



The Cornerstone

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GOT WHAT IT TAKES



TO FILL THIS SPOT?

THE O'CONNOR FIRE AND FIRST RESPONSE TEAM NEEDS FIREFIGHTERS MEET US TUESDAY NIGHTS @ 7:30 AT THE FIRE HALL ON HWY 595

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Stay Warm & **SAFE**



PREVENT HEATING EQUIPMENT FIRES

WHAT'S THE RISK?

Heating equipment fires account for **1 in 10** home fires.

Heating equipment is the **second leading** cause of home fires.

In 29% of home heating fires, the cause is **lack of routine maintenance** of heating equipment.

The average dollar loss per heating equipment fire is **\$53,000**.

The leading causes of heating equipment fires are:

1. **woodstoves**
2. **fireplace/fireplace inserts**
3. **chimneys.**

How do I prevent a heating fire?

- ❖ Have your heating system and chimneys inspected and cleaned annually by a qualified service technician.
- ❖ Ensure all outside heating vents are not blocked.
- ❖ Ensure woodstoves, fireplaces and fireplace inserts are installed by a qualified technician according to manufacturer's instructions.
- ❖ Always use a fire screen around the fireplace.
- ❖ Allow ashes from your woodstove or fireplace to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.



All homes with a fuel-burning appliance, fireplace or attached garage must have a working carbon monoxide alarm installed outside all sleeping areas.

Statistics for Ontario between 2010-2014.
Provided by the Office of the Fire Marshal
and Emergency Management

Office of the Fire Marshal & Emergency Management
www.ontario.ca/firemarshal



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Rural Family Centre EarlyON Child and Family Programs

Whitefish Valley School program
runs weekly on Mondays from
10:00 to 12:00

Murillo Site program
(4509 Oliver Road)

Morning sessions run from
Monday to Friday 9:30-12:00

Afternoon sessions on
Wednesday from 1:30-4:00

No preregistration is necessary,
however, we ask that you provide
a nut-free snack for your child.

Call 935-3009 for further
information.



**Petrone & Partners is
pleased to announce that
Lori Kruse has joined
the partnership.**



Lori Kruse was born and raised on a farm in the Township of O'Connor. After graduating from Lakehead University (2001), she obtained her law degree from the University of Manitoba (2004) and was called to the Bar in 2005. She has been proudly practicing law in her hometown since that time. Lori's focus is on general litigation with a particular emphasis on insurance-related claims. She is a skilled litigator who takes a straight-forward and practical approach which her clients very much appreciate. She also teaches as an small group instructor at the Law School passing on those skills to the next generation of lawyers. Lori is fiercely proud of her Italian heritage and credits her hard-working parents (Emilia and Fedele Bertoni) for her strong work ethic. Outside of the office, Lori cherishes time with her husband Don, their two daughters and two loveable bulldogs enjoying all aspects of rural living in Murillo. As a partner, we know Lori will continue to serve our clients with the charm, confidence and candor that she is so well known for.

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NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES

February 2018



NorWest Community Health Centres

Centres de santé communautaire NorWest

Mon	Tue	Wed	Thu	Fri
<p>Nurse Practitioner: We accept walk-in's based on availability of appointments. For more information or to book an appointment, call 807.626.8474</p>			<p>1 O'CONNOR 12-6pm Community Centre UPSALA 10am-3:30pm Community Centre</p>	<p>2</p>
<p>5 ARMSTRONG 1-7pm NorWest CHC Clinic</p>	<p>6 SHEBANDOWAN 9:30am-4pm Community Centre ARMSTRONG 8:30am-12:30pm NorWest CHC Clinic</p>	<p>7</p>	<p>8 NOLALU 9:30am-4pm Community Centre</p>	<p>9</p>
<p>12 KAMINISTIGUIA 9am-3:30pm Community Centre</p>	<p>13</p>	<p>14</p>	<p>15 UPSALA 10am-3:30pm Community Centre O'CONNOR 12-6pm Community Centre</p>	<p>16</p>
<p>19 FAMILY DAY</p>	<p>20 NEEBING 1-7pm Municipal Office (NP, Footcare Nurse & CHW) Blake Hall (CHW & Dietitian)</p>	<p>21</p>	<p>22 NOLALU 9:30am-4pm Community Centre</p>	<p>23</p>
<p>26 KAMINISTIGUIA 9am-3:30pm Community Centre</p>	<p>27 MURILLO 9:30am-4pm Community Centre (CHW and foot care only)</p>	<p>28</p>		

= 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

Feb 1st Footcare CHW and Dietitian services available in **Upsala** on this day

Feb 20th CHW, Dietitian Services available at Blake Hall 1-5:30pm in **Needing**

Yoga at Murillo Hall, With Kimberly Veneziaie (Suitable for all levels)

Wednesday afternoon sessions
from 1:45 to 2:45
Beginning February 7th
5 sessions for \$45
or \$10 Drop-In fee

Bring your own yoga mat

Register by calling the
Murillo Branch Library
935-2729 or email
oplibrary@tbaytel.net

RURAL 60 PLUS

5 Pineview Road
475-5779
Email - rural60@tbaytel.net

YOGA:

What a wonderful way to keep yourself mobile, have better flexibility, posture, balance, strength and energy. Join us for our first class of 2018 on Thursday, Feb 1st at 10 a.m. - \$5 per session.

QUILTING:

We have acquired a "Quilting Frame and Machine" with computer and laser attachment. Call and inquire about the 2018 training sessions. Projects can start small and go up to a queen size quilt.



MONTHLY ACTIVITIES

The following activities take place on a regular basis at the Rural 60 Plus.

- Monday:** Carving - 10 am
Disking - 1:30 pm
- Tuesday:** Weaving - 10 am to 3 pm
Good Company Choir
- Wednesday:** Beginner Carvers - 10 am to 3
Cribbage - 1 pm
- Thursday:** Weaving - 10 am to 3 pm
Yoga - 10 am
Water Colours - 1 to 3:30 pm
- Friday:** Euchre - 1 pm
(Feb 9 & 23)

If you are interested in any of these activities, please call or email the centre and leave your name & number - your call will be returned.

MEMBERSHIPS only \$10 per year and you qualify at the age of 55.

Please check out our web page for all upcoming events and breaking news.
www.rural60plus.ca

Murillo Library

Monday 10:00 to 8:00
Wednesday 10:00 – 8:00
Saturday 10:00 – 2:00
935-2729

Email:

oplibrary@tbaytel.net

Website:

www.olsn.ca/oplibrary

Rossllyn Library

Tuesday 10:00 – 8:00
Thursday 10:00 – 8:00
Saturday 1:00 – 5:00
939-2312



Join our next meeting at Rossllyn Book Club where we will be discussing *Wilderness Wife* by K. Pinkerton and distributing *Born a Crime* by Trevor Noah. Tuesday Feb. 1 at 2:00 p.m.



Watch our Facebook page for news on upcoming Art workshops!

Join Storytime every Thursday at 11:00 am at Rossllyn Library!



Visit our used book sales at both branches. All items are only 50 cents each!

Alzheimer/Dementia Caregiver Coffee House



Join us at Rossllyn Library on Tues. Feb. 13th from 12:45 to 2:00 for refreshments and discussion on the challenges of being a caregiver. Our hostess will be Sonja Aldrich who has gone through the entire journey and would like to share her experiences with those who may need moral support or would like to share their stories.

This event is free and no registration is required.

Rustic Sign Painting Class with Hope Bisignano



Saturday
March 3rd
Murillo Library
1:30 to 3:30
\$40 per person.
Fee must be paid in advance to secure your spot. Limit of 12 spaces. Please pre-select the sign of your choice when registering.

Register at
Murillo Library 935-2729
or Rossllyn Library 939-2312
or email oplibrary@tbaytel.net

FREE RURAL LUNCHTIME GATHERING!

Café del SOUL

Free event! All are welcome! Great for seniors and support people. We celebrate **togetherness** and **connectedness** over a good meal!

1st & 3rd Thursdays of the month

11 am - 1 pm

February 1 & February 15

AT: Pinegrove United Church, 100 Hwy 130 in Rosslyn beside the Tbaytel tower - wheelchair accessible

Enjoy Local Music, and Art by Kathie Stewart!

FREE RIDES in Rosslyn & area:
phone 939-1364 or email CafeDelSoul@tbaytel.net.

Thunder Bay Milk Transport Venasky Farms Boman Enterprises

K d s s | · Y d o h q w
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Council & Sta
Wednesday, February 14

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.
(Stretch bands on Tuesday, weights on Thursday)
Please bring indoor shoes and weights

Join Rosslyn Cooking Club



Next meeting is Friday February 16th
10:00 am at Rosslyn Hall when the
session will focus cooking
with an Instant Pot.

To register or for more information call
the library at 935-2729 or 939-2312
Or email oplibrary@tbaytel.net

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



SNOW DAY



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February's Events at the
Gillies Community Centre
February 12th, 7pm
BOARD MEETING- Everyone welcome!
February 18th, 11-5pm BOOK SWAP

March 3rd, 1-4pm SEED SWAP
2\$ Admission, door prizes, guest speakers
and of course seeds!
Bring some, swap some, buy some! All
proceeds directly benefit the GCC
See Facebook Event for more info




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Full Service for small breeds
By Appointment

Same Great Service,
New Location on Hwy 590

620-3722

Find us on Facebook: @countryclippersKB



SEED SWAP

SATURDAY, MARCH 3RD 2018
1:00 PM - 4:00 PM

GILLIES COMMUNITY CENTRE

Speaker Sessions:
1:30 Dealing with Garden Pests- Master Gardener TBA
2:15 Monarch Butterflies & Habitats- Dan Fulton
3:00 Soil- The Foundation of Life- Dr.Christina Mol

Door Prizes! BYO Seeds to Swap!
Admission 2\$ proceeds directly support the GCC
Tables available to rent 10\$ see Facebook for more info

The GCC is located at the corner
of Hwy 608 & Hwy 595

D GREEN ACRE VARIETY

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On the corner of Hwy 595 and 588
807475631

PIZZA

HOMEMADE FRESH ~ JUST HEAT
MADE FRESH ON MONDAYS & THURSDAYS
CALL OR TEXT 806 FOR SPECIAL OFFERS

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Bill Mauro, MPP
 Thunder Bay-Atikokan

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lexconstruction@tbaytel.net

Thunder Bay After 5 invites Men and Women to

TRANSFORMATIONS

Monday, February 19, 2018 7 - 9 pm
Galileo Room, ITALIAN CULTURAL CENTRE
132 South Algoma St. Thunder Bay
Cost at Door - \$10.00

Feature: CARRIE ANN MICHAUD - Doggie make-overs

Music: NIKKI TEMPELMAN - Recording artist

Speaker: Hannah Kilgour - Learning to live for Christ as a teen.

Call Rose 767-8461 or Connie 630-0774 to reserve by Thursday, Feb. 8

Cancellations Appreciated

Affiliated with www.rsvpministries.com

We invite you to join us for another

GOSPEL CONCERT

Sing along with "OLD BONES" and Friends
as they perform songs that speak of the Love of
God and other songs of the heart.

We will be gathering at McGregor Community Centre,
800 Lakeshore Drive in Shuniah at 7:00 pm on February 17th,
2018. There is no charge for admission but we encourage you to
bring something for the Food Bank.

We will have coffee, tea, and water, free of charge, as well as
some delectable dessert items for a silver donation. We will be
accepting a Freewill Offering during the evening in support of the
work of **Transport For Christ** at the Pass Lake Chapel, located at
the Flying J truck stop. Chaplain Sam will be
on hand to tell you a little about what is going
on at the chapel. Your offering can be made
by credit card, cheque, or cash. Tax receipts
will be available.

Please plan to join us.



Family Movie Night!

"In a family, Love is spelled time!"

Put away the cares and worries of the world for a night
and join us as we spend some good quality family time
together enjoying a movie and snacks.

Everyone welcome, come as you are!

February 23rd, 7pm at the

O'Connor Free Methodist Church

(For more info contact Pastor Chris at 624-6579)



"Ace Montana always wins first place in everything.
Chaos reigns in this hilarious comedy when three
obsessed dads take over building their son's pinewood
derby cars with the sole purpose of beating Aces
clone-like son."



GO CANADA!!!

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NATIONAL FLAG OF CANADA DAY

🍁 FEBRUARY 15, 2018 🍁

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