The Cornerstone

Township Of O'Connor

JULY 2017

The Township of O'Connor office will be closed Monday, July 3rd, 2017 for Canada Day.

Also note that the Municipal Office will be operating on Summer hours for the months of July and August as follows

Quote for Roadside Grass/Weed Cutting

The Township of O'Connor is requesting quotes to cut the grass/weeds on the sides of 65 km of roadway, being 130 total cutting kilometres, within the Township. Cutting is to be completed by August 18th. The successful applicant must provide proof of a minimum $1,000,000 liability insurance and have the Township of O'Connor listed as an additional insured under their policy, have a tractor with a minimum cutting width of 8', have a 360 degree amber beacon mounted on their tractor and must provide and wear a safety vest while operating the tractor.

Quotes are to be submitted in a sealed envelope marked **"Grass/Weeds Cutting"** to the O'Connor Municipal office, 330 Hwy 595, by 4:30 p.m. on Monday, July 10, 2017. The quotes will be opened by Council at their meeting held later that evening.

Fence lines

With high winds and treacherous rainfall, we would like to remind everyone to check their fencing. With the weather taking its toll on trees and bush lines, animal owners need to constantly be aware of their fencing and animals being able to escape. Take care and be Fence Aware.

STRAWBERRY FESTIVAL & MORE!!!

Come join us for this year's 150 Years of Canada in O'Connor. The O'Connor Community Club is once again hosting our annual Strawberry Festival in conjunction with the O'Connor Volunteer Fire Department Auxiliary and Council.

This year we have expanded our day. Come enjoy the fun and sign up for our Horseshoe Tournament. Enjoy a delicious BBQ. Let the kids have fun jumping on the bouncy castle along with taking their turn at the fish pond. So mark your calendars!

Saturday, July 8th
330 Highway 595
O'Connor Community Centre

Registration for the Horseshoe Tournament will start at 3:30 p.m. with games commencing at 4 p.m. The BBQ will run from 5 p.m. to 7 p.m. and the Strawberry Festival will run from 7 p.m. to 9 p.m. with our usual events, including the Penny Auction and miscellaneous raffles. The Penny Auction proceeds go towards the O'Connor Volunteer Fire Department Auxiliary and they would gladly accept donations for their prize table. For more information please contact Cheri at 475-8263.

The O'Connor Community Club and the O'Connor Volunteer Fire Department, First Response Team and the Auxiliary thank you all for your continued support and look forward to seeing you on **July 8th, 2017**!

See the Canada 150 & Strawberry Festival poster on the back page of this month's issue.

Emergency Contacts:
Medical Emergencies: 911
Fire: 911 Police: 911

Municipal Office Hours
Monday, Tuesday & Thursday:
9:00 am to Noon & 1:00 pm to 5:00 pm
(Closed Wednesdays)
Fridays: 9:00 am to Noon

Office Phone:	**476-1451**
Fax:	**473-0891**
Garage:	**476-1453**
Community Centre:	**476-1452**

Website: www.oconnortownship.ca
E-mail: twpoconn@tbaytel.net

Disposal Site Hours:

*****PLEASE NOTE THAT THE DISPOSAL SITE IS CLOSED SATURDAY, JULY 1st*****

Summer Hours (Apr 1 to Aug 31)
Tuesdays 6:00 pm to 9:00 pm
Saturdays 9:00 am to 3:00 pm

Winter Hours (Sept 1 - Mar 31)
Tuesdays 3:00pm to 6:00 pm
Saturdays 9:00 am to 3:00 pm

Building Permits:

By-law Number 2016-12, passed June 27, 2016, being a by-law respecting Construction, Demolition, Inspections, and to set out the rates for permits within the Corporation of the Township of O'Connor states that building permits will be required for the construction, erection, alteration, repair, removal, relocation and change of use of all buildings or structures within the Township of O'Connor. If you are building anything larger than **108** square feet or a building with heating, you are required to apply for a building permit. For more information please call the Township Office or the Township's Chief Building Official, Gordon Cuthbertson, at 708-7548. Applications available on the Township website or at the office.

Please note: New Building Code changes effective January 1, 2017. If you are building a new home, please ensure you are aware.

Oliver Paipoonge Library Hours:

Use of both branches is free for O'Connor Residents
Note reduced summer hours

Murillo Branch (935-2729)
Monday - 10 - 8 pm
Wednesday 10 - 8 pm
Saturdays closed for July/August

Rosslyn Branch (939-2312)
Tuesday 10 - 8 pm
Thursday 10 - 8 pm
Saturdays closed for July/August

Email: oplibrary@tbaytel.net
www.olsn.ca/oplibrary

Council Meetings

The regular meetings for Council will be held on Monday, July 10th and August 14th. The meetings will be held at 7:00 p.m. in Council Chambers located in the Municipal Office located at 330 Hwy 595.

Council welcome your involvement and interest in Council meetings and municipal issues.

Mayor Jim Vezina—577-6735
Councillors:
Chantal Alkins - 577-8038 Jerry Loan - 768-0947
Kevin Foekens - 577-1698 Bishop Racicot - 577-2215

O'Connor Community Club

Come join us at our annual Strawberry Festival for some delicious strawberries and ice cream Saturday, July 8th from 7:00 p.m.- 9:00 p.m. Hope to see you there!!

Come join the O'Connor Community Club as we are always looking for new volunteers to become members.
If you are interested, please call Lorna Buob or Linda Racicot at the O'Connor Municipal Office at 476-1451 for more information.

If you are unable to commit to meetings, but are able to donate baking and/or occasional hours to help with funeral luncheons or to aid the Community Club in their efforts to help the support the community, please call the number above and show how much you care! Every little bit helps.

Come be a part of your community!

The O'Connor Community Centre

When planning your next special occasion please keep in mind that the Community Centre is available for rental. The Centre's capacity is 132 people when a liquor license is required. Maximum capacity is 162 people. Please call the Municipal Office at 476-1451 for more information.

$50.00 damage deposit may be required.

O'Connor Hall Rental Fees:
- Social with Liquor - $150.00
- All day rental no liquor - $100.00
- 1/2 day or evening - $50.00
- Use of Kitchen - $25 (May 1st - Oct 31st), $50(Nov 1 –April 30)

Road Construction

Watch this summer for temporary road closures due to culvert replacements throughout the township. Once construction has begun, a construction schedule will be posted on the Township's website at www.oconnortownship.ca. If you are concerned about a road closure affecting your daily route, please check out our website or call the Township office at 476-1451 for more information. The first culvert replacements and temporary road closures will take place on Fleming Road, Sovereign Road and Garbutt Road.
During this time, please drive with caution around the construction sites. Slow down for the work crew and give them space. The road crew will be will doing their best to keep the conditions of our roads safe. Thank you for your patience and cooperation during this time.
Construction will also be taking place on Highway 590. Please watch for other construction crews, flag people directing traffic and gravel trucks.

Have you updated your Emergency Survey with the Township of O'Connor recently?

In case of an Emergency the Township of O'Connor has created an emergency list. This information is used strictly for emergency purposes only. Do you need assistance in an emergency or can you help others, etc. Please keep us up to date on contact phone numbers, how many in the home and if you may have medical issues in which you may need help with. If you need to update your information, please contact the Township office or download the survey from the Township's website at www.oconnortownship.ca. Thank you.

FOR SALE

2011 Jayco Tent Trailer

- 8 foot
- Double bed on one side, Twin on the other
- 3 way fridge, and stove (movable with exterior mount on trailer)
- Sleeps six with table down
- Awning
- No furnace, no stove

The trailer has been barely used and is in very good condition. Asking price is $7,800.00
If interested, please call Lou at 577-3760.

Test your Well Water

Routine testing provides an early warning signal of potential problems. Water testing is recommended three times per year - spring, summer and fall for a drilled well and four times a year for a dug well.

Besides routine testing, you should also test:

- after major plumbing work or well repairs
- if you detect changes in water quality, including taste, odour, and appearance
- if regular well users experience unexplained health problems that may be water related (e.g. stomach cramps, diarrhoea or vomiting)
- after flooding (if flooding is common in your area you may want to retrofit your well. Contact an MOE licensed well contractor)

If you have not sampled your well water for over a year, it is recommended that you begin your sampling program by taking three water samples each taken one week apart. This will allow you to determine the bacteriological water quality of your well.

The Thunder Bay District Health Unit has supplied the Township of O'Connor Municipal office with water testing bottles. These bottles can be picked up during regular office hours and returned to 336 Syndicate Avenue in Thunder Bay. Please call (807) 622-6449 for more information.

Disposal Site

PLEASE NOTE: The disposal site will be closed Saturday, July 1st for Canada Day.

IMPORTANT NOTICE: When dropping off used tires at the disposal site, you must now give the type and size of the tire, the quantity, and sign your name and phone number for verification. In order to continue accepting tires, regulations now state that O'Connor Disposal Site must keep records of tires being accepted.
Thank you for your co-operation.

Watch this month for hazardous waste posters at the disposal site. In an effort to eliminate hazardous waste at O'Connor's disposal site, we will be providing more information as to what items are deemed hazardous waste and where you can dispose of these items properly.

What is considered hazardous waste? Batteries of any sort, aerosol cans of any kind, antifreeze, used oil & oil filters, printer cartridges, insecticide, herbicides, pesticides, fertilizers, fluorescent tubes or compact fluorescent bulbs, household cleaners, mercury thermometers, vehicle switches, thermostats, paint and hazardous coatings, paint removers and solvents, fire extinguishers, propane tanks, asbestos, fuel/oil tanks, medicines and pharmaceuticals. Anything marked DANGER or POISON, WARNING or CAUTION indicates that the product is hazardous.

Why should hazardous waste be disposed of in a specific place and manner? Disposal of any of these products poses a threat to the environment if not handled correctly. When hazardous waste is thrown into the pit at the disposal site, it puts our environment at risk including the air we breathe and the water we drink. Always dispose of your hazardous waste in the original container or label all products. Never mix hazardous wastes.

The O'Connor Municipal Office will now be accepting any of your old AA, AAA, C, D, 9, 6 &12V batteries for recycling. Please note that before bringing your items to any recycling location, call first to inquire of any disposal fees. Most places take these items for free, however some do not.

Should you have any immediate questions as to where you can recycle your hazardous waste items, please call the O'Connor Municipal Office at 476-1451.

Plaques

The Township of O'Connor offers plaques to commemorate the special anniversary of 50 years or longer and birthday celebrations of 75 years or older for present and past residents of the Township. If you know of anyone who would be celebrating either of these special events in the upcoming year, please contact the Municipal office within a few weeks of the event and a plaque will be ordered at no charge.

Fire Department News

Since the last newsletter the O'Connor First Response Team has responded to 1 mutual aid call and 1 fire related call. Thank you to everyone that supported the Fire Department and purchased or sold tickets. Proceeds from the draw will go toward the purchase of fire fighting equipment and/or training. The lucky winners of this year's steak draw were:

1st Prize (30 steaks)…….Christal Huneault
2nd Prize (20 steaks)……..……Jim Glena
3rd Prize (10 steaks)……....Dave Bean

Steaks supplied by Odena Super A Foods.

Fire Permits

FIRE PERMITS ARE REQUIRED FOR ALL BURNING

Fire permits are required during the fire season which runs from April 1st to October 31st as per the Forest Fire Prevention Act. A permit is required before starting a fire outdoors, including the burning of grass, brush and the use of fireworks and incinerators. Fire permits are valid for 15 days and an incinerator permit is valid for the entire fire season. Permits may be revoked at anytime at the absolute discretion of the Township's Fire Chief Henry Mattas.

Small fires for cooking or warmth do not require a fire permit.

Fire and Incinerator Permits can be picked up at the Township Office, 330 Hwy. 595 during regular office hours or from Fire Chief Henry Mattas at 741 Barrie Dr. (please call first) 473-9511.

SMOKE DETECTORS SAVE LIVES

The Fire Department has Smoke detectors for purchase for $25.00, CO detectors for $25.00 and combination Smoke/CO detectors for $35.00 each. These units can be picked up at the O'Connor Municipal Office during regular office hours.

O'CONNOR COUNCIL & STAFF WOULD LIKE TO WISH EVERYONE A HAPPY CANADA DAY SATURDAY, JULY 1st AS WE CELEBRATE 150 YEARS!!!

ENJOY A SAFE & FUN HOLIDAY.

Happy Canada Day

Dogs Running at Large

A friendly reminder to please keep your dogs under your control and in your own yard. If you use a dog shock collar please check the batteries.
If you are having trouble with dogs running at large, please contact David Frowen, the Township of O'Connor's Dog Control Officer, at 707-3148.

RURAL CUPBOARD FOOD BANK
NEIGHBOURS HELPING NEIGHBOURS

CONMEE MUNICIPAL COMPLEX
P. O. BOX 327 KAKABEKA FALLS, ON POT 1WO

by: Gladys Grant, Public Relations

It is with a heavy heart I sit down to write my article for July. We lost a very special lady Judy Fleck of the food bank, who passed away in Hamilton following open heart surgery. She was such a great person, who certainly cared and worked so hard for people in need. She held many positions on the Board of the Food Bank. Last position was as our statistician who dealt with the clients and registered them with the food bank and seen that they received groceries food bank day. Did many emergency hampers for clients and worried if they were unable to get there. Also our buyer for groceries for many years. Even when so sick, her mind was on the people of the food bank. I will miss her dearly as we became great friends. I got to see and hug her one last time in Hamilton before her surgery. I will always remember that beautiful smile. Everyone must have seen her out and about at different fund raisers or gathering to promote funding for the food bank. Always in our hearts Judy, never to be forgotten. Thanks to everyone who donated money in memory of Judy to the Food Bank. Greatly appreciated. Judy worked hard in getting our new building in Conmee. She seen her dream come true!

Also we lost another special lady who was our statistician before Judy, Cathie Budd. She was also a hard worker and on the Board of the Food bank for a few years. A very loving and caring person willing to help out in any way she was able.

Our sincere Sympathy to both families in the loss of two very special ladies. In our Hearts Forever!

A BIG THANK YOU to the Kakabeka Legion for Hosting a very successful Concert of Music on May 28th for the School Lunch Program. A sum of over $600.00 was raised for the children of the food bank attending school.

A BIG THANK YOU to The Wannabes Band with (Ralph Holland, Rob Dowaniuk, Vince & Lois Lofts, Walter Sitch, Lorraine Boisvert and Muriel Merritt) also Kings Highway (Eddy & Monica VanRamshorst, Carol Howarth, Jamie Gerow, Arianna Lachance & Josiah Lachance) for donating their time and talents to such a worth while cause! Also for everyone in attendance who donated!

A BIG THANK YOU to the Family of Alex Venasky who in honor of his 90th Birthday had a large amount of groceries and money donated to the food bank. Greatly appreciated!

A BIG THANK YOU to Janet Baillie and Alison Hart of St. James Church Murillo who hosted a Fashion Show with a Nygard Fashions Home Show, by Dawn Kukko who donated her earnings and Janet her hostess award and local ladies modeling! Also to everyone in attendance who donated at the door and also bought some fashions. A great success with proceeds being turned over to the School Lunch Program of the Food Bank.

A BIG THANK YOU to the Family of Wayne Rose for holding a huge party in her memory where family members celebrated birthdays and anniversaries. A large sum of groceries and money was raised for the Food Bank. Greatly appreciated.

SCHOOL LUNCH PROGRAM: Support is always needed for this program for school age children of the Food Bank. Each child on food bank day will receive enough supplies for one week of the month of the school year for a $50.00 donation. Any amount towards this program is gratefully appreciated. Please mark your cheque or if cash given that it is for this program. This program was initiated byJudy Fleck!!

The Food Bank will be open on Wednesday July19th from 11 A.M. to 1:30 P.M. for distribution of Hampers to our clients. On Monday night July 17th volunteers will be at the food bank from 6:15 P.M. to 7:45 P.M. and on Tuesday afternoon July 18th from 1 P.M. to 2 P.M. Plastic and reusable bags are always welcome. Food and bags can be dropped off at the Rapport Credit Union in Kakabeka Falls Village, both the Murillo and Rosslyn Oliver Paipoonge Libraries, Odena Foods, The Neebing Municipal Office and the O'Connor Municipal Office (a new drop off)!!

ATTENTION: There is a draw for a Flight for Two any where West Jet flies (Some restrictions apply), Night Away for Two at the Valhalla Inn, and Over Night for two & Breakfast at Grand Portage Lodge and Casino! Tickets are $5.00 each or 3 for $10.00. Proceeds to the Rural Cupboard Food Bank. Tickets will be available at many different locations. Call Lorna Kreig 577-1035, Gladys Grant 935-2202, Trudy Byers 935-2840. **Check out our Facebook Page also for where tickets are available.** Draw is October 28th at 12 P.M. at the Conmee Community Complex.

THE FOOD BANK PHONE NUMBER IS 285-0836. Someone will get back to you as soon as possible if you leave a message with concerns or questions. Donations gratefully accepted for the purchase of groceries or for the Building Fund. **PLEASE CHECK US OUT ON FACEBOOK** or our website **raisethefoodbank.com**!

No Meetings in the summer Months.

Kakabeka Falls
LEGION & Rural District RCL Branch #225

All events take place at the Kakabeka Legion on Hwy 11-17 in Kakabeka Falls
Call the events line for info. 473-9122 or check out our web page at www.kakabekalegion.ca

BINGO Licence #M728890

July 5th, 12th, 19th & 26th - Bingo takes place every Wednesday. Maximum Payout of $1,555. Doors open at 5:00 p.m. Early birds begin at 6:45 p.m. For more information, call Gary at 473-9631.

Sat. July 8th - EXECUTIVE MEETING at 2:00 p.m.
GENERAL MEETING None for July/August

Sun. July 9th - BREAKFAST BUFFET
8:30 a.m. - 12:00 noon
'*All you can eat'* Canadian and Finn pancakes, bacon, sausages, scrambled eggs, hash browns, coffee, tea, juice, toast and jam or try our "Made just for you" omelette. Adults $12, Seniors $11 and children's pricing as well. Join the breakfast club and after 10 paid breakfasts you get a free breakfast.

Thurs. July 13th - STRAWBERRY SOCIAL
6:30 p.m. - 8:00 p.m.

Sat. July 22nd - DANCE TO THE MUSIC OF QUEST
8:00 -11:00 p.m. Admission is $8 per person which includes sandwiches, desserts, coffee and tea.

Sat. July 29th - CHUCK WAGON DINNER
6:30 p.m. - 8:00 p.m. Admission $25 per person.

Sat. July 29th - DANCE TO THE MUSIC OF QUEST
8:00 -11:00 p.m. Admission is $8 per person which includes sandwiches, desserts, coffee and tea.

Sun. July 30th - "AN AFTERNOON OF MUSIC"
2:00 - 4:00 p.m. Admission by donation. All proceeds donated to the Rural Cupboard Food Bank.

Saturdays - CRIB every Saturday from 1:00 - 4:00 p.m. For more information, call Tim at 983-2998.

For bookings at the Kakabeka Legion please leave a message on the Legion line at 473-9122 or call Gary MacDonald at 473-9631.

Submitted by: Sandra Mazur

Excerpt from the OPP Monthly Newsletter

CONSTRUCTION SEASON IS HERE - OPP REMINDING DRIVERS TO BE ALERT IN CONSTRUCTION ZONES

The Ontario Provincial Police (OPP) and the Ministry of Transportation (MTO) are reminding motorists that construction season is here and that drivers need to be extra cautious.
The MTO are reporting in excess of 200 construction projects underway around the province. These projects consist of highway expansions, bridge replacements and road maintenance which may result in road closures, reduced lanes, lane realignments and reduced speed limits.
Drivers should be prepared for possible delays in these areas and plan accordingly. Drivers should remain vigilant at all times, particularly in construction zones where inattention behind the wheel can lead to tragic consequences.
The OPP will be closely monitoring traffic in these areas and actively enforcing the Highway Traffic Act (HTA). Drivers are reminded that speeding fines are doubled in construction zones where workers are present and that driver's licence/ vehicle seizure provisions apply for the offence of speeding under section 172 of the HTA.
If you are traveling throughout Ontario, updated information on roads and construction projects can be obtained by calling 511, or by following the MTO on Twitter @511Ontario.
These construction projects are for the benefit of all road users. Please do your part by driving safely so that every road construction worker makes it home every night.

WHAT TO TEACH YOUR CHILDREN ABOUT BICYCLE SAFETY

STARTING OUT

Make sure your child's bike and helmet are the right size. He or she should be able to straddle the bike with both feet on the ground; a bike that is too big or too small is a safety hazard. As a minimum, your child's first bike should be equipped with a bell and reflectors.

For young children, set the following hard and fast rules:
• No playing on the road.
• No riding on busy streets.
• No riding at night.
• Stop for all stop signs.
• Ride on the right with traffic.

Go outside to the driveway and have him or her practice the following steps:
• Stop before entering the street.
• Scan left, then right for traffic.
• If there's no traffic, proceed into the roadway.

RUNNING THE STOP SIGN

Take your child to a stop sign and explain what it means, emphasizing the following:
• Stop at all stop signs regardless of what is happening.
• Scan both directions for traffic.
• Wait for any cross traffic to clear.
• Proceed when safe.

FOLLOWING THE LEADER
Many car/bike collisions take place when children are following each other. The first one may run a stop sign and get through. The second one may get hit. This Group Think behavior is hard to counter.

HELMET SAFETY
When choosing a helmet, your child should try on several helmets carefully. Level the helmet over your child's forehead and adjust the chin strap to fit snugly and comfortably. It should protect the forehead without slipping forward or backward; and it should not move unless the scalp moves. A trained salesperson will help you ensure the fit is right.
Insist your child always wears a helmet when riding. (It goes without saying that parents must set an example by always wearing theirs when cycling.) Remember, a helmet only works when you wear it!

Never forget that example is the best teacher.
• Get into the helmet habit.
• Always stop at stop signs.
• Practice what you teach.

OPP "KIDS" GRADUATION

Over the past 12 weeks, P/C Diana Cole has delivered the OPP KIDS Program to grade 5/6 students from McKenzie, Gorham and Ware and Whitefish Valley Public Schools.
The OPP KIDS Program, which stands for Knowledge, Issues, Decisions, and Supports is an OPP initiated program that consists of five components. The five components are Youth and the Law, Peer to Peer Relationships, Online and Social Media Awareness, Drug Awareness, and Mental Health Awareness. The program is 12 weeks and involves the use of a workbook, videos and classroom discussion regarding the component being taught.
During the last week of school, these grade 5/6 students celebrated their hard work with a graduation. Each student received a diploma certificate, and an OPP KIDS T-shirt. The OPP would like to thank the principals and teachers form their support and participation with this program.

July is……
Marine Safety Days
18-26 National Drowning Prevention Week

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES

July 2017

NorWest Community Health Centres
Centres de santé communautaire NorWest

Mon	Tue	Wed	Thu	Fri
3	4 **NEEBING** 1-7pm Municipal Office	5	6 **NOLALU** 9.30am-4pm Community Centre	7
10 **KAMINISTIQUIA** 9am—3:30pm Community Centre	11 **MURILLO** 9.30am-4pm Community Centre (foot care and CHW only)	12	13 **O'CONNOR** 12-6pm Community Centre **UPSALA** 10am-3:30pm Community Centre	14
17 **SHEBANDOWAN** 9.30am-4pm Community Centre	18 **ARMSTRONG** 1 –7pm NorWest CHC Clinic	19 **ARMSTRONG** 8:30am-12:30pm NorWest CHC Clinic	20 **NOLALU** 9.30am-4pm Community Centre	21
24 **KAMINISTIQUIA** 9am—3:30pm Community Centre	25	26	27 **UPSALA** 10am-3:30pm Community Centre **O'CONNOR** 12-6pm Community Centre	28
31		***Nurse Practitioner:*** We accept walk-in's based on availability of appointments. For more information or to book an appointment, call **807-626-8474**		

= Regular Mobile

= *Diabetes Mobile*

NorWest CHCs is located at
525 Simpson St
Thunder Bay, ON
P7C 3J6

Tele:807.622.8235
TF: 1.866.357.5454

www.norwestchc.org

Find us on facebook

Note

July 13th Footcare CHW and Dietitian services available in Upsala on this day

NorWest Community Health Centres
Centres de santé communautaire NorWest

LIVER CARE NORTHWEST

JULY IS HEPATITIS AWARENESS MONTH

Were You Born Between 1945-1975?

Are You At Risk?

We have Answers about:

Hepatitis A

Hepatitis B

Hepatitis C

& treatment options

O'Connor - July 13 from 1 to 4pm

Shebandowan - July 17 from 12 to 3pm

Nolalu - July 20 from 10:30am to1:30pm

Kam - July 24 from 12 to 3pm

Upsala - July 27 from 11am to 2pm

Neebing - August 1 from 1-4pm

Join NorWest Mobile Health Services and Liver Care Northwest for information and blood testing

Booked and Walkin Appointments Available
Call 626-8474

KIDS IN THE KITCHEN

NorWest Community Health Centres
Centres de santé communautaire NorWest

Back to School Lunches

CALLING ALL KIDS AGES 8-12!

Come join us in learning the basic skills of preparing healthy school lunches to fill your tummies.

When: August 29th

Where: Legion in Kakabeka

Time: 11 am –12:30 pm

Call Angel (807-626-8484) or Shaun (807-626-7863) to register

Let the Games Begin.

Join us for our first NorWest 2017 summer Olympics.

LADDER TOSS
HORSE SHOES
RING TOSS
CORN HOLE
BOCCE BALL

Register your team with Attilio (807-626-7868) or Angel (807-626-8484) by August 1st 2017

Two players per team.

O'Connor Community Centre

August 24th 3-4:30pm

EVERYONE WELCOME!

NorWest Community Health Centres
Centres de santé communautaire NorWest

NorWest 2017

NorWest Community Health Centres
Centres de santé communautaire NorWest

July/August 2017— Mobile Health Services Program Activities

All programs are FREE to attend. NO registration is needed. ALL ARE WELCOME!

Are you at ***risk for Hepatitis*** if...
you were born between
1945-1975?

If you were born between 1945 - 1975 join NorWest CHC & Liver Care Northwest for information & blood testing in:

O'Connor - July 13: 1-4pm
Shebandowan - July 17: 12-3pm
Nolalu - July 20: 10:30am-1:30pm
Kam - July 24: 12-3pm
Upsala - July 27: 11am-2pm
Neebing - August 1: 1-4pm

Booked & Walk-In Appointments Available!!

July is....
Hepatitis Awareness Month!

We have Answers about....

Hepatitis A
Hepatitis B
Hepatitis C
and treatment options

NorWest 2017 Summer Olympics

Let the Games Begin—For Our First Summer Olympics

Corn Hole—Bocce Ball—Ladder Toss—Horse Shoes—Ring Toss

For more information or to register your team contact Attilio (807-626-7868) or Angel (807-626-8484)

Two players per team

Come ready to compete!

NorWest 2017

For more information call us at:
626-8474

Murillo Library

Monday 10:00 to 8:00
Wednesday 10:00 – 8:00
Closed Saturday during July & August
935-2729

Email:
oplibrary@tbaytel.net
Website:
www.olsn.ca/oplibrary

Rosslyn Library

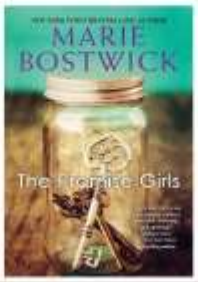
Tuesday 10:00 – 8:00
Thursday 10:00 – 8:00
Closed Saturday during July & August
939-2312

Chair Exercise Class will run throughout the summer! Join us every Tuesday and Thursday from 12:00 to 12:30 at Rosslyn Library with your indoor shoes. Free Drop-In.

We are gathering names of anyone who would like to form an afternoon book club at Rosslyn Library. If you are interested, please call Rosslyn Library at 939-2312 or email oplibrary@tbaytel.net and leave your contact information. Once we have enough names we will be in touch.

Visit our Used Book Sales at our libraries or meet us at the Strawberry Social on July 13th at

Kakabeka Legion!



Thanks to Jocelyn MacKinnon for her donation. Through her generosity we have purchased The Promise Girls by Marie Bostwick. You can find this bestseller and others at Rosslyn Library.

Summer Activities at the Library!

Murillo Library
4569 Oliver Road
935-2729
Mon. & Wed. from
10:00 – 8:00

Monday 11:00 – 12:00
Tech Hour
Free one-on-one computer lessons. Please pre-register.

Monday 1:30 to 4:30
Gaming Centre!
Ages 8 and up.
Free Drop-In
Brush up on your strategy skills by joining in games such as Supersmash Brothers, Just Dance, Minecraft and Connect Four.

Wednesday from 1:30 – 4:30
Creativity Centre!
Ages 6 and up.
Free Drop-In
Join us for an afternoon of arts, crafts, Lego and other fun 'unplugged' activities.

Rosslyn Library
3405 Rosslyn Road
939-2312
Tues. & Thurs. from
10:00 to 8:00

Tuesday from 1:30 – 4:30
Creativity Centre!
Ages 6 and up.
Free Drop-In
Join us for an afternoon of arts, crafts, Lego and other fun 'unplugged' activities.

Thursday 11:00 – 12:00
Preschool Storytime!
Free Drop-In

Thursday 1:30 to 4:30
Gaming Centre!
Ages 8 and up.
Free Drop-In
Brush up on your strategy skills by joining in games such as Supersmash Brothers, Just Dance, Minecraft and Connect Four.

Library Fundraiser!

Support the Oliver Paipoonge Library by ordering trees.
All proceeds go toward new books and dvds.

$5 per bundle (4 trees)
Bulk deal:
3 bundles for $10 (12 trees)

Red Pine
Black Spruce
White Spruce
Jack Pine

Place your order Today By calling:
Murillo Library 935-2729,
Rosslyn Library 939-2312
or email
oplibrary@tbaytel.net

Trees will be ready for pickup on during the week of July 10th.

Sponsored by Hill's Greenhouses

Rosslyn Playgroup Thursday morning from 10 - 12:00

at Rosslyn Community Centre

Join our informal group for sharing and fun!

Please bring your own snack.

For more information contact Rosslyn Library at 939-2312 or oplibrary@gmail.com

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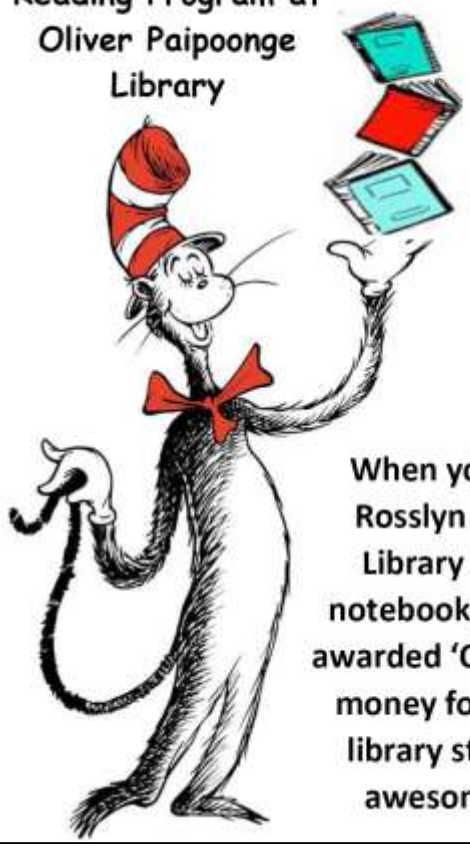
TD SUMMER Reading Program at Oliver Paipoonge Library



Starting July 4th! Pick up your very own notebook and stickers to keep track of all the books you read this summer.

When you visit the Rosslyn or Murillo Library with your notebook, you will be awarded 'Cat Cash' play money for use in our library store to buy awesome prizes!

No Excuses,

Free Chair Exercise Class for Everyone

This safe low-impact routine works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation resulting in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities.

Every Tuesday and Thursday from 12:00 – 12:30 at Rosslyn Library.

Please bring indoor shoes

Rambling Rocks at Oliver Paipoonge Library!

Join us for the kick off to a fun new scavenger hunt.

Step 1. Come to the library and paint your own rocks.
Step 2. Hide the rocks all over Oliver Paipoonge.
Step 3. Go look for rocks that others have hidden.
Step 4. When you find rocks, go to our Facebook group (https://www.facebook.com/Oliver-Paipoonge-Public-Library-317003395098369/) to post a photo telling where you found them.
Step 5. Hide the rocks again for others to find.

Help us "plant joy" by getting this fun activity started. Run with it by adding new rocks all the time.
Rambling Rocks is open to all ages, and is a great opportunity for some family fun!

TOPS

(Take Off Pounds Sensibly)

...a friendly local weight-loss support group

TOPS is a non profit, non commercial weight loss support group. We offer outstanding support to take and keep off pounds sensibly.

The Nolalu chapter meets every Wednesday at the O'Connor Community Centre. Weigh in starts at 6:15 pm and the meeting at 7:00 pm. Membership is $48.00 annually and $1.00 a week for dues. Bring a friend or family member and come see what we have to offer.

There are 16 TOPS chapters in the Thunder Bay and rural areas.

For more information, please call Rose Marie Shandruk at 577-5924 or Aria at 475-3588.

Preschool Storytime every Thursday morning at 11:00

at Rosslyn Library.

CANADA'S POLLINATORS PLAY A CRITICAL ROLE IN OUR WELL-BEING.

You can support them by providing food, shelter and a safe place to live in your garden.

- Grow plants with a variety of flower shapes, colours and bloom times to suit their different needs.
- While mulching garden beds is beneficial for some overwintering pollinators, consider leaving some ground bare, preferably in a sunny spot, for certain species of butterflies to "mudpuddle" and bees to nest. Some bees prefer to nest or overwinter in plant stems, so don't cut back all hollow stems entirely.
- Avoid pesticides to ensure your garden is safe for these beneficial creatures. You'll also help many of Canada's birds, including hummingbirds, which require insects and spiders for protein.

For more information, visit "how to garden for wildlife" in the Connecting with Nature section of the Canadian Wildlife Federation website at www.CanadianWildlifeFederation.ca.

CANADA

B	F	F	C	A	N	A	D	A	D	A	Y	O	K	D	R	G	M
N	V	V	M	F	K	L	H	L	O	O	N	I	E	W	L	I	A
K	K	B	F	J	C	O	N	S	T	I	T	U	T	I	O	N	P
P	O	R	Z	Q	O	T	T	A	W	A	D	C	N	P	H	O	L
G	C	B	P	R	I	M	E	M	I	N	I	S	T	E	R	M	E
C	A	N	A	D	A	F	L	A	G	R	R	D	Z	D	B	K	L
Q	P	A	T	L	A	N	T	I	C	C	O	A	S	T	E	C	E
C	A	N	A	D	I	A	N	S	H	I	E	L	D	N	A	F	A
R	C	R	C	M	P	R	O	V	I	N	C	E	E	M	V	R	F
K	A	N	A	T	A	K	A	R	C	T	I	C	K	O	E	C	U
R	O	C	K	Y	M	O	U	N	T	A	I	N	S	A	R	I	N
J	H	G	T	O	T	G	R	E	A	T	L	A	K	E	S	X	D

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

ARCTIC
ATLANTIC COAST
BEAVER
CANADA DAY
CANADA FLAG
CANADIAN SHIELD
CONSTITUTION
GREAT LAKES
KANATA
LOONIE
MAPLE LEAF
OTTAWA
PRIMEMINISTER
PROVINCE
RCMP
ROCKY MOUNTAINS

Teddies for Tragedies Needs Knitters!

This group upcycles leftover yarn to create teddy bears and dolls for third world countries. If you have knitting skills, please share your talent and make a bear or doll for this cause. All material and the pattern will be provided. Contact Murillo or Rosslyn Library for more details.

Murillo Library 935-2729

Rosslyn Library 939-2312

Hymers Fair News

By Shannon Dodd-Smith

Wow, June was quite a month!

First, we hosted what might be the first ever **Hymers Fair Fundraiser** in the very municipality that has been home to the Hymers Fair for over 100 years.

The talent, generosity and spirit at the **Gillies Community Centre** on June 3 was unreal. **THANK YOU** to each and every supporter who made this a huge success. A special shout-out to: *Superior Seasons, Jay Automotive, Mile Hill Farms, Thunder Oak Cheese Farm, Slate River Dairy and the Superstore.*

The funds will go toward constructing a shade structure for the small animal area.

The incredible performers included: *Larry Hogard, The Shenanigans, Christopher Miller, Taryn Jackson, and The Dave & Mike Duo + 1*. If you EVER have the opportunity to see any of these performers, DO IT! :) I am thrilled to report that some of them will be dazzling us again at the Fair. ...And perhaps in late October at the GCC? Let's keep our fingers crossed!

Second, we distributed the "Seeds for Schools". In the first few days of June, the Board of Directors labelled *hundreds* of tiny bags and counted *thousands* of tiny seeds to fill those bags in hopes of igniting interest in our leaders of tomorrow to grow food and support local agriculture. The program is called "**Seeds for Schools**". Let's hope these intrepid growers have their pumpkin and sunflower plants reaching for the sun as we speak. Good things happen when said young growers bring the fruits of their labour -- I mean the *vegetables* of their labour -- to the Fair, *like cash prizes and free entry*!

Third, Director Erin is in the planning stages for the famous **Dining Hall homemade pies.** She and her dedicated troupe of volunteers will be needing **rhubarb donations.** So when you find yourself chopping-up your rhubarb, please consider throwing 4 cups (about 4 large stalks) into a bag, and call Erin at 629-8792 to arrange pick up or drop off.

Finally, we held the first Hunter Jumper series **Horse Show** coupled with our first **Work Bee** of the season. Did you hear the Buzz? (wah wah). If you don't want to miss the action, we would love for you to join us on **July 9** for the second Hunter-Jumper show and Work Bee. No experience necessary.

That's it folks!

Got questions? Call Debbie at 475-8586.

CANADA 150
1867-2017

HAPPY
150 YEARS
CANADA!

Share your Recipes

If you have a favorite recipe and would like to share it in the O'Connor Cornerstone. Please send to the O'Connor Municipal Office by mail, e-mail or through the mail slot on the front door entrance.

Township of O'Connor
R.R. #1,
Kakabeka Falls, ON
P0T 1W0
(or)
twpoconn@tbaytel.net

MAPLE BAKED BEANS

TOTAL TIME: Prep: 40 min. + standing
Bake: 2-1/2 hours
MAKES: 10-12 servings

Ingredients

1 pound dried navy beans

4 quarts water, divided

1 cup bacon, cut up or cooked ham in cubes

1 medium onion, chopped

1 cup maple syrup or maple-flavored syrup

1/2 cup ketchup

1/4 cup barbecue sauce

5 teaspoons cider vinegar

1 teaspoon prepared mustard

1 teaspoon salt

1/2 teaspoon pepper

Directions

Sort and rinse beans; place in a 4-qt. Dutch oven. Cover with 2 qts. cold water. Bring to a boil; reduce heat and simmer for 2 minutes. Remove from the heat. Cover and let stand 1 hour. Drain and rinse beans. Return beans to Dutch oven; cover with remaining water. Bring to a boil; reduce heat and simmer for 30-40 minutes or until almost tender. Drain and reserve liquid. In a 2-1/2-qt. casserole or bean pot, combine beans with all remaining ingredients. Cover and bake at 325° for 2-1/2 hours or until tender. Stir occasionally; add reserved bean liquid, if necessary.

Poultry Information Workshop

Wednesday, July 12th 2017 from 6:00 p.m.- 9:30 p.m.
4569 Oliver Road, Murillo
(Murillo Town Hall)

FEATURING:

Al Dam: Poultry Specialist, Ontario Ministry of Agriculture, Food and Rural Affairs
Carl Stevenson: Community Programs Operation Manager and Flock Advisor, Chicken Farmers of Ontario

Join us for a workshop on poultry that you won't want to miss!

Whether you're raising birds for personal use, or raising flocks for commercial sale, this is your chance to learn about flock management, health, predation, brooding, nutrition, biosecurity, rodent control, transportation and much more!

Chicken Farmers of Ontario will be on hand to share information about their Community Programs.

This workshop is being offered free of charge and all are welcome to attend the event!

Dinner provided by Eat Local Pizza!

PLEASE REGISTER BY CONTACTING THE OMAFRA NORTHERN REGIONAL OFFICE BY PHONE OR EMAIL :

- (705) 594-2312 (COLLECT CALLS ACCEPTED)
- NOROAGINFO@ONTARIO.CA

FOR MORE INFORMATION PLEASE CONTACT:
Kendal Donahue, Ontario Ministry of Agriculture, Food and Rural Affairs
Telephone: (807) 475 - 1214
Email: kendal.donahue@ontario.ca

Chicken Farmers of Ontario

Ministry of Agriculture, Food and Rural Affairs

Ontario

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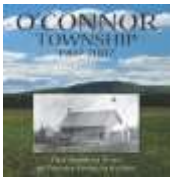

O'Connor's History Book

"First Hundred Years Of Country Living At It Best"

The Township of O'Connor published the O'Connor History Book to commemorate 100 years of "Country Living At Its Best". Copies of the book in hardcover are available for purchase and they can be picked up at the O'Connor Township Office. The cost of the book is $40.00.

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Starter Company Plus Program

WANT TO START YOUR OWN BUSINESS, BUY OR EXPAND AN EXISTING COMPANY? NEED $5,000 OR LESS FOR START UP OR EXPANSION?
Then Starter Company Plus is for you!

Starter Company Plus is a training program for enterprising people who want to start, and/or expand a business in their community. The program provides training sessions on aspects of running a successful business and mentorship from local business leaders.

You are eligible for Starter Company Plus if you are:

- Running a business, proposing a new company, expanding a company or buying an existing company from a retiring entrepreneur
- Not currently a full time student
- A resident of Ontario
- A Canadian citizen or landed immigrant
- Prepared to commit to a minimum average of 35 hours per week, for running your business
- Prepared to attend monthly meetings for at least 6 months after the start of your business

Successful applicants may apply for a grant of up to $5000 upon the completion of a business plan. Successful applicants must provide matching funds worth 25% (in cash or equivalent) of the grant. This requirement will be waived in exceptional circumstances (including but not limited to individuals with special needs or those that have faced personal set-backs). You cannot apply if you are currently enrolled in a provincial entrepreneurial program.
For more information, please visit the City of Thunder Bay website at www.thunderbay.ca.

Cornerstone Advertising

The fee structure for advertising in the Cornerstone has been set by Council.

- Business Ad - 7.50, Full Page Ad - $15.00
- Personal/Classified Ads - $5.00 (ie. garage sale)
- Birthday, Anniversary, Baby Announcements - $2.00

Individual mailing to non-ratepayers Annual Fee: $25

Deadline for ad submission is the 25th of the Month.

Emilie www.emiliejewelry.com

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www.facebook.com/emiliejewelry

NOLALU MARKET

FRIDAYS 4-7

JUNE 16 TO SEPT

Nolalu Market and Fish & Chips

at Carol's Restaurant parkinglot corner Hwy #588/Hwy #590, NOLALU. (at St. Urho's Golf Course)

New vendors at Nolalu Market ,sign-up through FB or contactus@nolalu.ca
www.nolalu.ca/nolalumarket

Kakabeka FARMERS' MARKET

Saturdays 9:30 - noon
until October 7, 2017

FRESH VEGGIES ~ BAKED GOODIES
LOCAL MEATS ~ EGGS ~ APPAREL
ARTISAN CRAFTS ~ PRESERVES

Bacon & egg breakfast
9-noon @ the Legion Canteen!

At Royal Canadian Legion,
just 2 km E of Kakabeka Falls,
4556 Highway 11/17

kakabekafarmersmarket.ca

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K&S

CONTRACTING AND LAND DEVELOPMENT INC.

Kim Kydd
Cell: 807-621-4860
Office: 807-473-9100
Fax: 807-473-4460

"We're the Guys"

Shawn Kydd
Cell: 807-627-4296
Office: 807-473-9100
Fax: 807-473-4460

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- ✓ *Firewood*
- ✓ *Grapple/Feller Buncher*
- ✓ *Heavy Duty Mechanical Repairs*
- ✓ *Brush Cutting (heavy & light equipment)*
- ✓ *Site Preparation + New house excavation*
- ✓ *Ditching & Drainage*
- ✓ *Driveway Repairs & Grading*
- ✓ *Fence & Gate Installation*
- ✓ *Blueskin/Weeping Tile*
- ✓ *Welding & Fabricating*

Check out our webpage or visit us on Facebook

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Webpage: http://kandscontracting.ca

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Cell: 626-6510

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577-1988
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davebuobtrucking@live.ca

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Just a few of our services include

- Top QUALITY screened top soil, gravel, and sand, as well as delivery of any other aggregate product you require
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  - Brush and tree removal
  - Property filling
  - Driveway construction
  - Excavation
  - Water control
- SEPTIC SYSTEMS

We are fully licensed and trained to install conventional, as well as tertiary septic systems (Enviro-septic, Eco-Flo, etc).
Every year we install many septic systems in the Thunder Bay area from small gravity fed systems for a small house to large scale commercial septic systems for camps, fire

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OPEN DAILY

Monday – Thursday 7-9

Friday 7-10

Saturday 8-10

Sunday and Holidays 9-9

(Closed Christmas Day)

O'Connor Free Methodist Church

293 Sitch Road

Near the corner of Sitch and Earl Roads in

O'Connor Township

www.oconnorfreemethodist.org

Facebook: O'Connor Free Methodist Church

Sunday Worship Schedule:

Adult Bible Study ~ 9:30 a.m.

Morning Worship Celebration ~ 10:45 a.m.

Children's Sunday School ~ 10:45 a.m. September to June

We're a friendly and vibrant church with something for everyone!

Children & Youth

Nursery ~ every Sunday morning

Sunday School ~ 10:45 a.m. Sundays September to June

Junior Youth (ages 10 to 12) ~ Every 2nd Thursday 7-8:30 p.m.

Contact Anna Lebel at 577-9047 for more info

Senior Youth (ages 13 to 18) ~ 1st & 3rd Friday each month

Contact Suzanne Fiorito at 626-6083 for more information.

Adults

Men's Coffee ~ Earl Hall every Thursday 10:00 a.m. Contact Gary at 623-6331 for more information.

Music Jam ~ Music & fun ~ 3rd Sunday of the month. Contact Paul at 475-8973 for more information.

Bible Study ~ Every Thursday Night 7:00 p.m. Contact Pastor Chris (624-6579) for time and location.

For more information on any of the activities at the OFMC, please feel free to contact Pastor Chris Fiorito, 577-2363 ~ 933-4655 ~ cell 624-6579

O'Connor-Conmee Fellowship Baptist Church

Sunday: 10:45 a.m.
worship for all ages

Small Group Studies…
please phone for information

Last Sunday of Every Month
(except summer)… At 5:30 p.m., pot-luck supper, then at 7:00 p.m., a time of music, or a film, or a fun-night.
Feel free to join us!!

O'Connor-Conmee
Fellowship Baptist Church

3 Holomego Rd, corner of Hwy 595
Pastor: Chris Frey, Phone: 475-7720, Cell: 627-1133

Thunder Bay After 5 invites Men and Women

Happy Birthday Canada 150

Monday July 17, 2017 7:00 – 9:00 pm
$10.00 at the door
Georgian Room, St. Joseph's Heritage, 63 Carrie St.

THUNDERBAYCATION - Stephanie Reid
Music by Marnie Frey & Kelsea Chony
Sarah K.L.Wilson - God's Secret Plan

Call Rose 767-8461 or Connie 628-8484 to reserve by July 13.
Cancellations appreciated

Affiliated with www.rsvpministries.com

St. James' Anglican Church
Country Warmth in Christ
John St. Road at Calvert Road, Murillo
Sunday Service: 11:00 a.m. (**Please Note**: No Sunday school at this time)
Rector: Reverend Charlene Scriver
807-939-1103 parish.rector@tbaytel.net

St. Mark's Anglican Church
Country Warmth in Christ
St. Marks St., Rosslyn Village
Sunday Service & Sunday School: 9:30 a.m.
Rector: Reverend Charlene Scriver
807-939-1103
parish.rector@tbaytel.net

Redeemer Lutheran Church
www.redeemerlcc.ca
Hwy 11/17, Kakabeka Falls, ON
Sunday Service: 11:00 a.m.
473-9164

St. Theresa's Roman Catholic Church
10 Porter St., Kakabeka Falls
Sunday Mass: 11:00 a.m.
www.dotb.ca
Parish Priest: Fr. Joseph Arockiam
935-2898 (Rectory)

O'Connor Celebrates

Canada 150 Barbecue & Strawberry Festival

Saturday, July 8th

4:00 p.m. - 9:00 p.m.

O'Connor Community Centre, 330 Highway 595

Come join this year's fun & festivities as we celebrate Canada's 150th Birthday!

Fun for the Whole Family…

3:30 - Horseshoe Tournament Registration

4:00 - Horseshoe Tournament, Bouncy House & Fish Pond

5:00 - Barbecue & Refreshments

7:00 - Strawberries & Ice Cream, Penny Auction & Raffles

Hosted by O'Connor Community Club, O'Connor Fire Department Auxiliary and O'Connor Council .

For more information , please call the O'Connor Municipal Office at 476-1451.

CANADA 150
1867-2017