



McNab/Braeside Township Times

UPCOMING MEETING DATES

- November 14 – Public Meeting Under the Planning Act – 6:30 p.m.
- November 14 – Public Meeting Under the Planning Act – 6:45 p.m.
- November 14 – Planning Advisory Committee Meeting – 7:00 p.m.
- November 20 – Special Council Meeting – Budget Presentation – 6:00 p.m.
- November 21 – Regular Council Meeting – 7:00 p.m.
- November 22 – Special Council Meeting – Budget Presentation – 6:00 p.m.
- November 27 – Special Council Meeting – Budget Deliberations (Part 1) – 6:00 p.m.
- November 30 – Special Council Meeting – Budget Deliberations (if needed) – 6:00 p.m.

2017 Final Tax Pay Notice

Commercial/Industrial/Multi-Residential Properties

2017 Final Tax Bills have been mailed to properties with Commercial, Industrial or Multi-Residential assessments in August. Final installments of 2017 property taxes are due on **NOVEMBER 30, 2017**.

If you own property in the Township of McNab/Braeside and did not receive a Tax Bill or for additional payment information, please call the Township Office at 623 5756 or 1 800 957 4621 ext. 0. **Failure to receive a tax bill does not relieve the taxpayer from payment of taxes or penalties.**

Office Closed – November 13, 2017

Please be advised that the Township Office will be closed on Monday, November 13, 2017 in lieu of Remembrance Day. Regular office hours will resume on Tuesday, November 14th, 2017.

Trails Committee

The Township Trails Committee has an opening, this is an excellent opportunity for an interested party to take part in the Township's Trails Advisory Committee.

Please note, that the Committee meets on a bi-monthly basis and helps the Recreation Department organize public outings, develop Trail strategy and monitor use, utilizing non-motorized Township Recreational Trails.

Please e-mail recreation@mcnabbraeside.com if interested in hearing more about the position.

Fundraising Committee

The Township is looking for dynamic, outgoing volunteers interested in being members of the Fundraising Committee. For more information or to volunteer on this new committee please contact lparkes@mcnabbraeside.com



Nordic Pole Walking

The most effective low-impact Physical Activity shows proven benefits for Fitness, Therapy & Rehab

- The most popular walking exercise in Europe
- Much more effective than Exercise Walking
- Incorporates more than 90% of body muscles with each stride
- Strengthens Upper-Body Muscles
- Results in upright Body-Posture
- Burns up to 46% more calories than exercise walking
- Diminishes Neck, Shoulder and Back Pain
- Best exercise for Diabetes: Reduces the need for medication after 3 months of adhering to a Nordic Pole Walking program
- Decreases High Blood Pressure by 18mmHg after 8 weeks
- Increases Oxygen respiratory by 25% or more
- Up to 30% less impact on knee and hip joints ... and more



Free Event

Instructor: Greg Bellamy, President and Co-Founder Nordix Canada
Saturday, December 9th, 2017 at 10:00 a.m.

RAIN, SHINE OR SNOW

Location: McNab/Braeside Township Office (2508 Russett Drive, Arnprior)

WALKING POLES WILL BE PROVIDED

REGISTER by contacting Karla at (613)623-5756 ext. 232 or
kblemkie@mcnabbraeside.com

2508 Russett Drive, RR 2 • Arnprior, Ontario • K7S 3G8

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