



Municipality of North Perth's



# Community

Volume 19, Issue 1

January/February 2019

*Happy New Year 2019*

# Connection

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### North Perth Hospice Annual Teddy Bear Toss

Sunday, February 3, 2019

Listowel Cyclones vs. Stratford Warriors

At Steve Kerr Memorial Complex  
The puck drops at 1:30 p.m.

Please wrap all teddy bears in plastic bags to keep them from getting damp on the ice.

519-291-5141 or npch@wightman.ca



### Youth Pickleball

Drop in to Youth Unlimited on Tuesday January 22nd at 7pm and try Pickleball!

Join the fun at this drop in program for youth!

Location: Youth Unlimited  
280 Wallace Ave. S



The Municipality of North Perth is on Facebook Twitter and Instagram!



### P.A. Day Camp

### 'Celebrating Groundhog Day'

Friday, February 1, 2019

@ NP Westfield School 8:30 a.m.—4:30 p.m.

For Grades 1-6 Cost: \$31/person

Extended care available upon request between 6:30—8:30am (\$2/hr) and 4:30—5:30pm (\$2/hr)

To register, call Amy at 519-292-2056 or Kelly at 519-291-2950 ext. 2065



Bring Skates and Helmet for those who want to skate!

Will I see my Shadow? Wait and See!



### FREE FAMILY DAY SKATING on Monday, February 18, 2019

Elma Logan Recreation Complex

1:30—2:30pm Sponsored by WSC Transport

Wallace Community Centre

1:00—2:00pm Sponsored by WSC Transport

Steve Kerr Memorial Complex

12:30—3pm Sponsored By RBC

# Parks & Recreation

## Red Cross Standard First Aid & CPR 'C'

For Ages 15+ yrs.

Sat. Mar 2/19 (8:30am-4:30pm) &  
Sun. Mar 3/19 (8:30am-4:30pm)

At The Municipal Office  
330 Wallace Avenue North, Listowel

Cost: \$120/person



**CANADIAN  
RED CROSS**

## Red Cross Babysitting Course

For Ages 11-15 yrs.

Sat. Feb 16/19 (9am-4pm) or  
Mon. Mar 11/19 (9am-4pm)

At The Municipal Office  
330 Wallace Avenue North, Listowel

Cost: \$55/person

### **To register, contact Parks & Recreation**

Amy Gangl; 519-292-2056 or [agangl@northperth.ca](mailto:agangl@northperth.ca)

Kelly Broughton; 519-291-2950 ext. 2065 or [kbroughton@northperth.ca](mailto:kbroughton@northperth.ca)

## Home Alone Safety for Kids



This safety program is ideally suited for children aged 9-12 years old. Safety and accident prevention are the common theme throughout the program.

Tues. March 12/19 (9am-4pm)

At the Municipal Office, 330 Wallace Ave. N. Listowel

Cost \$50/person

### **To register, contact Parks & Rec**

519-292-2056 or 519-291-2950 ext. 2065

[agangl@northperth.ca](mailto:agangl@northperth.ca) or [kbroughton@northperth.ca](mailto:kbroughton@northperth.ca)



## **Motivational Tuesdays Group Fitness**

### **Group fitness class in**

**Atwood.** Tuesday nights at **7:00pm** in the Community Hall. A variety of classes for all levels, something new every week. Gain strength, confidence, health and relieve stress. Mat is needed and occasionally a set of dumbbells.

Contact Devon Siebenga to sign up at 519-356-2945 or [Dixiedevon@yahoo.ca](mailto:Dixiedevon@yahoo.ca) or contact the Parks & Recreation 519-292-2056 or [agangl@northperth.ca](mailto:agangl@northperth.ca)



**Tuesdays, January 15-February 26, 2019**

**7pm -8pm**

**Location: EMCC in Atwood  
\$10 drop in**



## **Board Game Nights at SKMC Thursdays January 3—31 at 7pm**

Join the fun socializing and playing a wide variety of unique Euro-Styled Board Games. Bring a friend and see what all the talk is about!

For more information call Kelly @ 519-291-2950 ext. 2065 or [kbroughton@northperth.ca](mailto:kbroughton@northperth.ca)

### **Youth & Adults Welcome...**

#### **Women's Recreational Basketball: Jan 9—Apr. 24**

Looking for participants to join our Recreational Women's Basketball at Eastdale Public School on **Wednesdays** from 7-9pm.



#### **Women's Recreational Volleyball: Jan 8—Apr 30**

Participants welcome to join the Women's Recreation Volleyball at St. Mary's Catholic School on **Tuesdays** from 7-9pm.



For more information or details you can call the Recreation Department at 519-292-2056 or 519-291-2950 ext. 2065

## **FREE! DROPIN!**



## Check out the Weekly Rec programs we offer in North Perth

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Weekends
Parent & Tot Skate	Parent & Tot Skate	Parent & Tot Skate	Parent & Tot Skate	Shinny Hockey	Home Alone
Adult & Senior Skate	Adult & Senior Skate	Play & Move	Men's Basketball	Youth Basketball League	Babysitting
Minor Basketball	Minor Basketball	Pickleball	Girls Volleyball	Girls Volleyball	First Aid
Adult & Youth Volleyball	Group Fitness	Women's Basketball	Board Game Night	PA Day Camps	Public Skating
Pickleball	Adult & Youth Badminton	Indoor Walking Track	Indoor Walking Track	Indoor Walking Track	Indoor Walking Track
Indoor Walking Track	Indoor Soccer				(available based on facility programs)
	Women's Volleyball				
	Indoor Walking Track				

**EarlyON** offers many services and programs for children ages 0-6 years and their families. See page 8 for more information and details.

For program details including times, locations, costs and ages, check out our Events Calendar online at [www.northperth.ca](http://www.northperth.ca) or contact North Perth Parks & Recreation at 519-292-2056 or [agangl@northperth.ca](mailto:agangl@northperth.ca) or 519-291-2950 ext. 2065 or [kbroughton@northperth.ca](mailto:kbroughton@northperth.ca)



**North Perth wants to hear from you!**

**<https://yoursaynorthperth.ca/projects>**

Have your say anytime, anywhere! Log on to 'Your Say North Perth' and complete any or all of the current public engagement platforms:

**Youth Rec & Leisure Ideas**

**North Perth Strategic Plan**

**Pedestrian Crossovers**

We use this information to help shape and plan for North Perth.

## North Perth Outlaws TRY LACROSSE

Registration Dates in Small Gym at LDSS

Wednesday Feb 13

Friday Feb 15

Wednesday Feb 27

Friday March 1



Times:

7-7:30pm ages 4-6

7:30-8:10pm ages 7-10

8:10-9pm ages 11+

Must pre-register. Helmet, gloves and running shoes required, Sticks provided. Returning players are encouraged to come out and share their love of the game. For more info, [www.northperthoutlaws.ca](http://www.northperthoutlaws.ca)

## Guided Meditation Winter & Spring 2019

Facilitated by Susan James

Trinity United Church, The Parlour Room  
230 Barber Avenue North, Listowel, ON

11am-12:15pm Thursdays January 10-May 30, 2019

Cost \$5 donation (Proceeds to North Perth Hospice)

Meditation is a form of focused awareness. It is useful for people of all ages to enhance health, manage stress, improve sleep, increase mental clarity and develop inner peace. In these weekly sessions, we explore breathing techniques, relaxation, guided imagery, and mindful meditation.



Whether you are a beginner or seasoned practitioner,

All are Welcome.

For further information contact  
sjames@wightman.ca or call 519-291-1858

# North Perth Seniors

2pm @ the Listowel Legion Auditorium

565 Elizabeth St. E., Listowel, ON

Thursday Entertainment & Dance \$3/person

### Entertainment Schedule:

Jan 3rd: The Country Versitilies

Jan 10th: The Classics

Jan 17th: Al Crawford

Jan 24th: Missing Pieces

Jan. 31st: R-Songs

Feb 7th: U-Turn

Feb 14th: Touch of Grey

Feb 21st: NO DANCE

Feb 28th: Sunshine Country



For more info contact Cara Smith 519-323-8582 or  
northperthseniorscentre@gmail.com

LISTOWEL  
SKATING  
CLUB



Listowel Skating Club presents

*"Kaleidoscope of Colours"*

Date: Saturday, February 23, 2019

Time 2:30pm

Place: Steve Kerr Memorial Complex

Donations will be accepted at the door. Family skate and complimentary hot chocolate and cookies following the show!

**Alcoholics Anonymous meeting every Friday night in Listowel at 7:30pm, St Paul's Lutheran Church. 505 Wallace Ave N. (back door). Call (519) 500-0278 for information. All calls are confidential.**

**Crossing Bridges** at the Upper Deck Youth Centre 519-444-8989

A youth drop in program (16-24yrs) Mon—Thurs 12—4pm, Fri 11am-3pm

- One to one support and personalized resources
- Information about support service available in the community
- Help to access community services
- Snacks are available
- Access to a gym, pool table, TV and free wifi
- We also provide workshops



The 2019 North Perth  
Municipal Council Schedule  
now available online  
at [www.northperth.ca](http://www.northperth.ca)

### FESTA ITALIANA

**LMHF Steppin' Out Spring Gala 2019**

June 1, 2019

Elma Community Centre,  
Main Street, Atwood

Cocktails- 5:30 p.m.

Dinner - 7:00 p.m.

Live Entertainment by:

The Toronto All-Star Big Band

Silent & Live Auction Items

Contact:

Mich Matheson, LMHF

519-291-3125 ext 6224

[michelle.matheson@lwha.ca](mailto:michelle.matheson@lwha.ca)


ALL PROCEEDS TO EQUIPMENT  
FOR LISTOWEL MEMORIAL HOSPITAL





**North Perth Arts Council**  
 North Perth Arts Council and the North Perth Library Listowel branch continues the Artist of the Month program. January features artist Megan Myke, and February's highlighted artist is Amelia Hartung. More information is available on the NorthPerthArts.com web site and their Facebook group page. Drop by the library during regular business hours to have a look. Sign the guest book and leave your comments!


**The Salvation Army  
 Listowel Family Services**



326 Main Street East 519-291-2900  
 Food Bank Hours:  
 Wed & Thurs 10am-noon & 1-3pm

**Suggested Donations:** Boxed Cereal, Cheese Spread, Feminine Hygiene, Jam, Instant Coffee, Pancake Syrup, Peanut Butter, Shampoo

Big Brothers Big Sisters of Listowel and District's



**Golf for Kids Sake**  
 Sponsored by Trillium Mutual Insurance

**Where: The Back 9**  
**When: Saturday, February 23rd -  
 Sunday February 24, 2019**

Fee: Minimum \$40 pledge per golfer (4 golfers/team)

What: Simulated golf, 2 hour time slots, all proceeds go toward BBBS Listowel & District programming.

Register: Book your team by emailing [meghan.martin@bigbrothersbigsisters.ca](mailto:meghan.martin@bigbrothersbigsisters.ca) or calling (519) 291-6762



## Character Connection

Happy New Year! A new year is a great time to commit to a living a positive, fulfilling life! The North Perth Community of Character focuses on **RESPONSIBILITY** during the month of January. Don't rely on others to remind you to do something. Don't make excuses or blame others. Being **Responsible** makes your life better. When you do what you have promised, people see you as a responsible and reliable person. A responsible person is one who can be trusted to act without needing strict supervision, because they are accountable for their own behavior.

February's character attribute is **PERSEVERANCE**. We often think life should just roll along as expected but that's not reality. In truth, life throws us curveballs and we need to be prepared to deal with them as best we can. Don't think of success as the "final destination" – look for the little wins along the way to motivate you to **keep trying!**

As always, we encourage you to live, work and play with character. To learn more about the North Perth Community of Character, visit our website at [www.communityofcharacter.ca](http://www.communityofcharacter.ca).



Responsibility means "Being open and honest about your actions." Eily Martin



Perseverance means "no matter how hard it gets, never give up." Jill Fowler



"Each of us needs to take Responsibility for our actions. It is crucial!" Kevin Nethercott



Perseverance: "It always seems impossible until it's done. Always do your best and never say never." Heather Cameron



An online Volunteer Centre for our region! This website has 'everything volunteer' in one place, including a matching service for organizations needing volunteers and people looking to volunteer.

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



**Show our local sponsors your appreciation by coming out to our FREE SPONSORED SKATES!**

**Elma Logan Recreation Complex 519-347-2650**

All Skate Times 1:30—2:30 pm

Jan 2	Tim Hortons	Feb 10	Monkton Lions
Jan 13	Williams Drainage	Feb 18—Family Day	WSC Transport
Jan 27	Mornington Communications	Feb 24	Mornington Communications

**Wallace Community Centre 519-291-2976**

All Skate Times 1:00—2:00 pm

Jan 3	Royal LePage	Feb 10	\$3.50/skater
Jan 6	Listowel Agricultural Society	Feb 17	Williams Drainage
Jan 27	Williams Drainage	Feb 18—Family Day	WSC Transport
Feb 3	Trinity Evangelical Lutheran Church	Feb 24	\$3.50/skater

**Steve Kerr Memorial Complex 519-291-4875**

Sunday Skate Times: Family Skate 12:30 pm - 1:30 pm & Public Skate 1:30 pm - 3:00 pm  
PA Day Public Skate & Family Day Skate 12:30—3pm

Jan 2	Tarbush Dickey Giller & Associates	Feb 1 (PA Day)	GM Blueplan
Jan 3	Tim Hortons	Feb 10	Williams Drainage
Jan 4	Atwood Lions	Feb 17	Royal Canadian Legion Branch 259
Jan 20	Dairy Queen	Feb 18—Family Day	RBC Royal Bank of Canada
Jan 27	Listowel Technology Inc		

**Listowel VON: 519-291-5898**



**Urban poling** at the Steve Kerr Complex Monday mornings starting Jan. 7 for 4 weeks from 10:30 – 11:30am (Joining the walking track group)

**SMART exercise programs:**

- Presbyterian Church Monkton- Mondays and Wednesdays from 9am-10am (level 3)
- Parkview Gardens Mondays and Wednesdays or Tuesdays and Fridays from 10:30-11:30am (level 3)
- Listowel Evangelical Missionary Church Tuesdays and Thursdays from 10:45-11:45am (level 2)
- VON office 55+ Tuesdays and Thursdays from 5-6pm

**Congregate dining 12:00-2pm**

- 1<sup>st</sup> Wednesdays Derry St Apartments
- 2<sup>nd</sup> Wednesday Perth Meadows
- 3<sup>rd</sup> Wednesday Presbyterian Church Monkton
- 4<sup>th</sup> Wednesday Perth Meadows

**Blood pressure Clinics 9:30—11:30am**

- Every 2<sup>nd</sup> Thursdays at the VON office
- Every 3<sup>rd</sup> Thursdays at Shoppers Drug Mart
- Every 4<sup>th</sup> Thursday at Zehrs Pharmacy



# READER'S CORNER



Talk Sing Read  
Write Play


Read early and read often. The early years are critical to developing a lifelong love of reading and the North Perth Public Library is here to help. The American Library Association Every Child Ready to Read program encourages parents to interact with their children using the five practices of early literacy: singing, talking, reading, writing, and playing. The North Perth Public Library has created a fantastic collection of children's picture books to help get you started reading, writing, singing, playing and talking with your children. Drop by any NPPL Branch and check out our new display.




**January & February Tech Times**  
Drop-in and ask your tech questions! Did you get a new phone, tablet, eReader, or other device for Christmas? We'll help you set it up!

**Listowel Branch:** Tuesday Jan. 8 and Tuesday Feb. 12, 12pm-3pm and 4pm-8pm  
**Atwood Branch:** Wednesday Jan. 9 and Wednesday Feb. 6, 12pm-2pm, and 3pm-8pm  
**Monkton Branch:** Thursday Jan. 24 and Thursday Feb. 28, 12pm-2pm and 3pm-8pm

Builders of all ages are welcome to drop in to the **Listowel Branch** and build their own creations on **Friday Feb. 1<sup>st</sup> between 1pm – 4pm.** Build with **LEGO** and play with **Ozobots.** (Parents must remain in the library with children aged 10 and under.)




**Drop-in Ozobot Play Time:**  
Drop-in anytime between 4-5pm to code your own Robot with Ozobots! All Ages.




**Listowel Branch:** Tuesday Jan. 8, 4pm-5pm  
**Atwood Branch:** Wednesday Jan. 9, 4pm-5pm,  
**Monkton Branch:** Thursday Jan. 24, 4pm-5pm

**Invent with Gizmos & Gadgets!**  
Come out and invent with our new LittleBits - small electrical circuit parts that snap together using magnets, making it easy to build and fun to create with!

**Ages 8-12. Registration Required. Call to register.**  
**Atwood Branch:** Wednesday Feb. 6, 4pm-5pm (Call 519-356-2455)  
**Listowel Branch:** Tuesday Feb. 12, 4pm-5pm (Call 519-291-4621)  
**Monkton Branch:** Thursday Feb. 28, 4pm -5pm (Call 519-347-2703)





## Eliminate Your fear of Public Speaking

Gain self confidence in six weeks  
With our interactive  
Communications & Leadership Workshop  
**Thursday January 24, 2019 at 7:06 p.m.**  
**St. Paul's Lutheran Church**  
**505 Wallace Avenue North, Listowel**  
**Cost is only \$100.00**

**Class size is limited, so contact us today.**  
**Brent 519-807-3180**  
[brent\\_jemmett@wightman.ca](mailto:brent_jemmett@wightman.ca)  
**Sponsored by Linguists of Listowel & Toastmasters International**

### Be PREPARED for WINTER WEATHER

**Four Types of Wintertime Alerts** [weather.gc.ca](http://weather.gc.ca)

**Special Weather Statements** are the least urgent type of alert. These are issued to let you know that conditions are unusual and could cause concern. They provide a heads up of what weather may be coming.

**Advisories** are issued for specific weather events (like blowing snow, fog, freezing drizzle and frost) that are less severe, but could still significantly affect Canadians.

**Watches** alert you about weather conditions where there is potential for a significant storm or severe weather to occur. As certainty increases about the path and strength of a storm system, a Watch could be upgraded to a **Warning.**

**Warnings** are urgent messages that severe weather is either occurring or will occur. These alerts are updated regularly so that you can



## North Perth EarlyON Child and Family Centre

955 Binning Street West, Listowel 519-291-6626

Email: [earlyon@northperth.ca](mailto:earlyon@northperth.ca) Calendars available at [www.northperth.ca](http://www.northperth.ca)



### Play & Read

A fun filled, drop in program featuring songs, stories, creative, sensory and inviting activities as well as free play.

Wednesdays - 10:30 – 11:30am

North Perth Library, Monkton

Thursdays - 10:30-11:30am

North Perth Library, Atwood

Fridays - 10:30-11:30am

North Perth Library, Listowel



### INFANT PROGRAM

This 8 week program is designed for parents with infants 0-4 months of age. Each week will focus on different topics, infant sign language, interactive songs and rhymes. For more information or to pre-register for the next session, call 519-291-6626 or email [earlyon@northperth.ca](mailto:earlyon@northperth.ca)

**NEXT SESSION WILL BEGIN  
JANUARY 2019 1:30-3:00 pm**

### Play & Learn

A free, drop-in program for children and their parents or caregivers. The play environment allows children to explore and create with new materials; play with other children; learn to express their thoughts and feelings; build language skills through songs and stories at circle.

All parents/caregivers welcome!

**Wednesdays:** North Perth EarlyON Centre 9:30-1:30am

**Thursdays:** North Perth EarlyON Centre 1:00-3:00pm

**Saturdays:** Steve Kerr Memorial Complex 9:30-11:30am

### Play & Move

Wednesdays 6-7pm

**Listowel Eastdale Gym \* this is a location change\***

Parents & Kids age 0-6 years are invited to get "in motion".

A variety of play toys & equipment will be available for you and your little one(s) to get active and have fun indoors.

### BABY TIME

Listowel Kin Station  
9:30-11:30am



Come join our infant friendly atmosphere, together you and your infant can explore physical and sensory play while learning new songs and rhymes. Weekly topics discussed.

### Play & Skate

**Mondays** 10am-12pm

Elma Logan Recreation Complex

**Thursdays** 10am-12pm

Steve Kerr Memorial Complex



Parents & Kids age 0-6 years are invited to enjoy a skate then play with a variety of toys & equipment for you and your little one(s) to get active and have fun

### **Steve Kerr Memorial Complex Indoor Track:**

**965 Binning Street West, Listowel, ON** Tel: 519-291-4621

~Two-lane inclusive track. Distance is 722 feet. 4.5 laps = 1km

~Winter Hours: October-April: Monday-Friday 8 am - 6 pm

~Evenings and weekends may also be available, but paid admission events take precedence over track

~Track is closed on Stat Holidays

~Supervision is required for children

### **Elma Logan Recreation Complex: Indoor Walking**

~Set walking hours on Mondays & Tuesdays 9am—1pm

~Wednesdays 1-4pm

~Other weekdays may be available from 9am—4pm

For general inquiries in regards to walking hours, or for more information please call 519-347-2650

### **Mood Boosters Drop-In Group**

This free, 8 week interactive group will focus on learning new mood boosters; how to recharge emotionally and enhance your feeling of well-being.

Every Wednesday, starting

**January 30—March 27, 2019 1:30-3:30pm**

Fisher Family Primary Care Centre

185 Inkerman St. E.,

Listowel

Space is limited,  
register early!

Contact: Laurie Erb  
519-291-4200 ext 6260  
or [lerb@npfht.ca](mailto:lerb@npfht.ca)

