



The St. Clair Township BEACON

Issue 5

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Local teen represents St. Clair Township at national youth forum

By Bonnie Stevenson

Corunna teen Monica Khoshaien recently represented St. Clair Township at the Forum for Young Canadians in Ottawa, a week-long event that brought together 15 to 19-year-olds from across Canada.

Monica, 16, says the forum allowed about 150 smart, engaged and opinionated teens to get a first-hand look at what it takes to run a country. They learned how to collaborate and share ideas, then turn the results of their efforts into community action.

Among the important activities Monica participated in was the tour of Parliament Hill, which included many learning opportunities and interactive simulations. "There were speakers, including pages, the Clerk, and the Speakers of the House of Commons and the Senate," she said. "We were also put into groups to do simulations (*that included a mock election*)."

Although she met many interesting people during her trip, she says the one who had the most impact on her was local MP Pat Davidson. "At the MPs Dinner (*held at the Chateau Laurier*) she came to talk to me," said Monica. "She took the time to meet with me and I was greatly blessed. She was amazing."

She also cited the Senators' Break-



Before her trip, Monica stopped by the St. Clair Township Council Chambers to receive township logo pins from Mayor Steve Arnold. While at the forum, she distributed the pins as a representative of her community.

Photo submitted

fast as another highlight of her week.

As a representative of her community, Monica took a supply of township logo pins as well as pins and promotional letter openers from the

Moore Museum to give as gifts and to trade with other students. "Pin trading was big," she said. "I was able to promote my community. I gave letter

See Youth Forum, page 4

MCR Foundation application deadline set

The deadline to apply for Moore Community and Recreation Foundation (MCRF) financial assistance is May 31, 2014. Please visit the St. Clair Township Web site at: www.twp.stclair.on.ca for detailed information about the foundation along with the grant request form. Should you require further information, please contact St. Clair Township Treasurer Charles Quenneville or Mayor Steve Arnold at 519-867-2024 or 1-800-809-0301.



**Yard Waste/Brush Collection &
Recycling information - page 8 & 9**
Please save this pull-out section



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



Municipal Notes

Voting by-law approves mail-in ballots

St. Clair Township residents will once again have the option of using mail-in ballots when they vote in the October, 2014 municipal election. By-law 15, approved by council during its April 15 meeting, authorizes the use of the vote-by-mail option, as well as the use of optical scanning vote tabulators for the purpose of counting votes at municipal elections. The township clerk is deemed to be the Chief Returning Officer and election officials will have the authority to require a potential voter to furnish proof of identity or qualifications under the Municipal Elections Act, 1996. Applications to revise the voters' list may be filed in person or by mail by the applicant or in person by an agent.

Vote-by-Mail procedure

On approximately Sept. 29, 2014, Canada Post will begin delivery of voter kits to electors that are on the voters' list as of Sept. 22, 2014. After this date, voter kits will be delivered in person or by mail, if possible, by the Returning Officer. The kit will contain a ballot, instructions for completing the ballot, a voter declaration, a ballot envelope, and a pre-paid business reply envelope. The completed ballot must be placed in the business reply envelope as instructed and mailed by Oct. 18, 2014 or delivered by some other means to the St. Clair Civic Centre, 1155 Emily Street in Mooretown, no later than 8 p.m. on Oct. 27, 2014. (Note: The postage paid envelope is

only applicable for mail originating in Canada.)

Electors added to the voters' list by Sept. 22 will receive their voter package via Canada Post. Those who are added to the list between Sept. 24 and 27 will receive their voter kit by mail, if possible, from the Clerk at the St. Clair Civic Centre in Mooretown, or in person. Please note that in the vote-by-mail system, the onus is on eligible electors to ensure that their names are on the voters' list. Due to time constraints, the clerk cannot ensure that voter kits mailed after Oct. 18 will reach electors in time for them to exercise their right to vote. Where it is not possible to mail a voter kit to an elector, and if the elector is willing to pay the cost of courier service, the clerk will arrange for a voter kit to be delivered to the elector via courier, collect only.

For more information, please contact the St. Clair Township municipal office at 519-867-2021.

Council meeting schedule

Meetings of St. Clair Township Council are held every first and third Monday of the month (unless otherwise stated) at the St. Clair Township Civic Centre, 1155 Emily Street in Mooretown. May, 2014 council meetings are slated for: Monday, May 5 at 6:30 p.m. and Tuesday, May 20 at 5 p.m. following the Committee of the Whole meeting at 3 p.m. Anyone wishing to address council should call the municipal office at 519-867-2021.



St. Clair Township 2014 Property Tax Due Dates

**The 2014 Interim Tax due date
is May 7, 2014**

The Interim Tax Notices were mailed out on
the first week of February, 2014.

Most chartered banks and financial institutions will accept payment of your current taxes on or before the due date (any bank charges will be the responsibility of the ratepayer.)

Tax payments by cheque can be mailed to
the return address provided on the tax notice.

The following methods of Tax and/or Water payments may be utilized:

- Automatic Bank Machines
- Telephone and Internet payments through bank
- Payment at most financial institutions
- Post-dated cheques
- Counter services, cash, cheque or debit
- Mail the payment or use the drop box at:
St. Clair Township Civic Centre
1155 Emily Street
Mooretown, Ontario
N0N 1M0

Pre-authorized payment plans are also available and encouraged.

**St. Clair Township Tax Department
519-867-2024**



Hydrant Flushing

Attention St. Clair Township residents

Public Works will be flushing sewer mains connected to the St. Clair Township sewer system during the hours of 7:30 a.m. and 4:30 p.m. beginning May, 2014 and continuing into the fall. During this maintenance procedure, you may notice some gurgling noises in the drains. If conditions persist after 24 to 48 hours of normal use, please notify Public Works at 519-867-2993.

Nora VanderSlagt
Water/Wastewater Specialist



Hydrant Flushing

Attention St. Clair Township residents

Public Works will conduct annual flushing of fire hydrants connected to the St. Clair Township water system from 7 a.m. to 4:30 p.m. beginning May, 2014 and continuing into the fall. During this maintenance, you may notice some discolouration when using your taps, flushing the toilet, doing laundry, etc. as some sediment may be drawn into your residence. We recommend you run the cold water tap for a few minutes or until the discolouration disappears. If it continues after 10 to 15 minutes of normal use, please notify Public Works at 519-867-2993.

Nora VanderSlagt
Water/Wastewater Specialist

St. Clair Township Election 2014

In the coming months leading up to the October 27, 2014 municipal election, *The Beacon* will include a candidate statement as each new candidate files nomination papers. Our intention is to help St. Clair Township residents gain a sense of what the prospective candidates stand for and their expectations for their term in office if they are elected.

Candidates registered to date include: Steve Arnold (Mayor); Darrell Randell (Councillor); Peter Gilliland (Deputy Mayor); Steve Miller (Councillor - Ward 2); Tracy Kingston (Councillor - Ward 1); Jeff Agar (Councillor - Ward 1).

Candidate Statements

Incumbent **Steve Miller** believes St. Clair Township will have to continue to deal with the significant tax consequences of the closure of OPG's Lambton Generating Station well into the next term. "The big hit we took from OPG will be ongoing for a while," he said, citing the likelihood that the corporation will likely appeal its municipal tax levee.

With far fewer tax dollars in the municipal coffers, Mr. Miller says it will take experience to ensure that the current level of services, plus the continued operation of facilities such as the Mooretown Sports Complex, will be maintained. "We have so much cost in our municipality," he said. Noting that he has served on councils in the former Sombra Township and in St. Clair Township for over 30 years, he added, "It's going to take an experienced council to keep all of this going and hang on."

Tracy Kingston says, "As a member of council, I would like to be an advocate for small business in St. Clair Township. As a business owner, I see and feel the challenges faced by small and medium-sized businesses every day. I would like to act as a liaison between business members and the township, bringing attention to the concerns of owners and employ-

ees."

Mrs. Kingston says she hopes to compile a comprehensive list of businesses and services in the township as a reference tool for communication and networking purposes. She has been active in the community as a business owner, a volunteer and a member of the Optimist Club of Moore for over 22 years, so she believes she can understand and effectively discuss the concerns citizens may face.

At the municipal level, she feels she

can make a significant difference. "I will gain a better understanding of the operations and procedures of our municipal government and help council make beneficial decisions for everyone in St. Clair Township." She also hopes to increase her knowledge of the community and its activities so that she can promote the programs and attractions St. Clair Township has to offer.

Incumbent Jeff Agar's candidate statement will be published in the June Beacon.



2014 Municipal election registration

Municipal Election Day in Ontario is set for Monday, Oct. 27, 2014.

Nomination papers may be filled out at the St. Clair Township Civic Centre any time during normal office hours until Thursday, Sept. 11, 2014 from 9 a.m. to 2 p.m.

Nominations are subject to a \$100 fee for a position as a member of Council or a School Board Trustee, and \$200 for the position of head of Council.

Nomination papers for the following positions may be filed in person with the Clerk of the Township of St. Clair:

Township of St. Clair

Mayor	1
Deputy Mayor	1
Council Members - Ward 1	3
- Ward 2	2

Boards of Education:

English Language - Lambton Kent District School

Central Lambton:1 Trustee

English Language - St. Clair Catholic District

South Lambton / East Kent1 Trustee

Inquiries can be directed to: St. Clair Township Clerks Department
St. Clair Township Civic Centre
1155 Emily Street, Mooretown
519-862-2021

Clerk John DeMars

**ST. CLAIR
TOWNSHIP
ONLINE**

For the latest information about St. Clair Township, its departments and associated services, go online to: www.twp.stclair.on.ca

St. Clair Township Election webpages

To keep St. Clair Township residents supplied with up-to-date election information, two new Webpages have been developed. They can be found under the St. Clair Township Website or accessed at:

General information: http://www.twp.stclair.on.ca/2014_election.htm

Candidate list: <http://www.twp.stclair.on.ca/candidates.htm>

Moore Optimist Club Oratorical contest winners go on to regionals

Ten contestants participated in this year's Optimist Club of Moore's Oratorical Contest on March 25. The theme of this year's speech was *How My Passions Impact The World*.

Top honours and a \$100 prize was awarded to Peter Darrach-Matthews, a Grade 8 student at Hillcrest School in Petrolia. Second place honours \$75 went to Naima Raza, a Grade 11 student at Northern High School in Sarnia, and third place and \$50 went to Ayshah Tabasum from Cathcart School in Sarnia.

Peter and Naima will attend the Regional contest at the Courtright Community Hall on May 17, and the top two speakers from that event will move on to the District contest in Point Edward on May 31. The top two speakers from this event will win a \$2,500 scholarship.

The Zone essay contest winner for the Moore Optimist Club was Allison Kingston, who received a \$50 prize from the club. The essay topic was *How Dreams Lead To Success*.



First and second place oratorical winners Peter Darrach-Matthews and Naima Raza.

Photo submitted

Youth forum a “priceless opportunity” for Corunna teen Monica Khoshaien

From page 1

openers to MPs and Senators, as well as the Minister of Canadian Heritage.”

The Forum included youth from all parts of Canada, and Monica says she still keeps in touch with several of the friends she made there. “My two roommates were from B.C. and Alberta,” she said. “We keep in touch and I also stay in contact with friends from Quebec, Manitoba, and B.C. on Facebook.”

Monica attends Ecole Secondaire Saint Francois Xavier in Sarnia. She is hoping to study for a Bachelor of Psychology at the University of Western Ontario on the way to a career

that will allow her to help make the world a better place. “I love helping people. It’s always been my dream,” she said.

Participation in the national forum has given Monica a keen sense of how her country’s government works and how teens from other parts of the country feel about many issues that affect them and their future. She recommends the experience to any teens who may be interested in attending.

“Even though the idea of the Forum is scary and you might be shocked when you first get there, I learned so much,” she said. “It was an amazing experience and I’ll never forget it for the rest of my life. It was a priceless opportunity.”

HERITAGE CORNER

Information on Township residents who served in World War I sought

By Bonnie Stevenson

The World War I exhibit now being developed at the Sombra Museum is a poignant reminder of the many lives that were lost in the "Great War". Over 600,000 Canadians enlisted to fight and 60,000 paid the ultimate price for their efforts.

The former Moore and Sombra Townships, now St. Clair Township, were not spared the anguish of this loss. Allan Anderson, a museum volunteer and member of St. Clair Township Heritage, says a search is now being undertaken by the Sombra Museum to discover the names and stories of township residents who served in WWI. "We want to identify every man and woman who served," he said. "We have been able to find background information through the Library and Archives Canada by getting Attestation papers (enlistment documents)." He says the search is hampered from the fact that many of these documents have yet to be digitized and are not readily available online.

The project has been underway in earnest for a few months, but Mr. Anderson says Sombra Museum volunteer Catherine Bouman has been searching for about 10 years.

So far, the search has yielded information about 250 local individuals. For some, the information is sparse and requires a lot more investigation, and for others, there is an entire story that brings these brave souls alive. The stories are the things that will give these people a voice from beyond the grave. "We want to create a database about who they were, who their families were, where they signed up and where they served," he said. "We'd like a photo, if possible, and a story about them, one that makes them unique from everyone else."

One story that illustrates how interesting a soldier's story can be is to be found in the service story of two brothers - Sgt. Fred Moran and Pte. Gordon Moran. They grew up on a farm in Sombra Township, but after their father died, their mother, a Moore Township woman, moved them back to her childhood community of Courtright.

Fred enlisted in 1915 and served with the 7th Canadian Mounted Rifles. He was injured in Ypres and was on administrative duty the rest of the war. When he returned home, he married, then became a sailor. He lived in Moore Township and died in 1971.

Gordon's enlistment was accomplished during the excitement of a military parade. The soldiers of Lambton County's own *Lambton 149th* staged a recruiting drive that saw them march from Sarnia down to Sombra and back to Sarnia. *In modern terms, this would make it the first St. Clair Trail River Run, only in army boots.*

Caught up in the excitement of the moment, Gordon enlisted right there. The *Lambton 149th* was a replacement battalion used to replace wounded or dead soldiers in other battalions. During his service overseas with the *2nd Pioneers*, Gordon was a victim of an enemy mustard gas attack. The painful and destructive effects of the gas made it necessary for Gordon to return home to recover in 1917, but he died 10 years later in London from pulmonary tuberculosis. He is buried in



The haunting image of Pte. Harry Wilfred Lucier looks out across a century of progress and changes he never got to witness. His pay book lies before him demanding the payment of a debt that can never be paid.

From the Sombra Museum WWI exhibit

St. John's Cemetery in Sombra.

Every person, no matter how mundane a life they may believe they lead, has a good story to tell. Those who fight in the name of their country and for the safety of their families, friends, and neighbours, deserve to be heard even when they no longer have a voice to speak.

The Sombra Museum project seeks to give every WWI serviceman and woman the voice they deserve. Anyone with information about a local WWI veteran can contact Allan at: aander@xcelco.on.ca or call the Sombra Museum at 519-892-3982.

Sombra Museum seeks WWI items

World War I items, memorabilia or stories are being sought for the Sombra Museum's new exhibit to commemorate the 100th anniversary of "the war to end all wars". Call 519-892-3982 for more information.

Band organ will herald Sombra Museum opening

The Wurlitzer band organ is coming to the St. Clair Parkway on Saturday, May 17 to mark the season opening of the Sombra Museum. Beginning at 10 a.m., this old beauty will entertain in downtown Corunna before proceeding to Mooretown and Courtright. It will arrive in Sombra at 2 p.m., where there will be refreshments offered at the museum, and it will end its musical journey in Port Lambton.

Don't miss it!



Community Contact

Card parties discontinued at Rebekah luncheons

Please note that Mayflower Rebekah luncheons will no longer include card parties.

Voice your concern over school issues

Your child's school experience is crucial to his or her future. 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.

Pennies for Pavement program

Lighten your purse or your trouser pockets while you show support for the upkeep of the St. Clair River Trail. Drop off your spare change 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.

Brander Park splash pad donations sought

The Brander Park Splash Pad Committee is still seeking donations for the project with contributions being matched by St. Clair Township. Donations are being gratefully accepted by contacting Anne at 519-677-1623 or going online to: <http://www.branderparksplashpad.com/donate.html>

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 snow removal, even shopping, 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.

Study of The Bible underway in Sombra

The congregation of St. Clair Community Church invites anyone who doesn't already regularly attend church to join them for *The Story*, an on-going study of The Bible. The 31-week series consists of two study services per month. Sunday services are held at the Sombra Community Centre beginning at 10 a.m. For more information and a schedule of *The Story*, go online to: www.stclaircc.ca.

Weight loss group TOPS Corunna meets weekly

TOPS Corunna 5056 branch is a non-profit weight-loss group that meets every Tuesday at St. Andrew's Presbyterian Church on Colborne Street in Corunna. Weigh-in is at 6:30 p.m. to 7 p.m. with a short meeting at 7 p.m. Drop in for a meeting or call 519-862-4119. All ages are welcome to attend.

TOPS group meets Thursdays in Port Lambton

The Port Lambton TOPS weight loss group meets every Thursday

night at the Port Lambton Community Hall. Weigh-in is from 5:30 p.m. to 6 p.m., with the meeting and fellowship held from 6 p.m. to 6:30 p.m. This support group is a good way to help you meet your resolution to get healthy and achieve your weight goals. For more information, call Margaret Ann at 519-677-5665 or just come out on Thursday nights. Everyone is welcome.

Moore Museum volunteers receive Service Awards



Eight Moore Museum volunteers were recently honoured with Volunteer Service Awards from the Ontario Ministry of Citizenship and Immigration. The honourees are, from left: Marg Griffiths (5 years); Sarah Shephard (Youth Award); Susanne Hodgins (5 years); Kathleen Smith (5 years); Jim Townsend (center) Moore Museum Advisory Committee Chairperson congratulating the group; Jacob Westfall (5 years); Madelyn Westfall (Youth Award). Missing from the photo are: 10-year award recipients Judy Rausa and Jeff Searson. The Moore Museum is pleased to have this opportunity to recognize its volunteers for their long-term dedication as they contribute their skills and time to the museum's projects and programs.

Photo submitted

Do you have a snow blower to spare?

If you're planning on moving to a condo or becoming a snowbird, and you are getting rid of your working snow blower, please consider donating it to the Moore Museum. Volunteers will use it to keep paths clear around the museum site to facilitate the repairs and ongoing check-ups on the historic buildings, as well as winter weddings in the chapel.

If you have a snow blower to donate, please contact the Moore Museum at 519-867-2020.



Get in shape now the at Mooretown Sports Complex

Time to blossom this Spring with fitness classes and activities at the Mooretown Sports Complex.

Spinning classes

Join the certified spinning instructors for a great workout that improves cardiovascular endurance, muscular strength, and power. Call 519-867-2651 for more information.

Restore yourself with Yoga

Experience the calming, restorative powers of Yoga. Classes are held Tuesday and Thursday evenings from 6 p.m. to 7 p.m. at a cost of \$60 for 6 weeks.

Shape up with Muscle Mix

Classes are Monday and Wednesday from 6 p.m. to 7 p.m., and Tuesday and Thursday from 9 a.m. to 10 a.m. Your trainer will be Diane Tuckey.

Arena floor use

Are you interested in starting a children's, men's or ladies' ball hockey, inline hockey, or lacrosse league? The staff at the Mooretown Sports Complex can help by taking names of those who are interested in playing so that you can organize your league. Contact us at 519-867-2651 for more information and available times.

Water Aerobic classes

Water classes available this spring include: Shallow Water classes are held Monday, Wednesday, and Friday from 10 a.m. to 11 a.m., and Tuesday and Thursday from 8 p.m. to 9 p.m. Deep Water classes are held Monday and Wednesday from 8 p.m. to 9 p.m. Arthritis/Fibromyalgia/Post-rehab. water exercises are held Tuesday and Thursday from 10 a.m. to 11 a.m.

Fitness/Pool drop-in fitness programs

Water Aerobic/Therapy& Muscle Mix programs are available at \$4.50 per class or \$45 per 12-visit pass. Full memberships are also available.

Indoor walking exercise program - free

This program is facilitated by the West Lambton Community Health Centre. Call the Mooretown Sports Complex to register.

Women's Health Evening - free

To be determined. Call for information or to register.

Babysitting course set for June 9

The Red Cross Babysitting Course is slated for Monday, June 9 (PA Day) from 8:30 a.m. to 4:30 p.m. The cost per child ages 11 and over will be \$45. For more information, contact the Mooretown Sports Complex at 519-867-2651.

Summer Day Camps July 2 to Aug 29

Summer Day Camps will operate during the weeks of July 2 to Aug. 29 from 8:30 a.m. to 4:30 p.m. at a cost of \$27 per day or \$110 per week per child. Early drop off and late pick up will be available for an additional \$15 per week. Family rates will be available. Summer fun awaits vacationing students at the Mooretown Sports Complex!

Summer Sports Camps ages 7 to 14

Summer Sports Camps for students ages 7 through 14 will be available at a cost of \$27 per day, \$110 per week, or \$775 per summer. Available sports camps will include: Golf - July 7-11, 21-25, Aug. 11-15; Basketball - July 2-4; Sports combo - July 14-18, July 28-Aug. 1, Aug. 18-22; Track & Field - Aug. 5-8.

For more information or to register for a program listed above, call the Mooretown Sports Complex at 519-867-2651.

St. Clair Parkway Golf Course

For more information:

www.stclairparkwaygolf.com



Lambton Children's Safety Village seeks community support

The Lambton Children's Safety Village Committee is currently seeking support for this valuable teaching facility slated to be built in Mooretown. The village will provide opportunities for children to learn skills that will help them avoid or reduce injuries, even in farm settings, encourage them to practice good safety habits, motivate them to make smart choices in their daily lives.

The safety village model of teaching these skills has been tested and shown to make a significant difference in the number of child-related injuries and tragedies that occur each year. When the Lambton facility is operational, it will do the same for over 12,000 Lambton County children from Kindergarten to Grade 8.

The Lambton Children's Safety Village will teach safety skills that will affect all facets of the student's life, from farm and bicycle safety, to first aid and fire safety, street proofing,

Internet safety, drug awareness, and much more. All subjects are taught by experienced and knowledgeable educators including: police; fire; EMS; CNR police; Lambton County Community Health Services Department; Bluewater Power, the Red Cross, and the farming community.

Lambton Children's safety Village Committee Co-Chair Mary Ann Buntrock says the group is being incorporated on the advice of their lawyer and other safety village committees in the province.

A major fundraising push is planned and the site plan for the village will soon be done, says Ms. Buntrock. The committee believes the village will be up and running by Dec. 2015. Ms. Buntrock noted the estimated cost of the safety village has been set at \$1.5 million and \$100,000 has already been raised.

For more information, please call 519-332-2686 or email: web.mab@ebtech.net





TOWNSHIP OF ST. CLAIR YARD WASTE/BRUSH COLLECTION 2014

The Township of St. Clair offers a yard waste/brush collection program for defined areas, in order to reduce the amount of compostable material directed to the landfill site.

"Yard Waste" is collected separately from regular waste, on a weekly basis, in urbanized areas of the Township (collection begins at 7:00 AM). Yard waste from the balance of the Township is collected with the regular waste collection.

COLLECTION SCHEDULE:

Collection will be on Wednesday or Friday, each week, depending on the service area.

- Wednesday:**
- Corunna (including Froomfield area)
 - St. Clair Parkway (North of Emily St., Mooretown)
- Friday:**
- Brigden, Courtright, Mooretown, Port Lambton
 - Sombra Village, Wilkesport, Chenal Ecarte, Leeland Gardens
 - St. Clair Parkway (South of Emily St., Mooretown)

Spring yard waste collection will begin Wednesday, April 30th and Friday May 2nd, and will continue until Wednesday, June 18th and Friday June 20th.

During the months of **July** through **September** yard waste will be collected with the regular waste collection, subject to the 6 item limit.

Fall yard waste collection will begin Wednesday, October 22nd and Friday, October 24th, and will continue until Wednesday, November 26th and Friday, November 28th.

(Note: Fall yard waste collection dates posted in the Township calendar should be the same as above)

WHAT IS YARD WASTE?

Yard waste includes the following: grass, leaves, garden plants, hedge trimmings, and twigs, (generally plants with stems smaller than a lead pencil). Kitchen waste, earth, stones, tree stumps, logs, body wood, large brush, and whole shrubs with root ball attached are not permitted. **(Brush Collection see below)**

Yard waste placed at the roadside for collection must be bagged in **clear or transparent plastic bags, paper bags, or open containers clearly marked with an "X"** on both sides and must be free of all non-compostable material such as plastic, glass, metal, or other debris. Open containers **DOES NOT INCLUDE:** blue boxes or cardboard boxes.

Containers must not exceed 23kg / 50lb.

Yard waste placed in regular garbage bags will **not be collected**.

BRUSH COLLECTION:

Small **Brush Bundles** will also be collected on **May 23rd, June 13th, and October 24th** with the following guidelines: 4' maximum length, 1" maximum diameter, cut ends all in one direction, neat piles (not tangled) and tied & placed at curb.

For further information call: St. Clair Township Public Works 519-867-2125
or visit our web site at www.twp.st.clair.on.ca

~ Please pull out and save these two pages for future reference ~



RECYCLING ST. CLAIR TOWNSHIP 2014

Please ensure that materials are placed at the curb by 7:00 AM. The Township now offers Single stream (also known as “fully commingled” or “single-sort”) recycling. Single stream refers to a system in which all paper fibers, plastics, metals, and other containers are mixed in a collection truck, instead of being sorted by the resident into separate commodities (newspaper, paperboard, corrugated fiberboard, plastic, glass, etc.) and handled separately throughout the collection process.

In single stream, both the collection and processing systems are designed to handle this fully commingled mixture of recyclables, with materials being separated for reuse at a materials recovery facility.

The use of a blue box is the most efficient way to assist in the collection of recycling materials. Blue Boxes are available for purchase at the Township office for \$9.25.

BLUE BOX:

NEWSPAPER: all newspapers and flyers coloured and black and white

FIBRE OR PAPER PRODUCTS:

Included: Computer paper, office paper, envelopes (white or coloured), books (hard cover removed), catalogues, telephone books

Not Included: Carbon paper



CLEAR AND COLOURED GLASS:

Included: Beverage containers, pop bottles. Any clear or coloured food jars (rinsed).

Not Included: Light bulbs, mirrors, dishes, ceramics, sheet glass and broken glass.

METAL & ALUMINUM CANS:

Included: Pop, beer, juice, food and pet cans (rinsed), steel paint cans (dry, lids removed with little or no paint) Aerosol cans (empty)

Not Included: Aluminum foil, metal pots, disposable cooking tins, coat hangers, oil filters, sheet metal and toys



PLASTICS:

Included: All plastic containers coded #1 through #7 pop & water bottles, bleach bottles, juice & vinegar bottles, clean trays, flower pots, grocery clam shell containers (rinsed)

Not Included: Plastic bags, toys No containers with no markings on bottom No oil containers (cooking or motor oil)



CARDBOARD & BOXBOARD:

Included: 30" x 30" x 8" flattened cardboard i.e. tissue box, cereal box, shoe box, milk cartons, juice boxes, tetra packs, laundry detergent and packing boxes, paper rolls

Not Included: Boxes containing any food i.e. pizza box with toppings stuck to lid)

St. Clair Township Public Works 519-867-2125 www.twp.stclair.on.ca

~ Please pull out and save these two pages for future reference ~

Local libraries are blooming with fun, information and free comics

Comic book lovers, this one's for you! Stop in at your local branch of the Lambton County Library on Saturday, May 3 to celebrate Free Comic Book Day. Visitors can pick up free comics as long as supplies last courtesy of Future Pastimes in Samia.

GenreCon returns

GenreCon, a free literary convention featuring mystery, science fiction, horror and fantasy authors and poets will return to the Samia Library on Saturday, May 10. Authors on this year's panels will include: romance writer Sylvia Hubbard; horror, fantasy, and science fiction writers Suzanne Church and Jeff De Julio; award-winning science fiction writer and editor Eric Choi; and mystery writers Dennis Collins and Janet Bolin. Panels will take place from 10 a.m. to 5 p.m. To reserve a seat, contact the Reference Department at 519-337-3291. GenreCon is part of The Need To Read Festival.

All library programs are free unless otherwise noted.

Please note that all Lambton County Library branches will be closed on Sunday, May 18 and Monday, May 9 for Victoria Day Weekend. Branches will also be closed on Wednesday, May 14 for staff training and development. Apologies are extended for any inconvenience this may cause our patrons.

St. Clair Township Library Schedules

Brigden: 519-864-1142 - Tales for Tots, pre-school, pre-register, Wednesdays, May 21 and 28 from 10 to 11 a.m.; Mother's Day Cards, children, Sat. May 10 from 10 a.m. to 11 a.m.; Book Club, adult, pre-

register - Wednesday, May 28, 7 p.m. to 9 p.m.

Corunna: 519-862-1132 - Tales for Tots, pre-school drop-in- Monday, May 26 from 10:30 a.m. to 11 a.m.; French Story Hour, preschool, drop-in -Wednesdays, May 21 and 28 from 10:30 to 11:30 a.m.; Mother's Day Craft for children, drop-in, Thursday, May 8 from 4 p.m. to 5 p.m.; Thompson Gardens Book Club, seniors, pre-register - May 5 from 1:30 p.m. to 3 p.m. (for adults living at Thompson Gardens and in surrounding area); St. Clair Photography Club, Monday, May 5 from 6:30 to 8 p.m.; YMCA Settlement Services, adults, drop-in, Monday, May 12 from 11 a.m. to 2 p.m.; Adult Book Club, pre-register - Monday, May 26 from 6:30 to 8 p.m.

Courtright: 519-867-2712 - Book Club, adult, drop-in - Wednesday, May 21 from 7 p.m. to 9 p.m.

Mooretown: 519-867-2823 - Saturday Morning crafts, children, drop-in - Saturday, May 10 from 10 a.m. to Noon.

Port Lambton: 519-677-5217 - Quadrilla Marble Run (build a marble run) for ages six and over, drop-in, Saturdays, May 3, 10, 17, 24, 31 from 11 a.m. to noon.

Sombra: 519-892-3711 - Tales for Tots, up to age 3 with caregiver, drop-in - Wednesdays, May 21 and 28 from 10:30 to 11 a.m.; TAG meeting, teens, drop-in - Tuesday, May 20 from 6 to 8 p.m.

Wilkesport: 519-864-4000 - Mother's Day craft for children, drop-in, Saturday, May 10 from 10:30 a.m. to 11:30 a.m.; Teen Book Club, pre-register, Monday, May 19 from 6 p.m. to 7 p.m.; Games Day, teen, drop-in - Wednesday, May 21 from 6 to 7:30 p.m. (Enjoy modern and traditional board games).

New youth Optimist Club now in Lambton County

The new Lambton County Junior Optimist Club is now in operation. The club, which meets at the Courtright Community Centre (Silverdome) at 6 p.m. on the first Monday of every month, except July and August, is for youth 10 through 18 years of age. The dinner meeting costs \$5 per youth and a board meeting is held.

The members were recently installed with Optimist and local dignitaries in attendance. They included: Gov. Ed Stevens and wife, Ruth; Gov. Elect Ken Neil and wife, Joan; District Secretary/Treasurer Tracy Huxley; St. Clair Township Mayor Steve Arnold; and over 50 Optimists and family members who cheered them on. Advisors to the club include: President of the Moore Optimist Club Mary Lou Abrams; Moore Optimist member Dorothy Inglis; and Michelle Abrams. However, the club members decide for themselves what they want to do.

The Junior Optimists voted for their executive, chose the club name,

the colour of the shirts they wanted, the club logo, when they would meet, and what they would do. They will volunteer at community events and fundraise to donate to various causes. Two other Optimist Clubs have already asked them to participate in their events.

The Junior Optimists' first function was a Kids' Chocolate Bar bingo in March, and in April, they ran a barbecue and sold their crafts at the Moore Optimist *Easter In The Park* event. They also held a Craft Day at the Silverdome. Upcoming events include: volunteering at the *Walk So Kids Can Talk* event on May 4; hosting a lunch for Regional Oratorical on May 17; and more events in June. Two members are also performing in the stage production of *Peter Pan* on May 24.

There are currently 11 members and three more are waiting to join. Young people who are interested in becoming Junior Optimists can contact Mary Lou Abrams at 519-862-3950.



The proud new members of the Lambton County Junior Optimist Club pose for their inaugural photograph. Photo submitted

Take ownership of your health with the Rapids Family Health Team

May 2014 program schedule

The following sessions are being offered at the Rapids Family Health Team clinic located in the Shell Health Centre, 233 Cameron Street, in Corunna. There is no charge for participation and sessions are open to anyone living in St. Clair Township. Space is limited and to participate, you must register. If the team is unable to accommodate you for the day of your choice, you will be put on a waiting list for future sessions.

For more information, go to www.rapidsfhteam.ca. To register, call 519-813-9800 and speak to the receptionist.

Diabetes Day

Diabetes Day will feature various providers who will be available at booths to answer questions, provide information and support to those with diabetes and to their families. Some of the health care providers that will be available to you at this event will include: a chiroprapist, dietitian, nurse educator, pharmacist, social worker, and occupational therapist. This **free drop-in event** is set for Friday, May 23 from 9 a.m. to 12:30 p.m. and everyone is welcome to attend.

Living with Diabetes

This is a two-hour session that provides a general overview of diabetes. We will discuss some of the most common myths about diabetes, learn what "good control" is, and discuss some of the things you can do to manage diabetes. The session is led by a Diabetes Educator. This session will be held on Tuesday, May 20 from 9:30 a.m. to 11:30 a.m.

Diabetes Healthy Eating and Physical Activity

This 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. We will discuss the basics of healthy eating, what types of food affect your blood sugar levels, reading food labels, when and how much to eat, and how to increase your physical activity level. The session, led by a Registered Dietitian, will be held on Tuesday, May 27 from 1:30 p.m. to 3:30 p.m.

Pre-Diabetes

If you have Fasting Blood Glucose Levels of 6.1-6.9 mmol/L and/or A1C 6.0 to 6.4% and/or two-hour PG in 75 OGTT (mmol/L) 7.8-11.0 (IGT), this two-hour program is for you. It is taught by a Registered Dietitian and a Registered Nurse, and it will: improve the participant's knowledge of pre-diabetes and diabetes; help participants understand the risk factors for diabetes; and encourage patients to develop healthy lifestyle management goals to prevent/delay the onset of Type 2 diabetes. Please ask your family doctor for a referral. The next session is Tuesday, May 27 from 9:30 a.m. to 11:30 a.m.

Healthy Weights

Money spent on weight loss products will reach an estimated \$134 million U.S. in 2014. But of the hundreds of products available on the

market, only a handful can produce even modest weight loss.

Save some money and frustration in filtering through the ads promising miracles. Rapids Family Health Team is here to support you in learning about what is beneficial in managing weight, and in warding off diseases such as diabetes and heart disease.

Healthy Weight by Healthy Means is a five-week program designed for anyone wanting to put fad diets behind them and to learn about the healthy reliable way to attain better health. Each week, a Registered Dietitian discusses a different topic with the group. Each participant will receive a copy of a manual to keep. The next session starts Tuesdays, May 13, 20, 27, and June 3, with the final session set for Thursday, June 11, from 6 p.m. to 8 p.m.

It's Food For You seminar series

This on-going pilot series features a Registered Dietitian offering seminars on hot topics in nutrition. Relevant information on each topic is presented, products and resources suited to the topic are available, and a question-and-answer period is held. Everyone is welcome and we appreciate pre-registration so we can plan adequate seating. Please call 510-813-9800 for more information or to register.

Understanding Your Options:

Managing chronic constipation

Constipation is a common problem that affects one in four Canadians, and it can be extremely uncomfortable to live with. Join Dr. David Armstrong, a gastroenterologist, for an entertaining, interesting, and educational Webinar that can help you identify if you are suffering from chronic constipation, understand the possible causes, and explore options for relief. There will be a Registered Dietitian present to answer any additional questions you may have after the presentation. This seminar is set for Thursday, June 5 from 1:30 p.m. to 3 p.m.

Quit Smoking Workshop

A two-hour session for people who are thinking of quitting or are ready to quit using tobacco. We will discuss strategies and methods for quitting, such as cutting back, using nicotine replacement therapy, and using prescribed medications. We will also work on finding ways to overcome barriers to quitting, how to make a quit plan, managing withdrawal symptoms, and how to prevent a relapse. Participants are also welcome to schedule individual appointments to receive further support and information from one of our nurse educators. The next session is slated for Friday, May 30 from 10 a.m. to Noon.



Lab open daily during the week

The lab at the Shell Health Centre at 233 Cameron Street is open on week days from 7:30 a.m. to 11:30 a.m. for all residents of St. Clair Township.

Rapids FHT presents: Is Added Sugar Sabotaging Your Health?

By Nadine Devine, RD CDE MHSc.

Glucose, high fructose, corn syrup, brown sugar, these are just a few names for added sugar that can be found on the ingredients list of a growing number of food items. They are added to foods during processing to not only make food taste sweet, but to preserve it and to enhance bulk and texture.

These added sugars are causing a growing list of serious health problems like weight gain and an increased risk for heart disease. They have also been linked to many digestive issues

and they are being studied for their negative effect on memory.

Added sugar is hiding everywhere. For instance, breakfast cereals like Frosted Flakes and Oatmeal Crisp can hide as much as 3 1/2 to 4 teaspoons of it in 1 cup of cereal. Some flavoured instant oatmeals contain 3 teaspoons per packet. It hides in other places like condiments, canned pasta, peanut butter and

See Sugar sense, page 12

Local Ontario Early Years Locations

The OEYC Sarnia-Lambton is a free family drop-in program operated by Sombra Township Child Care Inc. It is part of the Ontario government's commitment to families with children ages 0 to 6 years of age. This program provides a learning environment in which parents and children can interact and learn from each other.

Best Start Hub - Riverview Central School

3926 St. Clair Parkway, Port Lambton -
519-892-3151

Hours of Operation

Monday, Tuesday, & Thursday: 9 a.m. to 11:30 a.m.

Best Start Hub - St. Joseph's School, Corunna

535 Birchbank Drive, Corunna - 519-862-5071, ext. 224

Hours of Operation

Monday: 9 a.m. to 11:30 a.m.
Wednesday: 9 a.m. to 11:30 a.m. & 1 p.m. to 3:30 p.m.

Friday: 9 a.m. to 11:30 a.m.

Brigden United Church

2420 Jane Street, Brigden - 519-892-3151

Hours of Operation

Friday: 9 a.m. to 11:30 a.m.

All OEYC programs are free of charge. For a complete listing of hours and parent/caregiver workshops, go online to: www.ontarioearlyyears.ca.

Big Bike fundraiser seeks sponsors/challengers

The Big Bike Ride for Heart and Stroke is coming to Corunna on May 21. The annual bike ride raises money to support the work of the Heart and Stroke Foundation and teams pit their pedaling skills against one another.

The local team is currently looking for sponsors and it has challenged others to form another team so that a battle of stamina and skill can be waged.

For more information, call Shaun at 519-466-8217.



Push those pedals and flex those knees,
And help us conquer heart disease!

Don't dig before notifying Ontario One Call

Buried power, water, and sewer lines can be dangerous and lead to considerable expense if struck. Don't take that risk.

Homeowners thinking about making yard improvements that involve any kind of digging need to make one important phone call first.

Call **Ontario One Call at 1-800-400-2255** or visit the **Website at www.on1call.com** first. This free service is open 24 hours a day, seven days a week. Notification to Ontario One Call is required at least one week before you plan to dig in order for all locates to be completed.

What you can't see can hurt you!

Concerns raised over mailbox vandalism along Parkway

Residents along the St. Clair Parkway report there have been multiple incidents of mailbox vandalism seen in their area south of Corunna. They say ten mailboxes were damaged during the nights of April 18 and 19, and this kind of vandalism has been ongoing for over 25 years.

As always, if you witness suspicious or overtly criminal activity, please contact police immediately by calling 911. If you witness evidence of criminal activity, please call the OPP Communication Centre at 1-888-310-1122.

Sugar sense will help you limit or avoid serious illness

From page 11

yogurts as well.

Too much sugar puts children at risk of weight gain and nutrient deficiencies that can impact their ability to fend off illness. It can even increase their risk for Type-2 diabetes and high triglycerides as early as adolescence.

The World Health Organization recently advised people to limit their added sugar to less than five per cent of their total caloric (energy) intake. This equals about 6 teaspoons per day for the average adult and children should be limited to about 3 teaspoons.

You can reduce your risk of serious health issues by following these easy suggestions:

- ◇ Start the day off right by choosing breakfast cereals containing no more than 4 grams of sugar per serving (1 teaspoon) or plain oatmeal.
- ◇ Select reduced-sugar varieties of syrups, jams, ketch-

ups, and tomato sauces, and use store-bought condiments, barbecue sauces, and dressings sparingly. Better yet, make your own.

- ◇ Sweets should be occasional pleasures, not every day indulgences. Snack on vegetables, fruit, low-fat cheese, unsalted nuts and seeds or popcorn, and low-fat plain yogurt.
- ◇ Choose plain milk instead of chocolate milk and save yourself 2 teaspoons of sugar per cup.
- ◇ Sweeten foods naturally with cinnamon, nutmeg, coconut flakes, pure vanilla extract, crushed berries, apple sauce, or pumpkin puree
- ◇ Reduce your reliance on prepared foods. Take time to bake and cook so you can control the amount of added sugar.

For more information on this subject, contact the Rapids Family Health Team at 519-813-9800 for your copy of *What's all the fuss about added sugar?*

..And Still More Around The Township

From page 14

from 9 a.m. to 10 a.m. at the Mooretown Sports Complex. Classes in Brigden are held every Tuesday and Thursday morning from 9:30 a.m. to 10:30 a.m. at the Brigden Fairgrounds exhibition hall. These classes are FREE and participants are asked to bring indoor walking shoes. For information and to register, please call 519-344-3017, ext. 237. This program is sponsored by the West Lambton Community Health Centre, the Moore Agricultural Society, and Ontario's Community Health Centres.

Ongoing activities offered at Cruickshank Community Centre

Several ongoing activities are slated for the Cruickshank Community Centre this winter. These include: Bridge on Thursdays at 1 p.m.; Euchre on Tuesdays at 7 p.m. costing \$3 per session which includes light refreshments; and Scrabble on Fridays at 1:30 p.m. Everyone is welcome to join the fun playing the game or games of their choice.

Courtright Friendship Club plays cards

The Courtright Friendship Club plays euchre every Wednesday afternoon at 1 p.m. and Pepper every Friday evening at 7:30 p.m. at the hall located at 1533 Fourth Street in Courtright. Everyone is welcome to attend and try out their card skills.

Cribbage played at Corunna United Church

Cribbage is now being played every Tuesday from 9:30 a.m. to 11:30 a.m. at Corunna United Church on Hill Street. Come out, test your skills, and enjoy a morning of fun.

Messy Church Tuesdays at Brigden United

Messy Church is being held on the last Tuesday of each month through June, 2014 from 5 p.m. to 6:30 p.m. at Brigden United Church. Come and join congregation members for a fun and messy evening of worship, crafts and supper. Children must be accompanied by an adult or grandparents.

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.

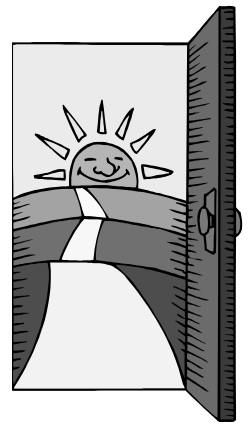
Downriver Craft Sale at Moore Museum

The date for this popular even is set for Sunday, Sept. 21 from 10 a.m. to 4 p.m. Mark your calendar and plan to be at the Moore Museum site to get some early Christmas shopping done and to enjoy all of the sights, sounds, and food that are always part of the Downriver Craft Sale. Admission is \$2 per adult and free for children under 13 accompanied by an adult.

Doors Open Lambton County

The public driving tour that offers a peek at some of Lambton County's many significant locations, businesses, and buildings.
Sat. June 21 & Sun. June 22
10 a.m. to 4 p.m.

For more information go to:
www.doorsopenlambtoncounty.ca



Lambton Eats Locally food game available online

Lambton County has begun the implementation of its new Integrated Community Sustainability Plan with the production of an online community engagement game, *Lambton Eats Locally*. The game can be found at: https://communityplanit.org/lambton_eats_local/

The game is also available through the County's Website: www.lambtononline.ca - click on "Government" - then click on the "Sustainable Lambton" tab.

Get in touch with The Beacon

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

No matter where you are, read The Beacon online at:
www.twp.stclair.on.ca - click on "Beacon"

Still More Around The Township

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Moore Museum & Leaper farm on Doors Open Lambton County tour

The Moore Museum and the Leaper farm near Brigden will be among the many fascinating sites to be found along the Doors Open Lambton County tour on Saturday, June 21 and Sunday, June 22 from 10 a.m. to 4 p.m. The Moore Museum will offer heritage demonstrations and free admission during the tour. At the Leaper farm, enjoy an extensive collection of vehicles and artefacts from the county's past, as well as the history of the farm itself. For more information, go online to: www.doorsopenlambtoncounty.ca

10th Anniversary Sombra Township Optimist Car Show slated

The 10th anniversary Sombra Township Optimist Car Show is slated for Brander Park, Port Lambton, on Saturday, June 21 from 8 a.m. to 8 p.m. Spectators will be admitted free and there will be something of interest for the whole family to enjoy. To pre-register your classic or late model car (stock, modified, or special interest vehicle) the cost will be \$10, or \$15 at the gate. Each additional car will be half-price. Contact Lori at 519-330-7904 or email: lbogaert@gmail.com. Home-built soap-box races are scheduled for registration at 9 a.m. and practice at 10 a.m. For more information call Vic at 519-677-5954 or email: oleary1976@hotmail.com. The new Kids Corner will feature crafts, games, prizes, penny tables, food, and more with Dotsy the Clown, face painting, and a craft and vendor show, too. Contact Louise at: leklreek@gmail.com to pre-register. A licensed refreshment tent with a live band will be featured.

DOORS OPEN LAMBTON COUNTY

See page 13 for more information.

Annual fundraiser will benefit Women's Interval Home

The 2nd Annual Walk A Mile In Her Shoes event, hosted by the Women's Interval Home of Sarnia-Lambton, will be held on Saturday, June 21 at the Lambton Mall, with registration starting at 11 a.m. and the walk starting at noon. Interested persons can walk individually or as a team. Anyone interested can email: walkamilesarnia@hotmail.com. An information package will be sent to you. It will include a pledge sheet and it will request information such as name, shoe size, email, phone number, etc. In addition, further contact information will be supplied. The Interval Home gives refuge to women and children seeking to escape domestic violence and sexual assault.

Ride Don't Hide event will benefit CMHA

Cycling enthusiasts and leisure cyclists alike are encouraged to participate in the Ride Don't Hide Community Bicycle Ride planned for the St.



Clair River Trail on Sunday, June 22. This family-oriented event is part of a national fundraiser, and money raised will benefit the work of the Lambton-Kent Mental Health Association. It will begin and end at the Mooretown Sports Complex and will feature 20 km and 50 km routes. The event is being held to raise awareness and to help break the stigma surrounding mental health issues while raising essential funds to support mental health programs. Sponsors are still being sought and sponsor packages are available by going online to:

www.cmhalambtonkent.ca/files/2014_Local_Sponsorship_Package_Lambton_Kent.pdf

More information will be published in *The Beacon* as it becomes available.

LSA 25th annual picnic

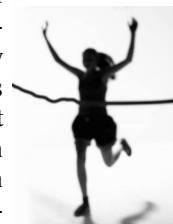
Seniors from all across Lambton County will be gathering for the 25th annual Lambton Seniors Association picnic at the Lions' Pavilion, Petrolia fairgrounds, on Wednesday, June 18 from 10:30 a.m. to 2:30 p.m. Admission will be \$3 for a day of music, dancing, food, prizes, and surprises.

Model Train Time at Moore Museum

Whether you've got trains on the brain or you just love reliving childhood memories, the Moore Museum has some afternoons of fun planned for you this summer. Knowledgeable volunteers will be on hand to discuss model railroading with visitors and all of the layouts will be operating. Kids of all ages will want to put on their engineer hats and spend some time with this fantastic train exhibit. Model Train Time will be offered from 1 p.m. to 4 p.m. on Sundays, July 13 and 27, and August 10 and 24. Regular museum admission will apply.

St. Clair River Run 2014 set

The 5th annual St. Clair River Run for 2014 is set for Saturday, July 19. The 10 km course will start at Branton-Cundick Park north of Sombra and the 5 km course will begin at Marshy Creek Park south of Sombra. Both courses will terminate at Brander Park south of Port Lambton. The popular Kids' Minnow Run will also be part of the event. Registration will open soon, with registration fees as follows: 10K - \$35 until May 1; \$40 until June 1; \$45 until July 13; \$55 on race day / 5K - \$30 until May 1; \$35 until June 1; \$40 until July 13; and \$45 on race day. Register by June 1 and save \$5. This year, participants will receive a New Balance running shirt and a medal at the finish line. They will also enjoy entertainment along the river run course. Organizers estimate attendance for this year may reach the 1,000 participants. For more information, go online to: www.stclairriverrun.ca



Indoor walking offered in Mooretown and Brigden

Indoor walking and fitness classes are held in Mooretown every Wednesday and Friday morning

See ...And Still, More, page 13

More Around The Township

From page 16

Mother's Day brunch in Brigden



Celebrate Mother's Day with a sumptuous brunch in Brigden in the Brigden Fairgrounds exhibition hall. This Moore Agricultural Society event will be held on Sunday, May 11 from 9:30 a.m. to 1 p.m. The menu will include: bacon, eggs, hash browns, sausage, pancakes, ham, scalloped potatoes, toast, muffins, fruit cocktail, and juice. For more information, please call the fair office at 519-864-1197 or check out the MAS Facebook or Web sites.

Victorian Tea at Moore Museum

Spring here and it will soon be time once again to head for the Moore Museum to enjoy warm, delicious home-baked scones with tea, coffee or juice at the annual Victorian Tea. This scrumptious event is slated for Sunday, May 18 from 1:30 p.m. to 4 p.m. in the charming Victorian cottage that graces the museum site. Admission will be \$7 per adult, \$3 per child, and \$2 for pre-schoolers.

Here Comes Summer at St. Joseph Church

The historically significant St. Joseph Catholic Church in Corunna is currently in need of a new roof and a complete paint job inside and outside. To raise funds for this work, the parish is putting on the *Here Comes Summer* fundraiser on Friday, May 23. This event will involve the sale of 150 tickets at \$30 per person, which will entitle the purchaser to a roast pork dinner and chances to win prizes. The prize board consists of \$50 for every 25th ticket drawn with the final 150th ticket holder winning \$1,000. Tickets will be sold until May 21 and to get yours, just call Bill or Maureen at 519-862-3108 or the St. Joseph/St. Charles Parish office at 519-862-1213, ext. 21 any morning of the week (leave your name, the number of tickets you want, and whether you will pick them up or would like them delivered).



LSA general meeting

The Lambton Seniors Association will hold its general meeting on Wednesday, May 28 at 9 a.m. at the Chris Dawson Centre, second floor, in Sarnia. Guest speaker Steve Ruetz of the Sarnia Police Services will speak about *Senior Victimization Scams*.

Amateur Singing Contest finals at Corunna Legion hall

The Amateur Singing Contest sponsored by the Royal Canadian Legion Corunna Branch 447 this winter will culminate on Saturday, May 31 with the final contest. Preliminary contests were held Nov. 30 and Feb. 22 and the finals will present singers who placed first, second

and third at the previous two events. Come out and cheer on these community stars.

Memorial golf tournament slated

The First Annual Ken Adams Memorial Golf Tournament, hosted by the Mooretown Flags, will take place at the St. Clair Parkway Golf Course in Mooretown on Saturday, June 7 beginning at 12:30 p.m. The tournament will feature a Shot Gun Start four man (fun) golf scramble. Please register before May 31 by contacting: Doug at 519-862-2173, djmelts@hotmail.com; Chuck at 519-869-4592, cmelton13@cogeco.ca; or Joe at 519-862-1327, jhlavers@cogeco.ca

Steak bingo at Corunna Legion

The Royal Canadian Legion Corunna Branch 447 will host a steak bingo on Wednesday, June 11 from 7 p.m. to 10:30 p.m. The cost will be three cards for \$15, with 25 regular games plus a *special game*. Prizes include: 1st - \$350 Lambton Mall Bucks; 2nd - \$100 Lambton Mall Bucks; 3rd - \$50 Lambton Mall Bucks. Doors open at 8 p.m. and food will be available. Everyone is welcome.

Bicycle Rodeo planned

The Corunna Community Policing Committee will host its annual bicycle rodeo on Saturday, June 14 in the parking lot at the Royal Canadian Legion Corunna Branch 447 hall from 10 a.m. to 2 p.m. This year, the CCPC rodeo will be a joint venture with the Moore Optimist Club. A full track will be set up for the rodeo and booths will be set up for organizations and companies that will be promoting safety. Each child who participates will receive a free helmet, there will be free food for children and adults, and an opportunity for one boy and one girl to win a free bicycle thanks to Corunna Home Hardware (providing the bicycles) and The Co-operators Corunna (donating the funds to purchase the bicycles). For more information, contact: Andrew at 519-381-7852.



Garage sale at Corunna United

The congregation of Corunna United Church will host a garage sale on Saturday, June 14 from 8 a.m. to noon. Proceeds will benefit the Med-Outreach program that sends medical students to Tanzania. The sale will include household items as well as good children's clothing. Everyone is welcome.

Decoration Day at Bear Creek Cemetery

The Royal Canadian Legion Brigden Branch 635 will hold the annual Decoration Day at Bear Creek Cemetery, corner of Moore Line and Telfer Road, on Sunday, June 15 at 11 a.m. Following the Act of Remembrance, Canadian flags will be placed on the veterans' graves. After the service and placement of the flags, lunch will be offered at the branch hall in Brigden. For more information, go online to: info-legionbrigden@gmail.com or contact Louise at 519-864-1463.

Around The Township

Shred-It event slated

The annual Shred-It event for the secure disposal of unnecessary personal documents is slated for Saturday, May 3 from 10 a.m. to 2 p.m. This **free** event, sponsored by the Corunna Community Policing Committee, will take place at the OPP Corunna satellite detachment office parking lot, corner of Hill and Lyndoch Streets. Any amounts of paper can be shredded so bring out your documents for secure destruction. For more information, contact Shaun at: 519-466-8217.

Homecraft Demo Day in Brigden

The Homecraft ladies of the Brigden Fair will present Homecraft Demo Day at the Brigden Fairgrounds exhibition hall on Saturday, May 3. Demonstrations will include: quilting with Kathy Scott; card-making with Joan Bogaert and Jackie South; flower arranging with Noreen Kells; knitting with Katherine Sullivan; sewing with Audrey Carr; and painting with Ariel Lyons. Registration will be at 9:30 a.m. with 20-minute demonstrations starting at 10 a.m. and concluding at 2:30 p.m. The cost is \$10 per person and it will include lunch at noon. For more information and to register, call: Ellen at 519-864-5895; Always Quilting at 519-864-4967; or the Moore Agricultural Society office at 519-864-1197. Registration the day of the event will be from 9:30 a.m. to 10 a.m. Everyone is welcome.

Corunna Legion presents *Yuk Yuks On Tour*

The Royal Canadian Legion Corunna Branch 447 proudly presents the live stand-up comedy *Yuk Yuks On Tour* on Saturday, May 3. You'll laugh so hard you'll cry, so bring a good supply of tissues! Tickets go on sale on Feb. 1 at the Corunna Branch 447 hall, intersection of Albert and Beckwith Streets. The cost of \$20 each for non-members and \$18 for members. This group is well-known and tickets are bound to go fast, so order early. Doors will open at 7 p.m. with the show planned for 8 p.m. *Note: This show contains adult content and entertainment.*



Brigden United to host beef dinner

A beef dinner will be held at Brigden United Church on Sunday, May 4 from 4:30 p.m. to 6:30 p.m. Admission is by advance tickets only at a cost of \$15 per adult, \$5 per child under age 12, and free for children under age five. To purchase, contact Marie at 519-864-4016 or Christina at 519-864-1747.

Ham dinner to benefit Med Outreach

The annual ham dinner fundraiser to benefit Med Outreach will be held at the Corunna United Church on Sunday, May 4 starting at 5 p.m. For tickets, call Sylvia at 519-862-1040. Money raised from this event helps to support a team of University of Western Ontario medical students including doctors, nurses, and dentists who travel to

Tanzania to provide medical care for suffering people there.

Fundraiser planned for St. Joseph's Hospice

The *Denise VanHooren Inspirational Race* will be held on Sunday, May 4 at Canatara Park. Run, walk, or sponsor a participant in celebration of someone who has touched your heart. All proceeds from the race will support St. Joseph's Hospice. The race offers a 5K or 10K walk or run, plus a 16K and a half-marathon run only. Sign up at St. Joseph's Hospice, 475 Christina St. N., 519-337-0537, or at www.runningroom.com

15th annual Seniors Information Fair

Attention all seniors! The 15th annual Seniors Information Fair, sponsored by the Lambton Seniors Association, will be held on Tuesday, May 6 from 10 a.m. to 4 p.m. and Wednesday, May 7 from 10 a.m. to 3 p.m. at the Point Edward Arena at 210 Monk Street, Point Edward. This **free** fair provides seniors with the latest information on everything from financial matters to government benefits, and safety information to where to find cost-effective help for household care. Food is available on site as well and the venue is accessible.

Advice You Can Bank On series continues

The RBC Port Lambton will continue its advice series on Wednesday, May 7, 10 a.m. to 11:30 a.m. when the topic will be *Wills and Powers of Attorney* with guest speaker, lawyer Lindsay Anderson. To register for any or all of these events, please R.S.V.P. to Jill McCallum, Investment and Retirement Planner at 519-384-5455.

St. Joseph's Hospice Plans open house

St. Joseph's Hospice, 475 Christina St. N. in Sarnia will hold an open house on Thursday, May 8 from 1 p.m. to 3 p.m. and from 5 p.m. to 7 p.m. The event will include a tour of the facility plus information on its services, programs and volunteer opportunities. Everyone is welcome.

Learn to Run clinic offered

In preparation for the St. Clair River Run, a Learn to Run clinic will begin on Wednesday, May 7 at 6:30 p.m. at Brander Park south of Port Lambton. Participants aged 11 through 16 must be accompanied by an adult. The clinic will feature: Running Club; seminars on good nutrition; injury prevention; running form; and equipment. Register for this clinic online at: www.StClairRiver.Run.ca

Legion hosts jam sessions in Corunna

The Royal Canadian Legion Corunna Branch 447 will wrap up its musical jam sessions for the season on the last Saturday of May, 2014. Jam start at 2 p.m. and ends at 8 p.m. Everyone is welcome to come, play along, or listen to some great entertainment. There is no cover charge and food is available.