



Fiddlefax ~ Clemens Mill Village Newsletter ~ Your Community News

Serving the community bordered by Franklin Blvd., Townline Rd., Pinebush Rd., & Clyde Rd.

Fiddlesticks

Invites you to our

Annual General Meeting

Come have a say in your community.

Tuesday November 9th
7-9pm at 71 Cowan Blvd.



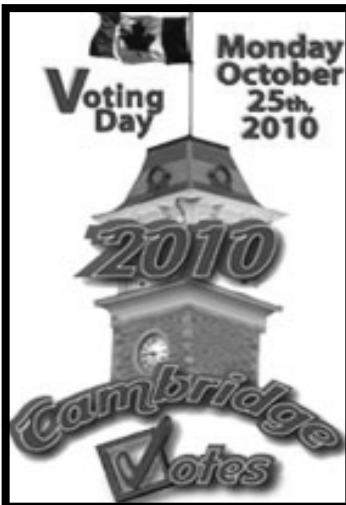
We have a facebook page!

SAVE THE DATE

*Christmas in the
Neighbourhood*

December 9th, 2010

keep an eye on the website for more information



Office Hours
Mon-Fri 9am-5pm
Tue 9am-8pm

We are offering some great new programs.
We are open late on Tuesdays to help serve you better.
Is there a program or service you would like to see in our community?

Total Body Resistance

This 60 minute workout will target your major muscle groups. Using the resistance bands will give you the ability to adjust the difficulty to your own preference while toning and strengthening your muscles. Squats, presses, lifts and curls will give you the results you want; all you have to do is come into the office and register today!



Ages: 16+
Mondays 6:30-7:30pm
Start: Sept 20th (10weeks)
\$5/ drop in
\$40/ per session
Location: Saginaw P.S
**Pending location confirmation*

Karate Kidz



If your child is a karate beginner, between the ages of 6-8 years old, and a parent or guardian will not be registering, then **Karate Kidz** is for them! This program is a great introduction to karate.

Tuesdays 6-6:45pm
Start: Sept 14th and/or Nov 2
\$20/ six weeks
\$30/ twelve weeks
Location: Clemens Mill P.S
**Pending location confirmation*

Spill, Smudge, Create



In Spill, Smudge and Create children will explore art as a freedom of expression with an emphasis on spontaneity. They will be free to express themselves through a variety of media such as collage, sculpture and different painting techniques. Recyclable materials will be incorporated into some projects.

Ages 5-7 years
Wednesdays 4-5pm
Starts September 22nd (10 weeks)
Located at "The Hub" #57-75 Anglerock
\$40/ child

Open Gym

Ages 13-18 years
Thursdays 7-8:30pm
Start: Sept 23
\$1/drop-in

Can't decide between basketball, dodgeball, volleyball...?
Play them ALL on Thursday nights!

ZUMBA®

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This program is so much fun and you will forget your working out!

Thursdays 6-7pm
Start: Sept 16th

Ages 16+
\$5 drop-in or \$40/ 10weeks
Location: Saginaw P.S
**Pending location confirmation*

Family ZUMBA®

This class is a great way to spend family time while being active and encouraging a healthy balanced lifestyle. Specifically designed to accommodate participants young and old Zumba Family is a great program for all ages.

Saturdays 2:30-3:30pm
Start: Sept 18th
All Ages

\$8/ Parent & child Drop in
(\$2/ additional child/parent)
\$50/ Parent & child/ 10 weeks
Location: Saginaw P.S
**Pending location confirmation*

Financial Assistance

Would you and your family like to participate in our programs, but you don't have the financial means. Please call or come into the office and learn about the resources we have available to help you.



Fiddlesticks Community Centre & Fiddlefax

Ferguson Homestead 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7
519.621.4040 fiddlesticks@on.aibn.com www.fiddlesticks.ca

Volunteer News



Weekly Volunteer Opportunities

- ◆ **Ball Hockey Volunteer**
Saturday's 11am-2:00pm (3h) at Saginaw P.S
- ◆ **Creative Cooks Volunteer**
Wednesday's 6pm-8pm (2h) at Fiddlesticks
- ◆ **Dodge Ball Volunteer**
Monday's 6pm-9pm (3h) at Clemens Mill P.S
- ◆ **FYRE Youth Committee** (Application Process)
Mondays 3:30pm- 4:30pm (1h) at Fiddlesticks
- ◆ **Hip Hop Supervisor Volunteer (19+)**
Thursday's 6am-7pm (1h) at Saginaw P.S
- ◆ **Multi Sport / Open Gym Volunteer**
Thursday's 7pm-8:30pm (1.5h) at TBD
- ◆ **Reception/Office Volunteer**
Morning and afternoon shifts available at Fiddlesticks
- ◆ **Sign Updating Volunteer**
Flexible days and time- Fiddlesticks

Monthly Volunteer Opportunities

September:

- ◆ **Dance Chaperone:**
Friday Sept 17th 6:45pm-10:15pm (3.5h) at Clemens Mill P.S
- ◆ **Newsletter Delivery:** Various routes available

November:

- ◆ **Dance Chaperone:** Friday Nov 19th 6:45pm 10:15pm (3.5h) at Clemens Mill P.S
- ◆ **Newsletter Delivery:** Various routes available

December:

- ◆ **Christmas in the Neighbourhood:**
December 9th at Clemens Mill P.S

Newsletter Delivery Opportunities

- ◆ McTague Dr/ Hurlbut Pl/ Burnett Ave
- ◆ Brayshaw/ Glazebrook
- ◆ Nutcracker St/ Doherty Pl/ Tallowtree Pl
- ◆ Robson Ave/ Corbett St
- ◆ Anglerock Dr
- ◆ Stonebrook Crt/ east side of Burnett Ave #189-241
- ◆ Chimney Hill/ Vanessa Pl/ Meredith Pl
- ◆ Baintree/ Garth Massey/ Nancroft
- ◆ Arthur Fach/ Garth Massey
- ◆ Garth Massey/ Bugdale/ Redstart/ Longspur
- ◆ Coulthard/ Baintree

Volunteer Spotlight



Charisse Martin

Charisse Martin has been a volunteer with Fiddlesticks since 2008 and has already volunteered almost 500 hours. Charisse is a community minded person who takes great pleasure in helping others.

Charisse can be found volunteering at our special events, cooking class, youth committee, summer camps, and anywhere else where we need help. Charisse is a talented young woman whose dedication and great personality make her a pleasure to have around.

You Rock Charisse!

Contact us today if you are interested in volunteering.

Bernardete Moreira (519) 621 4040 ext 22
volunteer.services@on.aibn.com

Thank you for supporting our volunteer program



Thinking about Volunteering? Consider some of these Benefits:

Make new friends
Build personal and professional contacts
Build your self-esteem and self-confidence
Develop new job skills
Make a difference in the world
Increase personal satisfaction

Add experience to your resume
Develop people skills
Develop communication skills
Do something as a family
Explore career possibilities
Feel needed and appreciated

Share your skills with others
Be challenged
Do something different
Earn academic credit
Improve your health
Have fun!

Fiddlesticks Community Centre & Fiddlefax

"Ferguson Homestead" 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7
☎519.621.4040 ✉fiddlesticks@on.aibn.com 🌐www.fiddlesticks.ca



Fiddlesticks Wish List

Before you toss it, please think of us.
Fiddlesticks is looking for...

- *Tools
- *Beads
- *Raffle prizes
- *Fitness equipment & music
- *Old jewelry
- *Youth books
- *Craft supplies
- *Scrapbooking supplies
- *Office supplies
- *Gently used toys
- *Office furniture and organizing systems

Helping Families in Need

When families come to Fiddlesticks in need of food, we want to help. Please help us help them by donating...

- *Soap
- *Sunscreen
- *Soup
- *Toothpaste
- *Cereal
- *Shampoo
- *Pasta
- *Canned veggies
- *Pasta Sauce
- *Hygiene products
- *Peanut butter
- *Kleenex
- *Canned tuna
- *Christmas Gifts
- *Canned Fruit
- *Baby Food
- *Apple Juice

THANK YOU

Thank you to all the families and individuals who have made donations, both in material items and financial contributions. Every donation is greatly appreciated and put to good use. Thank you very much!

We Also Collect

- *Zehrs Tapes
- *Old Cell Phones
- *Inkjet Cartridges
- *Laser Cartridges
- *Gently used and new winter coats, hats, scarves, and mittens (donations will be given to our outreach program and the Community Clothes Line at Avenue Road Baptist Church)

THANK YOU SO MUCH!

Another summer season has come to an end and Fiddlesticks would like to send out a GIANT thank you to everyone who played such an important role in our Summer Camps.

Staff

Andrea Caple	Bernardete Moreira
Amy Chiavetti	Andre Savard
Holly Chiavetti	Morgan Savard
Jaime Briere	Casey Seddon
Lori DaCunha	Melissa Smith
Brittany Evans	Alicia Whalen
Matthew Figueiredo	Diane Young
Coleman Ney	

Leadership Trainees

Jake Bennett	Frank Lopez
Scott Bennett	Charisse Martin
Claire Campbell	Vanessa Miyasaki
Andrea Caple	Rachael Morra
Erin Caple	Cameron Morris
Scott Cole	Coleman Ney
Alyssa Davis	Mikaela Ney
Courtney Davis	Laura Parsons
Micaela Devonish	Amy Pipe
Erika Fletcher	Trevor Saccucci
Jeff Fowler	Matthew Tennant
Sarah Hennig	Eryn Webster
Jennifer Hiltz	Jake Webster
Aaron King	Taylor Willis
Isaac King	

Service Canada

Thank you for funding our summer staff.

Honorable Mentions

Clemens Mill P.S., St Margaret's C.S., & Avenue Road Baptist Church

Thank you for allowing us to use your space.

The Parsons Family– Thank you for your donation of hotdogs, buns and prizes for our Special Events.

City of Cambridge-Summer Parks Staff– Thank you for keeping everything so well maintained.

Summer Camp Registration Volunteers– Thank you to all our volunteers who helped with summer camp registration. Hope to see you all again next year.

Tent set-up & take down Volunteers– Thank you so much for your hard work, it is much appreciated.

Special Events– Thank you to all volunteers who helped with our special events this summer .

Waterloo Regional Police– Thank you for your constant support.

United Way– Thank you for funding part of staff wages.

Cambridge Career Connections– Thank you for funding part of staff wages.

Cambridge & North Dumfries Community Foundation– Thank you for your financial donation for summer camp subsidies.

Cambridge Fire Department– Thank you for allowing us to tour your truck

Sarah Renner –Thank you generously instructing Zumba fitness with our YAC campers.

Kevin Flynn & Emily Gardner—Thank you for the extra adult support on our off site trips

Fiddlesticks Community Centre & Fiddlefax

"Ferguson Homestead" 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7

☎519.621.4040

✉fiddlesticks@on.aibn.com

🌐www.fiddlesticks.ca



Youth Dances



Dances held at Clemens Mill Public School
Grades 6, 7 & 8
7-10pm

Admission \$5 or \$4 with a nonperishable food item.

Tickets are sold at Fiddlesticks prior to the dance, no tickets are sold at the door. To purchase a ticket you must have a Fiddlesticks Youth Identification card or a parent. Once you have a FYI card which costs \$2 you are able to purchase tickets without having a parent present. Look for posters in your school.

Mark Your Calendars
Fri Sept 17th, 2010
Fri Nov 19th, 2010

Creative Cooks



Do you enjoy cooking? Would you like to learn to COOK? Then come out to Fiddlesticks and "get your cook on!"

Ages: 9-14
Wed 6:00-8:00pm
Start: Sept 22nd
71 Cowan Blvd
\$2/ drop in

Hip Hop Dance



Do you like to dance? Our Hip Hop class is a great way to get some exercise, have fun and learn some new moves at the same time.

Grades 2-6
Thursdays 6-6:45pm
Starts Sept 23, 2010
(10 weeks)
Saginaw Public School
\$40/ child

Cambridge Girls Choir



Open to girls ages: 8 to 18 years old.

Registration \$200.00
(September 2010 - June 2011)

Call Fiddlesticks today to book a voice placement
519 621-4040

www.cambridgegirlschoir.org



Ball Hockey

Saturdays
Ages 6-8 years (11a-12:30p)
Ages 9-12 years (12:30p-2p)
Start: Sept 18
@ Saginaw P.S
\$1/drop-in

Sports Drop-In

Dodge Ball

Mondays
Grades 5-7 (6p-7:30p)
Grades 8-12 (7:30p-9p)
Start: Sept 20
@Clemens Mill P.S
\$1/drop-in



Open Gym

Thursdays
Ages 13-18 years
7-8:30pm
Start: Sept 23
@ TBD
\$1/drop-in

CommYOUth & YOUth



Special Projects
Enhancing Community

We are a sub-committee of the Cambridge and North Dumfries Community Foundation made up of youth and young adults. Our goal is philanthropy. We volunteer our time to ensure that those who wish to make a difference can do so and those who are already making a difference continue doing so.

FYRE

Fiddlesticks Youth Recreation Extremists

Fiddlesticks Youth Recreation Extremists (FYRE) is a group of youth (ages 12-18) that meet once a week to plan events for youth in the community.

- Do you have an idea for something you'd like to see in this neighbourhood?
- Are you interested in helping to plan and run special events?
- Are you looking for a place to meet other people your age?
 - Do you need volunteers hours for school?

Then the FYRE Committee is for you!!

*Application Required



Fiddlesticks Community Centre & Fiddlefax

"Ferguson Homestead" 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7

☎519.621.4040

✉fiddlesticks@on.aibn.com

🌐www.fiddlesticks.ca



SCOUTS

Be a part of the 27th Cambridge Fiddlesticks Scout Group!



Beavers
5-7 year olds



Cubs
8-10 year olds



Scouts
11-14 year olds



Ventures
14-17 year olds

**GENTLY USED
SCOUT UNIFORMS NEEDED**

Do you have gently used Beavers, Cubs, Scouts, and/or Ventures uniforms that are no longer in use? Please donate them to the 27th Cambridge Fiddlesticks Scouting Group, as other families would greatly appreciate the donation.

You may drop uniforms off at 71 Cowan Blvd. Please call the office if you need any more information. 621 4040. **Thank you**

KinderGym



KinderGym will help your son or daughter burn off some of that unlimited energy!

Gross motor skills, coordination & social skills will be emphasized through active play.

Ages 2-4 years
Mondays 1-1:45pm
Start: Sept 27th (10 weeks)
Avenue Rd Baptist Church
\$48/ child

Young Children's Program Fall Registration 2010

Wee Little Learners

Ages: 30 months- 5 years

Ratio: 1:8 **Cost:** \$9.25 per day
+ monthly admin fee



When:

Monday/ Wednesdays 9-11am
Tuesday/ Thursdays 9-11am
Fridays 9-11am

Program

Children have the opportunity to learn to share, care about themselves, their friends and the environment.

Staff

The program is run by qualified instructors who are trained in child studies and First Aid and CPR.

Our Program Offers:

- Daily craft time
- Sensory play
- Science activities
- Cognitive play
- Dramatic play
- Snack time
- Circle time
- Bi-Monthly field trips/and or special events
- Monthly calendar and newsletter provided describing weekly themes
- Hook and basket for personal belongings



leadership
excellence
asset
development

12 Module Certification Program in Leadership For Youth Ages 12-16

Gain leadership skills that will help you at home, at school, and in your neighbourhood. LEAD is now a requirement for Fiddlesticks Summer Camp Volunteers.

Tuesdays 6:30- 8:30pm

Start Date: Sept 21st (12 weeks)

Ferguson Homestead 71 Cowan Blvd.

\$35/person

LEAD Curriculum

- Module 1-** Leadership Part A
- Module 2-** Communication
- Module 3-** Teamwork
- Module 4-** Self Awareness
- Module 5-** Conflict Resolution & Problem Solving
- Module 6-** Leadership Part B
- Module 7-** Working with People
- Module 8-** Program Planning
- Module 9-** Safety and Risk Management
- Module 10-** Knowing your Community
- Module 11-** Environment & You
- Module 12-** Practicum

Fiddlesticks Community Centre & Fiddlefax

"Ferguson Homestead" 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7

519.621.4040

fiddlesticks@on.aibn.com

www.fiddlesticks.ca



Yoga



Our Yoga classes are an opportunity for rest, relaxation and gentle exercise. This Class welcomes both beginners and the more experienced.

18 years +
Tuesdays 9-10am
Starts: Sept 21st
\$40/ 10 weeks
@ 71 Cowan Blvd

Meditation



Learn the principles of meditation while enjoying an evening of peace and quiet amongst friends.

Sundays 6:30-8:30pm
Start Sept 12th
10 weeks
\$25/ person
@ 71 Cowan Blvd

Book Club



Do you enjoy reading? Would you like to meet other book lovers? This book club is a place to discuss what you've been reading and share your opinions on selected novels.

Ages 16+
2nd Wednesday of the month
8-10pm
Starts: Sept 8th
\$20 / year
@ 71 Cowan Blvd

Parents & Tots



Looking for a way to get out of the house with your kids? Then try our program, run by the registered moms and dads. Songs, Crafts, games, snacks, coffee, friendship and fun for both kids and parents

Newborn- 5 years
Wed 9:30- 11:30pm
Start: Sept 22nd (10 weeks)
\$25/ Child (\$5/additional sibling)
@ 71 Cowan Blvd



Cultural Cooking Program for Adults

Would you be interested in a Cultural Cooking Class for adults?
 Let Fiddlesticks know by sending an email to Jaime Lynn at recreation.coordinator@on.aibn.com
 If there is interest, this program may be available Starting in the New Year.



Family Outreach

We Can Help...

Family outreach links families to community resources for:

Employment	Education
Recreation	Food
Clothing	Shelter
Counseling	Transportation
Child Care	Children's Needs

Please phone 519 623-4220 to make an appointment with Patti

Resume Assistance

- * Need help creating a resume?
- * Need someone to look over your resume?
- * Are you in need of job search assistance?
- * Drop by Fiddlesticks or call and make an appointment. Bring a copy of your resume with you.
- * Free Service



VOLKSWALKING

Join us for a walk on Tuesdays
7:00 pm at 71 Cowan Blvd

- *Fantastic Trails
- *Free Pedometer
- *Walking Goals
- *Get Active
- *Enjoy the Great Outdoors
- *Feel Good
- *Take a Break
- *Health Benefits
- *Meet New People
- *Get to know your Neighbourhood

Save-a-Life



CPR & First Aid Training



Authorized Provider

Save a Life provides First Aid, CPR, and babysitting courses. Call them today to register

Phone / Fax:
519-624-3986
 E-mail:
info@savealifecpr.ca
 Website:
www.savealifecpr.ca



Thank you Saginaw Golf Club for supporting our community and our programs. Your financial contribution is greatly appreciated and has gone to good use.

124 Saginaw Parkway
 Cambridge, ON

Phone: 519-620-0322
 Fax: 519-620-2106
 E-Mail:
info@saginawgolfclub



Thank you **Bin There Dump That** for supporting our maintenance day

www.bintheredumpthat.com

Fiddlesticks Community Centre & Fiddlefax

☒ "Ferguson Homestead" 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7
 ☎ 519.621.4040 ✉ fiddlesticks@on.aibn.com ☆ www.fiddlesticks.ca





Fall 2010 Programs



Program	Ages	Day/Time	Length	Location	Cost
Ball Hockey Drop In	6-8 years 9-12 years	Sat 11a-12:30 p 12:30-2 p	Sept 18 start	Saginaw PS. 740 Saginaw Pkwy	\$1/ drop in
Book Review Club	Ages 16 +	2 nd Wed of the month 8 -10 p	Sept 8 start	The Homestead 71 Cowan Blvd	\$20/ person/ yr
Cambridge Girls Choir	8-18 years	Sun 7-8:30 p	Sept 12 start	St. James Lutheran Church	\$200/ year
Creative Cooks Drop In	9-14 years	Wed 6-8 p	Sept 22 start	The Homestead 71 Cowan Blvd	\$2/ drop in
Dodge Ball Drop In	Grades 5-7 ----- Grades 8-12	Mon 6-7:30 p ----- Mon 7:30-9 p	Sept 20 start	Clemens Mill PS 355 Saginaw Pkwy	\$1/ night
FYRE Committee	12-18 years	Mon 3:30-4:30	Sept 13 start	The Homestead 71 Cowan Blvd	Free Application required
Hip Hop Dance	Grades 2-6	Thur 6-6:45 p	Sept 16 start 10 wks	Saginaw PS. 740 Saginaw Pkwy	\$40/ person
Karate Family Beginner (Beg) Advanced (Adv)	Ages 8 - Adult	Wed Beg 6:30 -7:15 p Adv 6:30-8 p	Sept 15 13 wks	Clemens Mill PS 355 Saginaw Pkwy	\$26/ beg \$39/ adv \$65 / family of 4
Karate Kidz	6-8 years	Tue 6-6:45 p	Sept 14 &/or Nov 2 start	Clemens Mill PS 355 Saginaw Pkwy	\$20/ 6 wks \$30/ 12 wks
Karate Kata	Yellow belt and up only	Tue 7-7:45 p	Sept 14 start 13 wks		\$20/ person \$35/ family
Kindergym	2-4 years	Mon 1-1:45 p	Sept 27 start 10 wks	Avenue Rd. Church 465 Avenue Rd.	\$48/ child
	12-16 years	Tue 6:30p-8:30 p	Sept 21 start 12 wks	The Homestead 71 Cowan Blvd	\$35/ person LT requirement
Little Learners	3-5 years	Tue/Thu 12:30 -2:30 p	Sept 7 start	The "Hub" #57 - 75 Anglerock	\$9.75/ day + monthly admin fee
Meditation	Teen/Adult	Sun 6:30 - 8:30 p	Sept 12 10 wks	The Homestead 71 Cowan Blvd	\$25.00/ person
Open Gym Drop In	13-18 years	Thur 7-8:30 p	Sept 23 start	TBD	\$1/ drop in
Parents and Tots	Newborn to 5 years	Wed 9:30 - 11:30 a	Sept 22 start 10 wks	The Homestead 71 Cowan Blvd	\$25/ child \$5/ add'l sib
Scouting!	5 years - Adult	Wednesdays 6:15-7pm Beavers 6:30-8pm Cubs 7-8:30pm Scouts 7-8:30pm Venturers	Sept 15 start All groups at the homestead	Saginaw PS. 740 Saginaw Pkwy ----- The Homestead 71 Cowan	165/youth
Spill, Smudge and Create	5-7 years	Wed 4-5 p	Sept 22 start 10 wks	The "Hub" #57 - 75 Anglerock	\$40/ child
Total Body Resistance	16+	Mon 6:30-7:30 p	Sept 20 start 10 wks	TBD	\$5/ drop In \$40/ session
Volkswalking	All Ages	Tue 7 p	Ongoing	Homestead 71 Cowan Blvd	\$5/ person/ year Pedometer included
Wee Little Learners	30 mths- 5 years	M/W or T/Th and/or Fri 9 - 11 a	Sept 8 start	The "Hub" #57 - 75 Anglerock	\$9.25/ day + monthly admin fee
Youth Dances	Grades 6 - 8	Selected Fri 7 - 10 p	Sept 17 Nov 19	Clemens Mill PS 355 Saginaw Pkwy	\$5 or \$4 w/ FYI & food item donation
Yoga (Hatha Style)	Adult 18+	Tue 9 - 10 am	Sept 21 start 10 wks	The Homestead 71 Cowan Blvd	\$40/ person
Zumba	16 +	Thur 6-7 p	Sept 16 start 10 wks	Saginaw PS. 740 Saginaw Pkwy	\$5/ drop in \$40/ session
Zumba Family	All ages	Sat 2:30 - 3:30 p	Sept 18 start 10 wks		\$8/ parent child drop in \$50/ reg parent child

Locations and times may change. Please check the website for most up to date information.
Cash or local cheque. No refunds for programs shorter than 20 weeks. Charges for NSF cheques.
Registration for all FALL programs is now underway at the Ferguson Homestead.

71 Cowan Boulevard, Cambridge, ON N1T 1K7
Phone: 519. 621.4040 e mail: fiddlesticks@on.aibn.com
www.fiddlesticks.ca

