



McNab/Braeside Township Times

UPCOMING MEETING DATES

- November 27 – Special Council Meeting – Budget Deliberations (Part 1) – 6:00 p.m.
- November 28 – Special Council Meeting – Budget Deliberations (if needed) – 6:00 p.m.
- December 5 – Regular Council Meeting – 7:00 p.m.
- December 12 – Public Meeting Under the Planning Act – 6:30 p.m.
- December 12 – Planning Advisory Committee Meeting – 7:00 p.m.

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

Winter Parking & Snow Removal – Effective November 15, 2017

In accordance with municipal By-Law # 2014-37:

- Any vehicle parked on any street or road allowance within the Township of McNab/Braeside so as to prohibit or interfere with snow plowing operations will be towed away at owner's risk and expense.
 - No person shall push, blow or place snow on or across any Township street or road allowance.
- The Township of McNab/Braeside will not be responsible for damages to mail boxes, newspaper containers or other appurtenances that are privately owned and erected on Township right-of-ways that may be damaged through winter snowplowing operations.

If you have any questions, please contact the Public Works Department 613-623-5756 ext. 227 or 1-800-957-4621 ext. 227



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

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