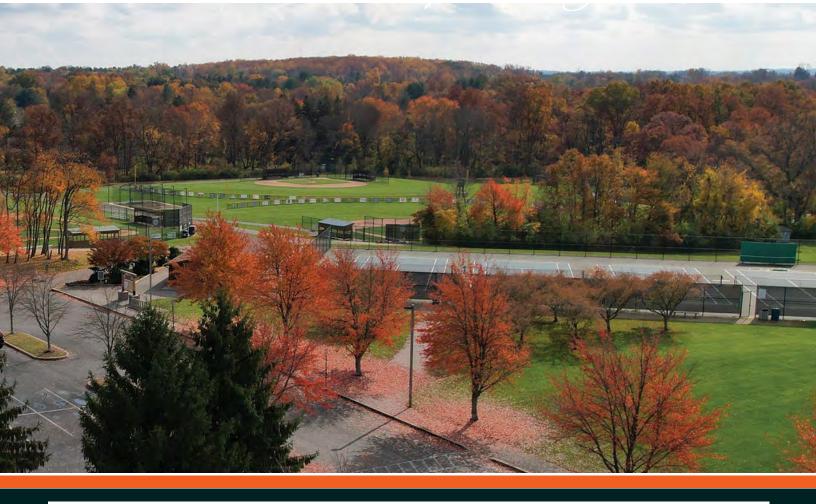
# FALL/WINTER 2023-24 Melcome to WHITPAIN TOWNSHIP



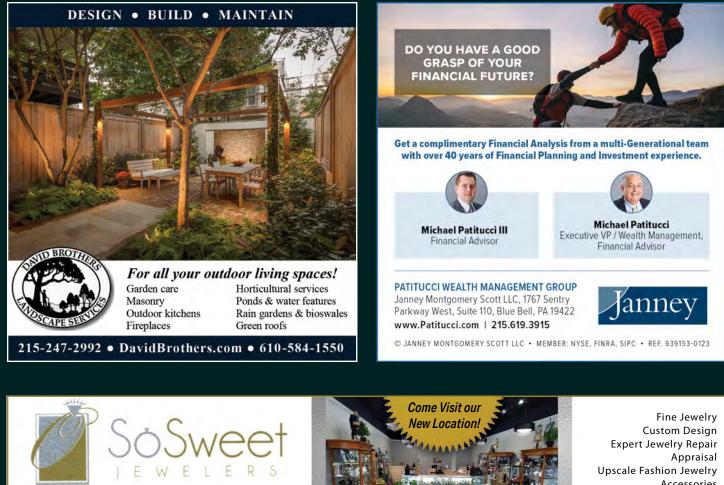
Manager's Message	3
Contact Information	4
Progress Continues at Mermaid Park	5
CSFC Fire Expo Set for October 6	5
Stormwater Management	6
EAC Continues Public Outreach	6
Deer Management Pilot Program	7
Preservation of 10 Acres on	
Lewis Lane Celebrated	8
Donation Makes Community Center Possib	le8
•	

# **INSIDE THIS ISSUE**



ARKS & RECREATION	
iscount Tickets	10
Special Events	10-12
Preschool Programs	
Youth Programs	18-19
Youth Tennis	20
Adult Programs	21-23
Senior Programs	24-25, 27
hitpain Dog Park	29
hitpain Community Festival	Centerfold

Learn about fun activities and more at www.WhitpainRec.com. Visit our website at www.whitpaintownship.org and sign up for the Whitpain Wire



**Rosemary Camponovo, PROPRIETOR BROAD AXE CORNER** 46 West Skippack Pike | Broad Axe, PA 19002 610.272.1727



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# **MANAGER'S MESSAGE:**



This issue of our newsletter is filled with various updates from the Township along with several fun Parks  $\mathcal{E}$  Recreation events, classes, and trips for residents of all ages.

The Community Festival will be held on the campus of Montgomery County Community College on Saturday, September 30. This popular family-friendly event will feature games for children, music, and food along with fireworks. The festivities that weekend begin on Friday, September 29 with our annual Big Rig Roundup which will also be held on the college campus from 5:30 p.m. to 8 p.m. Also,

the Hayrides at Prophecy Creek Park will take place on the evenings of October 21 and 22 starting at 6:00 p.m.

Activity in our Parks & Recreation Department extends beyond these events to park improvements. In the pages of this newsletter there are articles detailing planned improvements at our parks and news of a generous donation that will lead to the creation of a new community center.

This newsletter also contains articles about land preservation, stormwater management, deer management and information from Centre Square Fire Company and our Environmental Advisory Council.

If you are not receiving our weekly electronic newsletter the Wire, please sign up at www. whitpaintownship.org.

Sincerely, Roman Pronczak *Township Manager* 



# WHITPAIN TOWNSHIP CONTACT INFORMATION

960 Wentz Road • Blue Bell, Pennsylvania 19422 • Phone: 610-277-2400 • Fax: 610-277-2209

www.whitpaintownship.org • www.whitpainrec.com

Sign up for the Whitpain Wire

### **BOARD OF SUPERVISORS**

Scott M. Badami, Chair

Kimberly J. Koch, Vice Chair Michele Minnick, 2nd Vice Chair

Jeffrey Campolongo, Secretary

Joyce M. Keller, Treasurer

Local government of the Commonwealth of Pennsylvania is divided into a number of classifications i.e., cities, townships, and boroughs. There are two categories of townships in the Commonwealth – those identified as townships of the first class and those known as townships of the second class. Second class townships make up the greatest bulk of municipalities in Pennsylvania. Whitpain Township is a Township of the Second Class. It is governed by a five-member Board of Supervisors elected at large by the electorate. Most, if not all, of the executive and legislative powers allocated to Whitpain Township in the State Second Class Township Code are vested in the Board of Supervisors. The Board of Supervisors is empowered to appoint professionals to assist them in the operation of the Township and to furnish advice and counsel on technical matters. Additionally, the Board appoints all of the members of the various advisory boards and commissions as well as the Zoning Hearing Board and the Planning Commission.

The levying of Township taxes and the appropriations to the various departments and subsidiary boards and commissions are the responsibility of the Board of Supervisors. During the months of November and December, public hearings are held for the purpose of reviewing the budget for the following year. Residents are encouraged to attend these meetings and to review the proposed Township budget during that time.

CODE ENFORCEMENT/ZONING	FINANCE/SEWER	FIRE
Fences		Donation for Ambulance
Fire Alarms & Fire Protection Permits		Prevention Education
Flood Plain	Human Resources	ouldly mopeetions
Signs	Invoices	Teacher Training/Fire
Mechanical	SEWER •	Emergency Management
Bldg, Electrical, Plumbing, Mechanical	Certifications	- Chemical Spills
Permits	Sewer Bills/Payment	- Fire
Plot Plans	ENGINEERING/PLANNING	- Floods
Property Uses     Satharaba		- Power Outages
<ul><li>Setbacks</li><li>Home Use Occupations</li></ul>	Pools, Driveways, Patios)	Second Alarmers (SARS) Info Calls (215) 659-1885
	Commercial/Institutional Permit Inquiries	(215) 059-1885
Variance/Special Exceptions	Site Plans/Survey Questions	MISCELLANEOUS
PARKS AND RECREATION	Stormwater Drainage Concerns	Water Companies
Community Festival	MS4/TMDL Administration & Management	Ambler Water: 215-646-1000
Concerts & Movies at Wentz Run Park	<ul> <li>GIS Mapping/Township Maps</li> </ul>	PA American: 1-800-717-7292
Contracted Programs	Grading and ICP Permits	North Wales Water: 215-699-4836
Dedication Program	Township Roadway Occupancy Permits	Mantanana Causta Causthanan
Discount Tickets	• Site, Escrow and Permit Inspections	Montgomery County Courthouse: 610-278-3000
Montco Senior Games	Traffic Management/Traffic Signal	District Court 38-1-21: 215-646-8201
<ul> <li>Park Facility and Field Permits</li> </ul>	Operations and Maintenance	Voter Registration: 610-278-3280
Park and Open Space Board	Requests for Information for Land     Developments and Subdivisions	
Programs, Activities, & Events	<ul> <li>Sanitary Sewer Design &amp; Connection Requests</li> </ul>	Electronic & Hazardous
<ul><li>Seasonal Employment</li><li>Shade Tree Commission</li></ul>	<ul> <li>Easement/Right-of-Way Informational</li> </ul>	Waste Collection: 610-278-3618
	Requests	Trash/Recycling:
<ul> <li>Sponsorship Opportunities</li> <li>Summer Day Camp</li> </ul>	Land Development, Subdivision & Waiver	Contact your trash hauler
<ul> <li>Trails and Open Space</li> </ul>	Reviews	
<ul> <li>Volunteer/Community Service</li> </ul>	Regulatory Agency Inquiries	Tax Collector: 610-492-9191
-	Ordinance Development and Enforcement	Walk-Ins Tuesday & Thursday
POLICE	Municipal Improvements Projects (Parks,	Call for appointment
Animal Control	Roadways, Bridges, Utility Infrastructure)	Berkheimer: 610-279-7500
Bicycle Registration		Power Outages - PECO:
<ul> <li>Block Parties</li> </ul>	PUBLIC WORKS	1-800-841-4141
Fingerprinting	Christmas Tree Collection	Comcast – bill/account information:
Gun Permits	Fences     Leaf Collection	610-279-7200
Parking Tickets		Whitpain Rec Association:
Reporting Crime	<ul> <li>Maintenance-Building, Grounds, Park</li> <li>PA 1 Calls</li> </ul>	playwra.com
Road Closures	PAT Calls     Potholes	Ambler/Whitpain Football & Cheering:
Solicitation Permit	<ul> <li>Streets- Paving, Snow, Road debris</li> </ul>	www.awtrojans.com
Traffic Lights	<ul> <li>Street Signs</li> </ul>	Wissahickon Lacrosse Club:
• Non-Emergency: (610) 279-9033	Storm & Sanitary Sewer - blockage/odor	www.WissLAX.com
	Sweeping	
	1.5	

# **Progress Continues at Mermaid Park**

Since acquiring the 63.5 acre park in 2020, the Township completed a master plan for the park and has been actively securing funding for various elements identified in the master plan.

In late 2022, the Township was the recipient of a \$1.0 million state grant designated for Mermaid Park. The grant will be matched by the Township and will result in \$2.0 million of improvements which will relocate the Township's popular summer camp to the park. The grant will be used to renovate or reconstruct existing buildings for the summer camp, improve infrastructure, redesign and improve parking, and provide public restrooms.

Construction of an inclusive, nature-based playground at Mermaid

Park will begin in the near future. This inclusive playground, featuring three separate pods, will cost an estimated \$500,000 and is supported by a \$225,000 grant from the PA Department of Conservation and Natural Resources.

The Township is also working with an engineering firm to plan for the removal of the old pool and dam at Mermaid Park. This dam removal project will return the stream to its natural state and will improve downstream flooding by holding back more water during heavy rain events. The engineering firm selected for this project will hold public meetings in the coming months to solicit input from the community.



# **CSFC Fire Expo Set for October 6**

**Centre Square Fire Company's (CSFC) Annual Fire Expo** will be held on **Friday, October 6** from **6:00 to 8:30 pm.** The expo will be held at Wentz Run Park, 960 Wentz Road in Blue Bell. This free family event features demonstrations, antique fire engines, fire prevention exhibits, displays from neighboring fire companies, fire safety tips, refreshments, prizes and much more.

The rain date for this event is **Saturday, October 7**. For more information please visit Centre Square Fire Company's website at **www.csfc33.com**.







# **STORMWATER MANAGEMENT TIPS**

Water that runs off your property during a rainstorm is considered stormwater. As this water leaves your lawn, roof, or driveway it collects contaminants such as lawn fertilizer, motor oil, yard clippings, and pet waste. Contaminated stormwater enters our waterways which is hazardous for humans, fish, and wildlife. Several precautionary measures can be taken to mitigate the effect of stormwater contamination in our watershed.



**Perform a soil test on your lawn to determine if your lawn requires the use of fertilizer.** Often fertilizer is applied to a lawn when it is not necessary.

*Use fertilizer sparingly.* If your lawn and garden needs fertilizer, use it sparingly as fertilizer is not as necessary as you think.

*Let your lawn clippings lay.* Use a mulching lawn mower to cut one-third of the blade length weekly and naturally fertilize your lawn in the process.

**Scoop the poop.** Pet waste should never be left out to enter storm drains. Pet waste carries diseasecausing bacteria that can enter our drinking water. Bag the pet waste and flush down the toilet or throw out in the garbage.

**Bring your car to a carwash.** Commercial carwashes reuse the water several times before sending it to a treatment facility. Washing your car on your driveway allows dirty water to directly enter the watershed, posing a health hazard.

*Trees are a natural way of controlling stormwater.* They reduce the amount of polluted stormwater that normally would go directly to storm drains. Tree roots allow rainwater to filter into soil, recharging the water table.

# **EAC Continues Public Outreach**

This autumn, Whitpain's Environmental Advisory Council (EAC) is looking forward to hosting several community outreach events. **On October 7, the EAC will host its third battery recycling event of the year from 9 a.m. to 11 a.m. at the Whitpain Township Building.** So far this year, over 500 lbs. of batteries have been recycled through this program.

The group will also attend the annual Community Festival on the campus of Montgomery County Community College on Saturday, September 30. Be sure to stop by their table for a chance to win a rain barrel or one of two home composters. Residents can also learn more about the EAC's new Whitpain Sustainable Property program (WSP).

The EAC always enjoys hearing from the community, especially any success stories where residents have electrified various elements of their home. Please contact them at WhitpainEAC@gmail.com.

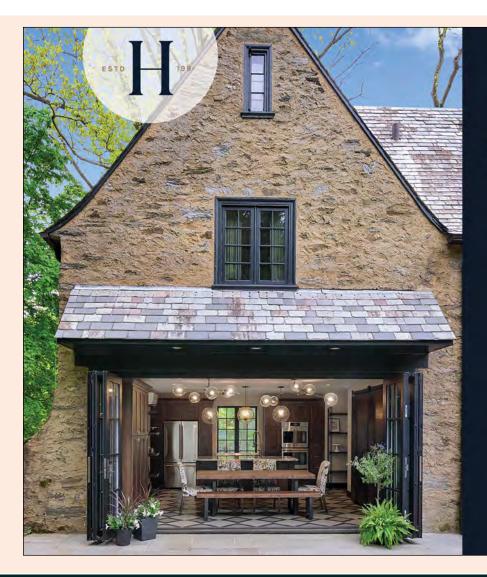
# **Deer Management Pilot Program**

At the May 17 Board of Supervisors' meeting, the Board approved a pilot deer management program based on a recommendation from the Township's Deer and Wildlife Management Committee. Before making this recommendation, the committee gathered public input, analyzed deer management programs in other municipalities, and examined the rate of vehicular accidents caused by encounters with deer.

The goal of the program is to reduce the size of the deer population in Whitpain which would in turn reduce the number of vehicle accidents as well as tree damage caused by the deer.

This pilot program will allow 12 archery hunters to hunt on the Township owned portion of the Armentrout Preserve during the late archery season (Dec. 26 – Jan. 27). All archery hunters must possess a current PA hunting license and appropriate antlerless tags, follow all PA Game Commission laws, and pass an archery proficiency test before being approved.

For questions regarding the deer management program please contact Mike Richino, Director of Parks and Recreation at 610-277-2400 ext. 375 or mrichino@whitpaintownship. org. Hunters can apply for this program beginning on October 16, 2023.



# Make Your Home Your Favorite Place

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# **Preservation Of 10 Acres On Lewis Lane Celebrated**

Members of the Board of Supervisors joined with Wissahickon Trails to celebrate the preservation of 10 acres of property on Lewis Lane this summer.

This property acquisition expanded Wissahickon Trails Camp Woods Preserve to a total of 48 acres.

Wissahickon Trails lead this effort in collaboration with Whitpain, Montgomery County, and the Pennsylvania Department of Conservation and Natural Resources.

**Photo Caption:** (from left) Parks and Recreation Director Mike Richino, Supervisor Joyce Keller, Regional Advisor Department of Conservation and Natural Resources Drew Gilchrist, Executive Director of Wissahickon Trails Gail Farmer, Supervisor Chair Scott Badami and Township Manager Roman Pronczak



# **Donation Makes Community Center Possible**

Plans for a Whitpain Township Community Center are moving forward after the Township received an unexpected \$10 million donation specifically for the construction of a community center.

Although a need for indoor recreational space was noted in the Township's most recent parks and recreation master plan update, funding was always a key obstacle before the donation. The donor requested that their identity not be disclosed.

The Board of Supervisors selected a team of consultants led by Phillips & Donovan Architects to help design a community center. The selection comes after the Township received and reviewed over 20 responses to a request for proposals for design services. In August, the Board added Ballard King & Associates to the consultant team as they specialize in operational audits and assessments for recreational facilities.

At this point a final location for the community center has not been selected, but the current Dog Park, located near Route 202 at Centre Square Park, is a prime candidate. One of the first steps in the process will be for the new design team to verify this location is viable. If this site is selected, the Dog Park would be relocated.

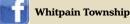
As the process moves forward, the consulting team will solicit public input from the community and possible user groups. As part of their efforts, the consultants will also ensure that the community center is economically sustainable.

# **Parks & Recreation Department**



# **Programs & Events**

Director – Michael Richino, CPRP...Ext. 375 Assistant Director – Malcolm Smith II, CPRP...Ext. 381 Program Administrator – Hannah Cannon...Ext. 374 park&rec@whitpaintownship.org



@WhitpainTwp

@WhitpainParksandRec

**MISSION STATEMENT:** The Parks & Recreation Department strives to provide a variety of programs and services to enhance the quality of life and create a sense of community. As we progress through the years, we will make every attempt to introduce programs which meet the educational, social, and recreational needs of our residents and guests.

**ACCESSIBILITY AND ACCOMMODATIONS:** Whitpain Township Parks and Recreation is committed to actively working to make Township events, trails, parks, playgrounds, sports fields, and open space easily accessible to those with disabilities. The Parks and Recreation Department encourages and supports the participation of all guests, including guests with disabilities. We provide assistance to all guests as needed. Please contact us at 610-277-2400 to request accommodation.

<u>*At a Glance*</u> - Program Start Dates - view page number for more information

#### SEPTEMBER

5 Round Robin Tennis	[pg. 21]
6 Whitpain Walkers	[pg. 22]
6 Intermediate Workshop I	
7 Tennis for Fitness®	
7 Tennis Fundamentals	[pg. 21]
8Round Robin Tennis	
10 Intermediate Workshop II	
11 10 & Under Tennis	
12 Jr. Group Tennis Lessons	
14 Jr. Group Tennis Lessons	
15 Jr. Soccer Starters	
15 Soccer Starters	
16 Art Start	[pg. 14]
16 Parent & Me Multi Sport®	[pg. 13]
16 Squirt Multi Sport®	
16 Senior Squirt Multi Sport®	
17 Jr. Drill & Match Tennis Play	
18 Meditation with Gentle Yoga	
20 Fall Prevention	
20 Hatha Yoga	
23 Early Elementary School Drawing	
23 Drawing Classes	
23 Cartoon Drawing Classes	
29 Big Rig Round-Up[pg. 10] SA	
30 Whitpain Community Festival [centerfold] SA	

#### **REGISTRATION PROCEDURES**

- Register for programs online at **www.whitpainrec.com** or in person at the Whitpain Township Building, 960 Wentz Road, in Blue Bell, between 9am and 4pm.
- Registrations cannot be made over the phone.
- Registrations are processed in the order in which they are received.
- All fees are payable upon enrollment.
- No refunds or adjustments for: missed classes; discontinuing an activity; cancellation; and/or falsification of information.
- Fees will only be refunded if a program is cancelled due to insufficient enrollment.
- Some programs/classes are held within a Wissahickon School District building. If the school is closed due to inclement weather or to
  observe a holiday, no classes will be held. School closing numbers are: #314 (Wissahickon School District) & #320 (MCCC).
- Programs rely on minimum enrollment to run. Please register at least two weeks before the start date.
- Programs may be cancelled if required minimum enrollment is not met one week prior to the start of a program.

Program and event dates, locations, and prices may change after the printing of this newsletter. While we do our best to ensure the program details in this newsletter are accurate, please refer to www.whitpainrec.com for the most up-to-date information.

#### NOVEMBER

**OCTOBER** 

1 Hatha Yoga	[pg. 23]
15 Making Lifestyle Changes:	
Type 2 Diabetes Prevention	[pg. 27]
18 Early Elementary School Drawing	[pg. 14]
18 Drawing Classes	[pg. 18]
18 Cartoon Drawing Classes	[pg. 19]

3 ...Know Your Medicare Options[pg. 24]10 ...Zumba®[pg. 23]20-21...Hayrides at Prophecy Creek Park[pg. 10]21 ...Early Elementary School Drawing[pg. 14]21 ...Drawing Classes[pg. 18]21 ...Cartoon Drawing Classes[pg. 19]25 ...Talking with your Doctor: How to Prepare[pg. 25]30 ...Meditation with Gentle Yoga[pg. 22]

#### DECEMBER

2 Bucks County Brewery Tour	[pg. 12]
6 NYC Day Trip	[pg. 12]
6 Safe Driving for Seniors	[pg. 27]
9 Princess Playtime Craft Kit	[pg. 14]
10 Daddy Daughter Dance	[pg. 11]
14 NYC Day Trip	[pg. 12]



# **PARTNERSHIP OPPORTUNITIES**

Engage with the community by becoming a sponsor today! We are looking for sponsors to help offset our expenses. You will actively be helping put on great local events of your choosing. Once you become a partner, Whitpain Township will promote your business as much as possible.

Please contact us at **park&rec@whitpaintownship.org** if you are interested in partnering with us. We can customize a package to meet your needs!

# Discount Tickets

Discount tickets may be purchased at the Township Building Monday-Friday, between 9am and 4pm. Cash preferred, credit accepted (Visa, MasterCard, Discover). \$20 minimum for all credit transactions. Please visit **www.whitpainrec.com** for updated discount ticket information. NO refunds or exchanges - ALL ticket sales are final.



### **MOVIE TICKETS**

AMC Theatres ...... \$10 Movie Tavern ..... \$9.50 Regal/United Artist .... \$10



Get Outdoors P

# Special Events



# **BIG RIG ROUND-UP**

**FREE** event for the whole family! Bring the kids and friends to get up close to awesome trucks! We will be featuring fire trucks, construction vehicles, tractors and more from local businesses. Great way to get outside and have the kids feel, see and sit in their favorite trucks.

# FRIDAY, SEPTEMBER 29 5:30 pm – 8:00 pm

**LOCATION:** Montgomery County Community College, Morris Road Lot: 340 DeKalb Pike Blue Bell, PA 1942

Once again, we are offering a "minimal noise" half hour from 5:30 pm – 6:00 pm. During this time, we are requesting no horns/sirens. Parents, please help us maintain an inclusive environment and ensure your children do not honk horns during this time. Thank you for your cooperation.

# HAYRIDES AT PROPHECY CREEK PARK

Join us for Hayrides at Prophecy Creek Park! Hay wagons take passengers to the upper field for a bonfire, a spooky storytelling, and a witch serving up hot cider out of a cauldron! A fun, festive, family event! Glow necklaces are provided by Whitpain Police Association on a first come, first served basis.

FRIDAY, OCTOBER 20 & SATURDAY, OCTOBER 21 6:00 pm – 9:00 pm \$10 for ages 12+ \$5 for ages 3-11 FREE for children 2 and under Location: Prophecy Creek Park: 205 West Skippack Pike, Ambler, PA 19002







# **DADDY DAUGHTER DANCE**



This evening is for Dad's<sup>\*</sup> to spend an evening with the special girl in their life (their daughter)! Bring your date to an event you both won't forget! Come dressed up and ready to dance the night away with our DJ. This evening will be filled with laughter, games, contests and giveaways. Smile for the camera in the photo booth to remember the special evening for years to come. Refreshments and Light Hors D'oeuvres provided (no dinner).

Semi-formal attire – dress shirts and ties for dads, and dresses or skirts for daughters.

SUNDAY, DECEMBER 10 4:00 pm – 6:30 pm For dads\* of all ages and for daughters ages 4-10 \*Or that special man in their life! (Uncle, grandfather, step father)

PRICE PER PERSON: \$25 R / \$30 NR

Registration for residents opens on TUESDAY, OCTOBER 31, AT 8AM.

Registration for non-residents opens on TUESDAY, NOVEMBER 21, AT 8AM.

**Location:** The Manor House at Prophecy Creek Park: 205 West Skippack Pike, Ambler, PA 19002













**Blue Bell Dental Centre** 

**Office Hours by Appointment** 

Phone: 610-279-4277 Fax#: 610-279-3624 www.bluebelldentalcentre.org 1213 Skippack Pike Blue Bell, PA 19422

Mark L. Bidwell, DMD

11



Get



# **BUCKS COUNTY BREWERY TOUR**



Tour some of the best craft breweries the Bucks County area has to offer! Your trip fee gets you: coach bus transportation to 3 different craft breweries - Warwick Farm Brewing (Jamison), Great Barn Brewing Taproom (Warrington) and Free Will (Perkasie); lunch and a flight at Great Barn, a complimentary pint at Warwick Farm, and two complimentary half pours at Free Will; snack  $\mathcal{S}$  water for the bus trip and the driver's tip.

#### **SATURDAY, DECEMBER 2**

**SCHEDULE:** 

11:00 am: .....Departure from Upper Dublin Library 11:30 am – 1:00 pm: ...Warwick Farm Brewing – each person gets one beer (first round on us). 1:30 pm – 3:30 pm: ...Great Barn Brewing (Warrington Taproom) – each person gets lunch and a flight on us. 4:00 pm – 5:30 pm: ... Free Will Brewing (Perkasie) – each person gets two half pours on us.

> **AGES 21+** R \$105 / NR \$110

Location: Bus leaves Upper Dublin Library: 520 Virgina Drive, Fort Washington, PA 19034



# NYC DAY TRIP

We have teamed up with Upper Dublin (UD) Park and Recreation for you to enjoy all that NYC has to offer. This trip includes transportation and plenty of time in NYC. The drop-off and pick-up will be on 8th Avenue, between 43rd & 45th Streets, pick-up is at 5:30 pm. The trip leaves from the Upper Dublin Library. Non-stop coach bus transportation.

#### WEDNESDAY, DECEMBER 6

**Departing from UD Library:** 7:30 am – 7:45 am:..... Check in 8:00 am: .....Bus leaves

#### **Departing from NYC**

4:45 – 5:00 pm: ..... Check in on 8th Avenue 5:30 pm: ..... Bus leaves 8:00 pm: (estimated) ... Return to UD Library

#### R \$68 / NR \$73

Location: Bus leaves and returns to Upper Dublin Library: 520 Virgina Drive, Fort Washington, PA 19034

### NYC DAY TRIP

We have teamed up with Upper Dublin (UD) Park and Recreation for you to enjoy all that NYC has to offer. This trip includes transportation and plenty of time in NYC. The drop-off and pick-up will be on 8th Avenue, between 43rd & 45th Streets, pick-up is at 5:30 pm. The trip leaves from the Upper Dublin Library. Non-stop coach bus transportation.

#### **THURSDAY, DECEMBER 14**

**Departing from UD Library:** 7:30 am – 7:45 am: ..... Check in 8:00 am: ..... Bus leaves

#### **Departing from NYC**

4:45 – 5:00 pm:	Check in on 8th Avenue
5:30 pm:	Bus leaves
8:00 pm: (estimated)	Return to UD Library

#### R \$68 / NR \$73

Location: Bus leaves and returns to Upper Dublin Library: 520 Virgina Drive, Fort Washington, PA 19034

#### **Park and Recreation Activities (continued)**

# PRESCHOOL PROGRAMS

# **JR. SOCCER STARTERS**

A perfect introduction to the sport, coaches promote fine and gross motor skill development to enhance the retainable muscle memories of your child's most crucial years of development. Children

in this age group develop the ability to follow directions and face the challenges of early problemsolving. Each player receives a T-shirt and certificate of completion.

FRIDAYS, SEPTEMBER 15 – OCTOBER 20 10:00 am – 10:45 am Age 2 \$150 R / \$155 NR Location: Wentz Run Park, Multipurpose Field: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: Total Soccer Experience (Min. 6 / Max. 50)

#### SOCCER STARTERS

Get their feet moving! A perfect introduction to soccer basics, children learn the fundamental skills needed to progress as players, while gaining valuable experience in teamwork, sportsmanship, and physical

fitness. Each player receives a T-shirt and certificate of completion.

Get Outdoors PA

FRIDAYS, SEPTEMBER 15 – OCTOBER 20 10:00 am – 11:00 am Ages 3 – 4

\$150 R / \$155 NR Location: Wentz Run Park Multipurpose Field: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: Total Soccer Experience (Min. 6 / Max. 50)

# US SPORTS institute



## **PARENT & ME MULTI SPORT®**

Parent & Me Multi-Sport® allows children aged 2-3 to experience a variety of sports throughout their program with a helping hand from Mom or Dad! Children will have the opportunity to try Lacrosse, Soccer, T-Ball, Track & Field and Parachute Games in a safe, structured environment. \*Sports may vary by location SATURDAYS, SEPTEMBER 16 – NOVEMBER 4 9:00 am – 9:50 am Age 2 - 3 \$195 R / \$200 NR Location: Wentz Run Park, Multipurpose Field: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: The US Sports Institute (Min. 6 / Max. 50)

### **SQUIRT MULTI SPORT®**

USSI's Multi Sport Squirts program allows children aged 3-4 to experience a variety of sports throughout this program. It is the perfect introduction to athletics for your future sports star!

This program is designed to ensure learning through games and activities with a focus on safety and fun! Participants will have the opportunity to experience Lacrosse, Soccer, T-Ball, and Track & Field. \*Sports may vary by location

SATURDAYS, SEPTEMBER 16 – NOVEMBER 4 10:00 am – 10:50 am Age 3 - 4 \$195 R / \$200 NR Location: Wentz Run Park, Multipurpose Field: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: The US Sports Institute (Min. 6 / Max. 50



#### Park and Recreation Activities (continued)



# **ART START**

Children and caregivers will have fun trying new crafts and sensory art activities! Our art teacher will lead participants through a unique craft each week followed by sensory play and exploration. These activities support language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.



### SATURDAYS, SEPTEMBER 16 – OCTOBER 21 10:00 am – 11:00 am Ages 1 – 4 \$80 R / \$85 NR Location: Wentz Run Park Concession Pavilion: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: Leslie Hargrove, PA Certified K-12 Art Teacher (Min. 5 / Max. 10)

Get Outdoors PA

# STARDUST ENTERTAINMENT CAMPS

Join us for magical programs with Natalie Bonacci, owner of Stardust Entertainment.

#### **Princess Playtime Craft Kit**

Our Princesses have put together an art box for your little princess to keep them busy this holiday season! Our snow sister will be hand delivering craft kit packages on December 9 between 10 AM to 3 PM. Kits include crafts, bubbles, fairy wands, stickers, tattoos, and more! Photo opportunities available with each visit.

> SATURDAY, DECEMBER 9 10:00 am – 3:00 pm Ages 2 – 6 \$55 Residents only Location: Your Driveway Instructor: Stardust Entertainment Camps





# EARLY ELEMENTARY SCHOOL DRAWING CLASSES

The Young Rembrandts pre-school program is specifically designed with the needs of our youngest learners in mind. Your child(ren) will learn step-by-step drawing through a fun hands-on class. We use subjects they are familiar with (animals and toys), as well as their favorite learning tools (pictures, stories, touching, and doing) to enhance social and conflict resolution skills; while improving listening, fine-motor skills, and time-on-task.



SATURDAYS, SEPTEMBER 23 – OCTOBER 14 SATURDAYS, OCTOBER 21 – NOVEMBER 11 SATURDAYS, NOVEMBER 18 – DECEMBER 16 (No Class November 25) 9:00 am – 9:45 am Ages 4 – 6 \$ 80 R / \$85 NR Location: Whitpain Township Building, Meeting Room "B": 960 Wentz Road, Blue Bell, PA 19422 Instructor: Young Rembrandts (Min. 4 / Max. 12)

14

# MCCAFFREY'S

# Spend time with your family

Plan next summer's family vacation. Rock the new baby. Look through old photo albums (or scroll through those on your phone). Create a tik-tok video.

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THE WHITPAIN COMMUNITY FESTIVAL GROWS AND IMPROVES EACH YEAR, AND 2023 WILL BE NO DIFFERENT. IN ADDITION TO VENDOR BOOTHS, HAY RIDES, AND CHILDREN'S GAMES AND MUSIC, THE FESTIVAL WILL FEATURE LIVE PERFORMANCES BY SCHOOL OF ROCK, MONTCO STUDENT BAND, THE WONTON SOUPS, AND THE SOFA KINGS. AS ALWAYS THERE WILL BE A BEER GARDEN, AND WE WILL END WITH A BIG FIREWORKS DISPLAY! IN AN EFFORT TO SAVE LIVES, A BONE MARROW DRIVE WILL BE CONDUCTED DURING THE DAY.

# SCHEDULE OF EVENTS

# FRIDAY, SEPTEMBER 29, 2023

#### **Big Rig Roundup -**5:00-8:00 P.M.

WHICH BAIN

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MONTGOMERY

We are offering a "minimal noise" hour from 5 P.M.-6 P.M. During this time, we are requesting NO horns/sirens. Parents, please help us maintain an inclusive environment and ensure your children don't honk horns during this time. Thank you for your cooperation!

# SATURDAY, SEPTEMBER 30, 2023

12:00 P.M.	Vendors, Health Expo, Pumpkin Patch, Petting Zoo, Pony Rides, Hayrides, Children's Games, Rock Wall, Food Trucks
2:00-8:00 P.M.	Beer Garden
2:30-3:15 P.M.	Fort Washington School of Rock
3:30-4:15 P.M.	Montco Student Band
5:00-6:00 P.M.	The Wonton Soups
7:00-8:00 P.M.	The Sofa Kings
8:15 P.M.	Fireworks

whitpainfestival.com

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#### Park and Recreation Activities (continued)



# YOUTH PROGRAMS

# **ART START**

Children and caregivers will have fun trying new crafts and sensory art activities! Our art teacher will lead participants through a unique craft each week followed by sensory play and exploration. These activities support language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.



# **SENIOR SQUIRTS MULTI SPORT®**

USSI's Multi Sports Senior Squirts program allows children aged 5-6 to experience a variety of sports throughout this program. It is the perfect introduction to athletics for your future sports star! Participants will have the opportunity to experience Lacrosse, Soccer, T-Ball, and Track & Field. \**Sports may vary by location* 

SATURDAYS, SEPTEMBER 16 – NOVEMBER 4 11:00 am – 11:50 am Ages 5 - 6 \$195 R / \$200 NR Location: Wentz Run Park, Multipurpose Field: 1000 Anvil Ln, Blue Bell, PA 19422\* Instructor: The US Sports Institute (Min. 6 / Max. 50)



# **DRAWING CLASSES**

The Young Rembrandts elementary program provides the tools this age-group needs to succeed at drawing. Our program works because it is not only hands-on and visual...it's simply fun. Add to this our innovative guided instruction, and topics that kids love and relate to; we take kids from thinking they are not "artists" to knowing they can achieve this, and everything else they put their minds to.



SATURDAYS, SEPTEMBER 23 – OCTOBER 14 SATURDAYS, OCTOBER 21 – NOVEMBER 11 SATURDAYS, NOVEMBER 18 – DECEMBER 16 (NO CLASS NOVEMBER 25) 10:00 am – 11:00 am Ages 7 – 14 \$80 R / \$85 NR Location: Whitpain Township Building, Meeting Room "B": 960 Wentz Road, Blue Bell, PA 19422

Instructor: Young Rembrandts (Min. 4 / Max. 12)



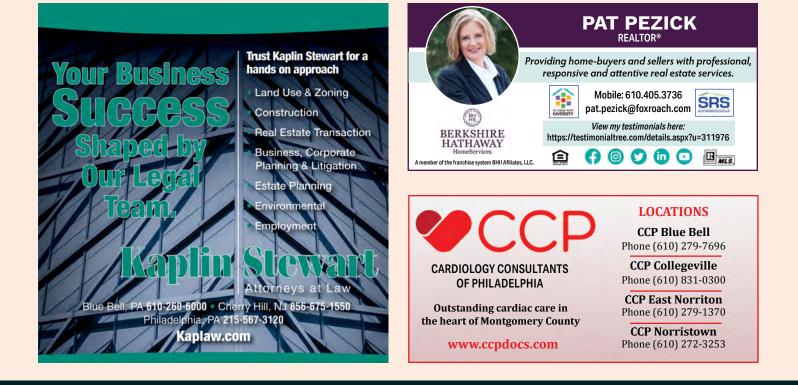




# **CARTOON DRAWING CLASSES**

For all kids who need to stay engaged and laughing, our cartooning classes are surely the most fun you can have while learning! This entertaining program combines Young Rembrandts' innovative, hands-on teaching method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations.





19

Get OutdoorsPA





# PennSuburbat PSCTA PSCTA

# **10 & UNDER TENNIS**

The scaled-to-size equipment and playing area allows children to rally and play the game, increasing the likelihood that they will return to the court and continue to improve!

#### **MONDAYS, SEPTEMBER 11 – OCTOBER 9**

Ages 5 – 6.....4:45 pm – 5:30 pm

- Ages 7 8.....5:30 pm 6:15 pm
- Ages 9 10 ......5:30 pm 6:30 pm

\$75 R / \$80 NR

Instructors: PennSuburban Community Tennis Association Location: Wentz Run Park, Tennis Courts: 1000 Anvil Ln, Blue Bell, PA 19422 (Min. 3 / Max. 12)

# **TENNIS HAVEN**

# **JR. GROUP LESSONS**

Designed for those wanting to develop sound stroke mechanics and learn the basic scoring/rules of tennis in a fun, group environment. Each lesson will include fun drills and games applying the strokes learned.

# TUESDAYS, SEPTEMBER 12 – OCTOBER 10 THURSDAYS, SEPTEMBER 14 – OCTOBER 12

5:30 pm – 6:20 pm Ages 11 – 14 \$78 R / \$83 NR for 5, 50 minute classes Location: Wentz Run Park, Tennis Courts: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: Liz Baldasano, PTR

# **JR. DRILL & MATCH PLAY**

Includes fun drills, serving practice, and singles/ doubles match play. Players are separated by age and level. Intermediate+

# SUNDAYS, SEPTEMBER 17 – OCTOBER 8 4:30 pm – 6:00 pm

Ages 11-13, 14-17 (Courts separated by age/skill level) \$98 R / \$103 NR for 4, 1.5 hour classes Location: Wentz Run Park, Tennis Courts: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: Liz Baldasano, PTR

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# ADULT PROGRAMS

# **TENNIS HAVEN**

# **ADULT TENNIS**

Contact instructor prior to dropping in to ensure space is available. Register anytime - classes are ongoing! Have a question or interested in dropping-in on a class? Contact Liz Baldasano, PTR at 267-210-7632 or send an email to liz4tennis@gmail.com.

Ages 18+

Location: Wentz Run Park, Tennis Courts: 1000 Anvil Ln, Blue Bell, PA 19422 Instructor: Liz Baldasano, PTR

# INTERMEDIATE WORKSHOP I (Level 2.5-3.0)

Stroke production, tactical priorities, singles/doubles strategy, fun drills, and match play.

WEDNESDAYS, SEPTEMBER 6 – OCTOBER 18

8:30 am – 10 am \$98 R / \$103 NR for 4, 1.5 hour classes Drop-In Fee: \$26 R / \$29 NR

# **TENNIS FOR FITNESS®**

Tennis is the FUN modality we use to combine cardio, coordination, strength building and flexibility in a complete, moderate workout. Focus on movement, go at your own pace. This is a non-competitive exercise class.

THURSDAYS, SEPTEMBER 7 – OCTOBER 19 8:30 am – 9:20 am \$78 R / \$83 NR Drop-In Fee: \$16 R / \$19 NR

# INTERMEDIATE WORKSHOP II (Level 3.0, 3.5+)

Get Outdoors P4

Stroke production, tactical priorities, singles/doubles strategy, fun drills, and match play.

SUNDAYS, SEPTEMBER 10 – OCTOBER 22 8:30 am – 10 am \$98 R / \$103 NR for 4, 1.5 hour classes Drop-In Fee: \$26 R / \$29 NR

# **TENNIS FUNDAMENTALS**

Group lessons covering forehand, backhand, serve, volley, scoring, and game play.

THURSDAYS, SEPTEMBER 7 – OCTOBER 19 9:30 am – 10:20 am \$78 R / \$83 NR for 5, 50 minute classes Drop-In Fee: \$16 R / \$19 NR

# **ROUND ROBIN**

Up to three timed matches among participants – singles and/or doubles. Balls provided. Unlimited Pass Holders from the Spring/Summer may continue to use their passes.

\$65 R / \$70 NR for unlimited play pass \$10 R / \$12 NR drop-in single play fee

LEVEL 2.0-3.0 FRIDAYS, SEPTEMBER 8 – OCTOBER 20 8:30 am – 10 am LEVEL 3.5+ TUESDAYS, SEPTEMBER 5 – SEPTEMBER 19 6:30 pm – 8:00 pm

# INDIVIDUAL INSTRUCTION

Individual instruction available by appointment: **\$50 R / \$54 NR FOR ONE 50 MINUTE LESSON.** Learn more online www.WhitpainRec.com.



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# WHITPAIN WALKERS



The Whitpain Walkers is a weekly walking club that meets at various walking trails in the area. This program is ideal for individuals who want to discover great walking trails nearby, want to begin and/or continue a walking routine, or are just looking for something new to do during the day! The walking club is a non-competitive group that encourages healthy lifestyles, exercise, being in nature, and socializing with others.



### WEDNESDAYS & FRIDAYS SEPTEMBER 6 – OCTOBER 27 Time: 9 am Ages: 18+ Annual Fee: \$15 R / \$20 NR



Locations: Various - visit www.whitpainrec.com to join registration list

# **MEDITATION WITH GENTLE YOGA**

Cure your Monday blues with meditation! Adding meditation with gentle yoga to your daily life can benefit your health and wellness. Meditation relieves stress and promotes a deeper relaxation through breathing and mindfulness. This program is open to all levels, including beginners.



# MONDAYS, SEPTEMBER 18 – OCTOBER 23 MONDAYS, OCTOBER 30 – DECEMBER 11

7:40 pm – 8:40 pm Ages: 16+ \$55 R / \$60 NR

Location: The Manor House at Prophecy Creek Park: 205 West Skippack Pike, Ambler, PA 19002 Instruction: Karen Strawhacker (Min. 6 / Max. 18)



#### Park and Recreation Activities (continued)

# ADULT PROGRAMS continued

# HATHA YOGA

Enjoy a mid-week break with our yoga instructor! The practice of yoga has several benefits to overall health. Through mindfulness training, breath, and posture, students are able to improve their quality of life. This program is open to all levels, including beginners.

WEDNESDAYS, SEPTEMBER 20 – OCTOBER 25 WEDNESDAYS, NOVEMBER 1 – DECEMBER 13 7:40 pm ~ 8:40 pm \$55 R / \$60 NR Ages: 16+

Location: The Manor House at Prophecy Creek Park: 205 West Skippack Pike, Ambler, PA 19002 Instructor: Karen Strawhacker (Min. 6 / Max. 18)



Get Outdoors P/

# SVMBA SV

# **ZUMBA®**

Zumba® incorporates traditional dances into a fun group exercise! Burn up to 400 calories during class and improve your health, mood, and coordination. Stay fit and pick up a new hobby this Fall!



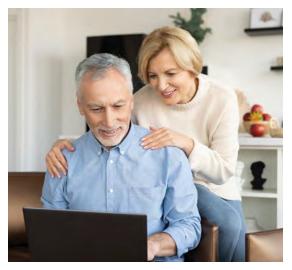
TUESDAYS, OCTOBER 10 – NOVEMBER 21 (No class October 31) 7:00 pm– 8:00 pm Ages 12+ (12-17 years must be accompanied by an adult) \$50 R / \$55 NR Location: The Manor House at Prophecy Creek Park: 205 West Skippack Pike, Ambler, PA 19002 Instructor: Jacqueline Brooks (Min. 6 / Max. 20)





SENIOR PROGRAMS





# **KNOW YOUR MEDICARE OPTIONS**

Get Outdoors PA

Have your questions answered so you can make the right choice when planning for Medicare or Medicare Advantage decisions. Get familiar with how Medicare works, and what it covers. Know the differences between Medicare supplements and Medicare Advantage plans.

#### TUESDAY, OCTOBER 3 6:30 pm – 8:00 pm All ages

FREE (pre-registration preferred) Location: WRA Clubhouse Pavilion at Centre Square Park: 1527 Yost Road, Blue Bell, PA 19422 Presenter: Steve Pearlman, DelVal Senior Advisors (Min. 5 / Max. 25)



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# SENIOR PROGRAMS continued



Montgomery County Office of Aging & Adult Services This presentation reviews falls and fall risks. As we grow older, our fall risk increases. Learn what causes falls, how to address the fear of falling and what you can do to prevent a fall.

**FALL PREVENTION** 



#### WEDNESDAY, SEPTEMBER 20 10:00 am – 11:00 am

FREE (pre-registration preferred) Location: Whitpain Township Building, Meeting Room "A": 960 Wentz Road, Blue Bell, PA 19422 Instructor: Montgomery County Office of Senior Services (Min. 5 / Max. 25)

# TALKING WITH YOUR DOCTOR: HOW TO PREPARE

Learn how you can take an interactive role in your healthcare! This presentation features tips on how to get ready for a doctor's visit, effectively talking with a doctor about health concerns. This will prepare you for making decisions with your doctor about treatment and the steps following your appointments.

Local: (215) 654-1990

# WEDNESDAY, OCTOBER 25TH 10:00 am - 11:00 am

FREE (pre-registration preferred) Location: Whitpain Township Building, Meeting Room "A": 960 Wentz Road, Blue Bell, PA 19422 Instructor: Montgomery County Office of Senior Services (Min. 5 / Max. 25)



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# **Halloween Safety Tips**

Everything you need to know to keep your kids safe on Halloween.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

#### Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

#### Trick or Treat With an Adult

 Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-ortreat in groups.

#### **Keep Costumes Both Creative and Safe**

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.



#### **Drive Extra Safely on Halloween**

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.



On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

For more information visit safekids.org. © 2015 Safe Kids Worldwide®



# SENIOR PROGRAMS continued

# **MAKING LIFESTYLE CHANGES: TYPE 2 DIABETES PREVENTION**

Diabetes is on the rise in America; Prevention is key. This presentation explores what diabetes is, signs and symptoms, complications, and what we can do to prevent or delay our Type 2 Diabetes Risk.

#### WEDNESDAY, NOVEMBER 15 10:00 am – 11:00 am

FREE (pre-registration preferred) Location: Whitpain Township Building, Meeting Room "A": 960 Wentz Road, Blue Bell, PA 19422 Instructor: Montgomery County Office of Senior Services (Min. 5 / Max. 25)



Get Outdoors P/

# SAFE DRIVING FOR SENIORS

This Safe Driving presentation provides advice on how seniors can continue to drive safely for longer. It includes indicators designed to gauge driving ability as well as alternatives for life after driving.



#### WEDNESDAY, DECEMBER 6 10:00 am – 11:00 am

FREE (pre-registration preferred) Location: Whitpain Township Building, Meeting Room "A": 960 Wentz Road, Blue Bell, PA 19422 Instructor: Montgomery County Office of Senior Services (Min. 5 / Max. 25)

# **THANK YOU TO OUR 2023 PROGRAM AND EVENT SPONSORS!**







# **Cold Weather Safety Tips**



Exposure to winter's dry, cold air and chilly rain, sleet and snow can cause chapped paws and itchy, flaking skin, but these aren't the only discomforts pets can suffer. Winter walks can become downright dangerous if chemicals from ice-melting agents are licked off of bare paws. To help prevent cold weather dangers from affecting your pet's health, please heed the following advice from our experts:

- Repeatedly coming out of the cold into the dry heat of your home can cause itchy, flaking skin. Keep your home
  humidified and towel dry your pet as soon as he comes inside, paying special attention to his feet and in-between the
  toes. Remove any snow balls from between his foot pads.
- Never shave your dog down to the skin in winter, as a longer coat will provide more warmth. If your dog is longhaired, simply trim him to minimize the clinging ice balls, salt crystals and de-icing chemicals that can dry his skin, and don't neglect the hair between his toes. If your dog is short-haired, consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly. For many dogs, this is regulation winter wear.
- Bring a towel on long walks to clean off stinging, irritated paws. After each walk, wash and dry your pet's feet and stomach to remove ice, salt and chemicals—and check for cracks in paw pads or redness between the toes.
- Bathe your pets as little as possible during cold spells. Washing too often can remove essential oils and increase the chance of developing dry, flaky skin. If your pooch must be bathed, ask your vet to recommend a moisturizing shampoo and/or rinse.
- Massaging petroleum jelly or other paw protectants into paw pads before going outside can help protect from salt and chemical agents. Booties provide even more coverage and can also prevent sand and salt from getting lodged between bare toes and causing irritation. Use pet-friendly ice melts whenever possible.
- Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol.
- Pets burn extra energy by trying to stay warm in wintertime. Feeding your pet a little bit more during the cold weather months can provide much-needed calories, and making sure she has plenty of water to drink will help keep her wellhydrated and her skin less dry.
- Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect.
- Remember, if it's too cold for you, it's probably too cold for your pet, so keep your animals inside. If left outdoors, pets can freeze, become disoriented, lost, stolen, injured or killed. In addition, don't leave pets alone in a car during cold weather, as cars can act as refrigerators that hold in the cold and cause animals to freeze to death.

# WHITPAIN D©G PARK



# WHITPAIN DOG PARK MEMBERSHIP

For the safety, accountability, and enjoyment of users, Whitpain Dog Park is for registered members only. A key fob or access code is required to enter the park.

### **Annual Membership Fees**

- FEES PRORATED STARTING 8/31: \$20 R / \$30 NR (INCLUDES 2 DOGS)
- Annual Fees: \$35 R / \$50 NR
- Each additional dog (3+): \$15 R / \$20 NR
- Memberships expire on 12/31. You can register for the following year starting in December.

#### **Required Documents**

- Current Vaccination Records (Rabies, Bordetella, Distemper)
- Valid PA Dog License (lifetime or annual)
- Registration Form and Waiver (if you didn't pre-register and pay online)
- Orientation Quiz (new members only)

#### How to Register

Memberships are good through the end of 2023! Registration for 2024 will open in December. Pay membership dues online! You can also leave a check (made out to Whitpain Township) and paperwork in the night drop box in the Township Building vestibule, or administration building during business hours.

After you pay online at www.whitpainrec.com, please email, park&rec@ whitpaintownship.org, or fax, 610-277-2209, over required paperwork (orientation quiz, vet records, and county license). Once we receive your information, we will activate a key fob for you and your 5-digit access code you provide when you register. We will notify you when your fob is ready to be picked up and your access code is activated.

### **RENEWING MEMBERS:**

Pay online to renew membership. Please email, park&rec@whitpaintownship.org, or fax, 610-277-2209, your updated vaccination records and current county dog license. You do NOT need to complete the orientation quiz. Your access code and key fob will be activated only after we receive the updated vet records and county license.



#### THANK YOU DOG PARK SPONSORS! Plumb it leat it Cool it We've got you covered! Howers 484-902-2111 eCastle.co 610.272.0300 MeridianBank. CAFFREY OOD MARKETS CADDICK UTILITIES JAMIE ADLER AMBLER, PA TEAM 215-653-0260 DELLIGATTI & MILEWSKI ORthODONTICs

# SUPPORT THE DOG PARK

Support your local dog park by buying a \$100.00 engraved brick! Engraved messages can be as simple as a family or business name, or in memory of a loved one or dog. Visit **www.whitpainrec.com** for more info.



#### 29





Russell R. Valante Executive Vice President/ Investments

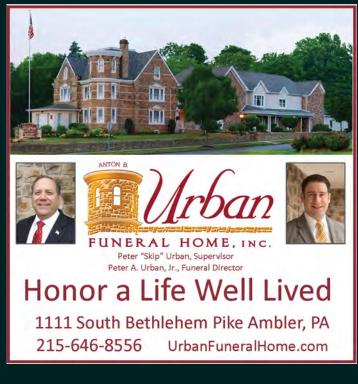
Retirement involves striking a delicate balance between cash flow, spending, investment risks, lifestyle needs, and many other factors. If your retirement is feeling off-balance, it's time to get the advice you need.

Russell Valante of Janney Montgomery Scott has been helping people reach their retirement goals for nearly 20 years. He can provide a thorough analysis of your unique retirement needs, help you set goals, and create a plan to help you stay on balance to meet them. Contact Russell today to discuss how he can help you find the right balance for your retirement.

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# Elliott Greenleaf

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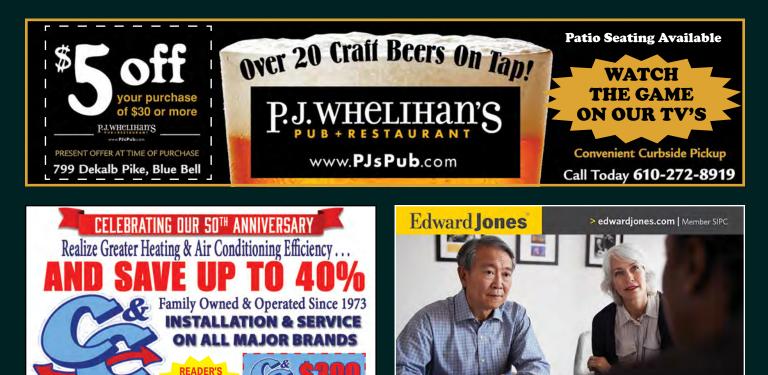
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