

Healthy Living



ORCKA Certified Flatwater Canoe Levels A,B,C

The Flatwater Canoe course is designed for the beginner or novice canoeist emphasizing canoe handling, safety and other canoeing basics. This provides opportunity for beginners to learn proper paddling skills and for the experienced to refine their skills. Upon completion of the ABC, participants will have mastered the fundamentals and achieve strong water safety and safe canoeing practices. Contact Andi @ 223-1426 for more information

Levels A & B

DATE: Sunday, April 5, 2009
TIME: Level A - 4:30 - 6:30 Level B - 6:30 - 8:30
COST: \$55 C&K Club Member rate per session
\$60 Non-Member rate per session
NOTE: Minimum of 4, maximum of 6 participants

Levels C

DATE: Sunday, April 19, 2009
TIME: 4:30 - 6:30
COST: \$55 C&K Club Member rate per session
\$60 Non-Member rate per session
NOTE: Minimum of 4, maximum of 6 participants

Saturday Afternoon Paddles at the Pool (Canoe or Kayak):

CANOEING: Paddling Techniques
KAYAKING: Bracing Improvement / Intro to Rolling / Rescues
TIME: 4:30 - 6:00
DATE: Saturdays during the months of Mar., Apr. and May.
Dates to be determined.
COST: \$8 Canoe and Kayak Club Member Rate
\$10 Non member rate
NOTE: Minimum of 4, maximum of 6 participants

Paddle Canada Certified Flatwater Kayaking Course

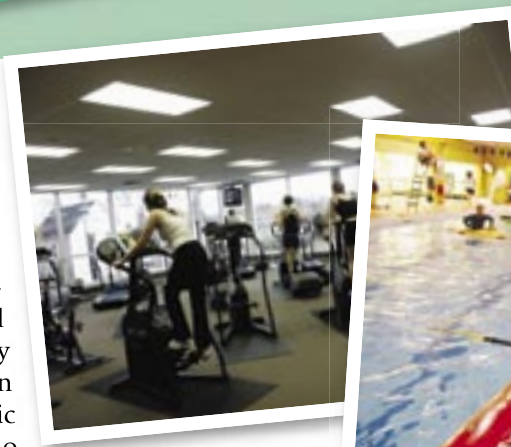
The Paddle Canada Flatwater Kayaking Course is an introduction to kayaking for beginners and will also correct poor habits of novice and experienced paddlers. This 8 hour course begins with an overview of boats and equipment and provides all skills leading up to rolling. This course is the prerequisite for advanced kayaking in both sea kayaking and whitewater kayaking.

TIME: Session 1: 4:30 - 8:30
Session 2: 4:30- 8:30
DATE: Two separate Sunday afternoons in May 2009. Dates to be determined. Call 223-1426 to confirm.
COST: \$182 Canoe and Kayak Club Member Rate
\$190 Non member rate
NOTE: Minimum of 4, maximum of 6 participants



POOL & FITNESS CENTRE

The Dryden Pool & Fitness Centre is a multipurpose facility and offers a wide variety of instructional and non-instructional activities and programs for all age groups and fitness levels. Patrons may establish and maintain their fitness routine in our 25 m Pool that also offers a Therapeutic Pool and a Sauna, a state-of-the-art Cardio Room, a Weight Room equipped with plate loaded, selectorized equipment and free weights, and Courts offering Squash, Racquetball, Basketball, and Wallyball. A great variety of Group Fitness Classes on land and in the water offer structured fitness routines for those who are looking for guidance in combination with a fun social environment. No need to fall into an exercise rut, as there are a lot of opportunities for the well-known benefits of cross training. Information on current schedules can be found on the City of Dryden website www.dryden.ca - And if you are just looking for a room to hold your meeting, workshop or birthday party, rent our Activity Room, Meeting Room or Multipurpose Room!



Dryden Recreation Complex
84 Whyte Avenue
 Arena/Recreation Complex Dept.
 Main Contact: Karen Nickle
 Phone: (807) 223-1425

Pool and Fitness
 Main contact: Ruth Jacklin
 Phone: 223-1430

POOL & FITNESS CENTRE HOURS OF OPERATION

FITNESS CENTRE

Mon. - Fri. 6:00 a.m. - 9:00 p.m.
 Sat. & Sun. 8:00 a.m. - 8:00 p.m.
 Main Contact: Ruth Jacklin
 Phone: (807) 223-1430
 E-mail: rjacklin@dryden.ca

COURTS (squash & racketball)

Mon. - Fri. 6:00 a.m. - 9:00 p.m.
 Sat. & Sun. 8:00 a.m. - 8:00 p.m.

CASH ADMISSION

Child (0-5 yrs.) \$ 1.00
 Youth (6-18 yrs.) \$ 3.50
 Adult (19-59 yrs.) \$ 5.75
 Senior (60+ yrs.) \$ 3.50

WATERSLIDE ADMISSION:

Single (per swim): \$ 1.50
 12-Admission Pass: \$ 15.00



Information on current schedules can be found on the City of Dryden website www.dryden.ca

RECREATION COMPLEX

The Recreation Complex offers 2 Arenas and oversees a variety of outdoor areas, such as Baseball Diamonds, Soccer Pitches, a Skateboard Park, and an outdoor rink at Milestone. It also provides a wide range of programs to its clientele, including Summer and Winter Youth Camps, as well as various programs and workshops to support local groups such as the Community Garden and the Canoe & Kayak Club.

RECREATION COMPLEX OPERATING HOURS

FITNESS CENTRE

Mon. - Fri. 8:30 a.m. - 4:30 p.m.
 Main Contact: Karen Nickle
 Phone: (807) 223-1425

CAMP PROSPECT 2009

Camp Prospect is a summer recreation program created and implemented by the Dryden Recreation Complex. Weekly themes to be announced! Stay tuned! For more information please call the DRC at 223-1426.

DAILY SCHEDULE: 8:30 A.M. - 4:30 P.M.

WEEK 1: JULY 6 - 10
 WEEK 2: JULY 13 - 17
 WEEK 3: JULY 20 - 24
 WEEK 4: JULY 27 - 31
 WEEK 5: AUG 4 - 7
 WEEK 6: AUG 10 - 14
 WEEK 7: AUG 17 - 21

COUNSELOR IN TRAINING PROGRAM

The Counselor in Training Program is a training program for youth ages 12 - 15. This program focuses on developing leadership, communication and team building skills. Our CITs will develop their leadership abilities by coordinating sport, recreational, leadership and team building activities in a fun filled and safe environment. The CIT program will create a valuable learning experience for all through a week of fun filled activities.

For more information, please call the Dryden Recreation Complex at 223-1425

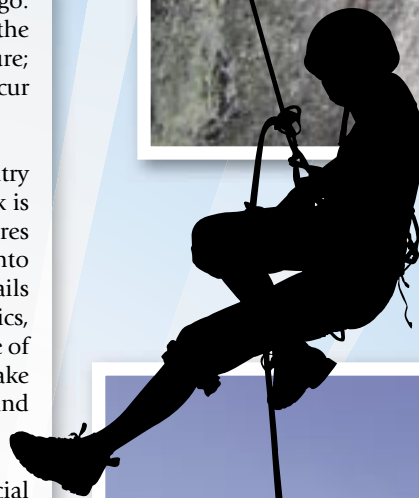
Rock CLIMBING

A popular recreational park northwest of Dryden, Blue Lake boasts a long, sandy beach and water so clear you can see the bottom at six metres and now in a sheltered cove on the lake's northern shore the sport of rock climbing has been introduced. Local climbers and brothers Evan and Glenn McDonald have established over 25 routes. The site is easy to access and a great place for beginners to learn the sport with experienced mentors. Blue Lake climbing rocks are attracting a lot of interest from the local and out-of-town climbing community.

The Kenora region occupies the southwest edge of the rocky peneplain known to geologists as the Canadian Shield, a sparsely populated land of sparkling lakes and boreal forest that covers half of Canada. The Canadian Shield is the oldest and largest exposure of crystalline rock on the earth; the cliffs that we climb on are all that remain of mountain ranges that were born 2 to 4 billion years ago. Rocks that are now exposed were formed deep within the earth under conditions of intense heat and high pressure; as a consequence, a bewildering variety of rock types occur on the Shield.

Whether you are visiting the area or driving cross-country on Trans-Canada Highway 17, Blue Lake Provincial Park is a clear favourite with visitors. Some well-known features of the park is the long sandy beach that slopes gently into Blue Lake's exceptionally clear water and the hiking trails that pass through a jack pine forest, fields of glacial erratics, ancient bedrock, and blueberry patches. Blue Lake is one of dozens of lakes left behind after the retreat of ancient Lake Agassiz which covered much of northwestern Ontario and southern Manitoba.

If you are interested in rock climbing at Blue Lake Provincial Park contact the Blue Lake Office at 807-227-2601 or Dryden office at 223-7535. All climbers must have the proper gear and the ability to climb safely, as well as a park permit and authorization. For more information, please contact local climber Dallas @ 807-223-5483.



Canadian Pure Wild Rice 1st annual Cook Off a huge success

CANADIAN PURE WILD RICE (a division of The Flower Forest), along with the support of Ristorante Pizzeria hosted the 1st Annual Canadian Pure Wild Rice Cook Off October 9th, 2008. This event was a huge success and far surpassed the expectations of its organizers. "We were hoping to get 10 or 12 entries and we got more than twice that". The dishes ranged from casseroles to soups and salads to even baking and desserts. The overall winner of the 1st Annual CANADIAN PURE WILD RICE Cook Off was Rose Mary Delyea with her recipe called "Delicious Wild Rice Dessert" – this exquisite dessert looked like a trifle, was presented in a glass bowl and had layers of whip cream, strawberries and wild rice mixed with coconut, fresh blueberries and pineapple. Second place winner, Catherine Lockyer for her wild rice salad, loaded with a variety of nuts and fruit. Third place went to Mike Bilsbarrow for his "Cranberries, Wild Rice and caramelized onions".



The second part of this promotion was to compile a cookbook from the recipes contributed by the entrants along with some other recipes collected locally. "Purely Delicious, cooking with CANADIAN PURE WILD RICE and more..." is now available at The Flower Forest on Princess Street. Purely Delicious cookbook is priced at only \$11.95 and all the proceeds of this book have generously been donated by Kailey to the Dryden CT Scan fundraising committee.

CLOVERBELT COUNTRY FARMERS MARKET

*Eat Local
Eat Fresh*

The produce bought locally are the freshest and tastiest available, as they are allowed to ripen in the field and are brought directly by you - this food is as real as it gets - food fresh from the farm.

Family farmers are becoming increasingly rare as they have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

Locally grown foods are minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible by building their soil's fertility and giving their crops the nutrients they need to flourish in the ground and nourish those who eat them.

Meeting and talking to farmers is a great opportunity to learn more about how food is grown, where it is grown, when it is grown and why.

Farmers are often passionate cooks with plenty of free advice about how to cook the foods they are selling. They'll give you ideas for what to have for supper and hand out recipes.

Produce includes: asparagus, beans, beets, blueberries, broccoli, cabbage, carrots, cauliflower, corn, crab apples, cucumbers, herbs, lettuce, onions, parsnips, peas, peppers, potatoes, pumpkins, radishes, raspberries, rhubarb, spinach, squash, strawberries, tomatoes, and zucchini. As well as honey, beef, buffalo, elk, lamb, pork, teas and herbs.



For more information visit www.cloverbeltfarmersmarket.ca

Come to your local Farmers' Market, located at the Oxdrift Hall, every Saturday from 9 a.m. to 12 p.m. starting June 20th and ending in October. For more information contact Sara at 223-7378.

Visit the Cloverbelt Farmers' Market and Cattleman's Association, located at the Dryden Arena parking lot July 30th, August 20th, and September 10th from 3 p.m. to 6 p.m.

HEALTHY LIVING

Urban Trail – Red 12.3 km

The Urban Trail System is a network of 5 attractive, intra-city routes that provide safe, enjoyable pedestrian access to commercial and residential neighbourhoods and community facilities and services - urban landscapes of interconnecting roads, sidewalks and pathways. The Urban Trail incorporates shopping opportunities, access to community facilities and services. Dryden's unique attributes and natural/cultural heritage can be explored along this route. Residents and visitors can walk, explore and enjoy the community. During your travels you can stop and visit the Dryden Museum, the Public Library or one of many community parks.

Dryden Signature Trail - Blue 5.4 km

The Dryden Signature Trail System consists of two trail routes, uniquely designed to provide hands-on, engaging, intriguing, recreational/interpretative encounters to capture the imagination of community residents and visitors. The Signature Trail route winds along the Wabigoon River from Johnston Park located on the Trans Canada Highway 17 to the Laura Howe Marsh located off Van Horne Avenue. Wetlands are Nature's richest domains. Neither land nor lake, wetlands weave together elements of earth and water to create unique habitats within the boreal forest.

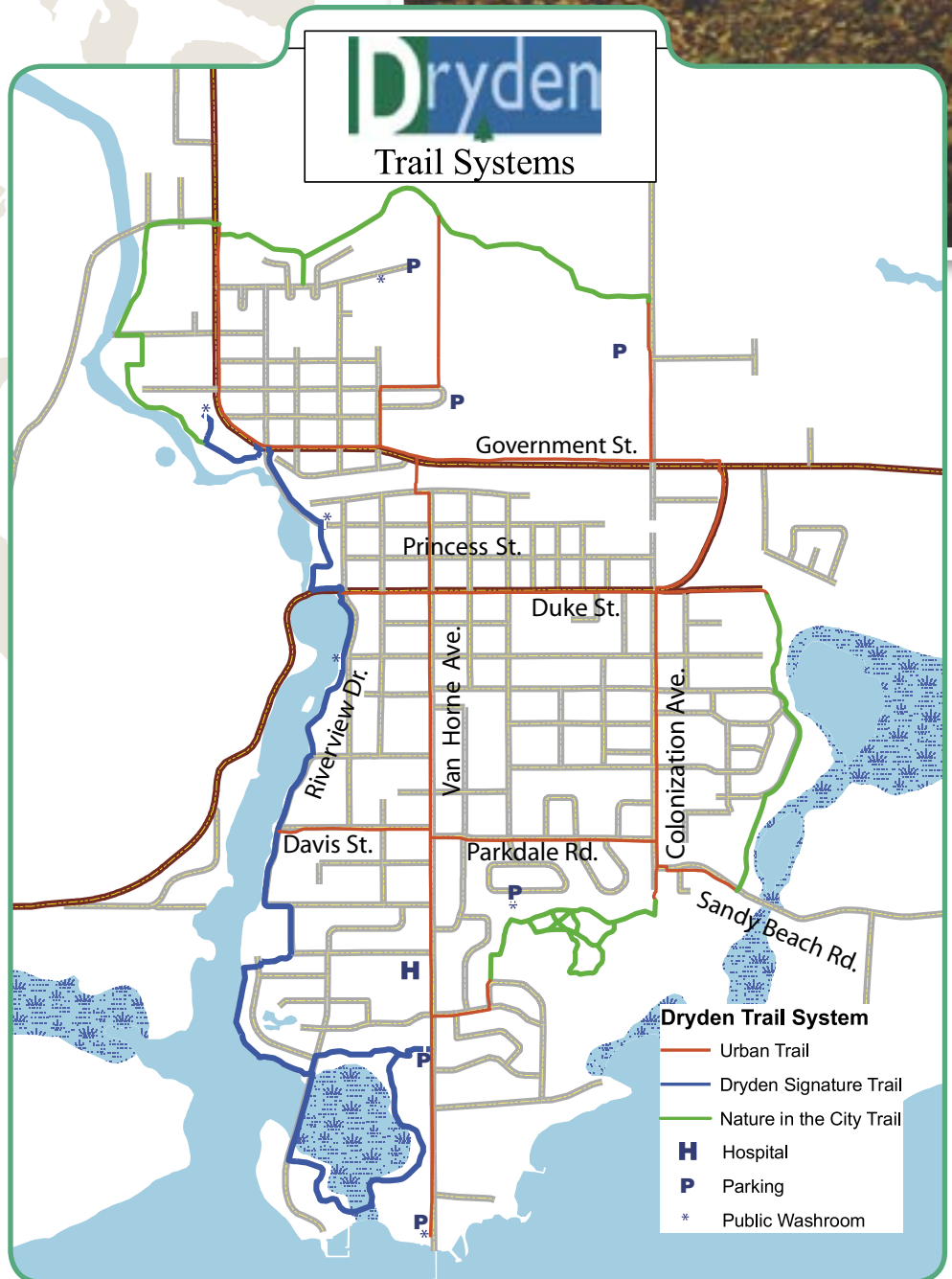
Wetlands are always 'on the edge'. The Laura Howe Marsh is 2.0 km and an excellent example of life 'on the edge of the forest and on the edge of the lake'. Creatures of both worlds come to the marsh for water, food or shelter. The marsh is an oasis for the animals of the forest and a nursery for small creatures in the lake.

The Nature in the City Trail – Green 6.8 km

The Nature in the City Trail System is a beautiful "necklace" of trails that link together all the aesthetic, natural areas surrounding the city core. The rich assembly of natural settings and rich wetlands is the City's most valuable outdoor recreational attribute and asset. The "necklace" provides excellent opportunities for short or extended walking/hiking/jogging or cycling and skiing.

The trail accommodates multiple use walking, jogging and strolling and that serves as a cross-country ski route in the winter months. This trail is a rich assembly of natural areas surrounding the City.

Photo taken by Chris Marchand





Dryden Trail System

The recreational walking routes were designed under the Communities in Action Fund and the Dryden Walks Around the World Project. During this project 12 walking routes were established starting and ending at the Dryden Recreation Complex. In 2007, Dryden collectively walked the circumference of the planet 40,075 km. The routes shown in the Leisure Guide are the four most advanced routes and signs are posted to assist you with course-plotting throughout the community. The recreation complex has moderate and beginner routes available and as well we offer a free year round indoor walking program Monday to Friday from 8:30 am to 4:00 pm. For more information, contact the Dryden Recreation Complex at 223-1425.

Laura Howe Marsh

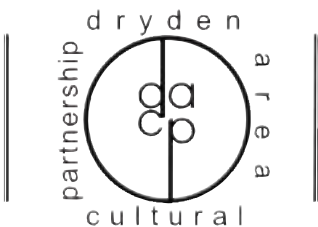
Welcome to the Laura Howe Marsh. We hope that you will spend a memorable few minutes or hours enjoying the amazing variety of flora and wildlife featured in the acreage before you. From insects and frogs to great blue herons and red foxes, wetlands like the Laura Howe Marsh are home to a wider variety of wildlife than any other Ontario habitat. How many species will you see today?

A marsh is a type of wetland in which the water depth is usually less than two metres. That is the maximum depth for growth of rooted aquatic plants such as reeds, cattails, sparrowheads, water lilies and pondweeds. The best wildlife habitats are found in marshes, such as the one before you, that have a mix of open water and emergent plants. The marsh provides a spawning and nursery area for fish and amphibians, a winter refuge for deer and songbirds, and a rich food source for beavers and looners such as snakes, foxes and birds of prey.

The short loop, which is 1.4 km in length, takes approximately twenty minutes to stroll. You will be able to walk the long loop, which is 2 km in length, in approximately one hour. Take time to enjoy the marsh from the viewing platforms.

Sturdy shoes are advisable. Don't forget to dress appropriately for the weather. During the fly season from May to early August, insect repellent is also recommended. Enjoy your wetland adventure!

DRYDEN AREA CULTURAL PARTNERSHIP



The Dryden Area Cultural Partnership is a volunteer organization, established in 2006. Defining Culture as "A sense of place - who we are, where we come from and what we will become", the Partnership continues "To ensure that culture plays a leadership role in the future of the Dryden area".

Their contributions to the City of Dryden have included working on the City's Strategic Plan for a Cultural Policy, as well as sitting on the Dryden Development Corporation's Tourism Advisory Committee. Through the accomplishments of several volunteer groups and organizations, they present dance, music, live performances, and food and information booths reflecting our area's culture at the Annual Fall Cultural Fair. Local educational programs are also being developed. Interested participants, clubs, groups or organizations are encouraged to call 223-3004 for information.



DRYDEN REGIONAL HEALTH CENTRE

The Dryden Regional Health Centre is located at 58 Goodall Street. These modern facilities offer a 24-hour Emergency Department. Dial 911 to reach Emergency Services. Be sure to know your location.

The hospital also provides critical care, obstetrical, surgical and medical services within their 31 acute care beds. An additional ten beds are for chronic/rehab services. Diagnostic services include x-ray, ultrasound, laboratory, mammography and cardiac stress testing.

The Dryden area is well serviced with 12 physicians, two General Surgeons and 10 Family Physicians, three of whom provide anesthesia.

DRHC has expanded the surgical program. With skills provided by visiting surgeons, patients are able to have knee and hip replacements, shoulder surgery, gynecological surgery and ear/nose and throat surgery without leaving the community.

A CAT Scan will be in operation at the DRHC in 2009, thanks to the generosity of local citizens and businesses. The machine will be located in a new addition at the front of the hospital and will provide local physicians with state-of-the-art images to assist in diagnosis.

Ambulatory care services include chemotherapy for cancer treatment, physiotherapy, occupational therapy, mental health and addictions counselling, as well as access to medical specialists through specialty clinics.

FAMILY HEALTH TEAM

The Dryden Area Family Health Team is located at 40 Goodall Street next to the Dryden Regional Health Centre.

Physicians, nurse practitioners, registered nurses, family mental health counsellor, clinical pharmacist, registered dietitians, certified diabetes educators and an asthma educator work together in a team environment. The program "It's YOUR Health!" focuses on primary care, chronic disease management and prevention. Patients can self-refer or can access the program through their health care provider.

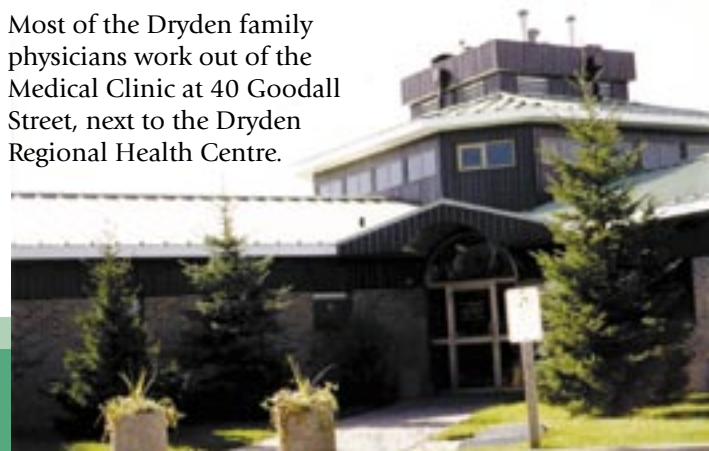
Dryden Regional Health Centre	223-8200	www.dh.dryden.on.ca
Dryden Regional Health Services Foundation	223-8808	www.docjobs.ca
Dingwall Medical Clinic	223-2258	www.dingwallmedicalclinic.ca
Family Health Team	223-7406 Ext. 321	N/A
Dryden Regional Mental Health & Addiction Services	223-6678	N/A
Crisis Response Services	1-866-888-8988	www.crisisresponseservices.com
Sexual Assault/Domestic Violence Care/Treatment	223-7427	www.dh.dryden.on.ca

PHARMACIES

Clinic Pharmacy	40 Goodall Street	223-2266
Extra Foods Drugstore Pharmacy	647 Government Street	221-4444
Pharmasave	31 King Street	223-2413
Shoppers Drug Mart	25 Duke Street	223-3535
Wal-Mart	Hwy. 17 East	223-8663

DINGWALL MEDICAL CENTRE

Most of the Dryden family physicians work out of the Medical Clinic at 40 Goodall Street, next to the Dryden Regional Health Centre.





COMMUNITIES IN BLOOM

Communities in Bloom is an international program to improve the quality of life in a community. Established by City Council in 2006, Communities in Bloom Dryden is a joint effort of city staff and community volunteers to enhance, in addition to our appearance and visual appeal, the environmental and economic sustainability of the City, through a friendly competition with other communities of the same size. In 2006, '07 and '08, this partnership resulted

in three consecutive top honour awards of 5 Blooms at the Ontario level. As a result Dryden has been invited to participate in the 2009 National competition. As in the provincial program, the national program evaluates a community's: Tidiness, Environmental Awareness, Community Involvement, Natural and Cultural Heritage Conservation, Urban Forestry, Landscaped Areas, Floral Displays and Turf and Ground Cover Areas.



Visit www.cibdryden.ca for news & information regarding Communities in Bloom

GREEN EAGLES

Dryden High School is leading the way to a more sustainable future with their newly formed group, the Green Eagles. The group's mandate is to help the environment by making changes to the way their school functions so it becomes more environmentally sustainable as well as educating the school population about the importance and benefits of living "Green".

In the short time the Green Eagles have been around, they have racked up some major successes. Using the Ontario EcoSchools program as a template for change, their first triumph was promoting the shutting down of computer monitors when the computers were not in use. This saves the school energy as the monitors are vampires for energy even when they are on sleep mode. The Green Eagles' efforts on this issue resulted in a significant reduction in the computer monitors being left on at Dryden High. Following this success, the group has gone on to make a difference in water use, waste, and social responsibility at DHS.

Given the members of this group, it's not surprising that the group is such a success. All the students involved are hardworking, committed young people who aim to make a real difference in their community. As an example, one student, Michelle Arseneault, has led the charge to ban the use of single use plastic bags at local stores. With leadership and initiative like this and other activities led by the Green Eagles, we have reason to hope for a better environment in the future in Dryden and in the larger world.



Visit www.onelessplasticbag.ca for more info.