

## Executive Committee

### President

Caroline Etter 835-4142

### Vice-president

Robert Dessaint 835-2608

### Treasurer

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835-7590

### Secretary

Jeannette Caron 835-9899

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### The Echo

info@sarsfield.org

Rita Dessaint 835-2608

Chantal Dessaint 835-3727

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### Sarsfield Community Centre

For reservations call: Nicholas  
Dessaint at 613-835-7590

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# echo

## SARSFIELD COMMUNITY ASSOCIATION NEWSLETTER

### The Sarsfield Community Association



### 5<sup>th</sup> Annual Golf Tournament

Friday, September 26th at Hammond Golf

Sarsfield Community Association and the Union des Agriculteurs franco-ontariens are still accepting golfers and sponsors for our fund raiser. Funds raised will be donated to Fonds de la Relève Agricole franco-ontarienne, to assist young farmers to start up their agricultural business. Join us for an afternoon of golf followed by BBQ steak or chicken supper.

*Information and registration for golf or for supper:*

*Robert and Rita Dessaint at 613-835-2608*

*After April 15th, Marc-André at 1-877-425-8366 or communication@ucfo.ca*

**The Sarsfield Echo** is a bi-monthly publication that serves as a vehicle of information for the various community organizations in order to promote their meetings and activities.

*Deadline to register your activities for Nov/Dec*

**October 29, 2014**

### Rockdale Road

In the next few weeks, the City will proceed with the resurfacing of Rockdale Road.

More details on the timing and road detours will be available soon.

### Spectacle de Michel Barrette Show

Includes motor coach, show ticket and supper

For information please contact: Nicole Rabbé  
613-424-9151

**\*Family Day\*** new date! Saturday, September 27 from 11 a.m. to 10 p.m.

**Softball tournament** To register your softball team please call Caroline Etter at 613-835-4142

**Inflatable games** Fun activities for children

**BBQ lunch and Pizza supper**

**Evening entertainment and bonfire**

*Invite your families and friends to join us for this fun filled day.*



### Other upcoming events

Fitness activities starting soon-see page 2  
Children's Halloween Party, October 26  
Caroling and Food Drive, November 23  
Winter Carnival, January 31

*Your association invites you to share any suggestions that could improve our activities. Together, we can build an even better community!  
Volunteers are always most welcome.*

## CALENDAR OF EVENTS

### Every Monday

7:30 p.m. Yoga, starting Sept. 15th

### Every Tuesday

9:30 am Pétanque at the Sarsfield Community Centre, \$2  
Come laugh and relax, everyone welcome

2-3 pm Bookmobile at the former school.

7 pm Karate (Bearbrook)



### Every Wednesday

7 pm Step-cardio, starting Sept. 17

### Every Thursday

1 pm Seniors club at church hall

7 pm Karate (Bearbrook)

7 pm Zumba starting Sept 18

8-10 pm Volleyball (Heritage PS, Navan)

### Every Saturday until Thanksgiving weekend

8 am –1 pm Cumberland Farmer's Market

Sept. 10 1 pm UCFO

Sept. 15 7:30 pm Council on Temporal Affairs

Sept. 18 10 am La vie montante

Sept. 26 5th annual golf tournament

Sept. 27 11 am-10 pm Family Day at the park

Oct. 2 7:30 pm Parish Pastoral Council

Oct. 4 11 am-3 pm Navan Fallfest, blue building

Oct. 8 1 pm UCFO

Oct. 13 Happy Thanksgiving Day



Oct. 16 10 am La vie montante

Oct. 20 7:30 pm Council on Temporal Affairs

Oct. 26 Halloween Party, watch for posters in October



## Cumberland Heritage Village Museum

2940 Old Montreal Rd.

Open 10 am to 4 pm

The museum is open from Wednesday to Sunday. Admission for adults: \$7, seniors and students: \$5, Families (2 adults and all children under 18 yrs.): \$18, annual family pass: \$35

### Sept. 14 Dairy Days

Celebrate all things dairy! Milk a cow, make ice cream; cheese and yogurt demonstrations

### Sept. 27 & 28 Culture Days (free admission)

Vintage social media, radio and movie magic

### Sept. 26 & 27, and Oct. 3 & 4 at 8 pm

#### Vintage Stock Theatre presents:

#### *Over There/Over Here*

The War to end All Wars, the War for Civilization, the Great War, had broken out. "Over There/over here" details the sudden life changes that the War brings through the eyes of members of a small town, caught up in the turbulence of illusion versus reality.

Details: [vintagestock.on.ca](http://vintagestock.on.ca)

### Oct. 5 Smashing pumpkins

Launch your decorated pumpkin by trebuchet  
Learn about 1920s and 30s flight technology

### Oct. 10, 11, 17, 18, 24 & 25 Haunted Historic Village

\$10/person, 7:30 pm. Last admission at 10 pm.

The cast and crew will chill you to the core as you navigate the creepy forest and pitch dark village. Recommended for 14 years and over. Under 12 must be accompanied by an adult.

### Oct. 26 Halloween Hijinks

Trick or treat amongst historic costumed characters, play games, make a craft and take home a loot bag.

## Fitness activities offered by Sarsfield Community Association

Join us, get in shape and meet your neighbours

Info: 613-835-7590

Mondays at 7:30 pm: YOGA-starting on September 15<sup>th</sup>

Wednesdays at 7 pm: CARDIO-STEP-starting on September 17<sup>th</sup>

Thursdays at 7 pm: ZUMBA-starting on September 18<sup>th</sup>

Saturdays at 9:30 am: INTRODUCTION TO DANCE (4-6 yrs)-starting on October 4<sup>th</sup>

Saturdays at 10:30 am: HIP HOP DANCE (7 yrs & up)-starting on October 4<sup>th</sup>

The above classes are held at Sarsfield Community Centre for \$75 per session (10 classes) or for \$10/class

We also offer:

Tuesdays and Thursdays at 7 pm: KARATE for children and adults with Don Bégin and Michel Parker at Bearbrook Community Centre starting on September 16<sup>th</sup>.

Thursdays from 8-10 pm: VOLLEYBALL –Starting September 25<sup>th</sup> in Navan Info: 613-835-2456

