



The St. Clair Township

# BEACON

Issue 7

Volume 7

July 2014

**Hooray,  
Canada  
Day!  
July 1**

## Artifacts from sunken freighter *REGINA* donated to Sombra Museum

When the Great Storm of 1913 howled through the Great Lakes on Nov. 8 to 10 that year, many ships and the lives of those who manned them were lost.

In 1986/7, one of those ships, the Canadian package freighter, *Regina*, was explored by commercial diver Wayne Brusate under a permit from the Michigan Department of State. Ten boxes of artifacts recovered from the vessel, which still rests at the bottom of Lake Huron, were donated to the Great Lakes Maritime Institute (GLMI).

The Sombra Museum recently received a number of these artefacts through the GLMI educational outreach program to commemorate the 100th anniversary of the Great Storm of 1913 and in memory of the sailors who were lost on Lake Huron during the storm. The Sombra Museum was one of 10 historical facilities to receive a share of these fascinating items, which will be displayed in the Maritime history room.



Sombra Museum representatives Charlie Grant, left, and Eldon Grant, right, receive the artifacts from GLMI representative John Charest.  
*Photo submitted*

## Miss Teen Corunna/Little Miss Corunna planned

Girls between the ages of 4 and 18 and who live in St. Clair Township are being sought to participate in the Miss Teen Corunna and Little Miss Corunna Pageants on Friday, Aug. 1 at 6:30 p.m. during the annual Captain Kidd Days event. Participants will be divided into three age groups: 4-8, 9-12, and 13-18. They will be asked to showcase a unique talent they have as well as a public speaking component appropriate for their individual age division. The event is meant to be fun for the participants and to build their self-confidence. Winners and contestants will appear in the Captain Kidd Days Parade on Saturday, Aug. 2 morning. Registration can be done until July 21 by calling Fringe Beauty Studio in Corunna at 519-862-2229.

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**Contact The Beacon at:**  
[beacon@twp.stclair.on.ca](mailto:beacon@twp.stclair.on.ca)



## Municipal Notes

St. Clair Township recently bade farewell to two long-time staff employees: Clerk/Director of Administration John DeMars and Director of Public Works, Operations and Engineering Larry Burnham. Mr. DeMars's position has been filled by former Deputy Clerk/Co-ordinator of

## Familiar faces retire and a new face is welcomed to St. Clair Township municipal staff

Planning Jeff Baranek, and Mr. Burnham's position is now held by former Co-ordinator of Engineering Matt Deline. Carly McClemens, the new face in the municipal office, will now hold the position of Deputy Clerk/Co-ordinator of Planning.

## Meeting reveals hazards of pedestrian crossing on Lyndoch Street at Beckwith

A group of about 30 people were on hand at the June 16 meeting of council to discuss concerns about the pedestrian crossing on Lyndoch Street at Beckwith. In addition, letters of concern, as well as a petition of support signed by about 50 people, were submitted to council.

The crossing is used by many seniors who say they have no confidence that cars will stop at the crosswalk. Even vehicles that stop are often passed on the right-hand side by other motorists who are impatient to proceed. This creates a dangerous situation because the motorist may not see a pedestrian emerge from in front of the stopped vehicle and the pedestrian may not see the vehicle illegally passing on the right.

The group pointed out that the problem has been going on for some time although Mayor Arnold pointed out it has never been brought before council for action. Four recommendations were submitted to council for its consideration. They include: 1. The installation of a "Stop For Pedestrians" tab sign above the crosswalk. 2. The installation of a red flashing light where the amber lights are currently in service. The rationale for this change is that amber lights usually mean "proceed with caution". 3. The installation of a pedestrian "Walk/Don't Walk" signal that visually instructs pedestrians when it is safe to cross. 4. Installation of curb extensions on the north and south side of Lyndoch Street to prevent passing on the right and to reduce the distance that mobility-limited pedestrians must cover.

Mayor Arnold noted that when the crosswalk was put into service, there was supposed to be an audible alarm that would sound when it was safe to cross, but Corunna Community Policing Committee (CCPC) Chair Shaun Antle said the alarm was not functioning. At the conclusion of the group's presentation, councillors discussed the situation in more detail to get a sense of what measures might be taken to address the hazardous situation.

The cost of installing a recognizable stoplight is one measure that municipal staff will be investigating. In addition, Matt Deline, Director of Public Works, Operations and Engineering, has been instructed to investigate appropriate measures that can be taken to resolve the concerns of those who use the crosswalk.

In closing, Mayor Arnold also urged the CCPC to work closely with

the OPP to determine the severity of the problem and to continue to develop a strategy to monitor the crosswalk to see how frequently dangerous situations arise.

Reports from municipal staff are expected to be prepared and ready for presentation at the next meeting of council on July 14. The group was invited to attend the meeting to find out the contents of those reports.

## Council meeting schedule

Meetings of St. Clair Township Council are held at the St. Clair Township Civic Centre, 1155 Emily Street in Mooretown. Council is now meeting according to a once-per month summer schedule for the months of July and August. The next meeting is slated for Monday, July 14 immediately 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.



## Sewer Mains 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.

Nova 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.

Nova VanderSlagt  
Water/Wastewater Specialist

## Notice to property owners - 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.

# 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); Carol Bryden (Trustee - St. Clair Catholic District School Board).

## Candidate Statements

Incumbent trustee Carol Bryden will run again for that position within the St. Clair Catholic District School Board. Mrs. Bryden believes the biggest challenge facing the board this term will be funding and efficiency. "While we expect to pass a balanced budget for 2014/15, there are some real challenges facing us, particularly in special education and in transportation. Our special education needs are growing and providing our students with services they require with the existing funding model will be challenging. As well, we are currently working with our transportation providers to work out more efficient transportation routes for some of our country students coming into the city for high school. In all areas of operations, we will need to focus on responsibility and efficiency.

Mrs. Bryden has over 35 years of experience in education, both in the classroom and as part of administration. She has also been the chair of the board for the past four years. She

has seen education from the perspective of a parent, educator and trustee, and she says this gives her a strong belief in the value of Catholic education. "Over the last several years, the board has worked to downsize costs in administration and we will continue to look for efficiencies wherever we can.

During the next four years, we will be implementing our renewed strategic plan. That will focus on strengthening the faith experience in the schools for

both students and staff, committing to a continued excellence in academic achievement and enhancing communications with our parents and the community. We hope to bring strong professional development opportunities to our teachers to complement their skills in the classroom."

## Erratum

*Incumbent candidate Jeff Agar has been a councillor for two terms, not one as stated 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 Kent .....1 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](http://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](http://www.twp.stclair.on.ca/2014_election.htm)

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



## St. Clair Township Yard Waste/Brush Collection



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 (collections begin at 7 a.m.). Yard waste from the balance of the township is collected with the regular waste collection.

### COLLECTION SCHEDULE

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

Wednesday: \* Corunna (Including Froomfield area)

\*St. Clair Parkway (north of Emily Street, Mooretown)

Friday: \* Bridgen, Courtright, Mooretown, Port Lambton

Sombra Village, Wilkesport, Chenal Ecarte Leeland Gardens

\*St. Clair Parkway (south of Emily Street in Mooretown)

Spring yard waste collection has been completed.

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

The fall yard waste collection will begin Wednesday, Oct. 22 and Friday, Oct. 24 and will continue until Wednesday, Nov. 26 and Friday, Nov. 28.

Please note: Fall yard waste collection dates posted in the Township calendar should be the same as above.

**Yard waste** includes: 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. (For Brush collection, see below.)

**Yard waste** placed at the side of the road for collection must be bagged in clear or transparent plastic bag, paper bags, 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.

The term "open containers" DOES NOT include: blue boxes or cardboard boxes.

Containers must not exceed 23 kg/50 lb.

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

### Brush collection:

Small brush bundles will be collected again on Oct. 24 with the following guidelines: 4' max. length, 1" max. diameter, cut ends all in one direction, neat piles (not tangled) and tied and placed at the curb.

**Blue Box** items include: newspaper; fibre or paper products **except** carbon paper; clear or colour glass **except** light bulbs, mirrors, dishes, ceramics, sheet glass, and broken glass; metal and aluminum cans **except** aluminum foil, metal pots, disposable cooking tins, coat hangars, oil filters, sheet metal, and toys; plastics **except** plastic bags, toys, containers with no markings on the bottom, no oil containers (cooking or motor); cardboard or boxboard **except** boxes containing food eg. Pizza box with toppings stuck to lid.

For more information, please contact:

St. Clair Township Public Works at 519-867-2125 or [www.twp.stclair.on.ca](http://www.twp.stclair.on.ca)

# Community Contact

## ***Community support raises funds for service dog***

The Japp family of Brigden is looking forward to welcoming a service dog for their autistic son thanks to the generous support of their community. A recent spaghetti dinner fundraiser, hosted by the Optimist Club of Brigden, raised over \$5,000 toward the dog's purchase. *Thanks are extended to all who came out to dine and to help support this very worthy cause.*

## ***Note of Thanks from Sombra Sports & Rec***

Sombra Sports and Rec (SS&R) extends a great big *Thank You* to all businesses and individuals who sponsored or donated prizes to the golf tournament the group hosted on June 14. SS&R spokesman Jamie Bogaert says the group could not have achieved such great success without this valuable community support. "It was a great time and there were lots of great prizes," he said, adding there is more fun to come for the whole family at Sombra Days on July 4-6. "Thanks again everyone, from all of us at SS&R."

## ***Discuss concerns over school issues with trustee***

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](mailto: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.

## ***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](http://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.

## ***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>

## Shell facility notifies community of upcoming dock safeguarding program

The Shell Sarnia Manufacturing Centre north of Corunna has notified council that a two-phase dock safeguarding project will begin in late June or early July of this year.

The company plans to modify existing piping and steel walkways, and add lighting, all of which are associated with the dock facility located just south of LaSalle Line adjacent to the St. Clair Parkway. Phase One will take about three months and is not expected to require any excavation on the west side of the parkway.

Phase Two is expected to begin in November. It will include additional piping modifications and the conversion of existing manually operated Marine Loading Arms on the north dock to hydraulically operated ones. There will be no work on the west side of the Parkway. This phase is expected to be completed by May 2015.

Work will be limited to weekdays between 9 a.m. and 5 p.m., and traffic and noise will be monitored during the course of activities.

Shell has submitted a permit application to the St. Clair Region Conservation Authority due to the proximity of the work to the shoreline. The MNR will also be notified.



## HERITAGE CORNER

### Corunna Child Study Group disbands after six decades of fellowship



Ten members were on hand at the Moore Museum on May 21 for the final meeting of the St. Clair Child Study Group. They are, right to left, front row: Margaret Werden, Jean Shaw, and June George. Second row: Eva Dalrymple, Hazel Blythe, Ethel Davidson, and Shirley DuChene. Standing: Jeanne Rounthwaite, Pat Parker, and Sally Townsend. *Photo submitted*

The Corunna Child Study Group, first formed in the 1950s, held its final meeting on May 21 at the Moore Museum.

This devoted group of young moms first came together to learn about and encourage the best methods of child-rearing and development for their young families. They met in each other's homes once each month to enjoy an informational program and social time.

The group became popular that a waiting list had to be formed after membership bloomed to about 30. The list grew so long that a second, then third group had to be started.

These groups, as well as groups in Sarnia, were part of a larger organization: the Western Ontario Child Study Association. All area groups would meet annually in Sarnia for a special program which included a guest speaker, and each group presented an informative skit.

Although these annual gatherings were discon-

tinued a few decades ago, and Corunna groups two and three were disbanded, the original group continued to meet until this year.

When the women became grandmothers, they felt that child study was no longer their focus, but they continued to meet and eventually changed the group's name to the St. Clair Child Study Group.

They continued to learn about topics that interested them. The group's objective was to create interest, with each member contributing something of herself. They heard presentations about subjects like travel, health, and relationships, and each fall, a fashion show was held.

Over the years, these women contributed the benefits of their desire to learn not only to their families, but to their community as well. The St. Clair Child Study Group leaves behind a legacy that will endure well into the future.

#### 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.

# Summer shape awaits at Mooretown Sports Complex

Summer is here but it's not too late to make those summer clothes fit better or make an outing with your children less exhausting. Get moving and get fit at the Mooretown Sports Complex.

## Summer spin classes

Enjoy biking without the hassle of bugs, rain and traffic this summer by taking spinning classes. They are held Mondays from 7:45 p.m. to 8:30 p.m.; Tuesdays from 7:15 a.m. to 8 a.m.; Wednesdays from 5 p.m. to 5:45 p.m.; and Thursdays from 6:30 p.m. to 7:15 p.m. The cost is \$60 for 10 weeks (the cost will be prorated for the remainder of the classes) or \$10 per drop-in session.

## Summer swim lessons

Summer swim lessons are offered this season: **Daytime classes:** June 30 to July 11; July 14 to 25; July 28 to Aug. 8; or Aug. 11 to 22. Cost is \$48 per child. **Evening classes:** Beginning the week of June 30, these lessons run once per week during the summer at a cost of \$43.20. Private lessons are also available.

## Summer water aerobics/therapy & adult swims

**Shallow water aerobics** are offered Monday, Wednesday, and Friday from 9 a.m. to 10 a.m.; and Thursday from 7 p.m. to 8 p.m. **Deep water aerobics** are offered Monday and Wednesday from 7 p.m. to 8 p.m.; **Water therapy** is offered Tuesday and Thursday from 9 a.m. to 10 a.m.; **Adult swim** is offered Monday to Friday from 7:30 a.m. to 9 a.m. and noon to 1 p.m., Monday to Thursday from 7 p.m. to 8 p.m., Friday from 5:30 p.m. to 7 p.m., and Saturday from 1 p.m. to 3 p.m.

## 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.

## Tim Horton's sponsors free swims

Every Sunday from 1 p.m. to 3 p.m. throughout the summer from July 6 to Aug. 24, *Tim Horton's* will sponsor free swims. Please be aware that any children unable to comfortably swim two widths of the Mooretown Sports Complex pool, all children under age 7 or under 48 inches tall, plus weak or non-swimmers, must be directly supervised while in the water by an adult (maximum two children per adult.)

## Arena floor rentals/August summer ice

Arena floor rentals will be \$55 per adult per hour. Event rates are also available. Call to book your lacrosse, ball hockey, or special event.

August summer ice rates: Prime time Monday through Friday after 5 p.m. and Saturday and Sunday will cost \$130 per hour; non-prime time Monday through Friday from 7 a.m. to 5 p.m. will cost \$100 per hour.

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

*Don't forget the St. Clair Trail River Run on July 19. See Around The Township, page 12 for more information.*

## St. Clair Parkway Golf Course

[www.stclairparkwaygolf.com](http://www.stclairparkwaygolf.com)

## Beware of scams and scammers!

Telephone and door-to-door scammers pose a threat to you, your identity and your bank account. Don't be pressured into having any work done or signing any contract until you have consulted with a trusted family member, friend, or professional in that field. If someone tells you your home or property is in dire need of work, get a second opinion to see if it's really necessary, and if it is, get other quotes to ensure you'll be paying a fair price for work by a legitimate company. If you are in doubt about any unsolicited offer of service or feel threatened by such contact, talk to someone you trust or call the OPP at 1-888-310-1122.



## Book your spot at St. Clair Township Parks and Campgrounds

St. Clair Township's beautiful parks are the perfect place to hold summer family outings, weddings, reunions and special events. To book your date and area, just call 519-867-2651.

And if camping is your perfect way to spend those lazy summer days, St. Clair Township offers great campgrounds for short or long stays at Mooretown, Cathcart, and Branton-Cundick Parks. To book your campsite, call Mooretown at 519-867-2951; Cathcart at 519-892-3342; or Branton-Cundick at 519-892-3968.



## Take steps to protect your health with the Rapids Family Health Team

### July 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](http://www.rapidsfhteam.ca). To register, call 519-813-9800 and speak to the receptionist.

#### 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, July 8 from 1:30 p.m. to 3:30 p.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, July 15 from 9:30 a.m. to 11:30 a.m.

#### Pre-Diabetes class

If you have fasting blood glucose levels of 6.1 to 6.9 mmol/L or A1C of 6.0 to 6.4% and/or two-hour PG in 75 OGTT (mmol/L) 7.8 to 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 goals to prevent/delay the onset of Type 2 diabetes.

Please ask your family doctor for a referral. The next class will be held on Tuesday, July 29 from 1:30 p.m. to 3:30 p.m.

#### Quit Smoking Workshop

This two-hour session is for people who are thinking about 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, man-

aging withdrawal symptoms, and how to prevent relapse. Participants are also welcome to schedule individual appointments to receive further support and information from one of our nurse educators.

The session is set for Friday, July 25 from 10 a.m. to Noon.

#### Boosting Balance and Bone Health

Boosting Balance and Bone Health is a four-week program designed to gradually improve balance and strength to help you avoid falls and maintain independence as well as educate individuals about keeping bones healthy.

The group exercise and education program will be run by a registered occupational therapist. One hour is designated for group exercise, and one hour is designated for education on bone health.

Education sessions include an overview of bone health, dietary and medication practices to maintain strong bones, and home safety tips.

Individuals who are able to safely take part in a supervised exercise program are invited to register.

Sessions will be held on Wednesdays for four consecutive weeks beginning on July 9 from 9 a.m. to 11 a.m. Space is limited so register soon.

#### Healthy Kids and the Keys to Good Health:

##### Summer Camp 2014

With summer on the way, it's time to consider activities that will keep your children entertained and healthy over the summer holidays.

The Rapids Family Health Team, in partnership with the Optimist Club of Moore, is offering a free summer day camp on Aug. 25 to Aug. 29 for children entering Grades 1 through 4.

The camp will be held at St. Andrew's Presbyterian Church, 437 Colborne Street in Corunna. You will have a choice of signing your children up for one of two time slots: 9:30 a.m. to 11 a.m., or 1 p.m. to 2:30 p.m.

Children will have the opportunity to learn valuable lessons about healthy eating and will prepare and enjoy nutritious snacks. *Please note that we will be preparing peanut-free and nut-free snacks, but we will be using other allergens like milk and soy.*

We will be accepting 15 children per session on a first-come, first-served basis. There is no cost to participants. To register, please come to the Rapids Family Health Team, 233 Cameron Street office to pick up a registration form.

#### 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.





## Homecraft quilt square winners receive awards

The Quilt Block Tea was held on May 21 with good attendance as judge Gladys Elliott inspected quilt blocks submitted for inclusion in the 2015-2016 Homecraft quilt raffle. The winners, named left to right, are: 3rd prize, made by Mary Dailey ; 2nd prize, made by Barb Leaper; and 3rd prize made by Evelyn Evers but accepted by her mother, Helen Vanderveen. Honourable mention went to Helen Rankin and Kathy Scott.

*Photo submitted*



## 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](http://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!**

## 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/](https://communityplanit.org/lambton_eats_local/)

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

## 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](http://www.ontarioearlyyears.ca).

## Junior Optimist Club to host kids' dress-up/costume event

**HEY, KIDS, WHO WOULD YOU LIKE TO BE WHEN YOU GROW UP?** The Lambton County Junior Optimist Club would like to find out. So on Saturday, Sept. 27 from 11 a.m. to 2 p.m., come to the Courtright Community Centre (Silverdome) dressed up as your favourite person, real or imagined, and bring a stuffed animal. This **Free** event is open to kids of any age. There will be games, activities, and surprises. Hot dogs, chips and drinks will be just \$1 each.

Give it some thought. Would you like to be an astronaut, princess, doctor, firefighter, karate kid, police officer, super hero, veterinarian, soldier, Olympic athlete, baseball player, dancer, hockey player, nurse, writer, engineer, pilot, entertainer, mayor, prime minister: Your choice is only limited by your imagination.

## Local food pantry benefits from barbecue



Photo submitted

A recent charity barbecue and food drive raised over \$200 and a full shopping cart full of non-perishable food for the open pantry at St. Andrew's Presbyterian Church in Corunna. The benefit barbecue was run by Corunna Fitness Centre.

**Left:** At the conclusion of the event, St. Andrew's Presbyterian Church representative Elmer Boschman (giving an appreciative 'thumbs up') was on hand to take delivery of the much-needed donation from Corunna Fitness Centre owners Ron, Shelly and Lauren Theriault, and friend Adara Haskins.

The pantry is run by volunteers in the basement of the church and operates Monday - Thursday from 9 a.m. to noon, helping those in need. Anyone who wishes to donate non-perishable food items or make cash donations to help buy perishable items such as milk, can drop by during these hours of operation or call 519-813-9695.

## Fire Chief Anderson cautions against open burning without permit

Are you planning to do any open burning this year? Be sure to obey the regulations that St. Clair Township has in place to prevent damaging fires.

St. Clair Township Fire Chief Walter Anderson has issued the following information that you should know before lighting that fire.

Open burning is regulated under the Fire Protection and Prevention Act as well as a St. Clair Township by-law.

All fires, including campfires, must not pose a danger to anyone. This includes the smoke that interferes with a neighbour's enjoyment of their property or roadways.

Permits are required for all open burning, with the exception of small campfires.

Permit requirements include:

- ◆ Fire must be of manageable size.
- ◆ It must be supervised at all times.
- ◆ Burning can only take place between 8 a.m. and 6

p.m.

- ◆ It must be done in favourable weather conditions. (eg. No high winds)
- ◆ The fire chief must be notified.
- ◆ Neighbours must be notified.
- ◆ The fire must be extinguished if neighbours complain.
- ◆ Contraventions to these requirements terminate the permit.
- ◆ Only clean wood can be burned.
- ◆ ***The permit holder is solely liable of any and all dangers resulting from the burning.***

Penalties vary from a fee for extinguishing the fire to charges under the Provincial Offences Act.

Burn permits are available free of charge from the Fire Administration Office located at 392 Lyndoch Street in Corunna. For more information call 519-481-0111.

***No matter where you are, read The Beacon online at:  
[www.twp.stclair.on.ca](http://www.twp.stclair.on.ca) - click on "Beacon"***

## More Around The Township

### From page 12

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](http://www.stclairriverrun.ca)

### St. Clair River Classic powerboat racing

The thunder of powerful racing boats will be heard the weekend of July 24 and 25 as the St. Clair River Classic Off-Shore Powerboat Races stir up the water and thrill spectators. The ideal place to view the races will be along the river shoreline in Courtright and Mooretown.

### Captain Kidd visits Corunna in August

Corunna will celebrate the return of Captain Kidd on Saturday, Aug. 2 at 10:30 a.m. with a parade that will proceed from Beckwith along Lyndoch and terminate at Colborne Street. Captain Kidd Days will also include the Miss Corunna and Little Miss Corunna pageants slated for Friday night plus lots of activities for all ages.

### Gala Days coming to Port Lambton

The annual Gala Days event is coming to Port Lambton on Aug. 1 through 3. Don't miss the sports events, music, kids' activities, Saturday parade and much more.

### Reunion of

### Ploughman's Dance Club planned

All former members of the Ploughman's Dance Club are invited to attend the club's reunion event at the Brigden fire hall on Saturday, Aug. 16 at 7 p.m. Dance as much or as little as you want to, or just sit back and watch. There is no fee to attend but donations to the Brigden Firefighter's Association will be appreciated. For more information, call Beth at 519-864-1935.

### Kids' MEGA Sports Camp in Corunna

A children's MEGA Sports Camp is planned for St. Andrew's Presbyterian Church in Corunna the week of Aug. 18 through 22 from 8:45 a.m. to noon. The camp is for children in Senior Kindergarten through Grade 6. They will participate in sports activities such as basketball, soccer and cheerleading, as well as enjoy crafts, songs, and storytelling. They will also discover character-building concepts and have a lot of fun. On Thursday evening, the camp will hold a MEGA Fun Family Barbecue for kids, parents and families. For complete information, please call the church office at 519-862-3641 or Beth at 519-862-2307.



### Ongoing activities offered at Cruickshank Community Centre

Several ongoing activities take place at the Cruickshank Community Centre each week. 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 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.

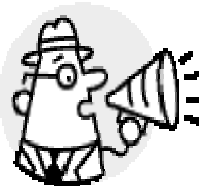
### Coffee club meets at Thompson Gardens

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 maybe even find a special treat for yourself. Admission is \$2 per adult and free for children under 13 accompanied by an adult.

## 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](mailto:beacon@twp.stclair.on.ca)

# Around The Township

## Celebrity Chef fundraisers in Brigden

A series of "celebrity chef" charity fundraisers have been taking place at Mrs. B's Barbeque in Brigden. At the end of the summer, Mrs. B will donate \$150 to the chef who sells the most barbecue items. Events continue from 11:30 a.m. to 1:30 p.m. on the following Fridays: July 4, Russ Struck, Brigden Fire Department Children's Fund; July 18, Andy Steadman, Brigden Community Decorating Team; Aug. 1, Lee Irwin, Parent Association of Brigden Public School; Aug. 15, Henry Bergsma, Brigden Horticultural Society.



## Sombra Days on the way

The Sombra Sports and Recreation Inc. presents Sombra Days Friday, July 4 through Sunday, July 6 at Sombra Park.

## Brigden fairgrounds to host dog show

Canine connoisseurs and animal lovers alike will enjoy taking in the Canadian Kennel Club-sanctioned Dog show at the Brigden fairgrounds on July 4 through 7. This prestigious event, hosted by the Sarnia Kennel Club, attracts dog enthusiasts and canine champions from across North America.



## Lambton Dragons hold golf fundraiser

The Lambton Dragons Sledgehockey team will host its 5th annual golf fundraiser at the Baldoon Golf Course on July 5 beginning with a shotgun start at 10:30 a.m. The cost is \$340 per team which includes 18 holes of golf, a cart, and a steak dinner, plus a 50/50 draw, door prizes, and a silent auction. To register, please call Jim or Karen at 519-862-4756. Donations can also be dropped off at 343 Brooktree Drive. *The team's winter hockey season takes place at the Mooretown Sports Complex.*

## Lawn mower racing series underway

The Western Ontario Outlaw riding lawn mower racers are holding a series of racing events throughout the summer at their new track along Highway 21 beside the landfill near Petrolia. This year, donations from the club are being made to the Petrolia food bank. Races will be held at 2 p.m. as follows: July 6; July 20; Aug. 3; Aug. 17; Sept. 7; Sept. 21; Oct. 5.

## Moore Presbyterian Charge services

The congregations of Moore Presbyterian Charge will hold combined Sunday services on the following schedule: July 6-27 at Knox Presbyterian Church, 1345 Rokeby Line; Aug. 3-31 at St. Andrew's Church, 94 St. James Street in Mooretown. All services will be held at 9:30 p.m.

## Sombra Museum hosts summer events

The Sombra Museum at 3470 St. Clair Parkway in Sombra Village will be the scene of several popular annual events this summer. The annual **Lawn Concert will be held rain or shine on Sunday, July 6** at 7 p.m. Live country music will be featured and light refreshments will

be served. Bring a lawn chair and enjoy! The next event will be the **Blueberry Social, slated for Sunday, Aug. 3** from 1 p.m. to 4 p.m. Freshly baked desserts will be featured, there will be activities for the whole family, and the fabulous Wurlitzer band organ will entertain. Admission will be by free-will donation. And **on Aug. 16 and 17 weekend, enjoy free admission** to the museum. Newcomers will be fascinated by the many local heritage artifacts, exhibits, and maritime displays, plus this year's World War I display being held to honour the 100th Anniversary of the *Great War*.

## Vacation Bible school in Courtright

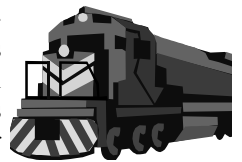
Children will enjoy the upcoming vacation Bible school taking place on Tuesday, July 15 and Wednesday, July 16 at Courtright United Church. There will be two full days of music, healthy kids' cookery, drama, and story-telling, with messy crafts, and lunch will be provided. To pre-register your child for this awesome program, call the church and leave a message at 519-867-2113.

## 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 is open and registration fees are as follows: 10K - \$45 until July 13 and \$55 on race day / 5K - \$40 until July 13 and \$45 on race day. This year, participants will receive a New Balance running shirt and a medal at the finish line. They will also enjoy entertainment along

