

# THE MUNSTER MASH

Munster Community Association  
www.munsteronline.ca  
February 2011

## Happy New Year Munsterites!

You may have noticed our tree lights look a little different this year. We replaced the old Christmas lights with LEDs. Many thanks to the volunteers who put up the new lights and those that set the timer to ensure they only come on at night. The Munster tree lighting ceremony had a bigger attendance than we expected and we were very happy to see so many families out. Thank you to all the kids that sang the Christmas carols. It was a really nice night under the lights with hot chocolate and friends. The lights will be turned off after the Winter Carnival.

We were very fortunate to have the man in red visit Munster in December. Santa came to visit with the kids and pose for pictures. There was also colouring, creating candy reindeers and decorating fresh baked gingerbread men. Thank you Bernie, Tammy and T.J. for volunteering your time to make the day a big success. The crafts, gingerbread men, music and your connections with the man in red were very much appreciated judging by all the smiles around. I would also like to thank our volunteer Elves, Kaitlyn Smith and Molly Stewart. They did an amazing job leading the crafts, colouring and of course, everyone's favourite part, the gingerbread decorating. It was a very nice way to celebrate the Holiday season with great neighbours, good food and rocking' Christmas tunes. Oh ya....and Santa!

I don't want to steal her thunder so I will leave the announcement of the Winter Carnival to Julie, our Social Director. It will be hard to top Oktoberfest but I am confident she will knock our socks off.

All of our well wishes, support and prayers go out to the McCoy family of Munster. Their 7 year old daughter Jessica was diagnosed with leukemia and is enduring rounds of chemotherapy in the ICU at CHEO. If you would like to support Jessica and her family there are donation jars in Macs and at Danby's. Donations can also be made for Jessica McCoy at the Scotiabank in Richmond.

As always please feel free to send me any questions, concerns or ideas to [mcapresident@hotmail.com](mailto:mcapresident@hotmail.com)

Regards,  
Pat Picard, MCA President

## THE MUNSTER HAMLET WINTER CARNIVAL!!!

Join us on **Saturday, February 12<sup>th</sup>** for the  
Munster Hamlet Winter Carnival.

Carnival Ribbons (tickets) can be purchased for only \$3 at

\* Mac's \* The Munster Library \* Danbys \* at the pancake breakfast \* at the door of the Zid Zone \*

**Some come out, cure that cabin fever, and have a great time with your fellow Munsterites.  
Hope to see everyone there. - The MCA.**

### The Pancake Breakfast at the Munster United Church will be served from 7:30 – 10:30

*\* new extended hours \**

A breakfast of yummy pancakes,  
sausages, juice, tea or coffee

Adults (12 and over) \$4.00

Children (6-11 years) \$2.50

Children under 5 - Free

### Outdoor activities

from 10-12:30

at the Community Centre Rink

\* Munster Pond Hockey Challenge \*

\* Skills Competitions \* Broom Ball \*

\* The rink Crew vs. Munster in Tug of War \*

Show 'em who's boss Munster!

\* Snow golf \*

Stay warm with some yummy hot  
chocolate!

### Chili Cook Off Noon at Danbys Bar and Grill HAVE YOU GOT WHAT IT TAKES????

Come and test your recipes  
and find out who makes the  
best Chili in Munster.  
Chili tasting kit - \$5

Danbys has generously offered  
their dining room for everyone to  
come in get warm and eat some  
chili.

Chef Robert and the MCA  
President Pat will be judging the  
winner.

**The prize you ask? The best chili  
in Munster wins a two night  
(weekend) stay at Les Suites in  
downtown Ottawa.**

**All participants please contact  
Julie at 613-204-2749**

### Kid Zone Munster Elementary School Gym 12:30 - 4:00

MCNS Bake Sale  
MESC Book Fair

Bouncy Castle (kids 2-5)

Face Painting

Prism Scooters

### LITTLE RAY'S REPTILE ZOO 12:30-1:30

Formal Presentation from 12:30-1:00

Hands on time with the critters from  
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Tell Your Friends

## Munster Police Liaison

Welcome to the first quarter of 2011. The past months have been relatively quiet for Munster for police activity. Again, a reminder to keep the garage doors closed and attractive items out of sight; and of course the main entrance doors should be locked.

With many people switching to winter tires, some may have been installed quickly and not secured properly. We've had a couple of reported cases of loose wheel lugs and suspected tampering. Some have reported that theirs were loose and found the garage mechanics failed to torque them properly and with use, they had vibrated loose. A good practice is to periodically walk around your vehicle and inspect your wheels for loose lugs.

Remember to check our local web site for the latest weekly police reports and access to the Neighbourhood Watch program. Being a Neighbourhood Watch participant does not require attendance at any meetings or canvassing. Learning to be aware of your neighbours, the local activity on your street, and passing residents can assist to ensure any strange activity is identified and reported to the police before something serious happens. All those that participate receive weekly email from our local constable and create awareness within the

### Your MCA Executive - 2010/2011

 President: **Pat Picard** (*mcapresident@hotmail.com*)

 Vice President: **Bernie Harvie**

 Treasurer: **Joy Price** (*mca.treasurer@hotmail.com*)

 Secretary: **George Jaremek**

 Recreation: **Paul Lalonde**

 Social Director: **Julie Pate**

 Membership Director: **Paula Moffat** (*fletchmo2@sympatico.ca*)

 Community Ctr. Liaison: **Roberta Hurman**  
 (*mca.communitycentre@hotmail.com*)

 Member at Large: **Glen Cordick**

 Member at Large: **Pat Hovey**

 Member at Large: **Allison Smith**

 Member at Large: **Duncan Toswell**

 Member at Large: **Lloyd Carr** (*mca.police@hotmail.com*)

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community and surrounding area.

For the latest updates on the weekly reports or how to join the Neighbourhood Watch Program, please visit:  
<http://munsteronline.ca/policing.htm>.

With us finally receiving some snow, snowmobiles will be more active. Remember that no motorized vehicles are allowed in our park areas (soccer fields, Owlshhead/Coolbrook park, baseball field). When moving through the community, please keep the speed and RPMs down.

#### Contacts

The Rideau/Goulbourn Police Centre is located at 1131 Clapp Lane in Manotick and can be reached at 236-1222 ext. 2314. The Centre is a "community problem-solving centre" and is responsible for the delivery of the Ottawa Police crime prevention programs.

It is important to note that the Manotick CPC is not an emergency response centre and that we do not dispatch cars to complaints or crimes in progress. When these situations arise, it is important to know the numbers to call for an appropriate response:

- 911:** Life-threatening emergencies or crimes in progress
- 613-230-6211:** Other emergencies, i.e.: suspicious incident or disturbance
- 613-236-1222,** O.P.S. call centre, to report a theft, missing person or stolen vehicle
- Ext.7300:** Bylaw Dispatch Services

All of these numbers along with other useful information can be found in the red pages at the front of your residential directory.

If you have any information regarding any criminal activity, call Crime Stoppers at 613-233-TIPS (8477), or toll free at 1-800-222-8477.

Finally, if you are ever in doubt as to whether or not you should call police, or you cannot remember the non-emergency numbers, call 9-1-1. The caring and professional 9-1-1 Call Takers will steer you in the right direction.

Lloyd Carr  
 Munster Police Liaison  
 OPS Volunteer 130065

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## Munster Playgroups

The playgroups will meet at the Munster elementary school from February 1 and March 31, while the community centre is closed for renovations.

### Monday Playgroup:

Community Center, Mondays, 9:15-11:15am.

For more information please contact: Kim Commerford, 613-444-0043 or Kelly Thomas, 613-253-8609

### The Munster Co-operative Playgroup:

Community Centre, Thursdays, 9:30-11:30 am

There is no fee for joining; all we ask is that you help out now and then with a craft and/or a snack. Any questions should be directed to Trish at 613-838-6015 or Claire as 613-838-4767.

## Community Centre News

Well we have had a full schedule in our little community centre this winter. Keep your eyes open for the MCA A-frame sign at the four way stop for future events.

I am always looking for event or activities ideas that we can hold at the community centre for kids and teens in our community. If you have any ideas or suggestions for groups, programs or events to support Munster youth please e-mail me at [mca.communitycentre@hotmail.com](mailto:mca.communitycentre@hotmail.com)

A kettle bell instructor will offer a class in Munster if there is interest within the community. If you are interested in participating in this class please contact me.

Please note that....the Community Centre will be closed from February 1 to March 31 this year. The City of Ottawa had some stimulus money left over that must be spent by March 31, 2011. Munster was one of three community centres chosen in the Ottawa area to benefit from the stimulus money. The hallway in front of the kitchen will be made narrower to accommodate four separate unisex washrooms. There will be two accessible washrooms and two standard model washrooms. I have attached the plan below. We are very excited to get all new bathroom facilities. No more leaking toilets!

I would like to thank two very kind and generous members of our community who stepped up to the plate to help us out while the community centre is closed. It is people like them that make Munster a very special place to live.

Ian Slingerland, Principal of the Munster Elementary School and Pat Lindsey, Munster United Church. As soon as we approached them about accommodating community activities in their respective facilities they agreed without hesitation.

The Yoga, Zumba and Playgroup will be held in the Munster Elementary School between February 1 and March 31. Step Dancing and Movie Nights will be held in Munster United Church basement.

I am looking forward to seeing you all at the Rink and at the Winter Carnival!

Cheers,

Roberta, Munster Community Centre Director

**Colleen O'Connell-Campbell**  
B.Comm(Hons), CFP  
Wealth Advisor

350 Albert St.  
Suite 2100  
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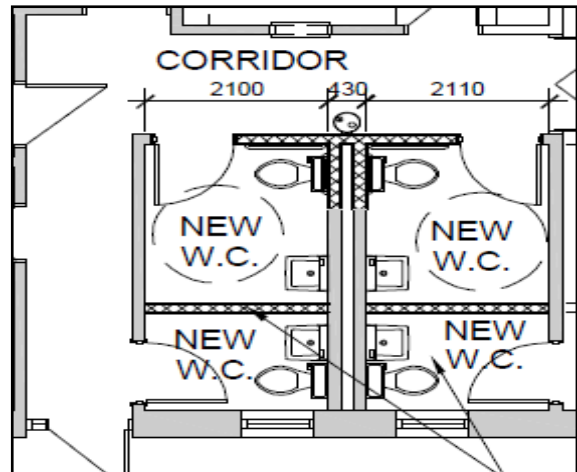
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## Community Centre Renovation plan



Front door

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Quarter page - \$25.00; Half Page - \$50.00; Full Page - \$100.00

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P.O. Box 159, Munster, ON K0A 3P0



Children in the 3-Year Old Program creating sun catchers with Andrea.  
(Children left to right: Karson Hobbs, Joshua Steinburg, Everett Sample and Hana Jones)

**Munster Co-operative Nursery School**

MCNS is gearing up for the 2011/12 school year by hosting its annual Open House in March. On the evening of March 7<sup>th</sup> everyone is welcome to visit the classroom located inside Munster Elementary School between 4:00 and 7:00 pm, and meet with Teacher Andrea, as well as pick up a registration package. Little ones are especially welcome to come out and meet Andrea, and do some exploring around the classroom of their own.

With an emphasis on fun, MCNS children learn through play and praise, and are supported as they gain new skills in preparation for kindergarten.

- Flexible programs for children 18 months to 5 years:
- 2 Year Old Program – Tuesday and Thursday mornings.
- 3 Year Old Morning Program – Monday, Wednesday and Friday mornings.
- 3 Year Old Afternoon Program – Tuesday, Wednesday and Thursday afternoons.
- Summer Program - Tuesday and Thursday mornings for 6 weeks in July and August.

Detailed information and registration packages for any of the programs offered by the nursery school can be found online at [www.munstercns.org](http://www.munstercns.org) or by calling the classroom at 613-838-8754.

**35<sup>TH</sup> ANNIVERSARY BASH**

Munster Co-operative Nursery School is extending an open invitation to all nursery school families, past and present to join them for an evening of food, drinks and nostalgia to commemorate 35 wonderful years in the community. The party is set to start at 6:30 pm on Saturday, January 29<sup>th</sup> at Danby's Bar and Grill. Munchies will be served and 2011 Sweetheart Raffle winners will be announced.



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**Community Center Rentals**

The centre is a handy, inexpensive place to hold your meetings or parties. We are also looking for ideas for programming from the community. If you have suggestions or want to book the centre: email Roberta Hurman at [mca.communitycentre@hotmail.com](mailto:mca.communitycentre@hotmail.com) or call 613-444-0150.

The rates for renting the centre are:

Community Group Meeting	No Charge
Community Group Event	\$5.00/hour
Private Function No Liquor	\$30.00 up to four hrs \$60.00 four hrs +
Private Function With Liquor	\$50.00 up to four hrs \$100.00 four hrs +

For other activities, contact Roberta Hurman  
**There will be a \$25 damage/cleaning deposit required for all events and functions.**

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**Munster Library** 

**Story Time**  
Children of all ages are invited. There are stories, finger plays, songs and crafts. Join us Wednesdays at 9:30 a.m. (30 min.)

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Want to know the differences between eBook readers? Check out our video at  
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**Want to know more?**  
Join us **February 8, 2011 – 6:45-8:15** at the Stittsville Branch of the Ottawa Public Library for “How to Use the Ottawa Public Library’s Digital collection”. It will be presented to you by OPL Digital Services Department. Registration Required

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**Winter Carnival Breakfast – Extended Hours**

Great news for both the early birds and the late risers, breakfast will be served from **7:30 – 10:30** on Saturday, February 12<sup>th</sup> at the Munster United Church.

Past president Mario and his breakfast team are looking forward to seeing you there.

**Munster Phone Book Update:**

Thanks to all who have helped with the door to door campaign. If you have volunteered and have not yet returned the canvassing package to me I will be calling you over the next few days. (or call me!)

We have 2 routes (12 houses on Coldstream; 10 houses on Owlshead) that still need canvassers. South Carleton High School students (in pairs) or adults willing to help out with this please (pretty please) call me at 836-0339 or email: [fletchmo2@xplornet.ca](mailto:fletchmo2@xplornet.ca).

**MUNSTER UNITED CHURCH**

Rev. Matt Gallinger: 613-693-1849  
Email: [ministerAMUC@acanac.net](mailto:ministerAMUC@acanac.net)

Munster United Church services alternate between 9:30 and 11:00. The next Sunday’s time is always available on the sign on the front of the church. We offer **Sunday School** at church time under the excellent care of Liz Hale. A coffee time follows the service. Everyone is most welcome to join us.

The **Youth Group** (for kids in Grade 5 and up) meets every second Thursday in the school gym from 6:30-8:00. The next meeting is January 27<sup>th</sup>. For information contact Liz Hale at 613-838-3655 or Matt Gallinger at 613-693-1849.

**Coffee Mornings**

Coffee is on at Munster United Church every Wednesday morning from 9:30 -11:00. Everyone with young children (or even if your nest is empty) is welcome to come for coffee, tea, juice, fellowship and of course, cookies. For information: Pat Lindsey (613) 838-2868.

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## Yoga and Zumba Classes

Yoga and Zumba classes are held each week at the Munster Community Centre.

**Zumba Fitness:** Tuesdays 7:00 to 8:00 PM

Zumba is a super-fun cardio workout based on latin and other international dance moves. Get fit and get down to the rhythms of salsa, merengue, reggaeton, bellydance and more!

**Hatha Yoga:** Tuesdays 8:15 to 9:15 PM

Gain flexibility and learn the foundational postures of Hatha Yoga. Each class focuses on an aspect of yogic philosophy and includes breathwork, postures, mantras, meditations and guided relaxation.

**Power Yoga:** Fridays 7:00 to 8:00 PM

Gain flexibility, strength and cardio all in one power-packed yoga routine. Power yoga is based on the Ashtanga tradition and links yoga postures with flowing movements known as "Vinyasas." Each class includes core strengthening and ends with guided relaxation.

Classes cost \$12.00 drop in or \$100.00 for a 10-class card. Class cards are valid for four months and can be used to attend any class. Winter session is currently running and continues until March 11.

For the months of February and March classes will be held at Munster Elementary School due to renovations of the Community Centre.

For information contact Dana Taylor-Milne at [yoginidee@live.ca](mailto:yoginidee@live.ca) or at 613-838-2169.

## Munster Co-operative Nursery School

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## New Councillor for Rideau-Goulbourn

First off, I'd like to introduce myself as your new Councillor for Rideau-Goulbourn. I spent many days in Munster during the campaign and I am extremely excited to be your representative at City Hall. I have always said that each and every community deserves an equal voice and I will be sure to represent Munster and the surrounding area with that in mind.

As you may have heard, the City is conducting a Waste Review to determine how we move forward as it relates to Garbage Collection. I encourage every resident to take the time to visit [www.ottawa.ca/wastereview](http://www.ottawa.ca/wastereview) and fill out the questionnaire.

These questionnaires will help staff decide which direction we go in and what changes may be made. Staff will then present these proposals to the Environment Committee, of which I am Vice-Chair. Ultimately, we are trying to respond to the changing landscape in waste collection. More and more people are recycling and this is an opportunity to reward residents by changing pick-up schedules and reducing costs.

If you have any questions or comments on this or any other issue, please contact me at [Scott.Moffatt@ottawa.ca](mailto:Scott.Moffatt@ottawa.ca) or by phone at **613-580-2491**.

Thanks!  
**Scott Moffatt**  
 City Councillor  
 Rideau-Goulbourn Ward 21  
 Fax: 613-580-2531  
 Twitter: [scottmoffatt21](https://twitter.com/scottmoffatt21)

## Munster Fitness Classes - Bring The Kids!

Highly effective exercise programs with a play area set up for the kids. Classes held in the Munster United Church basement. Parents are responsible for their children and sometimes interruptions do occur!

Total Body Class held on Tuesdays from 1:30 - 2:30 pm.

Core Class held on Thursdays from 9:30 - 10:30 am.

Cost - 8 dollars when committing to 3 or more classes in advance or 10 dollar drop in rate.

Please bring - yoga mats and light hand weights.

For more information check out Exer Susie events on facebook or call 838-5574. Email - [exersusie@yahoo.ca](mailto:exersusie@yahoo.ca)

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# Recreational Director Report

Happy 2011 everyone.

A new year brings us new dreams and hope. I wish all the best for you and your family in the coming year.

Trust me when I say all we, the rink crew, wanted for Christmas was snow with some cold weather. As the Recreational Director, my main goal is to offer this great community an outdoor skating rink, with a bit of help from the rink gods, from mid December right through to the March Break.

As we all witnessed, it snowed everywhere but on our city. It seemed there was a dome covering Ottawa. The following is what I call: Flooding 101.

Here is what we have learned in our 3<sup>rd</sup> year. Wait for a cold spell of -10C. Once you have a minimum of 10" of snow, pack it down as much as you can. Water the snow until it turns a greyish color. Stop. Water for the following week. Keep shovelling and flood. With some more cold weather, we have ourselves a rink. This year we started with 3". Nice work boys.

Next time you bump into these following fellows, make sure you give them a tip of the hat. On Sunday nights at 8:00pm we have our Posse: Jordy Monahan, James Wytenburg, Andrew Leonard and Scott Hodgson. Our 9:00pm weeknight crews consist of: Monday Night Madness with a past sexiest man in Munster Mark Carter and neighbour Andrew Grant. Happy Birthday Andrew, I understand someone is turning a young 30. We also introduced a rookie this year in Kyle Carter who needs volunteer hours through the school system, I love this program. Welcome to the club. Next up on Tuesdays are a couple of guys, one just started playing in the MLLB and the other who needs to get back into it. Say hi to Matt Dever and Marc King. Now for the fun part, Wednesday nights are the Munster 3x3 Pond Hockey Challenge. This is where we, the rink crew, have put a couple of pieces of plywood over the nets with two little holes in the corners and we hope for the best. Rules are simple. The rink crew wears red colors (we may take a spare here and there) vs. Munster, any other color. We play games up to 5. Best out of three wins. No fighting. If a penalty is obvious, then it is an automatic goal for the other team. Alright next up on Thursday is a Father/Son team. Don't mess with these guys. Riley (another school program) and Mike Matthews need to get in, get the job done and get ready for Friday morning. Into their second year, they moved from the Saturday morning shift to Thursday Nights. Finishing off our 6 times a week flood schedule is our Friday/Spare night's owl crew: Scott Armstrong, Mike McBride, Dan Mallett and me. Now for our most important member, the one who actually gets you in once school hours are done and probably has put in the most snow blowing hours: our own Scott Campbell. Once again special thanks to Kyle Seguin and Green Tech for their use of the Gator during base ice and to a former mayor of Munster, Rob Brydges for welding the nets back together.

Check us out at: [ottawarinkconditions.ca](http://ottawarinkconditions.ca)

There you have it Munster, the rink crew! Someone told me the other night it seems there's a waiting list to get on this list... All we ask is some help with snow removal. There are close to 20 shovels out there. Please use them accordingly. Once you see the crew walk in, it's all hands on deck. A quick sweep makes it easier work for us. Note: scraping the rink goes from south to north. No dumping snow near the benches and area. Thank you and enjoy the new mesh and red paint on those nets.

The word on the street: ....Hot Tub Season is in full swing. This is where you roll around in the snow and get to know your neighbours. .... Tuesday night's dart league is heating up for the final weeks of the season. Just like old times, the Prez is having another outstanding year. Cheers John. .... We welcome the Munster Mamas into the Beckwith Soccer League. This new franchise, led by our own Allison Smith, is now on the famous 5 year plan. Good luck ladies. ....

During our Winter Carnival, Snow Golf: looking to set up a par 3 on the ball field. We need some old clubs we can use to hit a tennis ball into an old plastic tub. If anyone has some irons they can donate? Not to get greedy, but hockey sticks for the young are also needed. No size is too small. If you can help, please E-mail the prez at [mcapresident@hotmail.com](mailto:mcapresident@hotmail.com)....

Best thing about sub zero temperatures? No mosquitoes. ....the lights at the rink are set between 4-11pm, if you're walking by the switches which are situated on the right post beside the electrical panel, press the green button in the top box.

Now they say all good things must come to an end. So let's get some new blood in town and ask ourselves can the Scrubbees repeat? With a new 5 year plan, are they the next dynasty? All interested in purchasing season tickets: registration for the 2011 MLLB season will be held at Danby's Bar and Grill on Wednesday Mar. 23 between 6-9pm and Sat. Mar. 26, 11-2pm. Draft day: Apr. 1 @ 7pm.

I leave you all with a safe winter season. Take it from us. When venturing outside to play, layers work best.

Paul Lalonde  
Recreational Director