Deep River

Proud Home of Canadian Nuclear Laboratories

Spring and Summer 2017

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From the Desk of the Mayor...



We are Halfway

This Term of Council is already more than halfway through it's mandate. After more than 17 years in public service, I must say that these have been my most exciting years!

The content of the newsletter is only going to be able to highlight the work of organizations, business and the Municipality. There are a lot of great things happening and I trust that you will find this newsletter an interesting read!

Joan Lougheed Mayor

Thanks Goes out to Our Staff

On behalf of Council and Residents, I want to extend heartfelt appreciation and thanks to all our staff. Although always busy, I would say that the last 6 months have placed an incredible demand on them whether they work in the field or in the office. A winter with record amounts of snow was challenging – both on the streets and in the office, as calls were answered, roads cleared, and the town kept running smoothly. Throughout, our staff remained cheerful, dedicated and the pride in the work they do was evident to us all. We are a stronger team working together in a positive way toward meeting strategic goals.

Council is also grateful for other aspects of staff participation. During the recent review of our goals and strategic directions, it was very useful and rewarding to have staff share their views. Many stated that we are a stronger team now and appreciate that we are working together in a positive way toward meeting goals.

Under the leadership of our CAO, Ric McGee, we have stayed on budget and found additional savings. Our three major files, Fire, Police and CNL are busier than ever and requiring dedicated work and extensive hours to provide Council with the necessary reports to assist in appropriate decision-making

Fire, Police and CNL: Our Major Municipal Files

Council has set very ambitious goals and objectives creating a heavy and demanding workload for all. Over the last few months, with diminished resources in all areas, we were able to advance the major priorities, including:

FIRE

- Hiring Fire Chief Rob Shaw at a Special Council Meeting between Christmas and New Year's,
- Preparing a detailed brief and representing the town at the Fire Arbitration Hearing on February 13, 2017. This step follows the direction we received from residents through the fire survey in June, 2016 to manage costs, efficiency and level of service. We are expecting the Arbitrator's ruling by May of this year, and
- There is ongoing planning for options and next steps, as we prepare for the decision of the Arbitrator.

POLICE

- We began the review process on managing the financials of policing in Deep River in May of 2012,
- The OPP indicated they were ready to present details of their proposal in January of 2017,
- Following the OPP presentation, extensive research and data was collected and presented in a detailed staff report to Council on March 1, 2017, and
- Work and next steps are underway to provide residents with this information, to share options and seek your input.

Be assured that your Council takes public input very seriously and your feedback will be an important part of our consideration moving forward.

CNL and AECL

- A joint committee has been established between Deep River, CNL & AECL; and we are meeting regularly on several issues:
- Exploring needs of visiting students and educational outreach,
- As a result of meetings with Ministers in Toronto, we are planning for a visit of Provincial Ministers to Deep River and CNL. In Toronto, CNL attended many of these meetings with us and we certainly caught the attention of our elected MPP's. It is exciting to have their interest and we plan to include an invitation to Federal Ministers as well, and
- As per the CNL contract, we will be formalizing a joint agreement identifying the specifics of CNL involvement in local development and community initiatives.

150TH CELEBRATIONS

Our small town has big plans for this year!! The Deep River Canada 150 Anniversary Committee already has a Facebook page at <u>www.facebook.com/deepriver150/</u> and is coordinating and planning events for visitors and residents. Summerfest is busy taking up the challenge to give us a Hometown Celebration of music and fun. Events on the water and on land will give us all a year to remember!!

Respectfully presented on behalf of Council, *Mayor Joan Lougheed*

(613) 584-2000 ext. 130 jlougheed@deepriver.ca

Top Row: Councillor Desrochers, Councillor McLaren, Councillor Aikens, Councillor Myers, Councillor McAuley Seated: Mayor Lougheed, Reeve Doncaster





Ric McGee CAO/Clerk Staff have been focused on improving services to better serve the residents of Deep River. The 2016 Christmas Tree Lighting event is an example of enhancements designed to bring the community together in celebration. Be sure to attend the 2017 Tree Lighting. You will be glad you did! Also planned for 2017, Deep River can expect more fabulous celebrations. The CANADA 150 COMMITTEE and Council are working hard to support celebrations throughout the year. Be sure to mark your calendars for CANADA DAY 2017 and DEEP

RIVER SUMMERFEST. The hard working volunteers that organize these events need your support to keep the festivities coming. We all have something to offer, so let's fly the Canadian Flag in 2017.

As reported in earlier Newsletters, the Official Plan and the High Speed Broadband Strategic Priorities continue to advance. The following updates are provided for your review:

Official Plan

To recap, the new Official Plan will establish the Town's overall pattern for future development during the planning period from 2017 to 2037. The Plan will guide future development and redevelopment in a logical and orderly manner while protecting existing development from the intrusion of incompatible land uses.

Council held the required Statutory Public Meeting in accordance with the Planning Act on March 1st. Planning staff will review the public and agency comments submitted and provide a revised summary for the Official Plan Steering Committee in April. The final DRAFT Official Plan will be presented to Council in May 2017 for consideration and adoption. Once adopted by Deep River Council, the Official Plan will be forwarded to the County of Renfrew for consideration and approval. If all steps of this plan proceed efficiently, the Official Plan could be approved as soon as September of 2017. For more information, please visit <u>http://www.deepriver.ca/projects/official-plan/</u> or Email us at townmail@deepriver.ca.

High Speed Broadband

The Eastern Ontario Regional Network Inc. (EORN) has completed the Request for Proposals process for High Speed Broadband and will report to Deep River Council in April of 2017. This process has been complex and extensive. Optimistically, Council will be presented with information by EORN that will allow this initiative to proceed bringing lightning fast internet connectivity to Deep River. Stay connected at <u>www.deepriver.ca</u>.

Town Hall Closures

April 14 - Good Friday | May 22 - Victoria Day | July 3 - Canada Day August 7 - Civic Holiday | September 4 - Labour Day



Important Dates To Remember

Tax Billing May 31, 2017 - Interim tax bill due August 31, 2017 - First installment of final tax bill due November 30, 2017 - Second installment of final tax bill due

Nadeem Dean Treasurer

Water and Sewer Billing April 28, 2017 - First installment due October 31, 2017 - Second installment due

The water and sewer rates have been set for 2017. The water and Sewer rates per unit, for the April and October bills are \$299.00 and \$230.00 respectively. *The bills are sent out at least 3 weeks prior to the due date.

Payments may be made at your bank, through on-line banking, telephone banking or at the reception counter at Town Hall. If paying at the reception counter, please note that we ONLY accept cash, cheques or debit. Payments (CHEQUES ONLY) may also be dropped into the night deposit slot located inside the Police - Fire Department door. Payments received through the night deposit slot will not be issued receipts.

The Town offers a pre-authorized payment plan for water and sewer, and tax payments. Forms can be picked up at the reception counter at Town Hall or downloaded from the Town website at www.deepriver.ca/departments/finance/. A VOID cheque or a form with your bank information from your bank is required for sign up. The pre-authorized payments are withdrawn from bank accounts on the 15th day of each month.

Who Can Answer My Property Tax Bill Questions?

You can reach us at (613) 584-2000 extension 111 or 109 or by email ndean@deepriver.ca or cgiroux@deepriver.ca between 8:30 am and 4:30 pm, Monday to Friday.

Emergency Preparedness

Are you ready in the event of an emergency? Whatever the emergency, it is important to have a plan and be prepared.

Know the risks. Make a plan. Get an emergency kit.

May 7th - 13th is emergency preparedness week in Canada. Be sure to check in with Town Hall for safety tips and help in preparing for potential emergencies.



Visit <u>www.GetPrepared.qc.ca</u> and

www.deepriver.ca/residents/emergency-response-plan/ for more information.

CANADA 150 1867-2017







Rob Shaw Fire Chief A reminder to all residents that if you need the Fire Department to respond, **call 911**. Do not call the administrative number at Town Hall as it is not staffed 24/7 and will only delay response.



CALL 911

A reminder that the clocks changed on March 12th and all residents should have changed the batteries in their smoke alarms and carbon monoxide alarms. If you need assistance, call the Fire Hall at 613-584-2000 Ext 120.

As part of our ongoing commitment to public safety, all Deep River Firefighters have recently completed Red Cross re-certification as Emergency First Responders. They are qualified and equipped to render First Aid including AED (automated external defibrillator), oxygen, epi-pen and have recently been trained to administer Naloxone in suspected cases of opioid overdose.

Retirements

In February and March, Firefighters Steve McLaughlin, Shawn Madore, and Captain Victor Ahokas retired after lengthy careers of service to the citizens of Deep River. We thank them for their dedicated public service and wish them well in their future endeavours. Replacements have been hired on a full time, fixed contract basis pending a potential reorganization of the department.



We are looking forward to our community having a safe spring and summer. Please help us achieve this by following these tips:



Distracted Driving – Do not text while driving your vehicle!

Barry Swarbrick Chief of Police The fines are extremely high, and insurance rates will increase dramatically if you get caught operating your motor vehicle with your phone in your hand. Many serious accidents are the result of

distracted driving. The Deep River Police will ticket you if you are caught driving with a hand held device in your hand. You will receive a fine of almost \$500 and could receive three demerit points.

Do not operate a motor vehicle under the influence

Please do not drink and drive or use drugs (medication that causes impairment) and operate your vehicle, boat, four wheeler or motorcycle. If you are impaired by alcohol or drugs it is illegal to operate a motor vehicle. If you suspect a driver is impaired please do not hesitate to call 911. We want to ensure our community has a safe and fun summer!

Thank you from the Deep River Police Service!



Friends of the Library (FOTL) will hold the biggest book sale in Renfrew County on Friday, April 28th, 7 pm - 9 pm and Saturday, April 29th, 10 am - 12 noon. Money raised from the book sale will be used for many library items and services. If you are interested in helping FOTL with its many fundraising events, please contact the library at (613) 584-4244.

Tom Wiwcharuk CEO, Deep River Public Library

From April 10th to May 3rd, the Library Art Committee (LAC) will present the Weaver's Unlimited show. From May 8th to May 20th, LAC will present another art show of Deep River area artists. LAC organizes eight shows throughout the year.

For eight weeks, from July 3rd to August 18th, the library will hold our annual Summer Reading Club. For more information on this arts and crafts program for children ages 6-10, phone the library.

The W.B. Lewis Public Library has one of the largest number of volunteers for Ontario Communities with a population under 5,000. If you would like to volunteer, please contact the library for more information.

Feeding wild animals, whether on purpose or not, does more harm than good. Hand-fed wild animals lose their fear of humans. Feeding wild animals - whether in your own backyard, a local park, or while on vacation - just isn't a good idea. Here's why:

- 1. "People" food isn't good for animals. Human foods aren't nutritious enough for animals and may cause serious health problems.
- 2. It makes wild animals lose their natural fear of people. Feeding can make large, potentially dangerous animals become too comfortable in residential or recreational areas. Once animals learn they can panhandle for food, they can become a nuisance or even worse, a safety risk.
- 3. When wild animals gather for food handouts, it can cause crowding and competition. These unnatural conditions increase the chances of fighting and injury among animals. It can also increase the spread of diseases, some of which may be transmitted to pets and humans.

Stop the unintentional food supply:

- Rinse all recyclable glass and plastic containers to remove any food remnants and odors. Some animals, like skunks, can get their heads stuck in containers and wind up starving
- Cut and/or crush plastic containers, and cut each ring of plastic six-pack carriers.
- Feed your pets inside.
- Make sure plastic food wrap is rinsed and placed in a securely covered garbage can.



A N I M A L S



Our school year has passed the mid-point and we are accelerating into Spring! Our students have accomplished many goals so far and staff are excited to continue pushing for the excellence Mackenzie is revered for. Our mission statement reflects our commitment: MCS inspires students to learn and become global citizens through its inclusive community of diverse learners, a supportive culture of unique JK-12 opportunities and a respectful environment.

Ivan Saari Principal

The three descriptors in this statement guide much of our work. Our efforts to be inclusive, supportive and respectful are embodied in these upcoming initiatives:

- Kindergarten and Primary staff will engage in a study of Conscious Discipline, • which builds resilience in children, families, educators and schools
- School staff will be incorporating our carts of Chromebooks, iPads and new • devices such as Sphero and ioGrapher
- Tamarack XXI, the integrated and experiential suite of secondary courses •
- A pilot project to create calming spaces in 4 elementary classrooms to address • students with anxiety
- In partnership with KidActive, promoting outdoor play and spaces with • elementary students and staff
- Secondary Student Council opening a Student Lounge beside the cafeteria
- Participating in, sponsoring and showcasing Canada 150 projects

These initiatives augment our learning environment with opportunities which have included:

- A renewed Math strategy that involves focused work by a Jr. Math Team, a secondary Math Team, and a Family of Schools Intermediate/Senior Math Team with the Petawawa schools
- The first Girls Night Out where females from Grades 6-8 spent an empowering evening at the school



Character Education Champions March assembly

- The creation of a dozen more Book • Shrubs placed throughout Renfrew County courtesy of our grade 10 construction students
- Mack Reads, a program in the library which encourages students to read ten • identified books
- School excursions (Quebec City), fundraisers (Interact Waffle Breakfast), Speakers (Nunavut Minister), THEOP performances (Double Double Duo), Kiwanis Music competitions, swimming classes, hot lunch days, and Character **Education Assemblies**

Our secondary students have recently completed their course selections for next year and we will be setting the courses being taught and assigning staff. Our parents have led home discussions about pathways and careers. Community members have volunteered running tournaments, as reading buddies, classroom helpers, Science Fair and Public Speaking judges. Please consider getting involved in our School Council. Meetings are advertised in the NRT, on our website and our awesome digital sign. We've appreciated all of the feedback about the sign postings and are thrilled to be able to see our own students in action.

Mackenzie is the one school in the RCDSB that arranges access to Community User Groups on days of inclement weather and transportation cancellations. Our list of groups is extensive and is evidence of how Mackenzie is truly a community hub. Our custodial staff are excellent stewards of our site and ensure the safe activities of all

users during non-school hours. The Deep River Nursery School, Family Enrichment Network (FEN) and Adult Basic Literacy are also partners that highlight the full spectrum of learning ages and stages in our school.

Wishing you all a productive spring, closure to another outstanding school year, and a safe summer filled with friends, family and good (e-)books.

Together We Inspire Learning!



Nordic Ski Team at Eastern Ontario Championships



Drinking Water System 2016 Annual Water Report

Attention: Town of Deep River Drinking Water System Users

Ontario Water Regulations 170/03 requires that annual reports for water systems are made available to the Public. The 2016 Deep River Drinking Water System Annual Report is available for inspection at Town Hall, 100 Deep River Road in the Public Works department, or on the Town website at <u>www.deepriver.ca</u>

Public Works Town of Deep River

Looking back on a year of great accomplishments, and looking forward to a bright future



Mark Lesinski President and CEO CNL

March 31, 2017 marks the completion of Canadian Nuclear Laboratories (CNL) first full year fiscal under the Government-owned, Contractoroperated (GoCo) model. The GoCo model was introduced in order to bring new approaches and fresh ideas to the management and operation of CNL. While the transformation presented us with some challenges, we did have a very successful year, and I would like to share just a few

of the highlights with you.

As residents of our host community and neighbours to so many Chalk River Laboratories' (CRL) staff, we appreciate the ongoing support that the Town of Deep River provides us. This year, through company supported initiatives, our workforce collectively contributed over \$146,000 to local charities and community causes. CNL continues to build its relationship with schools and youth programs, hosting or supporting 18 such events at the CRL site. These visits are tailored to specific needs of the participants and are aligned with their curriculum through three different streams: environment, biology, and physics. And, we connected with the community more than ever in other ways: 900 inquiries through our website, the launch of our social media channels, support for dozens of community events, with even more to come in 2017.

CNL is changing, and given the close relationship with the Town of Deep River built over the past 70 years, our respective successes are intrinsically linked. I recognize that many Deep River residents have a close personal – and professional – interest in CNL, and we will continue to share information about our organization as often as we can.

This coming year holds a lot of promise for our organization. While I will mention a number of key points in this article, over the coming weeks our 5 and 10 Year Strategic Plans will be finalized, and more information on our strategic direction will become available.

This coming year is also one of continued transformation. Our entire workforce is engaged in working towards a new vision, mission and purpose for CNL; one that will bring more energy and

excitement to CNL. We welcome you to come on that journey with us.

Commercial

We have increased our speed and ability to identify and products and services development execute on projects. In addition to business cases regarding opportunities in research reactor fuel, isotope targets and heavy water, CNL is exploring high-potential business opportunities and proposed commercial venture involving helium-3, and space batteries with industrial partners. We are sustaining and growing our commercial revenues, projecting \$75.9 million in revenue against a target of \$53.6 million (total year). This includes \$14.3 million of commercial products and services projected for delivery to new customers. This revenue goes back to the taxpayers of Canada which means CNL becomes more self-sustaining.

Science & Technology (S&T)

CNL hosted the first Advanced Reactor Forum, which brought together more than 120 participants from industry, government and regulatory bodies to discuss industry needs and a path forward for advanced reactor technology. The overall plan for site redevelopment of S&T facilities to support S&T capability is progressing well, with 10 business cases already underway. The ongoing development of the Site Master Plan is positive and captures the evolving needs of CNL. Thirteen federal organizations participated in a review of our science and technology projects. Feedback across the federal system continues to be positive.

Decommissioning

We achieved a 21,000 square foot reduction in the radiological areas within the existing Controlled Area. This leads to greater worker safety, and more efficient operations. Thirty buildings and structures from the Chalk River campus were cleared, allowing for site preparation to support the new vision for revitalization of the site. Over the past year, we have hosted 26 engagements in regards to our proposed Near Surface Disposal Facility (NSDF) and the in-situ decommissioning of the NPD reactor. These events, along with many others, allow interested members of the public to voice concerns, raise questions and provide feedback as these projects move through the Environmental Assessment process.

Operations

We successfully restarted the U2 Loop (an experimental facility in NRU), and achieved a solid record of safe, reliable reactor operation. We also made great progress in planning for safe shutdown of the reactor in 2018. Work is being managed more effectively through decentralizing maintenance to zones, developing multi-skilled trades, and working with others in CNL to increase facility usage. This year alone, we expect to save \$500,000 in fuel costs through our conversion to natural gas. This conversion also significantly reduces our carbon footprint.



Jim Carr, Minister of Natural Resources and Kim Rudd, Parliamentary Secretary joined AECL,CNL & community leaders to cut the ribbon on the Harriet Brooks Building.



Our Integrated Team Model embeds the necessary support resources into a single project team, which allows for a better focus on worker safety and increases productivity.



The overall plan for site redevelopment of facilities to support our S&T capabilities is progressing well with 10 business cases for facility investment underway.



In February, CNL made an announcement declaring our interest in working with Small Modular Reactor (SMR) developers in bringing this exciting technology forward.

What amazing things is the world turning to Chalk River for?

Clean energy. Health care. Industrial solutions. Advanced fuels. Innovative technology.

That question has been seeking an answer for more than a year. Our staff and public alike have been patiently waiting, and we are close to providing an answer. Next month, with finalization complete, we release a summary of our long-term strategy documents. While we are not able to delve into great detail at this point, we can provide a glimpse into what they contain.

7 SCIENCE AND TECHNOLOGY PRIORITY AREAS

In addition to the provision of science and technology in support of ongoing site operations, as well as the needs of our customers, we will be applying our strengths and experience in the advancement of understanding in seven critical areas:

Small and Very Small Modular Reactors (SMR) Alpha Therapies Hydrogen Advanced Fuels Life Extension Nuclear Forensics Cyber Security

CAMPUS RENEWAL / CAPITAL

AECL is providing \$800 million in funding for the revitalization of the Chalk River campus. Over the past 18 months, great care has been taken to assess and plan (in collaboration with AECL) how this money will be spent to achieve the best value for money. This work has resulted in a plan that sees a significant investment in new facilities across much of the Chalk River campus, including a new main security gate and logistics complex at the site entrance, as well as an Advanced Nuclear Materials Research Centre, a business centre, a support services facility, and a new switchyard constructed in the main built-up (supervised) area of site.

WORKFORCE

It is projected that the workforce at the Chalk River Laboratories will change over the coming decade. Currently, we employ roughly 2,800 people at CRL; our staffing plans project a workforce of roughly 2,300 people in Chalk River by 2025, a number which may grow with increased commercial work. It is important to note that our expected attrition through retirement and planned departures is roughly 1,000 people. To close the resulting gap, we are working hard to retain, retrain and redeploy current staff who become available due to changing missions, and we are looking to attract new talent to the laboratories to help us meet our projected requirements.

These are just a few of the key points in our strategic plans, with **11** more information to come later this month.



Sean Patterson Director of Public Works



The arena has received upgrades with financial assistance from a Canada 150 grant. The front doors were replaced with accessible doors and accessibility upgrades were completed in the washrooms and change rooms.

Water main upgrades on the River Road and McElligott sections of the main distribution system, including restoration of roads, is now complete. As part of this project, water, sanitarv sewer and storm sewer infrastructure replacement and restoration was completed on Algonquin Street from Deep River Road to McElligott Drive. The Booster Station which is part of the new water main to CNL is targeted for completion by June 2017. Resurfacing of Balmer Bay Road is planned for spring/summer of 2017. Thank you for your patience during this project.



The Department of Fisheries and Oceans, DFO, have completed work on the boat launch, with some minor dock repairs scheduled for later in the year.

UPCOMING PROJECTS

The Town of Deep River will be applying for funding through the DFO to partner on Marina Phase 4 dock upgrades for later in 2017.

The pool will receive some accessibility, life safety and energy upgrades with the help of a grant through a partnership between the Town of Deep River and The Canada 150 Grant program. This project will renew the main entrance to the pool while upgrading lighting and fire alarm systems.

The Town is waiting to hear on the results of our application for funding from Clean Water and Wastewater Fund (CWWF) to rehabilitate sanitary sewers on Huron Street, and Parkdale Avenue. The application would also fund upgrades to the low lift pumping station and control upgrades to the wastewater treatment plant.

SPRING CLEAN-UP-2017

West End (west of Deep River Road) - commencing May 8, 2017 East End (east of Deep River Road) - commencing May 15, 2017

Yard waste (biodegrable bags), Electronic waste, Metal (pipes, tanks, appliances)



WASTE MANAGEMENT



New Residential Bag Limit

Beginning May 1, 2017, the Town of Deep River will introduce a **two (2) bag limit** for residential household waste collection. Businesses are exempt from these bag limits. The purpose of this bag limit is to encourage all residents to recycle. Increased diversion of waste will increase the life of local landfills and reduce waste management costs for residents.

Definition of Two (2) Bags

77 L

Two bags are defined as two individual garbage bags or two waste containers that hold a maximum combined volume of 154 litres of household waste. (A standard garbage bag measuring 26"x32" equals 77 litres.)

What if I have more than "two bags"?

You can purchase bag tags and attach them to all bags in excess of the two (2) bag limit. Bag tags can be purchased Monday through Friday from 8:30 am to 5:00 pm at Town Hall for \$2.00 per bag tag. Revenues from the sale of bag tags will be allocated to the future closing costs of the Baggs Road Landfill Site.

Can I take extra bags to the Baggs Road Landfill Site?

Yes. However, all residents of Deep River will be required to pay \$2.00 per bag or the bag must have a bag tag attached to it to dispose of waste at the Bagg's Landfill Site.

What should I do if I have questions?

For the first four (4) months up until August 31, 2017, staff will work closely with the collection contractor to facilitate a smooth transition to ensure compliance with the bag limits. If you have any questions, please feel free to contact the Public Works Department at (613) 584-2000 extension 107.

When will my recycling and waste be collected?

The collection schedule will not change. Please see the waste and recycling collection calendar in this newsletter or www.deepriver.ca/departments/public-works/garbage-recycling/





TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALGONQUIN	BIRCH STREET	ALDER CRESCENT	AVON ROAD	BEATTY CRESCENT
STREET	BIRCH STREET	ALDER GRESCENT	CHADWICK DRIVE	BEATTY CRESCENT
BALMER BAY ROAD	FOREST AVENUE	ALEXANDER PLACE	CHAMPLAIN	CHAMPLAIN HOUSE
BANTING DRIVE	GLENDALE AVENUE	CABOT PLACE	CLAREMOUNT ROAD	DEEP RIVER ROAD APARTMENTS
BEACH AVENUE	HILLCREST AVENUE	CARTIER PLACE	CIPRIANI COURT	HWY. #17 EAST
BROCKHOUSE WAY APPARTMENTS	HURON STREET	DALTON STREET	COCKCROFT CRESCENT	HWY. #17 WEST
DARWIN CRESCENT	KELVIN CRESCENT	FARADAY CRESCENT	FERMI LANE	JAMES STREET
IBERVILLE STREET	MAPLE STREET	FRONTENAC CRESCENT (EAST OF RIDGE ROAD)	FRONTENAC CRESCENT (WEST OF RIDGE ROAD)	MAPLE LODGE
LASALLE DRIVE	MONTCALM STREET	LM STREET LAURIER AVENUE GREENWOOD ROAD		McANULTY ROAD
LAURENTIAN STREET	NEWTON CRESCENT	MACDONALD STREET	GROUSE COURT	McKEE
LE CARON STREET	POPLAR STREET	MOUNTAIN VIEW CRESCENT	HAMMOND COURT	PINEWOOD PLACE
McELLIGOTT DRIVE	RIDGE ROAD (FROM HILLHOUSE DOWN TO A & P)	RUTHERFORD AVENUE	HIGHLAND CRESCENT	SENIOR CITIZE APARTMENTS
PARKDALE AVEENUE	SPRUCE STREET	TWEEDSMUIR PLACE	KENNEDY PLACE	STRAND APTS.
SILVIE STREET	SUMAC COURT	YACHT CLUB	LAKESIDE DRIVE	UPPER THOMAS STREET (HWY #17 DOWN TO JAMES STREET)
SPRING AVENUE	THOMSON CRESCENT		DOUBLE DIP ROAD	UPPER THOMAS ST. (HWY #17 DOWN TO AVON ROAD)
SUMMER STREET	TROYES STREET		RIDGE ROAD (HWY #17 DOWN TO FRONTENAC CRES.)	WATERFRONT COTTAGES LOT 11, RANGE A
SUMMIT STREET	WOLFE AVENUE		LOWER THOMAS	WYLIE ROAD
YACHT CLUB			PINE POINT ROAD	
RIDGE ROAD APPARTMENTS			POOL	
14			SHERIDAN COURT	
			TAMARACK ST.	

NORTH RENFREW LANDFILL OPERATIONS SITE SERVING DEEP RIVER AND LAURENTIAN HILLS BAGGS ROAD, CHALK RIVER

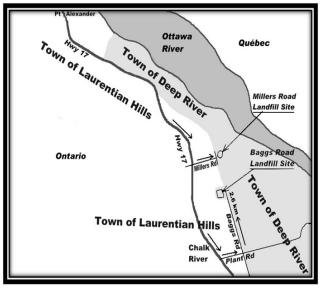
Summer Hours of Operation

Tuesday......9:00 am – 6:00 pm Wednesday – Saturday9:00 am – 4:00 pm Sunday & MondayClosed CLOSED STATUTORY HOLIDAYS



PLEASE SORT ALL LOADS BEFORE GOING TO THE SITE

Waste and recyclables must originate from the Town of Laurentian Hills or the Town of Deep River. Tipping permits can be purchased at your local municipal office during regular business



hours or by paying <u>cash</u> on site.

DIRECTIONS TO BAGGS ROAD LANDFILL

From Deep River take Highway 17 east to Chalk River, turn left at lights onto Plant Road, then turn left onto Baggs Road (just before AECL's outer gate). The North Renfrew landfill site is approximately 2.6 KM down the road on the left hand side.

HOUSEHOLD HAZARDOUS WASTE COLLECTION SITES

The following hazardous waste items will be accepted at no charge throughout the year at the following locations:

PHARMACEUTICALS AND SHARPS

Deep River pharmacies will accept medications and sharps. NOTE: all sharps must be contained in a rigid container.

OIL AND OIL FILTERS

Jiffy Lube and Canadian Tire (automotive) will accept used motor oil and oil filters at no charge.

PAINT AND STAINS

Deep River Home Hardware and Pembroke Rona Building Centre will accept partial cans of paint and stain. **Please do not mix paint/stain materials together**. All paint and stain must be in original containers and not dried out. Empty paint containers can be placed in your blue box for regular recycling pick up. Please remove lid before placing in box.

B

A

.....Is your Waste

GOING TO the RIGHT PLACE?



Household Hazardous Waste (HHW) and Waste Electrical and Electronic (WEEE) Day Saturday, May 6TH • 9 am until noon at the Bagg's Road Landfill Site's HHW and WEEE Depots. MANY ECO-FRIENDLY PRIZES as advertised in NORTH RENFREW TIMES

This event is supported by the North Renfrew Site Liaison Committee (SLC). Please mark your calendar and tell your friends.

There are no fees for these materials.

Most types of HHW are acceptable including:

Motor oil, Diesel fuel, Acids Hydraulic/transmission fluids, Solvents, Alkaline wastes Organic/inorganic chemicals, Paint, Soap/detergent Automotive batteries, Heating oil, Fluorescent lights Gasoline, Antifreeze, Fertilizers, pesticides Rechargeable/dry cell batteries, Compressed gas cylinders (eg: propane, butane) Refrigerant-containing appliances (eg: refrigerators, dehumidifiers) **Note:** Dry empty paint cans can be recycled (blue box).

All types of WEEE are acceptable including:

All Computers including keyboard, mouse, drives, printers, scanners, monitors (CRT, LCD, Plasma) CD and DVD players/recorders Fax Machines Copiers Televisions (all types) Telephones and Cell Phones Cameras Audio and Video players/projectors Pagers, PDAs, Phones Radios, Receivers, Stereos, Speakers and Turntables WEEE material is sent for proper reuse, refurbishment or recycling.

All TIRES, on or off rims, are accepted free of charge and are recycled. Hazardous waste, if handled improperly, can cause damage to people and the environment.

Use the BUDS method:

Buy only what you need Use it all up Divert Safely dispose of the rest

There are **NO TIPPING FEES** for these materials at any time of the year.

Town of Deep River – 2017 Recycling Calendar

Please refer to the following page for street assignment days of the week. All pick-ups that fall on a holiday (marked red) will be picked up the following day. This also applies to Fridays as well with the pick-up being Saturday.

		Ap	oril 20)17	May 2017 June 2017															
S	м	т	w	т	F	S	S	м	т	w	т	F	S	S	м	т	w	т	F	S
						1		1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	22	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	1
30																				
	T	Ju	ly 20	17	I	I			Aug	ust 2	017				S	Septe	mbe	r 201 7	7	
S	м	Т	w	т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S
2	3	4	5	6	7	8			1	2	3	4	8						1	2
9	10	11	12	13	14	15	6	7	8	9	10	11	12	3	4	5	6	7	8	9
16	17	18	19	20	21	22	13	14	15	16	17	18	19	10	11	12	13	14	15	16
23	24	25	26	27	28	29	20	21	22	23	24	25	26	17	18	19	20	21	22	23
30	31						27	28	29	30	31			24	25	26	27	28	29	30
		Octo	ober :	2017				٢	love	mber	2017	7			[Decer	nber	2017	7	
S	м	т	w	т	F	S	S	Μ	т	W	Т	F	S	S	Μ	Т	W	Т	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	11	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31	<u> </u>				26	27	28	29	30			24	25	26	27	28	29	30
														31						

RECYCLE COLLECTION SCHEDULE

MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY
BEATTY CRES.	ALGONQUIN ST.	BIRCH ST.	ALDER CR.	AVON RD.
				CHADWICK DR.
CHAMPLAIN HOUSE	BALMER BAY RD.	FOREST AVE.	ALEXANDER PL.	CHAMPLAIN
DEEP RIVER RD. APTS.	BANTING DR.	GLENDALE AVE.	CABOT PL.	CLAREMOUNT RD.
HWY. #17 EAST	BEACH AVE.	HILLCREST AVE.	CARTIER PL.	CIPRIANI CRT.
HWY. #17 WEST	BROCKHOUSE WAY APTS.	HURON ST.	DALTON ST.	COCKCROFT CRES.
JAMES ST.	DARWIN CRES.	KELVIN CRES.	FARADAY CRES.	FERMI LANE
MAPLE LODGE	IBERVILLE ST.	MAPLE ST.	FRONTENAC CRES. (EAST OF RIDGE RD)	FRONTENAC CRES. (WEST OF RIDGE RD.)
McANULTY ROAD	LASALLE DR.	MONTCALM ST.	LAURIER AVE.	GREENWOOD RD.
MCKEE	LAURENTIAN ST.	NEWTON CRES.	MACDONALD ST.	GROUSE CRT.
PINEWOOD PLACE	LE CARON ST.	POPLAR ST.	MTN. VIEW CR.	HAMMOND CRT.
SR. CITIZENS APTS.	McELLIGOTT DRIVE	RIDGE RD. (HILLHOUSE DOWN TO A & P	RUTHERFORD AVE.	HIGHLAND CRES.
STRAND APTS.	PARKDALE AVE.	SPRUCE ST.	TWEEDSMUIR PL.	KENNEDY PL.
UPPER THOMAS ST. (HWY #17 DOWN TO JAMES ST.)	SILVIE ST.	SUMAC CRT.	YACHT CLUB	LAKESIDE DR.
UPPER THOMAS ST. (HWY #17 DOWN TO AVON RD.)	SPRING AVE.	THOMSON CRES.		LAURENCE CRT.
WATERFRONT COTTAGES LOT 11, RANGE A	SUMMER ST.	TROYES ST.		DOUBLE DIP ROAD
WYLIE RD.	SUMMIT ST.	WOLFE AVE.		LOWER THOMAS
1	YACHT CLUB			PINE POINT RD.
- entre	RIDGE RD. APTS.			POOL
"We Recycle!"	RE	ank you f	or S	RIDGE RD. (FROM HWY #17 DOWN TO FRONTENAC CRES.)
				SHERIDAN CRT.
18				TAMARACK ST.

WHAT IS NOT RECYCLABLE IN THE BLUE BOX?

Car tires, car parts, dirty flower pots, pots and pans, zippered plastic bags (usually for blankets or bed-in-a-bag sets), solar blankets, fiber glass feed bags, Styrofoam of any kind, Styrofoam packing pellets, and Styrofoam glued with any other material, bubble wrap, sponge foam, foam sheeting, small or large appliances, hard cover books, plastic or metal strapping, picture frames, plastic with metal paint pails, hangers, oil containers, compost, glass or ceramic dishes, Tupperware, Rubbermaid, plastic toys, window pane glass, wood diapers, electronics of any kind.

COMMON REASONS YOUR RECYCLING MAY NOT HAVE BEEN PICKED UP

- Recycling other than shredded paper or plastic film was in a bag. It takes too long to open up thousands of recycling bags and also products stick inside.
- Recycling was not set out on time when the truck passed by
- Material was not sorted properly and/or was mixed (comingled)
- There were significant non-recyclable items mixed with acceptable recyclables
- The "plain view" of your container was blocked from the driver's view

TIPS AND TRICKS FOR RECYCLING

It is best to lay a small piece of cardboard (i.e. cardboard from case of pop) flat on top of other paper to keep them from blowing away. It usually fits snugly like an inside lid! If containers are dirty they must be landfilled!

Beaumen Waste Management is open Monday to Friday from 8:00 am to 4:00 pm. Telephone: (613) 432-7555 or toll free at 1 (877) 335-1184.

Visit the website: www.beaumens.com

WASTE COLLECTION SERVICES

RECYCLING SCHEDULE

Bi-weekly curbside collection of recyclables and cardboard is provided to all residents. Please consult the calendar for recycling collection days which is included in this newsletter. Commercial and institutional properties have weekly recycle service.

REMINDER

Flatten and bundle all corrugated cardboard to a maximum size of 30"X30"X8". Please ensure that bottles, cans and containers are clean and are in a separate container to that of paper, cardboard and other fiber products. Mixed bins will not be picked up. Place recyclables beside the road or curb by 7:00am on your designated collection day. The North Renfrew Long-Term Care Centre is a "one-stop shopping" spot for accessing seniors' care, located in downtown Deep River. The NRLTCC offers a wide range of services, both at the Centre and in the North Renfrew community, which enable seniors and others to maintain or improve their quality of life and remain in their own homes. These services include:



- **Meals on Wheels:** Over 4,000 hot meals per year are delivered to the client's home by volunteers, between 4:30 pm and 5:30 pm each week day. The meal includes an entree, soup, salad, desert and a roll.
- **Transportation:** Over 6,000 local and out-of-town drives are provided by volunteer and staff drivers per year. Drives are provided to medical and other appointments, social events and to Centre-run programs. Drives are subject to a pre-determined mileage rate.
- Wheels to Meals/Diner's Club: Over 7,000 meals per year are provided to seniors in a congregate setting, including monthly luncheons held at the Centre and at the Municipal Hall in Stonecliffe.
- **Assisted Living Services:** Personal Support Workers and Housekeepers provide support and assistance every day, enabling more than 45 clients to remain in their own homes, either in an apartment setting at the Centre or in their own homes in the Deep River community.
- Adult Day Service: Up to 10 clients per session attend this 5 hour program which provides activities and a healthy lunch, as well as transportation to the program.

The NRLTCC is also a Home to 20 residents who live in the long-term care setting. Each resident is provided with care which recognizes their individual choices. 24-hour nursing and a variety of supports are provided by the Team at the Centre.

Many of the programs at the NRLTCC are only made possible because of the dedication of our Volunteers, including the Meals on Wheels and Transportation programs. Volunteers are valuable members of the NRLTCC team and are welcomed throughout the year.

The NRLTCC is a registered charity and receives donations from individuals and groups on an on-going basis to support the needs of the residents and clients. The government does not provide long-term care homes with the funding for replacement equipment; in 2016/17 the generator at the Centre had to be replaced, as it did not meet the requirements set out in the legislation. The bulk of the \$305,000 cost was provided by the generosity of the Deep River and area community, with sincere appreciation. In 2017, the NRLTCC is required to replace the nurse call system that is available to all residents and clients, to enable the call system to integrate with door security; the NRLTCC will also be improving accessibility at the Ridge Road entrance in 2017. There is no government funding to support these projects.

For further information on any of the North Renfrew Long-Term Care Centre programs or living environments, volunteer opportunities or to donate, please call 613-584-1900 or stop in to the Centre and a staff person will assist you. Additional information is also available at <u>www.nrltc.ca</u>

The Society for the Preservation of Canada's Nuclear Heritage was founded in Deep River in 2017. The Society's goal is to collect, safeguard, and promote the documents, artifacts, memorabilia, and knowledge associated with the history of Canada's nuclear industry, and to display them at a future museum devoted to Canada's nuclear history located here in Deep River. The museum will host tours, educational programs, workshops, and historical research.

How You Can Get Involved

- Join the society
- Donate your time and materials
- Participate in fundraising activities
- Spread word of the society

What You Can Donate

- Models
- Books
- Photographs
- Film or Video
- Memorabilia

- Documentation
- Correspondence
- Newspaper Clippings
- Laboratory Equipment
- Anecdotes

For further information visit our website: <u>www.nuclearheritage.ca</u>, or contact Michael Stephens, 613-584-9210 or Morgan Brown, 613-717-1588.

The Canadian Masters Windsurfing Association is celebrating its 30th Anniversary Championship this year. The event will be held over the August long weekend (Aug. 4th to 7th) at the Deep River Yacht and Tennis Club.

The Championship will showcase two of the most popular racing disciplines in windsurfing: Raceboard and Kona. The Raceboard is an open class with a maximum sail size of 9.5 m^2 , while Kona is a one-design class with the sail size determined by the sailor's weight. If the conditions are right then an additional racing discipline of slalom will be held. This is an exciting high-speed figure-of-eight race that is open class with no restrictions on sail or board size.

For further information, please visit the CMWA website <u>www.windsurf.ca</u> or contact Nick Cox at <u>ncoxn225@rogers.com</u>.







The Deep River and Area Family Enrichment Network **(FEN)** has been serving our community since 1989 as a family support program for ALL families with young children in Deep River and later on extended programs in Point Alexander (1993) and Chalk River (1997).



In 2003, FEN became part of the **Ontario Early Years Centres** network, building on the strengths of FEN programs such as:

- Play and Learn Drop-in,
- Play with Me Playgroup,
- Parenting workshops and parenting groups,
- Kindergarten Transition,
- Canada Prenatal Nutrition Program for expectant mothers,
- Intergenerational Playgroup through a partnership with the North Renfrew Long Term Care Centre.

At FEN, nurses and dental hygienists from Renfrew County District Public Health Unit and preschool speech and language pathologists are able to see families with children 0 to 6 years old directly through various community partnerships. Come 2018, FEN is looking forward to serving our community even better as we become an **Ontario Early Years Child and Family Center (OEYCFC).**

Please tell us how we can improve and be more responsive to our communities. Fill in a short survey at: <u>http://tinyurl.com/TellUsOEYCFC</u> For more info about our programs please call us at (613)584-4886 or email fen.oeys@bellnet.ca

FEN website: <u>www.earlyyearsrenfrew.ca</u> OEYCFC info: <u>http://www.edu.gov.on.ca/childcare/plan_oeycfc.pdf</u>



Valley Artisans' Co-op 30th Anniversary Celebration Friday, May 12th, 2017 2:00 pm - 8:00 pm 33373 Highway 17 West, Deep River, ON

Demonstration, Children Activities, Hands-On Workshops, Refreshments, Cake Cutting Ceremony, Meeting local Artists, Highlighting Local Talent

Friends and Family - Everyone is welcome to join in the fun!

(Calling all past members of the Co-op from the last 30 years)

For more information please contact Corinne at info@savvysoaperie.com

Perfect for Mother's Day gift ideas. Local Mother's Day shopping at its finest!

Flexibility. Mobility. Recovery.

Spring 2017



Deep River and District Physiotherapy Centre PH: 613-584-9118 Fax: 613-584-5099

The latest techniques and treatments to ensure a speedy and healthy recovery

PHYSIOTHERAPY NEWS

SPORTS INJURIES:

Every injury is different and every person heals differently. The purpose of rehabilitation is to help the injured tissues recover in a controlled and supervised manner. Guidance from a physiotherapist can help. The therapist will identify the cause of injury, design a safe, individualized treatment/exercise plan and help prevent future injuries.

Physiotherapists have extensive training in the musculoskeletal system. Assessment of muscle imbalance, ROM and the functional requirements of a particular sport are part of the treatment plan, as well as modalities to help decrease swelling, inflammation and pain. K-Tape is commonly used in rehab and its basic functions are to improve muscle function, improve circulation, reduce pain and support ioint function. The result of this application is usually a rapid reduction of pain and an improvement in joint and muscle function. Clients can be educated to tape themselves before their sporting activities to support the area and to help prevent further damage. We feel that prevention is better than cure. Clients do not need to wait until there is an injury to seek guidance from a physiotherapist. We can help the clients improve their sport specific athletic performance and minimize injury.

OTHER NEWS

Upcoming Events

- Cycling Workshop May 2017
- Walking Aid Clinic spring/summer 2017

THE DEEP RIVER & DISTRICT PHYSIOTHERAPY CENTRE IS NOW ON FACEBOOK:

Check out the Physiotherapy Centre's new Facebook page to keep up to date with all the latest news and events. When visiting the Facebook page, please take a few minutes to complete the 10 question online survey that is linked on the page.

NO REFERRAL NEEDED:

Did you know that you can access the services provided at the Deep River and District Physiotherapy Centre without a referral from your physician? Give us a call at 613-584-9118 to book an appointment and find out more.

Deep River and District



Hospital

117 Banting Drive Deep River Ontario K0J 1P0 613-584-3333 assitance@drdh.org www.drdh.org

The DRDH will be launching a new website this Spring!

- Connecting our Community with Care -Programs and Services:

16 bed medical floor

14 bed Long-Term Care Centre (Four Seasons

24/7 Emergency Department

EORLA Laboratory

Telemedicine Suite

North Renfrew Family Health Team

Gift Shop

Diagnostic Imaging including the Ontario Breast Screening Program

Physiotherapy Clinic

North Renfrew Family Services As we make plans for the year ahead, let's take a moment to celebrate some of the things we have accomplished in 2016...

INFORMATION TECHNOLOGY

Transformational funding is allowing DRDH to replace our telephone system, introduce a document management system and complete other hardware updates.

FOOD BANK

Helped 268 adults and 148 children during the 2016 year, and provided over 3,000 boxes of food.



LABORATORY

Received acknowledgement from Canadian Blood Services for having zero wastage of red blood cells and all other blood products. Successfully transitioned to Life Labs for outpatient services to allow for outpatient laboratory work.

DIABETES EDUCATION

A Big Blue Test event was held at Cahoon's Pharmacy during Diabetes Awareness Month in November.



PATIENT AND FAMILY RELATIONS The Patient and Family Advisory Council held its first meeting in November. The Council provides patients and families a venue where concerns, ideas, values and needs can be heard and discussed with staff.

CLINICAL NUTRITION Kids in the Kitchen program is continuing to be offered to elementary school children.

EMERGENCY DEPARTMENT

We have partnered with Pembroke's Rural Family Medicine Residency program to extend the program so Residents can work in our Emergency Department.

MAINTENANCE

Solar panel installation was completed and has been activated. A heating system upgrade was completed in the Four Seasons Lodge.

LONG TERM CARE

A skin and wound care program has been developed and implemented.

Successful annual compliance inspection with few findings of non-compliance.



MEDICAL IMAGING

Implemented software for voice dictation. Completed renovations to include a Radiologist office, and a re-processing area.

NURSING

New Telemetry heart monitors have been put in place thanks to funding from the Foundation and the Auxiliary.



FAMILY HEALTH TEAM Implemented a 5 day/week Urgent Care Clinic.

D

healthyfoods

We are pleased to report that Deep River and District Hospital has reached the Champlain LHIN Healthy Foods in Champlain Hospitals Silver Level. Deep River and District Hospital is

the first to reach this impressive milestone among the 20 participating institutions in our region. Healthy Foods in Champlain Hospitals is an initiative of the Champlain Cardiovascular Disease Prevention Network (CCPN). The vision is to create supportive, healthy food environments in Champlain hospitals. Reaching the Silver benchmark is a clear reflection of DRDH's commitment to investing in the long-term health of staff, physicians, volunteers, and the hospital community at large. Congratulations to all those who made this achievement possible!

Support our Hospital





Hospital Auxiliaries Association of Ontario Supporting Healthcare Volunteers in Ontario

The DRDH Foundation is a fundraising arm of our local hospital, and raises funds for medical equipment. The government does not provide our hospitals with funding for medical equipment. In 2016, the Foundation donated \$76,970 to support items on the hospital's capital list, including telemetry equipment and specialty mattresses. This year, the Foundation has committed to support the replacement of 6 IV pumps at a cost of approximately \$60,000. Visit www.drdhfoundation.com or 613-584-1266 ext. 203 for more information. With your help, the Foundation will ensure our families and loved ones continue to receive the best possible local care. Thank you to those who continue to give generously.

The DRDH Auxiliary advocate for community partnerships in support of health care through education, fundraising opportunities, and the promotion of volunteer services. The Auxiliary has been actively supporting our local hospital since 1974 and has donated over \$1.3 million dollars and contributed almost 350,000 volunteer hours to date. In 2016, the Auxiliary donated \$84,370 to support items on the hospital's capital list, including a glide scope, a strap stand lift, mattresses, capnography and patient lifts. The Auxiliary raises much of their funds through the Whistle Stop, located in the Community Centre in downtown Deep River. The prices at the Whistle Stop are unbelievable, and due to many generous donations, the stock keeps changing. Hours of operation are Tuesday to Saturday from 1:30 pm to 3:30 pm and Thursday evenings from 6:30 pm to 8:00 pm. Donations can be delivered at any time, and if the Whistle Stop is closed they can be left at the right hand side of the front doors. Deep River and District



Hospital

Radiology Services Offered at the DRDH 613-584-3333 Ext: 214

Mammography: Thursdays by appointment with care provider referral.

Ontario Breast Screening Program:

Tuesdays by appointment. Requisition not required; must be between 50-75 years of age. Call the Ontario Breast Screening Center to schedule your appointment. (613-732-1463)

Ultrasound: Monday-Friday by appointment.

Bone Mineral Density Testing: Wednesdays by appointment.

Routine X-Rays: Monday to Thursday (0800-2000) and Friday (0800—1600). It has been a great year at the pool since last year's renovations. Our attendance numbers have increased in all of our exercise programs, recreational swims, and swimming lessons.



With the increased demand for swimming lessons and programs, *the Town is looking for student and adult day time staff to work at the pool* as lifeguards and swimming instructors.

A flexible training schedule can be provided for adults interested in working at the pool.



DID YOU KNOW? The Deep River Community Pool offers many different

FIRST AID COURSES

to private groups and businesses throughout the year. If you have a minimum of 6 people interested, we are able to provide group training for Standard First Aid level "C" and/or CPR level "C". Remember your first aid qualification is only valid for 3 years. Letting your certification lapse will require you to take a full two day course instead of a one day refresher.

CPR Recertification June 15 | August 6

Upcoming Courses Standard First Aid June 3

Standard First Aid Recertification April 29





RECREATIONAL SWIM SCHEDULE MARCH 20TH - JUNE 29TH, 2017 RECREATION DEPARTMENT (613) 584-2000 extension 103 DEEP RIVER COMMUNITY POOL (613) 584-2000 extension 182

	PUBLIC	FAMILY	LADIES ONLY	ADULT		
Monday	11:30 am-12:45 pm*			11:30 am-12:45 pm* 5:30 pm-6:30 pm		
Tuesday	11:30 am-12:45 pm*			11:30 am-12:45 pm* 7:00 pm- 8:00 pm*		
Wednesday	11:30 am-12:45 pm*		8:35 pm-9:35 pm	11:30 am-12:45 pm* 5:30 pm-6:30 pm		
Thursday	11:30 am-12:45 pm* 6:30 pm-7:30 pm**			11:30 am-12:45 pm* 7:30 pm-8:30 pm		
Friday	11:30 am-12:45 pm*	6:30 pm- 8:00 pm*		11:30 am-12:45 pm* 5:30 pm-6:30 pm		
Saturday	3:30 pm-5:00 pm		1:00 pm-2:00 pm	5:00 pm-6:00 pm		
Sunday	3:30 pm-5:00 pm			5:00 pm-6:00 pm		
*(*Split Pool **Toonie Swim			Memberships and 10 Swim Cards are available at Town Hall		

	P RIVER COM HIP RATES — E	EARLY BIRD PROGRAM 6:00 am - 7:00 am					
ТҮРЕ	ACCESS TO	12 MONTHS	1 MONTH	Monday, Wednesday, and Friday			
ADULT MASTER	Public, Adult	\$238.20	\$60.10	1 Month	\$61.85		
FAMILY	Public, Family Swims	\$332.95	\$95.85	1 Year	\$594.40		
STUDENT	Public, Family Swims	\$132.15	\$38.60	Includes an Adult Membership Card dated to expire at the end of the session for which they register			
SINGLE ADMISSION: \$4.50/Adult \$3.50/Student \$11.25/Family TEN SWIM CARD: \$35.25/Adult \$23.25 /Student RENTAL: \$119.10/Hour (includes two lifeguards) - All prices include HST							

SPRING PROGRAMS

We are now running our spring swimming lesson program (March 31 - June 10). We offer private classes, baby/pre-school classes, Swim Kids levels 1-10, stroke improvement for Swim Kid levels 6 and up, adult lessons, Red Cross Babysitting courses,



Lifeguarding and Instructor leadership courses. We still have spaces available in some group lessons. We also offer many aquatic exercise classes ranging from aqua fitness, stand up paddle board workout to boot camp.

NEW PROGRAMS

We will be offering a new program for parents and toddlers on Thursday mornings from 11:00 am - 11:30 am. The **PARENT & TODDLER SWIM** will run for 8 weeks starting April 6th. The admission will be \$20.00 per family. Please register online. During the winter months we introduced a **LADIES SWIM** on Saturdays from



1:00 pm - 2:00 pm. The ladies swim has been so well received that we will be adding another Ladies Swim on Wednesday evenings from 8:35 pm - 9:35 pm from April 5 to May 31. The drop in fee will be \$4.50 or you can purchase a 10 swim pass for \$35.25.

SUMMER LESSONS

The summer pool swimming lesson program will consist of three, two week sessions running Monday to Friday. Session 1 (July 3-14), Session 2 (July 17-28) and Session 3 (July 31-August 11). **SUMMER REGISTRATION** will open online on June 1, 2017 at 7:00 am.



6 x 1 RELAY RACE

Centennial Terrace Wed, July 12th, 6:30 pm SHARP \$46.60/team (HST included) Please register at Town Hall Last day to sign up 5 pm, Friday, July 7th



LAMURE BEACH

The Beach will be open from June 30 to August 25. **RENTALS:** Did you know Lamure Beach rents out Stand Up Paddle Boards and Kayaks per hour or per day? We also offer **STAND UP PADDLE BOARD EXERCISE CLASSES.**

BEACH SAFETY

Parents, remember when you and your family are around water, to be mindful of unnecessary distractions such as smart phones. Parents should be within arm's reach of their toddlers. A child can **QUIETLY** slip under the water and, within seconds, drown. Put your phone down and enjoy the beach/backyard pool with your kids.

34TH ANNUAL DEEP RIVER TRIATHLON

The Deep River Triathlon will be running this summer. It's time to start training. Take advantage of our Early Bird Swim program or purchase a pool membership. You can

buy 10 swim cards, a monthly membership or an annual membership to access our recreational swims.

TRIATHLON

Sunday, August 6th 2017 \$56.50 individual \$97.00 team

COURSE

SWIM: 750 meters out and in from Municipal Pier (Ottawa River) **BIKE**: 27 km - Three laps of paved roads, around the Town of Deep River. Bike starts at the Yacht Club and finishes at the Yacht Club **RUN**: 8 km - Out and back, along town roads. Starts at the Yacht Club and finishes at Centennial Rock.

Deep River Recreation Department (613) 584-2000 Extension 103

FIND US: <u>www.deepriver.ca</u> <u>www.eventsonline.ca</u> <u>www.deeprivertriathlon.ca</u> Facebook: Search "Deep River Triathlon"





Deep River Triathlon





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MUNICIPAL RECREATION DEPARTMENT (613) 584-2000 EXTENSION 103

2017 SUMMER PROGRAMS:

Registration for Recreational Summer Programs is now open Please register at the Town Hall or online through the Town website <u>www.deepriver.ca/departments/recreation/</u>

Program	Fee	Sta	rt	
PUNYGROUNDS 4 - 8 years Half Day and Full Day Programs Program sessions run	Half Day Program 9:00 am - noon or 1:00 pm - 4:00 pm \$85.45/session Full Day Program 9:00 am - 4:00 pm	<u>Session 1:</u> July 3-14 * \$170.90	<u>Session 2:</u> July 17-28 \$170.90	
Monday - Friday 9:00 am - 4:00 pm Children are to meet at the Deep River Arena	\$170.90/session *Session 3 is pro-rated due to the civic holiday.	<u>Session 3:</u> July 31-Aug 11 * \$153.25	<u>Session 4:</u> Aug 14-25 \$170.90	
SPORTS CAMP 8 - 10 and 11 - 14 Monday - Friday 9:00 am - 4:00 pm Children/youth are to meet at	Sessions include: Swimming Pre-Teen Challenge *Session 3 is	Session 1: July 3-14 Ages 8-10 \$168.25	Session 2: July 17-28 Ages 11-14 \$168.25	
Grouse Park on the first day of camp	Pro-rated due to civic holiday **If numbers are low this session will be available for children 8-14 yrs.	<u>Session 3:</u> July 31-Aug 11 Ages 8-10 * \$151.45	<u>Session 4:</u> Aug 14-25 **Ages 11-14 \$168.25	
ARTS CAMP 8 - 14 years Monday - Friday 9:00 am - 3:30 pm 30	Children/youth are to meet at the Deep River Arena on the first day of Camp	Session 1: July 10-14 Ages 8-14 \$116.50	Session 2: Aug 21-25 Ages 8-14 \$116.50	

T O T S O C C E R

PARENT AND TOT SOCCER

Spring Parent and Tot Soccer will be a fun and non-competitive program.

Our goal and focus during this 45 minute outdoor program is to maintain an energetic and highly active setting using many games to delight and engage kids in physical activity. Our staff instructors will utilize their skills to help develop motor skills, promote physical fitness, and create self-confidence with the children.

Your children will have their first experience with the world of soccer and will be exposed to the following skills through fun and games: kicking, dribbling, throw-in, passing, goalie skills, defensive moves and scrimmaging.

This 8 week program begins on May 2nd and will run 2 evenings a week (Tuesdays and Thursdays from 5:15 pm - 6:00 pm)

Fee: \$51.60/per player

Players signing up after April 28th will be charged an additional \$10.00 late fee.

A junior size soccer ball will be provided.

DEEP RIVER YACHT AND TENNIS CLUB

The DRYTC offers fun and fitness activities through adult and junior tennis, sailing and rowing programs.

Please visit our website at <u>www.drytc.ca</u> for more details.

Our beautiful riverside location and excellent facilities are available (May to October) for rental.

Contact manager@drytc.ca for additional information.



Deep River Marina

Marina Services

Seasonal Slips

- Seasonal Slips per Foot \$30.60
- Yearly Capital Contribution \$45.20
- Non Deep River Resident Fee \$169.50

Launching Passes

- Seasonal Launch Pass \$100.00
- Weekly Launch Pass \$30.00
- Daily Launch Pass \$10.00

Visitors Slips

- Visitor Slips/night \$30.90
- Short Term Hourly Slip Rentals
 - 30 minutes or less \$6.20,
 - 1 hour \$12.40, each hour (after 1st hour) up to a maximum of \$30.90

Services

Pump Outs - \$24.80

Marina Seasonal Slip (Waiting List)

Marina Waiting List - \$50.00 Non-refundable

Other Services Include:

Gas, Ice, Worms, Fire Wood, Ice Cream, Stove, Wireless Internet, Patio

All fees include HST

Marina Hours of Operation

May 19th- June 22nd

Fridays (4:00 pm - 8:00 pm) Saturdays & Sundays (10:00 am - 6:00 pm)

June 23rd – September 4th

Every day (9:00 am - 7:00 pm)

September 5th – October 9th

Fridays (4:00 pm - 8:00 pm) Saturdays & Sundays (10:00 am - 6:00 pm) Thanksgiving Monday (10:00 am - 6:00 pm)

Hours/Schedule is subject to change

Photo courtesy of Bill Seddon

Mark Your Calendar

- April 22: Earth Day and Town Clean Up including BBQ
- April 28: Water and Sewer Interim Bill Due
- May 1: Two (2) Bag Residential Waste Limit Begins
- May 6: Hazardous and Electrical Removal Waste Day
- May 7 to 13: Emergency Preparedness Week
- May 8: West End Spring Clean Up
- May 12: Valley Artisans' Co-op 30th Anniversary Celebration
- May 15: East End Spring Clean Up
- May 19: Marina Opens at 4:00 pm
- May 31: Municipal Taxes Interim Bill Due
- June 30: Lamure Beach Opens
- August 4 to 7: Deep River Summerfest
- August 6: Deep River Triathlon

