



**SOUTH  
FRONTENAC**

## **Tuesday, September 3, 2024**

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### **Council Meeting**

Date and Time: Tuesday, September 3 7:00 pm - 10:00 pm

Address: 3910 Battersea Road, Battersea, ON K0H 1H0

To attend virtually, please register in advance at this link: [Zoom meeting registration link](#)

To attend in person: 3910 Battersea Road, Battersea K0H 1H0 - Storrington Centre Hall

\*Please register in advance by emailing [mhannah@southfrontenac.net](mailto:mhannah@southfrontenac.net) to secure your in-person seat.

The agenda for the meeting will be available on the Thursday prior to the meeting date on the Township's CivicWeb platform: [Council Agenda Page](#)

## **Saturday, September 7, 2024**

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### **Chicken BBQ**

Date and Time: Saturday, September 7 5:00 pm - 7:00 pm

Address: 2992 Princess Street, Inverary

Check out this NEW event at Storrington Lions Club: Delicious Chicken BBQ on Sept. 7! Full dinner - everything is homemade! Event includes meal, free parking, music, cash bar and dancing.

Sign-up at

<https://forms.office.com/r/7FFELpmimZ>

Everyone welcome!

**BBQ Chicken Dinner**

Date and Time: Saturday, September 7 5:00 pm - 7:00 pm

Address: 2992 Princess Rd, Inverary ON

Deadline fast approaching. Come out and enjoying local food and socialize with your neighbours at [Storrington Lions Club](#) . Deadline for ordering is Sept 1st at 613 449 4744

## **Sunday, September 8, 2024**

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### **Frontenac County Plowing Match**

Date and Time: Sunday, September 8 10:00 am - 3:00 pm

Address: 4297 Perth Road, Inverary,

Enjoy family fun at the 2024 Frontenac County Plowing Match on Sept. 8.

Located at the farm of Ron and Ruth Taite at 4297 Perth Road, Inverary, this plowing match includes activities for the entire family.

Opening ceremony is at 10 am and final judging scores are shortly after 3 pm. There will be two on site food vendors: More Smoke and Otter creek. Live music by Adam Knapp and Chris Murphy. Wagon rides, static displays of farm equipment plus awesome children's activities by Storrington Lions Club.

For details, contact the president of FCPA at 613-583-4761 or email [martyo@kingston.net](mailto:martyo@kingston.net)

We'll see you on the farm on Sunday, Sept. 8 from 10 am to 3 pm.!

## **Tuesday, September 10, 2024**

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### **Council Meeting**

Date and Time: Tuesday, September 10 7:00 pm - 10:00 pm

Address: 3910 Battersea Road, Battersea, ON K0H 1H0

To attend virtually, please register in advance at this link: [Zoom registration link](#)

To attend in person: 3910 Battersea Road, Battersea, ON K0H 1H0 - Storrington Centre

Please register in advance by emailing [mhannah@southfrontenac.net](mailto:mhannah@southfrontenac.net) to secure your in-person seat.

The agenda for this meeting will be available on the Thursday prior to the meeting date on our CivicWeb Platform: [Council Meeting Agenda Page](#)

## **Thursday, September 12, 2024**

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### **Committee of Adjustment - September 12, 2024**

Date and Time: Thursday, September 12 7:00 pm

Address: 3910 Battersea Road

For In-Person Attendance: **Storrington Centre, 3910 Battersea Road, Inverary**

For Virtual (**Zoom**) Attendance, please register at: [https://us06web.zoom.us/webinar/register/WN\\_kHEhLI-8SvO6P2A26gAE8A](https://us06web.zoom.us/webinar/register/WN_kHEhLI-8SvO6P2A26gAE8A)

## **Saturday, September 14, 2024**

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### **Inverary Vendor Sale**

Date and Time: Saturday, September 14 10:00 am - 3:00 pm

Address: 3364 Moreland Dixon Rd, Inverary k0h2x0

Local Vendors and Artisans showcasing their craft. Start the fall off right by supporting Local.

### **Parent Expo**

Date and Time: Saturday, September 14 10:00 am - 2:00 pm

Address: 4504 Verona Sand Road

Joinn the EarlyON Parent Expo on September 21 at the Verona Lions Hall from 10-2 to learn about local community resources! Parents, family members and caregivers are all welcome.

## **Friday, September 20, 2024**

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### **Youth Dance**

Date and Time: Friday, September 20 6:30 pm - 9:30 pm

Address: 2992 Princess Rd, Inverary, ON K0H 1X0

Save the date for the next Community Youth Dance from 6:30 to 9:30 pm on Sept. 20. Admission is only \$5 pp for youth in Grades 5 – 8 and includes free parking, canteen, music and adult supervision.

### **Youth Dance**

Date and Time: Friday, September 20 6:30 pm - 9:30 pm

Address: Storrington Lions Club

Students in Grades 5 to 8 are invited to a Community Youth Dance at Storrington Lions Club Hall in Sunbury from 6:30

to 9:30 pm on Friday, Sept. 20.

Admission is \$5 pp and includes music, adult supervision, canteen and free parking.

## **Saturday, September 21, 2024**

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### **Frontenac Holistic Health Fair: Healing at Home**

Date and Time: Saturday, September 21 10:00 am - 3:00 pm

Address: 3910 Battersea Road Storrington Centre

Are you ready to do some Healing at Home in Frontenac County? We hope you can join us for the second annual Frontenac Holistic Health Fair on Saturday, September 21st at the Storrington Centre at 3910 Battersea Road.

Our fair offers a variety of activities and interesting workshops from natural and holistic health practitioners that live and work in Frontenac County and the surrounding area. Come and learn about natural and alternative therapies that can improve your physical, mental and emotional well-being such as Reiki, Holistic Nutrition, Sound Therapy, Forest Therapy, Yoga Nidra, iRest Meditation, Aromatherapy, Herbology, Massage Therapy, Homeopathy, Energy Medicine, Movement, Acupuncture, Hypnosis and much more from the local experts in our community.

We also have FREE workshops all day!

Pre-registration is not required, but it is appreciated and it will get you an extra ballot for our amazing door prizes!

First 50 guests receive a FREE gift bag.

Entry is free with a donation to South Frontenac Food Bank appreciated but not mandatory.

### **Songs for the Season + Five Years of KFNS**

Date and Time: Saturday, September 21 11:30 am - 3:30 pm

Address: 3711 County Road 38



September 21, 2024 – 11:30am–3:30pm

## Songs for the Season an Autumn Celebration with Land Heart Song

**+ Our 5th Birthday Party!!**

**KFNS is 5 years old and Land Heart Song is back for another interactive fun-filled nature-rich performance for the whole family!**

**Join us for an interactive seasonal musical performance AND a celebration of our 5 years on the Land together at Kingston Forest & Nature School!**

Bring the whole family to enjoy an afternoon of nature play, nature connection, reminiscing, celebrating, and of course, a **fabulous & fun sing-along with Land Heart Song!**

### **Celebrating 5 Years of KFNS**

Established in September 2019, Kingston Forest & Nature School has spent the past 5 years reconnecting children, families and educators with nature and community on the Land. We invite you to come celebrate this exciting milestone with us through story, craft, food, and time together in the woods. From 11:30am until 1:00pm, there will be snacks, special celebratory crafts & activities, and the opportunity to revisit your favourite places and share your favourite stories. Then sit back and enjoy an incredible concert in the forest! (More details below).

### **Contribute to Our Virtual Guestbook**

Whether you can make it to our “birthday party” or not, we encourage you to share your favourite photos and memories of your time at KFNS in [our virtual guestbook](#).

### **Songs for the Season: an Autumn Celebration with Land Heart Song**

This is such a special event for us and marks the changing of the seasons in a BIG and magical way. We love [Land Heart Song](#) so much that she now joins us to sing Songs for the Season twice a year!

Land Heart Song will take to the stage around 1:15pm for a 1-hour musical performance – gathering community on the Land and to bask in songs and story, to explore our voices and celebrate Fall’s offerings of bountiful harvest, saying farewell to

o friends, and that gorgeous backdrop of fiery colours. Stick around after to play, chat, shop Land Heart Song's lovely eco-friendly merchandise, and more!

## About Land Heart Song

Land Heart Song is Tiiu Strutt (she/her), a first-generation Canadian with Estonian and British Heritage, living in Williams Treaty Territory. Tiiu combines her experiences as a singer-songwriter and an educator to offer engaging musical performances for families. A genuine and engaging performer, Tiiu will have you tapping your toes, singing along and basking in the joy of nurturing love for the land through song.

Listen to Land Heart Song (the infamous Green Leaf song!) here: <https://youtu.be/tcx7VoPL8gg>

**PLEASE REGISTER HERE:** <https://kingstonforestandnatureschool.ca/programs-events/drop-in-events/>

## Wednesday, September 25, 2024

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### Painting Workshop

Date and Time: Wednesday, September 25 1:00 pm - 3:00 pm

Address: Grace Hall, 4295 Stagecoach Road, Sydenham, ON

### Grief Support Group

Date and Time: Wednesday, September 25 1:00 pm - 2:30 pm

Address: Grace Hall, 4295 Stagecoach Road, Sydenham, ON

## Thursday, September 26, 2024

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### Lake Ecosystem Advisory Committee Meeting

Date and Time: Thursday, September 26 6:00 pm - 8:00 pm

Address: 3910 Battersea Road, Battersea, ON K0H 1H0

To attend virtually, please register in advance at this link: [Zoom meeting registration link](#)

To attend in person: 3910 Battersea Road, Battersea, ON K0H 1H0 - Storrington Centre

Please register in advance by emailing [jthompson@southfrontenac.net](mailto:jthompson@southfrontenac.net) to secure your in-person seat.

The agenda for this meeting will be available on the Friday prior to the meeting date on our CivicWeb Platform: [Lake Ecosystem Advisory Committee meeting agendas link](#)

## Friday, September 27, 2024

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## Community Food Drive

Date and Time: Friday, September 27 1:00 pm - 5:00 pm

Address: 2992 Princess Rd, Inverary, ON K0H 1X0

Help address food insecurity by donating items to the next food bank drive by Storrington Lions Club. Volunteers are accepting donations from 1 to 5 pm on Friday, Sept. 27 at Storrington Lions Club Hall. Items will replenish the shelves at Battersea United Church. Thank you for your support!

## Saturday, September 28, 2024

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### Inverary Fall Market

Date and Time: Saturday, September 28 10:00 am - 3:00 pm

Address: 4010 Perth Road

Inverary Fall Market, Sept 28th 10-3, Ken Garrett Memorial Park. 160+ Makers Creators, Artisans, Authors. Large item Vendors also on site. Canteen open 7:30am for breakfast through to 3pm. Music provided by Sittin Ducks! On-site Parking & Latimer Road Park with walk-through to Ken Garrett. Rain or Shine. Contact Kim: Events.KenGarrettPark@gmail.com 613-530-7446

### Hockey Day in South Frontenac: Fire & Rescue vs. OPP

Date and Time: Saturday, September 28 3:00 pm - 9:30 pm

Address: 4299 Arena Boundary Rd.

On September 28, 2024, Frontenac OPP, South Frontenac Fire and & Rescue and several partners will host a charity hockey event that will raise funds and food donations for the South Frontenac Food Bank. Doors of Frontenac Community Arena (4299 Arena Boundary Rd.) will open at 3 pm with the headline game between South Frontenac Fire & Rescue and the OPP at 5:30 pm.

In addition to the schedule of hockey games, the family-fun event will feature a silent auction, a fire prevention “test your smoke alarm” contest, an emergency services display, bouncy castles, a canteen and a BBQ provided by the Rapid Relief Team. The first 450 people to order from the BBQ will receive their meal for free.

## Sunday, September 29, 2024

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### Guided Forest Bathing Walk

Date and Time: Sunday, September 29 2:00 pm - 5:00 pm

Address: 1057 Otter Point Lane

Join Certified Nature & Forest Therapy Guide Claire Beach on an immersive, relaxing and healing Forest Bathing walk i

n Frontenac Park. Leave the stress and anxiety behind and allow the goodness of the forest to soothe your mind, nourish your body & rejuvenate your soul. Immerse yourself in the forest through simple invitations. Find peace, clarity of mind and a deep sense of belong in the natural world and in community.

Side effects of Forest Bathing can include; Reduced Stress, Soothing Anxiety, Increased Immunity, Laughter, Better Sleep, Enhanced Creativity and so much more! Come wander and find the calm and beauty in life again.

Each walk will be 3 hours in length & include a special forest tea and a light snack. Walks are open to everyone! Come as you are.

### *Testimonials*

*"The experience was well beyond any expectation. A soul refreshing afternoon that instilled an inner calm I continue to feel days later."*

*"Claire gently guided us along the path and brought us to a place of rest and healing. I came away feeling peaceful and calm with a renewed sense of what the forest has to offer all of us."*

**Location:** Frontenac Provincial Park (meet at the office)

For more information, visit <https://www.amongthetreesforesttherapy.com/>

<http://calendar.southfrontenac.net>