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# Welcome!

## Councillor Message

Welcome to the 2020 Spring and Summer Sport and Culture Guide.

This guide contains valuable information pertaining to the Arts, Culture, Recreation and Leisure Services Department services, programs from a wide variety of community service providers and information from other Municipal departments. Keep this guide handy as you plan your recreation and healthy active living activities over the next few months.

In North Bay there are many opportunities to stay active during the summer. Our parks, beaches, waterfront, trails, playing fields, splash pad and other recreation facilities will be buzzing with activity. Our Arts, Culture, Recreation & Leisure Services Department continues to support programs and services to facilitate opportunities for a healthy, active lifestyle.

Arts, Culture, Recreation & Leisure Services Department has developed programs targeted at the youth in our community. These Youth Centres offer a variety of activities from games, sports, music, crafts and other special events. Drop by one of our Centres. There is no charge to join. Turn to page 15 for more information.

Visit one of our 3 lifeguarded beaches this summer. Marathon Beach, Olmsted Beach and the Cove will be staffed with lifeguards. Swimming lessons will also be available at the Cove. Drop into our Arts, Culture, Recreation & Leisure Services Department for more details or take a look at page 5 in this guide.

Our community is rich in heritage and culture. There are many opportunities to visit and participate in history, arts and culture. Local organizations and committees of volunteers coordinate a variety of community events and festivals. There is something for everyone to participate in.

I encourage you to browse through this guide and find out more about activities that interest you. There is definitely something for everyone. Should you have any questions, please contact one of the staff listed in this guide.

Yours in Recreation,

*Johanne Brousseau*

Chair Community Services' Committee



### 2018-2022

## Mayor & Members of Council



### Mayor

- **Al McDonald**  
mayor@cityofnorthbay.ca

### Members of Council

- **Tanya Vrebosch**  
tanya.vrebosch@cityofnorthbay.ca
- **Johanne Brousseau**  
johanne.brousseau@cityofnorthbay.ca
- **Mike Anthony**  
mike.anthony@cityofnorthbay.ca
- **Chris Mayne**  
chris.mayne@cityofnorthbay.ca
- **Bill Vrebosch**  
bill.vrebosch@cityofnorthbay.ca
- **Mark King**  
mark.king@cityofnorthbay.ca
- **Scott Robertson**  
scott.robertson2@cityofnorthbay.ca
- **Mac Bain**  
mac.bain@cityofnorthbay.ca
- **Dave Mendicino**  
dave.mendicino@cityofnorthbay.ca
- **Marcus Tignanelli**  
marcus.tignanelli@cityofnorthbay.ca

# City of North Bay

## Arts, Culture, Recreation & Leisure Services Department



### Arts, Culture, Recreation and Leisure Services Department

City Hall, 2nd Floor 200 McIntyre Street E.  
North Bay ON P1B 8V6  
P: (705) 474-0400 F: (705) 474-9782

- **Ian Kilgour**  
Director, Community Development & Growth  
- ext. 2405
- **Erin Vaughan**  
Community Event Facilitator  
- ext. 2312
- **Paula M. McCloskey**  
Arts, Culture, Recreation & Leisure Services Manager  
- ext. 2322
- **Bryan Kimber**  
Community Development Facilitator  
- ext. 2321
- **Bruce Robertson**  
Facilities and Parking Supervisor  
- ext. 2307
- **Crystal McLeod**  
Administrative Assistant  
- ext. 2329
- **Melinda Fry**  
Sports & Events Manager  
- ext. 2662
- **Jennifer Smart**  
Administrative Assistant  
- ext. 2335

### Parks Office

Lee Park Office  
Memorial Drive, North Bay ON  
P: (705) 472-3932  
F: (705) 472-7423

- **David Schroeder**  
Manager of Parks and Facilities  
- ext. 2601
- **Elaine Pepin**  
Parks Supervisor  
- ext. 2602
- **Mark Thomas**  
Parks Supervisor  
- ext. 2670
- **Carolyn Cundari**  
Clerk Dispatcher  
- ext. 2600

## Arenas

### West Ferris Community Centre

Contact any of the staff below

### Memorial Gardens

100 Chippewa Street W. North Bay, ON  
P: (705) 474-3770 F: (705) 474-4868

- **Nicole Beaulieu**  
Clerk/Cashier  
- ext. 2663
- **Peter Sutherland**  
Facility Supervisor  
- ext. 2661

### Pete Palangio Arena

603 Wallace Road North Bay, ON  
P: (705) 476-2000 F: (705) 472-1146

- **Louise Ranger**  
Clerk/Cashier  
- ext. 2610
- **Roger Dutrisac**  
Facility Supervisor  
- ext. 2612



[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)

# North Bay Waterfront Marina

Enjoy beautiful Lake Nipissing from our 200 slip marina located on Memorial Drive. Your boats are kept secure with twenty-four hour security. We offer boat slip rentals by the season, month, and day. Services include: fuel (regular to mid-grade unleaded), boat launch, sewage pump out, pop, ice and worms.



## Seasonal Boat Slip Renewal – Registration 2020

For returning seasonal slip holders who wish to renew - you can mail your registration immediately to Memorial Gardens, 100 Chippewa St. W, North Bay ON P1B 6G2 or stop in at this arena. Your application and payment must be made by Thursday, May 7, 2020 no later than 4:00 pm in order to confirm the same slip for 2020. After this registration date, all remaining slips will be open to new seasonal applicants and the general public. The onsite marina office on Memorial Drive will open on Monday, May 11, 2020 at 8:30 a.m.

## Marina Opening Day – Friday, May 15, 2020 at 7:00 am.

All marina services will be available at this time. The onsite office will be open at this time. Marina attendants will be on duty and security begins at 11:00 pm on this day.

## Marina Closing Day – Tuesday, October 6, 2020 at 12:00p.m.

## 2020 North Bay Waterfront Marina Rates

Boat Slip	16'	17-20'	21-24'	25-28'	29-32'	33-36'	37-42''
<b>Season</b> includes security fee	\$825.22	\$992.00	\$1134.55	\$1285.68	\$1448.21	\$1583.67	\$1743.35
<b>Month</b> includes security fee	\$221.42	\$257.07	\$297.00	\$336.92	\$371.14	\$411.05	\$453.83
<b>Weekly</b> includes security fee	\$68.41	\$76.98	\$86.95	\$96.92	\$106.92	\$115.46	\$126.86

<b>Daily Rate</b>	\$ 1.18	per foot plus \$1.30 security fee
<b>Sewage Pump Out</b>	\$ 22.85	per pump out
	\$ 75.26	per season
<b>Shore Power</b>	\$ 18.15	per week
	\$ 78.28	per month
	\$ 228.46	per season
<b>Boat Launch</b>	\$ 14.08	per launch
	\$ 70.41	per season

For further information:

**Memorial Gardens**  
705-474-3770  
alain.lecompte@cityofnorthbay.ca

\*Prices do not include HST

# Beaches & Swim Lessons

## SWIM LESSONS SCHEDULE 2020

Classes are held Monday to Friday

Session One: June 29 - July 17

Session Two: July 20 - August 7

Cost: \$70.12

All lessons will be held at Birchaven  
Cove only

**NOTE:** Insufficient registration may result  
in class cancellations

Registration begins April 1st, 2020  
in person, 2nd floor City Hall  
Arts, Culture, Recreation & Leisure  
Services Department  
Monday-Friday  
8:30 a.m. – 4:30 p.m.

Payment accepted:  
*interac, credit card, cheque, cash*

## LIFEGUARDS COMMENCE SATURDAY JUNE 27, 2020

Lifeguards will be on duty from  
12:00 p.m. to 7:00 p.m.

Seven (7) days a week at the following locations:

**Birchaven Cove**  
**Waterfront Beach**  
**Olmsted Beach**

**Lakeside Drive**  
**Memorial Drive**  
**Lakeside Drive**

## LIFEGUARDS TERMINATE SUNDAY AUGUST 23, 2020

**Please note:**

Bronze Star, Swim Patrol, Bronze Medallion, Bronze  
Cross and Leaders can be taken at the Base Pool.  
Check page 29 for details.

## SUMMER 2020

CLASS #1

CLASS #2

10:15 a.m. – 10:45 a.m.\*\*

Starfish & Duck\*\*

Sea Turtle & Salamander\*\*

10:45 a.m. – 11:15 a.m.

Swim Kids 1

Swim Kids 2

Must be 5 years old

11:30 a.m. – 12:00 p.m.

Swim Kids 3

Swim Kids 4

1:00 p.m. – 1:45 p.m.

Swim Kids 5

Swim Kids 6

1:45 p.m. – 2:30 p.m.

Swim Kids 7

Swim Kids 8

2:45 p.m. – 3:30 p.m.

Swim Kids 9

Swim Kids 10

3:30 p.m. – 4:00 p.m.

Swim Kids 1

Swim Kids 2

4:15 p.m. – 4:45 p.m.

Salamander

& Sea Turtle\*\*

Private Lessons

**Sea Turtle** is an assisted level to which parents  
must accompany their children in the water.  
Children must be 18 months - 3 years of age to partici-  
pate.

**Salamander** is an unassisted level for children  
between the ages of 3 and 5 years.



For more information, log onto [www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)



## Share the Way

Trails are intended for the shared use of walkers, cyclists, and in-line skaters. To ensure that everyone is able to enjoy the trail system, please observe the following **Courtesy Code**:

- ✓ Cyclists and in-line skaters must yield to pedestrians
- ✓ Travel in single file. Walk, run or roll in a safe consistent and predictable manner
- ✓ Move completely off the pathway when stopping
- ✓ Keep to the right except when passing
- ✓ Sound your bell or call out, "Passing on your left" before passing
- ✓ Please do not litter; this is your pathway
- ✓ Please keep your pets on a leash within your lane and remember to clean up after them

**ENJOY!**



### Trail Distance Guide

**Kate Pace Way – total distance 12.4 km**

**Kinsmen Trail – total distance 5.1 km**

#### For more Information

**City of North Bay**

[www.cityofnorthbay.ca/living/recreation/trails](http://www.cityofnorthbay.ca/living/recreation/trails)

Or call City of North Bay, Arts, Culture, Recreation and Leisure Services: 705-474-0626 ext. 2329 or 2335

After hours call: 705-474-4340



## NOTICE

The City of North Bay wishes to advise the public of an amendment to By-Law 35-96 (Being a By-Law to regulate the use of public parks within the City of North Bay)

By-Law 2010-165 amends this By-Law by inserting the following under Part V.

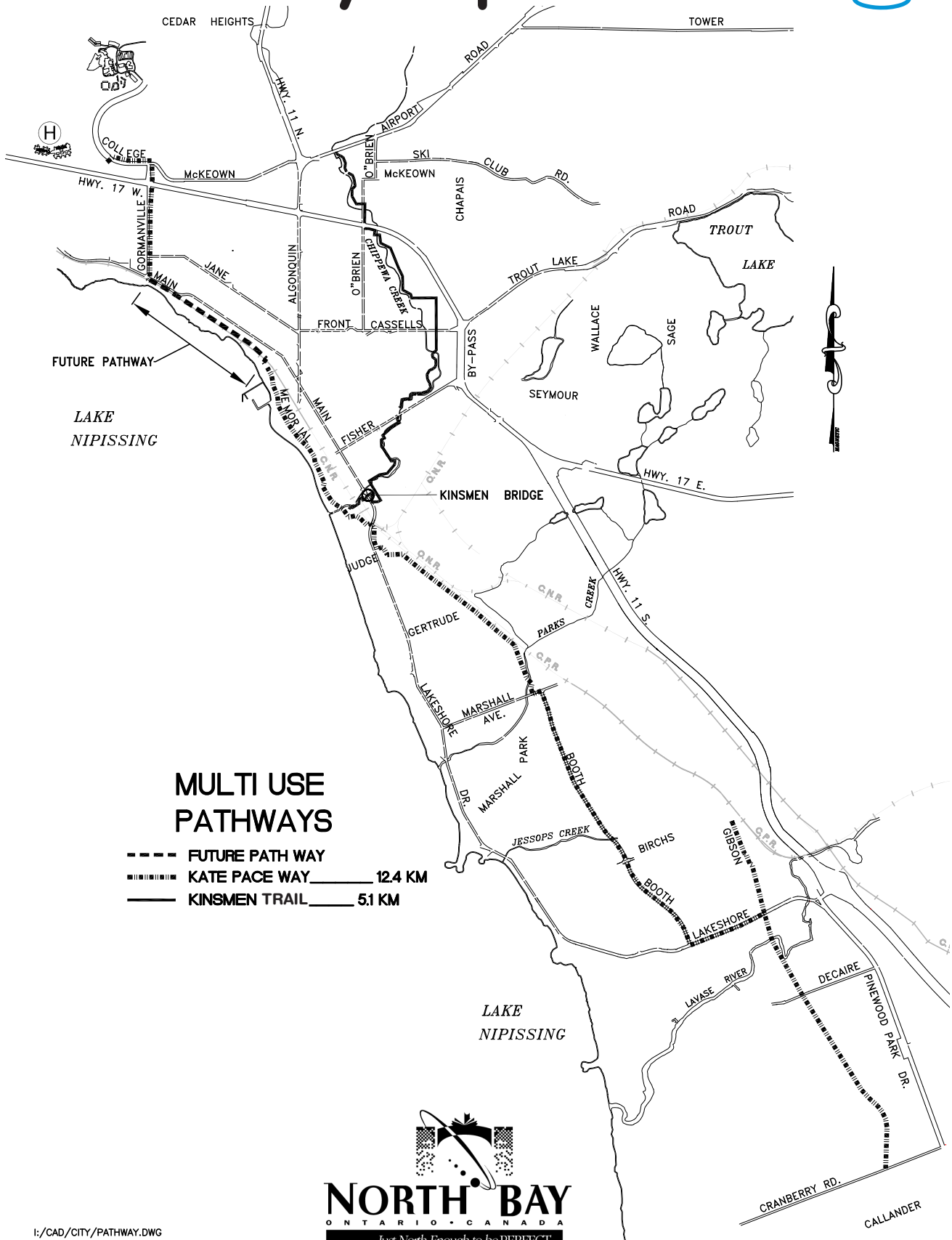
#### BICYCLE HELMETS

28.1 (a) No person under 18 years of age shall ride on or operate a bicycle while on the Kate Pace Way or the Kinsmen Trail unless the person is wearing a bicycle helmet that complies with the regulation under the Highway Traffic Act, R.S.O. 1990, c. H.8 and the chin strap of the helmet is securely fastened under the chin.

(b) No parent or guardian of a person under sixteen years of age shall authorize or knowingly permit that person to ride on or operate a bicycle on the Kate Pace Way or the Kinsmen Trail unless the person is wearing a bicycle helmet that complies with the regulations under the Highway Traffic Act, R.S.O. 1990, C. H.8 and the chin strap of the helmet is securely fastened under the chin.

**For more information please contact the Arts, Culture, Recreation and Leisure Services Department at 705-474-0626 ext 2329.**

# Pathway Map



I:/CAD/CITY/PATHWAY.DWG



## NORTH BAY PLAYGROUNDS & ADDRESSES

Playground	Address	Playground	Address
Bellevue Park (off McNamara)	20 McGibbon Street	Armstrong Park	60 Lakeside Dr.
Besserer Maple Ridge (off hwy. 11)	1 Gregory Dr.	Portage Park	1350 Peninsula Rd.
Champlain Park	1250 Premier Rd.	Pumphouse/ Water Treatment Playground	246 Lakeside Dr.
Circle Lake Playground	275 Lake Heights Rd.	Sage/ Birchaven	465 Sage Rd.
Feronia Playground	150 Cemetery Rd.	Sunset Park	65 Sunset Blvd.
Graniteville Playground	100 Carlo Cres.	Superior Crescent Playground	24 Prince Edward Dr.
Greenhill Playground	251 Pearce St.	Thomson Park	100 Chippewa St. W
Kenwood Hills Playground	30 Kenwood Hills Dr.	Veronica Playground	44 Veronica Dr.
Kinette Playground	430 Rock St.	Waterfront Park	133 Memorial Dr.
Laurentian Playground (Caldwell Ellam)	398 Carruthers St.	West Ferris/Massey Park	152 Massey Dr.
Lee Park	800 Memorial Dr.		



## MUNICIPAL BALL FIELDS

Facility	Complex	Address
Amelia Ball Field	Amelia Park	75 Memorial Dr.
Centennial Ball Field	Laurentian Park	398 Carruthers St.
Handley Ball Field	Optimist Park	603 Wallace Rd.
Johnson Ball Field	Thomson Park	100 Chippewa St. W.
Kelly Ball Field	Optimist Park	603 Wallace Rd.
Lennox Ball Field	Armstrong Park	60 Lakeside Dr.
Phillips Ball Field	Kinette Park	430 Rock St.
Tapper Gray Ball Field	Sam Jacks Complex	42 Gertrude St. E.
Veterans Ball Field	Veterans Park	10 Judge Ave.

## MUNICIPAL ATHLETIC / SOCCER FIELDS

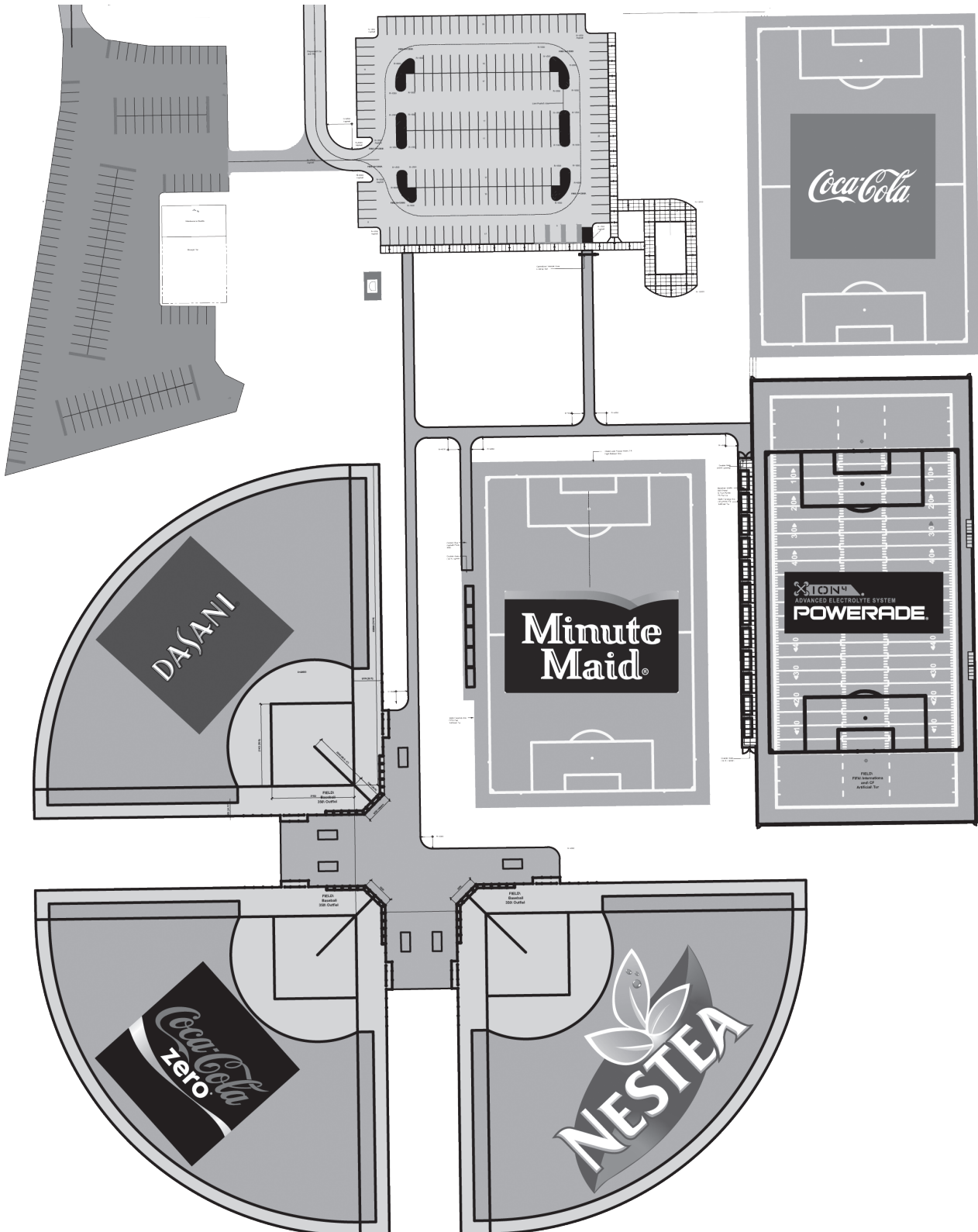
Facility	Complex	Address
Amelia Soccer Field	Amelia Park	75 Memorial Dr.
Fischer Football Field	Thomson Park	100 Chippewa St. W.
Graham Soccer Field	Armstrong Park	60 Lakeside Dr.
Ike Bowness Mini Fields (6)	Sam Jacks Complex	42 Gertrude St. E.
ONR Soccer Field	Veterans Park	10 Judge Ave.
Sunset Soccer Field	Sunset Park School	1191 Lakeshore Dr.
Veterans Soccer Field	Veterans Park	10 Judge Ave.



# Sports Field Complex Steve Omischl

1105 LAKESHORE DRIVE

- 3 Ball Diamonds
- 2 Artificial Turf Athletic/Soccer Fields
- 1 Natural Turf Athletic/ Soccer Field



# North Bay Arenas



## Staff

**Melinda Fry** – Manager of Sports and Events ext. 2662

**Nicole Beaulieu** – Clerk Cashier ext. 2663

**Louise Ranger** – Clerk Cashier ext. 2610

**Roger Dutrisac** – Facility Supervisor ext. 2612

**Peter Sutherland** – Facility Supervisor ext. 2661

## Memorial Gardens

**100 Chippewa Street West**  
**P: (705) 474-3770 F:(705) 474-4868**

**Hours of operation:** .....Monday to Friday

**Business Office:** .....8:30 a.m. – 4:30 p.m.  
*Closed 12:30 p.m.-1:30 p.m.*

**Box Office (2nd Floor)**.....8:30 a.m. – 4:30 p.m.

This office responds to enquiries about event bookings, parties, arena meeting rooms and ice rentals for all arena facilities. All bookings and payments must be made during regular business hours.

This is North Bay's facility for events for over 500 people. This facility can be transformed to accommodate elegant dinners, trade shows, meetings, concerts and other types of special events.

### Facilities include:

**Ice surface** - 200' X 85'

**Hall of Fame Room** - 60 capacity

**Club Lounge (2nd Floor)** - 60 capacity

**Dressing Rooms** - 5

**Box Office** - Automated ticketing system. Customized event ticketing provided by North Bay Battalion Hockey Club.

**Service of Alcohol** - This facility holds a license under the Alcohol and Gaming Commission of Ontario. Certain restrictions may apply to licensed events.

**Parking** - 450 plus

**Concessions** - Opened around activities. Arrangements can be made with our operator to consider your individual requests for catering as well.

\* The box office on the main level is open at 10 a.m. on Battalion game days and one hour before a Nipissing Lakers hockey game.

**Hockey Seating Chart can be accessed on the City of North Bay website at :**  
[www.cityofnorthbay.ca/media/1711/prl-map-mg-hockey.pdf](http://www.cityofnorthbay.ca/media/1711/prl-map-mg-hockey.pdf)

## Pete Palangio Arena

**603 Wallace Road**  
**P: (705) 476-2000 F: (705) 472-1146**

**Hours of operation:** .....Monday to Friday

**Business Office:**.....8:30 a.m. – 4:30 p.m.  
*Closed 1 p.m.-2 p.m.*

This location has extended hours on evenings and weekends depending on the activity in the building.

### Facilities Include:

**Ice surface** - 2 surfaces at 80' x 180'

**Spectator Seating** - 150 capacity per side

**Board Room** - 30 capacity

**Dressing Rooms** - 12

**Parking** - 200

This office responds to enquiries about arena meeting rooms and ice rentals for all arena facilities. All bookings and payments must be made during regular business hours or dropped into the afterhours mail slot located under the front counter of the business office.

## Sam Jacks Complex a.k.a. West Ferris Community Centre

**42 Gertrude Street East**  
**Direct enquiries to:**  
**(705) 476-2000 or (705) 474-3770**

There is no administrative staff located at this facility. All rental enquiries should be directed to the Pete Palangio Arena or the Memorial Gardens Arena.

### West Ferris Auditorium:

This is the perfect place for your next family wedding, anniversary or retirement party. The facility offers the flexibility of hiring your own caterer and running your own bar. This room seats 150 plus for dinner. Amenities include: microwave, fridges, tables, and chairs.

### Facilities Include:

**Ice surface** - 80' x 180'

**Board Room** - 20 capacity

**Dressing Rooms** - 5

**Parking** - 80

### Meeting Rooms:

A variety of rooms are available at our arenas that could accommodate community meetings, recreation programs, fundraising events and other special activities. These rooms vary in size to accommodate groups up to as many as 150 people. For more information, call (705) 476-2000.



**Rates** - For rental rates, log on to the City's website at [www.cityofnorthbay.ca/living/recreation/arenas/rental-rates](http://www.cityofnorthbay.ca/living/recreation/arenas/rental-rates)

**Availability Information** - For information on ice and floor availability, you can contact Memorial Gardens or Pete Palangio Arenas during regular business hours, or for evening and weekend enquiries please contact Pete Palangio Arena at (705) 476-2000, or visit the City website for the Online Ice Fax at [www.cityofnorthbay.ca/living/recreation/arenas/ice-availability](http://www.cityofnorthbay.ca/living/recreation/arenas/ice-availability)

**Casual Ice and Floor Rentals** - Ice and floor rentals can be booked and confirmed over the phone when accompanied by a credit card number. Casual rentals must be paid for 48 hours prior to the date booked.

**North Bay Battalion** - You brought the Battalion home, North Bay. Now head to the newly renovated Memorial Gardens Arena and enjoy hockey at the OHL level. For game and ticket information, log on to the North Bay Battalion website at [www.battalionhockey.com](http://www.battalionhockey.com).

**Nipissing Lakers Varsity Hockey (Men's and Ladies)** - Catch the action of Varsity Hockey. Come out and watch the Nipissing Lakers battle various universities as they fight for a spot in the OUA playoffs. Game and ticket information are available online at the Nipissing Lakers website at [www.nulakers.ca/](http://www.nulakers.ca/)



For more information, log onto [www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)

# Student Employment Opportunities

## 2020

### AQUATICS PROGRAM

#### Position: **BEACH DIRECTOR**

##### Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Must hold a minimum standard of N.L.S. Waterfront
- Must hold a current A.C.E
- Must hold a current C.P.R. certificate
- Must be a minimum of 16 years of age or older
- Must display managerial and supervisory skills
- Must hold a current class G driver's license

##### Responsibilities:

- Assist with staff selection
- Assist with the design and implementation of the aquatics training program
- Day-to-day aquatics program administration
- Staff scheduling
- Some budget monitoring
- Delivery of supplies
- Assist with the weekend and evening "on call" duty
- Assist with the enforcement of policies and procedures
- Be responsible for the promotion of a "Water Smart" program

**Duration: May to August**

**Hours of Work: approx. 35 hrs/wk**

**Wage: \$15.68/hr**

**Deadline: March 27, 2020**

### APPLICATIONS

can be found on:  
[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)  
and returned to:  
[staffing@cityofnorthbay.ca](mailto:staffing@cityofnorthbay.ca)  
OR

**Human Resources Dept.  
City Hall, 7th Floor  
200 McIntyre Street East  
North Bay ON P1B 8V6**

For more information, call  
**705-474-0400** or log on at

[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)

#### Position: **LIFEGUARD**

##### Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Must be a minimum of 16 years of age or older
- Must hold a current C.P.R. certificate
- Must hold a minimum standard of N.L.S. Waterfront
- Preference given to candidates holding Aquatic Emergency Care

##### Responsibilities:

- Carry out Lifeguard duties at one of the City's supervised beaches
- Prepare and carry out emergency procedures effectively
- Follow department policies and procedures
- In the event of Beach Postings, the Lifeguard must be prepared to work alternate duties as assigned (this may require safety-toed work boots)

**Duration: June to end of August**

**Hours of Work: Shift work 7 days/wk**

**Wage: \$14.28/hr**

**Deadline: March 27, 2020**

#### Position: **INSTRUCTOR**

##### Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Preference given to candidates with experience
- Must be a minimum of 16 years of age or older
- Must hold a current Royal Life Saving and Red Cross Instruction Program
- Must hold a current C.P.R. certificate
- Must hold a minimum standard of N.L.S. Waterfront
- Must be certified in First Aid or Aquatic Emergency Care

##### Responsibilities:

- Teach children aged pre-school and up safety and swimming skills at one of the waterfront locations
- Must follow the Royal Life Saving and Red Cross Instruction Program

**Duration: July and August**

**Hours of Work: Monday to Friday**

**Wage: \$14.28/hr**

**Deadline: March 27, 2020**

#### Position: **HEAD GUARD**

##### Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Must hold a minimum standard of N.L.S. Waterfront
- Must hold a current A.C.E
- Must hold a current C.P.R. certificate
- Must be a minimum of 16 years of age or older
- Must display managerial and supervisory skills

##### Responsibilities:

- Staff supervision
- Decision making
- Monitoring staff scheduling
- Ensuring compliance with policies and procedures
- Assist with staff training
- Day-to-day administration and reports
- Assist with staff training
- Monitor facility and safety hazards

**Duration: June to End of August**

**Hours of Work: Shift work 7 days/wk**

**Wage: \$14.56/hr**

**Deadline: March 27, 2020**

### PARKS & FACILITIES

#### Position: **MAINTENANCE LABOURER**

##### Qualifications:

- Good physical condition
- Currently attending secondary or post-secondary facility
- Preference given to students who have landscape maintenance experience

##### Responsibilities:

- General park maintenance duties

**Duration:** Students will be required between May and August. Starting and termination dates pending summer programs.

**Hours of Work: 7:30 a.m. to 4:00 p.m.**

**Wage: \$14.00/hr**

**Deadline: March 6, 2020**

# Student Employment Opportunities 2020

**Position:**  
**YOUTH CENTRE STAFF**

**Qualifications:**

- Good physical condition
- Must hold a current First Aid and C.P.R. certificate
- Minimum of 16 years of age
- Display leadership and supervisory skills
- Employment is not confirmed until the receipt of a satisfactory criminal reference check

**Responsibilities:**

- Coordination of youth activities and sports
- General program coordination of games, crafts and special events
- Day-to-day operation of centre — report writing, program planning, paperwork, communication with supervisor

**Duration:** Approx. May to September  
**Hours of Work:** 25 to 35 hrs/wk  
**Wage:** \$14.28/hr  
**Deadline:** March 27, 2020

**Position:**  
**MARINA ATTENDANT**

**Qualifications:**

- Good physical condition
- Currently attending secondary or post-secondary facility
- Preference will be given to students who have marina, and/or retail experience
- Able to deal effectively with the public

**Responsibilities:**

- Sale of gas and other marina services
- Security of marina facilities
- Customer service
- General marina operations

**Duration:** May to September  
**Hours of Work:**  
 Monday to Sunday  
 7:00 a.m. to 3:00 p.m.  
 3:00 p.m. to 11:00 p.m.  
**Wage:** \$14.00/hr  
**Deadline:** March 27, 2020



**APPLICATIONS**

can be found on:  
[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)  
 and returned to:  
[staffing@cityofnorthbay.ca](mailto:staffing@cityofnorthbay.ca)  
 OR  
**Human Resources Dept.**  
**City Hall, 7th Floor**  
**200 McIntyre Street East**  
**North Bay ON P1B 8V6**

For more information, call  
**705-474-0400** or log on at  
[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)



# Community Emergency Preparedness

## Know what to do before disaster strikes

**Emergencies and disasters can happen at any time.** This could mean utilities are out, roads are closed and we can't get the crucial supplies we need. Local, provincial and federal officials prepare for emergencies and so should you!

In the event of an emergency or disaster, everyone should be prepared to take care of themselves and their families for up to three days.

## Here's how...

- Post emergency telephone numbers
- Check your home insurance
- Prepare a 3-day emergency survival kit (including food and medications)
- Choose an out of town emergency contact
- Train family members in emergency procedures and have a plan (including a designated meeting place to reunite with family)
- Learn about your community's emergency plan

## Prepare Now, Learn How... Emergency Survival Checklist\*

\* Three-day supply per person

- |  |  |
|--|--|
| <input type="checkbox"/> Flashlight and batteries                  | <input type="checkbox"/> Clothing and footwear   |
| <input type="checkbox"/> Radio and batteries or crank radio        | <input type="checkbox"/> Blankets or sleeping bags   |
| <input type="checkbox"/> Spare batteries (for radio or flashlight) | <input type="checkbox"/> Toilet paper and other personal items                                 |
| <input type="checkbox"/> First-aid Kit                             | <input type="checkbox"/> Medication  |
| <input type="checkbox"/> Candles and matches/lighter               | <input type="checkbox"/> Backpack/duffel bag (to hold all of the emergency survival kit items) |
| <input type="checkbox"/> Extra car keys and cash                   | <input type="checkbox"/> Whistle (to attract attention, if needed)                             |
| <input type="checkbox"/> Important papers (identification)         | <input type="checkbox"/> Playing cards, games  |
| <input type="checkbox"/> Food and bottled water                    |  |



For more information, visit:  
[www.emergencymanagementontario.ca](http://www.emergencymanagementontario.ca)



**ON THE WEB:** [www.cityofnorthbay.ca/fire/preparedness](http://www.cityofnorthbay.ca/fire/preparedness)

# NORTH BAY TRANSIT



Transit Real Time  
Information Website:  
[northbay.ca/myridenbt](http://northbay.ca/myridenbt)

**Google  
Transit Trip  
Planner  
available**

visit our website at  
[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)

*For assistance or  
information including  
charters call:*

Transit: 705-474-0400 or  
Dispatch: 705-474-0419

Transit has a 100% accessible fleet. This means buses have a fold out ramp for easier boarding, two secure areas for wheelchairs in every bus and no stairs. The Accessible Transit buses provide more travel opportunities for people with disabilities.

## summer Youth Center



For youth  
ages 7-12 who  
are interested  
in sports,  
games and  
hanging out  
with friends!



For locations and other information  
contact the Arts, Culture,  
Recreation and Leisure Services  
Department at (705) 474-0400  
ext 2329 or ext 2335.

Open Monday-Friday  
10am - 6pm  
at Caldwell Ellam  
Community  
Centre & Circle Lake  
Community Centre

## FREE After School Program

Open  
Monday,  
Wednesday  
& Fridays  
from 3:00pm-  
6:00pm



For youth ages 7-12 who are interested in  
physical activity, health & wellness, food &  
nutrition, arts & culture and a homework club!

For locations and other information  
contact the Arts, Culture, Recreation  
and Leisure Services Department at  
(705) 474-0400 ext 2329 or ext 2335.







# City of North Bay's Household Hazardous Waste Depot

Hours of Operation  
WEDNESDAY to SATURDAY  
8am to 6pm  
OPEN YEAR ROUND

## Safe Use of Hazardous Products

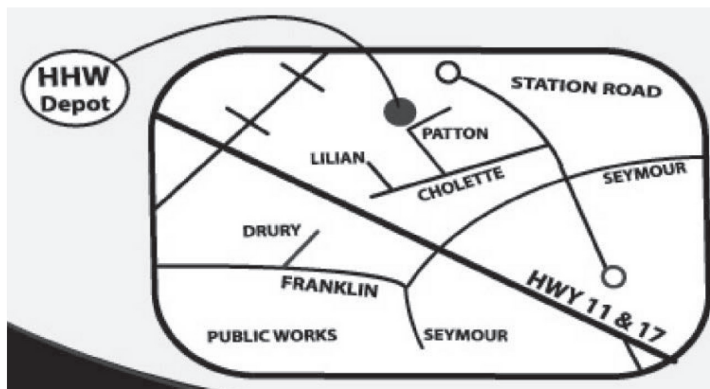
If you must use hazardous products, keep the following tips in mind in order to minimize your exposure to chemicals and potential danger to the environment:

- Buy only what you need.
- Give away what you do not use.
- Share seldom used products.
- Buy alternative products that are less hazardous.
- Never mix products together.
- Use only recommended amounts (more is not better).
- Choose products with child-resistant caps.
- Safely store all hazardous materials out of reach of children and pets.
- Use products in a well-ventilated area.
- Never pour HHW in the storm sewer - it leads to Lake Nipissing.
- Do not bury hazardous waste or pour it into the ground - it can contaminate groundwater.

## Preparing HHW for Safe & Easy Transport

All materials should be left in the original container to allow easy identification of the contents.

- Never mix products together
- Waste should be sealed & labeled
- Bring all hazardous waste in a cardboard box or rigid container
- Collect household batteries in a small plastic container or coffee can



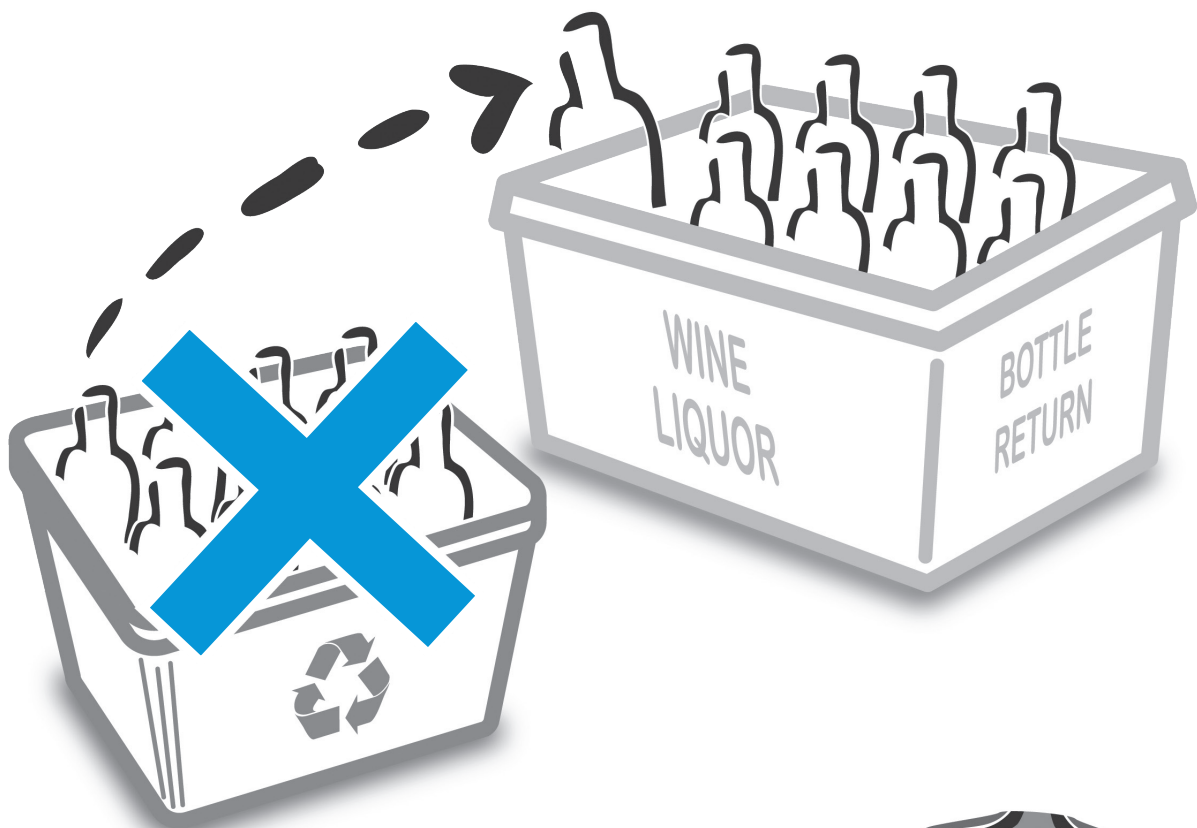
For more information please contact  
the Wasteline at (705) 474-0400 ext. 2333

*Examples of Household  
Hazardous Waste accepted at the  
HHW depot:*

- AEROSOL CANS
- ANTIFREEZE
- ASPHALT & ROOFING TAR
- AUTOMATIC TRANSMISSION FLUID
- BATTERIES/BATTERY ACID
- BRAKE FLUID
- BUG & TAR REMOVER
- CAR WAX & POLISH
- COSMETICS
- DEGREASERS
- DISINFECTANT
- DRAIN CLEANER
- ENGINE/RADIATOR FLUSHERS
- FERTILIZERS
- FIRE EXTINGUISHERS
- FLEA COLLARS
- FLOOR STRIPPERS & POLISHES
- FLUORESCENT BULBS & TUBES
- FUNGICIDE
- FURNITURE STRIPPERS & POLISHES
- GASOLINE, KEROSENE
- GLUES
- GREASE & LUBES
- HEATING OIL, DIESEL FUEL
- HERBICIDES
- HOUSEHOLD CLEANSERS
- INSECTICIDES
- LAUNDRY SOAP & STAIN REMOVER
- LIGHTER FLUID
- METAL POLISH
- MOTOR OIL & WASTE OILS
- NAIL POLISH
- OIL FILTERS
- OVEN CLEANER
- PAINT, VARNISH, STAIN, DYE
- PAINT & LACQUER THINNERS
- PAINT & VARNISH REMOVERS
- PHARMACEUTICALS
- PESTICIDES & WEED KILLER
- POISONS
- PROPANE TANKS (ANY SIZE)
- RUST PROOFERS
- SOLVENTS
- SWIMMING POOL CHLORINE
- SYRINGES
- TURPENTINE
- WOOD PRESERVATIVE

# SAVE your MONEY it PAYS to RETURN

Returning your wine and liquor bottles to the Beer Store will put money back in your pocket and will help lower your taxes spent on recycling.



**DONATE** your bottles or start a **BOTTLE DRIVE** for a local team or a charitable organization.



# Throwing away clothes is never in style



Let your used clothes live on through donation. Learn more at [OTDC.co](https://OTDC.co)

**OTDC** ONTARIO  
TEXTILE  
DIVERSION  
COLLABORATIVE

# Community Contact List

This list is derived from information provided to us by Community Leisure groups and organizations in North Bay and area. If the information needs updating, or if your organization is not listed and you would like it to be, please mail, fax, or email the information to: **City of North Bay, Department of Arts, Culture, Recreation & Leisure Services 200 McIntyre St. E., North Bay, Ontario P1B 8V6 Tel: (705) 474-0400 - Fax: (705) 474-9782 - erin.vaughan@cityofnorthbay.ca**

CATEGORY	ORGANIZATION	CONTACT	PHONE	CATEGORY	ORGANIZATION	CONTACT	PHONE
<b>ARTS &amp; MUSIC</b>				<b>RECREATION/SPECIAL INTEREST</b>			
Art	Capitol Centre	Box Office	705-474-4747	Science	Science North - Sudbury	Crystal Craig	800-461-4898
	White Water Gallery	Gallery Director	705-476-2444	Sewing	The Academy of Fine Sewing & Design	Kathryn Brenne	705-494-8529
	WKP Kennedy Gallery	Alix Voz	705-474-1944	<b>RECREATION/SPECIAL INTEREST</b>			
	North Bay Art Association	northbayartassociation@gmail.com		Aquatics	CFB Fitness & Wellness Centre	Aquatics Programmer	705-494-2011 Ext. 2611
Balloon Animals & Face Painting		Tickled Teals Tealia Carriere	705-825-2833		CFB Thunderbirds Swim Club	Pierre Simard	705-494-2011 Ext. 2240
	Ken the Balloon Dude	Ken	705-493-9025		Royal Lifesaving Society	Penny Lecour	705-472-3132
Ceramics	North Bay & Area Potters Guild	Betty Ackroyd	705-478-7205		Swimming Program (Beaches)	Parks, Rec. & Leisure	705-474-0400 Ext. 2335
Dance	BTS Dance Corp.	Natasha Goudreault	705-472-1513		YMCA Titans Swim Team	Kerry Spencer	705-471-2010
	Dance Expressions de Danse	Jayde & Tara Lee Vaillancourt	705-495-0333		YMCA	YMCA	705-497-9622 Ext. 228
	Gateway Gliders Modern Square Dance	Keith Topps	705-476-0958	Archery	The Archery Place	Andy Bourgeois	705-752-5853
	Porter's School of Scottish Art	Colleen Porter	705-494-8686		North Bay Bow Hunters & Archers	Joe Pigeon	705-471-6398
	Renee's Dance Connections	Renee Chayer	705-474-8334	Badminton	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 Ext. 2241
	Samantha's School of Fiddle & Stepdance	Samantha Depatie	705-474-7982		KTP Racquet Club	Kurt Tempelmans Plat	705-498-9353
Drama/Theatre	Shadfly Stompers	M. Bruce-Payne	705-476-0890		YMCA	YMCA	705-497-9622
	Gateway Theatre Guild	Sales Office	705-358-1425	Ball Hockey	North Bay Youth Ball Hockey League	John Loyst	705-494-4573
	Dreamcoat Fantasy Theatre		705-472-1590		YMCA	YMCA	705-497-9622
Film	Near North Mobile Media Lab	Holly Cunningham	705-476-6402	Baseball	North Bay Baseball Association	Don Norman	dnorman30@hotmail.com
	North Bay Film Festival		705-476-6402		Men's Baseball League	Adam Campbell	705-845-6746
Guitar	Al Carlson Guitar Studio	Al Carlson	705-476-3168	Basketball	Nipissing Basketball Association	Tim Simpson	705-499-1515
	Brian McDowell Guitar Lessons Plus	Brian McDowell	705-303-8760		Summer Hoop Camp (July)	Jim Davidson	705-497-9505
Music	Brava Music Studios	June DeSousa	705-472-7282		22 Wing JR NBA	Lindsay Seguin	705-494-2011 ext. 2613
	North Bay Legion Pipes and Drums	Lisa Hurlbise	ahurlbise@cogeco.ca	Billiards/Bowling	Partners Billiards & Bowling	Tim Simpson	705-499-1515
	North Bay Musicians & Entertainment Hall of Recognition	Done Brose	705-472-0961		North Bay Power and Sales	Bonnie Zufelt	705-474-1420 x3
	North Bay Symphony Orchestra	Rosalind Zimbalatti	705-494-7744	Boating	Ares Kickboxing & Fitness	Robert Dixon	705-980-0455
	Ont. Registered Music Teachers Assoc.	Beth Chartrand	705-752-3552	Boxing	Elite Twin Dragon Karate, Boxing & Kick	Boxing Centre	705-472-2543
	Symphony String School	Jordan Wyshniowsky	705-498-7744	Bridge	North Bay Duplicate Bridge Club	Chantal Nadon	705-494-9249
Painting	King's Framing & Art Gallery		705-752-4211		Callander Legion	Andy Aitchison	705-495-1756
	Melanie's Country Paint & Brush	Melanie Malkowski	705-752-5232	Canoeing	North Bay Canoe Club	Main office	705-752-3773
Pottery	Jane's Pottery Factory Incorporated		705-476-7369		Smoothwater Outfitters & Ecotodge	Edward Hong	705-476-2030
	North Bay & Area Potters Guild	nbpottercourses@gmail.com			Land O' Lakes Canoe & Kayak	Caryn Colman	705-868-6464
Quilting	The Cottage Quilter	Kelly Schroeder	705-752-1496	Car Club	North Bay Cruisers	Bill & Karen Ritzel	705-892-2322
	Homestead Stitches	Annie Boomhour	705-476-9923	Carousel	Heritage Railway & Carousel Company	Terry Daigle	705-497-7520
	Near North Quilt Guild	cqaregistrar@canadianquilter.com		Charter/Cruises	Chief Commanda II operated by Georgian Bay Cruise Company Inc.	King's Landing	705-495-8412
	Northern Lights Quilters Guild	Barbara Parkinson	705-753-6138	Cheerleading	Apollo Gymnastics	Shannon Parks	705-474-4486
Rug Hooking	Rags to Riches	Beulah Hamilton	705-474-3029		North Bay Granite Club	Office	705-472-6740
Vocal	Baytones Harmony Singing Chorus	Bonnie Sue Dowdall	705-752-2330	Curling	Callander Legion	Main Office	705-752-3773
	Gateway Harmony Company	Barry Lajeunesse	705-713-0499		Royal Canadian Legion	Main Office	705-476-0566
	Near North Voices	Dr. Adam Adler	705-471-7766		Powassan Curling Club	Main Office	705-724-2247
	Nipissing Country Music Association	Harley Renaud	705-474-0776	Fitness	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 Ext. 2241
	North Bay Choral Society	Gina King	705-358-5860		Fit for Life	M. Bruce-Payne	705-476-0890
	Rapport Singers of North Bay	Peggy Millar	705-474-4884		Goodlife Fitness Centre (co-ed)		705-476-6245
Weaving	Gateway Weavers & Spinners	Wendy Champaign	705-474-4052		Stay Put Senior Fitness	info@stayput.ca	705-845-6461
<b>EDUCATION</b>					YMCA		705-497-9622
Adult	Active Living Community Action Project	Lorrie Mickelson	705-647-8534	Football	North Bay Bulldogs	Marc Mathon	705-200-4856
	St. Joseph Adult Education Campus	North Bay Office	705-472-7771	Gardening	Heritage Gardeners	Jade Scognamiglio	705-472-4006
	Canadore College	General Information	705-474-7600 Ext. 5600		North Bay and Area Master Gardeners		705-472-3388
Astronomy	North Bay Astronomy Club	Bill Montague	705-492-3048		North Bay Horticultural Society	Maureen Ranger	705-472-6086
Children	Creative Learning	Des Anthony	705-472-9832	Genealogy	Genealogical Society of Nip. Dist.	Barb Moore	705-497-7819
	Learning Together	Diane Sarrazin-Dubeau	705-494-2011 Ext. 2056	Germania Club	Germania Club - Social Activities	Hilde Weber	705-472-6005
	Montessori Learning Centre		705-495-1173	Golf	Clear Springs Golf Course	Lise Gagnon	705-724-5735
	EarlyON	April Porter	705-474-8910		High View Golf Course	Dean Harrington	705-724-5230
	Oxford Learning Centre	Danielle Trudeau	705-472-0972		Laurentide Golf Club	Kae Mantha	705-753-0983
Childcare	Little Wings Childcare Centre	Leanna Neault	705-494-2011		Mattawa Course	Brenda Martel	705-744-5818
	North Bay Daycare Centre	Beryl Johansen	705-474-1850		North Bay Golf & Country Club	Jeff Mancini	705-472-7270
	YMCA Child Care	YMCA	705-497-9622 Ext. 227		Osprey Links	Jeff Rogerson	705-752-5225
Computer	KIS Computer Schoolhouse	Mike Butti	705-497-1525		Pinewood Golf Course	Dan Garagan	705-472-2264
Driving	A-1 Driving School	Main Office	705-472-7800	Gymnastics	Apollo Gymnastics	Shannon Parks	705-474-4486
	Future Drivers of Canada	Jim Carlson	705-495-8636		North Bay Gymtrix	Nicki Chretien-Ranney	705-476-3999
	Young Drivers of Canada	Tom Denley	705-476-5320	Health & Wellness	Cor Maximus	Office	705-476-8888
Health	Holistic Health Harvest	Jackie Tracey	705-744-4729		Gateway North Bay TaiChi	Gisele Harney	705-980-1291
	Living Fit Inside/Out	Hariett Madigan	705-495-4045		Good Food Box (NDHC)	Tracy Bethune	705-472-2441 Ext. 3740
	NB & District Cardiac Fitness Club	Dr. Andrews-Diagnostic Clinic	705-472-2898		Taioist Tai Chi Society of Canada	Rita Ott	705-497-9029
	North Bay Parry Sound Dist. Health Unit		705-474-1400 ext-5354	Health & Wellness,	Wellness Kits (NDHC)	Tracy Bethune	705-472-2441 Ext. 3740
	Ontario Physical & Health Education Association (OPHEA)		1-855-526-7120	Acupuncture	Acupuncturist & Shiatsu Aromatherapy	Colleen Scanlan	705-499-6837
Literacy	Frontier College	Natalie Wilson	705-471-3474		North Bay & Dist. Girls Hockey		705-845-5577
	North Bay Literacy Council	Jane Jackson	705-494-9416	Hockey	North Bay & Dist. Sledge Hockey Association		705-474-5628
Museum	Callander Bay Heritage Museum	Carol Pretty	705-752-2282		North Bay Minor Hockey Association	Scott Kile	705-472-9751
	Canadian Forces Base Museum of Aerospace Defense		705-476-2323		Northern Ontario Hockey Association		705-474-8851
	Discovery North Bay	Naomi Rupke	705-476-9006		Special Needs Hockey (North Stars)	sharontung56@gmail.com	
Nature	Nipissing Naturalists Club	Fred Pinto	705-476-9006		Summer Sledge Hockey		705-474-5628
	Nipissing First Nations		705-753-2050		West Ferris Minor Hockey		705-497-1560
	North Bay Mattawa Conservation Authority	Sue Buckle	705-474-5420	CATEGORY		CONTACT	
Parenting	Family Enrichment Program	Jane Meil	705-472-2152	Hockey (OHL)	North Bay Battalion Hockey Club	Carrie Morrin	705-495-8603 Ext. 2703
Parenting/Prenatal	North Bay Parry Sound Dist. Health Unit		705-474-1400	Horseshoes	Callander Legion	Main office	705-752-3773
	Place du Passage	Kim Bergeron	705-474-8809	Holistic Health	Lifeworks Centre		705-476-1635
Post Secondary	Canadore Rec. & Leisure Services	Dave de Jourdan	705-474-7600 Ext. 5223	Horticulture	Callander Horticultural Society	Isla & Ted Reed	705-752-2565
Pre-School	Montessori Children's House	Debbie Ashley	705-476-5156	Hunter/Angler	Hunters & Anglers, OFAH	Robert Taylor	705-472-7143
"Pre-School & High School"	North Bay Kumon Centre	Geoff Brown	705-474-5132	Martial Arts	North Bay Judo Club	Kim Boaro	705-724-9657
Radio	North Bay Amateur Radio Club	Keeling Little	705-476-1126		North Bay Ving Tsun Kung Fu/Colin Young	Sue Robson	705-475-1300
Robotics	Near North Student Robotics Team	"Nancy Dewar-Stenning"	705-752-1333		Gateway Karate	Chris Marceau	705-840-3464
School Board	Conseil Scolaire Catholique Franco-Nord Administration		705-472-1702		Marceau's Martial Arts	Linda Labbe	705-474-4794
	Conseil Scolaire Public du Nord-Est de l'Ontario	Lynn Lauzon	705-472-3443		North Bay Karate Club		705-495-3656
	Near North Dist. School Board		705-472-8170		3 Fires Martial Arts Academy		
	Nip. Parry Sound Catholic School Board	Kate Bondett	705-472-1201				



# World's Finest Shows *Midway*



**WORLD'S FINEST SHOWS**

**COMING TO:**  
Lee Park, North Bay  
this Spring & Summer  
(Civic Holiday Weekend)

For more information please visit:  
[www.worldsfinestshows.com](http://www.worldsfinestshows.com)

# ARMED FORCES DAY 2020

In appreciation of the Canadian Armed Forces and United States Air Force

**Save the Date: Wednesday, June 10, 2020**  
**North Bay Waterfront**

\* Musical Performances

\* The Canadian Forces Snowbirds, CF-18 Demo Team, The Skyhawks

\* Military Vehicles, Equipment and Weapons Displays

\* More exciting displays to be confirmed!



# CANADA DAY 2020

**At the North Bay Waterfront  
Wednesday, July 1, 2020**



For more information, or if you would like to volunteer, please call  
**705-474-0400 ext. 2329**  
**[www.cityofnorthbay.ca](http://www.cityofnorthbay.ca)**

scan here with your smart phone for website information



**A.C.T.  
Cake Cutting  
Multicultural Showcase  
Canada Day Kid Zone  
Fireworks**



**Canada Day Fireworks Cruise On  
The Chief Commanda**



**Musical Guests  
Sailing Regatta  
and lots more!!**

**Event Partners confirmed as of January 2020**



## ADVERTISING YOUR EVENT IS



### YOU CAN ADVERTISE YOUR EVENT ON THE CITY'S WEBSITE?

Simply visit our website at [www.cityofnorthbay.ca](http://www.cityofnorthbay.ca), click on the blue silo "Living in North Bay", click on "Festivals and Events" and then click on the link Calendar of Community Events.

Follow the instructions to add your event. Click the button "Add My Event to the Calendar" and you're done!

### NEED HELP? Call us at...

Arts, Culture, Recreation & Leisure Services at 705-474-0626, ext. 2335 or 2329 and we will be happy to assist you.

## Lemonade Day!

June 6,  
2020

NORTH BAY

#### What is Lemonade Day?

Lemonade Day is a community-wide educational program designed to teach youth how to start, own and operate their own business through a Lemonade Stand. Lemonade Day provides kids the opportunity to learn valuable life skills through real-life experience!



Save Some. Spend Some. Share Some.



#### Program Involves:

- Program Registration
- Lemonade Lessons (Training Day)
- Mentorship & Resources
- Lemonade Day (June 6th)

To participate, register at: <https://lemonadeday.org/north-bay>

For more information contact Kennedy Horton at [khorton@tbcnps.ca](mailto:khorton@tbcnps.ca) or call 705-474-0400, ext. 2444

#### Presented by



#### Supported by



## Kiwanis North Bay Triathlon

Sunday, June 28, 2020

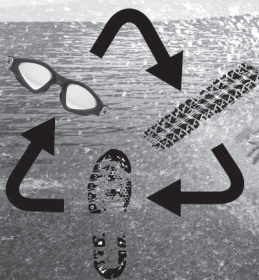
Adult Triathlon - Individual & Team Relays

Try a Tri Triathlon . Adult Duathlon - Run Bike Run

Kid's Triathlon Saturday, June 27

Olmsted Beach

for more information or to register: [www.kiwanisnipissing.com](http://www.kiwanisnipissing.com)



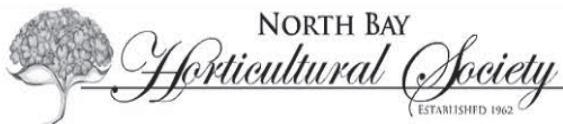
**Kiwanis**  
International

# CULTURE DAYS

*Culture Days Weekend: September 25 - 27, 2020*

**Culture Days is a national celebration of arts and culture. At the end of each September, millions of people attend thousands of participatory arts and culture events across the country. Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities.**

The Culture Days organization supports a Canada-wide network of arts, culture, and heritage organizers to facilitate free public events in their communities every year during the Culture weekend.



If you are interested in joining a diverse and dynamic group of all ages who share the love of gardening, why not join the North Bay Horticultural Society. Activities include seven evening meetings per year with interesting guest speakers, workshops, bus trips, a picnic, a plant sale and a strawberry social. Also popular is the question and answer segment of the meeting with our local Master Gardeners.

Our mandate is to foster the love of gardening and the beautification of our city. Members include all levels of experience and knowledge. Our monthly meetings are filled with friendly local gardeners interested in sharing their gardening knowledge. The meetings are held on the third Monday of the month (unless posted otherwise) at 312 Greenwood Avenue (Christ Church) at 7 p.m. Each meeting has a social segment with home-baked goodies and tea and coffee. This is held between the general meeting and the guest speaker segment where you can mingle and chat with your gardening friends. There are no meetings in July, August, December, January or February.

Members of the Society also receive our "Green Thumb" newsletter with timely local gardening tips and news. Membership in our Society is only \$10 per person or \$15 per family.

Visit us on Facebook and send us a friend request to receive notices of our meetings and special events. Visit our website at [www.gardenontario.org](http://www.gardenontario.org) and follow the links, e-mail us at:

[nbayhort@gmail.com](mailto:nbayhort@gmail.com)



North Bay & Area Master Gardeners  
[northbaymastergardeners@hotmail.com](mailto:northbaymastergardeners@hotmail.com)  
[mgoi.ca](http://mgoi.ca)

Come Grow With Us!

MASTER GARDENERS OF ONTARIO

Benefits of Becoming a Master Gardener... provide your community with valuable service.

Master Gardeners are volunteers. Master Gardeners are also learners and teachers. Our purpose is to encourage gardening in the North Bay Area.

Increase your knowledge of gardening and plants in Ontario.

The Master Gardener is an experienced gardener who must pass an eligibility test and who is then able to take on-line courses through the University of Guelph in Ontario or Dalhousie University in Nova Scotia. Each year many challenge the Certification Examination without taking the courses. This is a tuition-free option of self-directed study. You must still join a Master Gardener group and do volunteer hours. Once the courses/self-directed study and volunteer hours are completed, usually two years but it may take three, you will receive a Master Gardener certificate. You may then use the designation Master Gardener.

Network, share ideas and work with others who have similar interests. There are 2000 registered Master Gardeners in Ontario, part of more than 31 groups, including the North Bay and Area Master Gardeners. Together they contribute over 38,000 hours annually to the public in the form of accurate and current horticultural information. This volunteer driven organization is a valuable resource in our community. Develop your communication, presentation, and leadership skills. Check out the Master Gardeners of Ontario website @ [mgoi.ca](http://mgoi.ca). Follow us on Facebook at Master Gardeners of Ontario Facebook Group.

Meet North Bay and Area Master Gardeners at Heritage Gardener Education Nights and local Horticultural meetings. We are always there to answer your gardening questions. Ask us how you can become a Master Gardener.

# KidSport Funding:

Each year we are able to support hundreds of families with registration and equipment fees for organized sport in the North Bay community.



## Please take note of our registration deadlines:

- Applications should be submitted to KidSport 30 to 45 days prior to the sport start date
- Deadline for all 2020 Registrations is: December 01, 2020. Applications received after this date will be considered in January of 2021
- **New** - Applications for KidSport Funding are now available ONLINE  
To apply for assistance visit our website <http://www.kidsportcanada.ca/ontario/north-bay/>  
If you are unable to apply online or need further information please contact the office for assistance
- Paper applications are still available in the office for those who are not able to apply online

KidSport North Bay - Located in the Arts, Culture, Recreation & Leisure Services office on the 2nd Floor City Hall  
200 McIntyre St., East - North Bay - 705-474-0626 ext 2328 email [kidsport@cityofnorthbay.ca](mailto:kidsport@cityofnorthbay.ca)

## North Bay Youth Soccer Club “Registration for Summer 2020”



### Soccer Registration

- 2020 ALL REGISTRATIONS WILL BE ONLINE BEGINNING FEBRUARY 8<sup>th</sup>
- To register visit our website [www.northbayyouthsoccerclub.com](http://www.northbayyouthsoccerclub.com)
- If you are unable to use the online registration or require assistance you may register online at the Soccer Office 42 Gertrude St. North Bay, check the website for office hours.
- Fee for children born 2002 to 2011 \$100
- Fee for children born 2012 to 2016 \$80
- Fee for Mini Kickers born 2017 \$50
- Late fee of \$20 will be applied to registrations after March 30<sup>th</sup>, 2020
- Register before March 30<sup>th</sup>, 2020 to guarantee your child's spot



### Referees

Referees are needed. We are looking for young men and women (turning 14 as of March 31, 2020) interested in working evenings for 2-3 hours and on some weekends. Contact the office for more information.

### Soccer Camps

- North Bay Youth Soccer Club is pleased to announce partnership with Challenger Sports, providers of North America's most popular soccer camp, to host two, one week long British Soccer camps June 29<sup>th</sup> – July 3rd & July 27<sup>th</sup> – July 31<sup>st</sup> at Veteran's Soccer Field.
- The Rapides Soccer Camp for the past 30 years has been instrumental in the development of youth soccer in North Bay. One of the many ways the North Bay Youth Soccer Club has contributed to local soccer is through the establishment of the Rapides Mini Soccer Camp. The Camp provides an opportunity for children to participate in an affordable and professionally run soccer school. The camp will be held July 6<sup>th</sup> – July 10<sup>th</sup> at a cost of \$50.

North Bay Youth Soccer Club- 42 Gertrude St East - North Bay – 705 494 7388 - [youthsoccernorthbay@bellnet.ca](mailto:youthsoccernorthbay@bellnet.ca)  
[www.northbayyouthsoccerclub.com](http://www.northbayyouthsoccerclub.com)

# 19th Annual SUMMER HOOP CAMP

<b>Camp 1:</b> JK-Grade 7 June 29th - July 3rd, 2020 9 am - NOON	<b>Camp 2:</b> JK-Grade 7 July 6th - 10th, 2020 9 am - NOON
---	--

**St. Joseph - Scollard Hall**  
Emphasis will be on skill development and FUN T-shirt and a basketball for each camper  
Players are grouped according to age and skill level Low player-to-coach ratio

### Registration

Forms can be found at: [www.summerhoopcamp.com](http://www.summerhoopcamp.com)  
SJSJ, The Green Store, Symmetrics, Cheapskates

### Fees

\$115.00 before June 17th  
\$110.00 for each additional family member

### Instructors

High School Coaches  
High School / University Players

### More Information:

Call Jim Davidson  
705-497-9505 | [davidson88@sympatico.ca](mailto:davidson88@sympatico.ca)

## 3 FIRES MARTIAL ARTS ACADEMY

karate • kung fu • tai chi • hapkido • kickboxing



### LEARN TO DEVELOP

- confidence & discipline
- better focus
- leadership skills
- fitness & flexibility

DROP IN FOR A  
**FREE CLASS**

**705.495.DOJO** (3656)

129 Main Street East, North Bay, ON • [ignite@3fires.ca](mailto:ignite@3fires.ca)



## Little Dragons Program

Especially Designed for the 3 -5 yr old Age Group  
FEATURING :- Special Fun Uniforms - High End Dojo

Olympic Level Safety Matting- Fun and Fitness-

SMALL Classes--INDIVIDUAL attention

Learning :- Memory Skills -Balance & Co-Ordination

Self Confidence

Call Yondan Linda Labbe B.Ed - 705-474-4794

*(Other Programs available -call for information)*

The Dojo -1180 Cassells St.

[WWW.NORTHBAYKARATE.CA](http://WWW.NORTHBAYKARATE.CA)

*Give your Child a 'Forever Gift'*



# BALL HOCKEY

**NORTH BAY YOUTH BALL HOCKEY LEAGUE  
2020**

### REGISTRATION DATES

Monday, April 6 ..... 7:00 p.m. - 9:00 p.m.

Tuesday, April 7 ..... 7:00 p.m. - 9:00 p.m.

Wednesday, April 8 ..... 7:00 p.m. - 9:00 p.m.

**Registration on the above dates will continue providing there are spaces available.**

**Please Register EARLY to Avoid Disappointment!**

<b>Age Groups:</b>	<b>Junior</b>	*Ages: 7, 8, 9
	<b>Intermediate</b>	*Ages: 10, 11, 12
	<b>Senior</b>	*Ages: 13, 14, 15

*\*Please bring proof of age.*

**Registration Fee: \$95.00**

All Registrations are at West Ferris Community Centre  
For More information please contact:

[northbayballhockeyleague@yahoo.com](mailto:northbayballhockeyleague@yahoo.com)

# **NORTH BAY BASEBALL ASSOCIATION**

**Youth baseball for players  
aged 4 years to 16 years**

**Please visit our website with  
[www.leaguelineup.com](http://www.leaguelineup.com)**

# REGISTRATION



## Welcoming All Girls and Ladies Ages 6 - 65+

(Ladies 18+ can register in the OPEN division)

Register from  
March 2nd - May 1st

**IN PERSON :**  
North Bay City Hall

**BY MAIL :**  
See our website for details  
[www.nbmgsa.ca](http://www.nbmgsa.ca)

Follow us on Facebook!  
[www.facebook.com/nbmgsa](http://www.facebook.com/nbmgsa)



Try out for our Select travelling teams for competitive tournaments.

### **2020 FEES:**

U9 ..... \$65	U15... \$130
U11 ..... \$75	U17... \$130
U13 ... \$120	18+ ... \$130

### **FEES INCLUDE:**

Uniform, All League Games,  
Tournaments, End of Season Banquet  
(register after May 1st, add \$25 late fee)  
CASH / CHEQUE / VISA / MASTER CARD / DEBIT ACCEPTED

Registering as a family qualifies you for a \$15 discount.  
Bringing a new player to the sport saves both of you \$15.  
*Please note, these discounts cannot be combined.*  
Eligible for KIDSPORT funding.



# [www.nbmgsa.ca](http://www.nbmgsa.ca)



## Women's Soccer

Armstrong Park Ladies Soccer League



### SUMMER 2020 REGISTRATION

Mar 1 – April 30th \$200.00  
\$225.00 - As of May 1st

### ENJOY SOCCER YEAR ROUND

Summer – May 25 to Aug 27  
Fall League – Sep 1 to Oct 29  
Indoor – Nov 6 to Mar 28/2020  
See website for further information

### CONTACT INFORMATION

Cell or Text: 249-358-5499  
website: [www.apsoccer.ca](http://www.apsoccer.ca)



NORTH BAY  
HERITAGE  
GARDENERS

The North Bay Heritage Gardeners are dedicated to developing a year-round, community-based, educational, horticultural and environmental program that focuses on fostering pride and growth through enhancing and beautifying North Bay's waterfront gardens and other approved locations.

### "Community Spirit in Full Bloom"

**New gardeners always welcome; no special gardening skills required!**

Learn organic gardening while having fun! Belong to a team and enjoy the outdoors with new friends. All ages and abilities are welcome to garden 1-2 hours per week from May to October. Free and public education sessions are held during the spring and fall months to enhance your gardening knowledge. A guest gardener option is available to individuals, businesses, community groups and schools who are unable to commit to the full season but would like to garden upon availability.

There are many ways to get involved with the Heritage Gardeners beyond gardening!

Join us for the Annual Waterfront Cleanup on the morning of May 9, 2020. A volunteer appreciation symposium is held annually to thank volunteers. Registered volunteers receive great discounts at local businesses, a Heritage Gardener t-shirt and more! Please visit the Heritage Gardeners' website for details, dates, and topics.

**Registration for the 2020 season is NOW OPEN!**

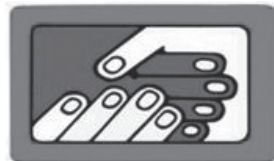
#### Contact us!

Website: [www.northbayheritagegardeners.com](http://www.northbayheritagegardeners.com)

Social media: @NBHGardeners

Email: [heritage.gardeners@heritagenorthbay.com](mailto:heritage.gardeners@heritagenorthbay.com)

Phone: (705) 472-4006



NORTH BAY  
INDIGENOUS  
FRIENDSHIP  
CENTRE

The mission of North Bay Indigenous Friendship Centre is to improve the quality of life for First Nation, Metis, and Inuit people in the urban environment of north Bay by supporting self-determined activities which encourage equal access and participation in society and which respects Aboriginal culture distinctiveness. The North Bay Indigenous Friendship Centre provide a wide array of programs and services to support Indigenous people of all ages. An important part of our mandate is to serve as a gathering place for Aboriginal and Non-Aboriginal people.

980 Cassels Street  
Northbay, On, P1B 4A8

☎: (705) 472 2811

☎: (705) 472-5251

🌐: [www.nbifc.org](http://www.nbifc.org)

## When you're at the beach,

# Look for the signs



Signs posted at municipal beaches are there to inform you about conditions that could affect the water.

Keep an eye out for warnings regarding water quality including bacteria in the water, swimmers itch or toxic algae.



For more information:  
1-800-563-2808

[environmental.health@healthunit.ca](mailto:environmental.health@healthunit.ca)  
[www.myhealthunit.ca](http://www.myhealthunit.ca)

Stop the spread of Rabies -  
vaccinate your pet



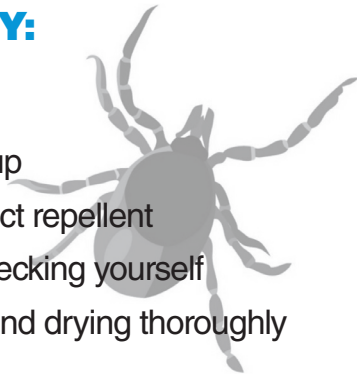
It's the  
Law

For a list of veterinarians  
in your area or for more  
information about rabies  
contact Health Unit



1-800-563-2808  
www.myhealthunit.ca

**THE BEST WAY TO  
PREVENT LYME DISEASE  
IS TO PREVENT TICK  
BITES BY:**



- Covering up
- Using insect repellent
- Double checking yourself
- Washing and drying thoroughly

For more information on Lyme disease and  
what to do if you find a tick, visit the Health  
Unit website:  
www.myhealthunit.ca or call 1-800-563-2808.



Discover the rich learning  
opportunities that await your child at  
one of our caring, Catholic schools.



npsc.ca  
705 472 1201

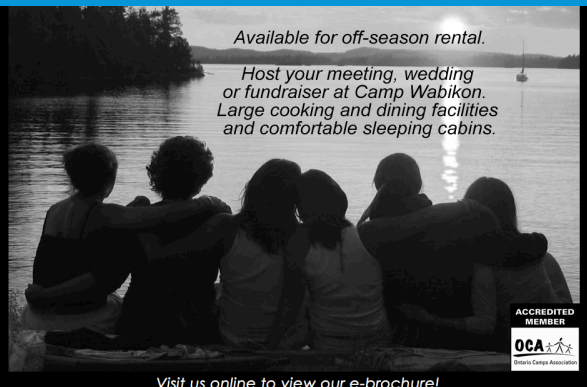


**Camp Wabikon**  
Temagami Island

Wabikon is a traditional,  
residential summer camp for  
boys & girls ages 6-17.



[www.wabikon.com](http://www.wabikon.com)



Available for off-season rental.

Host your meeting, wedding  
or fundraiser at Camp Wabikon.  
Large cooking and dining facilities  
and comfortable sleeping cabins.

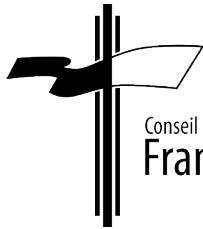


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**École élémentaire catholique Saint-Vincent**  
 124, rue King Est | (705) 474-6740

**École élémentaire catholique Saint-Raymond**  
 22, avenue Borge | (705) 472-5933

**École secondaire catholique Algonquin**  
 555, avenue Algonquin | (705)-472-8240

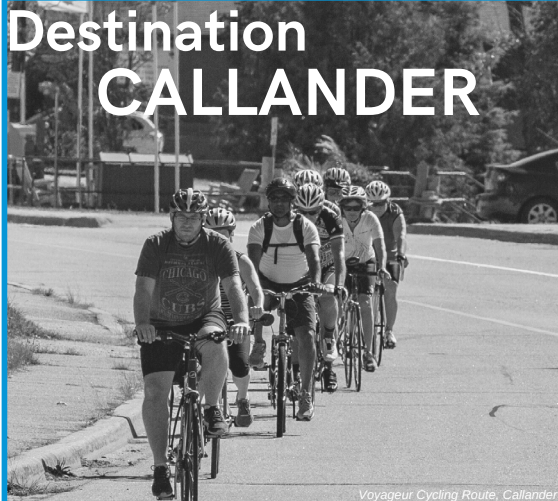
SCHOOLS IN / ÉCOLES À : NORTH BAY, ASTORVILLE, BONFIELD, MATTAWA, THORNE, STURGEON FALLS, VERNER & RIVER VALLEY



CROYANT	LEADER FRANCOPHONE	PENSEUR	COMMUNICATEUR	APPRENANT À VIE	COLLABORATEUR	MEMBRE SOUCIEUX	RESPONSABLE
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681-C, rue Chippewa Ouest North Bay, Ontario P1B 6G8 **705-472-1702** [information@franco-nord.ca](mailto:information@franco-nord.ca) [www.franco-nord.ca](http://www.franco-nord.ca) *Excellence, foi et culture*

# Destination CALLANDER



Voyageur Cycling Route, Callander

# CALLANDER MUSEUM ALEX DUFRESNE GALLERY

Located at  
 107 Lansdowne St. E.  
 Spring/Summer Hours:  
 Tuesday to Saturday  
 10:00-5:00pm  
 705-752-2282  
[www.mycallander.ca/museum](http://www.mycallander.ca/museum)



Photo: Isaac Paul

**TRY OUR FREE BIKE-SHARE PROGRAM THIS SUMMER!**  
 JUNE TO AUGUST  
 AVAILABLE AT THE  
 CALLANDER MUSEUM

[CNORDBECK@CALLANDER.CA](mailto:CNORDBECK@CALLANDER.CA)  
[WWW.MYCALLANDER.CA](http://WWW.MYCALLANDER.CA)  
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PHOTO: DOTT KENNEDY

**EXHIBITS INCLUDE:**  
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 THE DIONNE  
 QUINTUPLETS, DR. DAFOE  
 1920S BARBER SHOP,  
 LOGGING, GEOLOGY,  
 SHIPPING AND MORE!

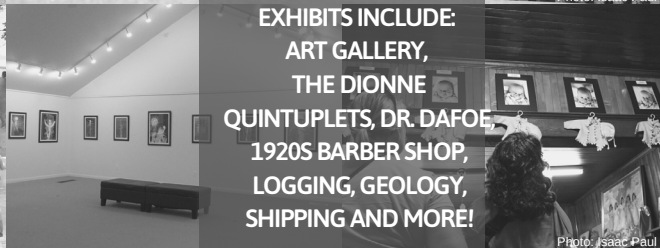


Photo: Isaac Paul



## TO KEEP YOUR BRAIN ACTIVE THIS SUMMER YOU NEED OXFORD LEARNING

✓ Math

✓ Reading

✓ Writing

✓ Homework

✓ Study Skills

✓ Better Grades

All Ages. All Grades. All Subjects.

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[northbay@oxfordlearning.com](mailto:northbay@oxfordlearning.com)



## HERITAGE RAILWAY AND CAROUSEL COMPANY-2020 SEASON

### 2020 OPERATING HOURS

Open Mother's Day Weekend-----Friday, May 8TH Saturday, May 9TH, 2020, Sunday, May 10TH, 2020

Open Weekends till the end of June 2020

HOURS: Fridays: 4:00 PM TO DUSK

Saturdays: 10:00 AM TO DUSK

Sundays: 10:00 AM TO DUSK

Open Victoria Day, Monday, May 18TH, 2020

HOURS: 10:00 AM TO DUSK

Open Friday, June 5TH, 2020----PD DAY

HOURS: 1:30 PM TO DUSK

ARMED FORCES DAY-----Wednesday, June 10TH, 2020

HOURS: 4:00 PM TO DUSK

Monday, June 28TH, 2020 TO Monday, September 7TH, 2020 (Labour Day)

HOURS: OPEN EVERY DAY FROM 10:00 AM TO DUSK

Friday, September 11TH, 2020, Saturday, September 12TH, and Sunday, September 13TH, 2020 TO Thanksgiving Weekend

HOURS: Fridays: 4:00 PM TO DUSK

Saturdays: 10:00 AM TO DUSK

Sundays: 10:00 AM TO 5:00 PM

Thanksgiving Monday

-----10:00 AM TO 4:00 PM

The Trains and Carousels will operate subject to weather conditions

<https://heritagetrainandcarousel.weebly.com>

Visit our Heritage Railway and Carousel Company FACEBOOK page

The Heritage Railway and Carousel Company is operated by Volunteers

Volunteers operate the Carousels and are the Train Engineers and Train Conductors on the Trains

The Shifts are approximately 3.5 hours long each

Volunteer Application forms can be obtained from the North Bay Museum (100 Ferguson Street) during the off season OR at the Souvenir Booth during operating hours.

This is a good way for High School Students to obtain their forty (40) hours that he/she needs to graduate from high school

### TICKET PRICES

One (1) ride----\$2.00

Three (3) rides for \$5.00

Seven (7) rides for \$10.00

Group Bookings can be made by contacting the North Bay Museum at 705-476-2323

There are Special Rates for Group Bookings

The Carousels and/or the Trains can be booked for School Groups, Wedding Pictures, PROM Pictures, Family Reunions, etc.

The Trains and Carousels are accessible to those individuals in wheel chairs.

In 2020, the Trains and Carousels appeared in the CARTER TELEVISION SERIES

Our telephone number is 705-495-8412

**Do You Live Alone? Does Someone  
You Love Live Alone?**  
Would you, or they, like a contact call each day?

## The "Are You OK" Program

is a telephone reassurance program that will telephone each day to ensure all is well.  
If you are unable to answer the phone, we will contact a designated person for you.

**THE R.U.O.K. PROGRAM IS FREE AND CONFIDENTIAL**  
**Phone: 705-474-6520**

(9:00 a.m. to 4:00 p.m. Monday to Friday)  
Call for an appointment or for more information.

Operated by:

The North Bay Golden Age Club  
135 Worthington St. W, North Bay ON P1B 8M6

With Funding from: NECO (Community Future Development Corporation)

## North Bay Golden Age Club

*The City's Premiere 50+ Activity Centre*



**Mondays** Euchre Lessons & other games  
Young at Heart Fitness  
Line Dancing  
Computers For The Curious

**Tuesdays** Line Dancing  
Bid Euchre  
Yoga  
Computers For The Curious

**Wednesdays** Floor Shuffleboard  
Computers for the Curious  
Young at Heart Fitness  
Euchre

**Thursdays** Carpet Bowling  
Ballroom Dancing  
Painting

**Fridays** Knit for Charity  
Bid Euchre

**Saturday** Saturday Night Dance

### *Membership Benefits*

Reduced entrance fees for: Saturday Night Dances, Sunday Socials, Weekly Activities, and other Special Annual Events.

Many opportunities to get involved in modern air conditioned facilities with a lounge, library, T.V. room, free wi-fi, and a professional Beauty Salon.

Always lots of friends to meet and enjoyable things to do. Try one of our fun Bus Trips!

Note our weekly affordable activities as shown below.

**Join Today!** *Membership is only  
\$20.00 per year.*

Don't delay. Apply at the reception desk for all your exciting benefits!

**135 Worthington St. W. North Bay ON P1B 8M6**

Ph: (705) 474-6520 Fax: (705) 476-0666

Email: [nbgac@hotmail.com](mailto:nbgac@hotmail.com)

website: [www.northbaygoldenageclub.com](http://www.northbaygoldenageclub.com)

*Full Club details available in our monthly magazine  
"The Bulletin".*