



The Cornerstone

Township Of O'Connor

JUNE 2020



PLEASE NOTE:

In an effort to maintain social distancing measures, we have locked our doors to the public. However, office hours will remain the same. Should you need to make a tax payment, please drop your envelope through the mail slot on the office door. If you are wanting to make a cash payment, require a receipt, or for any other business inquiries, please knock and someone will come to assist you. Should you be experiencing any symptoms of COVID-19 or have been around anyone from outside of the country, please stay at home and call the office. We will instruct you over the phone. We thank you for your cooperation. These measures are not only to protect staff, but to protect residents as well.

Emergency Contacts:

Medical Emergencies: 911
Fire: 911
Police: 911

Municipal Office Hours CALL BEFORE COMING IN

Monday to 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

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 **108** 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, Ken Yanishewski, at 708-9944.**

Applications available on the Township website or at the office.

Oliver Paipoonge Library Hours:

EMAIL LIBRARY FOR UPDATES.
Email: oplibrary@tbaytel.net
<http://oliverpaipoonge.olsn.ca/>

COVID-19 INFORMATION

Thunder Bay District Health Unit:
625-5900 (ext.1)
Toll Free: 1-866-294-6630 (ext. 1)
www.tbdhu.com/coronavirus

Telehealth Ontario:
1-866-797-0000

Public Health Agency of Canada:
1-833-784-4397
www.phac-aspc.gc.ca

Federal Government:
www.canada.ca/coronavirus

Provincial Government:
www.ontario.ca/coronavirus

World Health Organization:
www.who.int/health-topics/coronavirus

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



Council Meetings

Council meetings are currently being held virtually on Gotomeetings due to COVID-19. If a taxpayer would like to attend the meeting on-line, please go to our website at www.oconnortownship.ca to access the link. Deputations to Council must be requested 48 hours in advance of the meeting and no last minute deputation will be permitted at this time.

The next regular meetings of Council will be held on **Monday, June 8th and June 22nd**. Regular meetings of Council shall be held on the second and fourth Mondays of each month at 7:00 p.m., except for the months of July, August and December. Only during the month of December, a meeting will be held on the first and third Monday. Where any of the meeting dates fall on a statutory holiday the meeting will be held on the Tuesday of that week at 7:00 p.m.

Please watch our website for any changes that the COVID-19 regulations may impose.

Mayor Jim Vezina - 577-6735

Councillors:

Alex Crane - 473-9420 Jerry Loan - 768-0947
Wendy Handy - 344-2523 Bishop Racicot - 577-2215



EMPLOYMENT OPPORTUNITY - DISPOSAL SITE ATTENDANT

The Township of O'Connor is currently looking to hire an individual for casual employment as Disposal Site Attendant. The individual would be required to fill in for the Disposal Site Caretaker when required. For more information, please contact the municipal office at 476-1451. Applications are to be dropped off at the Municipal Office, 330 Hwy 595, on or before Monday, June 8th, 2020 by 4:30 p.m. Please indicate on the envelope that you are applying for the position of Disposal Site Attendant. Council will review submitted resumes at their meeting to be held later that evening.

Road Closure

Highway 595 will be closed at Whitewood Creek, between Whittaker/Broome Road, as well as Connolly/Smith Road. The construction is scheduled to begin June 1st until approximately July 10th to allow for a culvert replacement.

We ask that everyone always exercise extreme caution when around construction sites and crews. As detour routes will be experiencing a higher volume of traffic, we ask that drivers please be patient and respectful, watch your speed and drive carefully.

Please see page 5 for details of the detour routes. Watch the township website for up-to-date information.



COVID-19 STATE OF EMERGENCY

Information is changing daily. Please check websites regularly for updates. →

Fire Department News



Since the last newsletter, the O'Connor Fire Department and First Response Team have responded to 1 First Response call and 1 Fire related call. **DUE TO COVID-19, ALL MEETINGS ARE SUSPENDED AT THIS TIME. PLEASE WATCH THE TOWNSHIP WEBSITE FOR UPDATES AT www.oconnortownship.ca.**

To volunteer with or for more information on the O'Connor Volunteer Fire Department, please contact Fire Chief Henry Mattas at 628-3523.

FireSmart Yard and Landscaping

What's more important than a good looking yard? A FireSmart yard! What is a FireSmart yard? A FireSmart yard is one that will help protect your home from potential wildfires. A FireSmart yard includes making smart choices for your plants, shrubs, grass and mulch. Selecting fire resistant plants and materials can increase the likelihood of your home surviving a wildfire. Ensure there is a 1.5 metre horizontal non-combustible surface perimeter along the outer walls of your home. Landscape within 10 metres and plant a low density of fire resistant plants and shrubs. Avoid having any woody debris, including mulch, as it provides potential places for fires to start. Characteristics of fire resistant plants are those that have moist, supple leaves, accumulates minimal dead vegetation, have water-like sap with little odour, and low amount of sap or resin material. Characteristics of highly flammable plants are those that accumulate fine, dry, dead material, contain resin or oils, have leaves or needles that are aromatic, and loose papery or flaky bark (pine, cedar, spruce, juniper and tall grass). Speaking of grass, a mowed lawn is a fire resistant lawn. Grasses shorter than 10 centimetres in height are less likely to burn intensely.

To learn more about how you can FireSmart your home and landscaping, please visit the FireSmart Canada website at www.firesmartcanada.ca.

FIRE PERMITS

FIRE BAN EFFECTIVE FRIDAY, MAY 22ND

Restricted
Fire Zone

Zone de
restriction
des feux



By law, you **cannot** have an outdoor fire in a Restricted Fire Zone. This includes all burning, including grass, debris and campfires, even when using an outdoor fire grate, fire place or fire pit. If you need heat for cooking and warmth, and you're in a Restricted Fire Zone, you can only use certain equipment (e.g., portable gas or propane stove) if you follow certain rules.

You should **exercise extreme caution** when travelling in a Restricted Fire Zone and:

- be careful with anything that could start a fire
- watch your propane or gas equipment carefully
- smoke only when you're stationary, never while walking or working in the bush
- make sure all matches or cigarettes are out before disposing of them

Please watch our website for up-to-date information with regard to burning regulations.

Once a Restricted Fire Zone is declared, it is **illegal to set a fire for any purpose** within the affected area.

Failure to comply within a Restricted Fire Zone could result in:

- a fine up to \$25,000
- 3 months in jail
- financial responsibility for any costs incurred in fighting a forest fire



FIRE AND INCINERATOR PERMITS CAN NOW BE REQUESTED ONLINE.

See the township website at www.oconnortownship.ca for more details. Once approved, permits will be emailed back during regular office hours.

- ⇒ Fire Permits are required between April 1st and October 31st,
- ⇒ Fire Permits are required for **ALL** outdoor burning, with the exception of small fires for cooking or warmth,
- ⇒ Fire Permits valid for 15 days, Incinerator permits for the entire fire season,
- ⇒ Permits may be revoked at anytime at the absolute discretion of the Township's Fire Chief Henry Mattas.

Fire permits may still be picked up at the Township Office, 330 Hwy 595, however, due to COVID-19, please call ahead at 476-1451.



SMOKE DETECTORS & CARBON MONOXIDE ALARMS SAVE LIVES

The O'Connor Fire Department has for purchase;

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

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

For more information on fire safety, please check the Township website at www.oconnortownship.ca or ask the Township office staff for available information pamphlets.



First Day of Summer Saturday, June 20th



The Township of O'Connor Council & Staff would like to wish all fathers a Happy Father's Day on Sunday, June 14th.

Disposal Site



What is Recycling Contamination?

Recycling contamination occurs when materials are sorted into the wrong recycling bin (placing a glass bottle into a mixed paper recycling bin for example), or when materials are not properly cleaned, such as when food residue remains on a plastic yogurt container. This is sometimes referred to as aspirational recycling, as you're simply throwing something into the recycling on the hope that it will find its way to where it needs to be eventually.

Unfortunately, this is rarely the case.

For instance, if you are collecting a material for recycling, anything other than that specific material could be considered a contaminant. When disposed of, even recyclable materials, such as plastic and other paper products, can act as contaminants. For example, if someone throws plastic into the cardboard, this would be considered recycling contamination. Because of its incorrect disposal, there's a strong possibility it could be rejected and sent to the landfill, resulting in a wasted recycling effort altogether. It's worth noting that recyclables that contain residues such as food waste, oil, and grease are considered contaminants and should not be added to your recycling stream.

Examples of recycling contaminants are:

#1 Contaminant: **Plastic Bags** - plastic bags can clog up the machines used to recycle products.

#2 Contaminant: **Food Waste** - can be found in paperboard take-home boxes full of food and the recyclable jar/can that hasn't been emptied or rinsed out.

#3 Contaminant: **Loose Shredded Paper** - While shredded paper is not considered a contaminant as a whole, shredded paper mixed in with non-shredded paper is difficult to recover for recycling.

#4 Contaminant: **Brightly Colored Paper** - If you tear the colored paper in question and you see white in the center, it is recyclable. If the color dye goes all the way through then you're unfortunately out of luck.

#5 Contaminant: **Hazardous Waste** - Containers for paint, automotive fluids, or pesticides must be disposed of separately or, for some facilities, cleaned out before they can be recycled. (not accepted at O'Connor Disposal Site)

#6 Contaminant: **Frozen Food Containers** - Though it is really tempting to put that paperboard box from the freezer in the recycling bin, *don't* do it. The shiny, exterior-coating that those boxes have to prevent freezer burn actually prevents the paper from being recyclable.

For questions or concerns, please call the Township office at 476-1451.

Please continue to carry your disposal site permit when attending the Disposal Site. Thank you.

FIRE DEPARTMENT CAN/BOTTLE BINS



The O'Connor Fire Department Auxiliary has Pop Can, Beer and Liquor Bottle bins at the Disposal Site, the O'Connor Fire Hall, Kakabeka Falls Public School and Green Acres Variety. Using these bins, rather than the GFL recycling bins, helps raise money for the O'Connor Fire Department equipment thus reducing the tax dollars needed. **CANS AND BOTTLES ARE NOT TO BE PLACED IN THE HOLE AT THE DISPOSAL SITE. THANK YOU.** Remove your pop can tabs and drop them off at the O'Connor Township Office for charity if you wish.

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



Financial Assistance

IF YOU ARE HAVING DIFFICULTY PAYING YOUR ELECTRICITY BILL, WE MAY BE ABLE TO HELP.

We understand that, sometimes, it's hard to make ends meet. That's why Hydro One and the Ontario Energy Board (OEB) offer a variety of programs to help you pay your electricity bill. Learn more about the financial assistance programs currently available below.

Ontario Electricity Support Program

⇒ Ongoing bill credits of \$45 to \$113 each month for low-income households. Re-apply every 2 years.

Home Assistance Program (HAP)

⇒ You may qualify for free energy-efficient upgrades for your home, such as light bulbs or appliances.

Low-income Energy Assistance Program

⇒ Find out if you qualify for a one-time emergency grant to pay your electricity bill

First Nations Conservation Program

⇒ Get free energy-efficient upgrades that can help you save energy and make your home more comfortable.

Tax Credits

⇒ Find out how to apply for tax credits on your home energy costs and property taxes.

Instalment plans

⇒ If you need more time to pay your electricity bill, find out if you qualify for an instalment plan.

AffordAbility Fund

⇒ Eligible customers can get energy-efficient upgrades for your home and ease spending on your electricity bills.

Budget billing

⇒ Spread your electricity costs evenly over the year to better plan your monthly budget.

Local programs

⇒ Visit 211Ontario.ca or dial 211 for more information on resources in your area.

To check on these programs or for more information, visit our website at www.hydroone.com

The OEB has also launched a new online Resource Centre, offering tools designed to inform Ontarians about our consumer protection work, and natural gas and electricity



regulation. The Resource Centre

is divided by topics: the various sections include helpful videos, downloadable fact sheets, tips and booklets, as well as website links to more information. Check out the new Resource Centre at www.oeb.ca.

Report a bear problem

For emergency encounters, call 911 or local police if a bear poses an immediate threat to personal safety:

- enters or tries to enter a residence
- kills livestock/pets and lingers at the site
- stalks people and lingers at the site

For Non-emergency encounters, Please call the Bear Wise reporting line: 1-866-514-2327 (Apr. 1-Nov. 30).

Pending funding approval:

Youth Summer Employment Opportunity

at Oliver Paipoonge Public Library

Position: Literacy Programmer
36.25 hours weekly for 7 weeks
\$14/hour, **contract begins June 29, 2020**

Students hired by recipient organizations must meet the eligibility criteria of the program:

- All students must be currently enrolled in a secondary, or post-secondary institution or within six months of graduation and have reached the age of 15 and not yet reached the age of 25 upon commencement of employment or up to 29 years for persons with a disability, if disabled, within the meaning of s.10 of the Ontario *Human Rights Code*, R.S.O. 1990, c. H.19, as amended from time to time.
- Students must be employed full time for a minimum employment contract length of 217.5 hours or 30 days at 7.25 hours per day.
- Proof of student enrolment must be provided to the employer.
- Students must be residents of Ontario during the period of employment.
- Students must be eligible to work in Canada and have a Social Insurance Number (SIN).

Note: The student must be living in Ontario at the time they start work. The intention of the program is to provide career related experience to eligible students that are also eligible to work in Ontario.

- must have transportation between library branches

Deadline for applications: Thursday June 5th 5:00 p.m.

Please forward resumes by email to:

Maxine McCulloch
library@tbaytel.net

BLESSING BOX

The "Blessing Box" is a community pantry operated by Giant Hearts. In tough times such as these, what better way to show your community that you care than by donating an item or two to the blessing box. **The Blessing Box needs your donations more than ever now.** The blessing box is being filled at least once a week, but could really use everyone's help in keeping it stocked. If you are able to donate, please contact Shelley at 629-2851. It would really help our neighbours that are truly in need of getting food. We are looking for non-perishable foods to supply the box (canned veggies and fruit, peanut butter and cereals). Please take items if you are unable to get to the grocery store, but also try to give back when you're able. We're all in this situation together. Everyone is welcome to donate supplies and take items as needed. The Blessing Box can be found outside of the O'Connor Community Centre at 330 Highway 595.

PLEASE NOTE: As this is a community pantry, it is being used by many others. Please take full precautions as you would anywhere else. Wipe down and sanitize items as you take them. Sanitize your hands before and after using the box and wash them with soap and water as soon as possible.

Kakabeka Farmers Market in 2020!



Check our website for the **best local foods and crafts!**
Click on "Local Foods Thunder Bay."

kakabekafarmersmarket.ca

Follow us on Facebook! 

LOCAL MEATS ~ FRUITS & VEGGIES ~ BAKED GOODS
JAMS & PRESERVES ~ ARTISAN CRAFTS ~ JEWELLERY

Reminder for Farmers & Dog Owners!!

The staff of the Township of O'Connor would like to put out a friendly reminder for residents to please keep your animals under control and on your own property. This includes checking that all dog leashes and fences are

in good condition and able to keep your dogs under control, as well as replacing the batteries in your dog shock collars should you use them. If taking your dog for a walk, they must be on a leash and in your control.



This reminder also includes checking all fence lines to ensure that livestock are safely maintained within your property.

We ask that people do their due diligence in maintaining these safety measures, as not just for the safety of neighbours and passers by, but also for the safety of your animals. Thank you!



Commemorative Plaques

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

The Township of O'Connor offers plaques to commemorate the special anniversary of 50 years or longer and birthday celebrations of 75 years or older for present and past residents of the Township. If you know anyone who would be celebrating either of these special events in the 2020 year, please contact the Township office within a few weeks of the event and a plaque will be ordered at no charge.

EMERGENCY TEXT MESSAGING

Instructions for the Township of O'Connor Emergency Text Messaging System can still be found on the township website at www.oconnortownship.ca



O'CONNOR COMMUNITY CENTRE CLOSED DUE TO COVID-19

Please watch the township website at www.oconnortownship.ca for updates or call the township office at 476-1451 to inquire.

RURAL CUPBOARD FOOD BANK - NEIGHBOURS HELPING NEIGHBOURS

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

Submitted by Gladys Grant

It is still a very trying time for everyone, with the Coronavirus affecting the World and everyone doing everything they can to stop the spread of this virus. **STAY SAFE! Our food bank will remain open for distribution and continue as it is deemed an essential service on the days designated in the coming months until further notice.**

A BIG THANK YOU to our front line workers for continuing to volunteer on Food Bank day to distribute hampers to our clients, and many more who volunteer before food bank day to prepare necessary hamper items. With the unemployment rate going up so high now, more people are forced to use the food bank.

We will be operating differently in order to stop the spread of this deadly virus. If there are any changes to our operations, the clients will be notified. 49 hampers were handed out in April. We are planning on 50 hampers for May.

On a lighter note, my tulips are blooming beautifully. Sure sign of spring. The first day of summer is June 20th. Hopefully it will start warming up. **For anyone who hasn't planted their gardens yet, if you have room please plant an extra row of a vegetables for the clients of the food bank.** So greatly appreciated by the board of the food bank and the clients. Nothing like fresh garden vegetables.

A BIG THANK YOU to A-1 Sewage Services Ltd. Thunder Bay, for their donation of a Portable Washroom for May's Food Bank. Greatly appreciated.

A BIG THANK YOU to the IDA Pharmacy in Rosslyn and the IDA Pharmacy in Kakabeka for their generous monetary donation of money to help fill our cupboards during these tough times. So greatly appreciated.

A BIG THANK YOU to Vickers Gardens Women's Institute for their donation of groceries. As their Spring Tea was cancelled due to the virus, they decided the grocery hamper donations for their draw would best serve the clients of the Food Bank. So greatly appreciated.

A BIG THANK YOU to Odena Foods for their generous donation of canned goods to help fill our shelves at the food bank. So Greatly appreciated.

A BIG THANK YOU to Everyone who contributes and still continues to contribute at our drop off locations, or sends cheques in the mail. So greatly appreciated.

If you have any extra food items, they can be dropped off at the Odena in Kakabeka Falls, The O'Connor Municipal Office, The Conmee Municipal Office and the Neebing Municipal Office during regular business hours. The Rapport Credit Union in Kakabeka will take food items also with revised business hours from 11 a.m. to 2 p.m. due to the Coronavirus.

The next Food Bank will be Wednesday, June 17th with Registration taking place from 9 a.m. to 11 a.m. and groceries handed out right away according to whether or not Coronavirus regulations are still in effect. No one leaves without a hamper and School lunches for the School Children even in the event of schools not reopening.

The Food Bank number to call is 285-0836 with any concerns or questions, or how to drop off much needed food items or donations.

No further Food Bank meetings in the Conmee Council Chambers until further notice because of the virus.

PLEASE STAY SAFE!! Look us up on Facebook or on our website theruralcupboardfoodbank.com!!

Beyond Books: Contactless Loans Coming

Submitted by Beverly Ball

on behalf of the Oliver Paipoonge Library Board

When I was driving out to the landfill the other day, I noticed a sign posted on the Murillo Library window which said "**We Miss You**". It is hard to imagine, but it has been over two months since we closed the Library doors to the public due to the COVID-19 pandemic. And we sure do very much miss you - the over 18,000 visits each year from people of all ages in our community who come to the Library as a place to gather, a place to learn, a place to enjoy a book, a place to do research, a place to use the computers and ipads, or a place to meet old and new friends. While we have kept contact with you through our digital library of ebooks, loans of ipads, and some phone contacts, it is the personal contact with you and the provision of a safe community space that makes our Library serve such an important role in the life of our community.

As of May 19th, the Ontario government has allowed libraries across Ontario to open for curbside pickups. While the Province has allowed libraries to provide this service, our Libraries will open only when we know that we can safely deliver this service to our residents. At the time of submitting this article, our Library CEO and Chief Librarian, **Maxine McCulloch**, has been busy preparing a Policy and Procedures for how the Murillo and Rosslyn Libraries can safely do this. The Policy assists staff in keeping both themselves and residents as safe as we can by isolating books when they are returned, regular cleaning of all of the inventory, and use of personal protective equipment like gloves. The Policy reflects the current best practices and public health agency guidelines. Once we are all sure that we are able to do this, the Libraries will open for limited curbside pickups. Based on discussions with our Librarian, curbside pickup may include having you contact the Library with your loan request and having staff let you know when it will be ready for pick up. Pick up will likely be limited to a table set up outside the facility and will be labelled for you to take home. Limited contact will be the key to making this work for all of us.

We will let residents know more through our Facebook page and website once we have everything in place for call-ins and pick-ups.

You can also call the Library and a voice message will inform you as to whether or not we are ready for curbside loans and how they will be handled. We do not know how many residents will use this service, so please bear with us as we try to meet your needs as best as we are able. Our expanded ebook selection is still an option for you.

Any questions or how to find out more information, contact the Library by email oplibrary@tbaytel.net or phone 935-2729 or 939-2312 and please leave a message. Someone will get back to you as soon as they are able. Take care, keep safe, and we miss you!

June 2020 Edition



The 2019 Lakehead Region Conservation Authority Annual Report is now available on our website. Physical copies are being distributed via the Chronicle Journal and will eventually be available at our Administrative Office once it reopens. We are proud of the work completed during 2019, and look forward to continuing our mission to lead the conservation and protection of the Lakehead Watershed in service of our vision of a healthy, safe and sustainable Lakehead Watershed for future generations.

On May 12, 2020 the LRCA declared a Level I Low Water Condition for the LRCA's Area of Jurisdiction, based on observed conditions. Calculations were based on the Ministry of Natural Resources and Forestry's (MNR) three-month precipitation average of 121.9 millimetres for the period of February, March and April, with a recorded actual precipitation of 45.6 millimetres, i.e. 37% of average.

The LRCA has updated the Shoreline Condition Statement for the Lake Superior shoreline within its Area of Jurisdiction, due to continued high water levels that remain well above average.

The beginning of May water level was 12 centimetres below the record high set in 1986, 31 centimetres above its beginning of May average (1918-2019), the 4th highest beginning of May level on record, and 7 centimetres lower than last year.

The current water level is approximately 61 centimetres lower than the 100-year flood level for Lake Superior. Lake Superior water levels fluctuate seasonally, therefore as expected, levels will continue to increase into the summer. Water levels on Lake Superior are expected to remain above average for a prolonged period of time, continuing a heightened risk of shoreline flooding, beach submersion and wave driven erosion along some reaches of the shoreline.

The LRCA recommends you stay home; however, we understand how important access to nature is for community health and well-being.

At the time of writing, the trail systems at all LRCA Conservation Areas are open to the public, however, those visiting must comply with physical distancing practices and must not meet-up with people from outside of their main residence; groups of larger than five remain prohibited.

Benches and pavilions may be used, so long as minimum physical distancing of 2 metres is maintained. Washrooms remain closed until further notice. Washrooms will not be monitored or maintained.

While visiting, all pets must be on-leash at all times and picked up after. Please remove all of your own garbage as our garbage removal process is currently overwhelmed. Don't forget your \$2.00 parking fee; it is most appreciated now more than ever.

Please be advised that the LRCA is prepared to close Conservation Areas if deemed necessary. If you plan on visiting one of our Conservation Areas, plan on following the rules. They have been implemented for the health and safety of yourself, others around you, and our staff.

The LRCA appreciates your continued support and understanding as we continue to navigate through the challenges and frustrations posed by the COVID-19 pandemic, and we look forward to your continued cooperation.

NORWEST COMMUNITY HEALTH CENTRES PRESENTS

LIVING WITH DIABETES & SELF MANAGEMENT

A VIRTUAL GROUP PRESENTATION SERIES

10 Week interactive series for people managing diabetes
One-hour session each week:

- Discussion about diabetes management
- Interactive resistance band exercises

STARTS JUN.3.2020

1:30pm - 2:30pm

From the comfort of your home.



PLEASE REGISTER BY CALLING NAOMI @ 626-7879.



WORLD ELDER ABUSE AWARENESS DAY - JUNE 15th

Elder abuse is harm done to an older person that is violent or abusive whether it's physical, emotional, neglect or financial. It is any act, or lack of action that causes harm to a senior when perpetrated by a person the senior should be able to trust. The abuse can be caused by a family member, a friend, a person that is relied upon for basic needs, care givers in nursing homes, retirement homes, long-term care facilities, etc.

Someone who commits elder abuse usually has control or influence over the older person. Victims of elder abuse often know their abuser and are ashamed, embarrassed or afraid to call the police. They depend on the abuser for food, shelter, personal care, companionship or transportation.

KEY FACTS:

- Around 1 in 6 older people experience some form of abuse, a figure higher than previously estimated and predicted to rise as populations age worldwide.
- Rates of abuse may be higher for older people living in institutions than in the community.
- Elder abuse can lead to serious physical injuries and long-term psychological consequences.
- Elder abuse is predicted to increase as many countries are experiencing rapidly ageing populations.
- The global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050.

Our Walk-In Clinic is now operating as a **Call-in Clinic.**



THUNDER BAY

call-in clinic

Community health at the touch of a button

We are not currently able to accept walk-in appointments.* Access our Call-in Clinic at:

(807) 622-8235

**Clients will be asked to come in if needed based on phone assessment.*

HOURS

Monday-Thursday: 2:30 pm - 6:00 pm

Friday: 1:00 pm - 4:00 pm

Saturday: 10:00 am - 3:00 pm

SUMMERWORD SCRAMBLE

(answers on page 15)

- | | |
|---------------------|--------------------|
| 1. HSIENNSU _____ | 6. ABESLALB _____ |
| 2. CEABH _____ | 7. EIGDGRNAN _____ |
| 3. ACGIMPN _____ | 8. NIPCIC _____ |
| 4. EANSSSUSGL _____ | 9. PEOSSPICL _____ |
| 5. IAECRCM _____ | 10. WMGMSIIN _____ |

FATHERS - HOW DO YOU SAY FATHER?

E	A	E	E	I	P	P	A	P	A	I	B	T	E
E	A	P	P	A	P	V	V	P	I	I	O	P	P
E	P	A	D	R	E	P	O	J	E	T	E	P	I
T	A	D	T	P	O	T	O	V	A	D	E	R	T
N	V	J	P	A	A	E	T	D	A	I	A	T	A
A	I	P	D	V	B	T	A	E	B	T	A	D	T
S	E	I	A	A	V	E	E	A	A	Y	P	A	A
O	J	R	B	I	E	P	P	R	B	Y	V	D	Y
T	O	E	I	P	B	R	B	E	P	E	S	D	D
O	A	B	B	A	D	E	A	E	R	J	T	Y	M
I	D	I	A	D	P	T	B	D	A	E	A	A	T
P	A	A	I	M	B	A	A	B	A	A	T	T	D
D	P	A	P	A	P	V	A	P	I	O	P	A	A
T	T	A	O	B	B	A	B	I	V	M	R	V	E

- PATER
- PERE
- PAPPIE
- ABBA
- VIEJO
- VATER
- IMBAABAA
- DADDY
- BABBO
- PADRE
- TATAY
- PAI
- BABA
- OTOSAN
- PAPPA
- VADER
- TAD
- ABEOJI
- PAPA
- DAIDI

I 
Dad





Hymers Fair News



Submitted by Erin Laforest

We hope everyone is coping through these difficult times.

As the Hymers Fall Fair will not be happening this year, we were so sad to not be able to see everyone's incredible talents in the exhibit hall and the hard work, love and care that go into the livestock, horses and small animals. So we decided that since we cannot see your amazing exhibits and shows at the fair this year, we will be having weekly exhibit challenges for you to show us the hard work and love that make our event the exemplary fair it is.

Challenges will be posted every Sunday evening up until Labour Day Weekend. Pictures of your entry must be received by the following Saturday at 5:00 p.m. If you wish people to know who is entering, please attach your name in your picture. A full list of the weekly challenges can be found on our website at www.hymersfair.com. Pictures will be posted on Hymers Fair Instagram and Facebook every Sunday afternoon. No judging. All ages welcome to enter! This is to be a fun activity to give everyone something to do to break up the boredom! Email your pictures to exhibits@hymersfair.com. If you've any questions, please email us at exhibits@hymersfair.com.

LAKEHEAD LIGHT HORSE ASSOCIATION

Putting the "FUN" Back into Horses

The Lakehead Light Horse Association (LLHA) is a non-profit association, first formed in 1995.

We are a very family and youth oriented club, and are always welcoming new and existing members. You do not need a horse or any experience to join us as a member, volunteer or to be involved! We love and enjoy teaching everyone, young and old, who wish to join in our past time.

Becoming a member has many benefits. Not only will you receive discounts, newsletters, invites and announcements, but you will also be able to win High Point trophies and be eligible for our Scholarship Program.

LLHA EVENTS

LLHA host various events such as gymkhanas, horse shows, clinics, trail rides, fundraisers, socials and BBQs. We enjoy helping and being involved with other organizations by joining in their events, and inviting everyone in all of our activities.

All events are held at the rear of Kakabeka Legion at 4556 Highway 11/17, unless otherwise specified.

For more information and upcoming dates, please call Bill at 577-0418, email us at lhatbay@gmail.com or check us out on Facebook Lakehead Light Horse Association.

2020 Year Of The Nurse

There is a war raging
Across the world
There is a battle going on!

We can't see our Enemy
Without a microscope
"It" doesn't need a Sniper
To bring us down

"It" Only needs a handshake
Close Contact
To KILL or make us ILL!

You don't need to carry a gun or
Wield a sword
You only need to keep your distance
Wash your hands
Self Isolate
Stand Back!

A new set of "Battle Rules", but
You can show your "Battle Spirit"
From a distance
Stare the Enemy down
Keep up Morale by
Doing a kind deed
Giving a smile
Staying in touch by phone
A friendly hello
Giving a nod

Stay Calm
Be Respectful
Keep your distance
Isolate
Shut the "Enemy Down"

2020 the year of the Invisible Enemy
To win this war
We must stand back
Don't send in the troops
This front line needs the Scientists
Send in the funds
To develop a vaccine
It Needs the Care Givers

Doctors and Nurses
Dedicated to doing their Jobs
They can't Stand Back
They must Combat the Enemy!
By working to save It's Victims
They see its Violence
The pain, the suffering, the struggle to Survive!
Some will live, others will die
The Care Givers will work "on" _____

So
Thank Them, Praise their Diligence
Support Them
**Do Your Job (Retreat) Stand Back "They Can't"
Stand Back
Shut the Enemy Down
Don't let "It" Win**

2020 The Year Of The Nurse

**The Nurse, needed more than Ever!
Florence Nightingale Would Be So Proud!**

**Anonymous Author
- A Retired Nurse from Thunder Bay**



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.....

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Dave Cell: 626-6510

Jeff Cell: 629-4858



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Cell: 626-6510

davebuobtrucking@live.ca

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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 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



GREEN ACRE VARIETY

Gas ♦ Groceries ♦ LCBO ♦ Live Bait

LIVE BAIT & TACKLE

Minnnows, Sucker Minnows, worms, leaches (seasonal), bio leaches, tackle lures, fishing rods and line

PIZZA MENU

Made fresh by order on Tuesday 4-7, Friday & Saturday 3-830 Call 475-5631 to place your order anytime!

16" regular crust, unlimited toppings \$23.00 +tx 14" thin crust, unlimited toppings \$18.75 +tx

Toppings Include: Mozzarella/cheddar blend, parmesan, feta, pepperoni, bacon, ham, Italian sausage, chicken, shrimp, BBQ sauce, alfredo sauce, peppers, onions, mushrooms, green and black olives, banana peppers, jalapeno peppers, pineapple, spinach and broccoli!

The Great Canadian Eh: pepperoni, bacon, ham, mushrooms

Meat Lovers: pepperoni, bacon, ham & Italian sausage

The Works: pepperoni, bacon, ham, Italian sausage, peppers, onions, mushrooms, green olives & banana peppers

Hawaiian: ham & pineapple

Barbeque Chicken: Chicken, bacon, onions, BBQ sauce

Pimped out Shrimp: shrimp, onions, peppers, spinach, broccoli, and Alfredo sauce

HOMEMADE FOOD AND BAKING

Lasagna, Shepherd's Pie and Chili, Sub sandwiches, Greek and Caesar Salads, Peroqies, Cheesecakes, Sprucedale Farms Fudqe, Nannies Kitchen homemade baking! Wolfhead Coffee & Cappuccino!

LCBO CONVENIENCE OUTLET

We are fully stocked with Beer, Wine, Coolers & Spirits; LCBO outlet hours of operation Monday – Saturday 9am – 9pm, Sunday 10am – 8pm

Permitted to sell alcohol on the following Holidays: Family Day, Victoria Day, Canada Day, Labour Day Thanks Giving & Boxing Day 9am-9pm (Please note: it is against the law to sell alcohol to someone who appears intoxicated or buying for a minor & customers must be 19 years of age or older to handle alcohol products please keep this in mind to help us provide the best customer service, Cheers!)

BOTTLE DEPOT

Bring back your empties and we will pay you cash ~ please have your cans in clear plastic bags of 48 or 96 and labelled, beer bottles separated by colour as well 😊

1226 Hwy 595 email: green-acre@live.com phone 475-5631 Hours of Operation Mon-Fri 7am-9pm, Sat, Sun & Holidays 9am-9pm closed Christmas Day. Follow us on Facebook for more community events and pizza contests!

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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- ✓ *Heavy Duty Mechanical Repairs*
- ✓ *Brush Cutting (heavy & light equipment)*
- ✓ *Site Preparation + New house excavation*
- ✓ *Ditching & Drainage*
- ✓ *Driveway Repairs & Grading*
- ✓ *Fence & Gate Installation*
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- ✓ *Welding & Fabricating*

Check out our webpage or visit us on Facebook

Email: kandscontractinginc@gmail.com

Webpage: <http://kandscontracting.ca>

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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** (ie. Garage sale, Parties, Funeral or Celebration of Life) - \$ 5.00
- **Announcements** (ie. birthday, anniversary, baby) - \$ 2.00
- **Death Announcements** - Free of Charge for the Township of O'Connor past or present residents. **(This does not include funeral advertisements)**

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

O'Connor Free Methodist Church

293 Sitch Road

Near the corner of Sitch and Earl Roads in
O'Connor Township

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

Due to COVID-19, we will be having online services
on our Facebook page,
O'Connor Free Methodist Church

If you don't have a Facebook account you can watch it
on the Facebook link on our church website,
www.oconnorfreemethodist.org

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

O'Connor-Conmee Fellowship Baptist Church



**SERVICES CANCELLED
UNTIL FURTHER NOTICE**



O'Connor-Conmee
Fellowship Baptist Church
3 Holomego Rd, corner of Hwy 595

RSVP Thunder Bay After 5

RSVP Thunder Bay After 5 is cancelling their events until
directives for COVID-19 are amended.

It is important to do our part and reach out to our
neighbours and family by phone, email, social media etc.

For more information, please call
Rose: 767-8461 or Connie: 630-0774
Affiliated with www.rsvpministries.com

Pinegrove United Church

100 Hwy 130, Rosslyn
(next to the Tbaytel tower)

SERVICES CANCELLED UNTIL FURTHER
NOTICE. SEE WEBSITE BELOW TO JOIN OUR
LIVE STREAM.

Reverend Rob Smith, Minister



For Pastoral Care call Church office
Office: 939-1364 Email: pinegrove@tbaytel.net
Website: www.PinegroveUC.org

Answers to Word Scramble:

1. SUNSHINE
2. BEACH
3. CAMPING
4. SUNGLASSES
5. ICE CREAM
6. BASEBALL
7. GARDENING
8. PICNIC
9. POPSICLES
10. SWIMMING



Kakabeka Falls & 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

PLEASE NOTE:
**DUE TO COVID-19, ALL LEGION EVENTS HAVE BEEN
CANCELLED UNTIL FURTHER NOTICE.**
Please check our website above or call Gary at 473-9631
to check for updates.
For bookings at the Kakabeka Legion please leave a message
on the Legion line at 473-9122 or call
Gary MacDonald at 473-9631.

**FREE RURAL
LUNCHTIME GATHERING!**

Café
del **SOUL**

Have a safe summer!

Email: CafeDelSoul@tbaytel.net

St. James' Anglican Church

Please visit our website at countrywarmthinchrist.ca
to view online services every Sunday during the
COVID-19 pandemic.

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

St. Mark's Anglican Church

Please visit our website at countrywarmthinchrist.ca
to view online services every Sunday during the
COVID-19 pandemic.

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

Redeemer Lutheran Church

Hwy 11/17, Kakabeka Falls, ON

Service cancelled until further notice.
For information, please contact Pastor Brad Julien
473-9164 or check the website at www.redeemerlcc.ca

St. Theresa's Roman Catholic Church

10 Porter St., Kakabeka Falls

Service cancelled until further notice.
For information, please contact Parish Priest: Fr. Randal
Morrisseau at 935-2898 (Rectory) www.dotb.ca

**O'CONNOR VOLUNTEER FIRE DEPARTMENT
AUXILIARY**

is having a



FATHER'S DAY RAFFLE

Lottery Licence #M709295

PRIZES

1ST - 2020 POLARIS 450 H.O. ATV
(NORTH COUNTRY CYCLE AND SPORTS)

2ND - 2019 YAMAHA GENERATOR
(NORTH COUNTRY CYCLE AND SPORTS)

3RD - PROPANE BBQ (CANADIAN TIRE - THUNDER CENTRE) &
\$100 GIFT CARD (COUNTRY FRESH MEATS AND DELI INC.)

4TH - 30 TRIPLE A RIB EYE STEAKS (ODENA SUPER A FOODS)

TICKETS ARE \$10 EACH OR 3 FOR \$25
5,000 TICKETS PRINTED

Get your tickets before they sell out!

Due to the COVID-19 pandemic, tickets are being made available for purchase through e-transfer. Please call or text Greg at 621-5773 or Shane at 474-6635 for more information.

DRAW DATE: June 20th, 2020 @ 6:00 p.m.
The O'Connor Fire Hall
325 Highway 595

Must be 18 years of age or older to participate.