

Explore

Support Local

NORTH DUNDAS





Gary Annable
Councillor



John Thompson
Councillor



Theresa Bergeron
Councillor



Tony Fraser
Mayor



Allan Armstrong
Deputy Mayor

Greetings From Council

Growth is an important part of North Dundas - it's the foundation of our community, from the first seeds sown by settlers to every new home built today.

Watching our community grow is an honour and we are grateful for every new neighbour who chooses to call North Dundas home. They move here to experience our lifestyle - wide open spaces, wonderful people, beautiful scenery and a slower pace to be able to enjoy it all. Living in the country, especially a community as unique and special as North Dundas, just makes sense now more than ever.

The people of North Dundas deserve the best and that's what we strive to deliver on a daily basis. We are committed to moving forward in a positive way, by focusing on what our residents and visitors need. We understand how important it is to keep that small town feel, while maintaining our top-notch amenities, such as our pools, arenas, parks and playgrounds.

Whether you're in need of a good meal, an honest mechanic or a relaxing day at the spa, North Dundas has it all. But don't take our word for it - explore North Dundas for yourself. You don't have to go far to find what you're looking for in North Dundas. Around every corner is someone willing to point you in the right direction, followed by a business happy to accommodate you.

Growth brings diversity and with it, new opportunities for the future. Discover the North Dundas difference!

G. M. Annable

John Thompson

T. Bergeron

FRASER

Allan Armstrong

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A LOOK BACK AT 2021

Garden Party Market a Hit!

Local artisans graced the lawn at the Planted Arrow and St. Paul's Church from May to October, offering shoppers a unique array of home décor, candles, soaps, jams, flowers and more. Look for them again in 2022.



Photo Credit - Garden Party Market



Commemorating the Ault Family Legacy

In partnership with Lactalis Canada, the Township unveiled a beautiful new mural at the arena in Winchester in September, now named the Sam Ault Arena. The Township also announced a ceremonial road naming for part of Main Street in honour of the Ault family.

South Mountain Park Renamed in Memory of Rick Cauvier

Rick Cauvier was a humble man with a big heart. With support from the Mountain Township Agricultural Society and Mountain Township and District Lions Club, the South Mountain Park was renamed in his memory at the end of September.



Photo Credit - Parade of Lights



Morewood Cenotaph Gets New Lease on Life

To mark the 100th anniversary of the Morewood Cenotaph, its volunteer board worked tirelessly to raise funds and coordinate the rejuvenation of the monument, in addition to installing new mini-monuments honouring local fallen soldiers.

North Dundas Display of Lights

People from North Dundas, SDG and beyond experienced Christmas joy like never before at the Display of Lights in early December at the South Mountain Fairgrounds. The Vendor Show brought together local crafters, artisans and more to kick off holiday shopping.





Photo Credit - OPP



Photo Credit - WDMH



THANK YOU



The Township is grateful for every single person who calls North Dundas home. You have shown incredible resilience and endurance during the pandemic.

We wish to thank all the healthcare workers, from doctors to nurses, volunteers at the vaccination clinics and janitorial staff who keep our hospitals clean. You showed up to work, day after day, knowing that you could get sick, but choosing to put the health of others first.

We wish to thank all the other frontline workers, from grocery store workers to firefighters, paramedics and police officers. You were out on the streets while the rest of us were at home, staying safe and healthy.

We wish to thank all the community volunteers, who step up to the plate every day to make a difference. You are the reason some families have food on their tables and people in need can access essential services. You keep our community looking beautiful and you do it because you love to help, not for the recognition.

We wish to thank everyone that made the extra effort to increase their local shopping this past year. You have made a difference and the business community and the Township are grateful.

Everyone in North Dundas deserves a pat on the back for getting through the tough times so we can all enjoy the good times. Hopefully 2022 brings more sunshine and less rain.



Bee Amazed

by Smirlholm Farms Honey



What happens when you match millions of bees with a man passionate about producing honey? Simply put: magic.

Glenn Smirle knew he wanted to be a farmer since he was knee-high and chasing after his grandpa in the fields. The over 300 acres he calls home was purchased back in 1940. Glenn's grandparents bought the original 100 acres with the barn, which still stands today.

In 1991, Glenn took over the family dairy operation, launching a 30-year farming career with no end in sight. In 2017, he switched gears from dairy farmer to apiarist, to pursue his lifelong dream of beekeeping.

"It was time for a change," explains Glenn. "My fascination with honeybees was the reason I took an apiary management course when I attended the University of Guelph. When I left cows and milk, bees and honey seemed like a natural transition."

Glenn started out with two hives five years ago. He now has two bee yards and over 40 hives, producing approximately 5,000 pounds of the sweetest nectar known to man every year. Glenn takes great pride in his bees, who he refers to as his 'girls.' When asked what sets his honey apart from other producers, he laughs and says "I think it's the pep talk I give the girls every morning... okay, this is how it's going to go today!"

Honey is good food, explains Glenn, who goes into detail about its medicinal qualities, including the microbes that make it just about the most perfect substance on earth.

Bees make honey from what's available and Glenn has taken significant steps to ensure the health of his bees by planting a breathtaking patch of wildflowers on his property, along with rows of sunflowers lining his crops. The scenery is wild and natural – a unique look for a working farm.



His bees forage on alfalfa, sweet clover, sunflowers and wildflowers - all native to Dundas County. This allows the bees to produce honey with exceptional taste and aroma unique to the region. Glenn extracts honey directly from the hive, without high temperature or pressurized filtering systems, to ensure the maximum amount of pollen and all of the honey's goodness remains intact.

His efforts are paying off and word is getting out that North Dundas has one of the top honey producers in eastern Ontario. Smirlholm Farms

Honey, based in Morewood, boasts its fair share of accolades, including a loyal customer base that keeps on growing. Glenn's honey was also voted the best by the eastern Ontario Beekeepers' Association.

Glenn says he's proud of his honey, which is made with a touch of love and a whole lot of determination. He says honey is perfection and it all starts with sunshine. Glenn's completely natural honey will change the way you look at the amber liquid forever. It's good food: unpasteurized, minimal processing – straight out of the hive and into a bucket.

Honey is good food, explains Glenn, who goes into detail about its medicinal qualities, including the microbes that make it just about the most perfect substance on earth.

Glenn has big plans for the future, with a focus on agritourism and growing his business by making it a destination for people. He's planning on opening up the farm to visitors with horse-drawn wagon rides out to the pollinator patch and educational talks about bees.

"In the next five years or so, I'd like to get to the point where I'm selling bees," explains Glenn. "As the hive expands you need to split it to keep it from swarming and leaving. It's all part of good bee management."

People who want to come check out Smirlholm Farms can use it as a jumping off point to explore North Dundas and see everything the Township has to offer. If you haven't tried Glenn's honey, now is the time. It goes with everything - from sweetening your tea to flavouring your chicken.

One of Glenn's customers, Alan Daye, says Glenn's excellent honey revived memories of his childhood, growing up beside an apiary. "...that aroma, taste, and overall sensation of beauty were all fired up with the first taste of his product."

Glenn sells his unpasteurized, 100% natural honey, along with three different flavours of creamed honey (lemon, vanilla and cinnamon) and beeswax candles. His honey is available in three different sizes, ranging from 250g to 1kg. You can pick up a jar (or two or three) at local farmers' markets, including the ones in Russell, Winchester and Manotick. You can also find Smirlholm Farms Honey at three retailers in Winchester: Simply Baked, The Planted Arrow and J&L Produce.

It's good food:
unpasteurized, minimal
processing - straight out
of the hive and into a
bucket.



Smirlholm Farms Honey

65 Main Street, Morewood

Ph: 613-371-0962

Email: glenn.smirle@sympatico.ca

www.smirlholmfarmshoney.ca



@smirlholm



A CUT ABOVE THE REST

Clear Cut Installations



People don't have to look far when it comes to updating their homes.

Clear Cut Installations is a trusted contractor, who has been doing business for over 36 years.

"I started the business in 1986," says owner Steve Caza. "When Clear Cut first started out, the idea was windows from the beginning. We did roofing right off the bat too and then about five years into the business, we started doing kitchens and bathrooms." Steve and his wife Anne moved to South Mountain 37 years ago and he knew right away that it was the perfect place to set up shop.

Regardless of the upgrade you have in mind for your home, whether it's new siding or flooring, Clear Cut has you covered. Some upgrades can even save you money in the long run, like

installing new energy efficient windows and doors.

Making sure their customers are satisfied is the number one priority. Installers are prompt, tidy on site and courteous throughout the entire process. Clear Cut works with only top-quality products, including North Star Windows & Doors. It stands by its brands and offers a 10-year installation guarantee.

Clear Cut has grown significantly over the past three-and-a-half decades and business is currently booming, thanks to people focusing more on improving their homes in recent years. They've worked hard to build a good reputation and do work throughout the region, including Kemptville, Winchester, Morrisburg and Osgoode.

"If you do shoddy work in a small town, word

Some upgrades can even save you money in the long run, like installing new energy efficient windows and doors.

gets out quickly,” says Steve. The crew at Clear Cut are highly skilled, with many years of experience under their belts. They’re well trained and very detailed, which is important in their line of work. What sets Clear Cut apart is the quality of workmanship and competitive prices.

Steve has a program on hand to design kitchens and bathrooms, so people can see exactly what it will look like before making their final decision. The countertops are key because they create a focal point for the entire room. Most people are going with quartz for the look and quality. Coloured cabinets are also popular these days, according to Steve, with some customers opting for one colour on the top and another on the bottom. People are also nixing tubs in favour of walk-in showers, with intricate tiles and cool features.

What sets Clear Cut apart is the quality of workmanship and competitive prices

Steve is a self-described options man, who doesn’t tell people what they need. Instead, he gives them options, so they can create the space they want.

Creating your space is just a phone call away.

Clear Cut Installations

10616 Main Street, South Mountain

Ph: 613-989-2367

Email: info@clearcutinstallations.com

www.clearcutinstallations.com



@ClearCutInstallations





A Taste of Home,

Mary's Restaurant: A family favourite

Mary's Restaurant is a time-honoured tradition,
like Sunday brunch without the dishes.

Owner Taso Serafis spent 36 years building its reputation for quality food and friendly service that's worth the drive. Mary's Restaurant caters to every taste bud imaginable, serving up Italian food, Canadian classics, Chinese delicacies and Greek fare. There's no need to compromise when it comes to your cravings, thanks to Mary's wide range of choices, designed to suit every palette.



Out on the Town

"You name it, we make it," says Taso. In the mood for pizza? No problem! How about chicken fried rice? Or maybe a cheeseburger platter? Mary's Restaurant has it all! The food is simple, flavourful and classic, boasting generous portions and mouth-watering side dishes. It's fresh and made with care.

You can come in and enjoy the welcoming vibe of Mary's Restaurant for in-person dining or order take-out if you don't feel like cooking. They even deliver if you're stuck at home or just don't feel like going out. The restaurant is reflective of its owner: bright and cheerful. Taso started out with nothing, working hard to build a successful business and earning the trust and respect of his customers.

"You name it, we make it,"
says Taso.

Taso arrived in Canada from Greece in 1970, without knowing a word of English. He had nowhere to stay when he landed in Montreal all alone, without relatives or friends to turn to. For a week or so, Taso got by sleeping in parks, until he finally found a job as a dishwasher. Four months after that, he wound up in Winchester, working at the Country Kitchen. He was there for 12 years before purchasing Mary's Restaurant in 1985.

Taso says it was a humble beginning, but hard work and dedication turned Mary's into the staple it is today. Taso says he and his staff built the business up together, with help from their loyal customers who supported the restaurant over the years. Kathryn Vidal, a regular customer, says that



Mary's has delicious food and prompt, courteous service that creates a wonderful atmosphere.

Taso doesn't just run Mary's Restaurant - he's also a chef and can be found working behind the line most days, joking and laughing with his dedicated staff. He says the trick to owning a successful restaurant is consistency. He pauses to greet a customer who walks into the restaurant, exchanging meaningful small talk that rarely exists outside of a small town. There

is something for everyone at Mary's, down to the smile served with every entrée.

After nearly four decades and endless wonderful memories, Taso is getting ready to retire. He is

*There is something for everyone
at Mary's, down to the smile
served with every entrée.*

heading home to Greece in June and when he gets back in the fall, he's hanging up his chef's hat. Taso plans on leaving Mary's in capable hands that will continue his legacy, in order to spend more time with his grandkids.

He notes that business is about team work and if you don't have a good team, you have nothing. "If you treat people well, they'll treat you well."

Taso says it's been an incredible ride.



Mary's Restaurant

513 St. Lawrence Street, Winchester

Ph: 613-774-3733



@Mary'sRestaurantWinchester

COMMUNITY SAFETY

The Township of North Dundas is reminding residents that it's important to be prepared in case of an emergency. You should be able to take care of yourself and your family for a minimum of 72 hours.

Every North Dundas resident should have an emergency plan in place, along with an emergency kit.

Visit www.getprepared.gc.ca

Did you know that one of the leading causes of residential fires is cooking?

Taking simple precautions, like not leaving your stove unattended while cooking and changing your smoke alarm batteries annually, can save your life.

Take 10 minutes today to think about fire prevention to protect your family. If you don't, you may not live to regret it.



MUNICIPAL ELECTION 2022

Interested in running for North Dundas Council?

Start by looking at past meeting packages on the Township's website and watch the recorded meetings on YouTube.

Those interested in running for Mayor, Deputy Mayor, Councillor (3) and Local School Board Trustees (4) can file nomination papers at the Township office starting May 2nd. The nomination period wraps on August 19th.

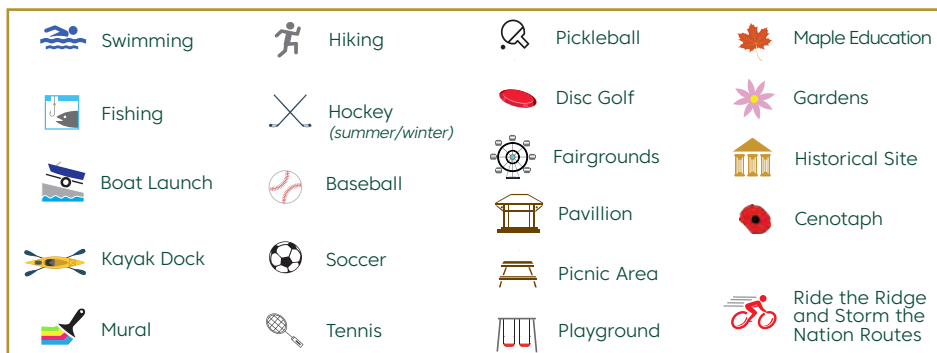
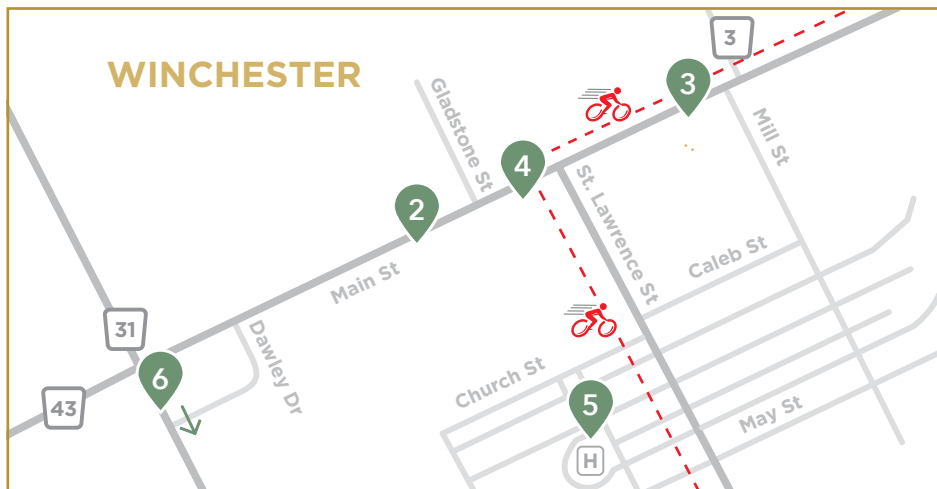
Voting in North Dundas will be done by telephone or internet. Letters will be mailed to eligible voters in early October. Election day is October 24th with advance polling dates to be announced.

For more information, visit www.northdundas.com or contact the Clerk's Office at **613-774-2105 Ext. 226**.



Outdoor Adventures

There are plenty of fun outdoor activities that the whole family can enjoy throughout the Township.



- 1** Oschmann Forest Conservation Area
12301 Ormond Rd, Winchester



- 2** 100 Club Park
577 Main St, Winchester



- 3** Scented Garden
469 Main St, Winchester



- 4** Sweet Corner Park
501 Main St, Winchester



- 5** Winchester Cenotaph
566 Louise St, Winchester



- 6** Cass Bridge Conservation Area
12212 Cass Bridge Rd, Winchester



- 7** Oak Valley Pioneer Park
3324 Baldwin Lane, Winchester Springs



- 8** Harmony Park Playground
1306 County Lane, Winchester



- 9** Mountain Memorial Park
10480 Clark Rd, Mountain



- 10** Hallville Outdoor Rink
10519 Kerrs Ridge Rd, Hallville



- 11** Morewood Community Park
17 Russell St, Morewood



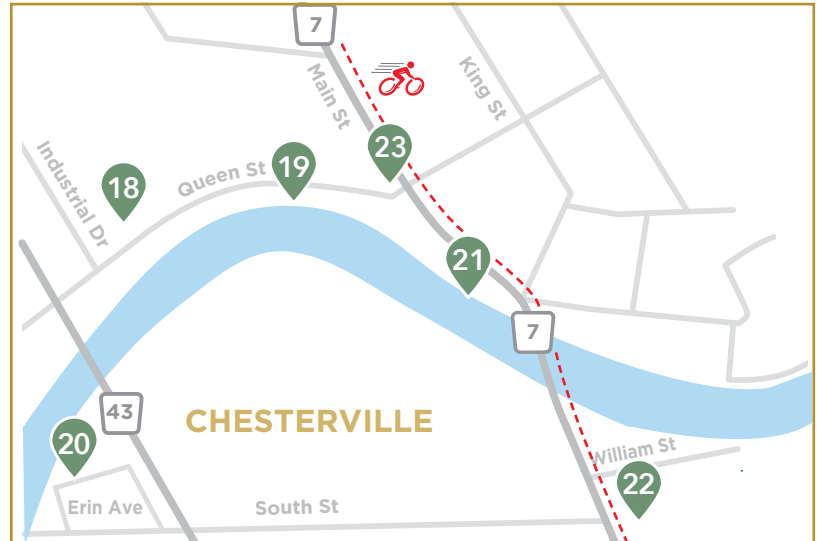
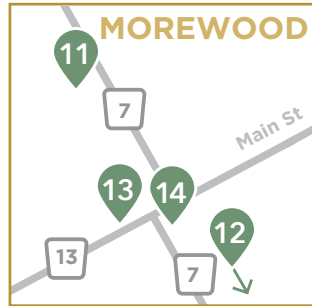
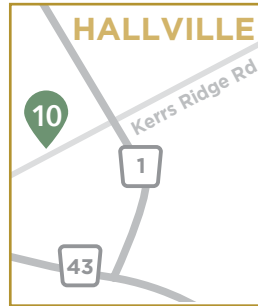
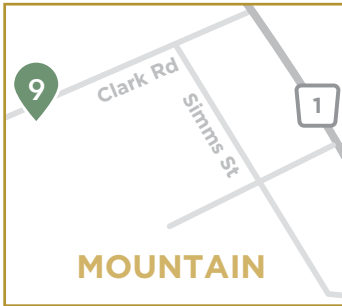
- 12** Alvin Runnalls Forest
1919 County Rd 7, Winchester



in North Dundas



Start your adventure today!



- 13** Morewood Cenotaph
Main St at Mill St, Morewood



- 14** Veteran's View Park
1 Moffat, St, Morewood



- 15** Inkerman Outdoor Rink
11450 Cameron Rd, Inkerman



- 16** South Mountain Fairgrounds
2967 Lough Rd, South Mountain



- 17** Rick Cauvier Memorial Park
10543 Main St, South Mountain



- 18** Chesterville Fairgrounds
153 Queen St, Chesterville



- 19** Chesterville Cenotaph
26 Queen St, Chesterville



- 20** Thompson Park
87 Erin Ave, Chesterville



- 21** Chesterville Waterfront
Main St, Chesterville



- 22** Chesterville Community Park
1 William St, Chesterville



- 23** Flynn Park
50 Main St N, Chesterville



Bike Route Maps
whereontariobegan.ca/cycling

Kayak/Canoeing Maps
nation.on.ca/recreation/canoeingpaddling

Meet the Caretakers of Chesterville





Photo Credit - Over the Moon Photography

The Green Action Gang goes above and beyond to keep Chesterville blooming and beautiful. This group is cheeky, dedicated and fiercely protective of what makes Chesterville such a great place. But let's not jump ahead of ourselves: let's go back to the beginning.

In early January of 1998, mother nature rained ice down upon southern Quebec and eastern Ontario during the worst storm in recent memory. Everyone who lived through it, whether a child or adult at the time, has a story to tell about the Ice Storm of '98 - some even own sweatshirts letting people know they survived the event.

Gail Parker and Shirley Coons, along with Ralph and Marge Norg - all members of the Green Action Gang - recall the extensive damage in Chesterville. That's why they started the Green Action Gang in 1998, to replace the trees damaged by the storm.

The Gang, which met in the late Peter van Kessel's barn to discuss new ideas to beautify Chesterville, had approximately 10 members at first. It started as a small seed, before blossoming into a thriving garden. The Ice Storm forced the group to look around and see what Chesterville was missing. And they didn't just stop at trees and flowers.

It might take less time to list the things around Chesterville that the Green Action Gang has NOT been involved with over the years. The group has handled the flowers for the Waterfront Revitalization project, installed the lighting on the bridge, helped out with the sundial between the bank and pharmacy, spearheaded the construction of two gazebos, brought in all the

"If you see a flower, we did it," jokes Gail.

"If you see a weed, it's not ours," laughs Shirley.



cement furniture and flower pots you see around town, helped turn Flynn Park into what it is today and tend nearly every flower bed not situated on private property.

"If you see a flower, we did it," jokes Gail. "If you see a weed, it's not ours," laughs Shirley.

The Green Action Gang is completely volunteer driven. Its members actively fundraise, through annual plant sales and other activities, to bring in funds to support the group's projects.

Gail says none of the Gang's projects would be possible without support from the community. She rhymes off local businesses and community groups that have stepped up to the plate over the years, including the Bank of Nova Scotia, who matches dollars for the group's annual plant sale, and the Toronto-Dominion Bank, who donated money towards Flynn Park. The Township of North Dundas also provides an annual grant to the Green Gang. The Rotary Club and Lions Club contributed financially to the gazebo projects undertaken by the Green Action Gang and Jack and Mary Durant have donated top soil for years.

The community really pulls through for one another and the Green Action Gang is grateful for all the support it has received over the years. The fruits of their labour are obvious to everyone who visits Chesterville, along with the people who call it home.

Ralph, one of the long-standing members, says that whenever they're out there watering, people come over and ask how they make the flowers bloom like that. He leans in, a twinkle in his eye, and says "the secret is regular watering and fertilizing every time."

Over the years, the workload has grown and the Green Action Gang is constantly looking for new people to join its ranks. If you're interested in giving back to your community or just want to be a part of something bigger than yourself, consider volunteering. If you'd like to become a member, contact Shirley directly by calling 613-448-2099.

They'd really like to see some new faces, who will keep the Green Action Gang going for years to come. You may think that the petunias and begonias abundant throughout Chesterville are its most colourful assets, but wait until you meet the Green Action Gang members.

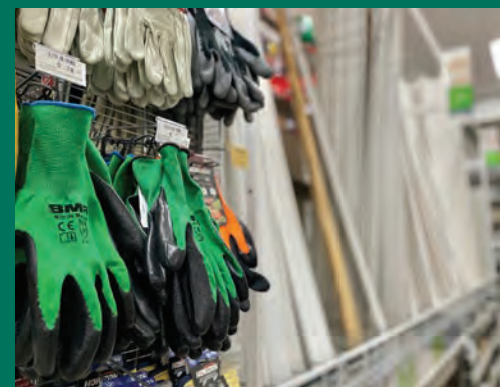
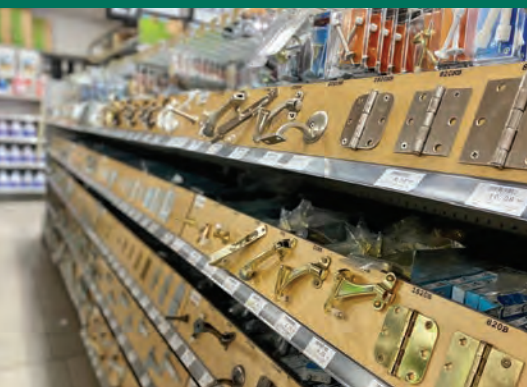
Just having a coffee with them leads to lots of laughs and great stories, so one can only imagine the antics that go on when they're knee-deep in dirt pulling up weeds. Every town needs its characters - Chesterville is fortunate enough to have a whole group of them.

If you're looking for something to liven up your time, look no further than joining the Green Action Gang.



From Backyard Chickens to Home Renos ...

Winchester BMR has everything you need!





Planning a DIY project? Thinking about starting a hobby farm?
Look no further than Winchester BMR!

From fencing and feeders, to plumbing and electrical, Winchester BMR
has everything you need to make your dreams a reality!

Winchester BMR carries a full-line of hardware supplies, along with a wide variety of seasonal products, including lawn furniture and pool chemicals. The garden centre that opens seasonally can help stock your vegetable patch or make your lawn look better than ever. Winchester BMR has a vast assortment of landscaping materials, including gravel and stones.

If you're feeling the urge to spruce things up with a coat of paint, stop by Winchester BMR to check out the colour selection that staff can mix up for you on site. BMR offers lumber at competitive prices, along with other renovation essentials like drywall, lighting and vanities. Once you have all the materials in place, make sure you have the tools to simplify your project. Winchester BMR has all the tools you'll need to get the job done right!

Ken Boje, who owned BMR – along with his wife Trish – for 17 years prior to retiring earlier this year, says it's a great place to shop no matter what you're looking for. Ken says the staff at BMR are incredible and that it's more like a family than anything else. He notes that there's very little turnover in staff, so the employees really get to know the customers.

It's not just the staff that sets Winchester BMR apart. They have a top-notch reputation for putting the community first and always having what you need on the shelves.

Winchester BMR is the driving force behind "Heat for the Holidays", in partnership with

Being there for
people when they
need a helping hand
is just good business

the House of Lazarus and Community Food Share. The program provides compressed fire logs to families in need throughout the region. "Heat for the Holidays" has grown significantly in the past five years, from helping just a few families to approximately 50 this past winter. They also play a role in "Project Warmth", which supplies people in need with plastic window coverings to reduce heating bills.

They've run silent auctions and facilitated the sale of everything under the moon – from popcorn and cotton candy to chocolates – to help out groups trying to raise money. The store also contributes to the "Snowsuit Fund" annually, by storing, sorting and distributing snowsuits to children in need.

Being there for people when they need a helping hand is just good business. Ken and

Customer service is the number one priority at Winchester BMR, which prides itself on going above and beyond to help out every single person who walks through the door.

Trish estimate that during their time as owners, Winchester BMR contributed around \$1 million to various charities and organizations. From "Hospice" to "Habitat for Humanity", you'd be hard pressed to find a cause that hasn't benefitted from Winchester BMR in some way.

In addition to supporting charities and offering high-quality customer service, BMR - a Canadian based company - carries as much Canadian-made products as possible.

The Winchester store also boasts the largest square footage of any BMR store in Ontario. If BMR doesn't have what you're looking for, talk to an employee about ordering the product in. Customer service is the number one priority at Winchester BMR, which prides itself on going above and beyond to help out every single person who walks through the door.



Winchester BMR

12235 County Road 38,
Winchester

Ph: 613-774-2700

Email: bmroffice@storm.ca

www.bmr.ca/en/winchester-bmr



@WinchesterBMR



THE LEGENDARY LANNIN'S GARAGE



Lannin's Garage is a Chesterville institution.

It opened in 1938 and has served the region for generations (in some cases, three or four). So how has Lannin's Garage maintained such an excellent reputation for the past 84 years?

"I treat everyone's vehicle like I treat my own," explains owner Dave Lannin, who runs the business in partnership with his parents Jack and Lois, along with his wife Connie. "We replace only what we have to in order to keep things running the way they should."



Lannin's Garage provides full service mechanical repairs, ranging from oil changes to engine tune-ups. It also serves gas, just like it did back in the '30s. Both Dave and Jack have Interprovincial Mechanic Licenses, which are good in most places across Canada, and both were top of their class in trades' school. The long and the short of it is they're both smart cookies and the apple doesn't fall too far from the tree. In fact, the tree in question took root with Jack's father, Gordon Lannin.

Jack explains that his father and mother (Georgina) started the garage and sold old Ford and Major Tractors. He takes a photo depicting the shop down from the wall and points out the banner that reads 'Two New Ford V8 Cars for 1938.' Jack started working in the shop in 1959, at the age of 16. He took over the garage, in partnership with Georgina, when Gordon passed away in '67. Jack had his Class A Mechanics License and Georgina did all the bookwork, until she retired and Lois took over. Once things went digital, Dave's wife Connie took the reins behind the computer, continuing a family tradition.

"We treat people the way we want to be treated," he says. "I don't keep people waiting and I treat everyone with respect."

Just like his dad, Dave started working at the garage at the age of 16, through the Modified Apprenticeship program. In 1990, he began working at the shop full-time. He enjoys the challenge of being a mechanic and the way it makes your brain work - the mechanical thought process.

Jack, now 78-years young, still helps out at the garage - serving gas, picking up parts and doing deliveries. He's happy to fill in where he's needed, like when cars older than Dave pull up to the shop and require that 1960's touch.

Lannin's Garage is a true family business, boasting a multi-generational customer base. There's one family that he's personally worked with for four generations and as the third

LANNIN'S GARAGE

Truck and Auto Repairs

And with a combined 94 years of experience, if Jack and Dave can't figure out the problem, then you might be driving a spaceship.

generation Lannin, Dave is now serving the grandchildren of his grandfather's customers.

Lannin's Garage is more than just a mechanic's shop. It's a place people remember going to as a kid and continue to do so because they trust the faces behind the counter. Lannin's Garage may have the old-fashioned touch, but its service is ahead of its time. They work hard to keep their customers and it shows because they keep coming back.

What inspires the loyalty to Lannin's is the quality of service and friendliness, according to Dave. "We treat people the way we want to be treated," he says. "I don't keep people waiting and I treat everyone with respect."

Dave says Lannin's Garage is always accepting new customers and that people can call him anytime to book an appointment. The shop offers electronic invoicing to simplify things for customers and the modern equipment ensures that vehicles are repaired quickly and efficiently.

The easiest way to find out why people have been going to Lannin's Garage for the past eight decades is to bring your own vehicle there to see the difference firsthand. You'll get fair and honest service with a smile, knowing that your mechanic is a trusted guy. And with a combined 94 years of experience, if Jack and Dave can't figure out the problem, then you might be driving a spaceship.



Lannin's Garage

2 Victoria Street, Chesterville

Ph: 613-448-2361



@Lannin'sGarage



Make Time For Self-Care
at The Heritage House Health Spa

If you don't treat yourself, who will?

People are awakening to the concept of self-care and the importance of taking time to relax. The Heritage House Health Spa in Winchester is the perfect place to start your self-care journey!

Owner Natalie Brundige, a Registered Massage Therapist, says that mind and body treatments are huge right now. "People are dealing with anxiety, depression - you name it - and self-care is so important to your overall well-being. People are starting to look in new directions to feel good and that's what we're here for."

Since opening five years ago, the Heritage House Health Spa has steadily expanded - relocating twice to accommodate growth - thanks to client input and staff dedication.

Natalie started her first business, Lakeshore Massage Therapy, in Morrisburg 16 years ago. She says the massage therapy industry has come a long way in the past 20 years. It's no longer a luxury, but a necessity, to ensure your muscles are maintained properly. "Getting a massage is just part of personal care now, like exercising and eating healthy."

"People are dealing with anxiety, depression - you name it - and self-care is so important to your overall well-being."





The Heritage House Health Spa offers a wide range of treatments and each one is customized to the individual. No two treatments are the same because no two people are the same. Personalized treatments work wonders when it comes to how you feel mentally and physically. The staff make everything so special and unique – they all have their own little sparkle that they add to the treatments. The Heritage House Health Spa aims to make you feel and look amazing.

At the Heritage House Health Spa, you can find everything you need and more, all under one roof. If your body is feeling stiff and sore, call to book a massage. If you're tense or stressed, sign up for medical acupuncture. Just want to look pretty? Get a manicure or pedicure. Skin looking a little oily or dull? Why not get a facial? Other services include waxing and tinting for lashes and brows, full body wraps, reflexology for your feet and hands, charka balancing, mother and daughter pedi's and eyelash extensions.

The staff make everything so special and unique – they all have their own little sparkle that they add to the treatments.



The Heritage House Health Spa also carries Eminence Organic Skin Care products. The products are sold on site and used throughout the spa. According to Natalie, they're not only organic, but they also provide results.

If you haven't checked out the Heritage House Health Spa, what are you waiting for? Stop by and see what Natalie and her team can do for you!

The Heritage House Health Spa is always accepting new clients and looks forward to meeting with you soon!

The Heritage House Health Spa

532 Main Street, Winchester

Ph: 613-441-2122

www.massagehealthandwellness.ca



@HeritageHouseHealthSpa

COMMUNITY EVENTS

COME CELEBRATE WITH US

... and see why North Dundas is a great place to live, work and raise a family.

Visit our Community Calendar of Events at northdundas.com for full details on these and many other great events.

GARDEN PARTY MARKETS

MAY 14, JUNE 11, JULY 9, AUGUST 13, SEPTEMBER 10, OCTOBER 8

Returning for a third season, garden party markets will be showcasing local artisans and producers. Check out both locations – St. Paul's Church & The Planted Arrow.



OTTAWA RIDE FOR DAD JUNE 4

The annual Ottawa Motorcycle Ride For Dad in support of prostate cancer is rolling into Winchester on Saturday, June 4. Support this local fundraiser and wave as they ride into town!

ridefordad.ca/Ottawa



WINCHESTER BIKE NIGHT JUNE 9, JULY 14, AUGUST 11 5:00-9:00 (Weather permitting)

Gather your friends, get your bikes and come out for a sweet ride to Winchester to enjoy live music, food vendors and more!

Check the Facebook page for updates and rain dates.



ART ON THE WATERFRONT JUNE 4 & 5

Art on the Waterfront is planning free activities for the whole family including live music, performers and vendor booths. Check out the website for updated plans as they develop.

artonthewaterfront.ca



MEET ME ON MAIN STREET WEDNESDAYS, JUNE - AUGUST 5:00-8:00PM

Meet Me on Main Street is returning! Reconnect with family, friends and neighbours at this six-event series. Enjoy local food, beverages, craft beer and live entertainment in this celebration of community.



Locations to include Morewood, Hallville, Marionville, South Mountain, Chesterville & Winchester!

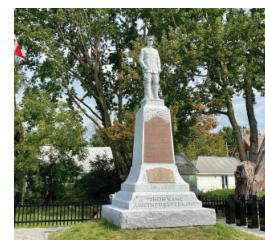
NORTH DUNDAS CANADA DAY CELEBRATIONS JUNE 30 - JULY 1

Celebrate Canada Day at the South Mountain Fair Grounds. The local Lions Club will be hosting the celebrations starting with a pre-Canada Day party on June 30. July 1 events include activities for the entire family.



101ST ANNIVERSARY OF THE DEDICATION OF MOREWOOD CENOTAPH JULY 6

This momentous occasion (scheduled for 2021 but delayed by COVID) will take place in conjunction with Meet Me on Main Street on July 6. Festivities will include a formal ceremony with variety of speakers.



DAIRYFEST AUGUST 6 & 7

The festival celebrates rural living and features the Dairy Dash, sidewalk sale, tractor parade, food, live entertainment and fun for all ages.

winchesterdairyfest.com



130TH ANNUAL SOUTH MOUNTAIN FAIR

AUGUST 18 – 21

"A Fair to Remember"

Don't miss the South Mountain Fair that is known for its agricultural exhibits and shows, demolition derby, truck & tractor pulls, midway, and great musical entertainment.

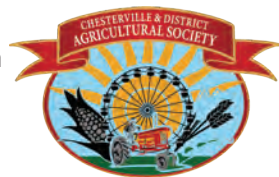
southmountainfair.ca



89TH CHESTERVILLE FAIR AUGUST 26 – 28

Celebrate rural life with the truck & tractor pull, demolition derby, goat show and hunter horse show. Enjoy the local entertainment and children's activities and browse the homecrafts.

chestervillefair.com



NORTH DUNDAS PARADE OF LIGHTS DECEMBER 3

Enjoy a full day of shopping, food, fun and of course Santa! Visit the website for a full list of activities and check back often. Events will be added as they are confirmed.

northdundasparadeoflights.ca



AQUATICS FUN

in North Dundas

Winchester Centennial Pool
577 Main St

Chesterville Public Pool
1 William St

Public swimming begins on weekends starting June 11th and weekdays starting June 27th
(Dates are subject to change due to COVID)

Single passes can be purchased (*cash only*) at the pools. Season passes must be purchased online or by calling or visiting the Township office.

POOL PROGRAMS

The Township offers swimming lessons for children as young as 4 months and offers private lessons for any age & ability. Visit www.northdundas.com for information about public swim and lesson schedules, aqua fit & aqua zumba, swim teams, and pool rentals.

Register on-line or call the Township office at **613-774-2105**.

North Dundas Health Care and Support Services



A FULL SUITE OF SELF-CARE SERVICES ARE HERE FOR YOU:

- Vision Care
- Physiotherapy
- Dental Care
- Chiropractic Services
- Mental Health Services
- Pharmacies
- Fitness Centre
- Food Banks

COMMUNITY SERVICES HERE TO SUPPORT YOUR HEALING JOURNEY:

- Winchester District Memorial Hospital
- Naomi's Family Resource Centre
- Dundas County Hospice
- Community Food Share
- House of Lazarus
- North Dundas Seniors Support Centre
- Retirement Living Options