



# NATURALLY SPIRITED

PUBLISHED BY THE TOWNSHIP OF KILLALOE-HAGARTY-RICHARDS

SEPTEMBER 2013

## Welcoming New Businesses! Community welcomes two new eateries to the township

The Township is very excited to welcome two new businesses to the municipality: Blake's Coffee and The Wooden Spoon.

### Blake's Coffee

Blake's Coffee is located at 151 Queen Street and is open from 6:00am to 1:00pm daily. You can get coffee or tea to go. The house coffee is from Madawaska Coffee Co. and Blake's also offers whole beans for purchase from various companies. Home baking, snacks and cold drinks too are available as well. The business is owned by Jenny and Jay Blake.

"Opening a business in Killaloe has been a very positive experience!" say the Blakes. "It is truly rewarding to live and

work in this growing village. There are many young families here now, an excellent economic sign. We hope to see many more businesses open soon."

You can find Blake's Coffee at [www.blakescoffee.com](http://www.blakescoffee.com), on Twitter (@151QueenStreet), Facebook, and by phone at: 613-635-3160

### The Wooden Spoon

The Wooden Spoon in Kalealoo is located at 4 King Street. They offer fresh to go soups, salads, quiche, chili, juices, smoothies and more. Gluten free and vegan options are also available. The business is open Tuesday to Friday from 11am to 6pm; Saturday from 11:30am to 6:30pm and Sunday from

11:30am to 3:00pm. Hours change at Thanksgiving.

The business is owned by Maleen Avery. "Over the years our families have had many eating styles, from vegetarian, to vegan, to raw foods, to gluten free and yes, at times, to junk food junkie," says Maleen. "Through all of this, we have learned to make some very great recipes with whole food ingredients and have learned to appreciate the simplicity of what food should be without any added chemicals and flavorings."

You can find The Wooden Spoon on Facebook and contact them by phone: 613-757-2879.

## Easy Reference

### COUNCIL

- Mayor Janice Visneskie
- Carl Kuehl (Ward 1)
- Isabel O'Reilly (Ward 1)
- Stanley Pecoskie (Ward 2)
- Debbie Peplinskie (Ward 2)
- Kathy Marion (Ward 3)
- John Jeffrey (Ward 3)

### TOWNSHIP OFFICE

1 John Street,  
Killaloe, Ontario K0J 2A0  
Monday-Friday 8:30am-4:30pm  
Phone: 613-757-2300  
Fax: 613-757-3634  
Info@killaloe-hagarty-richards.ca  
[www.killaloe-hagarty-richards.ca](http://www.killaloe-hagarty-richards.ca)  
Library: 613-757-2211

### STAFF CONTACTS

- Lorna Hudder  
CAO Clerk Treasurer
- Susan Sheridan  
Deputy CAO Clerk Treasurer
- Tracy Lapenskie  
Office Administrator
- Clifford Yantha  
Works Superintendent
- Don Wrigglesworth  
Bylaw Enforcement Officer  
Chief Building Official
- Bob Gareau  
Fire Chief
- Maria Mayville  
Community Development  
Coordinator
- Nicole Zummach  
Librarian



Recognized for Service Excellence  
in Ontario's Highlands

Hats off to the KHR Visitor's Centre for achieving a score of 97% on customer service this season. Proud to be a leader in customer service excellence.

## BALL HOCKEY ON WEDNESDAYS

Kids ball hockey is open to boys and girls of all skill levels. Takes place at the Killaloe Rink. Helmet, stick and running shoes required. Runs until October 30th. Parents are required to stay for the session. Volunteers needed for set up/down and coaching (no experience necessary). Contact, Dave Mayville at: 613-757-1566, davidmayville@netscape.net

## ADULT DAY PROGRAM

Marianhill wishes to inform residents of Killaloe that there are openings in the Adult Day Program in Barry's Bay, running Tuesday and Thursday 9:00am-3:00pm. Cost is \$8.50 and transportation can be arranged if needed. Contact Champlain CCAC at 613-310-2222 or 1-800-538-0520, or call Joanne with Marianhill Community Programs at 613-735-6839 extension 251.

## GOLF TOURNEY FOR BENNY AFELSKIE

**September 21, 2013**  
Benny Afelskie Memorial Golf Tournament. September 21, 2013. Proceeds to Barry's Bay Hospital. Held at Whitetail Golf Club. \$70 per player includes 18 holes, cart and dinner. Please RSVP to Kendra. Sign up as a group or as an individual. Kendra.afelskie@gmail.com

## Local Government Week Open House



The municipal level of government is responsible for the daily functions that impact residents.

In celebration of the role our township government plays in helping to define the character, priorities, and quality of life of residents, we are hosting an open house in honour of Local Government Week, on Thursday, October 24th from 10:00am to 1:00pm at the Township Office, 1 John Street in Killaloe.

All residents and elementary students are invited to drop in and learn more about the role of local government, take tours of the offices and visit with the Mayor, council and staff.

Local Government Week is an initiative of the Association of Municipal Managers, Clerks & Treasurers of Ontario, Association of Municipalities of Ontario (AMO), Ministry of Municipal Affairs and Housing and is supported by the Ontario Teachers' Federation.



## Visitor's Centre Scores 97%

### Mystery shopper results show excellent customer service

The staff at the local Visitor's Centre didn't know it, but people were coming by to evaluate them on their customer service throughout the summer. As part of a service through Ontario Highlands Tourism Organization (OHTO) of which the municipality is a member, the "mystery shopper" results showed a 97% score for the

experience with the local visitor's centre on Highway 60.

"We are extremely proud of the people who work our local tourism and community booth," says Mayor Janice Visneskie. "Providing excellent customer service is not an easy job at times, and my congratulations goes out to all of the staff for being fabulous ambassadors of

our region."

The score is especially sweet as the Centre previously worked on the feedback provided from the previous year to have near-perfect marks. The Centre was staffed by students and local volunteers, and served tourists and the local community residents and businesses.



## Jessica Sernoskie Run/Walk Happens October 5th Proceeds to the Killaloe & District Public Library

If you are looking for a fun, outdoor activity this fall, mark your calendar for Saturday, October 5th and take part in the

Jessica Sernoskie Fundraising Run/Walk/Ride in support of the local public library. Cyclists are also invited to participate in this

year's event.

"My two passions are reading and fitness," says local trainer Jessica Sernoskie, who launched the event three years ago as a way to give back to her community. "By including bicycle riders this year, we hope to bring out even more people to support this great cause."

As always, there will be cash awards for the top participants in each category, plus lots of great door prizes for everyone who enters. All entry fees will go directly to the Killaloe Library Building Fund. For more information call 613-757-2211 or visit [www.killaloelibrary.ca](http://www.killaloelibrary.ca)

**HOCUS POCUS**  
Saturday October 26  
6:00pm to 8:00pm  
Killaloe Recreation Centre

Dress up and join us for a Halloween adventure!  
Costume competition at 6:00pm sharp!  
Fun activities, music and goodies!

Township of Killaloe, Hagarty and Richards  
KHR Volunteer Recreation

### RECEIVE THIS BY EMAIL!

Would you like to have a digital copy of Naturally Spirited! emailed to you? Or, do you know someone from out of the area who would like to receive a copy? Ask to be put on our email list by contacting Maria Mayville: [khrvolunteernetwork@gmail.com](mailto:khrvolunteernetwork@gmail.com) The newsletter is emailed as a PDF file, and is a great way to keep in touch with what's going on in the Township.

# Mental Health And The Bottom Line

## Local EFAP service to discuss why mental health matters

Every employee with a mental health issue who receives treatment, saves their employer \$5,000 to \$10,000 per year. Costs for individuals with mental health stresses include: absenteeism, presenteeism (being at work but not focused), workplace injuries and accidents, conflicts with interpersonal relationships and

work being delayed, quality control and more. On October 23rd, as part of Healthy Workplace Month and Small Business Week, Shelley TerMarsch of Valley Employee and Family Assistance Program will provide a free discussion on how employers and employees can benefit from mental health supports available for large and

small businesses. As more focus is on mental health, and the challenges of retaining staff, mental health supports become increasingly important.

TerMarsch will speak at the Round Lake Community Centre. The event is free and businesses and non-businesses are invited. For information, contact Maria Mayville at 613-757-1566.



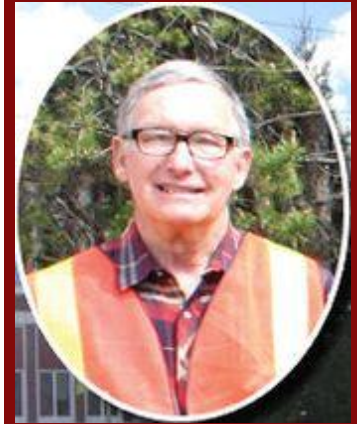
## Waste Disposal Sites & Hours

### KILLALOE SITE

1049 Mask Road  
Wednesday: 7:30am - 11:30am  
Saturday: 8:00am - 4:00pm  
Friday: Noon - 4:00pm

### ROUND LAKE SITE

168 Sunrise Road  
Thursday: 8:30am - 3:30pm  
Sunday: 8:30am - 3:30pm  
Closed on the Sundays of a holiday weekend. Open on the Mondays of a holiday weekend from 2:00pm - 6:00pm (exception: closed Canada Day Mondays)



## KHR Debuts Pilot Entrepreneur Program

### "Boot Camp" for new or potential businesses starts November

Small Business Week seems like the appropriate time to kick off a new pilot program to prepare and encourage people interested in business to start their own business, or improve a new one. Led by Forward Thinking's Jennifer Layman, an entrepreneur and marketing expert, participants will go through a six-week program aimed at planning out their business.

In addition, the cost of the program is \$500 plus HST to participate. The cost covers all materials and one-on-one guidance. \$500 of promotion for the business will be offered for

those who decide to continue with the entrepreneurial path. More information will be as part of the October 23rd Small

Business Huddle. For more information, contact Maria Mayville at 613-757-1566 or [khrvolunteernetwork@gmail.com](mailto:khrvolunteernetwork@gmail.com)



**Grow Your Business!**

This is a free event

**Mental Health in the Workplace**

**Entrepreneur Boot Camp**

Small Business Event  
Wednesday, October 23rd  
7:00pm

Round Lake Recreation Centre  
545 Albert Street,  
Round Lake Centre

Township of Killaloe, Hagarty and Richards  
[khrvolunteernetwork@gmail.com](mailto:khrvolunteernetwork@gmail.com) | Phone: 613-757-1566

## THANKS TO OUR STUDENTS!

The Township wishes to extend a warm "thank you" to our student workers this year, and wish them all great success in their academic endeavours. We are proud to have such "great kids" in our municipality and we hope you enjoyed your work with us this year. Study hard and we look forward to having you back at home on the holidays and after graduation.

## Every Reason To Be Proud

Environment Minister, Jim Bradley, made a visit to the Killaloe Waste Site in Killaloe, Hagarty & Richards last month. Minister Bradley told attendees "You have every reason to be proud!" He also noted that the Township has shown great leadership in managing residential waste and Killaloe, Hagarty and Richards is a great role model for small communities.

Thanks to the passion of the late Ernie Cybulski and a successful partnership between council, staff, waste partners and the public the new phase of waste management in the township is a success!



# Private Road Maintenance Reminder

## Emergency vehicles need your help to ensure safe access

The local fire department is reminding people on private roads to keep the roads clear so that regular and emergency vehicles are able to easily pass.

The municipality has a by-law with respect to private roads (By-Law #13-2012). The by-law requires that the roads be maintained to an acceptable standard or fire services may be limited.

In the department's regular tours through the township, there are a number of roads where trees, shrubs and other vegetation make the road nearly impassable for fire trucks. The department is concerned about this in case of an emergency situation where the ability to pass easily down the road could be critical to the saving of life or property at your residence, or that of your neighbour.

For easy reference, the passage

of the by-law that is applicable reads as follows:

### Emergency Response

2. Emergency response to properties accessed via private roads, private lanes or private driveway may be limited by the condition of such road, land, bridges, culverts or driveway, including:

- (i) the ability of such road, land, bridge, culvert or driveway to support and accommodate fire department equipment, vehicles and apparatus; and
- (ii) the failure of the owner of the lands upon which the road, land, bridge, culvert or driveway is located or the user of such road, land or driveway to maintain such road, land or driveway in a condition that is passable by fire

department equipment, vehicles, apparatus and/or personnel.

(iii) A portion of a roadway or yard provided as an access route shall:

- a) Have a clear width of no less than 6m (19.68 ft.)
- b) Have an overhead clearance not less than 5m (16.4 ft.)
- c) Have a change in gradient not more than 1 in 12.5 over a minimum distance of 15 m (49.2 ft.)
- d) Be designed to support the expected loads imposed by fire fighting and other emergency equipment, and shall be surfaced with material designed to permit accessibility under all climatic conditions.

Nobody likes to think of needing emergency services, but if they are needed, it becomes important that their access is unimpeded for the best outcome.

## Publishing Dates & Deadlines

November 4 Issue  
Deadline: October 14

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January 6, 2014 Issue  
Deadline: December 1

### BUSINESS DIRECTORY

\$20 per issue  
(price is plus HST)

Proceeds from the advertising are returned to produce the newsletter and support economic development initiatives within the municipality.

For details, contact Maria:  
khrvolunteernetwork@gmail.com



# Where To Go For Things You Need

## A quick reference of businesses around our region

### PJ Cybulskie Contracting

Phone: 613-757-2941  
jcybulskie@gmail.com

For your building and renovation needs. We are an experienced, dependable contracting serving the area for over 20 years.

### Killaloe Licence Office

Phone: 613-757-1301

Under agreement with ServiceOntario we provide driver, vehicle and health card services. Knowledgeable, efficient and courteous service.

### Ottawa Valley Business

Phone: 613-732-7774  
www.ovbusiness.com

A free business publication via email with more than 3,400 subscribers. Tenders, events, news and more. Subscribe today!

### Carefor Health & Community Services

www.carefor.ca

Transportation to non-urgent medical appointments, home care services, and more. Visit us online for what we offer.



### Travel Our Backyard

www.travelourbackyard.com

Book now for the winter edition of this local travel guide.

Publishing in November.

Promote your late Fall and Winter events, sales and things to do.

### Enterprise Renfrew County

www.enterpriserenfrewcounty.com

Celebrating 25 years with a business event October 25 in Renfrew. \$45. Hear entrepreneurs from Dragon's Den. Reserve in September for chance to win!

### Valley EFAP

www.valleyefap.com

Renfrew County's local choice for employee and family assistance program. We can help employees with life stressors and employers with workforce supports.

### OVJobs.ca

www.ovjobs.ca

employers@ovjobs.ca  
Your online job board for all jobs in the Ottawa Valley. New postings daily. Just \$75 to post your job with us. Huge response.

### Layman Fire & Safety

Phone: 613-732-5320

www.laymanfireandsafety.com  
Serving Killaloe region with fire alarms, fire extinguishers and training, sprinkler systems, kitchen systems and more.

### Health Matters Magazine

www.ovhealth.ca

Pick up a copy of a local health magazine (free) at the Township office or see it all online. Next issue publishes in January for those interested in promoting.

### Integrated Health Centre

www.ihcentre.ca

Chiropractic, nutrition, laser therapy, quality shoes and more at Integrated Health Centre on Nelson Street in Pembroke. Visit us for your health needs.

### Pembroke & Area Airport

Phone: 613-687-5300

Www.flycyta.ca

Ever thought of getting your pilot's license? You can with the Pembroke & Area Airport. Call us today for information.