North Dundas Chamber of Commerce

WELCOME OUR NEW MEMBER!

Flora Physio
AND INTEGRATED HEALTH

Janessa Russett, BKin, MScPT, RPT, owner of Flora Physio, is now offering women health services at 512 Main Street Unit C, Winchester.

She has a special interest in pre and postpartum women's health, and loves helping empower women through education, support, and evidence-based treatment. She has advanced training in pelvic conditions such as pelvic pain, incontinence, pelvic organ prolapse, pregnancy-related pain, persistent low back and hip pain, and returning to exercise after a major life event such as birth.

Janessa also has additional training in the treatment of blocked milk ducts in breastfeeding women.

Visit Her Website Here!

As a member, if you have any upcoming events or news you would like to feature in the newsletter, please reply to this email so we can publish in our next publication and on social media.

MEET HAYLEY BEDFORD

FEATURED BOARD MEMBER

Hayley Bedford - North Dundas Times

My family and I moved to Winchester in September 2019 from West Yorkshire, England and we are amazed at what a wonderful community we have found ourselves in. We have been welcomed with open arms and have not looked back since! We have spent a lot of our time exploring North Dundas and I now feel I know the area well enough to try and give back and contribute in some way. After attending the Chamber AGM I was inspired by the speakers and thought the Chamber of Commerce seemed like a good fit for my proactive,

creative brain! My professional background is based in Marketing and I thoroughly enjoy my role as Sales and Marketing Consultant at the North Dundas Times. Being involved in a small local business has also cemented my belief that if as businesses we can support each other, we form the foundation of a thriving community!

INTERESTED IN JOINING THE BOARD?

We are currently looking for local business owners who are interested in helping grow the North Dundas business community.

We have board meetings once a month to discuss planning upcoming events, programs and benefits to support local business growth/support.

If interested, please email info@northdundaschamber.com

FEATURED NEWS & EVENTS

October 13

Teeny Tiny Summit

Teeny Tiny Summits share practical examples, lessons learned and community economic development tactics that are scale appropriate for Ontario's smallest communities. This year's edition will feature a series of 3 webinars featuring keynote speakers that will bring value to each of the topics as well as community examples.

View Upcoming Event

October 18

North Dundas "Virtual Business Breaskfast"

You are invited to our next "Virtual Business Breakfast" on Monday, October 18th from 8am-9am where we will discuss accessibility and what it means for your business. Come learn and ask all your questions in this interactive virtual format.

Please RSVP back to smann@northdundas.com email address by October 15th if you can attend.

Become a Shop Local Ambassador Contest

The plan is to sweep Cornwall, Akwesasne, and the SDG Counties featuring Shop Local messaging using print mailers sent to every household, radio ads, social media, a fun video series—plus contests with up to $20,000 in prizing. All media will feature local vendors (could it be you?) and will encourage residents to find what they need for the holiday season and beyond, right here at home.

View Details

Spark Program Returns to Fund Tourism Ideas

The Spark Mentorships & Grants Program matches selected applicants from the region with a tourism mentor and provides a $3,000 grant to help take their new tourism idea to the next level of development.

Choose Cornwall .ca

Apply Here

Deadline October 31

Digitial Transformation Grant

The program is focused on providing qualifying brick-and-mortar small businesses with a digital assessment, online training and a one-time $2,500 grant to implement their digital transformation plan.

The Digital Main Street (DMS) $2,500 Grant eligibility criteria has been updated to include businesses that are not located in the downtown cores of villages, deadline to apply is October 31, 2021.

Apply Here

Get Free help with digital marketing setup

The FREE Virtual Digital Service Squads are here to help your business build a basic website, improve your existing online presence, help you set up a POS system, optimize your website for search and help you apply for the $2,500 DMS Grant.

Apply Here

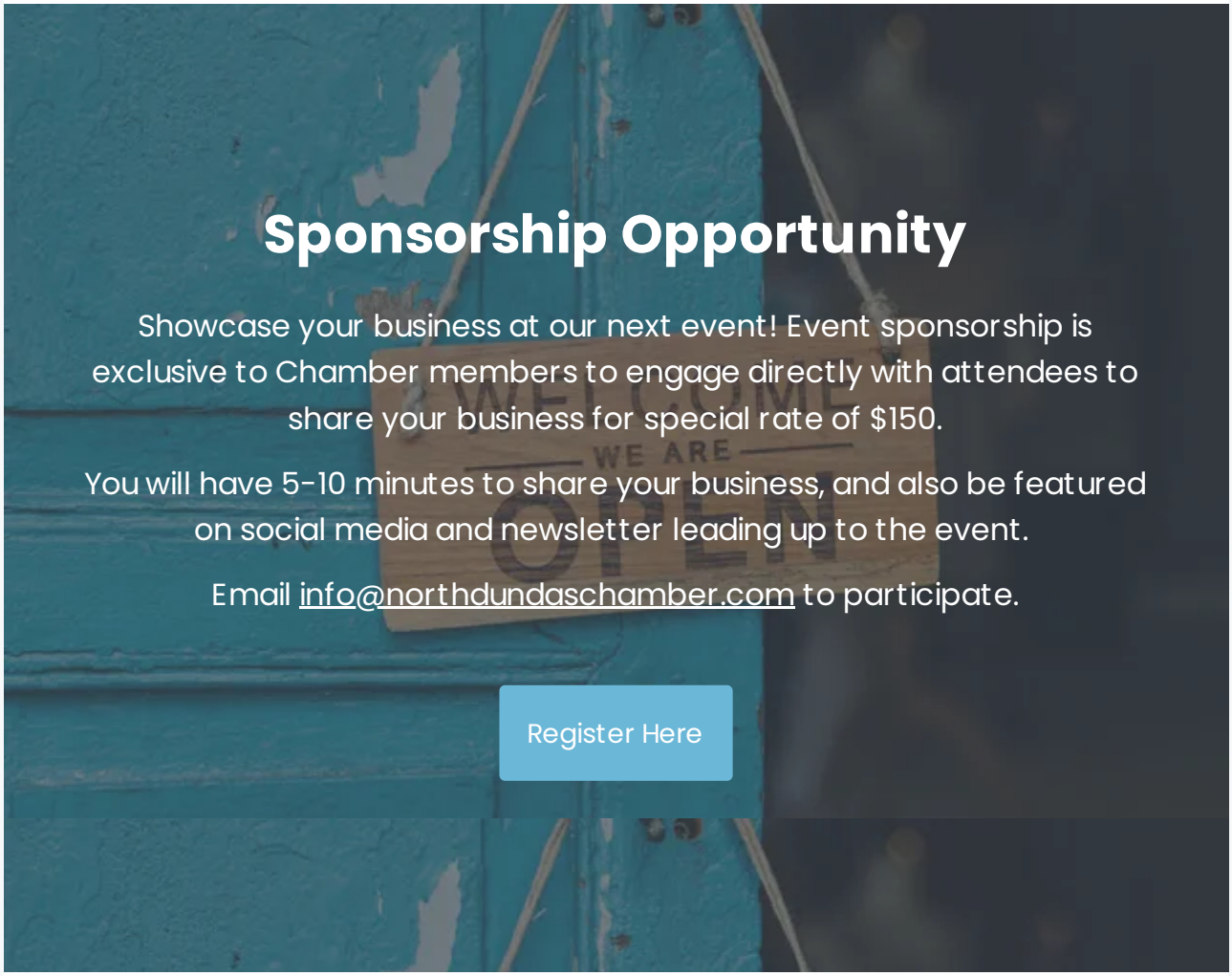
Tender/RFP Opportunities

Supply and Delivery of Lumber and Building Supplies - Cornwall

Request for Engineering - Bridges and Culvert Replacement

Search More Tenders

FOLLOW FOR MORE NEWS + EVENTS



Sponsorship Opportunity

Showcase your business at our next event! Event sponsorship is exclusive to Chamber members to engage directly with attendees to share your business for special rate of $150.

You will have 5-10 minutes to share your business, and also be featured on social media and newsletter leading up to the event.

Email info@northdundaschamber.com to participate.

Register Here

SHOP LOCAL HERE

View all

Hot links to our Members! Just click on a name below for direct access to a Member's Website and Contact Information!

Check out the Member Directory Map! ***#shoplocal #supportlocal***

Ardron Landscapes

Ault & Ault Law Offices

BakerTilly

BGM RV Centre

Cedarview Building Supply Ltd.

Century 21 River's Edge Ltd. Brokerage

G & M Loughlin

Happy Face Nursery School

House of Lazarus

Hulse, Playfair and McGarry Funeral Home

IDP Group

Illume Physio

Royal Bank of Canada

Royal LePage - Antonella Holmes

Royal LePage Gale Real Estate

Sandfire Design

Sevita International

Simply Baked Catering

Claro Cabinet Manufacturing

Clear Cut Installations

Community Living Dundas County

Countryman Electric

Curran Flooring Centre

D & D Performance

D's Collision

Derks Elevator Inc

DH Fencing

Dundas Manor

Dundas Power Line ltd

Eric Duncan

Flora Physio

FrontGates Dev

Funtastic Pools and Spas

Garden Villa Retirement Residence

Gary Annable

Glen Robinson & Sons Plumbing and Heating

Grenkie, Remillard & Reynolds Barristers & Solicitors

Guy Fuels & Propane Inc.

JED Express

Jen Feeny Marketing

JH Carpentry Ltd.

Jobzone d'Emploi

Just Ask Mary

Linda's Bookkeeping and Consulting

Louis Restaurant

MAQ Sonar

Marriner Design

MB Foster Associates

McDougall Insurance & Financial

Mike Dean Local Grocer

Morewood Kitchens

My Community Futures

Nation Valley News

No Limits Auto Parts

North Dundas Building Supply

North Dundas Township

O'Farrell Financial Services Inc.

ONPAR Solutions

Ritchie Feed & Seed Inc.

Smokie Ridge Vineyard

Steep Hill Innovations Inc.

Stone Thistle Landscape Design Studio

Storm Internet

Summers Physiotherapy

TD Bank

The Cooperators

The Planted Arrow

The North Dundas Times

The Nurturing Swede

Thurler Farms Inc.

Tri-County Protein

W.C. Robinson & Son Ltd.

Watters Financial Group Inc.

WDMH Foundation

Winchester BMR

Winchester District Memorial Hospital

Winchester Foodland

Winchester Meadows

Winchester Travel

North Dundas Chamber of Commerce

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