



# The Cornerstone

## Township Of O'Connor

**MARCH 2024**



**PLEASE NOTE** that the Township Office is closed for Good Friday on Friday, March 29th, as well as Monday, April 1st for Easter Monday.



### DAYLIGHT SAVING TIME

DON'T FORGET TO SET YOUR CLOCKS AHEAD ONE HOUR SATURDAY, MARCH 9th BEFORE GOING TO BED.

#### Statement of No Employee Salaries to Disclose

Déclaration selon laquelle il n'y a pas de traitement d'employés à divulguer

The Corporation of the Township of O'Connor

(Name of Organization / nom de l'organisation)

To the best of my knowledge and belief, no employees of the above organization were paid a salary as defined in the *Public Sector Salary Disclosure Act, 1996*, in the calendar year 2023 of \$100,000 or more.

À ma connaissance, aucun employé de l'organisation susmentionnée n'a reçu un traitement, au sens de la Loi de 1996 sur la divulgation des traitements dans le secteur public, au cours de l'année civile 2023, de 100 000 \$ ou plus.

Loma Buob

Name / Nom

(Highest Ranking Officer)

(dirigeant / dirigeante de l'organisation qui occupe le rang le plus élevé)

Clerk-Treasurer

Position Title / Poste

  
Signature / Signature

February 5, 2024

Date / Date

Prepared under the *Public Sector Salary Disclosure Act, 1996*

Préparée en vertu de la

Loi de 1996 sur la divulgation des traitements dans le secteur public

#### Emergency Contacts:

Medical Emergencies: 911

Fire: 911 Police: 911

Police Non-Emergency 1-888-310-1122

#### Municipal Office Hours:

Monday to Thursday:

9:00 am to Noon & 1:00 pm to 5:00 pm

Fridays: 9:00 am to Noon

**Office Phone:** 807-476-1451

**Fax:** 807-473-0891

**Garage:** 807-476-1453

**Community Centre:** 807-476-1452

**Website:** [www.oconnortownship.ca](http://www.oconnortownship.ca)

**E-mail:** [twpoconn@tbaytel.net](mailto:twpoconn@tbaytel.net)

**Find the Cornerstone on our website!**

#### Disposal Site Hours:

**Winter Hours (Sept 1-Mar 31)**

**Tuesdays 3:00 pm to 6:00 pm**

**Saturdays 9:00 am to 3:00 pm**

**Summer Hours (Apr 1-Aug 31)**

**Tuesdays 6:00 pm to 9:00 pm**

**Saturdays 9:00 am to 3:00 pm**

#### Volunteer Fire Department:

O'Connor needs Volunteer Firefighters and First Responders! For more Information or questions on volunteering, please see page 2.

#### Dog Control Officer:

Margaret Foster 807-632-1235

#### Building Permits:

By-law Number 2016-12, 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, decks or structures within the Township of O'Connor. If you are building anything larger than **161.2** square feet or any building with heating and/or plumbing, you are required to apply for a building permit. For more information, please call the Township Office or the Township's **Chief Building Official, Martin Tempelman, at 807-630-9726 or email to [cbomartint@gmail.com](mailto:cbomartint@gmail.com)**

Applications are available on the Township Website or at the Township Office.

#### Oliver Paipoonge Library Hours:

Rosslyn - Tues & Thurs 10-8 pm

Fridays 10-3 pm

Saturdays 1-4 pm

Murillo - Mon & Wed 10-8 pm

Saturdays 9 am-12 noon

Email: [oplibrary@tbaytel.net](mailto:oplibrary@tbaytel.net)

<http://oliverpaipoonge.olsn.ca/>

#### Thunder Bay District Health Unit:

807-625-5900 Toll Free: 888-294-6630

**Telehealth Ontario:** 1-866-797-0000

Call Ontario 2-1-1 to find programs and services in your area.



### COUNCIL MEETINGS

The next meetings of Council will be held at 330 Highway 595:

**Monday, March 11th at 7:00 p.m. - Regular Meeting, Council Chambers**

**Monday, March 25th at 6:30 p.m. - Public Meeting, Council Chambers**

⇒ Building Permit Fees increase

**Monday, March 25th at 7:00 p.m. - Regular Meeting, Council Chambers**

⇒ Decision on Official Plan Application 2023-01 will be made

To view meeting agendas, please visit the Township Website at

[www.oconnortownship.ca](http://www.oconnortownship.ca) to access them through the "Council" page.

Council welcomes your involvement.

**Mayor:** Jim Vezina, 807-577-6735

#### Councillors:

Alex Crane, 807-473-9420

John Sobolta, 807-624-8025

Brendan Rea, 807-708-5122

Carly Torkkeli, 807-620-2579



## O'CONNOR COMMUNITY CENTRE

### PLEASE NOTE CHANGES IN HALL RENTAL FEES

Book your next special occasion at the O'Connor Community Centre. Maximum capacity in the Community Centre is 162 people. If a liquor license is required, the Centre's capacity is 132 people. Please call the Township Office at 807-476-1451 for more information or to book your event.

### O'Connor Hall Rental Fees:

- ⇒ Social with Liquor - \$ 250.00
- ⇒ Hall Rental No Liquor - \$ 125.00
- ⇒ Use of basement Kitchen - \$ 75.00

**Please note a \$50 damage deposit may be required.**



## Dogs Running at Large

The staff of the Township of O'Connor would like to give a friendly reminder to check your dog's leashes and collars inspecting for cracks, tears and breaks, and batteries in your battery operated dog leashes. If you are having trouble with dogs running at large, please contact the Township's Dog Control Officer, Margaret Foster at 807-632-1235.



Easter is Sunday,  
March 31st.

## O'CONNOR COMMUNITY CLUB

The O'Connor Community Club is holding a Mom's Pantry Fundraiser. Orders can be placed on-line at [www.momspantry.ca](http://www.momspantry.ca). The order number is 386820 and the passcode is 13160. If you are unable to order online, please get a paper copy of the order form at the Township Office at 330 Highway 595. Orders will be due March 19th and ready for pick up April 3rd between 4:30 and 5:30 pm at the Township Office. If you are unable to attend at this time, please call Lorna at 807-476-1451 to make other arrangements. See back page for more details.

### ATTENTION PARENTS AND GRANDPARENTS!!!

The O'Connor Community Club needs new members to help organize children's events! Please join us at our next meeting or contact Lorna or Linda at 807-476-1451 for more information.

All are welcome to attend. Regular meetings are flexible to adhere to members availability. We are always looking for new members, event ideas or activities to organize! Please join us to that social events continue to happen in O'Connor.



*St. Patrick's Day is  
Friday, March 17th.*

## O'CONNOR TOQUES LIQUIDATION

**\$10 EACH**

Stop by the Township Office to get a toque. Orange, blue or white available. Cash or cheque payments only. Cheques should be made out to "The O'Connor Volunteer Fire Department Auxiliary."



## O'CONNOR SKATING RINK

The rink will now be closed for the season. Thank you to all the wonderful volunteers who continued to keep it going as long as possible. We hope that everyone enjoyed themselves this year and hope to see you again next season.

## SMOKE DETECTORS & CARBON MONOXIDE ALARMS SAVE LIVES



The O'Connor Fire Department has for purchase:

**Kidde Smoke Alarms.....\$25.00**

**Kidde Carbon Monoxide (CO) Alarms.....\$25.00**

**Kidde Combination Smoke/CO Alarms.....\$50.00**

These units can be picked up at the O'Connor Township Office during regular office hours.

## EMERGENCY INFORMATIONS FORMS

As a small community, Staff and Council are always concerned for our residents' well-being. By filling out an Emergency Information Form, Staff will have the information they need to ensure that your needs are being met during an emergency or in the event of an emergency evacuation. All information is kept confidential and used only in the event of an emergency. Don't need help in an emergency, but want to help your community? This information is also on the form! See the enclosed insert to fill out or find the Emergency Information Form on our website under "Emergency Services."

**Email completed forms to [twpoconn@tbaytel.net](mailto:twpoconn@tbaytel.net), or drop off to the Township Office at 330 Highway 595.**

Thank you.

## O'CONNOR EMERGENCY TEXT MESSAGING SERVICE

Please sign up for O'Connor's Emergency Text Messaging Service. It is free of charge to you and phone numbers are for this service only. Stay informed on road closures, emergencies, municipal events and updates happening in O'Connor Township. Instructions for the Township of O'Connor Emergency Text Messaging System can be found on the Township Website "Emergency Services." Please see the insert for instructions.

**PLEASE NOTE:** The text messaging service is for outgoing messages only. If you wish to send us a message, please do so by emailing us at [twpoconn@tbaytel.net](mailto:twpoconn@tbaytel.net). Please do not respond to the delivered text messages as these are not checked on a regular basis.



## DISPOSAL SITE

COUNTDOWN TO GLOBAL RECYCLING DAY 2024

**THE 7TH GLOBAL RECYCLING DAY  
MARCH 18, 2024**

Every year, the Earth yields billions of tons of natural resources and at some point, in the not too distant future, it will run out.

That's why we must think again about what we throw away, seeing not waste, but opportunity. The last decade has been the hottest on record, and we are now facing a climate emergency of unparalleled proportions. If we don't make significant and rapid changes, we will see continued rising global temperatures, the melting of icecaps, continents on fire and rapid deforestation.

This directly affects humanity with increased poverty, immigration from displaced communities, job losses, waste mountains and natural habitats disappearing. We have the power to make lasting changes to combat this, and with recycling being recognized in the UN's Sustainable Development Goals 2030, we are already seeing many individuals, governments and organizations taking direct action to support the global green agenda. Recycling is a key part of the circular economy, helping to protect our natural resources. Each year the 'Seventh Resource' (recyclables) saves over 700 million tonnes in CO2 emissions and this is projected to increase to 1 billion tons by 2030. There is no doubt recycling is on the front line in the war to save the future of our planet and humanity.

The Global Recycling Foundation is pleased to announce the theme of Global Recycling Day 2024 as #RecyclingHeroes. This will recognize the people, places and activities that showcase what an important role recycling plays in contributing to an environmentally stable planet and a greener future which will benefit all. Global Recycling Day was created in 2018 to help recognize and celebrate the importance recycling plays in preserving our precious primary resources and securing the future of our planet. It is a day for the world to come together and put the planet first.

The mission of Global Recycling Day, as set out by the Global Recycling Foundation, is two-fold:

1. To tell world leaders that recycling is simply too important not to be a global issue, and that a common, joined up approach to recycling is urgently needed.
  2. To ask people across the planet to think resource, not waste, when it comes to the goods around us – until this happens, we simply won't award recycled goods the true value and repurpose they deserve.
- For more information, please visit <https://www.globalrecyclingday.com/>

For more information on recycling and disposing of your items and hazardous waste in our Township, please visit the Township Website at [twoconn@tbaytel.net](mailto:twoconn@tbaytel.net) and check out our Waste Disposal Guide on the Disposal Site page.



## DONATE YOUR:

⇒ POP CANS                      ⇒ BEER CANS  
⇒ LIQUOR BOTTLES        ⇒ BEER BOTTLES

## FOR THE O'CONNOR VOLUNTEER FIRE DEPARTMENT!

**HELP OUR LOCAL FIRE DEPARTMENT RAISE MONEY BY  
PUTTING YOUR CANS AND BOTTLES IN THE  
SPECIALIZED BINS FOR O'CONNOR!**

The O'Connor Fire Department Auxiliary has pop & beer can, beer & liquor bottle bins at the O'Connor Disposal Site, the O'Connor Fire Hall, Kakabeka Falls Public School and Green Acres Variety. Using these bins, rather than the regular recycling bins, helps raise money for the O'Connor Volunteer Fire Department equipment thus reducing the tax dollars needed during budget time.

**FEELING EXTRA CHARITABLE??**

Remove your pop can tabs and drop them off at the Township of O'Connor Office for the March of Dimes.

## Thunder Bay Community Pasture

### NOTICE OF ANNUAL GENERAL MEETING

**Monday, April 8<sup>th</sup>, 2024**

8:00 p.m.

Rural 60 Centre, 5 Pineview Road, Kakabeka Falls  
off Hwy. 11-17

For more information, contact Diana Bockus

Secretary/Treasurer

[dlbockus@tbaytel.net](mailto:dlbockus@tbaytel.net)

807-475-8761

Everyone is welcome to attend

## HYDRO ONE POWER OUTAGES

### HOW TO CONTACT HYDRO ONE

In case of an emergency or power outage you can reach us by calling our emergency number below.

### HYDRO ONE POWER OUTAGE & EMERGENCY LINE

1-800-434-1235 - Use this number to report a power outage, fallen tree hazard or emergency (24 hours, 7 days a week).

### FOR MORE INFORMATION

In the event of an emergency or power interruption we encourage you to take a moment to visit [HydroOne.com](http://HydroOne.com), or follow Hydro One on Twitter to check power outages and safety information.

### SIGN UP FOR OUTAGE ALERTS VIA TEXT OR EMAIL

Outage Alerts give you the information you need to plan around them. You'll also be able to report an outage by text! When you sign up to receive Outage Alerts by text or email, we'll let you know when the power is out, restoration updates throughout the power outage and once the power has been restored.





## Volunteer Fire Department News

Since our last newsletter, the O'Connor Volunteer Fire Department received 0 Fire or First Response calls.

### FIRE SAFETY CHECKLIST

- \* Test your smoke and carbon monoxide detectors monthly to make sure they are in good working order.
- \* Keep salt on hand to prevent falls on your driveway/steps/walkway.
- \* Make sure fire extinguishers are properly stored, easily accessible, charged and undamaged. Also make sure everyone in your household knows how and when to use it.
- \* Keep your fire numbers visible from the road.
- \* Review your Home Fire Escape Plan with the family, and talk to your neighbours to see how you can support one another in the event of an emergency.

For more information on fire safety, please check the Township website at [www.oconnortownship.ca](http://www.oconnortownship.ca) or ask the Township Office staff for available information pamphlets.

### BECOME A VOLUNTEER! WE NEED YOU!!

The Township of O'Connor is looking for volunteers for O'Connor's Volunteer Fire Department and First Response Team. Volunteer firefighter training occurs on a weekly ongoing basis and now is the perfect time to join our team. Our community needs more volunteers to ensure that in the event of an emergency, our residents will be taken care of as fast as possible.

For questions on volunteering for the O'Connor Volunteer Fire Department, First Response and/or Auxiliary, please call:

Fire Chief Greg Biloski at 807-621-5773

**Volunteer Fire Department**

Leanne Coderre at 807-475-5828

**Volunteer First Response**

Cheri Biloski at 807-621-5768

**Volunteer Fire Department Auxiliary**

Applications to join the team can be found on the Township website at [www.oconnortownship.ca](http://www.oconnortownship.ca).

**Your Volunteer time could make a difference  
in someone else's life.**

## CONGRATULATIONS TO FIRE CHIEF HENRY MATTAS ON HIS RETIREMENT

The Township of O'Connor Council, Staff and Volunteer Fire Department would like to wish Fire Chief Henry Mattas a happy retirement as he retires on March 15th of this year. Chief Mattas has dedicated a lifelong history to fire prevention and response. In 1974, he joined the Paipoonge Volunteer Fire Department and in 1984, he became Fire Chief. In 1997, he became Fire Chief for Oliver Paipoonge when the two municipalities amalgamated. In 2000, he became Fire Chief for the O'Connor Volunteer Fire Department, and was, for a period of time, also the Fire Chief for the Gillies Volunteer Fire Department. Henry wants to thank the O'Connor team, including the volunteers he's worked with, Council and Staff, for the good times spent in O'Connor. He also wants to thank the residents. His time spent in O'Connor was good to him.

## MEET YOUR VOLUNTEER FIRE DEPARTMENT/FIRST RESPONSE/ AUXILIARY MEMBERS

this month featuring

### Volunteer Firefighter Member Teri Treftlin



Teri grew up in Atikokan and Fort Frances and has been living in O'Connor Township for the last ten years with her two teenage boys and university love, Jason Napper, of 28 years. Teri earned her BA/BEd from Lakehead University in 1994. She has taught high school Math, English, Civics, Canadian Geography and Cooperative Education/OYAP from 1996-2014 in Geraldton. She has also been an equestrian coach since 2000, and running North Winds Farm with her family since 1999.

Teri has been with the O'Connor Volunteer Fire Department for about a year, but prior to that, she was on the Geraldton Volunteer Fire Department for nearly six years, with the distinction of being the first woman on the department. Her specialty on Geraldton's department was livestock management in MVA's and working in confined spaces. She joined the O'Connor department because she missed the comradery and giving back to her community.

Teri enjoys being part of a team and part of a community that cares about the people in it. She likes that the volunteer position keeps her physically fit and the challenges and rewards that it gives her. And according to Teri, who doesn't like the adrenaline rush of the job presenting a shiny, bright, red truck with lights flashing and sirens wailing??

When asked what she likes most about the O'Connor Volunteer Fire Department, Teri exclaims that she loves how the team is coming together as a unit, using cooperative training with adjoining municipal fire and first response teams. She especially loves the training nights with coffee and donuts! Her personal strengths that she brings to the department are her abilities to be a team player, a leader when needed, an advocate and a calming disposition in the midst of chaos. In the future, Teri wants to become more involved with the O'Connor Fire Department Auxiliary, as well as on the front line. She has hopes to take part in recruiting teens for future longevity in the department as well.

When not volunteering for the department, Teri's interests are horsemanship, reading, camping, hiking, nature, animal welfare, agricultural conservation, lifelong learning, family history, Norse sagas and heritage, performance arts and trying new things. An interesting fact about Teri is that she is a member of a medieval history group. For her future goals, Teri hopes to do some travelling, learn to play the guitar or ukelele and watch her boys grow up.

One of Teri's favorite recipes to make is Slow Cooker Pulled Pork. See page 9 to get the recipe.

## VOLUNTEERISM IN THE NORTH

"Supporting Local" has many different meanings. But what does it mean to you? To me, supporting local isn't just about buying someone's goods and wares. It's also about supporting our local volunteer organizations. This includes our volunteer fire departments and first response teams, our volunteer food banks and soup kitchens, social groups and clubs, and our volunteer fair associations and exhibitions. I am sure many of you have made efforts to support these local organizations such as donating food or money, buying tickets to support their fundraisers or attending their functions. All these charitable efforts are amazing ways to support local, but they're not the only way to show your support. **So many of these organizations are crying out for volunteers, because without volunteers, we would have no local fire departments to put out your burning fires, no first responders to attend to your family members before the paramedics arrive, no soup kitchens or food banks to help feed and care for those in need, and no fairs or exhibitions to explore and celebrate different cultures and heritage.** We rely on these volunteer services so much for care and entertainment.

So, what we need to think about is ... what would we do without them? Volunteering one's time and efforts is one of the most rewarding past times a person can commit to. All the while, giving back to the community, helping a neighbour in need, or celebrating life's diversity. I would like to ask what you think you could do to contribute to your community? What is it that excites you and gets your blood pumping, heart beating and thoughts soaring, because somewhere out there, there's an organization that needs your ideas, your energy, and your help. And don't just stop there. Encourage your friends and family to be part of that excitement.

I implore everyone to find a volunteer organization that suits you. No matter what organization you choose, they are all in grave need of volunteers. So please, be a volunteer. It'll be the best decision you make today. Volunteering isn't just a hobby, it's a passion. Feed the energy. Ensure that these organizations continue.

Erin Laforest

## WHAT IS EMERGENCY PREPAREDNESS AND WHY DO WE STRESS IT SO MUCH?

Emergencies can happen at any time and without warning. Be ready. With a little preparation, you can respond quickly to help yourself and others. Understand the risks in your area, create a household emergency plan and build an emergency kit.

We stress these things on a monthly basis because in an emergency, you will need to be prepared for the unknown. We do this through training our emergency volunteers and staff, promoting education in our newsletters, filling out Township Emergency Forms for each household and making available an Emergency Text Messaging system to notify our residents of inclement weather, road closures and evacuations in our area.

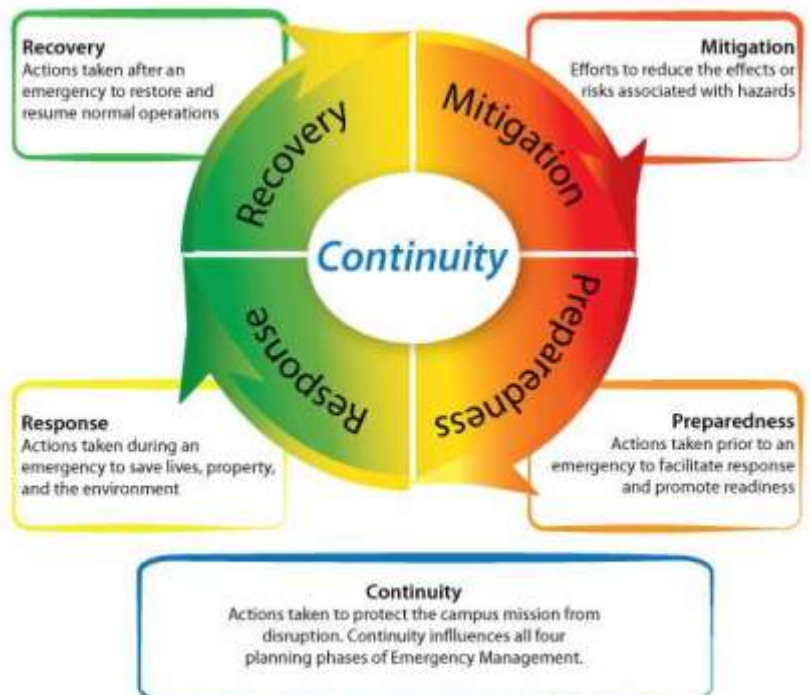
In an emergency, you will need some basic supplies. You may need to get by without power or tap water. You need to be prepared to be self-sufficient for at least 72 hours.

You may have some of the items already in your home or garage, such as food, water and a battery operated or wind-up flashlight. The key is to make sure these items are organized and easy to find. Would you be able to find your flashlight in the dark? Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her own grab-and-go emergency kit.

These are the actions we take to be prepared. The Township mitigates emergencies by taking efforts to eliminate or reduce the impacts and risks of hazards through proactive measures. These measures are taken before an emergency or disaster occurs. For example, cutting back forestation away from buildings so that should a wildfire start, buildings have a better chance to not start on fire.

The Township takes both preparation and mitigation measures to protect the Township so should an emergency occur, we are prepared to respond and take action to save lives, property and our environment.

Do your part, prepare yourself. Call the Township Office to learn how to sign up for emergency text messages or for information on emergency preparedness.





# MARCH 2024



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

MON	TUE	WED	THU	FRI
Please call to book an appointment for: - Lifelabs - Diabetes Educator				1
4 Chair Yoga @ O'Connor C.C. & CHW drop in appts	5 Fly the C.O.O.P Walking Group Diabetes Educator	6 Chair Yoga @ KB Legion	7 Fly the C.O.O.P Walking Group Lifelabs Walk-In Clinic 8:30am-4:30pm	8
11 Chair Yoga @ O'Connor C.C. & CHW drop in appts	12 Fly the C.O.O.P Walking Group	13 Chair Yoga @ KB Legion	14 Fly the C.O.O.P Walking Group Lifelabs Mobile Clinic - Upsala 10am-3:30pm	15 Histor-Tea 1-4pm @ Blake Hall
18 Chair Yoga @ O'Connor C.C. & CHW drop in appts	19 Fly the C.O.O.P Walking Group Diabetes Educator	20 Chair Yoga @ KB Legion	21 Fly the C.O.O.P Walking Group Lifelabs Walk-In Clinic 8:30am-4:30pm	22
25 Chair Yoga @ O'Connor C.C. & CHW drop in appts	26 Mobile Clinic - Armstrong 1pm-6pm Fly the C.O.O.P Walking Group	27 Chair Yoga @ KB Legion Mobile Clinic - Armstrong 8:30am-1:30pm	28 Lifelabs	29

## Kakabeka Site

4785 ON-11 Unit B,  
Kakabeka Falls,  
ON P0T 1W0  
(807) 473-5528

## PROGRAM INFO.

Call Shaun at (807) 473-5528  
ext.1 to register for all programs

**Fly the C.O.O.P Walking Group**  
Meet at Kakabeka Falls Legion Hall  
10am-11am

**CHW Drop in Appointments**  
Available until 3pm

**Chair Yoga**  
Hosted at O'Connor Community  
Centre OR Kakabeka Falls Legion  
Hall at 10:30am  
Chair Yoga is also hosted virtually  
at 10:30am

**Histor-Tea**  
Multigenerational History tea!  
An excellent opportunity for  
community members to get  
together to talk and reminisce  
about the history of Neebing



**Follow us!**

NorWest Community  
Health Centres -  
Kakabeka Falls Clinic

[www.norwestchc.org](http://www.norwestchc.org)



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

# HISTOR-tea

The NorWest Community Health Centres is happy to host a Multigenerational History tea. This is an excellent opportunity for community members to get together to talk and reminisce about the history of Neebing. All ages are welcome to attend and there will be coffee, tea and light snacks provided as well as crafts for the kids to make and take.

**Dates:** March 15, 2024

**Time:** 1:00pm-4:00pm

**Location:** Blake Hall Community Hall

**For more information:**

Contact Shaun at (807) 473-5528 ext.1



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

## CHAIR YOGA WITH

*Christine*

Discover the benefits of Chair Yoga! Join our soothing and inclusive sessions designed for all fitness levels. Experience gentle stretches and relaxation techniques while seated, promoting well-being and flexibility. Enhance your physical and mental health with Chair Yoga – a mindful journey to a healthier you!

**Dates:** Monday's

**Time:** 10:00am-11:00am

**Location:** O'Connor Community Centre

**\*\*\*Join us in person OR virtually\*\***

**To register or for more info:**

Contact Shaun at (807) 473-5528 ext.1



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

## CHAIR YOGA WITH

*Christine*

Discover the benefits of Chair Yoga! Join our soothing and inclusive sessions designed for all fitness levels. Experience gentle stretches and relaxation techniques while seated, promoting well-being and flexibility. Enhance your physical and mental health with Chair Yoga – a mindful journey to a healthier you!

**Dates:** Wednesdays

**Time:** 10:00am-11:00am

**Location:** Kakabeka Falls Legion

**\*\*\*Join us in person OR virtually\*\***

**To register or for more info:**

Contact Shaun at (807) 473-5528 ext.1

# FLY THE C.O.O.P

*indoor walking group*

**Step into fitness and join our Indoor Walking Group at the Kakabeka Legion!**

Lace up your sneakers and enjoy a fun and social way to stay active during any weather. Walk, chat, and stay healthy together – all ages and abilities welcome!



Tuesday's & Thursday's



10am-11am

**To register or for more info:**

Contact Shaun at (807) 473-5528 ext.1



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

## RURAL CUPBOARD FOOD BANK

### Neighbours Helping Neighbours

Conmee Municipal Complex  
19 Holland Rd, Kakabeka Falls P0T1W0  
807-285-0836

**Next Food Bank is  
Wednesday, March 20, 2024  
Registration 9 am to 11 am  
Drive-thru pick up**

We sincerely thank all those that continue to support us. Your donations enable the food bank to remain open.

## ST. PADDY'S DAY WORD SCRAMBLER

(answers on page 12)



1. COSARMHK \_ \_ \_ \_ \_
2. DELMAER \_ \_ \_ \_ \_
3. OTP FO LODG \_ \_ \_ \_ \_
4. ERLNAID \_ \_ \_ \_ \_
5. IGSSHNNANAE \_ \_ \_ \_ \_
6. IABRNWO \_ \_ \_ \_ \_
7. STINA TCRKIP  
\_ \_ \_ \_ \_
8. ECEATBLRE \_ \_ \_ \_ \_
9. CEULHRNP AE \_ \_ \_ \_ \_
10. ITCLEC \_ \_ \_ \_ \_
11. EBNALRY SENOT  
\_ \_ \_ \_ \_
12. CSONI \_ \_ \_ \_ \_
13. CULK FO EHT RHISI  
\_ \_ \_ \_ \_
14. INIODRATT \_ \_ \_ \_ \_
15. RLEKIICM \_ \_ \_ \_ \_

## SLOW COOKER PULLED PORK

Submitted by Teri Treftlin

### Ingredients

3 1/2 lbs pork shoulder roast  
3/4 tsp each salt and pepper  
2 Tbsp (25 ml) canola oil  
2 onions, diced  
4 cloves garlic, minced  
4 Tbsp (50 ml) rye whiskey  
2 tsp mustard seeds  
2 Tbsp chili powder  
2 tsp ground coriander  
1/2 tsp cinnamon or big piece of cinnamon bark  
2 bay leaves  
1/4 cup (50 ml) tomato paste  
1 can (14 oz/398 ml) tomato sauce  
2 Tbsp packed brown sugar  
2 Tbsp (25 ml) each cider vinegar and Worcestershire sauce  
2 green onions, thinly sliced  
Buns, pickled jalapeno peppers, shredded cheddar cheese and light sour cream for serving pork on.

### Preparation

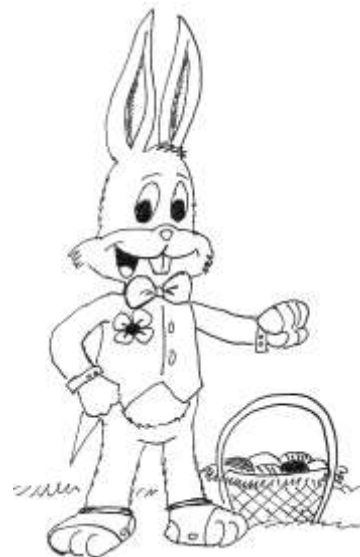
Sprinkle pork with salt and pepper. In Dutch oven, heat oil over med-hi heat and brown pork all over. Transfer to slow cooker. Add onions, garlic, chili powder, coriander, and bay leaves to Dutch oven; fry and stir occasionally until onions are softened (about 5 min). Add tomato paste; cook and stir until darkened (about 2 min). Add whiskey, tomato sauce, sugar, vinegar, Worcestershire sauce, cinnamon & mustard seeds, scraping up any brown bits from pan. Pour into slow cooker. Cover & cook on low until pork is tender (min 8 hrs). Transfer pork to cutting board & tent with foil; let stand (about 10 min). With two forks, shred pork. Next, pour liquid from slow cooker into large saucepan. Skim fat (optional). Boil vigorously over high heat until reduced (about 15 min). Discard bay leaves & cinnamon bark. Add pork, reduce heat and simmer until hot (about 4 min). Sprinkle with green onions.

## EASTER FUN

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

### EASTER SERVICE


DAFFODIL  
SPRING  
LILIES  
FAMILY DINNER  
BUNNY  
MARSHMALLOWS  
PARADE  
CHOCOLATE  
DECORATING  
BREAD  
BONNET  
BRUNCH  
HOT CROSS BUNS  
PEEPS  
PASTEL COLOURS  
BOUQUET  
CHICKS  
DAISIES  
RISEN  
EGGS  
TULIPS  
HUNT



*Happy  
Easter!*




Play this puzzle online at : <https://thewordsearch.com/puzzle/6784380/>



<p><b>Murillo Library</b>  Monday 10 – 8:00 pm  Wednesday 10 – 8:00 pm  Saturday 9 – 12 pm  935-2729</p>	<p>Email:  <a href="mailto:oplibrary@tbaytel.net">oplibrary@tbaytel.net</a>  Website:  <a href="http://oliverpaipoonge.olsn.ca">http://oliverpaipoonge.olsn.ca</a></p>	<p><b>Rosslyn Library</b>  Tuesday 10 – 8:00 pm  Thursday 10 to 8:00 pm  Saturday 1 – 4:00 pm  939-2312</p>
	<p><b>Murillo Library  Will be closed on  Saturday March 9<sup>th</sup> as  Staff will be at the  Rosslyn Winter  Carnival</b></p>	
<p><b>Rosslyn Library will be  open from  9 am to 4:00 pm on  Saturday March 9<sup>th</sup> for  the participants of the  Rosslyn Winter  Carnival!</b></p>	<p>Looking for used books?  Both Rosslyn and Murillo  Library have a large  selection of used books for  sale for 50 cents each.</p> 	<p><b>A SPECIAL ‘THANK YOU’  TO  Tammy McKinnon and  Rob Richardson for sponsoring  our March Break event:  <b>Animal  Extravaganza  with Science North!</b></b></p>



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY

LRCA staff have continued to conduct bi-monthly snow surveys at the three historical snow survey locations (Hazelwood Lake, Vibert Road and Madeline Street). As of February 15<sup>th</sup>, snow depth and water content continued to be well below average for that time of year with depth ranging from 14.6-15.8 centimetres (65 % below average) and water content ranging from 44.8-46.6 millimetres (50% below average). Lake Superior's beginning of February level was 2 centimetres below the beginning of February average and 21 centimetres lower than the level last year. The Level II Low Water Condition remains in effect for the LRCA Area of Jurisdiction.

MNRF's snow monitoring data is now available to the public through the Ontario GeoHub. The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 – 2023).

Be sure to Follow, Like and Share the LRCA on social media. Our Facebook, Twitter and Instagram pages endeavor to effectively communicate with residents of the Lakehead Watershed. We share flood messages, up-to-date events information, interesting facts and gorgeous photography with our followers, and we would love it if you would join in on the conversation. We will also be posting information regarding upcoming workshops and events.

The 2024 Explore Card Parking Pass is now on-sale! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities! For the low price of \$40.00 +HST, it's convenient for frequent users. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas. Get out and Explore!



**Hymers Fair News**

Submitted by Erin Laforest




**Please visit our new website at <https://hymersfair.ca> and find our Volunteer Application Form under Volunteers. Forms can be emailed to:**

**[volunteers@hymersfair.com](mailto:volunteers@hymersfair.com)**

or mailed to:

**PO Box 196  
Kakabeka Falls, ON, P0T 1W0**

For full details on becoming a Committee Lead or Volunteer, please email:

**Debbie Hoover at [info@hymersfair.com](mailto:info@hymersfair.com)  
or  
Erin at [hymersagsociety@gmail.com](mailto:hymersagsociety@gmail.com)**



# March Events

**March 8th - FREE Playgroup**

**March 16/17 - Book Swap 12pm - 4pm**

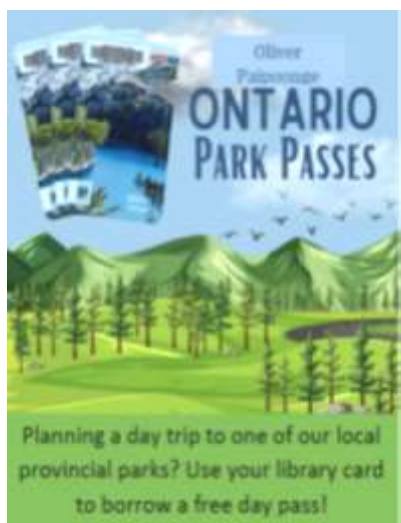
**March 24th Easter Event \*more details coming\***

**March 29th Waldorf Parent & Child Gathering**

**Thursday Weekly Cornhole Tournaments 7pm**

Be sure to follow along on the Gillies Community Centre Facebook page for ALL the events happening this month!





Radon detectors available to borrow at  
Oliver Paipooong Library!



It is recommended that you test for  
radon during furnace season.

For more information regarding Radon  
visit Eco Superior:

<https://www.ecosuperior.org/homeenergy>

SCIENCE NORTH SCIENCE NORD

# ANIMAL EXTRAVAGANZA

JOIN THE SCIENCE NORTH BLUECOATS TO UNCOVER  
THE MYSTERIES OF THE ANIMAL KINGDOM!

WEDNESDAY MARCH 13TH  
1:00 - 4:00

ROSSLYN LIBRARY SCIENCE SHOW AT  
2:30

FREE FAMILY DROP-IN EVENT  
sponsored by  
Tammy McKinnon & Rob Richardson

## Seniors Carpet Bowling

Rosslyn Community Centre

*Sponsored by Rosslyn Library*



every

Thursday

1:30 -4:00 pm

Call the library at 939-2312 for  
more information.

Please bring indoor shoes!

Seniors!

Enjoy a fun game of  
carpet bowling!

Relaxed & gentle pace of exercise  
Free

Socializing & Fun times

Refreshments

Special days with prizes and snacks

**Beginners welcome!!**

**Free exercise class for all  
ages and abilities.**



Every Tuesday: Bands and Balls

Every Thursday Weights

At Rosslyn Hall from  
11:30 to 12:00

**No Registration necessary.**

We still have room for anyone wishing to keep active and join  
others in fun, laughter and conversation.

These activities are open to anyone interested in getting out of  
the house and meeting new people.

Call Rosslyn Library for more information 807-939-2312

## CRIBBAGE

BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.

ROSSLYN COMMUNITY CENTER

3405 ROSSLYN ROAD



*Thank you!*

Rosslyn Cribbage Club just celebrated their 1<sup>st</sup>  
anniversary on Oct. 17<sup>th</sup>. Over the year we grew  
from 9 to 34 players with room for many more.

So come and join the fun and friendship!



Story Time with Kelsea  
Every Thursday at 11:00 am  
at Rosslyn Library

(resuming January 11<sup>th</sup>)

'Get Creative' craft gathering  
Every Thursday from 1 to 4:00  
at Rosslyn Hall



Bring in your current craft project to  
work on alongside other 'crafty-  
minded' people. Games of Canasta,  
dominoes or other card games can be  
arranged if you wish to play. This is a  
great time to meet new people,  
socialize and share tips and ideas.

**Call 939-2312 for more information.**



## A Year in Review

By Emma Reid

This past year the Thunder Bay 4-H Beef Club had 4-H meetings about once a month since Sunday, March 12/2023. We had meetings at the Dell, Hymers Fairgrounds, O'Connor Hall, Dr. Dan's Farm and Raven Song Farm. During these meetings we taught each other about all the different things we needed to know about showing beef cattle. For example, where to look when you're in the ring, how to position your cows feet, how to use a show stick, etc. One of our meetings was done on zoom with Trouw Nutrition. Emily Seed, a former 4-Her from North Eastern Ontario came to Thunder Bay to give us showmanship pointers in August. After working so hard this past summer we showed our beef project animals at Dryden Fair, Hymers Fair, along with Rural Heritage Days. Our achievement day was held at the Hymers Fairgrounds. Our awards dinner was held January 27, 2024 at Murillo Hall. It was a night to relax and see the friends we made over the past season. Thank you to our 4-H club leaders for another successful year. Stay tuned the 4-H Beef Club will be starting up again in the spring.



4-H Motto: Learn to do by doing

### Thunder Bay District Veterinary Services Committee Annual Meeting

March 19, 2024: 7:30 pm  
Board Room at Thunder Bay Co-op Farm  
Supplies

#### Agenda

1. Call to Order
2. Minutes of the Last Annual Meeting
3. Business Arising from the Minutes
4. New Business
5. Financial Statement
6. Elections
7. Adjournment

For more information, contact Carol Maki, Secretary-Treasurer, 807-625-0030





## Ontario Soil and Crop Improvement Association

### Species at Risk Farm Incentive Program (SARFIP)



Species at Risk Farm Incentive Program

**Opening April 1st, 2024**

Provides cost-share funding to agricultural landowners to undertake habitat creation, enhancement and protection best management practices (BMPs) that support Species at Risk. Visit <https://ontariosoilcrop.org/cost-share-programs> for more information.



## Supports farmers to build resilient ecological farms and grow a strong knowledge- sharing community.

EFAO brings farmers together so they can learn from each other and improve the health of their soils, crops, livestock and the environment, while running profitable farm businesses

**Upcoming Events:**

March 4th - Webinar: Season Extension  
March 6th - Webinar: Small Grains winter webinar series - Organic Weed management for small grains  
March 6th - Lessons from the Breadlab: Participatory Plant Breeding  
March 13th - Webinar: Take Back Control of your Farm: Creating space with Greenhouse Automation  
March 18th - Webinar: Resilient Agriculture Landscape Program Info Session

Visit <https://efao.ca/events/> for more information.



### Farmer Wellness Initiative

The Farmer Wellness Initiative provides Ontario farmers and their families with free, unlimited mental health counselling, specific to the unique challenges that can be experienced by the agricultural community.

Operated by TELUS Health, you can call, 24 hours a day, 7 days a week, 365 days a year to be connected to support, available in both English and French.

**CALL NOW: 1-866-267-6255**

First Day of Spring  
is Monday, March 20th.



## Agri-Tech Innovation Initiative

### Overview

The purpose of the Agri-Tech Innovation Initiative (the Initiative) is to support growth and productivity through innovation, advanced manufacturing, improved food safety and enhanced cyber security, and energy efficiency within the agri-food sector.

The Initiative will be delivered under three streams, as follows:

- Stream 1 – Agri-Tech Innovation (total Eligible Costs per Project less than \$100,000)
- Stream 2 – Agri-Tech Innovation (total Eligible Costs per Project \$100,000 and greater)
- Stream 3 – Agri-Tech Energy Costs Savings

### How to apply

- Read the Initiative Guidelines on this page.
- Applicants will apply through AAC's Application Portal online at [https://adaptcouncil.smartsimple.ca/s\\_Login.jsp](https://adaptcouncil.smartsimple.ca/s_Login.jsp).
- The intake will close at **11:00 a.m. EST on Thursday, March 28, 2024**.
- Applications will be reviewed after the intake closes on March 28, **not** on a first-come, first-served basis.

### Have a question?

Please contact the AAC at [info@adaptcouncil.org](mailto:info@adaptcouncil.org) or 1 (800) 769-3272.

- Click on the date to register for one of our virtual information webinars at:
- 12:00 p.m. EST on Thursday, February 22, 2024 or
- 7:00 p.m. EST on Wednesday, March 6, 2024.



# THE FUTURE OF FARMLAND

2024 FARMLAND FORUM



A day of networking, sharing, and learning on the most pressing issues in farmland protection.

Join us for discussions on:

- Provincial policies and farmland and environmental protection
- How municipalities and non-profits can support farmland access
- Food system succession planning ... and more!

Forum Details	Who Should Attend?	Tickets
<p>Thursday March 21, 2024 9:00am - 4:30pm</p> <p>Online \$50 general \$25 students</p> <p>The GrandWay, Elora (early bird prices) \$140 general \$110 farmer \$60 students</p>	<ul style="list-style-type: none"><li>• Farmers</li><li>• Land Use Planners</li><li>• Land Conservationists</li><li>• Researchers</li><li>• Provincial Policy Makers</li><li>• Municipal Councillors</li><li>• Environmentalists</li><li>• Land Owners</li></ul>	<p>To register, and for more information visit:</p> <p><a href="http://www.ontariofarmlandtrust.ca/forum">www.ontariofarmlandtrust.ca/forum</a> (519) 781-3276 <a href="mailto:tamara@ontariofarmlandtrust.ca">tamara@ontariofarmlandtrust.ca</a></p> <p> <b>Registration now open</b></p> <p>Early Bird Prices Until March 1st!</p>







## Pento Masonry

**Devon Pento**  
Pentomasonry@outlook.com  
(807)-472-3399

*Chimney repair and masonry services*



## DAVE BUOB TRUCKING LTD.



SEPTIC SYSTEMS – RESIDENTIAL & COMMERCIAL  
EXCAVATING • DEMOLITION • AGGREGATES  
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**577-1988**

**Cell: 626-6510**

davebuobtrucking@live.ca



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**lexconstruction@tbaytel.net**



## Daniel Vanlenthe Mechanical



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- Wood Burning Appliance Sales & Service
- Authorized Heatmaster SS Outdoor Wood Furnace Dealer

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Phone: (807) 767-3643

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**Email: [customerservice@nusteeldoors.com](mailto:customerservice@nusteeldoors.com)**



**Brad Johnston**  
(807) 577-0462  
Toll Free: 1-888-807-1982  
[bradswt@tbaytel.net](mailto:bradswt@tbaytel.net)  
[www.bradswatertreatment.com](http://www.bradswatertreatment.com)

## BARB'S PROFESSIONAL SEWING



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Hems on Pants, Dresses, Curtains, and more  
Alterations, Mending, Patching  
Repairs, Alterations, Wedding Parties

**13 Years experience with alterations at Eva's Bridal**  
**7 years experience at The Whole Nine Yards**

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**REASONABLE RATES**  
[bbbarbbelanger@hotmail.ca](mailto:bbbarbbelanger@hotmail.ca)  
807-475-9687



## Answers to Word Scramble:

1. SHAMROCK
2. EMERALD
3. POT OF GOLD
4. IRELAND
5. SHENANIGANS
6. RAINBOW
7. SAINT PATRICK
8. CELEBRATE
9. LEPRECHAUN
10. CELTIC
11. BLARNEY STONE
12. COINS
13. LUCK OF THE IRISH
14. TRADITION
15. LIMERICK



**Tree Services (Year Round):**

\* Tree Pruning \* Tree Removal \* Hydro Line Pruning & Clearing (Private Lines) \* Hazardous Limbs/Trees \* Storm Cleanup \* Tree Support Systems \* Tree Planting & Transplanting (Seasonal)

**Winter Services Also Include:**

\* Snow Clearing & Removal \* Rooftop Snow Clearing  
\* Experienced & Insured Services \*

**For a free estimate please call, text or email:**

**Grant Miller: (807)-630-5359**

**Email: [woodsmillertreeworks@gmail.com](mailto:woodsmillertreeworks@gmail.com)**

**Find us on Facebook @ WOODS MILLER TREE WORKS**

**Website: [woodsmillertreeworks.ca](http://woodsmillertreeworks.ca)**



**BLESSING BOX: DONATIONS NEEDED**

The blessing box is being filled at least once a week, but needs everyone's help in keeping it stocked. If you are able to donate, please contact Shelley at 807-629-2851. Some products that can be added to the Blessing Box this season are (Please keep in mind NO canned food at all, or liquids during the winter months):

Mixed nuts	Spices	Pasta
Granola bars	(ie. salt,	Rice
Fruit roll ups	pepper,	Cereal
Dried fruit	garlic powder,	Oatmeal
White sugar	sage,	Bread
Brown sugar	poultry seasoning,	Bagels
Flour	lemon pepper,	English muffins
	basil, etc.)	Pancake mix

Keep in mind when temperatures are averaging -5 Celcius you can add frozen products to Blessing Box such as:

Pizza	Frozen veggies
Hot Dogs	Frozen fruit
Bacon	Perogies
	Hot dogs

Toiletries are also a great donation, items such as:

Deodorant	Feminine products
Tooth brushes	Diapers
Toothpaste	Bar soap



**Kakabeka Falls**

**& Rural District RCL Branch #225**

Kakabeka Legion, 4556 Highway 11-17, Kakabeka Falls

**Saturday, March 9th**

- Exec/Gen Meeting - 2:30/3:00 pm

**Sunday, March 10th**

- Breakfast 8:30 am until noon

**Friday, March 15th**

- Rural 60+ Lunch - 12:00 - 1:00 pm

**Saturday, March 16th**

- Dance with Quest - 7:00 - 10:00 pm

**Sunday, March 17th**

- Jam Session - 7:00 - 9:30 pm

**Sunday, March 24th**

- Afternoon of Music - 1:00 - 3:00 pm

**Saturday, March 30th**

- Dance with Quest - 7:00 - 10:00 pm

Call the Legion hotline for any changes at 807-473-9122.



TOPS can help you reach your weight-loss goals by providing you the support, tools, and accountability needed to be successful.

**First meeting is FREE.**

**TUESDAYS**

**10:00 am** - Baptist Community Church,  
corner of Mudlake and Oliver Roads, Murillo

**10:15 am** - Hope Christian Reform Church,  
1315 Crawford Avenue, Thunder Bay

**5:30 pm** - Blake Community Hall,  
71 Blake Hall Road, Neebing

**WEDNESDAYS**

**11:00 am** - O'Connor Community Centre  
330 Highway 595, O'Connor

For more information, please contact 807-577-5924.

**RURAL 60 PLUS**

5 Pineview Road, Kakabeka Falls  
807-475-5779, [www.rural60plus.ca](http://www.rural60plus.ca), [rural60@tbaytel.net](mailto:rural60@tbaytel.net)

**MONDAYS**

Carving - 10am to 3pm

Disking - 1pm to 3pm

**TUESDAYS**

Weaving - 10am to 3pm

Knitting - 10am to 3pm

Good Company Choir - 1pm to 3pm

**WEDNESDAYS**

Quilting - 10am to 3pm

Beginners Carving 10am to 3pm

Cribbage - 1pm to 3pm

**THURSDAYS**

Yoga—10 to 11am (starts February 1st)

Weaving - 10am to 3pm

Knitting - 10am to 3pm

**MONDAY TO FRIDAY**

Craft Room is open 10am to 3pm



## O'Connor Free Methodist Church

293 Sitch Road

We have in person worship services

Sunday mornings at 10:45 a.m.

The services will also appear

**“live” on our Facebook page at 10:45 a.m.**

if you would like to worship with us  
from your own home.

**Facebook: O'Connor Free Methodist Church**

Pastor Chris Fiorito

Cell 624-6579

Church 577-2363

Email: [pastor\\_chris@live.com](mailto:pastor_chris@live.com)

Please email, call or text  
if you have any inquiries.

[www.oconnorfreemethodist.org](http://www.oconnorfreemethodist.org)

Come As You Are, Everyone Welcome!

## Pinegrove United Church

100 Hwy 130, Rosslyn, ON

**In person worship 10:30 am each Sunday.**

See website at [www.PinegroveUC.org](http://www.PinegroveUC.org)

Join live stream worship any Sunday at 10:30 am at  
[www.trinityunited.church/livestream](http://www.trinityunited.church/livestream).

For Pastoral Care, call Church office at 807-939-1364, or  
email [pinegrove@tbaytel.net](mailto:pinegrove@tbaytel.net)

## Redeemer Lutheran Church

13 Marion Street, Kakabeka Falls, ON

For information, please contact Pastor Dan Barr  
807-473-9164 or check the website at [www.redeemerlcc.ca](http://www.redeemerlcc.ca)

## St. James' Anglican Church

10505 John Street Rd., Murillo, ON

Please visit our website at [countrywarmthinchrist.ca](http://countrywarmthinchrist.ca)  
to view online services every Sunday or join in person.

Rector: Reverend Jonathan Blanchard  
807-939-1103 [parish.rector@tbaytel.net](mailto:parish.rector@tbaytel.net)

## St. Mark's Anglican Church

5 St. Mark's St., Rosslyn, ON

Please visit our website at [countrywarmthinchrist.ca](http://countrywarmthinchrist.ca)  
to view online services every Sunday or join in person.

Rector: Reverend Jonathan Blanchard  
807-939-1103 [parish.rector@tbaytel.net](mailto:parish.rector@tbaytel.net)

## St. Theresa's Roman Catholic Church

10 Porter St., Kakabeka Falls, ON

For information, please contact  
Parish Priest: Fr. Randal Morrisseau at 807-935-2898  
(Rectory)

[www.directorydotb.ca/augustine/#2](http://www.directorydotb.ca/augustine/#2)



## O'Connor's History Book

**“First Hundred Years Of Country Living  
At Its Best” makes a great Christmas gift!!**

The Township of O'Connor has copies of the O'Connor  
History Book which commemorate the “First 100 years of  
O'Connor's Country Living At Its Best.” Copies of the  
hardcover book can be purchased for \$40 at the  
O'Connor Township Office during regular office hours.



## O'Connor Free Methodist Church

### Easter Calendar of Events

293 Sitch Road

Join us for our

### Palm Sunday Service

Sunday, March 24<sup>th</sup>, 2024, at 10:45am

Come join us as we celebrate the triumphal entry of Jesus into  
Jerusalem.

### Good Friday Service

Friday, March 29<sup>th</sup>, 2024, at 7pm

Please join us for a meaningful time of reflection on the price Jesus  
paid for our freedom. You will be changed!

### Easter Sunday Service

Sunday, March 31<sup>st</sup>, 2024, at 10:45 a.m.

Join us as we CELEBRATE our Risen Savior!  
Everyone Welcome!



## O'Connor-Conmee Fellowship Baptist Church

3 Holomego Rd.

Come join the Sunday morning service at 10:45am

Pastor Clayton Theriault

Phone number (807) 631-2411

Email [ocbc3h.pastor@gmail.com](mailto:ocbc3h.pastor@gmail.com)



## Cornerstone Advertising

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

### PLEASE NOTE THE CHANGES IN THE AD FEES

- **1/4 Page Ad** - \$ 15.00
- **Half Page Ad** - \$ 30.00
- **Full Page Ad** - \$ 50.00
- **Personal, Announcement and Classified Ads** (ie.  
Garage Sale, Parties, Funerals or Celebrations)  
- \$ 7.50
- **Death Announcements** - Free of Charge for the  
Township of O'Connor past or present residents.  
(This does not include funeral advertisements)
- **Cornerstone mailing for non-residents - Annual  
Fee** - \$ 35.00

DEADLINE TO SUBMIT IS THE 20TH OF EACH MONTH.



## Commemorative Plaques

**Celebrate a family member, friend or loved one  
and order a plaque TODAY!**

The Township of O'Connor offers plaques to observe  
special anniversaries of 50 years or longer and birthday  
celebrations of 75 years or older for present and past  
residents of the Township. If you know anyone who will  
be celebrating either of these special events, please  
contact the Township Office three weeks prior to the date  
and a plaque will be ordered at no charge.



# HOPPER'S VARIETY

## The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



AUTOMOTIVE  
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STEEL WELDING

Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



LCBO CONVENIENCE OUTLET

7:00 AM TO 9 PM

LAUNDROMAT

ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT  
SNOW REMOVAL, SAND & GRAVEL  
CONSTRUCTION/FLOATING

**\*\*FREE QUOTES\*\***



19



85

# MOM'S PANTRY

*Canada's Food Fundraiser*

The **O'Connor Community Club** is holding a Mom's Pantry Fundraiser. Mom's Pantry Products are a Canadian fundraising company that is 100% family owned and operated with over 40 years of experience in the fundraising industry. They believe only in offering the best products with high quality ingredients and nutrients for that homemade goodness. They have over 200 products to choose from and also provide nut free and gluten free products. **Orders can be placed on-line at [www.momspantry.ca](http://www.momspantry.ca). The order number is 386820 and the passcode is 13160.** If you are unable to order online, please pick up a paper copy of the order form at the Township Office at 330 Highway 595, or contact Lorna at 807-476-1451. **Curbside pick up will be 4:30 - 5:30 pm Wednesday, April 3rd at the O'Connor Township Office.** If you are unable to pick up your items on April 3rd, please call Lorna at 807-476-1451 to make other arrangements.

**Save time, Order online! Orders must be in by Tuesday, March 19th!**

**NO ACCOUNT IS REQUIRED AND SIGNING IN IS NOT NECESSARY.**

1. Simply navigate to [momspantry.ca](http://momspantry.ca)
2. Click on «Shop Now» and start adding products to your cart.
3. When you're done adding items, click «Check Out» and enter the Order Number **386820** and Group Passcode **13160**. If you order online, DO NOT submit a paper order form.
4. Once you finish the checkout process, your order is complete, and no further action is required.

**Here are some popular options to get you started (check the website for food allergies and sensitivities):**

Butter Croissants (24 x 78g) #2400.....	\$ 50.00	Chicken Tender Strips (2kg) #2704.....	\$ 42.00
Cinnamon Rolls (24 x 71g) #2402.....	\$ 32.00	Whiskey Steak Rub (150g) #0109.....	\$ 9.90
Chocolate Chunk Cookies (3lbs tub) #1501....	\$ 25.00	Kansas City Rib Rub (130g) #0110.....	\$ 10.50
Blueberry Passion Muffins (3lbs tub) #1601....	\$ 25.00	Souvlaki Rub (70g) #0104.....	\$ 9.90
Garlic Spread (440g) #1201.....	\$ 9.90	Popping Corn (600g) #1105.....	\$ 8.50
Cinnamon Spread (440g) #1202.....	\$ 9.90	Butter Salt (65g) #0708.....	\$ 8.50
Garlic Breadsticks (18) #2907.....	\$ 26.90	Chive & Garlic Dip Mix (110g) #0602.....	\$ 12.90
Pierogies Potato & Cheddar (6 x 1kg) #2601....	\$ 45.00	Dill Dip Mix (130g) #0603.....	\$ 12.90
Pierogies Cheddar & Bacon (6 x 1kg) #2602....	\$ 48.00	Jalapeno Ranch Dip (90g) #0613.....	\$ 12.90
2" Tart Shells (80 x 16g) #1901.....	\$ 38.00	Basil (35g) #0403.....	\$ 6.00
3" Tart Shells (90 x 19g) #1902.....	\$ 43.00	Cinnamon, ground (80g) #0409.....	\$ 8.50
9" Pie Shells (15 x 170g) #1903.....	\$ 53.00	Garlic Powder (115g) #0413.....	\$ 7.90
5" Pie Shells & Lids (24 of each) #190.....	\$ 50.00	Onion Flakes (80g) #0417.....	\$ 7.50
Butter Tart Filling Mix (500g) #1351.....	\$ 18.90	Paprika, Hungarian (70g) #0420.....	\$ 7.50
Raisins (325g) #1404.....	\$ 8.50	Parsley (25g) #0421.....	\$ 6.90
Beef Gravy Base (450g) #1001.....	\$ 10.50	Pepper, black ground (80g) #0422.....	\$ 8.50
Chicken Gravy Base (450g) #1002.....	\$ 11.00	Pepper, black whole (90g) #0423.....	\$ 8.90
Beef Soup Base (450g) #1003.....	\$ 10.00	Poultry Seasoning (60g) #0425.....	\$ 8.90
Chicken Soup Base (450g) #1005.....	\$ 10.00	Rosemary, whole (35g) #0426.....	\$ 5.90
Green Split Peas (600g) #1102.....	\$ 6.90	Sage, ground (60g) #0427.....	\$ 7.50
Baking Powder (450g) #0802.....	\$ 7.90	Thyme, ground (60g) #0428.....	\$ 7.50
Baking Soda (450g) #0803.....	\$ 6.90	Sea Salt, course (225g) #0301.....	\$ 7.90
Pure Dutch Cocoa (250g) #0806.....	\$ 12.90	Taco Meat Seasoning (115g) #0214.....	\$ 8.50
Montreal Poutine Sauce (200g) #1010.....	\$ 9.90	Potato Seasoning (130g) #0217.....	\$ 7.90
White Cheddar Cheese Curds (300g) #3001....	\$ 14.50	Seasoning Salt (115g) #0212.....	\$ 8.90
Pizza Crusts (8 x 12") #2901.....	\$ 36.00	Italian Seasoning (45g) #0205.....	\$ 7.90
Pizza Dough Balls (4 x 450g) #2900.....	\$ 18.90	Crushed Chillies (55g) #0202.....	\$ 6.90

## ALLERGY ALERT

Our suppliers are extremely careful in the production of our products. To help lower risk to your family, we no longer carry any products with peanut ingredients. However, unless otherwise noted, please be aware that our products may contain trace amounts of peanuts, nuts/tree nuts, sesame seeds, milk, egg, and/or wheat. Please use your discretion when ordering. Please check the website should you have any concerns.

## GLUTEN FREE OPTIONS AVAILABLE