

Fall 2022 and Winter 2023

# Community Recreation Guide

Events | Facilities | Parks | Programs



Township of  
**Leeds** and the  
**Thousand Islands**





*Come, Join Us ...*

# Township of Leeds and the Thousand Islands

Blum  
[f](#) [@](#) [t](#) [in](#) [v](#) [o](#) [i](#) [d](#)

**Lyndhurst**  
 lyndhurstseeleysbaychamber.com

**Kendrick's Park**  
 Picnic, Canoeist Pavilion, Interpretive Signage

**Furze Falls Park**  
 Picnic, Programmer, Boat Launch, Dog, Pooling Station

**Jonas St Park**  
 Playground

**Upper Mill Pond**

**Lower Mill Pond**

**Public Dock**

**Lyndhurst Lake**

**Counting Mill Lookout**

**Seeley's Bay**  
 visitseeleysbay.ca

**Centennial Park**  
 Picnic, Programmer, Boat Launch, Dog, Pooling Station

**Lansdowne**  
 lansdowneontario.ca

**Fair Grounds**

**Jerry Park**  
 Ball Diamond, Programmer, Basketball, Picnic, Pavilion

**Municipal Office**

**Rockport**

**Recreation Hall & Playground**

**Rockport Lockport Escort Rd**

**Headlands Way**

**Customs House**

**1000 Islands National Park**

**1000 Islands Tower**

**Ivy Lea**

**1000 Islands Tower**

**Hill Island**

**HWY 81 to USA**

**Rockportthousandislands.ca**

**Contact the Visitor Centre**  
 1-844-382-8044  
 613-382-8044  
 travel1000islands.ca  
 leeds1000islands.ca

|               |                        |
|---------------|------------------------|
| Harbour       | Splashpad              |
| Parkway Trail | Swimming               |
| Boat Launch   | Historical Attractions |
| Trails        | Public Washroom        |
| Library       | amazingplaces.ca       |
| Wifi          | Park                   |

**Leeds**  
 leeds1000islands.ca

**Lyndhurst**  
 lyndhurstseeleysbaychamber.com

**Seeley's Bay**  
 visitseeleysbay.ca

**Lansdowne**  
 lansdowneontario.ca

**Rockport**  
 rockportthousandislands.ca

**Thousand Islands Parkway**

**1000 Islands National Park**

**1000 Islands Tower**

**Ivy Lea**

**Hill Island**

**HWY 81 to USA**

**Frontenac Arch Biosphere**  
 frontenacarchbiosphere.ca

**South Eastern ONTARIO**  
 southeasternontario.ca

**Ontario Parks**  
 ontarioparks.com

**TC Trail**  
 tctrail.ca

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## Holiday Closures - Municipal Office, LTI Public Library Branches & Waste Sites

|                    |   |   |
|--------------------|---|---|
| September 30, 2022 | • | National Day for Truth and Reconciliation |
| October 10, 2022   | • | Thanksgiving                              |
| November 11, 2022  | • | Remembrance Day                           |
| December 24, 2022  | • | Christmas Eve                             |
| December 25, 2022  | • | Christmas Day                             |
| December 26, 2022  | • | Boxing Day                                |
| December 31, 2022  | • | New Years Eve                             |
| January 1, 2022    | • | New Years                                 |
| February 20, 2022  | • | Family Day                                |
| April 7, 2022      | • | Good Friday                               |
| April 10, 2022     | • | Easter Monday                             |

# A Message From the Mayor

## A Message from the Mayor

Soon, our days will begin to grow shorter and we will experience the first touch of frost; and, with the change of season, we are pleased to bring you the Fall 2022 and Winter 2023 Community Recreation Guide!

Community events have returned to the Township and have brought lots of smiles, laughter and joy to our communities. There are still lots more to come this Fall and Winter. We are excited to offer a variety of recreation programs and courses such as Cupcake Decorating for kids, and Zumba fitness for seniors.

Within this guide, you will see all our upcoming recreation programs, many events that are being hosted across our communities, as well as a list of community groups who work tirelessly to benefit our residents, visitors and businesses. If you are interested in volunteering or supporting our community groups, please contact them directly.

Come, join us this fall and winter as we gather together for programs and events; shop local in support of our small businesses; and, enjoy the beautiful place we call home.

Sincerely,  
Mayor Corinna Smith-Gatcke



---

## Departments of TLTI

|                       |  |
|-----------------------|--|
| 613-659-2415 ext. 231 | Administration Department                  |
| 613-659-2415          | Administration Office                      |
| 613-659-3800          | Archives                                   |
| 613-659-2415 ext. 206 | Building Department                        |
| 613-659-2415 ext. 218 | By-Law Enforcement                         |
| 613-659-2415 ext. 231 | Clerks Department                          |
| 613-549-2415 ext. 204 | Finance Department                         |
| 613-659-2415 ext. 222 | Fire Department                            |
| 613-659-2415 ext. 245 | Human Resources Department                 |
| 613-659-3885          | Library Services                           |
| 613-659-2415 ext. 211 | Operations & Infrastructure Department     |
| 613-659-2415 ext. 203 | Planning Department                        |
| 613-659-2415 ext. 228 | Recreation & Facility Rentals              |
| 613-659-2415 ext. 234 | Roads Divison                              |
| 613-659-2415 ext. 202 | Tax Department                             |
| 613-659-2415          | Township of Leeds and the Thousand Islands |
| 613-659-2415 ext. 217 | Waste Disposal Site Administration         |
| 613-659-2415 ext. 202 | Water & Sewer Billing Department           |

[www.leeds1000islands.ca/departments](http://www.leeds1000islands.ca/departments)  
[www.leeds1000islands.ca/staff](http://www.leeds1000islands.ca/staff)



## Stay in the know and get in touch with staff!

### Township of Leeds and the Thousand Islands

- Municipal Office
  - 1233 Prince St., Lansdowne, ON
  - Monday to Friday | 9:00 a.m. to 4:30 p.m.
- Local Telephone & Toll-Free Telephone
  - 613-659-2415 | 1-866-220-2327
- After-Hours Emergency
  - 1-855-961-7018
- Email:
  - [info@townshipleeds.on.ca](mailto:info@townshipleeds.on.ca)
- Fax
  - 613-659-3619

### Stay Up To Date

Follow us on social media

- Facebook: @Twp.Leeds1000Islands
- Instagram: @leeds1000islands
- LinkedIn: @leeds-thousand-islands
- TikTok: @travel1000islands
- Twitter: @leeds1000island
- YouTube: @TownshipLeeds



### Subscribe and follow at [www.leeds1000islands.ca](http://www.leeds1000islands.ca)

- Township Times Newsletter
- Weekly News, Events and Alerts via Email
- myFM 99.9 Gananoque Now Radio News

### Leeds and the Thousand Islands Public Libraries

- Contact:
  - Facebook: @leeds1000islandspubliclibrary
  - Twitter: @ltipl
  - Instagram: @leeds1000islands\_publiclibrary
  - Website: <https://www.ltipl.net/>
- Locations:
  - 1B Jessie St., Lansdowne, ON K0E 1L0
  - 426 Lyndhurst Rd., Lyndhurst, ON K0E 1N0
  - 150 Main St., Seeley's Bay, ON K0H 2N0

### Leeds and the Thousand Islands Fire Services

- Fire Department Administrative Assistant
  - 613-659-2415 ext. 222
- Facebook:
  - @Leeds1000IslandsFireServices
  - @TLTI.EmergencyServicesTrainingCentre

### In an Emergency, Call 911

- Enbridge Gas Emergency Reporting
  - 1-866-763-5427
- Leeds O.P.P. Non-Emergency Line
  - 613-659-5200
- Ontario Provincial Police Non-Emergency Line
  - 1-888-310-1122

### Spot a Problem? Report a Problem!

We appreciate your feedback to ensure our community remains safe and clean, with responsive and professional service delivery. Visit [www.leeds1000islands.ca/ReportAProblem](http://www.leeds1000islands.ca/ReportAProblem) to make TLTI staff aware of your concern.

### Dog Tags

All dogs in the Township are required to have dog tags which can be purchased, using cash, cheque or debit, at the Township office Monday to Friday from 9:00 a.m. to 4:30 p.m. For more information, visit [www.leeds1000islands.ca/dogtags](http://www.leeds1000islands.ca/dogtags)



# Municipal Elections

## 2022 Municipal Election

The next Ontario municipal and school board elections take place **October 24, 2022**.

If you are a resident, owner or tenant of property in Ontario, a Canadian citizen and 18 years of age or older on election day, you can vote.

Visit [voterlookup.ca](http://voterlookup.ca) to add, confirm or update your information. Telephone and online voting will be available beginning **October 17, 2022**.

Eligible voters will receive their Voter Information Card with their unique PIN in the mail in early October. Use this PIN and your date of birth to cast your ballot.

If you have not received your Voter Information Card by **October 15**, please contact the Municipal Clerk at 613-659-2415 ext. 231 or [clerk@townshipleeds.on.ca](mailto:clerk@townshipleeds.on.ca).

## Important Dates

### Vote in the Election

Voting Period  
October 17 at 10 a.m. to October 24 at 8 p.m.

Final Voting Day  
October 24, 2022

### New Term Information

Term of Council  
November 15, 2022 to November 14, 2026

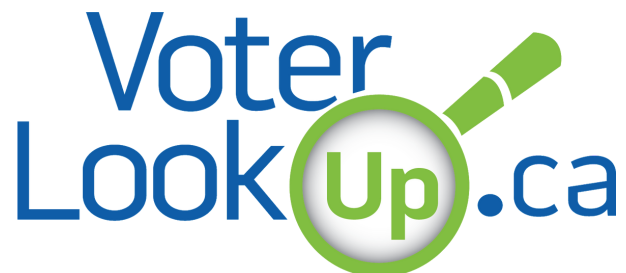
Ending of Campaign Period  
January 31, 2023

For more information, visit [leeds1000islands.ca/elections](http://leeds1000islands.ca/elections).

Clerks Office | Township of Leeds and the Thousand Islands  
1233 Prince Street, P.O. Box 280 | Lansdowne, Ontario K0E 1L0  
613-659-2415 ext. 231 | [clerk@townshipleeds.on.ca](mailto:clerk@townshipleeds.on.ca)



MUNICIPAL  
PROPERTY  
ASSESSMENT  
CORPORATION



2022 ONTARIO MUNICIPAL AND  
SCHOOL BOARD ELECTIONS  
OCTOBER 24, 2022

ON THE LIST  
TO VOTE?  
HAVE YOUR SAY!



Visit [VoterLookup.ca](http://VoterLookup.ca)



## 2022 Municipal & School Board

### Information for Voters

All advanced and voting day locations are for both paper and electronic voting. Eligible voters will receive a Voter Information Letter in the mail via Canada Post prior to Monday, October 17, 2022.

### Advanced Voting Locations

- Monday, October 17, 2022 from 12:00 noon until 8:00 p.m. at Seeley's Bay Community Hall, 151 Main Street, Seeley's Bay
- Tuesday, October 18, 2022 from 12:00 noon until 8:00 p.m. at Cornerstone Calvary Pentecostal Church, 106 Hwy 32, north of Gananoque

### Voting Day Locations

- Monday, October 24, 2022 from 7:00 a.m. until 9:00 a.m. at FoxRun By The River Retirement Residence **(FoxRun By The River Retirement Residents Only)**
- Monday, October 24, 2022 from 10:00 a.m. until 8:00 p.m. at Lansdowne Community Hall, 1 Jessie Street, Lansdowne



1000 Islands  
**HISTORY  
MUSEUM**

Year round, this is a family-friendly waterfront destination presenting ten thousand years of history in the region. From rum runners to river rats, explore the people, places and heritage of Gananoque and the St. Lawrence River through interactive exhibits, lively events, hands-on children's activities and a quality gift shop.



**SPARK YOUR IMAGINATION**

office.1000islandsmuseum@gmail.com  
www.1000islandshistorymuseum.com



DOWNLOAD THE  
HERITAGE WALKING  
TOUR APP HERE!

125 Water St., Arthur J.E. Child Building GANANOQUE • (613) 382-2535

# Community Events

## Events in Leeds & the 1000 Islands

### October

- **1** Gun and Militaria Show
- **2** Hiking with Biologist Shaun Thompson
- **2** Agriculture - Beyond the Business of Farming
- **8** Super Euchre (Lyndhurst)
- **16** Chris Murphy in Concert
- **18** Science Cafe with Dave Paul
- **21** The Irish Descendants (Small Halls Festival)
- **21** LTIPL Family Fun Night
- **22** ROLL-Aid Annual Food Drive
- **22** Cassie & Maggie - A Chef's Table Event
- **24** Municipal & School Board Election Day
- **29** Lansdowne Craft Fair
- **29** LTIPL Halloween Scavenger Hunt & Movie
- **29** Children's Halloween Event (Seeley's Bay)
- **29** Halloween Party (Rockport)
- **29** Barn Dance Costume Party (Lyndhurst)

### November

- **4** Volunteer Gala
- **6** Storyfest by James Raffan
- **6** Geology Walk
- **11** Remembrance Day Service
- **20** Christmas Parade (Lansdowne)
- **21** LTI Historical Society Presentation
- **22** Science Cafe with Cathy Nielsen
- **25** Seeley's Bay Christmas Tree Lighting

### December

- **2** Community Christmas Tree Lighting (Lansdowne)
- **2 - 4** Local Christmas Shop & Hop
- **16 - 17** Victorian Christmas Dinner (Lyndhurst)

## Volunteering in TLTI

Volunteers make local events, leagues and programs successful. The benefits of volunteering are numerous to you, your family, and your community. Opportunities are endless; run a youth program or food drive, develop a workshop, plan a special event and so on! For opportunities, contact [directorcb@townshipleeds.on.ca](mailto:directorcb@townshipleeds.on.ca).



## Stay Tuned for Events in 2023!

### February

- **4** Frost Fest (Seeley's Bay)
- **TBD** Fishing Derby (Lyndhurst)
- **TBD** Family Day Events

### March

- **11** Winter Carnival (Rockport)
- **13-17** March Break

### April

- **TBD** Community Pitch-In
- **TBD** Easter Events

## TLTI Community Events Calendar

[www.leeds1000islands.ca/events](http://www.leeds1000islands.ca/events)

View upcoming events at any time or subscribe to our Community Events Calendar to receive a weekly email with upcoming events in TLTI and other areas.

## Event Organizers

Create an account or log-in to submit your event for all to see! These events are also included in the bi-monthly Township Times Newsletter that is mailed across the Township.



## Garbage & Recycling

TLTI residents are required to take their household garbage and recycling to a waste disposal site. Residents in the village of Lansdowne have curb-side pickup. Household waste must be in clear plastic bags and be tagged.

Waste disposal sites are for Township residents only and are closed on statutory holidays. The Township has 3 waste disposal sites. Visit [www.leeds1000islands.ca/waste](http://www.leeds1000islands.ca/waste) for more details

### Escott

227 Escott-Rockport Rd.,  
Rockport

8:30 a.m. to 4:45 p.m.  
Tuesday, Saturday

### Lansdowne

530 Eden Grove Rd.,  
Lansdowne

8:30 a.m. to 4:45 p.m.  
Monday, Tuesday, Thursday to  
Saturday

### Lyndhurst

114 Turk Rock Rd.,  
Lyndhurst

8:30 a.m. to 4:45 p.m.  
Monday, Wednesday,  
Thursday, Saturday

## Large Item Disposal

Large single items can be disposed of with the purchase of a \$12 large item tag. If you have a truck load of items to dispose of, consider a Household Clean Up Card. A \$30 Household Clean Up Card allows you to dispose of one 1/2 ton truck load, or single axle trailer load, of household items once per year. The non-refundable card can be used any time until December 31 of the year issued.



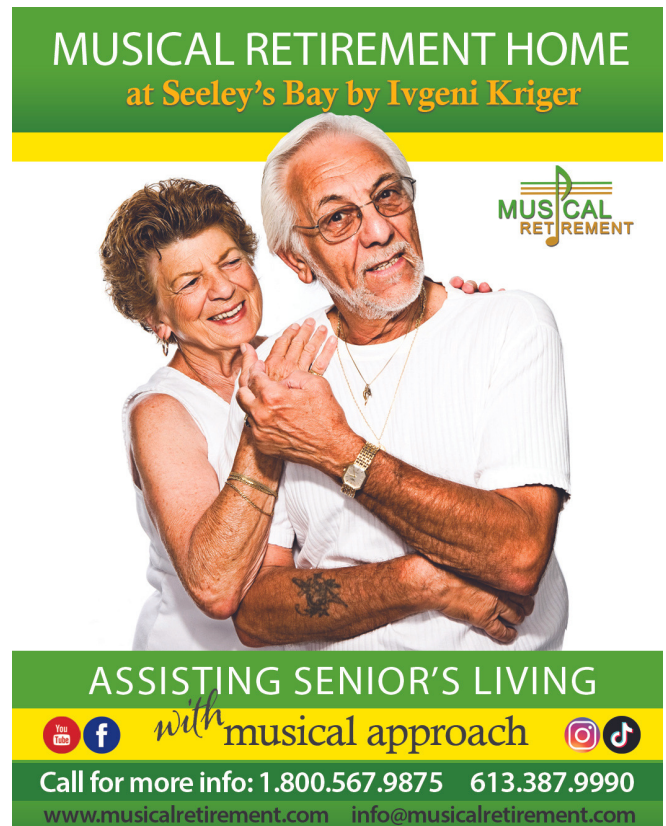
**INTERNET  
TELEPHONE  
TELEVISION**

Located in the heart of the 1000 Islands Lansdowne Tel has over 100 years of experience in the telecommunications business.

At Lansdowne Tel we deliver big city Internet, telephone and TV solutions with a friendly, small town, personalized touch.

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Tel** Serving Lansdowne and the surrounding area since 1907

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613-659-2222 • [www.1000island.net](http://www.1000island.net)



**MUSICAL RETIREMENT HOME**  
at Seeley's Bay by Ivgeni Kriger

**MUSICAL  
RETIREMENT**

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with musical approach

Call for more info: 1.800.567.9875 613.387.9990  
[www.musicalretirement.com](http://www.musicalretirement.com) [info@musicalretirement.com](mailto:info@musicalretirement.com)

# Financial Update

## Tax Rate Summary for 2022

We have the second-lowest residential tax rate in the United Counties of Leeds and Grenville.

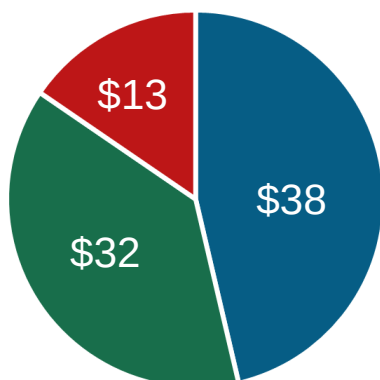
- 10 Westport Village
- Merrickville-Wolford Village
- Edwardsburgh/Cardinal Township
- Augusta Township
- North Grenville Municipality
- Elizabethtown-Kitley Township
- Front of Yonge Township
- Rideau lakes Township
- Leeds and the Thousand Islands Township**
- 1 Athens Township

## Tax Pay Next Date

Property taxes are due September 16. The Township applies an interest/penalty charge of 1.25% per month, or 15% per annum, to unpaid property tax accounts.

## 2022 Monthly Residential Tax Bill

Based on \$100,000 of Assessment, the Monthly Bill is \$83.



■ TLTI ■ Education ■ County

## Property Taxes

The Township of Leeds and the Thousand Islands is a lower-tier municipality. This means we collect taxes on behalf of the United Counties of Leeds and Grenville and the school boards.

Property taxes are based on the assessed value of your property as determined by Municipal Property Assessment Corporation (MPAC).

## More About MPAC

Due to the COVID-19 pandemic, property assessments for the 2022 taxation year are based on the January 1, 2016 values.

[www.leeds1000islands.ca/taxes](http://www.leeds1000islands.ca/taxes)

## Payment Options

There are several ways to pay a property tax bill:

- in person at the Township Administration office at 1233 Prince Street, Lansdowne, ON (cash, cheque and debit payments are accepted)
- drop-box at the Township Administration office (cheque only)
- regular mail (P.O. Box 280, 1233 Prince St., Lansdowne, ON K0E 1L0, cheque only)
- Online banking: Use "Leeds" to search for payee, then select "Leeds and the Thousand Islands, taxes" use your ROLL number as your account number, the last four digits may not be required
- Online through PayPal/credit card. Note: a 3% plus \$0.35 convenience fee per transaction is applied. Have your 19-digit ROLL number ready to create an account and make your payment
- Telephone banking: Add "Leeds" as a payee, use your ROLL number as your account number

## Community Contact Directory

### Community Associations

- **1000 Islands District Lions & Lionesses Club**
  - 613-561-1753 | 613-659-2660
  - lionsclub1000islands@outlook.com
  - Facebook: @1000IslandsLionsClub
- **Lansdowne Agriculture Society**
  - lasinfo@1000island.net
  - www.lansdownefair.ca
- **Lansdowne Association for Revitalization**
  - lafr@1000island.net
  - www.lansdowneontario.ca
- **Leeds and 1000 Islands Historical Society**
  - 613-328-0958
  - www.ltihistoricalsociety.org
- **Lyndhurst Rejuvenation Committee**
  - 613-928-1196
  - lyndhurstcommittee@gmail.com
- **Rockport Development Group**
  - rockportthousandislands@gmail.com
  - www.rockportthousandislands.com
- **Seeley's Bay and Area Resident Association**
  - sbara@seeleysbay.com
  - www.visitseeleysbay.ca
- **Thousand Islands Area Residents Association**
  - 613-659-2277
  - tiara@tiaraweb.org
  - www.tiaraweb.org
- **Lyndhurst Turkey Fair Organization**
  - 613-928-1196
  - www.turkeyfair.com
- **Leeds County Federation of Agriculture**
  - 613-213-3960
  - ruth.vogel@ofa.on.ca



### Community Services

- **1000 Islands Shrine Club**
  - 613-382-2498
  - winfieldr@sympatico.ca
- **10000 Islands Gananoque Chamber of Commerce**
  - 613-382-7744
  - 1000islandsgananoque@gmail.com
  - www.1000islandsganchamber.com
- **Lyndhurst Seeley's Bay & District Chamber of Commerce**
  - info@lsbchamber.ca
  - www.lyndhurstseeleysbaychamber.ca
- **The Gananoque and Area Food Bank**
  - 613-382-4434
  - ganfoodbank@gmail.com
  - www.gananoquefoodbank.ca
- **R.O.L.L Aid Centre Food Bank**
  - 613-770-2935
  - rollaidcentre@gmail.com
  - Facebook: @roll.centre
- **Gananoque & District Humane Society**
  - 613-382-1512
  - humanesociety@bellnet.ca
  - www.ganhumanesociety.ca
- **Lyndhurst Feral Cat Project**
  - 613-928-3380
  - villagecatsemail@gmail.com
  - www.villagecats.com
- **Lansdowne Masons Lodge No.387**
  - 613-659-2670
  - windyacre@1000island.net
  - www.stlawrencemasons.net
- **Lansdowne Women's Institute**
  - 613-659-2559
- **Lyndhurst Legion Branch 504**
  - 613-928-2617
  - Facebook Group: @Royal Canadian Legion Lyndhurst Branch 504

# Community Directory

## Community Services

- **Rotary Club (Gananoque)**
  - hundriesergwen@gmail.com
  - Facebook: @RotaryGan
- **Seeley's Bay Legion Branch 491**
  - 613-387-3208
  - 05-491@legion.ca
  - Facebook Group: Seeley's Bay Legion #491
- **Seeley's Bay Masons Lodge No.253**
  - rideau.minden253@gmail.com
  - www.mafd.ca
- **Wheels of Care**
  - 613-382-4831
  - gananoquewheelsofcare@gmail.com
  - www.gananoquewheelsofcare.ca
- **Seeley's Bay Lions**
  - seeleysbaylionsclub@gmail.com
  - Facebook: @SeeleysBayLions
- **Rockport Recreation Hall**
  - rockportrechall@gmail.com
  - www.rockportrechall.com
- **Relief Transportation**
  - 343-364-0177
  - www.relieftransportation.com
  - Facebook: @ReliefTransportationSB
- **Volunteer Centre of St. Lawrence-Rideau**
  - 613-499-9393 ext. 20
  - info@volunteercentre.ca
  - www.volunteercentre.ca

## Health & Social Services

- **Alcoholics Anonymous**
  - 613-284-2696
  - info@lanarkleedsaa.org
  - www.lanarkleedsaa.org
- **Kids Help Phone**
  - 1-800-668-6868
  - info@kidshelpphone.ca
  - www.kidshelpphone.ca

- **Leeds, Grenville & Lanark District Health Unit**
  - 613-382-4231
  - contact@healthunit.org
  - www.healthunit.org
- **Ontario Poison Centre**
  - 1-800-268-9017
  - www.ontariopoisoncentre.ca
- **Seeley's Bay Medical**
  - 613-387-3120
  - www.ucfht.com/seeleys-bay
- **St. Lawrence and District Medical Centre**
  - 613-659-2525
  - www.stlawrencedistrictmedicalcentre.com
- **Community & Primary Health Care - CPHC**
  - 613-382-7383
  - www.cphcare.ca
- **Telehealth Ontario**
  - 1-866-797-0000
- **Children's Mental Health of Leeds and Grenville**
  - 1-800-809-2494
  - www.cmhlg.ca
- **Lanark, Leeds and Grenville Addictions and Mental Health**
  - 1-866-499-8445
  - www.llgamh.ca
- **Victim Services Leeds & Grenville**
  - 1-800-939-7682
  - sonya@vslg.ca
  - www.vslg.ca
- **Be Safe App**
  - besafeapp.ca
- **Leeds and Grenville Interval House**
  - 1-800-267-4409
  - www.lgih.ca
- **Country Roads Community Health Centre**
  - 613-272-3302
  - info@crchc.on.ca
  - www.crchc.on.ca

## Youth Groups

- **4H Club**
  - 613-453-4972
  - leeds4h@gmail.com
  - Facebook: @LeedsCounty4h
- **Army Cadets**
  - 613-888-8868
  - 492Army@cadets.gc.ca
- **North Leeds Youth Coordinating Committee**
  - ebeelen@crhc.on.ca
- **Big Brothers Big Sisters of Leeds & Grenville**
  - 613-345-0281
  - bbbs.leeds@bigbrothersbigsisters.ca
  - www.leeds.bigbrothersbigsisters.ca

## Older Adults

- **Seeley's Bay Seniors Club**
  - 613-387-3750
- **Lansdowne Seniors Club**
  - 613-659-3860
- **CPHC - Seniors Support Services**
  - 613-382-7383
  - www.cphcare.ca
- **Stonebridge Quilters**
  - Marilyn Crawford | 613-928-2563
  - marilyncrawford@rogers.com

## Government

- **Federal Member of Parliament**
  - Michael Barrett | 613-498-3096
  - Toll Free 1-866-498-3096
  - michael.barrett@parl.gc.ca
- **Member of Provincial Parliament**
  - Steve Clark | 613-342-9522
  - Toll Free 1-800-267-4408
  - steve.clark@pc.ola.org
  - www.steveclarkmpp.com
- **United Counties of Leeds and Grenville**
  - Toll Free 1-800-770-2170
  - www.leedsgrenville.com
- **Municipal Property Assessment Corporation**
  - Toll Free 1-866-296-6722
  - www.mpac.ca

## Environmental Groups

- **Algonquin to Adirondacks Collaborative**
  - 613-416-9597
  - info@a2acollaborative.org
  - www.a2acollaborative.org
- **Catarqui Region Conservation Authority**
  - 613-546-4228
  - info@crca.ca
  - www.cataraquiconservation.ca
- **Charleston Lake Association**
  - 613-924-0149
  - info@charlestonlakeassociation.ca
  - www.charlestonlakeassociation.ca
- **Friends of Charleston Lake Park**
  - stevepage@kos.net
  - www.friendsofcharlestonlakepark.com
- **Frontenac Arch Biosphere**
  - 613-659-4824
  - info@fabn.ca
  - www.frontenacarchbiosphere.ca
- **Leeds Grenville Stewardship Council**
  - 613-928-2221
  - lgstewardship@gmail.com
  - www.lgstewardship.ca
- **Lower Beverly Lake Association**
  - lynne.jeffries@comcast.net
  - https://lbla.net
- **Thousand Islands Association**
  - thousandislandsassociation@gmail.com
  - www.thousandislandsassociation.com
- **Thousand Islands Watershed Land Trust**
  - 613-659-4590
  - info@tiwlt.ca
  - https://www.tiwlt.ca



# Community Directory

## Sports Associations

- **1000 Islands Kayaking**
  - 613-463-9564
  - kayaking@1000ikc.com
  - www.1000islandskayaking.com
- **Athens District Minor Hockey**
  - lcmharegistrar@gmail.com
  - www.leedschargers.com
- **Athens Minor Baseball**
  - athens.on.msa@gmail.com
  - www.augustasoftball.com
- **Athens Minor Soccer**
  - 613-924-2130
  - athensminorsoccer@gmail.com
- **Front of Yonge Minor Ball**
  - 613-803-4522
  - foysoftball1@outlook.com
- **Front of Yonge Minor Soccer**
  - 613-803-3434
  - katecapitals@gmail.com
  - www.frontofyongeminorsoccer.com
- **Gananoque Curling Club**
  - 613-382-3281
  - info@gananoquecurlingclub.com
  - www.gananoquecurlingclub.com
- **Gananoque Boys Hockey**
  - info@ganminorhockey.com
  - www.ganminorhockey.com
- **Gananoque Girls Hockey**
  - www.ganroyals.ca
  - registrar@ganroyals.ca
- **Gananoque Skating Club**
  - gananoqueskate@gmail.com
  - Facebook: @GananoqueSkatingClub
- **Gananoque/TLTI Little League**
  - gan.tltibaseball@gmail.com
  - Facebook: @GanTLTIBaseball
- **Gananoque Boys and Girls Soccer League**
  - 613-483-9336
  - socceringan@gmail.com
- **Eastern Ontario YMCA**
  - 613-342-7961
  - brk.membership@eo.ymca.ca
  - www.eo.ymca.ca
- **Girls Inc of Upper Canada**
  - 613-345-3295
  - admin@girlsinc-uppercanada.org
  - www.test.girlsinc-uppercanada.org
- **North Leeds Soccer**
  - danelwood80@gmail.com
  - Facebook: @Northleedssoccer
- **Thousand Island Minor Football**
  - timflquestions16@gmail.com
  - www.timfl.com
- **Thousand Islands Youth Boxing Club**
  - 613-530-5461
  - Facebook: @tiybc
- **1000 Islands ATV Club**
  - 613-572-4369 | 613-659-3717
  - info@tiatvc.org
  - www.tiatvc.org
- **Gananoque Canoe Club**
  - 613-382-1251
  - Facebook Group: Gananoque Canoe Club
- **Leeds and District Western Horse Club**
  - ldwhaclub@gmail.com
  - Facebook Group: Leeds District Western Horse Association
- **Swiftwind Equine Center**
  - 613-449-5886
  - www.swiftwindec.ca
- **Portland Football Club**
  - halladaysn@gmail.com



## LTIP Public Library Fall/Winter Programming

Here are some of the great programs we have in-store for Fall and Winter. Our programming calendar is subject to change, so check the monthly schedule by visiting our website or social media, or by visiting your nearest LTIP branch!

|  |   |
|--|---|
| <p style="text-align: center;"><b>Tech 1-on-1</b></p> <p>Do you have questions about how to use your laptop, tablet, or phone? Book a Tech 1-on-1 session with our Library staff this Fall/Winter. Sessions will be available in all three branches, and can be booked starting in October by contacting the Lansdowne Branch.</p> | <p style="text-align: center;"><b>Monthly Take-Home Kits</b></p> <p>Register for our monthly take-home kit program to receive a monthly kit with crafts and activities. We will have kits for children ages 3-6 and 7-10, which will be delivered to your preferred library branch. registration is required, check our website and social media for the registration announcement.</p> |
| <p style="text-align: center;"><b>Crafty Kids</b></p> <p>we're getting crafty this Fall/Winter with craft programs for children ages 6-12. This program is a drop-in, no registration is required.</p>   | <p style="text-align: center;"><b>Story Time</b></p> <p>Join LTIP staff for stories, songs and activities for pre-school aged children and their parents/caregivers.</p>  |
| <p style="text-align: center;"><b>NFB Film Club</b></p> <p>Are you interested in Canadian-made films? Join us for screenings of Canadian documentaries and films, courtesy of the National Film Board.</p>   | <p style="text-align: center;"><b>Drop-in Days</b></p> <p>Lego... Board Games... Video Games... There's so much to choose from at LTIP!</p>   |
| <p style="text-align: center;"><b>Book Clubs</b></p> <p>Are you interested in joining or starting a book club? Contact LTIP for more information about how to get involved with one of our current book clubs, or how to start your own group!</p>   | <p style="text-align: center;"><b>Maker Kids</b></p> <p>This fun after-school program is a drop-in makerspace for children ages 6-12. Each session will have a variety of stations for fun hands-on activities. This program is a drop in; no registration is required.</p>   |

Check our monthly programming calendars for dates, times and locations.

### Volunteers Wanted!

The Library is looking for nominees for the 2023-2026 Library Board. Applications for the Library Board will be available through the Township in Fall 2022. If you are interested in learning more about what the Library Board does and how you can get involved, contact our CEO at the Lansdowne Branch for details.



# Library Events & TLTI Grants

## LTIP Events

### Ontario Public Library Week & ROLL-Aid Food Drive

- **October 16 - 22**
  - We're celebrating Ontario Public Library Week by collecting food for our local Food Bank! Drop off donations of non-perishable food at any Library Branch during that week to support the ROLL-Aid Food Bank!

### OPLW Photo Contest

- **Submissions until October 20**
  - We want to see your love of reading in photo form! Send us a photo of your reading nook, bookshelves, favourite book, or even of yourself reading! Submit your entries through the link on our LTIP website. You could win a gift certificate for a book of your choice or another great prize!

### Family Fun Night

- **Friday, October 21**
  - Join us for an evening of family fun at the Seeley's Bay Community Hall as part of our Ontario Public Library Week Celebrations! Pizza and snacks will be served!

### Halloween Scavenger Hunt and Movie

- **Friday, October 29**
  - Take part in a scavenger Hunt through Jerry Park followed by pizza and a movie in the Lansdowne Community Building.

## TLTI Grants

### Private Road Grants

- Some roads in the TLTI are not municipally owned or maintained. To offer support, we assist eligible private road associations with capital improvements and maintenance costs through the Private Road Grant Program.
- [www.leeds1000islands.ca/privateroadgrants](http://www.leeds1000islands.ca/privateroadgrants)

### Community Grants

- We recognize the valuable contributions that volunteer and community-focused groups provide for our residents. This grant provides the modest levels of financial support to community, not-for-profit and charitable organizations
- [www.leeds1000islands.ca/CommunityGrants](http://www.leeds1000islands.ca/CommunityGrants)

### Heritage and Celebration Grant

- Do you own a heritage or historic home? We can help preserve some of its unique features so it can be enjoyed for years to come.
- [www.leeds1000islands.ca/heritagegrant](http://www.leeds1000islands.ca/heritagegrant)

### Youth Bursary

- TLTI would like to recognize youth for their successes and to support them in achieving their future goals. The Youth Bursary Program is meant to give recognition to youth for their academics, volunteerism, leadership, and extra-curriculars while giving them a modest bursary to go towards their post-secondary endeavours.
- [www.leeds1000islands.ca/youthbursary](http://www.leeds1000islands.ca/youthbursary)





## Walking & Hiking Trails

### Marble Rock

Marble Rock Conservation Area has become a popular site for those seeking a little heft and height with their hiking adventures. Marble Rock Conservation Area is a moderate-to-difficult trail system offering many different terrains. Marble Rock gives hikers challenging and picturesque terrain, featuring breathtaking views at the lookouts along both the North and South Trails.

### Charleston Lake Provincial Park

Charleston Lake Provincial Park is located in the heart of the Frontenac Arch Biosphere, a granite arch recognized by UNESCO for its importance for biodiversity. While hiking in the park, you can expect to enjoy breathtaking views of Charleston Lake, ancient aboriginal cave dwellings, unique rock and forest settings and well maintained footpaths. Snowshoeing and cross-country ski trails in the park for the off-season.

### Landon Bay

An extensive trail network is offered at Landon Bay. You can spend an hour or all day hiking or snowshoeing the six different trails that wind through the property. Signs and printed trail information guide you through the fields, forests, and wetlands of the reserve. The view from the Lookout Trail has long been recognized as the one of the top natural views in the Thousand Islands area.

### Halsteads Bay

Across from the Landon Bay trail system, you will find a gravel turnaround area with a small path which leads you to the St. Lawrence River. Halstead's Bay is not your conventional beach area, but it has become a great area for ice fishing for all residents and tourists!

### Blue Mountain

Blue Mountain is the highest point in all of Leeds and Grenville and a whopping 190 metres of elevation! Okay, so it's not very high but you can see far across the lower lying terrain. Bring a lunch, it's quite a hike!

### TLTI Heritage Walking Tours

Step back in time and learn about the buildings and architecture that tell the stories of our villages. You can enjoy a self guided walking tour in Lansdowne, Lyndhurst, Rockport and Seeley's Bay! Visit Driftscape on the web or on your mobile phone for the self guided tours.

### Thousand Islands National Park

This national park system has several segments between Gananoque and Mallorytown. They have options for skiing, snowshoeing, ice skating, sledding and so much more for residents and visitors to enjoy.

### Thousand Island Parkway

Operated by the St. Lawrence Parks Commission, the Thousand Islands Parkway is nearly 40 km of paved waterfront trail. Locals and visitors can be seen walking, snowshoeing, snowmobiling and skiing along the parkway while they take in the scenery around them.

### ATV Trails

For information on area ATV parking and trails, visit [www.tiatv.org](http://www.tiatv.org). To get in touch with the Club, call Greg at 613-572-4396 or Henry at 613-659-3717.

### Snowmobiling

For more information on trails, conditions, permits and more, visit [www.ucsr.ca](http://www.ucsr.ca). You may also call 613-543-0374 or email [info@ucsr.ca](mailto:info@ucsr.ca).

# Register for a Program

## Online recreation registration system

<https://tlti.ebasefm.com/programs/welcome>

### Fall and Winter Recreation Program

Registration starts:

Program Start:

If you require assistance accessing or creating an account, contact [recreation@townshipleeds.on.ca](mailto:recreation@townshipleeds.on.ca) or 613-659-2415 ext. 228

## How to Log-in

Visit <https://tlti.ebasefm.com/programs/welcome>

Log-in with your email and password if you already have an account.

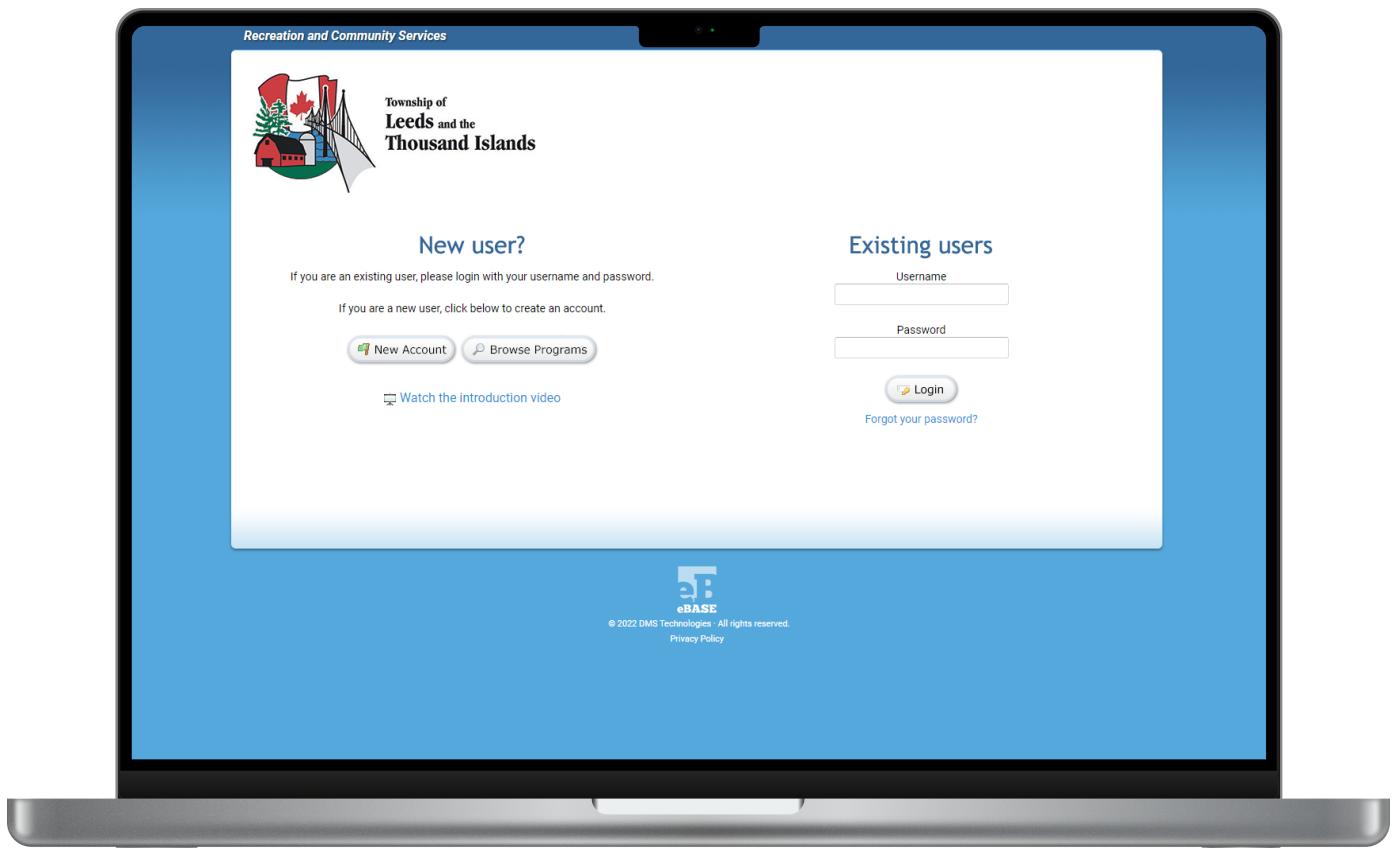
To change your password, select the Options icon in the top right-hand corner

### No account? No problem!

Click New Account: Enter all required information, review and register.

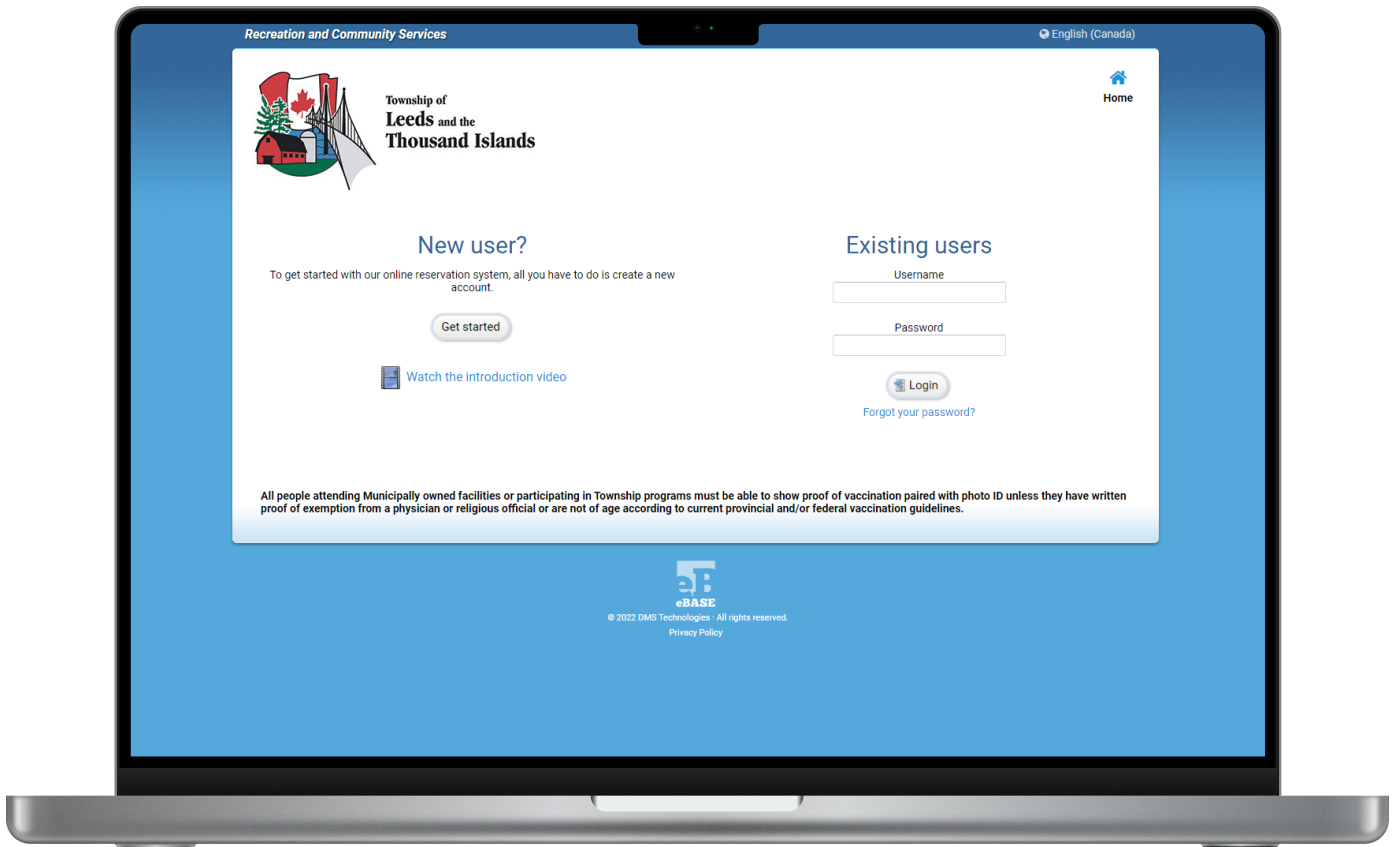
Manage your personal information under the Options tab.

View available programs and programs you can registered for under the Programs tab.



## Online facility rental system

<https://tlti.ebasefm.com/rentals/welcome>



## How to Log-in

Visit <https://tlti.ebasefm.com/rentals/welcome>

Log-in with your email and password if you already have an account.

To change your password, select the Options icon in the top right-hand corner

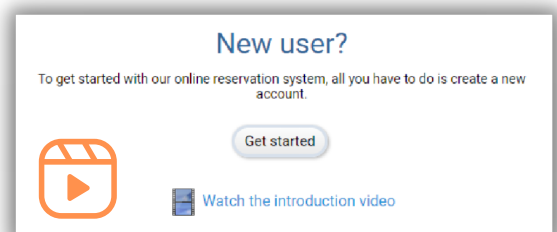
### No account? No problem!

Click Get started: Enter all required information, review and agree to all terms to register.

You will receive an email from [recreation@townshipleeds.on.ca](mailto:recreation@townshipleeds.on.ca) to activate your account.

Manage your personal information under the Options tab.

View your current facility rentals under the Permits tab.



# Subsidy Opportunities

## Every kid deserves the opportunity to play!

### Jumpstart Individual Child Grants

Visit [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca) and click "Individual Child Grants" to apply online.

Jumpstart Charities give kids a sporting chance! Kids aged 4 – 18 from families in financial need can receive funding for help with registration fees, equipment and/or transportation. To learn more call 1-844-YES-PLAY or visit [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca). The program is offered by Canadian Tire Jumpstart and supplemented by the Township when needed. Applications are accepted online only (but call us if you don't have the internet at home). Programs should be a minimum of five weeks in duration and include at least one session per week. In the case of sports camps, the program must last at least five consecutive days for consideration.

### Making Play Possible

Making Play Possible is a registered charitable organization that gives children and youth in Leeds and Grenville the chance to participate in recreational activities. If you or someone you know needs support for enrolment contact Sue at 613-498-4844 or visit [makingplaypossible.com](http://makingplaypossible.com) or email [reachus@makingplaypossible.com](mailto:reachus@makingplaypossible.com)

*"I am very happy and thankful for the help and opportunity for children to do sports to keep themselves healthy. "*

### Champions 4 Kids

Champions for Kids Foundation (C4K) is an initiative of the Upper Canada District School Board. This program is designed to discreetly assist UCDSB children and their families. Applicants are encouraged to speak with their school principal who will facilitate the application process. Call 1-800-267-7131 or visit <http://www.ucdsb.on.ca/teams/championsforkids/aboutC4K> for more information.

### KidSport

KidSport is a national non-profit organization that provides financial assistance for registration fees and equipment for children aged 18 and under. Phone 204-925-5914 or visit [www.kidsportcanada.ca](http://www.kidsportcanada.ca)

### Just4Kics

This registered charity wants to ensure that youth have the funding support they need to participate in recreational activities in their community. Support can include a portion or all of a program registration fee, provision of equipment and/or travel costs. Applicants are encouraged to submit the required paperwork 2 months prior to the program start date. Email [admin@just4kics.ca](mailto:admin@just4kics.ca) or visit [www.just4kics.ca](http://www.just4kics.ca)

### The Positive Opportunity Partnership (P.O.P.) Program

This program is for Leeds and the Thousand Islands and Gananoque youth. If you need help with program fees or equipment costs, you may be able eligible for financial assistance. Gananoque and TLTI youth up to the age of 18 whose family income qualifies under the P.O.P. guidelines are eligible to apply for assistance with registration fees based on their total family income. Families can only apply every 4 months for each child. Visit [www.leeds1000islands.ca](http://www.leeds1000islands.ca) or [www.gananoque.ca](http://www.gananoque.ca) to apply online.

## Let's explore and have fun!

### Girls Inc of Upper Canada

This program enables girls to recognize themselves as leaders, to understand their rights and responsibilities, and to feel empowered and responsible for championing change. This program is offered in two phases. The first phase is a series of interactive activities around the core elements of leadership: community, power, culture and heritage, rights and responsibilities, and social change. In phase two, the participants, as a team, will choose and tackle a community action project that enacts social change.

- **Location:** Lansdowne Community Hall
- **Date:**
  - Phase 1: November 17 - December 22
    - Phase 2: January 12 - March 2, 2023
- **Time:** Thursdays from 6:30 - 7:30 p.m.
- **Ages:** 8 to 14 years old
- **Cost:** Free
- **Register:** 613-345-3295

### Home Alone

This safety training course for boys and girls features games, videos and other fun activities to teach street smarts, people and stranger safety, the importance of routines and family rules, safe activities and snacking, online safety, fire safety and first aid. Please bring a bagged lunch.

- **Location:** Lansdowne Community Hall
- **Date:** December 30
- **Time:** 8:30 a.m. to 4:00 p.m.
- **Age:** 9 to 12 years old
- **Fee:** \$65
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

### Furnace Falls Farm & Forest School

Join us for our child-inspired program! Every day at the Farm and Forest School is different, motivated by the changes that the seasons bring to the land and led by the individual interests of our students. Our programs are designed by outdoor professionals and experienced educators with a passion for Nature-Based Learning.

- **Location:** 504 Old Briar Hill Road, Lyndhurst
- **Date (10 consecutive weeks):**
  - Tuesday, Wednesday, and Thursday
  - 8:30 a.m. to 3:30 p.m.
  - September 20 to November 24
- **Ages:** 5 to 12 years old
- **Cost:** \$50 per day or \$500 per session
- **Register:**
  - [www.frontenacarchbiosphere.ca](http://www.frontenacarchbiosphere.ca)

### Fencing

Classes are given by the Head Coach of the Kingston Fencing Club, Henk Pardoel. As the former Head Coach of Queens' University and Royal Military Fencing Varsity fencing teams, Coach Pardoel brings over 40 years of fencing experience to the region! Assistant Coach Purvis will round out the coaching team. Classes are open to children ages 6 to 12. For older practitioners of the Art and Sport of Fencing, open, day-long clinics will be held monthly. All are invited to participate.

- **Location:** Lansdowne Community Hall
- **Date:** Beginning October 1, 2022
- **Ages:** 6 to 12 years old
- **Register:**
  - [henry.pardoel@gmail.com](mailto:henry.pardoel@gmail.com)
  - 613-331-4981

# Youth Programs

## Youth Badminton

Here's an opportunity to develop your skills and improve fitness levels. Feather birds are provided, and rackets are available. Indoor shoes are required. Whether you're competitive or just out for fun, badminton is a great way to spend your time!

- **Location:**
  - Thousand Islands Elementary School
- **Date (Mondays, Wednesdays, and Fridays):**
  - October 12 to November 25
- **Time:** 7 p.m. to 8 p.m.
- **Cost:** \$40 for 8 weeks or \$5 Drop-in
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Baby Sitter

Students learn the basics of looking after infants, toddlers and school-aged children. Participants also learn how to handle emergency situations. The certificate they earn improves their marketability and instills trust in parents. Please bring a bagged lunch.

- **Date:** December 29
- **Location:** Lansdowne Community Hall
- **Time:** 8:30 a.m. to 4:00 p.m.
- **Cost:** \$65
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Cupcake Decorating

Who doesn't love a delicious cupcake! Tracy will teach participants tips and tricks using techniques to decorate cupcakes. Cupcakes, frosting and decorating tools provided.

- **Date:** November 19
- **Location:** Lansdowne Community Hall
- **Time:** 10 a.m. to noon
- **Cost:** \$20
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>



## Let's get together and get fit!

### Zumba

Join certified instructor Tammy as she leads her class through a series of moves designed to tone and sculpt. Zumba is a fusion of Latin, International and popular music and dance themes creating a dynamic, exciting, effective fitness system! We have two classes to choose from:

#### Option 1: Chair Zumba

Chair Zumba incorporates movements taken from Latin dances like the merengue, salsa and cha cha to create an exhilarating program that aims to improve energy, core stability, muscular strength, cardiovascular endurance, and motor skills.

- **Location:** Seeley's Bay Community Hall
- **Date:** October 18 to November 22
- **Time:** Tuesdays 9:00 a.m. - 10 a.m.
- **Cost:**
  - \$5.00 per class
  - \$25.00 for the full six weeks
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

#### Option 2: Zumba Gold

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.

- **Location:** Seeley's Bay Community Hall
- **Date:** October 18 to November 22
- **Time:** Tuesdays 10 a.m. - 11 a.m.
- **Cost:**
  - \$5.00 per class
  - \$25.00 for the full six weeks
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

### Tai Chi

The Canadian Tai Chi Academy teaches 108-move Tai Chi, a modified version of Tai Chi to maximize the health benefits for faster health improvement.

- **Location:** Lansdowne Community Hall
- **Date:** September 20 to December 1
  - **Continuing Tai Chi**
    - Tuesdays from 9:30 – 10:30 a.m.
  - **Open practice Tai Chi**
    - Thursday 10:45 – 11:45 a.m.
- **Register:**
  - [lansdowne@canadiantaichiacademy.org](mailto:lansdowne@canadiantaichiacademy.org)

### Power Hour Co-ed Fitness

Join fitness instructor Lori Higgs for a mini session on toning, flexibility and stability ball strength.

- **Location:** Lansdowne Community Hall
- **Date:** October 8, 15, 22 and November 5
- **Time:** Saturdays 9 a.m. – 10 a.m.
- **Fee:** \$25 for the session or \$7 drop-in
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

### Group Fitness: Sculpt & Tone

Join fitness instructor Lucie for a motivating muscle conditioning and cardiovascular endurance workout! These non-stop, low impact workouts include dumbbells, resistance bands, and your own body weight. All levels welcome!

- **Location:** Seeley's Bay Community Hall
- **Date:** October 25 – Decembe 8
- **Time:** Tuesdays & Thursdays 7:00 - 8:15 p.m.
- **Cost:** \$60
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

# Adult Programs

## Fit and Fabulous 1

Fit and Fab is designed for adults to help improve aerobic capacity, strength, flexibility, balance and coordination. Progressions are provided to challenge individual fitness levels. Wendy Desrocher is a certified fitness instructor specializing in fitness for the older population. Great music, great fun! Please bring your own fitness ball, mat and water.

- **Location:** Lansdowne Community Hall
- **Date:** Monday, Wednesday and Friday
- **Time:** 9:30 to 10:30 a.m.
- **Fall Session:** October 3 - December 16
  - \$66/once a week, \$121/twice a week or \$160/ all classes
- **Winter Session:** January 3 - March 25
  - \$72/once a week, \$132/twice a week or \$180/ all classes
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Learn to Play Pickleball

Rules, basic shots, and more.....come see what all the excitement is about! All equipment provided. It's a great way to meet new friends or learn as a group.

- **Location:** Centennial Park, Seeley's Bay
- **Date:** October 15
- **Time:** 10:00 a.m. to noon
- **Cost:** \$20.00
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Fit and Fabulous 2

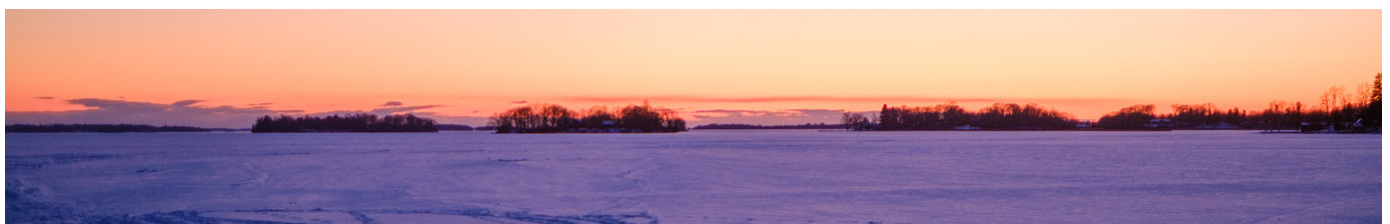
This class is designed for older adults and is slower paced than Fit and Fab I. Emphasis is on endurance, strength, range of motion, balance, posture and coordination. Modifications are provided for all fitness levels.

- **Location:** Lansdowne Community Hall
- **Date:** Monday, Wednesday and Friday
- **Time:** 10:45 to 11:45 a.m.
- **Fall Session:** October 3 - December 16
  - \$66/once a week, \$121/twice a week or \$160/ all classes
- **Winter Session:** January 3 - March 25
  - \$72/once a week, \$132/twice a week or \$180/ all classes
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Lansdowne Pickleball

Come play one of North America's fastest growing sports! Pickleball shares traits with other racquet sports such as badminton and tennis. Players use solid paddles made of wood materials and a perforated ball similar to a wiffle ball.

- **Location:** Lansdowne Community Hall
- **Date:**
  - Fall Session: October 11 – December 18
  - Winter Session: January 2 – May 28
- **Register:**
  - TLTI Lansdowne Pickleball Club on Facebook
  - 613-659-2415 ext. 228





## Badminton

Get Fit, Make Friends, and Have Fun!

Through competitive and recreational play, we are committed to continually improving our skills and challenging our fitness levels. Feather birds are provided, and rackets are available. Indoor shoes are required. Whether you are competitive or just out for exercise, badminton is a great way to spend your time!

- **Location:**
  - Thousand Islands Elementary School
- **Dates (Monday, Wednesday & Friday):**
  - Fall Session: October 12 – December 16
  - Winter Session: January 9 – March 31
- **Time:** 8:00 p.m. - 10:00 p.m.
- **Cost:** \$60 per session or \$5 Drop-in
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Zentangle

The Zentangle art method was developed by Maria Thomas and Rock Roberts and is taught globally by Certified Zentangle Teachers (CZT). It is a fun and relaxing way to create wonderful art by drawing structured patterns, and anyone, of any age of skill, can learn the Zentangle method. The practice of this form of art helps to refocus energy and reduce stress, while promoting relaxation and peacefulness. In the first hour of this introduction to Zentangle class, participants will be using a small paper tile with a pencil, black ink pen and a paper blender to learn the basics of the Zentangle method. In minutes, everyone can be making art and be a Zentangle Artist.... one stroke at a time!

- **Location:** Seeley's Bay Community Hall
- **Date:** November 30
- **Time:** 7:00 - 9:00 p.m.
- **Cost:** \$25
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## Yoga

The Township is pleased to offer yoga again this season. Lots of opportunities to participate!

### Option 1 with Jodi McIntyre

Jodi McIntyre has been teaching Yoga since 2003. She is making her love of yoga accessible and is offering an online yoga experience! To learn more Visit [jodimcintyre yoga.com](http://jodimcintyre yoga.com) to register.

- **Functional Yoga (Online class)**
  - Tuesdays 10:30 a.m. & 7:30 p.m.
- **Gentle Yoga (Online class)**
  - Wednesdays 10:30 a.m.
- **Strength and Flow Yoga (Online class)**
  - Thursdays 10:30 a.m. & 7:30 p.m.

### Option 2 with Jodi McIntyre

Join Jodi for an in-person yoga session.

- **Location:** Seeley's Bay Community Hall
- **Date:** October 28 - December 16
- **Time:** Fridays 1:00 - 2:00 p.m.
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

### Option 3 with Michelle Millar

Gentle strengthening yoga with Michelle Millar will help increase your flexibility through mindful breath-led movements. Classes will have a focus on core strength and spine health. This class is suitable for all levels including beginners! Pending interest, a winter session will be added.

- **Location:** Seeley's Bay Community Hall
- **Date:** October 11 – December 6
- **Time:** 6 to 7 p.m.
- **Cost:** \$80
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

# Clubs & Programs

## Join in on all the fun!

### Women Matters (Rug Hookers)

Join an enthusiastic group and learn the art of matting and hooking.

- **Location:** Lansdowne Community Hall
- **Date:** Every Monday
  - September 19 to May 26
- **Time:** 10 a.m. - 3 p.m.
- **Cost:** \$3.00/week drop-in rate
- **Register:**
  - 613-659-4198
  - womenmattersrugart@gmail.com

### Euchre

Drop in at the Lyndhurst Legion for a friendly game of Euchre! This program runs each Wednesday, with a Super Euchre hosted on the first Saturday of each month. For more information, call 613-928-2617 or 613-483-8591.

Euchre is also hosted at the Seeley's Bay Legion on Thursday a Call 613-387-3208 for more information on this and other Legions programs.

### Game Time

Who doesn't love a good game of Sequence, or Monopoly? How about cards, checkers, or maybe you enjoy a good game of scrabble? Join us this fall for an afternoon of games, and some social time with your fiends and neighbours.

- **Location:** Seeley's Bay Community Hall
- **Date:** October 24 – December 19
- **Time:** Mondays 1 p.m. – 4 p.m.
- **Cost:** By donation
- **Register:** Drop-in

### Darts

Friday Night Fun Darts is held every Friday at the Seely's Bay Legion. Drop in at 7:30 p.m. and get your game on! For details, call 613-387-3208.

### Mental Health First Aid

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. Course participants will learn how to recognize signs that a person may be experiencing a decline in their mental well-being and encourage that person to:

- Talk about declines in their mental well-being
- Discuss professional and other supports that could help with recovery to improved mental well-being
- Reach out to these support
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being

#### For online training opportunities visit:

<https://megahealth.ca/mental-health-first-aid/>

If you are interested in 'in-person' classes, please email [recreation@townshipleeds.on.ca](mailto:recreation@townshipleeds.on.ca). Pending interest, this could be offered later in the winter, or through next year.



## Sewing with Wendy

Interested in learning to sew? Wanting to learn new techniques and skills? Maybe you want some support to complete a sewing project. We are hoping to host sewing classes later in 2022 and in early 2023. This is a call for interest! If you would like to participate in a class, please contact us!

- **Register:**
  - 613-659-2415 extension 228
  - recreation@townshipleeds.on.ca



Seeley's Bay  
Family Chiropractic

**Dr. Dodie Elkins**  
B.Sc., D.C.

1-106 Drynan Way,  
Seeley's Bay  
ON KoH 2N0

seeleysbaychiropractic@gmail.com P:613-387-3703  
www.SeeleysBayChiropractic.ca F:613-387-4026

## First Aid w/ CPR 'C'

This is the workplace WSIB standard for First Aid and CPR, valid for 3 years from the Canadian Red Cross. Course content includes first aid for choking, adult, child and infant CPR, AED (defibrillator) training, first aid for life-threatening bleeding, head and spinal injuries, bone, muscle and joint injuries and wound care. Additional topics include sudden medical and environmental emergencies. There is a written test from the Red Cross and students must attend both days of training and practice. You may also contact First Aid/CPR instructor/Red Cross Training Partner Colleen Cameron by texting 613 498 4415 for more information about this course.

- **Location:** Seeley's Bay Community Hall
- **Date:** November 3 & 4
- **Time:** 8:30 a.m. – 4 p.m.
- **Cost:** \$160
- **Register:**
  - <https://tlti.ebasefm.com/programs/welcome>

## TLTI Coupon ONE FREE CLASS

Try one of the adult  
fitness or leisure  
classes for free!

Deadline to use coupon is January 2023  
(cut this coupon out and bring it with you to the class)

**Free Class  
Voucher**



Township of  
Leeds and the  
Thousand Islands



## Lou Jeffries, Gananoque & T.L.T.I Recreation Centre

Starting September 13th, the Lou Jeffries, Gananoque and T.L.T.I Recreation Centre will be offering:

### Tuesdays

Pubic Skating | 2:30-4:00pm

### Wednesdays

Parent & Tot | 10:30-11:30am  
Adult/Senior Skate | 1:00-2:30pm  
Pubic Skating | 2:30-4:00pm

### Fridays

Parent & Tot | 10:30-11:30am  
Adult/Senior Skate | 1:00-2:30pm

### How to book at the Lou Jeffries, Gananoque and T.L.T.I Recreation Centre

1. Visit <https://app.booking.ca/ganpub/>
2. Create an account by clicking "[Click Here to Create a New Account](#)" and fill out the billing and contact information. If you already have an account, proceed to Login to account.
3. Once the form is completed, you will receive an email to verify your account. Click the link in the email to activate your account.
4. Once your account is activated, you will see options for going to the Home Page, My Account, View Facility Information and View Calendars.
5. To make a facility/park request, login and go to the homepage and select "Request Facility Booking"
6. From the Facilities page, you have the option to view facility/park availability or create a booking request. Select "facility Booking Request"
7. From this search screen, choose the facility/park for which you would like to request a booking by selecting the checkbox next to the facility name on the left.
8. Next choose the date of your requests booking by selecting the calendar day on the right
9. Next choose all the time slots needed for your event or booking and then select, "add Selected"
10. Once you have chosen your desired time slots, select "Continue"
11. Finally, you will see your booking request summary in the form of an invoice.

### Contact

Lori Higgs, Marina & Recreation Coordinator | The Corporation of the Town of Gananoque  
613-382-2149 ext. 1414 | [marinarecreation@gananoque.ca](mailto:marinarecreation@gananoque.ca) | [www.gananoque.ca](http://www.gananoque.ca)

### Please Note:

- Drop in Fees (cash only, please bring exact change)
- Parents and Tots and Senior Skate \$2.00/person
- Public Skating \$3.00/person
- Public Skating and Shinny Hockey Schedule To Be Determined for the 2022/23 season.
- GBM Canada 150 Rink is available for private rentals year round, and based on weather conditions.
- There will be some days it will be unavailable due to holidays and tournaments, please inquire at the arena directly.

## In Case of An Emergency...

There are several things that might be considered a hazardous situation or an 'emergency'. This might include an extended power outage, extreme cold, flooding or wildfires. The following tips will help you through an emergency situation.

### Where to look for information in the case of an emergency

- Visit the township website [leeds1000islands.ca](http://leeds1000islands.ca) (pay attention to the banner on the front page)
- Social media (Facebook, Twitter, YouTube, LinkedIn, Instagram)
- Radio (99.9 MyFM, LakeFM 88.1)
- Call 211 or visit [211.ca](http://211.ca)

### What you can do to prepare for an emergency

- Prepare your 72 hour kit, and be ready to shelter in place if necessary
- Develop a household emergency plan (this might include exit routes, lists of contacts and medications)
- Understand the basic principles of first aid and safety

### What you can do during an emergency

- Follow your emergency plan
- Make sure you are safe, only help others when it is safe to do so
- Stay put until it is safe, or you are ordered to evacuate
- Use the battery-operated radio in your emergency kit to listen to up-to-date information and instructions from local authorities
- Only call 911 to report a fire, report a crime or save a life. In non-emergency situations call the regular line

### What you can do after an emergency

- Try to stay calm
- Check yourself and others for injuries, give first aid when possible – take care of life-threatening situation first and get help if necessary
- Do not use the telephone except to report a life-threatening injury. Please leave the lines free for official use.
- If you are inside, check the building for structural damage. If you suspect it is unsafe, leave and do not re-enter.
- Do not turn on light switches or light matches until you are sure that there aren't any gas leaks or flammable liquids spilled. Use a flashlight to check utilities.
- Do not shut off utilities unless they are damaged, leaking (a gas leak smells like rotten eggs) or if there is a fire. If you turn the gas off, don't turn it on again. That must be done by a qualified technician.
- If tap water is available, fill a bathtub and other containers in case the supply gets cut off.
  - Do not go near loose or dangling power lines. Downed power lines can cause fires and carry sufficient power to cause harm. Report them and any broken sewer and water mains to the authorities.

# Fire Prevention

## Civic Address Signs

### If we can't find you, we can't help you!

Remember to keep your civic number sign cleared of vegetation, snow and make sure it is visible from both directions and isn't blocked by mailboxes or other obstructions.

### Smoke and Carbon Monoxide Alarm Program

The firefighters of Leeds and the Thousand Islands Fire Service would like to help your family stay safe. One way to increase safety is by ensuring that homes have enough smoke and carbon monoxide alarms and that they are in the proper location and are all functioning.

Voluntary Smoke and CO alarm checks/installations and home safety survey inspections are just two of the non-emergency services offered by the Leeds and the Thousand Islands Fire Service.

Appointments can be made by contacting the Fire Prevention Officer at 613-928-0248 or emailing [fireprevention@townshipleeds.on.ca](mailto:fireprevention@townshipleeds.on.ca). There is no charge for these services.

### Home Escape Plan

Do you know your way out?

Having and practicing a home escape plan with your family is a vital piece of making sure your family is safe in the event of an emergency. Draw a floor plan of your home, show all doors and windows. Mark two ways out of each room. Pick a meeting place outside where everyone can meet. And Practice, practice, practice! For more information or a Home Fire Escape Plan template, please contact Fire Prevention at 613-928-0248 or email [fireprevention@townshipleeds.on.ca](mailto:fireprevention@townshipleeds.on.ca).



### Leeds and the Thousand Islands

1233 Prince St. P.O. Box 280, Lansdowne, ON K0E 1L0 •  
Tel: (613) 659-2415 • Fax: (613) 928-3317 •

**Call (613) 704-1812 to initiate a Burn Event. Information such as Fire Risk and Fire Ban status will be advised in the message.**

Open Air Burn Permit

Permit

Renew your burn permit for 2023  
[www.leeds1000islands.ca/burnpermit](http://www.leeds1000islands.ca/burnpermit)

## Roads, Parks, Facilities

### Fall Brushing Program

This program generally runs September through October. Depending on budget and scheduling, priority is given to clearing brush that interferes with sight lines and the travelled portion of the road. Due to the size of our crew and limited fleet, often tree services are called in to address larger trees or multiple trees that need attention.

### Road plowing, sanding and salting

From November 1 to March 31, the Township monitors various weather information sources and performs daily road patrols to monitor conditions and prepare responses to winter events. Our crews use a snow clearing schedule that is based on a road priority system. Sanding/salting and plowing begin on high-use roadways and then moves to residential streets and side roads. The Township cannot say with certainty when each road will be cleared as there are many operational and weather factors unique to each weather event.

### Waste disposal sites

As our landfill sites near the end of their useful lives, residents are encouraged to ramp up their recycling, reducing and reusing efforts! The Township has a comprehensive recycling program that includes tires, organic waste, metal, appliances and household batteries. Check out our website keyword 'garbage and recycling' to learn more!

### Day-Use Parks

The Township has 7 day-use parks that officially close on the Thanksgiving weekend. Park facilities such as washrooms and canteens are closed and park grounds are not maintained during the Fall and Winter season..

### See a problem? Report it! Have a question? Ask us!

In 2021 the Township implemented a service request system that filters and forwards your questions and reports directly to the staff who are responsible for it! Found on our website home page, residents and visitors can log their concerns or requests. At the time of publishing, we have logged over 1,935 service requests for all 14 departments/division. Our system is working and you are receiving the service your deserve!

The screenshot shows a web form titled "Ask a Question/Report a Problem". The form is divided into two main sections: "Contact Information" and "Question/Report Information".

**Contact Information:**

- Name\***: Input field with placeholder "First Last".
- Mailing Address\***: Input field with placeholder "123 Main St., City Name".
- Phone Number (Daytime)\***: Input field with placeholder "555-555-1234".
- Extension (Daytime)**: Input field with placeholder "4321".
- Mobile**: Input field with placeholder "555-555-1234".
- Email\***: Input field with placeholder "user@domain.com".
- Contact Preference\***: Radio buttons for "Email", "Phone", and "No contact required".

**Question/Report Information:**

- Question/Report Type**: Dropdown menu with "Pothole Ruts Erosion of Roads" selected.
- Question/Report Address**: Input field with placeholder "123 Main St., City Name".
- Question/Report Details**: Text area with placeholder "Provide detailed description".

# Serving The Community For Over 45 Years!



*Thank you*



**Scan to book your next service appointment with Gan Chev!**

***Mention this ad at your next service appointment for \$10 off your service invoice\****

\*no cash value, one coupon per customer, cannot be combined with other others, valid until March 31,2022

**Sales: 613-382-2168 ~ Service: 613-382-8500**

**439 King Street East, Gananoque, ON**