The Cornerstone

Township Of O'Connor

APRIL 2019

PLEASE NOTE:
The Township office will be closed Friday, April 19th for Good Friday and closed Monday, April 22nd for Easter Monday.

Load Restrictions in Effect (Half Loads)

Load restrictions have been applied to all municipal roads within the Township of O'Connor and will continue during the period designated by the Ministry of Transportation (MTO). The Township of O'Connor reserves the right to extend the load restrictions due to the weather and/or road condition after the MTO has lifted their restrictions. MTO has also placed load restrictions on Hwy 595 & 588.

Disposal Site

PLEASE NOTE: Disposal site hours will switch to summer hours effective April 1st and will remain in effect until August 31st. See complete hours on this page.

REMINDER TO RESIDENTS: When bringing your garbage to the Disposal Site, please ensure that your garbage bags are secured in your vehicle. Unsecured loads can pose major safety risks to other drivers. Garbage on the side of the road also holds negative effects on the environments health, safety of our wildlife and visual quality. Keep it clean, keep it green.

Fire Permits

AS OF SATURDAY, APRIL 1ST 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 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.

Council Meetings

The next regular meeting of Council will be held on Monday, April 8th at 7:00 p.m. in Council Chambers located at 330 Highway 595.

A **Budget Meeting** will be held on Tuesday, April 23rd at 6:00 p.m. The purpose of this meeting is to discuss the 2019 Fire Department and Roads Department budgets. This meeting will take place in Council Chambers located at 330 Highway 595.

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

Mayor Jim Vezina - 577-6735
Councillors:
Alex Crane - 473-9420
Jerry Loan - 768-0947
Wendy Handy - 344-2523
Bishop Racicot - 577-2215

EASTER IS MONDAY, APRIL 22, 2019

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

Municipal Office Hours

Monday through Thursday:
9:00 am to Noon & 1:00 pm to 5:00 pm
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:

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 3:00 pm to 6:00 pm
Saturdays 9:00 am to 3:00 pm

Dog Control Officer:
David Frowen 707-3148

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.

Oliver Paipoonge Library Hours:

(Use of both branches is free for residents of O'Connor)

Murillo Branch (935-2729)
Monday - 10 - 8 pm
Wednesday 10 - 8 pm
Saturdays 10 - 2 pm

Rosslyn Branch (939-2312)
Tuesday 10 - 8 pm
Thursday 10 - 8 pm
Saturdays 1 - 5 pm

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

O'Connor Community Club

The Community Club members have scheduled the following fundraising events:

May 25 - 2-Bit Auction
July 5 - Strawberry Festival

If you would like to make donations for either event, to save a seat for the 2-Bit Auction or you would like to volunteer to help please call Lorna or Linda at 476-1451.

Thank you to all who ordered from the Community Club Mom's Pantry fundraiser. Orders will be available for pick up from 4:30 - 5:00 pm at the O'Connor Municipal office Thursday, April 11th. Please call if you're unable to pick up at that time.

Proceeds from these fundraisers will be put towards the purchase of playground equipment in the Community Centre yard.

The **next meeting will be held April 10th at 7:00 pm** in Council Chambers at 330 Highway 595. **New members are always welcome!** Come out to the next meeting to see what we are all about.

FIRE DEPARTMENT CAN/BOTTLE BINS

The O'Connor Fire Department Auxiliary has set up Pop Can, Beer and Liquor bottle bins at the Disposal Site, the Fire Hall, in the village of Kakabeka Falls and at Green Acres Variety. Please consider dropping off these recyclables at any of these bin locations instead of throwing them in the recycling bin at the Disposal Site.

Remove your pop can tabs and drop them off at the O'Connor Municipal Office for charity.

PLEASE NOTE: These bins are not for water bottles or other recyclables.

Thank you to all who have donated to date.

World Autism Awareness Day

Monday April 2, 2018

This event is to help raise awareness of Autism and encourage people to take the time to learn what Autism Spectrum Disorders (ASD) are all about.

Autism is a complex developmental disability that typically appears during the first three years of life. It is the result of a neurological disorder that affects the functioning of the brain.

The Township of O'Connor will raise a flag at the O'Connor Community Centre in support of World Autism Awareness Day.

AUTISM SPEAKS
It's time to listen.

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.

WELL WATER SAFETY

Regular testing of your well is important to make sure your water is safe for you and your family to drink. Bacteria such as E. coli can contaminate your well making it unsafe to drink. The risk is higher if you have animals in the area – especially on farms with livestock – however, the bacteria can also occur naturally in the soil.

The Thunder Bay District Health Unit (TBDHU) recommends testing at least three times per year for a drilled well: once after the spring melt and two more times during the spring/summer. If you have a dug well, you should test four times per year. You should also do additional testing after heavy rains or flooding on your property when there is a greater risk of surface water washing into your well (drilled or dug).

Water sample bottles can be picked up during regular business hours at the Township of O'Connor Municipal Office and dropped off at the Public Health Laboratory located at 336 South Syndicate Avenue.

BOOK YOUR NEXT EVENT AT THE O'CONNOR COMMUNITY CENTRE!

Book your special occasion at the O'Connor Community Centre. 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 or to book your event.

O'Connor Hall Rental Fees:

- Social with Liquor……. $200.00
- Hall Rental No Liquor……..$75.00
- Use of basement Kitchen…….$50.00

(A $50.00 damage deposit may be required.)

Hall rental applications can be picked up at the O'Connor Municipal Office during regular business hours.

The Township of O'Connor Council and Staff would like to wish all residents a wonderful Easter celebration with family and friends.

Fire Department News

Since the last newsletter the O'Connor First Response Team have responded to 2 medical calls.

O'Connor First Response and Fire Department Food Drive

Saturday, April 13th, 2019

Volunteer members will be going door to door to collect non-perishable items from the community to donate to the Rural Cupboard Food Bank.

Any donations will be greatly appreciated.

If you will not be home that day or would prefer to drop off your donation, you may choose to stop in at the office during regular business hours or Tuesday evenings at the O'Connor Fire Hall from 7:30 - 8:30 pm.

Reminder:

The O'Connor Fire Department continues to seek new individuals to join their team, young or experienced (minimum age requirement is 16). Students can obtain volunteer hours.

Join the crew at one of their weekly meetings held every Tuesday. Check the O'Connor Calendar on the township website at www.oconnortownship.ca for the meeting venue.

For more information, please contact Henry Mattas at 473-9511 or send an email of interest to the Township of O'Connor at twpoconn@tbaytel.net. Fire Department applications can be found on the O'Connor website under Municipality Forms & Applications.

To inquire for volunteering on the O'Connor First Response Team, please call Leanne Coderre at 475-5828 or send an email of interest to the Township of O'Connor at twpoconn@tbaytel.net.

O'CONNOR FIRE DEPARTMENT AUXILIARY ANNUAL BBQ STEAK DRAW

Licence #M709290

(Steaks supplied by Odena Super A Foods)

1st PRIZE - 30 "AAA" Aged Canadian Rib Eye Steaks
2nd PRIZE - 20 "AAA" Aged Canadian Rib Eye Steaks
3rd PRIZE - 10 "AAA" Aged Canadian Rib Eye Steaks

Draw Date is Tuesday, June 11th, 2019 at the O'Connor Fire Hall at 8:00 p.m. Tickets are $2.00 each or 3 tickets for $5.00. Only 2000 tickets to be sold! Get them before they sell out!

Must be 18 or older to participate.

SMOKE DETECTORS & CARBON MONOXIDE ALARMS SAVE LIVES

The O'Connor Fire Department has for purchase Kidde

Smoke Alarms……..……..$25.00
Carbon Monoxide (CO) Alarms……....$25.00
Combination Smoke/CO Alarms……..…$35.00

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

For more information on fire safety, please check the Township website at **www.oconnortownship.ca** or come into the Township office during regular office hours and check out the available information pamphlets.

Disposal Site

PLEASE NOTE: Disposal site hours have now switched to summer hours April 1st to August 31st;

Tuesdays 6:00 pm to 9:00 pm
Saturdays 9:00 am to 3:00 pm

Sometimes it seems like everything in modern America is made of plastic. The versatile material is in our cars, toys, packaging, clothing, home goods, food utensils, and so much more — but it's also littering our roads, clogging our waterways, and choking marine life. In fact, one study says **32% of plastic packaging ends up in our oceans every year**. Many plastics can be readily recycled, but according to National Geographic, 91% of plastic has never even been recycled. With all the different rules and symbols, it can be confusing for consumers to figure out exactly how to recycle it. Plus, **not everything can be put into recycling bins**. If your workplace has separate containers for trash, plastic, and paper, you might need to put some extra thought into what goes into each. (For example, a coffee cup with a cardboard sleeve and plastic lid may require each component to go in a different bin.) There's also the risk of cross contamination. Just because your food came in a plastic container doesn't mean you can immediately dump it in the recycling when you're finished eating. If the plastic clamshell that you just had your lunch in has some leftover food, the food has to go into trash and the container needs to be rinsed before placing into the recycling bin. Of course, the symbols themselves need explaining, too. While the universal plastic resin symbol (three arrows forming a triangle) remains the same, the numbers inside make a significant difference.

Here, you can find out what plastics O'Connor Disposal Site accepts.

#1 Plastic Recycling Symbol PET or PETE:

PET or PETE (polyethylene terephthalate) is is the most common plastic for single-use bottled beverages, because it is inexpensive, lightweight, and easy to recycle. It poses low risk of leaching breakdown products. Recycling rates remain relatively low (around 20%), though the material is in high demand by manufacturers.

Found in: soft drinks, water, ketchup, and beer bottles; mouthwash bottles; peanut butter containers; salad dressing and vegetable oil containers.

Recycled into: polar fleece, fiber, tote bags, furniture, carpet, paneling, straps, bottles and food containers (as long as the plastic being recycled meets purity standards and doesn't have hazardous contaminants).

#2 Plastic Recycling Symbol HDPE:

HDPE (high density polyethylene) is a versatile plastic with many uses, especially for packaging. It carries low risk of leaching and is readily recyclable into many goods.

Found in: milk jugs; juice bottles; bleach, detergent, and other household cleaner bottles; shampoo bottles; some trash and shopping bags; motor oil bottles; butter and yogurt tubs; cereal box liners.

Recycled into: laundry detergent bottles, oil bottles, pens, recycling containers, floor tile, drainage pipe, lumber, benches, doghouses, picnic tables, fencing, shampoo bottles.

Please contact the O'Connor Municipal Office at 476-1451 during regular office hours for any questions you may have regarding the O'Connor Disposal site.

ARE YOU FLOOD READY?

Floods are the most frequent natural hazard in Canada and the most dangerous in Ontario in terms of property damage, civil disruption and even death. Floods are typically caused by seasonal melting snow, ice jams, heavy spring rains and summer thunderstorms. Flash flooding is often caused by violent rain storms or breaking dams, and usually occurs with little or no advance warning. When you are building your family emergency plan review and discuss these safety tips with your entire household to make sure everyone understands what to do.

You can't predict an emergency, but you can prepare for one. Take action today! The following list is broken down into the essentials, items you may need to meet your family's unique needs, and items to have ready in case you have to leave your home.

WHAT TO PUT IN YOUR SURVIVAL KIT

- Food (non-perishable and easy-to-prepare items, enough for 3 days) and a manual can opener
- Bottled water (4 litres per person for each day)
- Medication(s)
- Flashlight
- Radio (crank or battery-run)
- Extra batteries
- First-aid kit
- Candles and matches/lighter
- Hand sanitizer or moist towelettes
- Important papers (identification, contact lists, copies of prescriptions, etc.)
- Extra car keys and cash
- Whistle (to attract attention, if needed)
- Zip-lock bag (to keep things dry)
- Garbage bags

Special Considerations

- Items for babies and small children—diapers, formula, bottles, baby food, comfort items
- Prescription medication
- Medical supplies and equipment
- Pet food and supplies
- Any other items specific to your family's needs

Extra Supplies for Evacuation

- Clothes, shoes
- Sleeping bags or blankets
- Personal items (soap, toothpaste, shampoo, comb, other toiletries)
- Playing cards, travel games, other activities for children

Other Tips

- Pack the contents of your kit in an easy-to-carry bag(s) or a case on wheels.
- Store your kit in a place that is easy to reach, and ensure that everyone in your family knows where it is.
- Your kit does not have to be built overnight. Spread your shopping over a few weeks. Purchase a few items every time you go to the store.
- Your water supply is meant to cover what you would drink as well as what you might need for food preparation, hygiene and dishwashing.
- Check and refresh your kit twice a year—when the clocks shift to/from daylight savings time is a good time. Check all expiry dates and replace food and water with a fresh supply. Check batteries and replace as needed.
- Keep your cell phone or mobile device fully charged.

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES

April 2019

NorWest Community Health Centres
Centres de santé communautaire NorWest

Mon	Tue	Wed	Thu	Fri
1	2 **NEEBING** 12-6 pm Municipal Office (**NP, Footcare Nurse & CHW**) Blake Hall (**CHW & Dietitian**)	3	4 **NOLALU** 9.30am-4pm Community Centre	5
8 **KAMINISTIQUIA** 9am—3:30pm Community Centre	9 **SHEBANDOWAN** 9.30am-4pm Community Centre	10	11 **O'CONNOR** 10:30am-4:30pm Community Centre **UPSALA** 10am-3:30pm Community Centre	12
15 **ARMSTRONG** 1 –7pm NorWest CHC Clinic	16 **MURILLO** 9.30am-4pm Community Centre **ARMSTRONG** 8:30am-12:30pm NorWest CHC Clinic	17 **O'CONNOR** 10am-3pm Community Centre **(Booked Appointments Only)**	18 **NOLALU** 9.30am-4pm Community Centre	19 **GOOD FRIDAY**
22 **KAMINISTIQUIA** 9am—3:30pm Community Centre	23	24	25 **UPSALA** 10am-3:30pm Community Centre **O'CONNOR** 10:30am-4:30pm Community Centre	26
29	30 **NEEBING** 12-6 pm Municipal Office (**NP, Footcare Nurse & CHW**) Blake Hall (**CHW & Dietitian**)	***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

Apr 11-Upsala Footcare & CHW Services Available

Apr 25 - Upsala NP, Footcare & CHW Services Available

Melting Snow May Reveal Discarded Needles

Thunder Bay District Health Unit

The Superior Points Harm Reduction program at the Health Unit reminds the public to stay safe this spring as the snow melts. Melting snow can reveal discarded needles that have been left over the winter months. Due to the high amount of snowfall this winter, and with warmer temperatures in the forecast, an increase in reports of discarded needles is anticipated.

Although the health risk is very low, it is important that the public takes appropriate precautions if they find any discarded needles. Superior Points can be contacted to pick up the needles. Needle clean-up kits are also available for pick-up at the Health Unit; contact Superior Points for more information.

Discarded needles can be handled safely using these steps:

- Pick needles up carefully, by wearing gloves and/or tongs.
- Stay as far away from the sharp end as possible and do not attempt to put the cap back on.
- Put the needles in a hard plastic container, like a water bottle. Seal the container tightly.

Call Superior Points to pick up the needles, or dispose of the container at any yellow needle collection bin located across the city.

If a discarded needle is found, Superior Points can be contacted at (807) 621-7861 or (807) 621-7862, Monday through Friday. For more information, including locations of the needle collection bins, visit www.tbdhu.com/superiorpoints.

For more information:
Health Unit Media: news@tbdhu.com

EARTH DAY - April 22nd, 2019

Nature's gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered. Unfortunately, human beings have irrevocably upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago. But unlike the fate of the dinosaurs, the rapid extinction of species in our world today is the result of human activity.

The unprecedented global destruction and rapid reduction of plant and wildlife populations are directly linked to causes driven by human activity: climate change, deforestation, habitat loss, trafficking and poaching, unsustainable agriculture, pollution and pesticides to name a few. The impacts are far reaching.

If we do not act now, extinction may be humanity's most enduring legacy.

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species: bees, coral reefs, elephants, giraffes, insects, whales and more.

The good news is that the rate of extinctions can still be slowed, and many of our declining, threatened and endangered species can still recover if we work together now to build a united global movement of consumers, voters, educators, faith leaders, and scientists to demand immediate action.

Earth Day Network is asking people to join our Protect our Species campaign. Our goals are to:

- Educate and raise awareness about the accelerating rate of extinction of millions of species and the causes and consequences of this phenomenon.
- Achieve major policy victories that protect broad groups of species as well as individual species and their habitats.
- Build and activate a global movement that embraces nature and its values.
- Encourage individual actions such as adopting plant based diet and stopping pesticide and herbicide use.

For more information about this year's earth day campaign, please visit **www.earthday.org**

CampMed has week-long summer camps for high school students interested in a career in health care. CampMed is founded on four pillars of learning; inter-professionalism, leadership, culture, and clinical skills—the knowledge and skills that students gain from attending CampMed.

⇒ **Inter-professional:** Participants attending CampMed learn the importance of inter-professionalism in health-care settings by learning about various health careers and how those professionals work together to ensure the well-being and health of patients.

⇒ **Leadership:** Throughout the week, the CampMed participants are provided with opportunities to observe the leadership skills of their mentors to build on their own leadership skills set as they are placed in situations that give them a safe setting to step out of their comfort zone and challenge themselves to lead.

⇒ **Cultural:** At CampMed, participants will learn about Francophone and Indigenous health and culture in ways that will broaden their understanding of health needs of Northern Ontario. In simple terms they learn what it means to be a socially accountable health professional. These cultural competencies are woven throughout the week-long curriculum.

⇒ **Clinical skills:** CampMed offers participants a unique opportunity to get hands-on experience by learning medical and health sciences clinical skills, such as casting, inserting an NG tube, suturing, etc.

CampMed accepts applications from high school students who:

⇒ Are going into grades 10 and 11 in September of the year of camp

⇒ Live in Northern Ontario or other rural and remote parts of Canada

Submit a completed application with all required documentation by the application deadline

Submit the following application documents to **campmed@nosm.ca**.

⇒ Completed application form (2 pages)

⇒ Three essays (see application form for essay questions)

⇒ Reference letter from your education director, teacher, guidance counselor, principal, or member of the community/ organization in which you are an active member (coach, music teacher, supervisor or volunteer activity, etc.) Ensure that your reference provides comments on why you should be considered for one of the limited spots at NOSM's CampMed.

Selected applicants will be required to submit a non refundable registration fee of $400. This includes the weeks activities as well as lunches and snacks. **Transportation and accommodation are the responsibility of the participant.**

For information on bursaries that are available for CampMed please visit the **CampMed Bursaries** page.

Deadline to apply to CampMed 2019: April 11, 2019

Selection of campers will be completed by April 30, 2019.

Deadline to submit $400 registration fee for CampMed 2019: June 14, 2019

Locations: CampMed 2019 at Laurentian University Campus in Sudbury: July 8 – July 12, 2019
CampMed 2019 at Lakehead University Campus in Thunder Bay: July 15 – July 19, 2019

RURAL CUPBOARD FOOD BANK
NEIGHBOURS HELPING NEIGHBOURS

CONMEE MUNICIPAL COMPLEX
P. O. BOX 327 KAKABEKA FALLS, ON POT 1WO
by: Gladys Grant, Public Relations

HAPPY EASTER EVERYONE! Seeing as Easter is later in April, maybe the snow will be gone by then. This time of year all the gardeners out there are thinking about planting time! If you have room in your garden, maybe you would consider Planting An Extra Row for the Food Bank Clients. Fresh vegetables are always a welcome food item for them.
We had 63 Hampers in February, and are preparing for around that many in March.
A BIG THANK YOU to Michelle Halabecki who in honor of her birthday had cash donations made to the food bank in memory of her mother Parveen Halabecki, who was instrumental in starting our food bank way back in May of 2000. Greatly appreciated.
A BIG THANK YOU to the Kakabeka Legion for hosting another successful fund raising afternoon of music on March 31st with the WANNABES AND SHADES OF GREY. We thank them for donating their time and talents to such a worthwhile cause. We encourage you get up and dance and get some exercise while having fun. Thank you to everyone in attendance for their generous donations at the door which keep us going.
The next Food Bank will be held on Wednesday, April 17th with intake (Registration) being done from 9 a.m. to 11 a.m. or they will have to phone for an emergency hamper, which is only given once a year to any one individual! Volunteers will stay until all hampers are distributed. On Monday, April 15th, volunteers will be at the food bank from 6:15 p.m. to 7:45 p.m. preparing for food bank day. The veggie volunteers will be there from 1 p.m. to 2 p.m. on Tuesday, April 16th. You are welcome to bring items at this time.
OUR SCHOOL LUNCH PROGRAM is still running and we would appreciate donations for this much needed effort. No one wants to see children hungry at school. A tax receipt will be issued for any donation of $10.00 or more to the food bank as we are a Registered Non Profit Charity. The Building Fund is always accepting donations to help pay off the mortgage on the new building and purchase of grocery items.
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 Rosslyn and Murillo Oliver Paipoonge Libraries, The Neebing Municipal Office, The O'Connor Municipal Office, The Conmee Municipal Office and Odena Foods in Kakabeka Village.
The afternoon of music on Sunday, April 28th hosted by the Kakabeka Legion from 2 p.m. to 4 p.m. will be with T BUGS and ROAD WORN CHAPS donating their time and talents to this fun filled event. Cash donation at the door. Dancing Welcomed.
Next meeting is Wednesday, April 3rd at 6:30 p.m. in the Council Chambers at the Conmee Complex. Phone number is 285-0836 for any inquiries. **Check us out on Facebook! Our website is theruralcupboardfoodbank.com. Mailing address is listed above!!**

Cornerstone Advertising

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

- Business Ad $10.00
- Full Page Ad - $30.00
- Personal/Classified Ads - $5.00 (ie. garage sale)
- Birthday, Anniversary, Baby Announcements - $2.00

DEADLINE FOR AD SUBMISSIONS IS THE 23RD OF EVERY MONTH.

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

CRIB - **April 6th, 13th, 20th & 27th**
Crib takes place every Saturday from **1:00 - 3:00 p.m.** For more information, call Gary at 473-9122.

April 2, 3 & 4 - 2019 SPRING FARM CONFERENCE
$25 per household for OSCIA members, $15 per day for non-members. For more information, contact Christina Mol at cmol@lakeheadu.ca

Fri. April 12th - DANCE WITH QUEST
8:00 - 11:00 p.m. Admission is $8 per person which includes sandwiches, desserts, coffee and tea.

Sat. April 13th - GENERAL MEETING 3:00 p.m.

Sun. April 14th - BREAKFAST BUFFET
9:00 a.m. - 12:00 PLEASE NOTE THE NEW HOURS
'*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.

Sat. April 20th - EASTER FEASTER
4:00 - 6:00 p.m. Admission is $20 per person
For tickets call Gary at 473-9631 or 708-0411.

Sat. April 26th - DANCE WITH QUEST
8:00 - 11:00 p.m. Admission is $8 per person which includes sandwiches, desserts, coffee and tea.

Sun. April 28th - AN AFTERNOON OF MUSIC
2:00 - 4:00 p.m.

Students needing volunteer hours can get them at any of the Legion events. For bookings at the Kakabeka Legion please leave a message on the Legion line at 473-9122 or call Gary MacDonald at 473-9631.

Murillo Library

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

Email:
oplibrary@tbaytel.net
New website:
http://oliverpaipoonge.olsn.ca

Rosslyn Library

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

Now available:

PUZZLES!

Our new 'Take a Puzzle, Leave a Puzzle Program' is off to a great start. We are also looking for puzzles donations in good condition (no missing pieces).

Thank you for your support…

Janine Reynolds for sponsoring the purchase of the final season of Game of Thrones!

Thank you to Rosslyn Women's Institute for their donation to the library from the proceeds of the Valentine's Tea. Numerous new books will be appearing on our shelves soon because of their continued support.

FETTER FITNESS BOOTCAMP

WITH SHERA FETTER

Boot Camp gives you the unique opportunity to not only challenge yourself with fun workouts, but bond with others who share the same passion for health and fitness. Our small group atmosphere is supportive and non-judgemental. Every Wednesday evening from 7:30 to 8:30 until May 22 at Rosslyn Community Center, 3405 Rosslyn Road (across from Home Hardware). A 10-session punch card is $100 or drop-in for $15. Cash or cheque only please.

Register by calling Rosslyn library at 939-2312 or email oplibrary@tbaytel.net
Please bring Athletic shoes and a water bottle.

**** All fitness levels welcome!**
Modifications for exercises will be provided

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

COMMUNITY ARTS & HERITAGE EDUCATION PROJECT

cahep

Rustic Art Workshop!

Free for Rural Residents

with Judy Mayor at Rosslyn Library.

Thursday April 25 – 6:30 to 7:30 p.m.

Free workshop for all ages. Please register, limited space available. ***Please bring a hot glue gun if you have one.*** *Call 935-2729 or email oplibrary@tbaytel.net*

Rural Arts Program

This arts program is in partnership with Oliver Paipoonge Public Library & made possible with support from:

Thunder Bay

NOW AVAILABLE

in your neighborhood!

WHAT IS A GOOD FOOD BOX?

A box of fresh fruits & vegetables available monthly at a reduced price!

CAN ANYONE PURCHASE A GOOD FOOD BOX?

Although there are no formal eligibility requirements, this program is intended to improve access to fresh produce for individuals who may have difficulty affording or accessing produce from retail outlets. If you are trying to stretch your food dollars, then the Good Food Box is for you!

HOW MUCH DOES IT COST?

$15 for a small (single sized) box or $25 for a large (family sized) box.

WHERE DO I PURCHASE A BOX?

Boxes are purchased from your host-site on or before the first Thursday of each month (see over for 2018 order due dates). Boxes are picked up from your host-site on the second last Thursday of each month.

Your neighborhood host-site:

Rosslyn Library– 3405 Rosslyn Rd.
939-2312—next deadline April 4th

The Good Food Box is administered by the **Northwestern Ontario Women's Centre.**

Teddies for Tragedies

WANTED:

- Volunteers & Knitters!
- Scrap yarn!
- Fibre Fill!
- Milk bags
- Small to medium size stuffies in good condition!

We are no longer collecting pill bottles

For children of third-world countries, visiting a doctor or dentist can be a traumatic experience. A teddy bear help can ease the stress and encourage them to get the treatment they need.

'Teddies for Tragedies' is a volunteer group who use leftover wool and fibrefill to knit bears and dolls. They also weave sleeping mats out of milk bags and collect empty pill bottles for reuse at health clinics. They are now looking for donations of small to medium size stuffies in good condition to try to meet the demand.

If you would like to participate in this inspiring venture, volunteers are needed for knitting, cutting bags and weaving the sleeping mats. This group meets every **second Tuesday morning** from 9:30 – 12:00 at First Christian Reformed Church. (behind the OPP station on Arthur St.).

***Patterns are available if you wish to knit at home and donate a finished bear.**

For more information call Hendrika Tempelman at 767-2307or Aria Buitenhuis at 475-3588 or drop off your donations at the Murillo or Rosslyn Library.

TOPS #794

(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.

Please Note Time Change: The Nolalu chapter will be meeting every Wednesday at 11:00 a.m. for the winter months at the O'Connor Community Centre. Weigh in starts at 11:00 a.m. in the basement and the meeting upstairs at11:30 a.m. 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.

SILVER MOUNTAIN FOOD GROUP

Attention People of the Northwest who are interested in good quality food:

Silver Mountain Food Group is currently accepting new members.

We are the largest volunteer driven food buying club in Ontario, focused on providing members access to **"good quality food in bulk."**

Ordering twice per year with an emphasis on organic and conventional food basics like flours, gluten-free alternatives, oats, baking supplies, grains and legumes, as well as local goods.

We will be hosting an open house

April 6th - 7th
11:00 a.m. – 2:00 p.m.
at the Kakabeka Legion.

Come and check us out.

For more information or to join:
Email: **silvermountainfoodgroup@tbaytel.net**
Facebook:
https://www.facebook.com/groups/314659995829212/

Mother's Day Market

May 4th/19

10am-2pm

O'Connor Community Centre

330 Highway 595, O'Connor Ontario

Everyone Welcome!

Interested Vendors Please e-mail
oconnorcommunityoutreach@gmail.com

or

call (807)707-9711

Tables are $10 and in support of the NEW O'Connor Community Outreach Program

Hymers Fair News

By Shannon Dodd-Smith

As I visit schools to introduce the Hymers Agricultural Society and the allures of the annual classic Fall Fair for the **Seeds for Schools** program, I have the pleasure of learning over and over again just how smart kids are; and it gives me hope for our collective future.

"Does anyone know why growing your own food is important, kids?"

"Because if you can't get food at the store, you have some at home"; "Because it's healthy"; "Because you can choose not to use chemicals"; "Because you don't have to spend money buying food."

Add in, "Because you can select hearty heritage plants that have optimized in this region over hundreds or thousands of years" and you have nearly captured the role of seeds in regional food security!

Or insecurity.

With diminishing food plant varieties/diversity (commercialization), increasing food plant seed patents owned by large companies, dropping nutrient values of veggies and fruit, reliance on fossil fuels, tenuous transportation routes (e.g., Nipigon bridge, ice roads impacted by climate change), international trade agreement obligations, threats to pollinators, loss of small/local family farms due to lack of viability, loss and degradation of topsoil, and the loss of food growing knowledge from a generation marinated in the marketing tsunami of processed, plastic-wrapped foods from distant places with unrecognizable ingredients....It's a bit daunting.

When the Fair began 107 years ago...heck, even as I grew up in the 70s and 80s, growing one's own food was a given for a large chunk of the population, including city-dwellers.

The classic Agricultural Fair to celebrate and educate is taking on a whole new level of importance to me in this modern world; and I am so glad to be having hopeful conversations with smart kids about seeds.

Check out some local sources (links below) about how and why you should save your own seeds!

Also, did you know that **kids can bring their homegrown sunflowers or zucchinis** to the Fair for **contests AND pay only $1 for gate fee**?

Find out more about the Fair, including **opportunities for getting involved** at www.hymersfair.com; Facebook; Instagram, info@hymersfair.com, or by calling Debbie at 475-8586.

Links:

Food Security Research Network - https://www.fsrn.ca (check out 30-min film "Northern Grown")
Superior Seed Producers - https://superiorseedproducers.wordpress.com

A MILE HILL MELODRAMA PRODUCTION

Presented by special arrangement with Samuel French Inc.

LOVE LIES & THE DOCTOR'S DILEMMA

BY: MICHAEL PARKER & SUSAN PARKER

APRIL 26 & 27 -8PM & APRIL 28 -2PM

MAY 3 & 4 - 8PM & MAY 5 - 2PM

• TICKETS 12$ • ON SALE APRIL 1ST 9AM! •

Call Diana at 475-8761 or email milehillmelodrama@hotmail.com

NO emails or calls will be answered before APRIL 1st

Rose Valley Lodge & Restaurant

Friday & Saturday night dinner & a show packages available!

GILLIES COMMUNITY CENTRE 1835 HWY 595

FREE RURAL LUNCHTIME GATHERING!

Café del SOUL

Free event! All are welcome! We celebrate togetherness and connectedness over a **good meal**. Enjoy lunch - meet people - have fun! Bring a friend!

Two Thursdays each month

11 am - 1 pm

April 4, April 18
May 2, May 16

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

Enjoy local music & art!

Questions?

Phone 939-1364 or email CafeDelSoul@tbaytel.net.

Thunder Bay Milk Transport | Venasky Farms | Boman Enterprises

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April's Events at the Gillies Community Centre

YOGA MONDAY'S

$15 drop in- to register or for more info email Bobbi at: injoyyogathunderbay@gmail.com

Spaghetti Dinner Fundraiser!

Come supprt the GCC on Sunday, April 7th 5-7pm
12$ adult, 7$ child 10 yr & under, 3 yr & under FREE
CA$H ONLY- Eat in or BYO Takeout Container

Wildflower Arts Quilting Retreat

April 12 & 13th- Call Sharon @ 626-3691 to register & for info

Board Meeting

To be announced- please see our Facebook Page

Book Swap

Returns on May 18 & 19, 11-5pm

Mile Hill Melodrama Production

"Love, Lies and the Doctor's Dilemma" By Michael Parker & Susan Parker
Presented by special arrangement with Samuel French Inc.
April 26, 27 @ 8pm & April 28 @2pm
May 3, 4 @8pm & May 5 @2pm
To reserve a ticket call 475-8761 or email milehillmelodrama@hotmail.com
NO calls or emails accepted before 9am April 1st Tickets 12$

See our FACEBOOK page for updates or call 475-8834 for all inquiries

---

Proud to serve as your Member of Parliament for Thunder Bay-Rainy River.

DON RUSNAK
MEMBER OF PARLIAMENT
THUNDER BAY RAINY RIVER
905 VICTORIA AVENUE EAST, SUITE 1
THUNDER BAY, ONTARIO P7C 1B3
(807) 625-1160 DON.RUSNAK@PARL.GC.CA

Excerpt from the OPP Monthly Newsletter

DISTRACTED DRIVING

As of January 1, 2019, penalties have increased

Distracted driving refers to all forms of distracted or inattentive driving, such as adjusting a vehicle entertainment or GPS unit or stereo, eating and drinking, using a hand held device, self-grooming or tending to children in the backseat. Drivers need to remember that the true danger to public safety lies in the distraction not the device. Every driver has a responsibility to direct their entire attention to driving safely. In Ontario, it is illegal for drivers to talk, text, type, dial or email using hand-held cell phones and other hand-held communications and entertainment devices. Find out the risks of distracted driving, which devices you can and can't use and the penalties you could incur.

WHAT COUNTS AS DISTRACTED DRIVING

Ontario's distracted driving laws apply to the use of hand held communication/entertainment devices and certain display screens. While you are driving, including when you are stopped in traffic or at a red light, it is illegal to use a phone or other hand-held wireless communication device to text or dial (you can only touch a device to call 911 in an emergency), use a hand-held electronic entertainment device such as a tablet or portable gaming console, view display screens unrelated to driving, such as watching a video, program a GPS device, except by voice commands. You are allowed to use hands-free wireless communications devices with an earpiece, lapel button or Bluetooth. You can view GPS display screens as long as they are built into your vehicle's dashboard or securely mounted on the dashboard. Other actions such as eating, drinking, grooming, smoking, reading and reaching for objects are not part of Ontario's distracted driving law. However, you can still be charged with careless or dangerous driving.

PENALTIES FOR DISTRACTED DRIVING

If you have an **A, B, C, D, E, F, G and/or M licence**, you'll face bigger penalties when convicted of distracted driving:

First conviction - a fine of $615, if settled out of court (includes a victim surcharge and the court fee)
- a fine of up to $1,000 if a summons is received or if you fight the ticket in court and lose
- three demerit points
- 3-day suspension

There is a $275 reinstatement fee to get your licence back. Further convictions include larger fines, greater loss of demerit points and longer suspensions.

NOVICE DRIVERS

If you hold a **G1, G2, M1 or M2 licence**, and are convicted of distracted driving:

First Conviction - 30-day licence suspension
Second Conviction - 90-day licence suspension
Third Conviction - cancellation of your licence and removal from the Graduated Licensing System (GLS)

To get your licence back you'd have to redo the GLS program.

Conmee Economic Development Committee

Building Our Community

WE INVITE YOU TO JOIN US:

CONMEE BUSINESS FUNDERS FORUM

We are excited to invite you to an evening of networking, appetizers and learning about funding and programming to support your business or farm start or grow!

APRIL 10, 2019 | 5:30 PM - 7:30PM
CONMEE MUNICIPAL COMPLEX

Click Here to Register Today

FedNor | Ontario | Entrepreneurcentre (Thunder Bay + District) | PARO Centre | Northwestern Ontario Innovation Centre | Thunder Bay Ventures

Meet and Network with the Experts!

Visit www.conmeetownship.com to register today!

LOCATED AT 19 HOLLAND ROAD WEST, KAKABEKA FALLS | CONTACT CRYSTAL AT (807) 355-8233 FOR MORE INFORMATION

ATTENTION: ALL SUMMER STUDENTS!

Interested in working for the Ontario Government this summer?

Know anyone that might be?

Check out the job advertisements at **www.ontario.ca/careers**.

Ontario

NorWest Community Health Centres
Centres de santé communautaire NorWest

Spring is here! Want to Play in the Dirt?

Come to our Indoor Planting Day

We will plant flower and vegetable seeds so they can be transplanted to your outdoor gardens or balcony pots. All seeds and supplies provided.

Thursday, April 4th from 10:00 - Noon

NorWest Community Health Centres
525 Simpson Street

RSVP to Michelle at 626-7854

All ages and abilities welcome!

Rural Family Centre EarlyON Programs

Whitefish Valley School program runs weekly on

Mondays
10:00 a.m. - 12:00 noon

Murillo Site program
(4509 Oliver Road)

Monday to Friday
9:30 a.m. - 12:00 noon
Wednesday
1:30 p.m. - 4:00 p.m.

Bring a nut free snack for your child.

Call 935-3009 for further information.

Be a Vendor at Kakabeka Farmers' Market!

Kakabeka FARMERS' MARKET

The Market will run Saturday mornings, June 22 to Oct. 12. Vendors of farm foods including fruits & veggies, preserves, inspected meats & dairy, graded eggs, herbs, as well as local hand-made goods, breads & baking, and arts & crafts are encouraged to apply!

More info: kakabekafarmersmarket.ca or contact@kakabekafarmersmarket.ca

Providing Quality Rural Land Development Services

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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- ✓ *Backhoe/Bulldozer/Excavator*
- ✓ *Gravel Truck Services (sand, gravel, topsoil, manure etc.)*
- ✓ *Skid Steer & attachments*
- ✓ *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

Email: kandscontractinginc@gmail.com
Webpage: http://kandscontracting.ca

Green Acre Variety

1226 Hwy 595 475-5631 Mon-Fri 7-9 Sat-Sun & Holidays 9-9 (closed Christmas day)

Check out what's new!!

Bottle Depot

Bring your beer/wine/liquor empties to the store for cash!

LIVE BAIT

MINNOWS

LEECHES

WORMS

Tackle, fishing rods, tackle boxes, Fishing line! (Suckers and shiners when available)

TAKE OUT MENU

Homemade Food

Lasagna $10.75 (feeds 2)

Shepherd's Pie $10.75 (feeds 2)

Chili $5 (single) $10.00 feeds 2)

Caesar Salads $6.50

Greek Salad $7.00

Sub Sandwiches $5 - $9

FOR THE SWEET TOOTH

Cheesecakes single 3.50, Double 6.50

Carrot Cake, Persians, Sally Anne,

Cinnamon Buns, Butter Tarts

PIZZA

Made to order Fri & Sat 4pm-9pm

16" unlimited toppings $23.00

12" Thin Crust $18.75

Call 475-5631 to place your order!

Prices may change and do not include tax

Stop in for a coffee, hot chocolate/cappuccino, Ice cream & Slushie (seasonal), propane, ice, gas, diesel, fuel oil, full groceries and snacks, movie rental, medications, hardware, automotive, pet food, Kakabeka Crystal, OLG, Full Canada Post services, Purolator depot, ATM, firewood bundles, and so much more! Follow us on Facebook for contests to win free food and updates on local community events. Locally owned and operated by Chris Matson & Krista Silvaggio and family ☺

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Office
(807) 475-9990
(807) 475-4314 fax
www.syncorcontracting.ca
email: office@syncorcontracting.ca
840 Pole Line Road, Murillo, ON P7K 0T8

JUDGING SCHOOL

A Homecraft Judging School will be held on

Saturday, April 27th at the Rural 60+ starting at 12 noon.

Subjects to be covered will be Vegetables, Arts and Crafts.

Open to anyone wanting to become a **Certified OAAS Judge,** or wanting to exhibit homecrafts at a fair.

Fee $25.

OAAS Ontario Association of Agricultural Societies

For more information please contact Sylvia at 767-2365.

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Phone: (807) 939-1013 Fax: (807) 935-0206

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Since 1982 Dave Buob Trucking Ltd has been a family owned and operated business. We pride ourselves in completing your residential, and commercial dirt work and demolition in a SAFE, TIMELY, and COST EFFECTIVE manner.

We can see your project from start to finish. As we specialize in land development, septic systems(residential and commercial), heavy equipment/ truck rental, as well as finishing touches such as screened topsoil, or other aggregate products.

Family Owned & Operated.

Our equipment includes tri-axle dump trucks, wheel loaders, excavators, dozers, and a rubber tired back hoe, with many other units available to us. We move all equipment to your job site, and are operated by our experienced and qualified operators.

Fully insured and WSIB compliant

Dave Buob Trucking Ltd.
Call: 577-1988
Dave Cell: 626-6510
Jeff Cell: 629-4858

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EXCAVATING • DEMOLITION • AGGREGATES
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P7K 1J3

577-1988
Cell: 626-6510
davebuobtrucking@live.ca

CALL TODAY **for a free estimate, and we can discuss how we can help you with all your earth work needs**

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

LOT DEVELOPMENT

- Brush and tree removal
- Property filling
- Driveway construction
- Ditching
- Excavation

SEPTIC SYSTEMS

We are fully licensed and trained to install conventional, as well as tertiary septic systems (clear stream, Eco-Flo, etc).
Every year we install many septic systems in the Thunder Bay area from small gravity fed systems for a I house to large scale commercial septic systems for camps, fire bases etc. please give us a call and we can design a system that is right for you

Aurora Lutheran Bible Camp

2019 CAMP SCHEDULE

(Age as of first day of camp)

June 30-July 5: Junior Camp (ages 7-10)
July 12-14: Little Lambs Camp (ages 4-6)
July 14-19: Intermediate Camp (ages 10-13)
July 21-26: Teen Camp (ages 13-16)
July 26-28: Family Camp (all ages!)

FAMILY CAMP!

Bring your parents & siblings for a fun weekend at camp together! Stay in our cabins or bring your own trailer or tent!

PROKids ★ SUPPORTER ★

Private "camperships" also available – just contact us!

CAMP RATES

1 child: $225
Additional children from the same family: $200
Little Lambs (1 child and 1 adult): $75
Additional Little Lambs from same family: $50
Family Camp (4 people): $150
Additional child for Family Camp: $10
PAY BY MAY 15, 2019 AND DEDUCT $20 FROM EACH RATE (DOES NOT INCLUDE LITTLE LAMBS AND FAMILY CAMP)

FURTHER INFORMATION & REGISTRATION FORMS

Voicemail: (807) 767- 2420
E-mail: auroralutheranbiblecamp@gmail.com
Website: www.auroralutheranbiblecamp.com
"Like" us on Facebook: "Aurora Lutheran Bible Camp"

APRIL

Y	B	M	A	L	N	B	B	U	N	N	Y	E	B
E	M	N	L	T	R	I	C	K	G	A	M	K	R
T	E	K	S	A	B	E	T	E	U	Q	U	O	B
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FLOWERS
RESURRECTION
DAFFODILS
FAMILY
BASKET
BUNNY
EGGS
RENEWABLE
TRICK
LENT
DUCKLING
PEEPS
EARTH DAY
HOT CROSS BUNS
LILY
LAMB
BONNET
BOUQUET
NATURE
HUNT

Play this puzzle online at : https://thewordsearch.com/puzzle/589018/

Share your Recipes

If you have a favorite recipe and would like to share it in the O'Connor Cornerstone, please drop it off at the O'Connor Municipal Office or send it by mail to the address below or e-mail us at twpoconn@tbaytel.net

Township of O'Connor
R.R. #1
Kakabeka Falls, ON
P0T 1W0

EASTER EGG BREAD

Ingredients

- 1/2 cup sugar
- 2 packages (1/4 ounce each) active dry yeast
- 1 to 2 teaspoons ground cardamom
- 1 teaspoon salt
- 6 to 6-1/2 cups all-purpose flour
- 1-1/2 cups whole milk
- 6 tablespoons butter, cubed
- 4 large eggs
- 3 to 6 hard-boiled large eggs, unpeeled
- Assorted food coloring
- Canola oil
- 2 tablespoons water

Directions

- In a large bowl, mix sugar, yeast, cardamom, salt and 2 cups flour. In a small saucepan, heat milk and butter to 120°-130°. Add to dry ingredients; beat on medium speed 2 minutes. Add 3 eggs; beat on high 2 minutes. Stir in enough remaining flour to form a soft dough (dough will be sticky).
- Turn dough onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 45 minutes.
- Meanwhile, dye hard-boiled eggs with food coloring following package directions. Let stand until completely dry.
- Punch down dough. Turn onto a lightly floured surface; divide into thirds. Roll each portion into a 24-in. rope. Place ropes on a greased baking sheet and braid. Bring ends together to form a ring. Pinch ends to seal. Lightly coat dyed eggs with oil; arrange on braid, tucking them carefully between ropes.
- Cover with a kitchen towel; let rise in a warm place until doubled, about 20 minutes. Preheat oven to 375°.
- In a bowl, whisk remaining egg and water; gently brush over dough, avoiding eggs. Bake 25-30 minutes or until golden brown. Remove from pan to a wire rack to cool. Refrigerate leftovers.

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lspc lakehead social planning council

Call 2-1-1

Visit 211North.ca

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

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 Gordon Holroyd
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 Gordon Holroyd
807-939-1103 parish.rector@tbaytel.net

Redeemer Lutheran Church

Hwy 11/17, Kakabeka Falls, ON
Sunday Service: 11:00 a.m.
Pastor Brad Julien
473-9164 www.redeemerlcc.ca

St. Theresa's Roman Catholic Church

10 Porter St., Kakabeka Falls
Sunday Mass: 11:00 a.m.
Parish Priest: Fr. Randal Morrisseau
935-2898 (Rectory) www.dotb.ca

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.

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

Children & Youth
*Nursery ~ every Sunday morning

*Growing in Faith Together for children (ages 8 to 12) 2nd @4th Wednesday - 7-8 pm Contact Carol Parcher at 577-2015 for more info.

Adults
*Men's Coffee ~ every Thursday 10:00 a.m. Contact Gary at 623-6331 for more info

*O'Connor Community Beginners Music Jam ~ 7pm - 9pm. Any instrument. Any genre. Dig out that old banjo or guitar that you've been meaning to learn. We will supply some guitars mandolin and basses. For more info contact EDDY 630-9914.

*Growing in Faith Together for adults ~ 2nd & 4th Wednesday Night 7-8pm for info contact Pastor Chris 624-6579.

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

Thunder Bay After 5 invites Everyone to

SKATING AROUND THE ISSUE

Monday, April 15th, 2019 at 7:00 - 9:00 p.m.
Urban Abbey at 308 Red River Road
Cost at the Door: $10.00 for coffee & dessert

Feature: Thunder Bay Roller Derby League
Music: Dan, Tim and Lizzie!
Speaker: Nathan Maskery- "Where else would I go?"

To reserve by March 14th call
Rose: 767-8461 or Connie: 630-0774
Visit us on Facebook
Affiliated with www.rsvpministries.com

Pinegrove United Church

100 Hwy 130, Rosslyn
(next to the Tbaytel tower)
Sunday service: 10:30 a.m.

PINEGROVE UNITED CHURCH

Office: 939-1364
Email: pinegrove@tbaytel.net
Website: www.PinegroveUC.org

O'Connor Free Methodist Church

293 Sitch Road
oconnorfreemethodist.org

Easter Calendar of Events

Palm Sunday Service

Sunday, April 14th, 2019
10:45 a.m.

Come join us as we celebrate Jesus!

Good Friday

Friday, April 19th, 2019
7:00 p.m.

The Easter Experience

Join Pastor Kyle Idleman on a journey back to examine what was happening in the hours leading up to Jesus' arrest and crucifixion.
What if what happened then changes everything now?
This unique film brings the passion and resurrection of Jesus to life through dramatic story telling and challenging teaching done in a highly cinematic style.

Easter Sunday Service

Sunday, April 21st, 2019
10:45 a.m.

Join us as we CELEBRATE our Risen Savior!
Come As You Are, Everyone Welcome!