern to the audience.

Lee Chantrelle from the Renfrew County Paramedic group facilitated the discussion, however there was a great deal of interaction and comments from

Feedback indicated that the evening was certainly a success and that it would be worthwhile to repeat it at some time in the future.

Muskrat Hockey Cookbooks! \$10.00 each!

the floor..

Recipes from local players, refs, coaches

Available at various local businesses and the local arenas!

get 1 FREE or host a party and

reap the hostess rewards !!!

Active Seniors are Healthy Seniors! Healthy Seniors are Happy Seniors!

RESCHEDULED PRESENTATION ON ELDER ABUSE

By Penny Vaillancourt

from the Renfrew Victoria Hospital Wednesday, January 29, 2014

At St. Andrew United in BEACHBURG 1:00pm - 2:00pm followed by refreshments. Admission is free !!

REGULAR SPEAKERS SERIES

Jeremy Bertran, Tax Advisory Specialist from the Ministry of Finance will speak at the Westmeath Hall on January 22 @ 1pm

Money! Understanding Ontario's Tax Credits and Benefits for Seniors (presented by the Ontario Ministry of Finance)

Are you receiving all of the Ontario Tax Credits and Benefits that you are entitled to?

Admission is free! Refreshments after speaker! *Jeremy will stay after the presentation to assist people to fill out the appropriate forms for potential tax deductions. *

YOGA CLASSES!

Yoga has been a big success in Lapasse! Now we are moving to WEDNESDAY MORNINGS in the Westmeath Hall if there is sufficient interest! Since the grant will no longer subsidize, costs (participation dependent) are as

For a 6 week session: Jan 8—Feb 12 IF 20 people register: \$6.78 X 6 weeks = \$40.68 If 15 people register: \$9.04 x 6 weeks= \$54.24 If 12 people register: \$11.30x 6weeks=\$67.80 If 10 people register:

\$13.60 x 6weeks=\$81.36 If fewer than 10, no yoga.

(613 587 4834) to register - no later

than Jan. 3

Call Doreen McNair

HAPPY NEW YEAR! WELCOME 2014!!!

The WDRA extends best wishes to our community throughout the year!!!

Hey High School students!!!!!

Are you looking for great ways to get your volunteer hours???? Sherry, Kitchen Manager (582.3409) and Bryan, Facilities Manager (587.4897) have lots of great things for YOU to do!

Hydro One presented the WDRA with \$7,500 towards new lighting for the ball field (in background). From left, Bob Grylls -Grants Coordinator, Melle de Haan-Maintenance Manager, Bryan Dupuis-Facilities Manger, Brenda Grady-President and Joey Trimm, Whitewater Township Councillor accepting the cheque from Hydro One's Paul Headrick-Customer **Operations Manager**





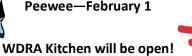
iamberryiess2013@hotmail.com | 613-633-9948

jessmcmullen.jamberrynails.net

UPCOMING HOCKEY TOURNAMENTS



Midget—January 11th Peewee—February 1



Come on out for great food! Show your support for our local hockey athletes!