



The Cornerstone

Township Of O'Connor

JULY 2023



PLEASE NOTE that the **Disposal Site will be closed Saturday, July 1st** and the Township Office will be closed Monday, July 3rd for recognition of the Canada Day holiday. The Township Office will begin its summer hours starting Saturday, July 1st. Please see hours to the right or visit the Township website at www.oconnortownship.ca



FOR SALE

1993 FORD L-9000 T/A

Combination sander/dump box.

Comes with one-way plow and wing.

313,872 kms, L-10 Cummins engine,

8 speed manual transmission.

Asking price \$35,000.00 or best offer.

Call the O'Connor Township Roads

Department between 8:00 am and 4:30 pm at 807-476-1453 or call the

O'Connor Township Office during regular business hours at 807-476-1451.



2023 FINAL TAX BILLING

Please watch for the 2023 final tax bills to be mailed out in mid to late **July with due dates in August and October**. Only cash or cheques (no debit or credit) will be accepted as payment at the Township Office located at 330 Highway 595. Payment can also be made using e-transfer, internet or telephone banking. Please check our website for further details.



FIRE PERMITS - Please Note the Fire Ban currently in place. Watch our website for updates.

Fire Permits required between April 1st and October 31st.

- Fire Permits are required for ALL outdoor burning, including fireworks and incinerators, with the exception of small campfires for cooking or warmth.
- Permits may be revoked at any time at the absolute discretion of the Township's Fire Chief, Henry Mattas.
- Fire Permits are now valid for the entire fire season and can be obtained online through the following steps below:

STEP 1: Register online at: <https://oconnor.burnpermits.com/> If you have already registered a previous year, please skip to Step 2.

STEP 2: Using the same login information from previous years, follow the steps at the above web address to apply for your burn permit.

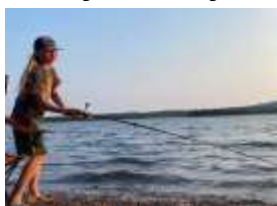
STEP 3: Call 1-833-490-0299 each time before burning. Calling this number before you burn is mandatory to ensure the Township is aware of all active burns, while providing you with necessary risk level information.

If you are unable to register online for your yearly fire permit, you may call the Township Office at 807-476-1451 and staff will help get you registered so that each time you burn, you need only call the number in Step 3 above.

Family Fishing Week 2023

Happy Family Fishing Week!

From July 1 – July 9, 2023



Canadian residents can fish without a licence! It's the perfect time to get back on the water, or introduce a loved one to fishing!

Emergency Contacts:

Medical Emergencies: 911

Fire: 911 Police: 911

Municipal Office Hours:

Monday, Tuesday & Thursday:

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

Wednesdays: **closed**

Fridays: 9:00 am to Noon

Office Phone: 807-476-1451

Fax: 807-473-0891

Garage: 807-476-1453

Community Centre: 807-476-1452

Website: www.oconnortownship.ca

E-mail: twpoconn@tbaytel.net

Find the Cornerstone on our website!

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

Volunteer Fire Department:

O'Connor needs Volunteer Firefighters and First Responders! For more information or questions on volunteering, please see page 3 for contact numbers.

Dog Control Officer:

Margaret Foster, 807-632-1235

Building Permits:

By-law Number 2016-12, being a by-law respecting Construction, Demolition, Inspections, and to set out the rates for permits within the Corporation of the Township of O'Connor states that building permits will be required for the construction, erection, alteration, repair, removal, relocation and change of use of all buildings, decks or structures within the Township of O'Connor. If you are building anything larger than **161.2** square feet or any building with heating and/or plumbing, you are required to apply for a building permit. For more information, please call the Township Office or the Township's **Chief Building Official, Martin Tempelman, at 807-630-9726 or email cbomartint@gmail.com**.

Applications are available on the Township website or at the Township office.

Oliver Paipoonge Library Hours:

Rosslyn - Tues & Thurs 10 am - 8 pm

Fridays 10 am - 3 pm

Murillo - Mon & Wed 10 am - 8 pm

Email: oplibrary@tbaytel.net

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

Thunder Bay District Health Unit:

807-625-5900 Toll Free: 1-888-294-6630

Telehealth Ontario:

1-866-797-0000

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



COUNCIL MEETINGS

The next meetings of Council will be held in Council Chambers:

Monday, July 10th @ 7 pm - Regular Meeting of Council

Monday, Aug. 14th @ 7 pm - Regular Meeting of Council

The meetings of Council will be held in Council Chambers at 330 Highway 595. To view agendas, please visit the Township website at www.oconnortownship.ca to access them through the "Council" page. Please note that the virtual option to join a meeting is no longer available.

Council welcomes your involvement.

Mayor: Jim Vezina, 807-577-6735

Councillors:

Alex Crane, 807-473-9420 John Sobolta, 807-624-8025
Bishop Racicot, 807-577-2215 Carly Torkkeli, 807-620-2579



The Council and Staff of the Township of O'Connor would like to wish everyone a safe and enjoyable Canada Day weekend.



Dogs Running at Large

The staff of the Township of O'Connor would like to remind all dog owners to keep your dogs on your own property. In case you didn't check your dog's leashes and collars recently, now is the perfect time to check for cracks, tears and breaks, and check the batteries in your battery operated dog leashes at the same time. 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 dogs. If you are having trouble with dogs running at large, please contact the Township's Dog Control Officer, Margaret Foster at 807-632-1235.



O'Connor's History Book

"First Hundred Years Of Country Living At Its Best"

The Township of O'Connor has copies of the O'Connor History Book which commemorate the "First 100 years of O'Connor's Country Living At Its Best." Copies of the hardcover book can be purchased for \$40 at the O'Connor Township Office during regular office hours. Share the memories and get one today!



Commemorative Plaques

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

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

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 (April 1-November 30).



DISPOSAL SITE

COMPOSTING

If you haven't been throwing your food scraps into the composter all winter, then now's the time to get those goodies in your compost pile to start cooking in the summer heat. Composting is not only beneficial for our gardens, but it also keeps the extra waste out of our Disposal Site.

Compost is a mixture of ingredients used as plant fertilizer and to improve soil's physical, chemical, and biological properties. Composting is a process by which plant and food waste, organic materials, and manure decomposes into soil. It's a great way to recycle scraps from your yard and kitchen.

WHAT TO COMPOST

- | | |
|--------------------------------------|--|
| • fruit & vegetable peels and scraps | • paper, cardboard, and shredded newspaper |
| • rotten fruit and veggies | • napkins, paper towels, and unused toilet paper |
| • houseplant trimmings | • grass clippings, leaves |
| • coffee grounds and paper filters | • flowers |
| • tea leaves | • sawdust, wood chips |
| • nutshells (apart from walnuts) | • hair and fur |
| | • eggshells |

* Do not compost food that will attract animals and pests (bones or meat scraps, dairy, baked goods, fat, oil or grease), pet waste or feces, plastic, pesticide treated lawn trimmings, charcoal, diseased or infected plants, or large pieces of wood that are too difficult to break down.

STEPS TO COMPOSTING

1. Determine where you want your compost heap or bin. Select an outdoor location with partial shade and plenty of drainage. It's also important to pick an area that's easily accessible but removed from animals, including pets and wildlife. Your pile should be at least 3 feet in width and height, which is a manageable size for most gardeners and ensures that it can retain heat.
2. Now start adding materials. It's generally recommended to alternate green and brown materials in layers. The term "green materials" refers to items like food and yard scraps, while "brown materials" include carbon-rich items like branches, paper, straw, and wood chips. Although layering isn't required, it helps ensure that you're maintaining the right balance of green and brown materials to optimize the decomposition process. Start by creating a 4" - 8" layer of bulky brown materials, such as twigs, at the bottom of your pile to provide aeration and drainage. Then, alternate layers of green and brown materials until your bin is full. Be sure to add a bit of water to each layer to keep it moist.
3. You should turn your pile regularly to ensure efficient composting. Use a shovel or pitchfork to turn and rotate the materials to distribute air and moisture evenly. How often you need to turn your compost depends on many factors, including the size of the pile, amount of moisture, and ratio of brown to green materials. Generally, you should start by turning your pile every 4-7 days. As your compost starts to mature, you may need to turn it less often. While most of the moisture in your compost pile should come from rain, you may need to water it occasionally to help keep it moist. If the pile becomes soggy, you can add extra brown materials or turn it more frequently to remove excess moisture.

It can take anywhere from a few weeks to a year for your materials to fully decompose, depending on the size of your pile, type of materials used, moisture levels, and climate. When it's ready to use, your compost should appear dark brown and crumbly, similar to soil. It should also have a rich, earthy smell and be free of any large chunks of material.



Volunteer Fire Department News

Since the last newsletter, the O'Connor Volunteer Fire Department received 0 Fire calls and 1 First Response call.

O'CONNOR VOLUNTEER FIRE DEPARTMENT AUXILIARY

(along with The O'Connor Community Club)
invite you to attend their

ANNUAL STRAWBERRY FESTIVAL

to be held on Friday, July 7th, 2023 7:00 - 9:00 pm at the
O'Connor Community Centre (330 Hwy 595)
Ice Cream & Strawberries, Tea & Coffee, Penny Auction
and Miscellaneous Draws.

The Fire Department Auxiliary is looking for donations for their penny auction table.

Please drop donations off at the Township Office at
330 Highway 595 during regular business hours, or call
Cheri for more information at 807-621-5768.

CONGRATULATIONS TO THE WINNERS OF THIS YEAR'S BBQ STEAK DRAW

1st PRIZE - 30 BBQ Steaks - Sean Stefanato
2nd PRIZE - 20 BBQ Steaks - Katarina Kohanski
3rd PRIZE - 10 BBQ Steaks - Colin Bouchard

Thank you to everyone for supporting this year's Steak
Draw in support of the O'Connor Volunteer Fire
Department and to all those that sold tickets on behalf of
the O'Connor Volunteer Fire Department Auxiliary.

SUMMER FIRE SAFETY CHECKLIST

- * Practice safe grilling.
 - * Burn safely. Know the risk level in your area.
 - * Be aware of wildfires in the area.
 - * Keep your fire number visible from the road.
 - * Have your HVAC system maintained.
 - * Closely supervise all fires and campfires.
 - * Douse hot coals with plenty of water.
 - * Let your lawnmower cool down before fueling up.
- Don't forget to test your smoke alarms monthly.
Ensuring your smoke alarms and carbon monoxide
detectors are functioning properly could save your life.

BECOME A VOLUNTEER! WE NEED YOU!!

The Township of O'Connor is looking for volunteers for
O'Connor's Volunteer Fire Department and First
Response Team. Volunteer firefighter training occurs on a
weekly ongoing basis and now is the perfect time to join
our team as the First Responder Training will be taking
place very soon. Our community needs more volunteers to
ensure that in the event of an emergency, our residents
will be taken care of as fast as possible.
Without a Volunteer Fire Department, residents can also
expect an increase in their insurance rates. For questions
on volunteering for the O'Connor Volunteer Fire
Department, First Response and/or Auxiliary, please call:

Fire Chief Henry Mattas at 807-628-3523

Volunteer Fire Department

Leanne at 807-475-5828

Volunteer First Response

Cheri at 807-621-5768

Volunteer Fire Department Auxiliary

Applications to apply can be found on the Township of
O'Connor website at www.oconnortownship.ca.

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



DONATE YOUR:

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

For the O'Connor Volunteer Fire Department! HELP OUR LOCAL FIRE DEPARTMENT RAISE MONEY BY PUTTING YOUR CANS AND BOTTLES IN THE SPECIALIZED BINS FOR O'CONNOR!

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

PLEASE NOTE: These bins are ONLY for pop & beer cans,
beer & liquor bottles. All other recyclables should be placed
in the regular recycling bins at the Disposal Site. Thanks to
all who have donated to date.

FEELING EXTRA CHARITABLE? Drop the can tabs off at
the O'Connor Township Office to go to the March of Dimes.

FIREWORKS SAFETY

PLEASE NOTE: The Township has stated that NO
fireworks are to be ignited during the fire ban. Any parties
responsible for starting a fire with fireworks will be held
liable for all costs.

Please check <https://oconnor.burnpermits.com/> for the
status of the fire ban before setting off any fireworks
displays. Should the fire ban be lifted, ensure that you have
a burn permit for your fireworks and call it in so that the
Volunteer Fire Department is aware that you will be igniting
fireworks.

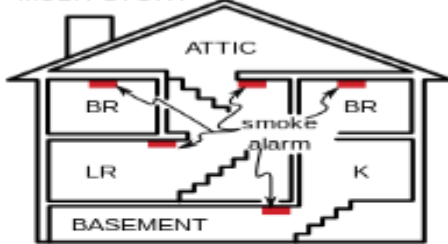
SAFETY TIPS

1. Do not smoke or allow flames near fireworks.
2. Choose a wide, clear site for firing, away from overhead
obstacles and dry grass. Keep your audience at least
100 meters back from the lighting area.
3. Prior to use, store fireworks in a cool, dry place. Use
caution when positioning fireworks, preventing
accidental product damage from dew and ground level
moisture.
4. Read the instructions on each item. Different items
have different firing instructions.
5. Check the wind direction and angle your fireworks away
from spectators about 10 degrees off of center. Do not
shoot fireworks in high winds.
6. Do not shoot fireworks out of glass or metal containers.
These could crack or explode, sending shards of
material outward.
7. Never attempt to re-light a misfired fireworks item.
Keep a bucket of water or hose nearby to extinguish
such items. If an item does not light easily, or fizzes
out, do not approach the item for 20 minutes.
8. Do not shoot fireworks under the influence of drugs or
alcohol.
9. Sparklers are the only fireworks item designed to be
held in the hand.
10. Do not transport fireworks in your pockets.
11. The shooter and his/her assistants should wear snug
fitting, cotton clothing, a cotton baseball hat, cotton
gloves, safety goggles, and hearing protection to
ensure the safe ignition of a fireworks display.
12. Keep pets indoors while shooting fireworks.

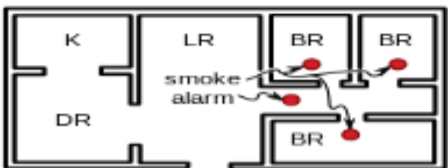
Remember, fireworks are fun, but treat them with respect!

PLACE ONE SMOKE ALARM ON EVERY FLOOR AND SLEEPING ROOM

MULTI-STORY



SINGLE LEVEL



SMOKE DETECTORS & CARBON MONOXIDE ALARMS SAVE LIVES



The O'Connor Fire Department has for purchase:

Kidde Smoke Alarms.....	\$25.00
Kidde Carbon Monoxide (CO) Alarms.....	\$25.00
Kidde Combination Smoke/CO Alarms.....	\$50.00

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

Evacuation & Shelter-In-Place

An evacuation may be ordered when there is a significant threat. Other times, it may be safer to remain inside (shelter-in-place). These orders are typically broadcast through TV, radio, government websites, social media or wireless public alerting.

Evacuation

- Evacuate only when ordered by emergency officials and if safety permits, take your pets.
- Take your emergency kit with you and head to your designated meeting place or reception centre.

Shelter-in-Place

- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air-conditioning systems to avoid drawing air in from the outside.

Household Emergency Plan

- Create an emergency plan and discuss potential emergency situations ahead of time to reduce fear and anxiety.
- Review your plan yearly and practice going to your meeting places.

Meeting Places

Identify two meeting places in case you have to leave your home or can't return home right away:

- Near your home.
- Outside of your neighbourhood.

To develop your own Emergency Preparedness Action Plan visit ontario.ca/BePrepared.

Additional Resources

Learn more about what to do in an emergency through your local municipal office.

The following organizations have further information on emergency preparedness, weather warnings and other emergency information before, during and after emergencies.

- Canadian Red Cross
- Environment and Climate Change Canada
- Hydro One
- Insurance Bureau of Canada
- Public Safety Canada

Stay Connected

- Keep calls and texts short and brief to reduce network congestion.
- Call 9-1-1 for serious police, fire or medical emergencies.
- Don't waste battery life on mobile games, apps and videos. Dim your screen to preserve power for critical communication.
- Forward your home phone to your mobile phone if you're forced to evacuate.
- Alert Ready is Canada's emergency alerting system. Alert Ready delivers critical and potentially life-saving alerts to Canadians through television, radio and LTE-connected and compatible wireless devices. More info at AlertReady.ca.



ontario.ca/BePrepared

ISBN: 978-1-4868-7104-9

Emergency Preparedness Starts With You



Ontario

ontario.ca/BePrepared

O'CONNOR COMMUNITY CLUB

ANNUAL STRAWBERRY FESTIVAL

to be held on
Friday, July 7th, 2023
7:00 - 9:00 pm
at the
O'Connor Community Centre (330 Hwy 595)

Ice Cream & Strawberries, Tea & Coffee, Penny Auction and Miscellaneous Draws. The Fire Department Auxiliary is looking for donations for their penny auction table. Please drop donations off at the Township Office at 330 Highway 595 during regular business hours, or call Linda or Lorna for more information at 807-476-1451.



If you are interested in joining the O'Connor Community Club team or volunteering for the club, please contact Lorna or Linda at 807-476-1451 for more information. All are welcome to attend. Meeting nights are flexible to adhere to members availability. We are always looking for new members, event ideas, and activities!

A Celebration of Life in the Memory of Garry Dean Sitch

Garry was born and raised in O'Connor until he started his life on Rosslyn Road until he passed on May 12, 2023. He was the kindest and most helpful person. Always smiling and willing to help others. He loved his family and enjoyed the outdoors. He will be missed by his family and friends. Forever in our hearts.

**Come to celebrate Garry's life at
O'Connor Community Centre
July 22, 2023 from 12-3 pm**

SPRING CLEANING?

DEALING WITH AN ESTATE AND YOU DON'T KNOW WHAT TO DO WITH YOUR UNWANTED ITEMS?

Instead of bringing it to the landfill,
have it picked up instead!

If it's dropped off at our landfill, it cannot be diverted to those in need, such as Grace Place (for clothing) or thrift stores.

**In particular, furniture that could
still be used.**

I will repurpose your unwanted items and if sold,
50% will go to the Rural Cupboard Food Bank!

**For further information,
contact Stacey at 807-356-2206.**

If there is no answer, please leave a message and I will respond within 24 hours.



Kakabeka Falls & Rural District

RCL Branch #225

Kakabeka Legion, 4556 Highway 11-17, Kakabeka Falls

Saturday, July 1st - **Market Breakfast** every Saturday
from 9:00 am - noon

Sunday, July 9th - **Monthly Buffet Breakfast** from
8:30 am - noon

Sunday, July 9th - **Horse Gymkhana** at noon

Saturday, July 15th - **Dance with Quest** from
7:00 - 10:00 pm

Sunday, July 23rd - **Horse Gymkhana** 10:00 am

Saturday, July 29th - **Dance with Quest** from
7:00 - 10:00 pm

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

There are no Exec/General meetings, Jam Sessions
or Afternoon of Music during July and August.

Enjoy your summer.



HOUSE FOR SALE IN O'CONNOR

2 storey, full basement with 100.46 acres. 4 bedrooms, 1.5 bathrooms. Large hay fields surround house and orchard, wooded area on back part, Pitch Cheek runs through it. GOOD HUNTING AND FISHING. Oil/wood forced air furnace plus fireplace in main living room, 1 severance still available. As is where is with large appliances. Asking \$299,900. 368 Earl Road. Check out the ad on kijiji for more pictures, or call Catriona Earl at 807-577-2390. Google map us, its a wonderful spot!



O'CONNOR COMMUNITY CENTRE

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

O'Connor Community Centre Rental Fees:

- ⇒ Social with Liquor - \$200.00
- ⇒ Hall Rental No Liquor - \$75.00
- ⇒ Use of basement Kitchen - \$50.00

Please note that a damage deposit may be required.

TICK IDENTIFICATION CARD

Blacklegged (Deer) Ticks



Adult Male
All black



Adult Female
Reddish-brown body/black cape and legs

Wood (Dog) Ticks



Adult Male
Mottled brown-cream back/reddish-brown legs



Adult Female
Brown body/cream cape/reddish-brown legs

Photo credit: University of Rhode Island TickEncounter Resource Centre



Thunder Bay District
Health Unit

Prevent the bite

- ⇒ Cover up as much skin as possible
- ⇒ Use bug spray with Icaridin or DEET on exposed skin
- ⇒ Check yourself and your pets before heading inside

Remove the tick

- ⇒ Use fine-tipped tweezers to grab as close to the skin as possible
- ⇒ Pull up slowly, don't twist or turn
- ⇒ Wash with soap OR apply rubbing alcohol
- ⇒ Monitor for unusual symptoms; see a health care provider if concerned

Submit the tick

- ⇒ Place in a clean container and submit to the Health Unit

JULY 2023

MON

TUE

WED

THU

FRI



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

3

CLOSED FOR
CANADA DAY

4

5

Diabetes
Education

6

Lifelabs

7

Kakabeka Site

4785 ON-11 Unit B,
Kakabeka Falls,
ON P0T 1W0

(807) 473-5528

10

11

Fly the C.O.O.P
Walking Group
10am-11am

12

13

Lifelabs
Mobile Clinic -
Upsala
10am-3:30pm

14

Diabetes
Education

Thunder Bay Site

525 Simpson Street
Thunder Bay, ON P7C 3J6

(807) 622-8235

17

Mobile Clinic -
Armstrong
1pm-6pm

18

Fly the C.O.O.P
Walking Group
10am-11am
Mobile Clinic -
Armstrong
8:30am-Noon

19

20

Lifelabs

21

PROGRAM INFO.

Fly the C.O.O.P Walking
Group

Meets outside of the Kakabeka
site

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

24

25

Fly the C.O.O.P
Walking Group
10am-11am
Dietitian

26

Mobile Clinic -
Upsala
10am-3:30pm

27

Lifelabs

28

31

Please call to book an appointment for:

- Diabetes Education
- Lifelabs
- Dietitian



Follow us!

NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org

SAVE THE DATES!! 2ND ANNUAL YARD SALE!!

Saturday, July 15th and Sunday, July 16th

9:00 am to 4:00 pm each day.

7 Hume Road West, Conmee. 4 km West of Kakabeka on Highway 11-17.

Northwestern Ontario Military and Police Museum will be holding their 2nd Annual Yard Sale to raise funds for the museum. Lots to choose from. Come on out and support our museum.



Chair Yoga Group

Chair Yoga Instructor Christine will lead you through a gentle chair yoga practice that will exercise your mind and body. Learn seated yoga postures, breathing techniques and new ways of relaxation and stress management.

- Yoga can help to:
- Improve flexibility
- Increase strength
- Reduce stress
- Improve balance
- Manage pain
- In addition, an all-round great time!

Everyone is welcome to come join this FREE interactive program held at the Conmee Community Centre. This program is also available virtually from your home.

Every Wednesday

From 2pm – 3pm

Group Session

19 Holland Rd. West
Conmee Township

Call Shaun at
(807) 473-5528
to register today

Registration is
required.



Fly the C.O.O.P Walking Group

Catch up with your neighbors & meet new friends exploring the Kakabeka Falls area together in an easy-paced walking group.

- An all-age group
- Water filling station
- Seated rest-stops
- Easy-paced
- Access to washrooms
- Lending of Walking Poles

* Limited availability of walking poles, please request at registration

Every Tuesday
at 10am –
starting May 9th

Meet at
Evergreen
Pharmacy
Building
Front Lawn

Call Shaun at
(807) 473-5528
to register

Murillo Library

Monday 10 – 8:00 pm

Wednesday 10 – 8:00 pm

Closed Saturday from July 1st to September 3rd

935-2729



Email:

oplibrary@tbaytel.net

Website:

<http://oliverpaipoonge.olsn.ca>

Rosslyn Library

Tuesday 10 – 8:00 pm

Thursday 10 to 8:00 pm

Friday 10 – 3:00

Closed Saturday from July 1st to September 3rd



Looking for a good
summer read?
Both libraries have
used book sales with
all items listed at
50 cents!

Visit our used book sale at
the Strawberry Social,
Thursday July 13th at the
Kakabeka Legion
6:30 to 8:30!

Murillo Library will be
closed on Monday July 3rd.



We now have 1
pickleball set available
for borrowing with
your library card
(4 paddles/balls)
perfect for use at the
Rosslyn courts!



Oliver Paipoonge Library
July Summer Fun!
Join us every week
for a new exciting activity!

TD Summer Reading Kits will be available beginning July 4th! These kits are geared to preschool or school-age children and contain a book full of summer fun activities and challenges. Each kit also comes with stickers, a 6-colour pen and a web-access code to unlock more online fun. Participants can complete the summer recap page and return it to the library before September 1st to be entered into a draw for \$25 Chapters gift card!

Thursday July 13th 1:00 – 4:00



IMAGINEERING

Drop in between 1:00 – 4:00 at Rosslyn Hall.
From building and testing your very own race car and marble tracks to learning about electricity by building circuits, this event is sure to engage future engineers of all ages!

Sponsored by Sandy Vibert

Week of July 17

Drop in and create
(or pick up and take home)

Fossil digging kit.

Parental assistance may be required.
1 per child, limited quantity.

July 4th, 5th, 6th and 7th

Drop in and create....

Wood dragons and unicorns

Working with permanent ink markers, design and decorate your very own dragon or unicorn.

Parental assistance may be required.
1 per child, limited quantity.

Week of July 24

Drop in and create
(or pick up and take home)

Space themed posters using

'colour by sticker'

Parental assistance may be required.
1 per child, limited quantity.

CARPET BOWLS GAME

Activities for Seniors

Seniors!

Help nurture your mind and body with a fun game of carpet bowling.

- Relaxed and gentle pace of exercise
- Socializing and fun times
- Free
- Coaching available
- Snacks and refreshments

Beginners welcome!!

Where: Rosslyn Hall

Date: every Friday

Morning session 10 am - noon

Afternoon session 1 pm - 3 pm

Pre-booking takes priority over drop-ins

Please call the library at 939-2312 for more information or booking.

Please bring indoor shoes!

CRIBBAGE

BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.

ROSSLYN COMMUNITY CENTER

3405 ROSSLYN ROAD



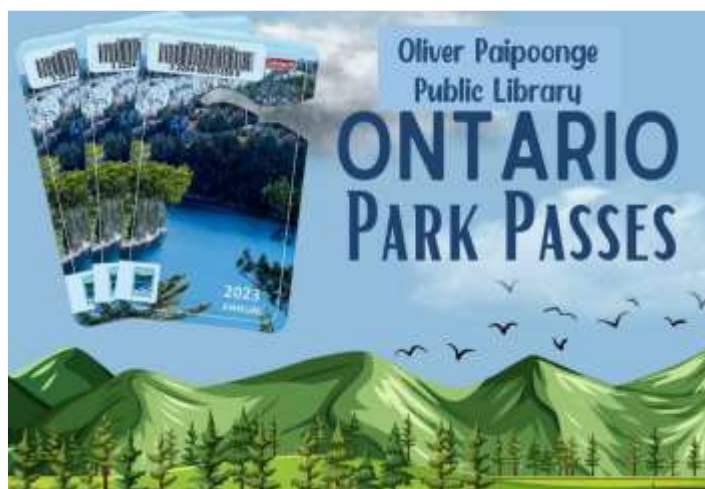
Start the new year off right! It's time to join....

Free Exercise Class for all ages



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.

Drop in every Tuesday and Thursday
from 11:30 – 12:00 at Rosslyn Library
(Stretch bands and balls on Tuesday, weights on Thursday) *Please bring indoor shoes and weights.*



FOR HIRE

Looking for a student age 16 or older to mow and weed
whack the grounds at the
O'Connor Free Methodist Cemetery, 173 Earl Road.
Training provided and wage \$16/hour.
For interest, please contact Colin at 807-627-4062 by
Monday, July 10th.

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

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

**Next Food Bank is
Wednesday, July 19, 2023**

**Registration 9 am to 11 am
Drive-thru pick up**

We sincerely thank all those that continue
to support us.

Your donations enable the food bank to remain open.

The Ontario Association of Agricultural Societies

is presenting a

Special Agricultural Judging School
on Grains, Forage Grasses, Flowers & Vegetables.

One day only,

July 8, 2023, 8am – 5 pm
in Thunder Bay.

To register, phone or text 807-620-9158.



Hymers Fair News

By Wendy Wright



Just a couple of months to go before Hymers Fall Fair!!
Are your entries planted? Have you started your other
homecraft exhibits?

The Board is getting excited to host another well attended
weekend, however
we still need more volunteers to pull it off!

Do you have a few hours or more to spend with us that
weekend?

Please contact:

hymersagsociety@gmail.com
for more information and to sign up.

The Ontario Association of Agricultural Societies
is presenting a
Special Agricultural Judging School on Grains, Forage
Grasses, Flowers, and Vegetables.
One day only, July 8, 2023, 8am – 5pm in Thunder Bay.
To register, phone or text 807-620-9158.



LAKEHEAD REGION
CONSERVATION AUTHORITY



Are you a paddler? Be sure to visit Hazelwood Lake
Conservation Area and Hurkett Cove Conservation Area
to check out our floating docks which feature accessible
kayak launches! These launches make getting in and out
of your kayak or canoe super easy and stable. The LRCA
is proud to offer access to Hazelwood Lake and Lake
Superior, so get out and explore!

The LRCA and Municipality of Shuniah is proud to present
Silver Harbour Day on Saturday, August 26, 2023. The
event, in celebration of Shuniah's 150th anniversary, will
feature activities and information booths from local
organizations such as Science North, the Thunder Bay
Field Naturalists, Thunder Bay Indigenous Friendship
Centre, MNRF, OPP, and Canada Coast Guard.
Additionally, Shuniah Fire & Emergency Services will also
be hosting a BBQ in celebration of their anniversary and
in support of their initiatives. Keep your eyes on the
LRCA's website and social media channels for details and
specifics!

Registration for our Watershed Explorers Programs are up
and running on our webstore. Space is limited and
pre-registration is required, but at the time of writing there
is still space on our Butterflies, Fall Photo, Fish and
Aquatics, Neebing Birding Day and Trees & Fall Colours
programs. A non-refundable, \$5.00 registration fee is
required to book your spot. Visit our webstore at
www.store.lakeheadca.com to pre-register. Funding for
these programs is generously provided by the TD Friends
of the Environment Fund.

The 2023 Explore Card Parking Pass is a great way to
show your support for the LRCA! Explore Card Parking
Passes permit day-use/parking at our ten Conservation
Areas for one calendar year. Visit as often as you like.
Enjoy one calendar year of recreation activities, such as
boating, fishing, hiking and more at our seasonal and year
-round Conservation Areas for the low price of \$40.00
+HST. It's convenient for frequent users, and a great gift
idea! All Explore Card revenue goes directly towards the
upkeep and maintenance of our Conservation Areas.



Thunder Bay Emergency Shelter Inc.

presents

BACK TO NATURE RAFFLE

Winning Ticket Draw : Shelter House
July 12, 2023 at 11 AM

SPONSORED BY:



Earlton Tandem Cave Tent
& Vestibule for 4, Four
Multicomm Sleeping Bags
& Pads, Camp Kitchen &
Shove, Camping Chairs &
Accessories



2 Muskoka kayaks
with paddles &
paddlers
& life jackets

Total Value \$6,035.



Tickets are available at:
Chaltrek
Gear Up for Outdoors
Shelter House
A & W Restaurants
Ham's Vision Centre

**TICKETS
\$10**

All Proceeds Benefit Shelter
House

For information contact: 807-
474-4352

facebook.com/shelterhousebay

License number: M861314

PROVINCE/TERRITORIES WORD SCRAMBLER

(answers on page 15)

1. NTAOBAMI _ _ _ _ _
2. EFANLNDWDOUN NAD
OBARADRL _ _ _ _ _
3. TOONAIR _ _ _ _ _
4. EWN URIWKBCSN
_ _ _ _ _
5. BALTEAR _ _ _ _ _
6. WNRSTOHET RETROSIETRI
_ _ _ _ _
7. KECSWASAAHNT
_ _ _ _ _
8. YNOKU _ _ _ _ _
9. RPCINE DRWDEA SLADIN
_ _ _ _ _
10. QEECUB _ _ _ _ _
11. IBSRTHI LAOCUBM _ _ _ _ _
12. VONA CISAOT _ _ _ _ _

Share your Recipes!!

If you have a favorite recipe and would like to share it in the O'Connor Cornerstone, please e-mail us at twpoconn@tbaytel.net, drop it off at the O'Connor Township Office or send it by mail to the Township of O'Connor, R.R. #1, Kakabeka Falls, ON. P0T 1W0

SPINACH DIP

Submitted by Erin Laforest

INGREDIENTS

2 x 8 oz Cream Cheese (softened)
1/2 cup Mayonnaise
1 cup Cheddar Cheese (grated)
10 oz frozen, chopped Spinach (thawed and squeezed dry)
6 slices (1/2 cup) Bacon (chopped and fried)
1/4 cup Onion (finely chopped)
2 tsp Dill Weed
1/4 tsp Garlic Powder or 1 Clove Minced

DIRECTIONS

Beat cream cheese and mayonnaise together until smooth. Stir in next 6 ingredients. Can be baked in an oven proof bowl or in a pumpnickel loaf. If using a bowl, cover with tinfoil during heating. If using a loaf, cut the top off the loaf and hollow out the loaf leaving a 1" thick shell. Reserve removed bread for dipping. Pour spinach mixture into hollow. Heat in 325F oven for 2 hours. Remove from oven and remove foil. Makes 3 cups of dip or 1 loaf. Serve warm with leftover bread or plain nacho chips.

CITIES OF CANADA

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

STEINBACH
YELLOWKNIFE
CALGARY
BRANDON
NIAGARA FALLS
VICTORIA
FORT GOOD HOPE
CHARLOTTETOWN
SASKATOON
TORONTO
REGINA
SUMMERSIDE
WINDSOR
CHURCHILL
KOTLIK
SUDBURY
HALIFAX
OTTAWA
LONDON



Play this puzzle online at : <https://thewordsearch.com/puzzle/5750547/>



JESSICA COLEY

Mortgage Specialist

Buying a home is a major decision. Whether you've just started your research or are actively house-hunting, I can help provide you with the personalized advice and solutions you need to make your home ownership goals happen.

Whether it's getting your first mortgage, refinancing or moving your mortgage to RBC, I can help!



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<https://mortgage.rbc.com/jessica.coley>

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Dave Buob Trucking Ltd.

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Dave Cell: 626-6510

Jeff Cell: 629-4858



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EXCAVATING • DEMOLITION • AGGREGATES
SNOW REMOVAL • TOP SOIL • LOT DEVELOPMENT**

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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 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



Tree Services Include:

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

* Experienced & Insured Services *

For a free estimate please call, text or email:

Grant: (807)-630-5359

Email: woodsmillertreeworks@gmail.com

Find us on Facebook @ WOODS MILLER TREE WORKS

Website: woodsmillertreeworks.ca



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Website: www.nusteeldoorsystems.com

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(807) 475-4314 fax

www.syncorcontracting.ca
email: office@syncorcontracting.ca



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 past or present residents of the Township of O'Connor. (This does not include funeral ads)

DEADLINE TO SUBMIT IS THE **23RD** OF EACH MONTH.

CANADA CONCRETE

CORPORATION

**Ready-Mix
Concrete Supplier**

**Residential - Commercial - Industrial
Concrete Pumping Services Available**

807-939-1000


Pentomasonry

Devon Pento
Pentomasonry@outlook.com
(807)-472-2399

Chimney repair and masonry services



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

First meeting is FREE.

TUESDAYS

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

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

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

WEDNESDAYS

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

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


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CONSTRUCTION**

• **FREE ESTIMATES** •

• Custom Built Homes/Garages/Barns/Etc. • Foundations • Roofing
• Interior and Exterior Renovations • Decks...And Much More!

Call or Text (807) 626-2986
lexconstruction@tbaytel.net

O'CONNOR BLESSING BOX

Thank you to everyone that has donated to the O'Connor Blessing Box. The "Blessing Box" is a **community pantry** open to and supported by the residents of O'Connor. The Blessing Box can be found outside of the O'Connor Community Centre at 330 Highway 595. If you have any questions, please contact Shelley at 807-629-2851.

If you would like to contribute to the Blessing Box, please see examples of items below to donate:

- | | |
|-------------------|---------------------------------|
| • Rice | • Pasta, Boxed Soup |
| • Oatmeal, Cereal | • Oatmeal, Granola, Cereal Bars |
| • Crackers | • Pancake Mix (add water mix) |
| • Peanut Butter | • Toilet Paper, Tissue Boxes |



Unable to reach or cut your own Nails?
Foot Pain when you walk?

Then why not have Professional treatment within the comfort of your own home!

- Nail Cutting, Filing
- Diabetic Foot care
- Athletes Foot
- Corns
- Calluses
- Cracked Heels
- Fungal Nails
- Ingrown Nails

- Thickened Nails
- Foot health monitoring
- Health teaching
- Relaxing foot rub

Michelle's

Happy Feet

Rural Mobile Footcare

Book your Home appointment TODAY!
Call or Text: (807)-630-1879

Michelle Ruhmann RN, FCN
Initial Assessment \$65, Follow-up \$55 (20 min drive surrounding O'Connor Township office) for all other rates please call.

RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls
807-475-5779
www.rural60plus.ca
rural60@tbaytel.net

TUESDAYS

Weaving – 10am to 3pm
Knitting – 10am to 3pm

WEDNESDAYS

Cribbage – 1pm to 3pm
Quilting – 10am to 3pm
Beginners Carving 10am to 3pm

THURSDAYS

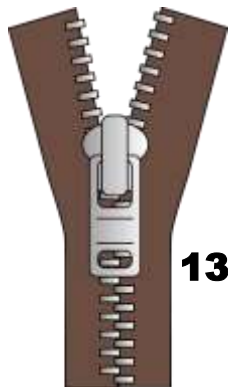
Weaving – 10am to 3pm
Knitting – 10am to 3pm

TUESDAY TO THURSDAY

Craft Room and Carving is open
10am to 3pm



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ZIPPERS / FXR ZIPPERS
Hems on Pants, Dresses, Curtains, and more
Alterations, Mending, Patching
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13 Years experience with alterations at Eva's Bridal
7 years experience at The Whole Nine Yards

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O'Connor Free Methodist Church

293 Sitch Road

We have in person worship services
Sunday mornings at 10:45 a.m.

The services will also appear
"live" on our Facebook page at 10:45 a.m.
if you would like to worship with us
from your own home.

Facebook: O'Connor Free Methodist Church

Pastor Chris Fiorito

Cell 807-624-6579

Church 807-577-2363

Email: pastor_chris@live.com

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

www.oconnorfreemethodist.org

Come As You Are, Everyone Welcome!

O'Connor-Conmee Fellowship Baptist Church

3 Holomego Rd.

PLEASE CALL 807-473-9362
FOR MORE INFORMATION



Answers to Word Scramble:

1. MANITOBA 2. NEWFOUNDLAND AND LABRADOR
3. ONTARIO 4. NEW BRUNSWICK 5. ALBERTA
6. NORTHWEST TERRITORIES 7. SASKATCHEWAN
8. YUKON 9. PRINCE EDWARD ISLAND 10. QUEBEC
11. BRITISH COLUMBIA 12. NOVA SCOTIA

Pinegrove United Church

100 Hwy 130, Rosslyn, ON

No services for Pinegrove for the month of July.

See website at www.PinegroveUC.org

Join livestream worship any Sunday at 10:30 am at
www.trinityunited.church/livestream.

For Pastoral Care, call Church office at 807-939-1364,
or email pinegrove@tbaytel.net

Redeemer Lutheran Church

13 Marion Street, Kakabeka Falls, ON

For information, please contact Pastor Dan Barr
807-473-9164 or check the website at www.redeemerlcc.ca

St. James' Anglican Church

10505 John Street Rd., Murillo, ON

Please visit our website at countrywarmthinchrist.ca
to view online services every Sunday or join in person.

Rector: Reverend Jonathan Blanchard
807-939-1103 parish.rector@tbaytel.net

St. Mark's Anglican Church

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

Please visit our website at countrywarmthinchrist.ca
to view online services every Sunday or join in person.

Rector: Reverend Jonathan Blanchard
807-939-1103 parish.rector@tbaytel.net

St. Theresa's Roman Catholic Church

10 Porter St., Kakabeka Falls, ON

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

www.directorydotb.ca/augustine/#2

**The O'Connor
Community Club**



and the
**O'Connor Volunteer Fire
Department Auxiliary**

Invite you to attend their

**Annual Strawberry
Festival**



to be held on

Friday, July 7th, 2023

7:00 - 9:00 pm

at the

O'Connor Community Centre
(330 Hwy 595)

Ice Cream & Strawberries, Tea & Coffee,
Penny Auction and Miscellaneous Draws.

Admission \$7.00

Children 6-12 \$5.00 Children under 5 free