



# Naturally SPIRITED

June - July 2024

PUBLISHED BY: THE TOWNSHIP OF KILLALOE HAGARTY AND RICHARDS

## Easy Reference

### COUNCIL

Mayor David Mayville  
Ted Browne (Ward 1)  
Bil Smith (Ward 1)  
Carl Kuehl (Ward 2)  
Maureen MacMillan (Ward 2)  
Brian Pecoskie (Ward 3)  
Harold Lavigne (Ward 3)

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### TOWNSHIP OFFICE

1 John Street, PO Box 39  
Killaloe, Ontario K0J 2A0  
Monday-Friday 8:30am-4:30pm  
Phone: 613-757-2300  
Fax: 613-757-3634  
info@khrtownship.ca  
www.killaloe-hagarty-richards.ca  
Library: 613-757-2211

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### STAFF CONTACTS

Tammy Gorgerat  
*CAO/Clerk-Treasurer*

Sharlene Lapenskie  
*Deputy CAO/Clerk-Treasurer*

Nathan Yandernoll  
*Office Assistant*

Dean Holly  
*Works Superintendent*

Tyler Mask  
*Bylaw Enforcement Officer  
Chief Building Official*

Kimberley Schroeder  
*Planning & Building Assistant*

Dale Thompson  
*Facilities/Asset Manager*

*Community Development  
Coordinator*

Bob Gareau  
*Fire Chief, CEMC*

Nicole Zummach  
*Librarian*

## June is Seniors Month

Since 1984, June has been designated as Seniors Month. According to Ontario Minister Raymond Cho, this year commemorates 40 years of recognizing Ontario's exceptional seniors and acknowledging the great contributions they have made to our lives. Seniors are volunteers, they are mentors, they are wisdom bearers, they are economic contributors, they are caretakers, they preserve traditional and cultural values, etc. This year's Seniors Month Theme of "Working for Seniors" is a fantastic chance to celebrate our elder population highlighting how crucial it is to keep helping senior citizens by providing appropriate services and projects that promote wellness, social interaction and education such as the Seniors Active Living Centre Program (SALC). SALC fosters social contact, wellness, education, and support services with the aim of maintaining seniors' independence and health and for those that do not know, we have one in our community. Our SALC offers opportunities for physical activities and exercise, gatherings with other seniors, service navigation and support with community referrals and resources, education and learning opportunities, experience with the arts, technology tutorials, cooking with friends, promoting nutrition, bus trips and events, access to transportation opportunities, etc. For more information on this valuable program visit <https://crc-renfrewcounty.com/en/seniors-active-living> or contact SALC 613-757-3108 ext. 222 or [seniors@crc-renfrewcounty.com](mailto:seniors@crc-renfrewcounty.com)

## Thank You

Killaloe, Hagarty and Richards Township would like to extend our deepest gratitude to all the Seniors who make this Municipality a warm and welcoming place. Your contributions are immeasurable and very much appreciated. We hope that Seniors Month will be an enjoyable time for all our elder residents and on behalf of our Municipality,

THANK YOU!



### Swimming Lessons

Bonnechere  
Provincial Park

#### Register

June 27 & 28, 2024

More information  
Inside



### Canada Day Celebrations

Live Music  
Entertainment  
Family Fun

July 1, 2024

1 pm - 10 pm



### The Killaloe Food Bank

Serving the K0J 2A0,  
K0J 2J0 and K0J 2N0 Area.  
Located on 12 North Street,  
Killaloe (Beside Buried  
Treasure)

**Food Bank Open: June 11, June  
24, July 9 and July 23**

3 pm - 5 pm  
[killaloefoodbank@gmail.com](mailto:killaloefoodbank@gmail.com)

# Canada Day Celebrations!

## CANADA DAY - JULY 1ST



### SIDEWINDER



BBQ Fundraiser



Food Drive

**SEE YOU THERE!**

**1:00 PM** - Specialty Canada Day Beavertails- Killaloe

**3:00 PM** - Main Event Starts - St. Andrew's School

**6:30 PM** - Ken Ramsden- St. Andrew's School

**8:00 PM** - Sidewinder - St. Andrew's School

**10:00 PM** - Fireworks - St. Andrew's School

### MAIN EVENT

Bouncy Castle  
Face Painting  
Live Music  
Lawn Games  
Fireworks

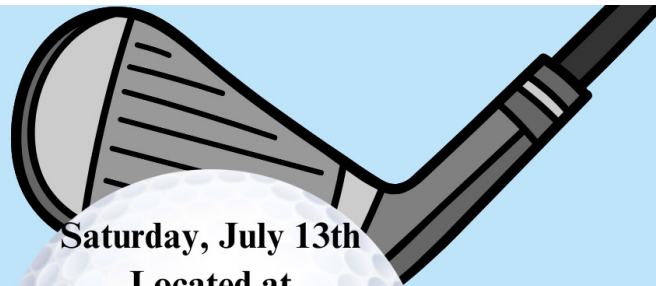


## IN KILLALOE



Ken Ramsden

### 3RD ANNUAL LORNA HUDDER MEMORIAL CHARITY GOLF TOURNAMENT



**Saturday, July 13th**  
**Located at**  
**Homestead at Wolf Ridge**  
**Golf Course**  
**3:00pm shotgun start with**  
**Dinner to follow!**  
**\$90 Per person**



All proceeds go to the Saint Francis Valley Healthcare Foundation. Last year we raised \$2,665.40. You can get registration forms from [patepilgrim@gmail.com](mailto:patepilgrim@gmail.com), and they must be submitted by June 28th, 2024. If you are interested in the Hole Sponsorship Program, you can cover the cost of 2 golfers for 9 holes and a dinner afterwards, for \$200 dollars.

All skill levels welcome!

For More information contact:  
[patepilgrim@gmail.com](mailto:patepilgrim@gmail.com)  
[sheridansept@hotmail.com](mailto:sheridansept@hotmail.com)  
[traceycoulas@yahoo.ca](mailto:traceycoulas@yahoo.ca)

# Environmental Action Tour

5TH ANNUAL

COMMUNITY ROAD CLEANUP!

THE RESULTS  
ARE IN








One of the Bonnechere River Rats has some better luck slam dunking the junk!



Women of White Church putting rubbish in its place to keep our Earth a happy space.



-  **Most Garbage** Retirees of Red Rock Road
-  **Weirdest Garbage** Crew of 2
-  **Best Action Photo** Pickin' and Grinnin'
-  **Best Team Name** Debris or not Debris, That is the Question
-  **Most Valuable Picker** Gabe Howe



Trashasaurus hear me roar! Clean your space and save the human race.



EcoRoad Guardians fight dirty because they know there is no Planet B.

## 2024 ENVIRONMENTAL ACTION TOUR

2024 was certainly a great year! On May 4th, the teams picked up 65 bags of garbage/recycling. Volunteers should certainly be proud of what they accomplished and the Municipality of Killaloe Hagarty and Richards would like to give our deepest gratitude to everyone who pitched in and helped clean up the environment! This year we certainly found much of the same things that could have gone to the waste recovery site for free. We also saw strange things, but nothing quite as strange as an entire garage door on the side of the road. To some, this could be considered discouraging. However, in 2024 we actually have many things to celebrate. Since last year was so overwhelmingly successful, our township was cleaner this time around, a great sign that the the efforts of our volunteers are making a big difference. The power of community cleaning up so many bags from the environment, the honks, the waves and the stops to thank volunteers was so encouraging. Now the roads will be needing less attention in 2025 due to hopefully a steady decline in garbage. Thanks to you, we are making a difference!



# Municipal Updates

## Township of Killaloe Hagarty and Richards Municipal Office Closure



Please note that on Monday July 1st, 2024, the Killaloe, Hagarty and Richards Township Office and Public Works Department will be closed for Canada Day.

Round Lake Waste Site will be open Sunday June 30th, and closed Monday July 1st.



## SONGS FROM THE PARK NEW LOCATIONS

EVERY FRIDAY  
JULY 5TH TO SEPTEMBER 6TH  
PERFORMERS AND LOCATIONS  
LISTED INSIDE

## Township of Killaloe Hagarty and Richards Property Tax Billing for 2024



### Final Property Tax Billing Due Dates:

1st Installment : August 30, 2024  
2nd Installment : October 31, 2024

# Killaloe and District Library News and Events

## COOKING BY THE BOOK LIBRARY FUNDRAISER

Pick up your copy of Cooking by the Book Killaloe and District Public Library's new fundraising community cookbook! It almost 200 family favourites and recipes submitted by community residents.

The \$20 cookbook will be available at the Killaloe Library's plant sale on May 25th, as well as at the Killaloe Public Library and other local businesses. All funds raised will be in support of the Killaloe Public Library and its programs.

## GIANT OUTDOOR BOOK AND DVD SALE AUGUST 2, 2024

Mark your calendars for the library's annual giant book and DVD fundraising sale, set for Friday August 2nd, from 11am to 2pm. Hundreds of gently used books and DVD's will be for sale outdoors, under a tent at the library.

## ENJOY THE OUTDOORS

The Township of Killaloe, Hagarty and Richards offers loans of sporting equipment in the Killaloe Library. Summer sporting equipment includes kayaks, paddleboard, baseball equipment, lawn jarts,

footballs, washer toss games and much more! New additions to the lending library include folding tables and chairs for your summer parties and events! See the Library website for a complete list of the items available. Items are open to anyone with a library membership for one-week loan periods.

## STORIES FOR CHILDREN AND CRAFTS AT THE LIBRARY'S TD SUMMER READING CLUB

Once again this summer, the library is holding the TD Summer Reading Club for kids ages 3 to 10 years old. Join us on Wednesday and Saturday mornings from 11:15 am – 12 noon

for children's stories, crafts and fun! The Summer Reading Club will start on Wednesday, July 3rd and will run until Saturday, August 24.



## Cruizing Killaloe to the Classics with CHCR 102.9fm



Join us in Killaloe, ON Every Friday Night

July 5-September 27, 2024

To see Classic Cars Cruizing the Streets

Tune in to CHCR 102.9fm

to listen to great Classic Music.

Send your requests to [info@CHCR.org](mailto:info@CHCR.org)

## CONTACT US

613-757-3108  
[seniors@crc-renfrewcounty.com](mailto:seniors@crc-renfrewcounty.com)



Senior Active Living Center CRC provides a variety of services and activities tailored to meet the needs and interests of older adults in KRH and BLR. These may include fitness classes, recreational activities, educational programs and workshops, social events, health and wellness services, and community engagement opportunities. The goal is to promote physical, mental, and social well-being among seniors, enabling them to lead active and fulfilling lives while contributing to their community!



Check out our Facebook page for more information and program opportunities!  
Senior Active Living Centre CRC

- ✓ Ukulele For Beginners
- ✓ Seniors Community Lunches
- ✓ Cooking with Friends
- ✓ "Pump It Up" Fitness Class
- ✓ Zumba Gold
- ✓ "Muscle Up" Strength and Tone
- ✓ Painting With Pat Art Group
- ✓ Community Craft Circle
- ✓ Outdoor Walking Club
- ✓ Active Games in Palmer Rapids

# Community Events

## Swimming Lessons

Bonnechere Provincial Park

\$40 Per Person

July 2nd to August 16th

Registration Open June 3rd!



Pick Up A Form at KHR Municipal Office

Registration Days

June 27th & 28th

KHR Municipal Office

1 John Street, Killaloe, ON

10 am - 4 pm



## KCC Annual- Carl Lacombe Memorial Tournament

Save  
The  
Date!

SAT. AUG 10, 2024

- 18 Holes
- 9am Shotgun Start
- Lunch Included



Follow Killaloe Curling Club on Facebook for information  
or contact Lea Walsh at lea.walsh2@hotmail.com



## SONGS FROM THE PARK

EVERY FRIDAY - JULY 7 TO SEPT 6

6 PM - 8 PM

July 5 - Marc Audet - Station Park Killaloe

July 12 - Khloe Bertrand - Round Lake Park

July 19 - Salt Cellars - Wilno - Heritage Park

July 26 - McLean Sisters - Station Park Killaloe

August 2 - Dexter & Serena Sernoskie - Round  
Lake Park

August 9 - Tom Franey - Wilno Heritage Park

August 23 - Jayson Bradshaw - Station Park  
Killaloe

August 30 - Steve Agnew - Round Lake Park

September 6 - Tom Martel - Wilno Heritage Park

NEW LOCATIONS

## Killaloe Craft & Community Fair

Aug 9-11, 2024

Live music & DJs  
all weekend

Featuring:

Zuffalo  
(Toronto)

Bear Witness  
(Ottawa)

Reggaddiction  
(Toronto)

Ska Sound System  
(Montreal)

For more info  
+ tickets visit:



Camping

Workshops

Local Eats

Kids Activities

Artisan Market

& much more!

[Killaloeffair.ca](http://Killaloeffair.ca)

## PUBLIC MEETINGS

### JUNE 2024

**Regular Meeting**  
June 4th - 7:00 pm

**Regular Meeting**  
June 18th - 7:00 pm

### JULY 2024

**Regular Meeting**  
July 2nd - 7:00 pm

**Regular Meeting**  
July 16th - 7:00 pm



**KILLALOE-HAGARTY-RICHARDS**



# Fundraising in the Ottawa Valley

**Registration is OPEN!**  
**Sunday, July 28th in Killaloe, Ontario**  
10 km, 50 km, 60 km, and 100 km rides as well as a heritage walk around the historic village - and a free BeaverTail at the end for all.  
CANADA'S FAVOURITE PASTRY & CANADA'S FAVOURITE RECREATION WHAT COULD BE BETTER?  
**TourdeBeavertails.blogspot.com**  
Register at: <https://zone4.ca/register.asp?id=35124>  
All funds raise go towards the purchase of eyesight testing equipment to bring good vision to all in our area.

## Tour De BeaverTails

A brand new bike rally will bring a few hundred riders for a fund-raising rally with a sweet twist on July 28 in support of vision care in the Ottawa Valley.

Tour de BeaverTails offers routes for riders of all abilities plus a heritage walk through town. Everyone who registers gets to celebrate, at the end, with a sweet treat.

BeaverTails, which has become an international franchise corporation, was

invented in Killaloe in the late 1970s by Pam and Grant Hooker.

“We thought combining a treat with healthy exercise would be a great way to encourage participation,” says organizer Ish Theilheimer, a director of Ottawa

Valley Cycling and Active Transportation Alliance (OVCATA). “We found willing partners in the Killaloe and Area Lions Club and, of course, the BeaverTail folks.”

Theilheimer has been friends with the founders since they started their food business at the Killaloe Craft and Community Fair.

The Lions Club was eager to partner with OVCATA on this, as they work on their Ottawa Valley Vision project.

One of the enthusiastic riders in the event will be Jeremy Steenberg, a blind athlete

from BC who grew up in Killaloe. He works with the blind community to encourage participation in sports. “I try to encourage visually impaired people to get active. Forty percent of blind people don’t go out at all,” he says.

Everyone registering gets lunch and a BeaverTail after the ride, and riders get a commemorative T-shirt. The cost of registration is \$75 for adults and \$35 for youth (13-18) and walkers. To get a t-shirt, riders must register a month in advance.

Don’t miss out on this amazing opportunity! For more information, visit:

<https://tourdebeavertails.blogspot.com/>

**KILLALOE**  
**FARMERS MARKET**  
**SATURDAY MORNINGS**  
**HANDMADE - HOME GROWN**



## St. Casimir's Community Group

Find us on Facebook under “St. Casimir's Community Group” for Thursday lunch dates and menus.

Located below St. Casimir's Church  
in the Basement Hall  
From 12:00 pm to 2:00 pm  
Lunch Starts at 12 pm with Music to Follow

Takeout Available!  
Call or text 613-633-3412  
if you have any questions.

# Tick Prevention



## PROTECT YOURSELF FROM BITES THIS SUMMER

According to Ontario Newsroom, the Provincial government has strongly encouraged residents to take preventative measures against tick bites, to minimize the risk of Lyme disease and other tick borne illnesses.

Lyme disease, transmitted through the bite of an infected black legged tick (deer tick), can lead to severe health

issues. The Ministry of Health urges anyone who experiences symptoms to seek medical care if they think they have been bitten by a tick. Symptoms include fever, headache, chills, muscle and joint pain, fatigue, and a distinctive bullseye-shaped rash.

Deputy Premier and Minister of Health, Sylvia Jones, says by being proactive, we can reduce risks and still enjoy time outside.

Here are some helpful tips:

-Light colored clothing makes ticks easier to spot;

-Tucking in all clothes including socks stops ticks from getting in;

-Use Repellent with DEET in it;

-Check your body for ticks when returning inside, especially behind the knees and between toes;

-Put clothes worn outside in the dryer on high for 10 min before washing, to kill any ticks that may be on them.

If you do find a tick on you, do not crush it. Gently remove it with tweezers and sanitize the area with rubbing alcohol. Before disposing of it, look at the Public Health Unit website to determine the type of tick, so you can get treated accordingly.

There is more information available at [Ontario.ca/ticks](http://Ontario.ca/ticks) so that you can have a safe, tick free summer!

## COMMUNITY EVENTS

### JUNE 2024

**Killaloe Food Bank**  
June 11th - 3 pm - 5 pm  
12 North Street, Killaloe

**Killaloe Food Bank**  
June 24th - 3 pm - 5 pm  
12 North Street, Killaloe

**Killaloe Food Bank**  
June 26th - 4:30 pm  
12 North Street, Killaloe

### JULY 2024

**Canada Day**  
July 1st - 1 pm - 10 pm  
Saint Andrew's School

**Songs From the Park**  
July 5th - 6 pm - 8 pm  
Station Park, Killaloe

**Killaloe Food Bank**  
July 9th - 3 pm - 5 pm  
12 North Street, Killaloe

**Songs From The Park**  
July 12th - 6 pm - 8 pm  
Round Lake Park

**Songs From The Park**  
July 19th - 6 pm - 8 pm  
Wilno Heritage Park

**Killaloe Food Bank**  
July 23th - 3 pm - 5 pm  
12 North Street, Killaloe

**Songs From The Park**  
July 26th - 6 pm - 8 pm  
Station Park, Killaloe



Friday, June 21, 2024 from 10:00 am to 4:00 pm

LIGHT REFRESHMENTS!

LIVE ENTERTAINMENT!

PRIZES FOR:  
- BEST DECORATED CHAIR  
- MOST MONEY RAISED

At the Valley Manor Courtyard

Proceeds from Rockathon 2024 will help support the needs of local healthcare, including much-needed equipment at the Valley Manor long term care home!

## BE A PART OF ROCKATHON 2024!

### ROCK INDIVIDUALLY OR AS A TEAM

Choose a maximum of six people per team.

### LET US KNOW

Register and pick up your participant package by calling the Foundation at 613-756-3045 ext. 217 or through a committee member.

### COLLECT YOUR PLEDGES

Either online or in person. Cash and cheque donations should be returned to the Foundation office no later than June 14th, 2024.

### ROCK WITH US

At the Valley Manor on June 21, 2024 between 10 a.m. and 4 p.m. Bring your own rocking chair. Teams can split the time up.



Register for Rockathon 2024 before May 24!

613-756-3045 ext. 217  
christine@sfvhfoundation.com  
www.sfvhfoundation.com

## YOUR SUPPORT MAKES A DIFFERENCE!

Proceeds from 2023 helped purchase the following items at the Valley Manor:



Motor Wheelchair



Patient Lifts



Broda Chair



Slings  
Reho cushions  
Mattresses  
Robotic pets and dolls

# 2024 Madawaska Valley Studio Tour Year-Round Guide

Summer and Fall

JULY 20 & 21  
OCTOBER 5 & 6  
10am - 5pm



The 11th Annual



# IRISH GATHERING



August 15, 16 & 17

## Business Directory

John Sucee  
REALTOR®

613.602.2305

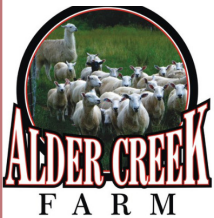
john.sucee@royallepage.ca  
613properties.com



Ann Maika-Chartrand  
REALTOR®

613.633.3226

ann@613properties.com  
613properties.com



Try Our Lamb Today!

Golden Lake, ON  
613-717-3795  
info@aldercreek.ca  
www.aldercreek.ca



Find us on

Facebook

Killaloe Pathways Park

We belong with nature.

www.killaloe-pathwayspark.ca

REGISTERED MASSAGE THERAPIST

Ellen Wyss RMT, MLD

613 312 5056

Massage Therapy Clinic  
14 Ryan Street  
P.O. Box 128  
Killaloe, ON K0J 2A0  
ellenwyss@hotmail.com



KILLALOE KIOSK OPEN MAY - OCT

Follow us on Facebook at:

<https://www.facebook.com/BeaverTailsKillaloeON>



Melissa Tremback  
Owner

184 Queen Street, Killaloe, ON

Phone: (613) 757-0497

Email: [melissa@grandmaspantry.ca](mailto:melissa@grandmaspantry.ca)

EST. 1993

## PUBLISHING DATES AND DEADLINES

August - September 2024 Issue  
Deadline: August 8, 2024

### BUSINESS DIRECTORY

2024 - \$200/year (6 issues) Book your listing with an email to: [communitydevelopment@khrtownship.ca](mailto:communitydevelopment@khrtownship.ca)

Proceeds from advertising support economic development initiatives within the municipality. Please make payment to the Township of Killaloe, Hagarty and Richards at 1 John St. PO Box 39, Killaloe ON K0J 2A0.

You can download the newsletter from the municipal website [www.killaloe-hagarty-richards.ca](http://www.killaloe-hagarty-richards.ca)



## Waste Disposal Sites and Hours

### KILLALOE SITE

1049 Mask Road  
Wednesday: 7:30am - 11:30am  
Friday: Noon - 4:00pm  
Saturday: 8:00am - 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, except Sunday May 31st, 2024.

Open on the Mondays of a holiday weekend from 10:00am - 6:00pm.