



LINKING HANDS

# COMMUNITY CONNECTION

Linking Hands Dundas County Newsletter—Volume 5

Fall 2016

## Rural living caught on film

The 2016 Dundas County Photo Contest saw several entries in all five of this year's new categories: Animals and People, Farm Life, Small Town Life, Waterfront, and Walking Trails.

The idea behind the contest is to encourage residents to explore their own communities and to show those who live in neighbouring cities just what it's like to live in rural Eastern Ontario, whether on a farm, rural road, or in a small town, village, or hamlet.

Winners took home themed baskets filled with lots of goodies from crafts, DVDs, chocolate, tea, blankets, books, and more.

### Prize-winning photographers

**Betty Jane Casselman**  
Animals & People  
Farm Life

**Nikki Casselman**  
Small Town Life

**Julie Graham**  
Walking Trails

**Shelley Whittaker**  
Waterfront



**Betty Jane Casselman**  
Dundas County Photo Contest Winner—Two Categories  
Animals and People (*Kids on the Farm*) & Farm Life (*Snowy Lane*)

## Seniors unite for change



**Muriel Milne speaking at Aug. 17 Seniors' Tea and Talk event held in Morrisburg**

"I feel that we need more seniors on our seniors' working group," Muriel Milne said of Linking Hands' newest sub-committee.

Currently, seniors make up less than 50 per cent of the membership and Milne would like to see that change.

"Seniors that are actually living with some of the

day to day challenges. Seniors that are on fixed income, having trouble paying day to day bills, and still trying to put good food on their table," she continued. "Seniors having trouble with housing, transportation. Grandparents raising their grandchildren, or any other interested person living day to day."

### In This Issue

- Partner Spotlight: Glengarry Inter-Agency Group
- *Green Food Box's* schedule, *Lunch and Learn's* fall line up, and preserving vegetables with *Garden Guides*
- Summer student
- Blogging: Joining the 'poverty' conversation



# Glengarry Inter-Agency Group

**Mission Statement:** Engaging our community in work, play and the realization of personal potential.

## Dundas Youth Programs

Serving youth ages 9 to 17

**Tuesdays  
Wednesdays  
2-8 pm**  
Dundas Youth Centre  
530 Fred Street  
Winchester

**Thursdays  
3:30-6 pm**  
St. Mary's  
Catholic School  
34 Main Street  
Chesterville



*All our programs  
are free.*

*Contact Kaitlin:  
613-774-5487*



United Way  
Centraide  
Stormont, Dundas & Glengarry

## Ontario Early Years Centre

530 Fred Street  
Winchester



**The Baby Program**  
Mondays from 1-3 pm

### Upcoming topics:

- Car seat trivia
- Thanksgiving footprints
- Infant music & play
- Loving is learning
- Baby teeth

**Play and Learn**  
9 am—12 pm

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Mondays—*Watch me Grow*  
Tuesdays—*Play & Learn*  
Thursdays—*French Circle*



The Ontario Early Years visited Dundas County Manor in Winchester for Halloween last year. Once again, they will join the local seniors for a costume parade at 10 a.m. on Monday, October 31, 2016.





## Healthy Living Green Food Box

### North Dundas

#### September

Order By: September 23

Pick Up: September 30

#### October

Order By: October 21

Pick Up: October 28

#### November

Order By: November 18

Pick Up: November 25

#### December

Order By: December 9

Pick Up: December 16

Find us on Facebook!

Green Food Box Dundas County

### South Dundas

#### September

Order By: September 2

Pick Up: September 14

#### October

Order By: September 30

Pick Up: October 12

#### November

Order By: October 28

Pick Up: November 9

#### December

Order By: November 25

Pick Up: December 7



Shelley Whitteker

Dundas County Photo Contest Winner—Waterfront Category (*Gone Fishing*)

## Free events ready for fall

Lunch and Learn is one of Linking Hands' seven working groups.

This group's primary purpose is to bring people in Dundas County together. The program offers opportunities for learning, entertainment, socializing, and hands-on activities.

Monthly events usually run from 11am to 1 pm, include a free lunch, and are open to everyone.

### September

#### *Thrifty Living* (affordable 'retail therapy')

12—2 pm

The House of Lazarus,  
2245 Simms St., Mountain

### October

#### *Cooking with Fall Veggies* (profession chef tutorial)

11 am—1 pm

Nor-Dun Seniors' Support  
Centre,  
517A Albert St., Winchester

### November

#### *The Happiness Project* (with Canadian Mental Health Association)

11 am—1 pm

Christ Church United,  
5 Casselman St., Chesterville

### December

#### *Christmas Crafts & Carols*

11 am—1 pm

Community Christian Re-  
formed Church,  
4485 Brinston Rd., Dixons  
Corners

## 'Extreme' gardening with Garden Guides

On Wednesday, August 31, Lesley Johansen and Garden Guides welcomed six youth and five adults to its first food preservation day at the Gathering House in Chester-ville.

Instructor Lois Lan-nin taught partici-pants how to pickle Beans, how to freeze tomatoes, and how to make salsa with ingredi-ents fresh from our garden!



## Summer fun

This past summer, Linking Hands wel-come-d its first summer student, Grace Madden (pictured above at Winchester's 2016 Dairyfest).

"Working with the House of Lazarus and their Linking Hands program gave me job experience that I could not achieve any-where else.

I learned about marketing, advertising, inventory, the operations of a food bank, the importance of connections and building ties to other businesses and groups. I learned how a store operates and the struggles not-for-profit organizations face, along with the real struggle that is rural poverty."

- Grace



# Linking Hands joins the conversation on poverty

*"If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time—a tremendous whack."*

—Winston Churchill

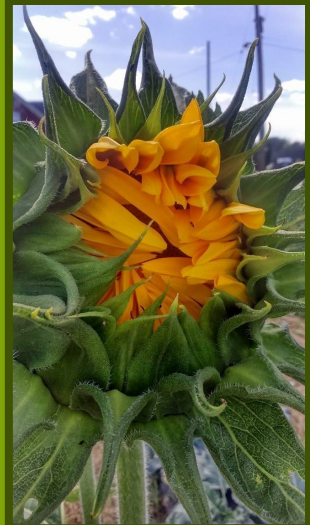
Linking Hands adds a new blog to its website monthly. Following is an excerpt from the first blog (Sept. 2015).

*Communication is key to every strong relationship and building the foundation for this requires a healthy dose of flexibility and creativity with a dash of tenacity thrown in for good measure.*

*In its effort to be a voice for poverty reduction, Linking Hands has taken on the challenge of connecting the people of Dundas County with the services, people, events, and information they*

*want and need. We have a website, a Facebook page, and we have even been known to tweet a bit here and there. But, what if there is more to say, more to ask, and more to learn from starting conversations and sharing stories?*

*This blog is Linking Hands' attempt at picking up our end of the conversation, telling our story, and allowing you the space to tell yours.*



Nikki Casselman  
Dundas County Photo Contest Winner—Small Town Life Category  
(Closed Sunflower)

## Contact Us

For more information or to submit an item for our website or Facebook page—such as a photograph, poem, or comment:

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Visit us on the web at

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

## Ponder this...

*"I work from the firm belief that 'whatever the problem, community is the answer.'"*

—Margaret J. Wheatley, author



Julie Graham  
Dundas County Photo Contest—Walking Trails Category (Two Creeks Forest Trail with Ozzy)