

*Miss V's
Creative Designs*

705-653-8841 vquist-lyons@hotmail.com

Cakes, arts, crafts and more!
Find her on Facebook!

**WEEKLY
COMMUNITY CARE
PROGRAMS**

CIVIC CENTRE

Line Dancing
Wed. at 10 am · \$4 weekly

Yoga
Wed. at 1 pm · \$4 weekly

Knitters' Club
Thurs. from 1-3 pm

**SENIOR'S
COMPLEX**

Chair Yoga
Tues. & Thurs. 9-9:45 am
No cost

Falls Prevention Exercise Class
Tues. & Thurs. 11 am - noon
No cost

For more information, please contact
Sarah at 705-696-3891

Legion

Royal Canadian Legion
Branch 106

10 Front Street W. 705-696-2363
Open daily!
Monthly events – everyone welcome

BANJO'S
Grill

3 Bridge Street S.
705-696-9898



Order what you want – eat what you get!

Jayne S. Porter
Sales Representative

Bowes & Cocks Ltd, Brokerage
Gallery of Homes



4269 Hwy. #7, Box 119
Norwood, ON K0L 2V0
Bus: 705-639-5388 Cell: 416-435-2005 Fax: 705-639-2624
jayneporter@sympatico.ca jayneporter.ca

**GOOD FOOD
BOX PROGRAM**

\$15 per box
(a smaller bag is available)

Order by the 2nd Thursday
Pick-up on the 3rd Thursday
at the Civic Centre from 1-1:30 pm
or St. George's Anglican Church,
38 Bridge St. S. from 2:30-2:45 pm

Contact Angie at 705-696-1353
8:30 am & 1 pm M-T

HASTINGS, ON – A TRENT HILLS COMMUNITY

The Hub

News to float your boat!

FEBRUARY 2017 • VOLUME 2 • ISSUE 2

The Facts of Love

In the Middle Ages, Emperor Claudius II believed unattached men made better soldiers so he declared marriage illegal. Once a year, during a Roman festival honouring Juno, men would draw names to find out who their lady friend would be. The man would wear her name on his sleeve for the rest of the festival.

It is also said that when a knight performed in a jousting match in the king's court, he'd dedicate his performance to a woman of the court. He would tie something belonging to her, like a favourite ribbon, around his arm and let the court know that the match would defend the honour of that woman.

Where to Go

Hastings Massage Therapy has been operating at 82 Bridge St. S. since 2010 in one of Hastings' charming historic homes. The proprietor, Elke Van Meer, has been practicing massage therapy since 1998 and has earned a wealth of experience working with chiropractors, physiotherapists and in spas and resorts before deciding to open her first solo clinic.

As a Registered Massage Therapist, Elke maintains high standards of professionalism and competence, including a commitment to ongoing education and training. In addition to traditional Swedish massage, she has trained in Reiki and craniosacral therapy which can be incorporated into a treatment session. Hot stone massage is also available as a soothing and deeply relaxing alternative. An unhurried consultation before your first appointment ensures that treatment is tailored to your unique needs.

Did you know that massage therapy is covered by many extended health insurance plans? Check with your provider to see if you qualify! Hastings Massage Therapy also sells gift certificates so you can treat that special someone to relaxation, healing and wellness. For more information, call (705) 696-9800 or visit hastingsmassagetherapy.com.

Save the Date

- EVERY WEDNESDAY • 10 am to 2 pm:** Book Sale at St. George's Anglican Church • Everyone welcome!
- EVERY THURSDAY • 9 pm:** Open Mic at Hastings House Restaurant & Bar
- EVERY FRIDAY • 9 pm:** Live Music at Gillies Pub & Eatery
- Feb. 1st • 7 pm:** Historical Society Meeting at Hastings Civic Centre
- Feb. 2nd • 9 am to noon:** Mosaic Art Workshop, \$10 • Hastings Civic Centre • All materials are supplied, space is limited • Register at (705) 653-1411.
- Feb. 11th • 9 am to 1 pm:** Book Sale at Hastings Civic Centre
- Feb. 12th • 2 pm:** Open Jam at the Legion
- Feb. 14th • 10 am:** Potluck with the Early Years Centre • Call Angie to register at (705) 696-1353.
- Feb. 16th • 10:30 am:** Speech/Language Pathologist visits the OEYC • Call Angie for info at (705) 696-1353.
- Feb. 23rd • 10 am:** Learning to Love Literacy • Call Angie @ (705) 696-1353 for more info.
- Feb. 24th • 9 pm:** Karaoke, \$2 • Hastings Legion
- Feb. 28th • 11 am to 2 pm:** Pancake Lunch • Anglican Church, Bridge St. S • Call Phyllis Donnelly at (705) 696-2451 for more information • Everyone welcome!

FIND PISCES PETE



Spot "Piscus Pete" hidden in this edition and email your answer to be entered to win a \$25 gift certificate! Contest closes on the 13th of each month.
info@hastingsvillage.ca

The winner of last month's
Piscus Pete draw was
Debbie Miller
who received a gift certificate to
McGillicafey's Pub & Eatery

Congratulations!

Hastings WATERFRONT FESTIVAL

Looking for volunteers to plan and work at the August 2017 Hastings Waterfront Festival.

Email info@hastingsvillage.ca to register and learn more about being a part of the action!

It feels good to do good things.

COMMUNITIES OF
TRENT HILLS
Come for a visit. Stay for a lifestyle.

ROBERT CRATE
Deputy Mayor &
Hastings Representative

Box 1030, 66 Front Street South
Campbellford, ON K0L 1L0
t: 705-653-1900 • c: 705-761-2278
bob.crate@trenthills.ca • www.trenthills.ca

Bridgewater Coffee & Pizza
16 BRIDGE STREET N.

Breakfast, lunch and pizza
(don't forget coffee and dessert!)

705-696-2920

THE HOLMESTEAD:
PRINT & BUSINESS SERVICES

89 Front Street South, Campbellford
705-632-0847 • pleaseprint@the-holmestead.com

THE ADS WORK!

"I have seen a 100% return on investment, plus profit as well. Hub advertising is a win-win situation – supporting the local community AND building my business. I would recommend it to anyone!"

– Elke Van Meer, Hastings Massage Therapy



13 FRONT STREET E. x 705-696-2401

Monday to Saturday 8:30 am to 6 pm
Closed on Sundays and holidays

INVESTING IN COMMUNITY FOR OVER 50 YEARS!

ATTENTION Resort Owners!

Now is the time to advertise in The Hub!
Email info@hastingsvillage.ca to reserve this spot!



YOUR SMALL BUSINESS CAN LOOK **BIG** ONLINE!

100% free online advertising to drive traffic to your business

Zero Cost Workshop in Hastings
Call 705-931-2223 to register!



John Walsh
Sales Representative



UNITED REALTY INC.
BROKERAGE

4 Albert St. W.
Hastings, ON K0L 1Y0
Cell 705-930-2377
Office 705-743-4444
Fax 705-743-9606
johnwalsh@century21.ca
century21.ca/john.walsh

Hastings Massage Therapy

Elke VanMeer, RMT

82 Bridge Street South
Call 705-696-9800
for an appointment

Relaxation,
Healing
& Wellness



hastingsmassagetherapy.com

HASTINGS FIELD HOUSE

Multi-functional recreational facility

Find us on Facebook for monthly schedules, clinics, training and special events!

Save 50% on golf & track vouchers!
(while quantities last)



97 Elgin St. 705-696-2252

Email us! fieldhouse@trenthills.ca

TRENT HILLS HEALTH CENTRE
49 Bridge St. E. Campbellford
705-632-1112



NORWOOD CHIROPRACTIC
31 King St. Norwood
705-639-5933

Chiropractic • Acupuncture
Massage Therapy • Shockwave Therapy

Quiz Me!

1. Canada's flag was adopted on what day?
2. What is the highest court in Canada?
3. The flag of the Hudson's Bay Company, a variant of the Red Ensign flag, flew over Western Canada for 200 years before Confederation. True or false?
4. What animal is on the Canadian quarter?
5. How many time zones are in Canada?

Words of Wisdom

There are three C's of life: Choices, chances, and changes.

You must make a CHOICE to take a CHANCE -
or your life will never CHANGE.

Just Kiddin'

Knock! Knock! *Who's there?*
Olive. *Olive who?*

Olive you and I don't care who knows it!

History 101

SUBMITTED BY PAT FUNK

In our area, the Moraine includes Bewdley, crosses the Rice Lake Plains in a southeasterly direction, taking in Gores Landing, including the Victoria Inn, but bypasses Harwood, extending as far south as Cold Springs. It is responsible for the rolling hills and valleys that we enjoy so much and the egg-shaped drumlin islands that add so much to the beauty of Rice Lake and our area. They are thought to have been formed when the glacier passed over rock obstacles and the sand and gravel it carried built up behind these obstacles, forming the egg shapes which all point in a south-westerly direction, showing the direction in which the glacier was moving. The glacier is responsible as well for the varying types of soil in our area, from pockets of hard stony clay or the soft sandy loam. The moraine also performs an important hydrogeological function, serving as a headwater and groundwater recharge area. Water gushes out of the ground and is collected by area residents and some as far away as Toronto.

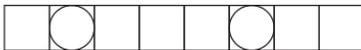
DSACR



THARE



BRYUEAFR



EDRA



OFESRWL



ETTRA



Canadian, Eh?

Did you know that there have been 16 people who have tried (some successfully) to travel over the Horseshoe Falls at Canada's Niagara Falls? There is actually a museum at the falls where you can reach out and touch the wild contraptions that carried some of these men and women over the edge. The first person to succeed in riding the falls was American schoolteacher Annie Edson Taylor. She took the plunge on October 24th 1901 (her 63rd birthday!)

31% of Canada is covered in forests, 20% of the WORLD'S fresh water is found in Canada, and Canada covers only 2% of the entire Earth!

In 1967, Canadians built the world's very first UFO land pad! Located in St. Paul, Alberta, the town provided the land, and local businesses provided building supplies and labour for the raised cement pad. It was even officially opened by the Minister of National Defence (who flew in by helicopter to land on the pad)

Quiz Me!

ANSWERS

1. Feb. 15, 1965. 2. Supreme Court of Canada. 3. True.
4. A caribou. 5. Six.

Interested in advertising, have an announcement, want an event mentioned? Drop us a line at info@hastingsvillage.ca or mail information to: P.O. Box 213, Hastings, ON K0L1Y0

All necessary information and payment is due no later than the 10th of each month. Special rates apply for non-profit and announcements (birthdays, graduations, weddings etc.).

Foot Prints Foot Care

4 FRONT STREET E.
705-632-8886

MANICURES & PEDICURES
DIABETIC FOOTCARE (IN-HOME OR IN-SHOP)
GENTLY USED CLOTHING, JEWELLERY & ACCESSORIES
CROSSWIND FARM DISTRIBUTOR

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CALL FOR AN APPOINTMENT



13 BRIDGE STREET N.
705-696-3600

Trent Hills' newest entertainment venue!

Purchase this spot to
make a special announcement!

Birthdays
Anniversaries
Congratulations
Weddings
Thank You
and anything else!

The Hub RATES

ONE MONTH \$30

SIX MONTHS \$165

Special rates for
non-profit and well wishes!
Email info@hastingsvillage.ca
for more information

Donate a minimum

\$25 gift certificate for one
month FREE advertising

TUNE IN TO
RAY ON THE RADIO
EVERY THURSDAY & SUNDAY FROM 8 PM TO 10 PM



93.7 CKOL FM
CAMPBELLFORD

[FACEBOOK.COM/RAYONTHERADIO](https://www.facebook.com/rayontheradio)

FREE

SALVATION ARMY LUNCHES

2nd & 4th Friday
of each month!

11:30 am to 1 pm
Hastings Civic Centre
Everyone welcome!