



The St. Clair Township BEACON

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Grand opening set for Rapids FHT and Shell Health Centre

Access to health care is a constant concern no matter where you reside and the residents of St. Clair Township now have a new local facility that helps to address this concern.

St. Clair Township, with the support of the Shell Sarnia Manufacturing Centre, recently announced that the Rapids Family Health Team (RFHT) in Sarnia had opened a new satellite location at 233 Cameron Street in Corunna.

The Rapids FHT and Shell Health Centre began seeing patients on April 2. It offers a full-time Dietician, rotating Registered Nurse educators, a Registered Social Worker, and laboratory services.

Family health teams, funded by the Ontario Ministry of Health and Long-Term Care, work with family physicians to provide residents with primary health care and education designed to help each person achieve their own optimal health. Services are provided as one-on-one counseling and, where applicable, as group education sessions. Services offered include: COPD (Chronic Obstructive Pulmonary Disease), diabetes, weight loss, chronic pain, hypertension (high blood pressure), smoking cessation, stress, depression, cognitive issues, and more.

The importance of the new facility to St. Clair Township is something St. Clair Township officials are mindful of. Mayor Steve Arnold said, "This new health facility funded by a grant from Shell Canada is a



The new Rapids Family Health Team facility at 233 Cameron Street in Corunna.

welcome asset to all of our community. When we were informed that the existing blood clinic would be closed, Shell came to the table to help ensure that everyone would have these blood services available in St. Clair Township. The Rapids Family Health Team offers many services vital to the health of our community and we are pleased that they have partnered with the township to have these services here at this spacious, barrier-free facility. All of us on council couldn't be more proud or pleased with the partnership of Shell, the RFHT, and St. Clair Township to make this facility a reality in such a short period of time."

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Roadside rural mailbox safety assessments being done in township

St. Clair Township's rural mailboxes have been the subject of a Canada Post roadside rural mailbox safety assessment in recent weeks with the goal of ensuring a safe work environment for mail delivery drivers.

Mario Circelli of the Canada Post Communications Department says the information that has been gathered indicates rural mail routes in St. Clair Township are relatively safe for the delivery personnel who travel them in the course of their daily deliveries. He attributes this positive finding to the fact that the terrain is flat and the roads are straight.

Mr. Circelli explained that, under the Canada Labour Code, all employers are responsible for the safety of their employees. To comply



with the Code, a seven-year nationwide safety review began in 2007 and has since assessed 800,000 boxes across Canada. "The good news is that we are able to maintain delivery to 90 per cent of rural mailboxes across Canada," he said, noting that Ontario's percentage was an impressive 95 per cent.

An independent panel of traffic-safety experts developed the process and a detailed set of criteria that could be used to assess each mailbox. The assessment measures factors including volume, type and speed of traffic, and how close approaching vehicles get before their drivers see the mail-carrier's vehicle stopped at a mailbox. Owners of mailboxes that did not pass the assessment were visited by a Canada Post repre-

sentative to discuss what changes could be made to bring the mailbox into line with the safety criteria and, if necessary, other delivery options.

Anyone wishing to obtain more information about this extensive study can go online to:

www.canadapost.ca/ruralmail

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Read The Beacon online at:
www.twp.stclair.on.ca and clicking on "Beacon".

Contact The Beacon at:
beacon@twp.stclair.on.ca



Municipal Notes



Hydrant flushing underway

St. Clair Township residents should be advised that the Public Works Department is now doing annual flushing of all fire hydrants connected to the St. Clair Township water system during the hours of 7:30 a.m. and 4:30 p.m. The flushing, which will continue through the fall, may cause discolouration when residents use taps, flush toilets, do laundry, etc. as some sediment may be drawn into the residence. It is recommended that the cold water tap be allowed to run for a few minutes or until discolouration disappears. If discolouration continues after 10 to 15 minutes of normal use, please notify Public Works at 519-867-2993.

St. Clair Township Operations



Sewer main flushing underway

The St. Clair Township Public Works Department will be flushing all sewer mains connected to the township sewer system during the hours of 7:30 a.m. and 4:30 p.m. well into the autumn months. During this maintenance procedure, residents may notice some gurgling noise in the drains. If this condition persists after 24 to 48 hours of normal use, please notify Public Works at 519-867-2993.

St. Clair Township Operations



Notice to property owners to destroy weeds

Notice is hereby given to all persons in possession of land, in accordance with the Weed Control Act, R.S.O. 1990, Chapter W.5, Section 3, 16, and 23, that unless noxious weeds growing on their lands within the municipality of the Township of St. Clair are destroyed throughout the season, the municipality may enter upon the said lands and have the weeds destroyed, charging the cost against the land, plus an administration charge as set out in the Act. (Minimum charge per parcel is \$50.)

The cooperation of all land owners is earnestly solicited.

Eric Bezanson
Weed Inspector

J. DeMars
Clerk

Park bookings available for camping & events

Bookings for St. Clair Township parks are now being taken for the summer season. If you are planning an outdoor event at one of these parks, please book a space by calling 519-867-2651.

Township campsites at the Mooretown, Cathcart, and Branton-Cundick campgrounds can be booked by calling:

Mooretown, 519-867-2951; Cathcart, 519-892-3342; Branton-Cundick, 519-892-3968. Campgrounds close in October.

Increase in issue of construction permits a positive indicator for township

At the May 21 meeting of St. Clair Township Council, a comparison of building permits issued in 2012 with those issued in the first four months of 2013 yielded good news. In 2012, there were no residential new construction permits issued. However, in the first four months of 2013, 10 residential new construction permits have already been issued. In terms of the total value of all types of construction in the township, 2012 yielded \$2,773,000 while the first four months of 2013 have already yielded \$3,541,900. Mayor Steve Arnold says the increase so early in the year represents encouraging growth. "It's an exciting development and a positive indicator that the municipality is thriving," he said.

Wind turbine by-law sets guidelines for construction

The controversial matter of wind turbine construction within St. Clair Township has led council to enact a by-law setting strict guidelines to be used when considering potential applicants. Mayor Steve Arnold stressed that the by-law does not mean wind turbines will be built within the township borders, it simply provides information so that anyone applying to build turbines within the township can be dealt with using an approved policy. The by-law requires that a \$10,000 fee for each turbine

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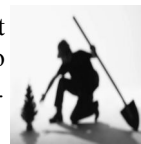
Council meeting schedule

Regular meetings of St. Clair Township Council are held the first and third Mondays of each month. The next meetings are slated for Monday, June 3 at 6:30 p.m. and Monday, June 17 at approximately 4:30 p.m. following the Committee of the Whole meeting which begins at 3 p.m. Anyone wishing to address council should call the municipal office at 519-867-2021 for more information.

Call before you dig this summer

Be sure you know what lies beneath the soil before you stick a shovel in the ground. Any time you are planning to dig anywhere in your yard, be sure the first thing on your "to do" list is a call to have all utility and service lines buried beneath your property located. This is a simple thing to do.

Just call Ontario One Call at 1-800-400-2255 at least one week in advance of your work and you'll be able to avoid making a costly and perhaps dangerous mistake. For more information go to: www.on1call.com



Household hazardous waste disposal dates

Household hazardous waste items must be disposed of by dropping them off at Clean Harbors Canada Inc. located at 4090 Telfer Road just south of Petrolia Line on the following Saturdays from 9 a.m. to 2 p.m.: June 29; Sept. 28; Oct. 26. These items include: batteries, drain and oven cleaners, pesticides, rat poison, pharmaceuticals, cleaning fluids, pool chemicals, ammonia, bleach, aerosols, gasoline, paints, barbecue starter, solvents, and propane cylinders.

More Municipal Notes

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be paid with assurances that the structure would be removed by the applicant at the end of its service. Deputy Clerk Jeff Baranek pointed out that some municipalities such as Enniskillen and the Township of Wainfleet have made it clear they would not be willing to host wind turbines.

Brander Park splash pad proposed

A delegation attended council on May 21 to propose the installation of a splash pad in Brander Park south of Port Lambton. Spokesperson Dave Cram said the new splash pad would be roughly the size of the pad in the Corunna Athletic Park on Hill Street. The group hopes to integrate the splash pad into the park in a way that will create a complete family environment everyone can enjoy. Mayor Arnold explained the cost, estimated at \$161,000, would be contributed by the township with the understanding that 50 per cent of that cost would be repaid by the group over a period of five years or less. The proposal was approved in principle by council.

Delegation requests council's support

A delegation of residents who were severely affected last summer by emissions originating on the Clean Harbors site attended council in early May to ask for council's support in future dealings with the company. Spokesperson Jim Stenton asked that council lend its support and be proactive if such an incident should arise again. He noted that the residents who tried to get answers from the company and from the Ministry of the Environment did not receive the satisfactory response they felt they were entitled to. "We have a right to know what we're breathing," he said.

Mr. Stenton also asked that municipal staff be assigned to call out an expert immediately when a problem is in progress so that it will be easier to get answers in a timely manner. He pointed out that property values in the area had been negatively affected by the problems at the Clean Harbor facility. He told council that a resident who wanted to do renovations to his home was told by a real estate person not to put the money into the property because he would never get it back if he tried to sell it.

Council directed that staff and legal personnel be asked to see what could be done toward addressing the request. Mayor Arnold also recommended that the residents get involved with the Ontario Health Study being done by the Lambton Community Health Services Department to garner proof of the adverse effects experienced by the residents during incidents at the facility.

The Ontario Health Study is an ongoing research study investigating risk factors that cause diseases such as cancer, asthma, heart disease, diabetes, and Alzheimer's. Ontario residents age 18 and over can participate by filling out a health-related questionnaire online.

Food Coalition visits council

Representatives from the Sarnia-Lambton Food Coalition visited

council in May to explain the group's purpose and the Food Charter that has been developed. A document presented to council describes the Food Charter as a public document formalizing commitment around food. It can benefit community members, decision makers, and the environment because it creates opportunities for conversations about food and integrates food into local decision-making and policy development.

Coalition Co-chair Lana Smith, a dietitian, said one of the goals is to make the community aware that buying locally grown food supports community producers and strengthens the local economy in the process. The group is now seeking endorsements from all Lambton County municipalities to develop a healthy food system based on health, education, sustainable economic development, culture and social justice. Current signatories in support of the Food Charter include: the Canadian Diabetes Association Sarnia and District Branch; County of Lambton Agricultural Advisory Committee; Healthy Living Lambton; Sarnia Police; the United Way; North Lambton Community Health Centre; County of Lambton Social Services Division and many more, as well as hundreds of individual residents.

Ms. Smith pointed out that the Sarnia-Lambton area has been shown to have a higher than average rate of heart disease. It is hoped that an organized food strategy will help to alleviate issues such as this in the future.

Council passed a motion to endorse the coalition. More information about the Sarnia-Lambton Food Coalition can be obtained online at: www.sarnialambtonfoodcoalition.com.

Immigration Partnership reps attend council

The Lambton County Local Immigration Partnership (LIP) was represented by Economic Researcher Dale Mosley and Project Coordinator Stephanie Ferrera during their recent presentation before council. The group's mandate is to develop sustainable solutions for the attraction, retention, and social inclusion of newcomers to Sarnia-Lambton. The LIP is a Federally-funded, multisector advisory committee that was officially struck in 2010 to determine the community's current capacity to assist and support immigrants and newcomers, identify challenges and barriers immigrants and newcomers face when settling here, and brainstorm solutions to these challenges.

Immigration is thought to be a viable solution to lagging population growth, an issue that is evident in this area.

Building permits available from Lambton County

Building or plumbing permits can be obtained from the County of Lambton Building Services Department. The department issues permits for St. Clair Township. To view building permit information, go online to: www.lambtononline.com

Grand opening of RFHT and Shell Health Centre set for June 4

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Michele Harradence, General Manager of the Shell Sarnia, Manufacturing Centre, says the company is excited to be part of this initiative. "Shell understands that access to local health care is important to every resident in our community. We are pleased we were able to work in co-operation with St. Clair Township to provide \$300,000 to fund the purchase and renovation of the Cameron Street facility."

Dr. William O'Mahony says, "The doctors in the Corunna Medical Clinic welcome this addition and support the existence of these services in Corunna." The referring physicians remain at 348 Lyndoch Street.

The Corunna FHT and Shell Health Centre employs five full-time staff members.

To celebrate the opening of this new health facility, there will be a grand opening Open House on Tuesday, June 4, with a ribbon-cutting at 11:30 a.m. followed by a barbecue and viewing of the facility until 1 p.m.

Community Contact

Mooretown-Courtright school 50th anniversary

Mooretown-Courtright Public School will hold its 50th anniversary celebration this fall, and students, parents and alumni are invited to attend the event. Complete plans have not been finalized to date, but an Open House will be part of the celebration. Those who wish to participate in organizing and helping with this event are asked to contact the school at 519-867-2836. Copies of photos and memorabilia relating to the school's past are being sought to use during the event. Former students are asked to pass along this information to those who have moved away from the area so that they can attend, renew old friendships, and share school memories. The school was built in 1963. Watch *The Beacon* for more information as it becomes available.

WorkPlace Group has new Corunna location

The WorkPlace Group is now located at 392 Lyndoch Street in Corunna. This group, which provides professional employment services, is open Wednesdays from 9 a.m. to noon and 1 p.m. to 4 p.m. Drop in or call 519-882-3724 to book an appointment.

Annual Shredding Day in Corunna a success

Thanks to the 8th annual Shredding Day held May 4 in Corunna, 126 people have ensured the safety of their personal information. The event involved the free shredding of 2660 kg (5,852 pounds) of unnecessary personal documents, making it more difficult for the participants' identities to be stolen. Everyone is reminded to dispose of unwanted personal documents by shredding them. Leaving them intact when disposing of them invites trouble if they are found and used for fraudulent purposes.

New book documents Sombra farm stories



The new *Sombra Farms, Volume One*, is now available for purchase at the Sombra Museum. The book documents 17 family stories about the early days of farming in Sombra

Township. To contact the Sombra Museum about this book, call 519-892-3982.

Brigden Fair Feeder Club seeks young members

The Brigden Fair Feeder Club is looking for farm-related youth between the ages of 10 and 22 for hands-on experience in raising beef cattle. They would be responsible for the care, feeding, training, and housing of the animal. Members will show their animal on Monday, Oct. 14 at the fair and will participate in the livestock auction. Anyone interested can call the Brigden Fair



office at 519-864-1197 or email: info@brigdenfair.ca, or call Dennis Robinson at 519-892-3316. Registration forms are available at the fair office. The deadline for registration is April 30.

Brigden Fair advance prize lists now available

Brigden Fair Homecraft Division advance prize lists are available at the Brigden Fair office. If you're looking for a project to work on, now is the time to get the information you need to produce those award-worthy entries. Is there a red ribbon in your future?

Quilt tickets now on sale

Tickets for the annual quilt draw, sponsored by the Moore Agricultural Society Homecraft Division, are now on sale at a cost of \$2 per ticket or three for \$5. The draw for this beautiful, hand-made masterpiece will take place during the Brigden Fair on Thanksgiving weekend. Tickets are available through the Homecraft Division, the Brigden Fair office, or at the brunches, jamborees or fairground events held during the year. For more information, contact the Brigden Fair office at 519-864-1197.

Brigden Public School anniversary planned

Brigden Public School students and alumni are invited to participate in the school's 50th anniversary celebration slated for Nov. 23. Complete plans have not been finalized to date, but an open house will be part of the celebration and organizers are now seeking copies of photos and memorabilia relating to the school's past to be used as part of the events being planned. Copies of photos would be best, but if originals are submitted, they should have the contributor's name and contact info noted on the backs so they can be returned. Former students are encouraged to mark Nov. 23 on their calendars and to pass along the information to those who may have moved away from the area so that they can renew old friendships and share school day memories. As information becomes available, it will be published in *The Beacon*.



Organizers say the school's 25th anniversary celebration had an attendance of over 3,000 people and the dinner sold out very quickly. They are expecting numbers to be much larger for this half-century celebration.

Voice your concern over school issues

Anyone who has concerns or comments about local school issues can contact local school trustee Judy Krall at 519-882-1055 or via email at: jkrall@ciaccess.com.

Photo I.D. cards available

Anyone over age 16 who does not have a valid driver's license can obtain a government-issued photo I.D. card at the Corunna Motor Vehicle License office at 379 Lyndoch Street.

Elimination draw at Corunna Legion

The Royal Canadian Legion Corunna Branch 447 is now selling tickets for its third annual Elimination

Information sessions offered by Rapids Family Health Team

Several important information sessions will be offered in June at the Rapids Family Health Team clinic at 233 Cameron Street. There is no charge for participation and sessions are open to anyone living in St. Clair Township, however, registration is required. Please note that space is limited. If the session you choose to attend cannot accommodate you for the day of your choice, you will be put on a list for a future session.

For more information or to register for any of the following sessions, call 519-813-9800 to speak to reception.

Healthy Weights by Health Means

This program aims to help you make permanent lifestyle changes but it is not a diet program. Some topics that will be discussed include: carbohydrates; protein and fats; physical activity and what types and amounts are beneficial; emotional eating strategies; sensible portions and portion control strategies; and more. Group discussions will help participants learn from others' experiences. The group will work on weekly action plans and problem-solving exercises to help participants reach their healthy eating and physical activity goals. Each participant will receive a copy of a manual to keep. The sessions are led by a Registered Dietician. This five-session series begins Wednesday, June 5 from 9 a.m. to 11 a.m.

Living with Diabetes is a two-hour session providing a general overview of diabetes. It will include a discussion about the most common myths about diabetes, what "good control" is, and some things you can do to manage diabetes. The session, led by a Diabetes Educator, will be held Tuesday, June 18 from 1:30 p.m. to 3:30 p.m.

Diabetes Healthy Eating and Physical Activity is a two-hour session for people who have already attended the *Living with Diabetes* class or who have had past education on the basics of diabetes and want more information on diet. The discussion will include the basics of healthy eating, what types of food affect blood sugar levels, reading food labels, when and how much to eat, and

how to increase your activity level. This session, led by a Registered Dietician, will be held on Tuesday, June 25 from 1:30 p.m. to 3:30 p.m.

Healthy Kids and the Keys to Good Health summer camp

The Rapids Family Health Team and the Optimist Club of Moore will offer a *Healthy Kids and the Keys to Good Health* summer camp for children ages seven through 11 in July and August. The goal of the program is to empower children to make good decisions related to eating and physical activity.

Children will have the opportunity to:

- ◆ Enter into an adventure world and receive a mission to find the keys to good health through various interactive activities and games.
- ◆ Prepare and enjoy nutritious snacks and gain an appreciation for new foods.
- ◆ Enjoy some active play through fun games and activities.
- ◆ Make new friends.



The camps will be two-and-a-half hours in length each day and parents will have a choice of signing their children up for one of the following two weeks: July 8 to 12 **OR** Aug. 26 to 30.

The program will accommodate 30 children per camp on a first-come, first-served basis and there will be no cost to participants.

To register, please come to the clinic to pick up a registration form. Registrations will be accepted until June 27 for the July camp and up to Aug. 16 for the August camp.



More Community Contact

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Draw, with proceeds going to Corunna Legion programs. Tickets are \$20 each and only 250 will be sold. For tickets and more information, call the Legion at 519-862-1240 during hours of operation (see above).

Pennies for Pavement program

Your spare change can help the St. Clair River Trail Committee raise funds for the trail's upkeep and maintenance. Drop off your spare pennies (and other spare jingly coins) at the following locations: Shaykin Bait Variety or

the Canada Post office in Port Lambton or the Pic-N-Pay in Sombra Village. Every penny will be matched 2:1 by St. Clair Township Council. Invest your pennies in the good health of your community.

Handyman/Handywoman program helps seniors

Seniors who require help with household maintenance and minor repairs can call the United Way-funded Lambton Seniors Association (LSA) Handyman/Handywoman program. From yard work to minor household repair, house cleaning to lawn care, a wide variety of services are offered at a reasonable cost. For more information, call the LSA at 519-339-8866 or 1-800-219-4717.

Are you prepared for an emergency?

If you can't answer this question, go online to: www.GetPrepared.ca or call 1-800-622-6232. You'll find out what it takes to be self-sufficient for at least 72 hours in the event of an emergency, either natural or man-made.



HERITAGE CORNER



Sombra Farms charts rapid changes in local farm life

Agriculture has been changing rapidly in the past couple of decades as farmers are forced to keep increasing production in order to compete in the new global markets. As a result of these expanding farms, many of the smaller family farms are disappearing.

Even here in Lambton County, we see the old family homesteads replaced by large fields stretching from road to road, leaving no evidence of where our pioneer ancestors had once built their farms.

With the printing of *Sombra Farms*, the Sombra Township Historical Society hopes to preserve the memories of some of these family farms. All farm families have their own unique story to tell but too often these farm memories have died along with the pioneers. In today's fast-paced world, we whiz past these huge farm fields not realizing that all of Lambton County was once a huge forest covered with swamps and infested with deadly mosquitoes that spread disease.

We hope the memories of those who cleared the dark forest, drained the dreaded swamps, and built our roads and communities will never be forgotten. We hope that, by preserving these family stories in print, their memories will live forever.

We chose a different format for this book by asking families to record their own farm stories. Some families were eager to write their own story and they presented some excellent manuscripts. Others told us of their family memories and we were able to prepare their farm stories with the information they provided.

Sombra Farms contains 17 farm stories. Some are of families who crossed the ocean in the early 1800s and eventually settled in Sombra Township. Others came later and, though many families have left the farm, they still cherish their memories. We have found that even though most of the pioneer farms are similar, each has its own individual story. The pioneer farms start with clearing the land, next on to mixed farming with horses, then tractors, then cash cropping, but we find that each family story has its own problems and triumphs.



Sombra Farms author Dean Hodgson and Sombra Township Historical Society member Glenda Young are shown here with the new book.

Our committee is pleased with the experience gained while printing this book and we hope everyone will enjoy the personal family histories which are now preserved for generations to come. *Sombra Farms* may generate more interest and perhaps encourage other families to preserve their farm stories at the Sombra Museum for future generations.

Editor's note: Sombra Farms is indeed generating a lot of interest about the by-gone days of local farming. Mr. Hodgson's book sold out during its debut book launch on May 18 and a reprint was ordered so that more copies would be available to the public at the museum.

IBC marker 48 in St. Clair Township denotes Canada/U.S. border



Motorists passing this curious white concrete marker on the east side of the St. Clair Parkway just north of the Shell Canada Corunna facility entrance gate are probably unaware of its meaning. They probably don't know that this unassuming lump of concrete is of international significance. In fact, a series of these markers was placed along the St. Clair River shoreline around 1911 to 1924 to serve as reference points to establish the actual location of the Canada/U.S. border somewhere down the middle of the river.

A heritage plaque, placed near the marker by the Ontario Archaeological and Historic Sites Board, reads: "The nearby marker was erected in 1911 as one of a series of markers used by surveyors to determine the exact boundary between Canada and

the United States. The St. Clair River was originally designated as a boundary line by treaty in 1783. The first detailed survey from St. Regis on the St. Lawrence River to Lake of the Woods was carried out under the terms of the Treaty of Ghent 1814. It was directed by a British Commissioner John Ogilvy, his successor Anthony Barclay, and an American Commissioner Peter B. Porter. A more precise delineation of the whole international boundary was ratified at Washington, D.C. on January 11, 1909."

Beacon contributor Allen Anderson says that 35 kilometres of the border lies within or along the shores of the St. Clair River that passes through St. Clair Township. The Canada/U.S. border stretches across North America from the Strait of Juan de Fuca on the Pacific Ocean to the Atlantic Ocean and the St. Croix River.

Moore Museum's annual Victorian Tea brings civilized tradition to a modern world



The popular annual Victorian Tea held at the Moore Museum on May 19 attracted a crowd of hungry diners anxious to engage in the civilized custom of afternoon tea and scones. The weather was sunny and warm, which allowed many diners to take their tea *alfresco*. Above: Moore Museum volunteer Emily Moore, 10, helped serve those who attended the event. One of the large groups that required her attention was comprised of several generations of her own family including, clockwise from left around the table: grandmother Karen Moore; great-grandmother Eva Sibley; mom Erin Moore; dad Jeff Moore; grandmother Mary Ann Jangula; and great-grandmother Grace McLaughlin, who volunteered with the museum along with her husband, Keith, who was a musician with the *Clay Creek Old Time Fiddlers*.

Photos by Bonnie Stevenson

Right: Three special visitors to the Victorian Tea traveled from Forest to see how the event was handled in preparation for their own tea celebration later this summer. The ladies, wearing their Victorian finery, were from the Forest Museum, which celebrates its 50th anniversary this year. As part of the anniversary festivities, a Victorian tea is planned. So history enthusiast Joyce Andrew, left, Forest Museum president Jacqueline Orr, and museum secretary Gloria Fox enjoyed tea and scones while taking note of the details that will help to make their event as authentic as possible. Mrs. Andrew is dressed in vintage Victorian apparel, while her companions are decked out in newly-made period-appropriate clothing.



IS THIS JUST A WOODEN BUILDING OR IS IT A PORTAL TO ANOTHER TIME AND PLACE?



This wooden building at the Moore Museum is a replica of a general store from the early 1900s, but is that all it is? On Sunday, June 23 from 1:30 p.m. to 4 p.m., be on hand for the grand opening of this building and discover the secrets concealed behind its door. The door is really a portal to another place and time. Cross the threshold and find yourself in another era - a time before plastic wrapped merchandise, big box stores and even sliced bread. It was a time when the general store was often the hub of activity for a whole community - a place to catch up on the latest gossip, exchange recipes, and be introduced to the latest miracle tonic. On June 23, find out what wonders await behind the door of the Moore Museum's general store.

Emergency preparedness: Don't just think about it-do it!

Recent incidents of severe weather in places like Oklahoma City should have us all thinking about what we can do to prepare for emergencies, both natural and man-made. If an emergency occurred today, would you be self-sufficient for at least 72 hours? Would you be able to access all of the food, water, first aid supplies and prescription medicines you require to wait until emergency crews could reach you?

It's all too easy to think that a storm like the one that hit Oklahoma City couldn't happen here, but the tornado that tore through Sarnia's downtown in the 1950s teaches us otherwise. Make it a priority to organize your survival kit and develop a plan that will enable you and your family to get in touch after an emergency if it happens while you are separated.

Your emergency kit should include: 2 litres of water per person per day; non-perishable food such as canned or dried food (remember the can opener) and energy bars (don't forget food for the family pet as well); an adequate supply of any prescrip-

tion medication you may require; blankets or protective clothing; a windup or battery powered flashlight and radio with extra batteries; a first aid kit; an extra key to your house and vehicle; some cash in small bills; if you have children, include baby food and care items if appropriate plus some books, games and/or toys that will help reduce anxiety in older children during the emergency; plus contact information for all family members and a copy of your emergency plan. Keep your kit in a safe but accessible place near your place of shelter.

For complete information about how to cope with an emergency, printed material is available at the St. Clair Township Emergency Services building at the corner of Lyndoch and Hill Streets in Corunna. You can also access this information online at: www.GetPrepared.ca

Note: A corded phone should be available during an emergency. Most cordless phones will not work during a power outage, making it impossible to contact emergency services.

Moore Optimist orator wins scholarship

A Grade 11 student from Corunna won top honours this year at the Southwestern Ontario Optimist District oratorical contest held in Point Edward in April.

Elleke Belet came away from the contest with a trophy and a \$2,500 scholarship toward the cost of her post-secondary education for her speech on the topic *Why My Voice Is Important*. The runner-up, Fatima Tayebi from Windsor, also received a \$2,500 scholarship.

Over 100 Optimists from clubs in Southwestern Ontario attended the event at the Holiday Inn where six extraordinary speakers vied for the top prize. This was the culmination of three levels of competition.

Elleke began by first winning the Optimist Club of Moore oratorical competition. Optimist Club of Moore oratorical chair Tracy Kingston noted that all of the students who participated are to be commended for their efforts. "The students did an amazing job and the audience was enthralled with their passion and presentation of the topic," she said. "The Optimist members who heard them speak have no doubt these students have a bright future ahead of them."

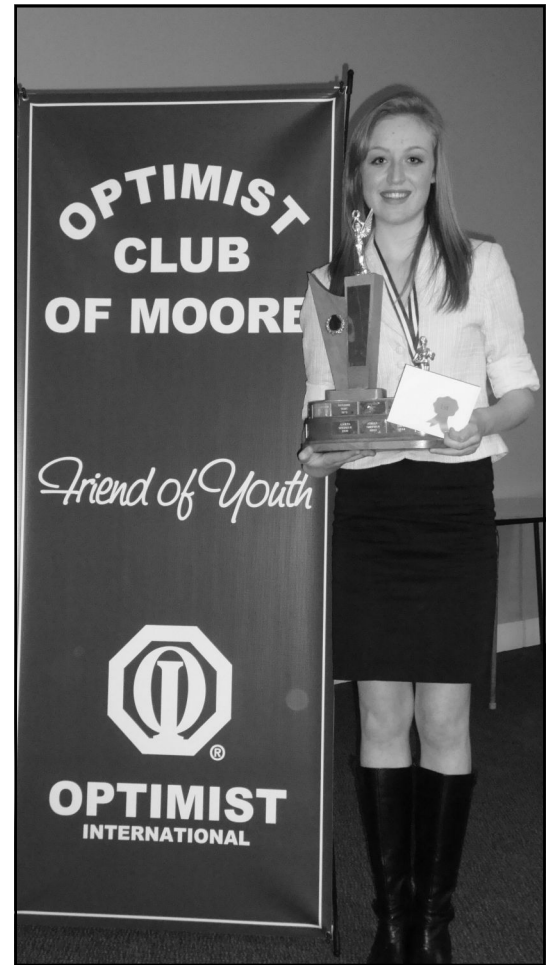
She added that the Southwest District has been participating in the Optimist Oratorical Contest for many decades. Local clubs host their own contests and the winners compete in a regional contest before moving on to the District competition held each year in April.

The topic for the 2014 contest will be announced on the Optimist International Website (www.optimist.org) in late July. Mrs. Kingston says eligible students are urged to get involved in this worthwhile event. "We encourage any student up to the age of 18 to compete in this valuable experience," she said.

For more information, call Mrs. Kingston at 519-862-1193 or email her at: moore.optimist.tracy@gmail.com.

Right: Elleke Belet of Corunna is shown with her trophy and scholarship document.

Photo submitted



St. Clair River Run and CF Industries announce 3-year partnership for wellness

The organizers of the St. Clair River Run, a leading local running and wellness event, recently announced that a three-year corporate partnership has been formed with CF Industries.

Organizers say the run has quickly grown into one of the most popular events across Lambton and Chatham-Kent, with participation in the first three years rising from 200 participants in 2010 to 570 in 2012. They say the partnership with CF Industries will allow the St. Clair River Run to expand further in 2013, 2014 and 2015.

CF Industries Human Resources Manager Dorothy Ewener says the event is a good way to promote wellness within the community. "We at CF Industries are pleased to be partnering with the St. Clair River Run," she said. "The running event is an excellent way to promote health and wellness as well as the beauty of the trail and our community. We're excited that many of our employees will be participating in this year's event."

Profits from the run directly support construction and maintenance of the 35 kilometre St. Clair River Trail. The on-road and off-road trail winds along the river's edge connecting communities throughout St. Clair Township. St. Clair River Trail Co-chair Mary Jane Marsh said, "Building a trail is one thing, but to see it in action with the St. Clair River Run is fantastic, so congratulations to CF Industries

for recognizing a worthwhile event to sponsor."

Race director Ben Hazzard notes the partnership will help sustain the trail into the future. "The River Run is quickly becoming a popular event within our community that promotes wellness and contributes to the St. Clair River Trail. The partnership with CF Industries allows for greater community participation that leaves a lasting legacy with funds to maintain the trail," he said.

The fourth annual St. Clair River Run is slated for July 20. Motorists are advised that the 10 kilometre route through the villages of Sombra and Port Lambton will be closed to vehicular traffic the morning of the event.

Mr. Hazzard notes there is a mix of experience among the participants, ranging from newcomers to seasoned competitors. The certified run will be chip-timed and each participant will receive a technical t-shirt as part of his or her registration for the run. Participants register by logging on to www.stclairriverrun.ca.

As with other events of this size, volunteers play an important part in making the run a success. Over 100 volunteers will be on hand to help this year, but residents of Sombra and Port Lambton and beyond are encouraged to take a place along the route to cheer on the runners and walkers as they progress toward the finish line in Brander Park. Refreshments will be available at the end of the run.

Summer fun awaits at the Mooretown Sports Complex

Summertime is the right time to get fit, have fun and find out what's new at the Mooretown Sports Complex.

Summer camp offers cure for boredom

Parents, it's time to register your children for a summer full of fun at Mooretown Sports Complex summer camp program. Full details are available by calling 519-867-2651.



Enrich your body, mind and spirit with yoga

Improve your flexibility, circulation and your general outlook on life by enjoying yoga classes on Tuesday and Thursday evenings from 6 p.m. to 7 p.m. The cost is \$60 for a six-week session.

Stretch & Strengthen fitness classes

Have fun while getting fit at these group fitness classes. Improve your strength and flexibility, and make new friends who share your fitness goals. Classes are Monday and Wednesdays from 6 p.m. to 7 p.m. at a cost of \$4.50 per class, \$45 for a 12 visit pass, or \$243 per year for a full fitness membership.

Adult swim lessons



It's never too late to learn how to swim or to improve your technique or fitness level. Join the adult swim class for lessons on Thursday mornings from 9 a.m. to 10 a.m. The cost is \$5.40 per class or \$53 for 10 weeks. Private lessons are available for \$85 for 10 classes.

Shallow and deep water aerobics

Use the rejuvenating power of water to accomplish a variety of exercises that target posture, muscular endurance, strength, cardiovascular, flexibility, and balance. **Shallow water classes** are slated for Mondays, Wednes-

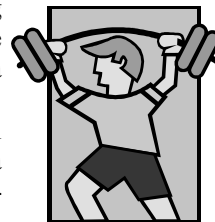
days, and Fridays from 10 a.m. to 11 a.m., and Tuesdays and Thursdays from 8 p.m. to 9 p.m. **Deep water classes** are held Mondays and Wednesdays from 8 p.m. to 9 p.m. The cost is \$4.50 per class, \$45 for a 12 visit pass, or \$195 per year.

Water therapy for arthritis and fibromyalgia

This program includes cardiovascular training, functional fitness, muscular endurance and strength, balance and flexibility training with the goal of improved mobility. Classes are held Tuesday and Thursday from 10 a.m. to 11 a.m. at a cost of \$4.50 per class or \$45 for a 12 visit pass. Join any time.

Fitness centre offers many options

Treat your body to an invigorating workout, swim, sauna, and soak in the hot tub, all for \$4.50 per visit, \$45 for a 12 visit interchangeable pass, or \$243 for a full year. In addition, personal trainer Andy Ysebaert can develop a personal program tailored to your individual needs.



Are you organizing arena floor activities?

Anyone interested in starting a children's, men's or women's ball hockey, inline hockey or lacrosse league should call the Mooretown Sports Complex. Names are now being taken so that league organization can begin. Call the complex at the number listed below for more information and available floor times.

Summer ice not available

The Mooretown Sports Complex **will not** offer summer ice this year.

For more information, call the Mooretown Sports Complex at 519-867-2651.

St. Clair River Run and Running clinic



ning form, and equipment. To find out more or to register for this program, go online to www.StClairRiverRun.ca.

The 4th annual St. Clair River Run is slated for Saturday, July 20 this year. Categories available to participate in include the 10K run, 5K run, 5K walk, and *Minnow Run* for children ages four through seven. The run will follow the St. Clair River through Sombra and Port Lambton in support of the St. Clair River Trail. Runners will enjoy a certified course, chip timing, a paved trail, scenic river views and breezes.

To prepare for this event, a Learn To Run clinic is being offered in Port Lambton at Brander Park beginning on Tuesdays at 6 p.m. throughout June and July. The program will be facilitated by local community members with running club and training experience. Participants goals include participation in the St. Clair River Run on July 20.

In addition to a running club, the clinic will offer seminars on topics such as nutrition, injury prevention, run-

More Around The Township

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model train room will both make their public debut with special activities and refreshments. The event will be held from 1:30 p.m. to 4 p.m., with the official opening of the store set for 2:30 p.m.

Evening of music at St. Andrew's church

St. Andrew's Presbyterian Church at 437 Colborne Street in Corunna will host an evening of secular and Christian music on Sunday, June 23 at 7 p.m. Performers will include: Christine Storey and Debbie Wellington; Rev. Rebecca Roushorne-Lau; the LaSalle Road Community of Christ choir; St. Joseph's choir; the Ukuladies of the River; and the Praise Band of St. Andrew's. For tickets, call 519-862-3641 or 519-862-5349. The cost is \$10 per adult and free for children under age 12. Refreshments will follow. St. Andrew's is a barrier-free facility.

50th Anniversary Celebration

2013 marks the 50th anniversary of the Brigden Public School and a celebration is planned for Nov. 23. **See Community Contact, page 4, for more information.**

Lambton Heritage Museum summer events

The Lambton Heritage Museum will host several events and exhibits this month. On June 8 and 9, *Crafts From The Past* will feature demonstrations by the Sarnia Handweavers and Spinners Guild. On June 27, 28, and 29, enjoy the *North Lambton Quilters' Guild Show*. And all summer, two special exhibits will be on display. *Shine: Spotlight On Women of Lambton*, pays tribute to women who have played important roles in shaping their communities. *The Great Storm of 1913* exhibit serves as a reminder of just how violent Mother Nature can get and of the damage her rage can inflict. For more information, about this fascinating roster of events, call 519-243-2600, go online to www.lclmg.org, or email: heritage.museum@county-lambton.on.ca.

Girls' hockey registration now underway

Registration for the St. Clair Girls' Hockey Association is now underway until July 30. Registration forms can be downloaded from the Mooretown Minor Hockey Website and the mailing address can be found on the form. The organization will run teams in the Novice (born 2005/06), Atom (born 2003/04), and Midget (1996-1998) divisions. Younger girls may be accepted depending on the number of girls who register for the season. It is hoped that more than one team at each age level can be created. Girls who are registering or who are new to hockey are invited to attend a skate on the following dates: Tuesday, Aug. 20 and Thursday, Aug. 22: Novice, 5 p.m. to 6 p.m.; Atom, 6 p.m. to 7 p.m.; and Midget, 7 p.m. to 8 p.m. For more information, go to the Mooretown Minor Hockey Website.

Port Lambton Gala Days on the way

It's almost time for the annual Port Lambton *Gala Days* celebration. McDonald Park will come alive on Friday, Aug. 2 to Sunday, Aug. 4 with sports competitions, a Saturday parade, a beer tent, dance, good food and family fun.

Shiver me timbers, it's Captain Kidd Days

Captain Kidd and his scurvy crew will be invading Corunna

again from Friday, Aug. 2 to Sunday, Aug. 4. Corunna Athletic Park on Hill Street will be the scene of the captain's hijinks, with sports competitions, fun for the children, entertainment and, of course, a Saturday morning parade.

Forever Fit classes offered

Forever Fit classes, sponsored by Lambton Elderly Outreach (LEO), are held in Sombra and Corunna each week. In Sombra, the classes are held Tuesdays and Thursdays at 10 a.m. at the Sombra Community Hall. In Corunna, classes are held Mondays, Wednesdays and Fridays at 9:30 a.m. at Thompson Gardens, 198 Beckwith Street. These classes will be offered until early May. For more information, call LEO toll-free at 1-800-265-0203.

Seniors luncheons offered in Corunna and Port Lambton

Lambton Elderly Outreach (LEO) is sponsoring an ongoing series of seniors lunches in Corunna and Port Lambton throughout the winter. In Corunna, the lunches are held the third Wednesday of each month at the Royal Canadian Legion Branch 447 hall, with doors open at 11:30 a.m. In Port Lambton, the lunches are held at the Community Hall on Stoddard Street with doors open at 11:30 a.m. Both events feature a speaker or entertainer. These lunches will be held until June. For more information, call LEO toll-free at 1-800-265-0203.

Indoor walking and fitness in Brigden

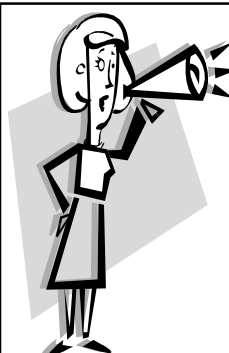
Let it snow outside and still enjoy your walking and fitness routine by going to the Brigden fairgrounds exhibition hall every Tuesday and Thursday morning from 9:30 a.m. to 10:30 a.m. Indoor shoes are required for this activity. For more information or to register for the program, call 519-344-3017, ext. 237. This program is sponsored by the West Lambton Health Centre, the Moore Agricultural Society, and Ontario's Community Health Centres.

Coffee club meets at Thompson Gardens

The Corunna Coffee Club meets at Thompson Gardens Monday to Saturday at 9 a.m. The club is open to everyone.

Moore Museum plans annual craft sale

It's not too early to make plans to attend the always popular Downriver Craft Sale on Sunday, Sept. 15 from 10 a.m. to 4 p.m. where you will find over 50 tables boasting unique hand-crafted items, as well as a food booth where you can fuel up and refresh for hours of shopping enjoyment. Admission is \$2 per adult and free for children under age 13 when accompanied by an adult.



If you have a non-profit or charity event or activity coming up in St. Clair Township, or if the event will benefit the residents of the township, promote it free of charge in The Beacon. The deadline for submissions is the third Monday of every month by 4 p.m.

Email:

beacon@twp.stclair.on.ca

Around The Township

Firefighters Field Day set

The 35th annual Firefighters Field Day in Corunna is set for Friday, June 7 to Sunday, June 9. The event includes a Saturday parade, children's activities, a two-pitch tournament at CAP park on Hill Street, fire demonstrations, a beer tent and a dance.

Wilkesport 8th annual jamboree slated

Wilkesport's 8th annual Jamboree and Campout will be held at the Wilkesport Community Centre on Wednesday, June 12 to Sunday, June 16. This event is open to the public and is licensed by the LCBO. Open Mike sessions will be held in the hall from 12 p.m. to 1 a.m. on Wednesday, Thursday and Friday. The firemen's breakfast will be held Saturday from 8 a.m. until noon at the fire hall. The event will feature the vintage tractor and car show, a yard and bake sale at the church, and a roast beef and herbed chicken dinner from 6 p.m. to 8 p.m. The dance will feature the *Unity Band* and will run from 8 p.m. to 1 a.m. On Sunday, a breakfast sponsored by the Wilkesport Community Centre and the Optimist Club of Brigden will be served at the Centre from 8 a.m. to noon, with proceeds to be used toward the cost of the spray and sports pads. A church service led by Pastor Betty Jean Page will be held at the park at 9 a.m. For more information, call Chuck at 519-864-4221, or go online to: www.wilkesportjamboree.com.

Editor's note: The date for this event was misprinted in the May issue of The Beacon. We regret any inconvenience arising from the error.

Yard and bake sale in Wilkesport

The Wilkesport United Church will host a yard and bake sale on Saturday, June 15 from 9 a.m. to 1 p.m. Come out for the bargains and baked goods and enjoy the coffee and muffins that will be available.

9th Annual Car Show in Sombra

The 9th Annual Sombra Township Optimists Car Show is slated for Saturday, June 15 from 8 a.m. to 8 p.m. in Brander Park south of Port Lambton. The event will feature home-built soapbox races, with race registration at 9 a.m. and practice at 10 a.m. Admission for spectators is free and there will be a licensed refreshment tent, entertainment, food and family fun. To pre-register your classic or late model car (stock, modified, or special interest vehicle) the cost will be \$10. To register at the gate the cost will be \$15. Each additional vehicle will be half price. For more information, call Lori at 519-330-7904 or email: lbogaert@gmail.com. Vendors are still being sought for this event and they can register by calling Ed at 519-677-5954.

Bicycle rodeo in Corunna

The annual Corunna Bike Rodeo, presented by the OPP St. Clair Township satellite office and the Corunna Community Policing Committee, is set for Saturday, June 15 beginning at 9:30 a.m. to 10 a.m. with the sign-in and bike inspection. No entries will be accepted after the rodeo begins at 10 a.m. The event will be held in the parking lot of the Royal Canadian Legion Corunna Branch 447 hall at the corner of Beckwith and Albert Streets. Entry forms will be available the day of the rodeo and approved bike helmets must be worn to participate.

All participants will be eligible for free giveaways while supplies last and for the draw of one girl's bike and one boy's bike. Free food and drinks will also be available to them. Sponsors for this event include: the Optimist Club of Moore; the co-operators Corunna office; and the Leslie Sutherland Corunna Legion Branch 447.

Black Creek Cemetery service

The Black Creek Cemetery will be the scene of a service on Sunday, June 16 at 2 p.m. The cemetery is located on Stanley Line west of Brigden Road. All are welcome and those who attend are encouraged to bring lawn chairs for comfort.

Decoration Day at Bear Creek Cemetery

The Royal Canadian Legion Br. 635 Decoration Day will be held Sunday, June 16 at 11 a.m. at the Bear Creek Cemetery. After the Act of Remembrance service, flags will be placed on the resting places of Canadian and Commonwealth Veterans. Flags will also be given to family members to place. Everyone is welcome to attend to "Remember Them."

Tri-County Horse Club shows in Brigden

The Tri-County Horse Club (formerly the Tri-County Appaloosa Club) will host a series of horse shows at the Brigden fairgrounds throughout the summer on the following dates: Sunday, June 16; Sunday, July 14; Sunday, Aug. 11; and Sunday, Sept. 8. The club is open to all types of horses with a variety of classes for gaming, pleasure, and showmanship, as well as miniature horses. For more information, to volunteer with the club, or to become a sponsor, call President Cheryl Weese at 519-864-1373 or Secretary Kathy Myers at 519-627-5065.

Brigden Public School

LSA 24th annual picnic

The Lambton Seniors Association will host its 24th annual picnic on Wednesday, June 19 beginning at 10:30 a.m. at the Lions Pavilion, Petrolia fairgrounds. The cost is \$3 per person.

Money management course offered

The Good Sense one-day money management seminar will be offered by the Community of Christ LaSalle Road congregation at 2390 LaSalle Road on Saturday, June 22. This course is designed to assist individuals and families to develop practical skills to manage their money. When completed, participants will take with them a personalized spending plan. They will have learned a practical way to keep records and will have taken the first steps to putting their financial life in order. For more information or to register, contact Vonda at 519-862-3189 or email: LaSalleRd.events@Bell.net. The cost is \$25 per person or \$35 per couple, which includes course material, lunch and snacks.

Moore Museum plans grand opening for two new exhibits

Excitement is building as the staff and volunteers at the Moore Museum prepare for the Sunday, June 23 grand opening of two new exhibits. The general store and the Lionel