

ALZHEIMER SOCIETY

We have urgent to fill the following volunteer positions:
IN-HOME RECREATION VOLUNTEERS Volunteers make weekly phone calls or virtual visits to a person living with dementia.
WALK FOR ALZHEIMER'S Do you love to plan, fundraise & engage with other volunteers? We need your support! Please email Robyn Owen, robyn.owen@alzswp.ca for more information or call 519-421-2466.

INGERSOLL HORTICULTURAL SOCIETY

Our next meeting is Mar 22, 7:30pm at the Masonic Hall, 190 Thames St S. Our speaker will be Ron Casier, Chair of the Canadian Chestnut Council, speaking on "Restoring the American Chestnut" (now an endangered species). This promises to be an educational & interesting evening. There will be the usual 50/50 draw & door prizes.

ONTARIO ANCESTORS

Mar 15, 7pm virtual meeting of Oxford Branch of Ontario Ancestors, Alexandra Cooper will present "The Petworth Emigration Scheme: Using letters to research your family tree." She will give a brief history of The Petworth Emigration Scheme, who they were, why they decided to emigrate, and where they settled. Then she will examine how letters to family can help you research ancestors & expand your family tree. To register visit <https://oxford.ogs.on.ca> for the link. Everyone welcome.

THANKS TO YOUR GENEROSITY:

1,581 Operation Christmas Child shoe-boxes were collected in the Ingersoll & Woodstock areas! Worldwide there were 10,505,155 shoe-boxes prepared for shipment to impoverished children! 413,875 came from Canada, which includes 149,647 from Ontario.

CYCLES OF LIFE

Cycles of Life for Supportive Transitional Living would like to thank all those who have given so generously in Oxford County. Currently, we are in need of men's pants size 30-34, shoes/boots size 9-15, and men's mitts/gloves. You can drop these items off at our tables: Ingersoll, downtown by the gazebo Tues 1-3pm, Woodstock at College Ave United Church Mon, Wed & Fri 1-3pm & Tillsonburg, Upper Deck, Queen St. Thur 3-5pm. If you have some time to volunteer, it would be greatly appreciated. Facebook: Cycles of Life, mjp.pscol@gmail.com.

ROTARY CLUB

The Ingersoll Rotary Club is eagerly anticipating the upcoming spring & summer. Our members are very pleased to announce the return of the R&R Lottery. There are only 650 tickets, with monthly winners drawn the 1st Thur of each month, beginning in May. The recipient of the winning ticket, will have a choice of the actual monthly trip or a cash payout. Proceeds from the sale of The R&R Lottery tickets are 100% put back into the Ingersoll community. Please contact Ann for tickets 519-983-2955. Please check this space for updates on the status of the Rotary Club of Ingersoll planned activities & community programs. For info, Bob Lunney, Pres, Ingersoll Rotary Club 519-303-1384.

VENDOR SHOW

Mount Elgin Community Center Sat, Mar 5, 11-3pm. \$2 admission.

BEACHVILLE LEGION

We look forward to welcoming everyone back!
FREE POOL & DARTS FRIDAY NIGHTS Branch opens 7pm. Calling all darts players, all levels, play begins at 8pm.
MARCH FRIDAY SUPPERS Pre-order: call 519-423-6363 or email rcl495.suppers@gmail.com by Wed 8pm week of dinner. Leave your name & number of dinners. Take-out 5-5:30pm at the front door, after in the clubroom. Eat-In served in the clubroom 5:30-6:30pm. \$13 a plate.
MAR 11 Roast beef **MAR 25** Ham & scalloped potatoes
Our General Meeting is Mar 16, 7pm. We have continued to move forward with planning of functions as permitted. It is important that we maintain this momentum with your input & help. Please plan to attend.
HALL RENTALS AVAILABLE Facebook or rcl495beachville.ca.
Beachville Legion Branch 495, 39 Zorra Line, 519-423-6363.

INGERSOLL SKATING CLUB CARNIVAL

The Ingersoll Skating Club is excited to present their annual Carnival Sat, Mar 26, 1pm & 5pm. Our theme is Passport to the World. We will travel to & enjoy music from Australia, Great Britain, Scotland, Ireland, Italy, Spain, Japan, Africa, United States & Canada! Tickets available during skating sessions & at the door. Everyone is welcome to see our skaters perform their routines at Ingersoll Arena. Questions? ingersollskatingclub.com or Barbara 519-485-1039. Hope to see you there!

YELLOW BIRDS BACK IN THE AIR

Come fly with us & experience the magic of flight in a Second World War trainer! The Canadian Harvard Aircraft Association will soon resume its flying operations to provide flight experiences for the general public. Visit us at Tillsonburg Regional Airport Tues & Sat 9am-4pm. If you'd like to arrange a flight, visit www.harvards.com for information. Our remarkable vintage aircraft are also available for special events & memorial flypasts. We are an all-volunteer association celebrating our 37th year. New members of all ages are always welcome.

22ND INT'L WOMEN'S DAY BREAKFAST

The London Abused Women's Centre's Annual International Women's Day Breakfast is one of London's most sought-after virtual events offering exceptional opportunities to create change & be part of an inspirational conversation. Our keynote speaker is Cherry Smiley. The event offers door prizes, an on-line auction & many surprises! Join us Fri, Mar 4, 8-9am to celebrate International Women's Day. \$35. Tickets at Eventbrite or www.lawc.on.ca.

MEAT PIE FUNDRAISER

Trinity United Church Fundraiser will offer 2 types of meat pies: Steak & Mushroom and Turkey, which have been outsourced & have been tasted for quality. Pies will be sold 2 for \$10/ package. Call in orders Mar 7 until Mar 18, 12pm. Call 519-485-0820 & leave a message. Pick-up: Apr 2, 10-12 noon. These pies are highly recommended!



CIVIC CORNER

COVID-19 Update – March 2022



Council Meetings will return to the in-person/hybrid format at the Mt. Elgin Community Centre starting March 1, 2022. Council meetings will also be broadcast live on the Township's YouTube channel. Please note that COVID-19 safety protocols are still in effect, which include self-screening for symptoms & exposure before entering the community centre, contact tracing, face coverings, and physical distancing of 2 metres. Face coverings are required indoors with the exception of eating & drinking. On February 14, the Province of Ontario announced further easing of public health restrictions. These will be effective Feb 17, and include but are not limited to: Increasing

social gathering limits to 50 people indoors and 100 people outdoors. Removing capacity limits in public venues that require proof of vaccination such as; restaurants, meeting & event spaces, non-spectator areas of recreational facilities, etc. Effective Feb 18, booster dose eligibility is being expanded to youth aged 12-17. Appointments can be booked through the Province or at select pharmacy locations. Effective March 1, Ontario will be lifting proof of vaccination requirements for all settings. Businesses & other settings can choose to continue to require proof of vaccination. Masking requirements will remain in place. You can read all details in the province's news release: Ontario Moving to Next Phase of Reopening on February 17.

Load Restriction in Effect

In an ongoing effort to keep our roads safe & to prevent damage during the wet season, we have a weight restriction on vehicles for the months of March & April. This means any vehicle that carries more than 5 tonnes per axel (5,000 kg) is not allowed on the road during this time. The OPP will be weighing or ordering suspect vehicles to the nearest MTO weigh scale. In the event that the vehicle is overweight, the OPP will be issuing fines & having the vehicle turned away. Help us keep our roads safe for all vehicles driving on them. For information, contact Works Superintendent Adam Prouse 519-485-0477 ext. 7060.

Upcoming Events

The Engage and Inform Committee has rescheduled the SWOX Trivia Night for March 16, 2022, at 7:00 p.m., via Zoom. Sign-up at swox.org and play for a chance to win 1 of 3 prizes! Thank-you to our sponsors: The Oxford Hills, Rose and Daffodil Bakery, and EARTH Power.

Upcoming Municipal Election

Municipal Elections in Ontario are held every 4 years on the 4th Monday of October. The next municipal election will be held Mon, Oct 24, 2022. The last municipal election was held Oct 22, 2018 and, under the Municipal Elections Act, the 4 year term of office for the current municipal council & local school board trustees began December 1, 2018 and ends on November 14, 2022.

Nominations for South-West Oxford Mayor & Council member candidates, and local school board trustees, will open Mon, May 2, 2022 and will close Aug 19, 2022. Individuals interested in running for Mayor or a Ward Councillor must ensure that their nomination papers are filed with the Township Clerk no later than 2pm on Aug 19, 2022 and are not permitted to begin their election campaign until their papers are filed with the Clerk's Office. For all candidates elected or acclaimed, the new 4 year term of office will begin Nov 15, 2022.

More information, including forms & documents required to be submitted to run for office, will be made available on the Township's website and available for pick-up at the municipal office in March 2022.

Information for Voters

If you are a resident, owner, or tenant of property in the municipality, a Canadian citizen and 18 years of age, you are eligible to vote in the upcoming municipal & school board elections. We all play a role in ensuring a fair electoral system & it is the responsibility of every elector to make sure their information is up-to-date & accurately reflected for electoral purposes.

- By logging into voterlookup.ca, eligible electors can:
- Confirm or update their electoral information;
- Add an elector name to an address; and
- Change school support.

The Voter Look Up site is owned and managed by the Municipal Property Assessment Corporation (MPAC) who are responsible for identifying all potential municipal, school board, and District Social Services Administration Board electors.

Voting Methods

Internet and Telephone Voting will be used in the upcoming municipal election. These alternative voting methods will also be used for the advanced polling period. Internet & telephone voting will be available for all eligible voters within the Township from Fri, Oct 14, 2022 to Mon, Oct 24, 2022. During the voting period, voters will be able to cast their vote remotely using their own devices (i.e., laptop, smart phone, or tablet) in the comfort of their own home, at a time that most suits their schedule, or at the municipal office using a Township-supplied iPad or laptop. The advantages of internet & telephone voting include less travel, removing time & date constraints for voting, fewer crowds and line-ups, and improved accessibility for persons with disabilities, or people who are ill or away from their home.

Animal Care and Control

The Township has been receiving multiple repeat by-law complaints concerning residents allowing their dog to run off-leash and off their property. Our Animal Care and Control By-Law 76-2017 states that dogs must be kept on the pet owner's property or, otherwise, be on a leash. Failure to keep your pet properly controlled may result in a \$300.00 fine per occurrence. Please help us keep our community a clean and safe place for all people and pets.



AL-ANON

Friends, families & adult children of problem drinkers find understanding & support at Al-Anon meetings. There are no dues or fees, we are self-supporting through our own contributions. Call 24 Hours 519-434-2613, al-anon.alateen.on.ca, al-anon.org.

MON 6:45pm Christian Church, 452 Wellington St, St Thomas

TUES 8pm Ingersoll - St Paul's Church, 56 Thames St S

WED 8pm Woodstock - First Baptist, 603 Adelaide St

SAT 9:30am London - St Joseph Hospital, 268 Grosvenor St

GRIEF WORKSHOP

Any time you are upset or stressed by anything, you are actually grieving! Westminster United Church in Thamesford, can help you shift your perspective & gain some peace by teaching you the Edu-therapy™ program. Led by grief specialist, Catherine Cannon, this in-person 8 week program, starting Mar 9, 8pm, takes you through steps that many have found life altering. Call Catherine 519-619-8108 for info. Previous participants are welcome to redo the course or to wait for the 3 week refresher starting May 18. Proof of vaccination required.

YOUTH 12 – 18 YEARS OF AGE:

201 Dorchester Royal Canadian Air Cadet Squadron is accepting recruits to their exciting Air Cadet Program. Earn community involvement hours, participate in survival training exercises, gliding flights, fly simulators, or learn a band instrument. All training & uniforms are free of charge. We meet Wed at Dorchester Optimist Hall 6:30-9pm. For info: 519-268-2010; captain.allaire@gmail.com, www.aircadets.ca/201/.

THISTLE THEATRE – UPDATES

"A RED PLAID SHIRT" Performance dates: Apr 1-3 & 7-9. Laughing at the trials & tribulations 2 couples face starting retirement.

OUR BOX OFFICE Sat, Mar 19, & Sat, Mar 26 at the Embro Town Hall 10-2pm or call 519-475-4201 or ticketscene.ca.

ANNUAL MEMBERSHIPS Cost is \$10/person.

ANNUAL MEETING Mar 19 at Embro Legion 7:30pm.

DRAMARAMA 2022 For ages 7-14. July 4-15 or July 18-29, 9-3pm. Dramarama is all about creativity & self-expression! Registration: 1st come, 1st served at Embro Town Hall Mar 26, 10-2pm. Email Sydney dramarama.thistletheatre@gmail.com with questions.

ALCOHOLICS ANONYMOUS

24 Hour Helpline 519-438-1122, help@oxfordaa.com, oxfordaa.com. The only requirement for membership in Alcoholics Anonymous is a desire to stop drinking. There are no dues or fees.

MON Ingersoll 1pm St. Paul's Church, 56 Thames St, S

TUES Ingersoll 7:30pm Trinity Church, 118 Church St (downstairs)

FRI Ingersoll Friday Morning, 10am, Trinity Church, 118 Church St

SAT Ingersoll 7:30pm St. Paul's Church (south ent) 56 Thames St, S
Online meetings also take place in Oxford County, see our website.

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SUMMER EMPLOYMENT OPPORTUNITY:



HAPPY HILLS RESORT
EMBRO, ONTARIO

All applicants must hold the following qualifications:
-Current Certification of National Lifeguard Service (NLS)
-Current Certification in Standard First Aid and C.P.R.
-Experience working with children
-Excellent interpersonal & communication skills
-Ability to work independently & in a team environment

HAPPY HILLS RESORT, EMBRO IS NOW ACCEPTING APPLICATIONS FOR LIFEGUARD POSITIONS

If interested, please forward your resume to: thebakers@happyhills.com
Or call if you have any questions: 519-475-4471

ZORRA CALEDONIAN SOCIETY

General Meeting is Mon, Mar 21, 7:30pm at Embro Legion. Everyone welcome! Join us as we explore new ideas & suggestions for the 2022 Embro Highland Games! Interested in finding out more, or want to become a member? Please contact Holly at hm.macdonald@hotmail.ca. You can also check us out at www.embrohighlandgames.ca.

INGERSOLL CREATIVE ARTS CENTRE

VISIT THE GALLERY AND ARTISAN MARKET Mon-Thur 9-3pm & Fri 9-2:30pm at 125 Centennial Lane, Ingersoll (in Victoria Park). We offer membership, studio times, adult & youth classes, paint nights, creative how to evening lessons and handcrafted gifts in our Artisan Market.

EXHIBITION Until Mar 12 "Pillow Talk" by Oxford Quilters Guild.

Mar 19-Apr 14 "My Creative Spirit" features both pottery & rug hooking created by the very talented Paulette Roberston. View the exhibition online at creativeartscentre.com & follow us on Facebook & Instagram for the latest information. Admission is free.

ICAC ART PD DAY/WINTER CAMP on Mar 4 - PD Day Camp June 3 - Winter Camp. Register at creativeartscentre.com/pd-days-and-camps/
WATERCOLOR PAINT CLASS Back by popular demand! Join Michael De Belleval in this 4-week watercolour class. All levels of are welcome. Mar 24, 31, Apr 7, & 14, 1-3:30pm.

ADULT BEGINNER PHOTOGRAPHY A hands-on course designed to teach you how to use your DSLR or mirrorless camera in manual mode & help get consistently good photos. Apr 23 & 30, 2-5pm. Registration is open. Email ingersollcreativearts@gmail.com or call 519-485-4691.

SUMMER STUDENT JOB OPPORTUNITY

Zorra Township is now accepting applications for Summer Day Camp Leader at both Thamesford & Embro locations and Lifeguard/Instructor at the Thamesford Area Swimming Pool. All positions required applicants to be 16 years of age & to be available for 25-40 hours of work each week starting as early as June 20 until Sept 2. Please submit applications to ssarchuck@zorrap.ca. Visit www.zorra.ca to view the job descriptions.

INTERNATIONAL STUDENT EXCHANGES = ISE

?Quieres intercambios? Wilst du in Deutschland ein Austausch machen? Veux-tu te changer les airs? ISE's amazing reciprocal exchanges are off the ground again, and young people between 13 and 17 are invited to apply for an experience of a lifetime this summer or next school year. Deadlines are in March! Check www.iseontario.on.ca for information or email bryansmith@iseontario.on.ca for assistance with applications, preparations for travel and hosting and throughout these adventures in learning, cultural competence and real relationships.

SALFORD LEISURE CLUB

Spring is just around the corner & I am sure we will all be happy to put this winter weather behind us. Restrictions are easing & with that, perhaps our club will be able to meet once again at Salford Hall. It certainly was a treat to see everyone at Christmas for a restaurant luncheon. Since then the occasional phone call has had to do. So needless to say, we will have a lot of catching up to do. Given the 40 year history of our Leisure Club we feel it is important to keep our membership active & are looking forward to shuffleboard & euchre once again. The exciting news this month is the Olympics! and there is a new Olympian in our midst, a resident of Foldens. We send our heartiest congratulations to Ella Shelton, her family and the Canadian Hockey Team on winning a gold medal for Canada!

FOOD ADDICTS ANONYMOUS

The only requirement to membership in FA is a desire to stop eating addictively. No dues, no fees, no weigh-ins. We are meeting in Ingersoll on Wed at 6:30pm at Trinity United Church, 118 Church St. Masks & social distancing required. For information, call Patrick 519-485-4146 or Gayle 519-532-4254.

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SERVICES FOR SENIORS

250 Ingersoll St S, 519-485-2269

GROCERY BUDDY COVID Keeping you in? Our friendly volunteers will pick up groceries for you! Call with a list & we will arrange a day and time for us to do your shopping! This program is essential right now, and the best part is that it is free!

MEAL PROGRAMS Frosty meals: \$6, \$1.50 soup or dessert. Free delivery available. These meals meet Canada's food guide recommendation's & use only the best ingredients. Meals are available for all diet types including gluten free, sodium reduced, lactose free & modified texture. Over 30 entrees & 10 soups / desserts!

MEALS ON WHEELS \$7/day, served at lunch time Mon-Fri.

CURBSIDE MEALS lighter meal on Fri, \$6. Full meals on Tues, \$10. Menu: Feb 1 – Roast Beef, Feb 4- Sloppy Joes, Feb 8- Alfredo Chicken, Feb 11- Sweet & Sour Meatballs, Feb 15- Lasagna, Feb 18- Cheddar & Apple Grilled cheese, Feb 22- Fish & Chips, Feb 25- Spinach Salad. Every Tues & Fri 12 -12:30pm please call to book your meal by 12noon the day before! Delivery in Thamesford & Ingersoll available.

HANDYMAN / HANDMAID SERVICES Small fee for service. Tasks such as yard work, companionship & cleaning. Call us for a referral to a policed check individual. We are looking for people to clean homes.

FOOT CARE CLINIC \$25, Call for appointment. Home visits available.

TRANSPORTATION for older adults in Ingersoll & surrounding areas. Reasonable rates, reliable drivers. 3-day notice preferred.

ASSISTIVE DEVICE LOAN PROGRAM Free, wide range of equipment.

HELP WITH FORMS by phone only. Free, by appt. CPP, OAS, GIS, etc.

VOLUNTEERS If you have spare time & would like to help fellow members of your community, give us a call.

TELEPHONE REASSURANCE If you or a loved one would like to talk with a friendly volunteer once a day or once a week, give us a call!

INGERSOLL 50+ ACTIVITY CENTRE

250 Ingersoll St. S. 519-485-3869, ingersollseniors.com

WEEKLY PROGRAMS *Programs subject to change, call to confirm.

MON Zumba, Bid Euchre, Line Dancing, Wood Carving & Bridge

TUES TBW, Chair Yoga, Pepper & Carpet Bowling

WED Line Dancing, Chair Cardio, Bridge & Bingo

THUR Gentle Yoga, Chair Yoga, Mah Jong, Pepper, History & Choir

FRI OsteoFIT, Mexican Dominoes, Bridge, World Issues & Euchre



Ingersoll 50+ Centre presents our...

VIRTUAL Active Living Fair

March 8, 9 & 10 | 9am - 12pm

Fun, fresh & creative ways for older adults to stay active & healthy!

All presentations will be via Zoom.
Stay tuned for a complete schedule!

Our Virtual Active Living Fair is run in partnership with the Older Adult Centres/ Assoc. of Ontario (OACAO) with funding support from the Government of Ontario.

OACAO
The Voice of Older Adult Centres
La voix des centres pour aîlés



CYCLES OF LIFE

Cycles of Life for Supportive Transitional Living runs a Community Outreach Table in the downtown area by the Gazebo in Ingersoll Tues 1-3pm. We bring everything with us, set up, give out food, clothing, hygiene products etc. & then pack back up. We wonder if anyone has inside space with storage to run our table from. This table is for anyone who self determines their need of a little help. So COL is asking for help to move inside to run the table and to have some storage space. If you can help please contact us at 226-777-4008, cyclesoflife.fstl@gmail.com or on Facebook; Cycles of Life. Cycles of Life for Supportive Transitional Living would like to thank those who purchase bike tickets from us for a 7 speed bicycle draw. Terry Bushell of Ingersoll was the lucky winner. Keep posted to Cycles of Life Silent Auction Page on Facebook for more items to bid on.

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Ingersoll 50+ Activity Centre YARD SALE

ANNUAL

& BREAKFAST

Saturday, April 9th 8am-12pm

NEW Fill-A-Box for \$10 Room

250 Ingersoll St. S, Ingersoll 519-485-3869

AFFECTED BY SOMEONE'S ADDICTION?

Nar-Anon groups are a worldwide fellowship for those affected by someone else's addiction. Helpline 1-800-477-6291. Information can be found at www.nar-anon.org/other-sites.

MON St. Paul's Church, 56 Thames St. S. Ingersoll, 7:30-8:30pm

OPAL THANKS SWOX and The Coldest Night of the Year!

Hearing that SWOX's version of the walk in solidarity with those seeking shelter from the cold was on the banks of the Thames, OPAL members jumped at the opportunity to celebrate a river they vowed to protect. They joined those supporting the Coldest Night of the Year on the Beachville Lime trail along the Antler River. If you are looking for added opportunities to get "Back to the River", contact bryasmit@oxford.net. Thanks to all those protecting environmental & human health.

4-H ACTIVITIES

4-H members & volunteers have endless possibilities to 'Learn to do by Doing' with the 4-H program in Oxford & across the province! The Oxford Beef 4-H Club is starting Mar 4 to explore different topics relevant to the beef industry in Ontario. Contact [Amy reinstonefarms@gmail.com](mailto:Amy.reinstonefarms@gmail.com). Cloverbud 4-H program for ages 6-8 is looking for volunteers. There are eager youth & need adult volunteers to help deliver the programming. Contact oxfordcouth4h@gmail.com to learn more. Oxford County 4-H Association Special 4-H Class for 2022—Display of Ontario Fruits & Vegetables. Be creative! Prizes 1st \$15, 2nd \$12, 3rd \$10, 4th \$8, 5th \$5. There are lots of opportunities for youth ages 9-21 to become involved with 4-H to 'learn to do by doing' at home & in-person. Volunteers also 'learn to do by doing' by being involved in the 4-H program. Contact oxfordcounty4h@gmail.com to find out more. Also check Facebook at: Oxford County 4-H. The 4-H program is a leadership development program for youth ages 6-21 from urban & rural areas learning about health, technology, agriculture, science, food & community in a hands-on learning atmosphere.

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Phone: 519-285-2427 Fax: 519-295-0103

INGERSOLL MEDITATION & GENTLE YOGA

Run by donation Wed 7-8pm. No experience necessary. Just come, get comfortable & listen as the meditation guides you into relaxation & ease. Join Ingersoll Meditation Group on Facebook to get all the info & address or call 519-485-0629.

REUSEAPALOOZAHA!

AHA! What a great idea to trade reusable goods in a GIANT FREE swap meet! Look to attend the next one in Brownsville on April 30, 8-12pm. ReuseapaloozAHA crew are looking for volunteers, partners, curious &/or creative people, upcyclers, donors, clubs, collectors, kids, teens, and adults. For info: www.reuseapaloozaha.ca/. Learn about composters, digesters and diversion there too, thanks to SWOX.

HARRINGTON COMMUNITY ONLINE AUCTION

Plans are underway for another auction cohosted by Harrington Presbyterian Church and the Harrington & Area Community Association. Tentatively set for late May. Please consider saving your new or gently used items for donation to the auction. More details to follow.

PROSTATE CANCER SUPPORT GROUP

We meet via Zoom 6:30-8pm on the 1st Wed of the month. Everyone is welcome! Contact: Carl 519-852-4277, carlkelly39@gmail.com, Facebook: London Prostate Support. Our guest speaker Mar 2 is Dr. Karen Panabaker speaking on the Merits of Genetic Testing. Karen earned her BSc Honours in Genetics, then a master's degree in Medical Genetics and a 2nd master's degree in Genetic Counselling. Karen played a lead role in developing the BC Provincial Hereditary Cancer Program. In 2006 she became the Senior Genetic Counsellor in the Medical Genetics Program at London Health Sciences Centre. Karen has over 25 years' experience in cancer genetic counselling, specifically, and has been an active member of various Ontario Health and CCO committees, including the development & launch of the eligibility criteria for hereditary cancer gene testing in Ontario.

GALS & GOWNS

Hi-Way Church in Ingersoll is looking for donations of gently used/like new prom, grad, brides, bridesmaids, flower girl, anniversary dresses /pantsuits, etc. along with fancy shoes & accessories for a free give away event called "Gals & Gowns" Thur, Apr 7 & Fri, Apr 8, 6-8:30pm & Sat, Apr 9, 9-12pm. The last 2 years have been very hard on people financially & our hope is to receive free donations to help others attend their special occasion without the large financial burden. If you have any type of ladies/girls formal attire hanging in closets & would like to pass it on, we would gratefully accept. We are looking for all sizes, for all formal types of occasions. If you would like to donate, drop your items at Hi-Way Church Mon/Tues 9-1pm, Thurs/Fri 9-4pm or Mar 2, 9, 16, 6:30-8:30pm. If you are looking for details, call the church at 519-485-0961. Hi-Way Church, 584118 Beachville Rd, Ingersoll.

DEADLINE

The April
deadline
for the Village Voice
is **March 21st**



The Village Voice
For Our Community

JC graphics

519-285-3249

jc_graphics@rogers.com

MOVE OVER, IT'S THE LAW

Ontario's move over law, or Section 159 (2,3) of the Highway Traffic Act, states that you must slow down when approaching an emergency vehicle or tow truck with flashing lights. Emergency vehicles include ambulances, fire vehicles, police cars, tow trucks & public utility vehicles. As a driver, you must: **SLOW DOWN** Reduce your speed & slow down to less than the posted speed limit.

PASS WITH CAUTION Proceed with caution or pass.

MOVE OVER If the road has 2 or more lanes, you must move over & provide a lane of space between your vehicle & the emergency vehicle. If you are convicted for not obeying the move over law, you can face a \$400 to \$2,000 fine plus 3 demerit points. We rely on police, ambulance and fire truck personnel and tow truck drivers to keep us safe on the road. So, it's important that we keep them safe, while they do their jobs.

**SLOW DOWN,
MOVE OVER
SAVE LIVES**

ST MARY'S FRIENDSHIP CENTER

5TH ANNUAL WOMEN'S DAY CELEBRATION Mar 8, 10am. Join us in person or on zoom. This event is free but registration is required.

ST PATRICK'S DAY FUN BINGO Thur, Mar 17, 2pm. Dress up to be Irish for a day. Bingo prizes will be gift cards to local businesses.

DRIVE THROUGH/DELIVERY EASTER LUNCH Apr 13, noon. Turkey with all the fixings. \$20.

SCRAPATHON Apr 30, 9am-9pm.

For all of the above programs you must pre-register on the Town of St Marys website or call 519-284-3272 or email friends@town.stmarys.on.ca. Friendship Centre, 317 James St S, St Marys.

COMING UP AT ITOPA

"Money, sex, religion, drinking, politics & gossip. Topics that both distress & titillate. Jenny's Place tackles them all." Playwright & Director of ITOPA's next production, Don Van Galen, describes the comedy he's bringing to life on the stage at the Ingersoll Theatre of Performing Arts. Jenny's Place is a delightful comedy set in an 1880's prairie town, and is the tale of a former Madame trying to start a new life with 2 of her former "girls" by reopening the local boarding house. The story includes the local minister, a snobby mayor's wife, gamblers, an old flame, and her girls who can't quite put the past behind them. Jenny's Place will have you laughing at the misunderstandings, witty schemes & double entendre. Reserved tickets now on sale at www.itopa.ca or by calling 519-485-3070. Show dates are March 25, 26, 27*, 31, April 1, 2*, 3* at 7:30pm. *Matinee performances at 2pm.

STOPPING TO SMELL THE FLOWERS

Meditation sessions are offered every Wed in Thamesford 7-8pm. Upcoming dates: Mar 2, 9, 16, 23 & 30. Sessions start with a reading from the Stopping to Smell the Flowers short story series, followed by a guided meditation focusing on our breathing, sounds around us & awareness of ourselves. \$15/session or \$50/month. Find free meditations at: www.stoppingtosmelltheflowers.com. Stopping to Smell the Flowers products – soft cover books, necklaces, bracelets, guided journals, mugs & t-shirts, available by appointment at the Meditation Hut in Thamesford. Sample meditations available for you to try when you visit! Contact: stephaniemalo@hotmail.com, Facebook: @ Stopping to Smell the Flowers: A Healing and Resource Centre and @ Stopping to Smell the Flowers: Extraordinary Observations of Everyday Life. Stopping to Smell the Flowers: Putting People in Charge of Their Own Healing.

INGERSOLL DISTRICT NATURE CLUB

Sat, Mar 12 SPRINGWATER CONSERVATION AREA. Please meet at 9am behind the Ingersoll arena to set off this 150 hectare Carolinian Forest containing more endangered species than any other in Canada. We have often seen pilliated woodpeckers do a fly-by. If the Maple Syrup Festival is operating we will sample the pancakes! We can also stop at the Aylmer viewing stands to watch migrating swans & geese. For more info. contact Meg 519-485-4220.

COYOTE NATURE SCHOOL

Under the direction of Ontario certified teacher Kendra Martin, Coyote Nature School offers both full & half day nature education programs for children 6-10 years of age. Our mission is to grow the movement to connect children with nature. We offer children a holistic experience which complements & enriches traditional classroom learning across the curriculum. Each child will expand their natural curiosity through 'hands on' activities under the guidance of experienced & engaging educator Kendra Martin. This authentic experience helps build resilient, confident & capable children who ask questions & think critically about the world around them. Coyote Nature School, Harrington & St Marys, 519-852-1842. Learn more at: <https://www.coyotenatureschool.ca/>.

THE BEATLES STORY

Jeff Scott & his band, The Rave Ons, bring the Liverpool Sessions to Ingersoll. The very same dynamic group that rocked the ITOPA stage with their Happy Together show & the British Invasion music are back April 30 for 2 spectacular performances! Featuring a live concert telling the story of the Fab Four through the greatest music of the 60's. From the cellars of Liverpool to the thrilling days of Beatlemania, through the colourful summer of Sgt Pepper to the rooftops of London, The Beatles' hits & fan favourites will be faithfully recreated. Their last 2 shows sold out fast... don't miss out! All reserved seats \$35, available at www.itopa.ca or 519-485-3070. The Liverpool Sessions April 30, 3pm & 8pm. A splendid time is guaranteed for all!



WORSHIP WITH US

Livingway Pentecostal Church

519-423-9191, 434809 Zorra Line, Beachville
SUN Worship & Sunday School, 3pm

Mt. Elgin United Church

519-425-2091
Pastor Lori Minler. 324105 Mt Elgin Rd W, Mt Elgin

Burgessville United Church

Church St W, Norwich 10:30am

Foldens United Church

374097 Folden's Line, Folden's. Worship 11am

Beachville Baptist Church

Rev. Lee Tuson
8 King St. Beachville. Services 10:30am

Sweaburg United Church

474425 Dodge Line
Sunday Service 9:30am, sweaburguc@gmail.com

West Oxford United Church

354315 Church Line
East of Ingersoll. Regular services Sunday at 9:30am

Hi-Way Pentecostal Church

519-485-0961
584118 Beachville Rd, Ingersoll hiwaypentecostal.ca
SUN 10am Facebook Livestream www.facebook.com/hiwayingersoll

Ingersoll Christian Reformed Church

ingersollcrc.ca
519-485-4941, 429 King Street West, Pastor Derek Ellens
Sunday 10am Live Stream, our website or YouTube - Ingersoll CRC

Reynolds Creek United Church

519-425-1174
7180 Hamilton Rd, Putnam. Pastor Mary Dillon mcdillon@rogers.com
Worship service, 9:30am

Free Reformed Church of Oxford County

284793 Pleasant Valley Rd., Pastor L.J. Bilkes, www.oxfordrc.com

FREE VIRTUAL ACTIVE LIVING FAIR

Tues, Mar 8-Thur, Mar 10. Join us for a great line up of presenters via Zoom. This is FREE FOR ALL! To sign up for any of the programs listed, call the Centre 519-485-3869 or email info@ingersollseniors.com

MAR 8 9:30am Opening Remarks with local dignitaries
10am Understanding & Managing Stress and Anxiety with the CMHA
11:15am New Personal Income Tax Credits with the Ministry of Finance

MAR 9 9:30am Chair Cardio Fitness Demonstration
10:30am Technology Communication Aids & Strategies with Amplifon

MAR 10 9:30am How Shared Living Works with Senior Women?

10:45am Dancing At Every Age with Canada's National Ballet School

For complete descriptions of all workshops, please visit ingersollseniors.com. Zoom links will be sent out the day prior to each workshop. FREE Grab bags available for all participants.





OXFORD MANOR
RETIREMENT RESIDENCE
276 Oxford Street • Ingersoll, ON N5C 2W1

Short Term Stay Availability

- Up to 30 days in length
- Just for vacation
- Recovery from illness
- Variety of accommodations

*Rates subject to change without notice. Based on single occupancy.





\$95/Day*

FOR MORE INFORMATION
519-485-0350

Our Short Term Stays Include:

- Three meals daily
- Furnished suites
- Housekeeping
- 24/7 Response system
- Healthcare monitoring
- Social calendar

MARCH 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 • AA, Ingersoll 7:30pm	2 • FA Ingersoll • Air Cadets, Dorchester • Al-Anon, Woodstock • Prostate Cancer Speaker meeting • Meditation, Ingersoll • Thamesford Meditation	3	4 • Darts, Bchvle Legion • Intn'l Womens Day Breakfast • Pre-order Meat Pies, Trinity Fundraiser	5 • Vendor Show, Mt Elgin • Al-Anon, London
6	7 • AA, Ingersoll 1pm • Al-Anon, St Thomas • Nar-Anon, Ingersoll • Order your Meat Pies...	8 • Al-Anon, Ingersoll • Ingersoll Srs Center Active Living Fair 	9 • Grief Workshop begins • Air Cadets, Dorchester • Meditation, Ingersoll • Ingersoll Srs Center Active Living Fair • Gals & Gowns drop off • Thamesford Meditation	10 • ICAC Exhibition ends Sat, Mar 12 • Ingersoll Srs Center Active Living Fair	11 • Pool, Bchvle Legion • Beef Dinner, Beachville Legion • Al-Anon, St Marys	12 • Nature Club, Springwater Cons. Area
13 	14	15 • Ont. Ancestors	16 • Air Cadets, Dorchester • Meditation, Ingersoll • Thamesford Meditation • Gals & Gowns drop off	17 • Al-Anon, St Thomas 	18 • Darts, Bchvle Legion • Last Day to Order Meat Pies • Thistle Theatre Box Office, Embro	19 • Thistle Theare AGM & Box Office
20 	21 • AA, Ingersoll 1pm • Zorra Caledonia GM VILLAGE VOICE DEADLINE	22 • Horticulture Society • Al-Anon, Ingersoll	23 • Air Cadets, Dorchester • Meditation, Ingersoll • Thamesford Meditation	24 • ICAC, Watercolour class	25 • Pool, Bchvle Legion • Ham Dinner, Beachville Legion • Al-Anon, London • ITOPA Jennys Place	26 • Skating Carnival, Ing. • Dramarama Register. • Thistle Theare Box Office • ITOPA Jennys Place
27 • ITOPA Jennys Place	28	29 • AA, Ingersoll 7:30pm	30 • Air Cadets, Dorchester • Meditation, Ingersoll • Thamesford Meditation	31 • ITOPA Jennys Place	JC graphics Your friendly neighbourhood printer. (519) 285-3249 JCGRAPHICS.CA	

Community Contacts

Telehealth Ontario 866-797-0000
 Poison Info Centre..... 800-268-9017
 Women's Emerg. Centre 519-539-4811
 Kids Help Phone 800-668-6868

 Arena 519-485-5023
 Big Brothers Big Sisters..... 519-485-1801
 Creative Arts Centre 519-485-4691

Crime Stoppers..... 800-222-8477
 Fusion Youth Centre 519-485-4386
 Girl Guides..... 877-323-4545 Ext 6401
 Historical Society 519-485-2062
 Hockey, Minor 519-485-5858
 Horticultural Society..... 519-485-3649
 Ingersoll & District Inter-Church..... 519-933-7730
 Kiwanis Club..... 519-485-4310
 Library..... 519-485-2505
 Lions Club..... 519-303-4386

Museum, Cheese & Agri..... 519-485-5510
 Performing Arts (ITOPA) 519-485-3070
 Rotary Club..... 519-485-0750
 Scouts..... 519-639-8353
 Skating Club 519-485-1039
 Seniors Services..... 519-485-3869
 Soccer 519-425-4324
 Swimming, Speed Sharks 519-425-0128
 Victoria Park Comm Centre..... 519-425-1181
 Village Voice 519-285-3249

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