#### THE ST. CLAIR TOWNSHIP



## BEACON



Issue 5 Volume 10 May 2017 THE TOWNSHIP OF ST. CLAIR

## Support for Lambton College acknowledged with tree planting



As part of Lambton College's 50th anniversary celebration and its Legacy Program, St. Clair Township was honoured for its on-going support of the college with a tree-planting ceremony at the St. Clair Township Civic Centre on April 5. St. Clair Township Council and staff, as well as many students, faculty, and staff members from Lambton College, were on hand for the ceremony. The semi-circular stand of 10 paper birch trees represents a symbolic giving-back, through the Lambton College Legacy Program, to those who consistently support the important educational and enrichment opportunities the college provides to this community and beyond. Mayor Arnold expressed gratitude for the college's gift and restated council's belief in supporting Lambton College. He noted the college is of great value to the people of St. Clair Township, providing world -class post-secondary educational opportunities to

those who would otherwise have to seek their training, and their future, at an institution far from their community. Lambton College staff attending included: front row, fourth from right, Dr. Mehdi Sheikhzadeh, Dean, Applied Research and Innovation; front row, third from right, Andrea Hands, Research Development and Outreach Co-ordinator, Applied Research; front row, fourth from left, Jeanne Frenette, Lambton College Support Staff; in crowd, Alastair MacKay, Coordinator, Culinary Management and Professor Michael Mansfield. Municipal council and staff members who attended the event included, front row left: Councillor Jim DeGurse; Deputy Mayor Peter Gilliland; fourth from left, Councillor Tracey Kingston; Mayor Steve Arnold; Director of Community Services Linda Kennedy (trench coat); CAO John Rodey, second from right; and Clerk Jeff Baranek, far right.

## Summer means action along the St. Clair River Trail



t h a t impressive, if

means plenty of activity and action not along the St. Clair River Trail. Two big than last year. successes from 2016 are back again. The For more infor-Ride Don't Hide event on Sunday, June mation, see 25 and the St. Clair River Run on Satur- page 17.

Sum - day, July 15 attracted hundreds of enridedon'thide m e r 's thusiastic participants last year and orhere and ganizers expect numbers will be just as



CANADA 150 **EVENT** INFO SECTION **PAGES 9-12** 





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Around the Township Pages 18-20



## **MUNICIPAL NOTES**

#### COUNCIL MEETING SCHEDULE

St. Clair Township Council meets every first and third Monday of the month (with exceptions to accommodate holidays). The next meetings will be held on Monday, May 1 at 6:30 p.m. and Monday, May 15 at 6:30 p.m. The Committee of the Whole meeting will be held separately on Monday, May 8 at 3 p.m. Anyone wishing to address council should call the municipal office at 519-867-2021 for further information.

#### Moore Community & Recreational Foundation application deadline

The deadline for Moore Community and Recreation Foundation financial assistance is May 31, 2017. For detailed information about the foundation and to obtain a grant request form, visit the St. Clair Township Website at: www.twp.stclair.on.ca For further information, please contact Charles Quenneville, Treasurer, or Mayor Steve Arnold at 519-867-2024 or 1-800-809-0301.



#### **HYDRANT FLUSHING**

St. Clair Township Residents

Public Works will be undertaking annual flushing of fire hydrants connected to the St. Clair Township Water Distribution System during the hours of 7:30 a.m. and 4:30 p.m. beginning May, 2017 and continuing into the fall. During this maintenance procedure, you may notice some water discolouration when using taps, flushing toilets, doing laundry, etc. as some sediment may be drawn into your residence. We recommend that you run the cold water tap for a few minutes or until discolouration disappears.

If discolouration of the water continues after 10-15 minutes of normal use, please notify Public Works at 519-867-2993.



## SEWER MAIN **FLUSHING**

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 April, 2017 and continuing into the fall. During this maintenance procedure, you may notice some gurgling noises in drains.

If conditions persist after 24-48 hours of normal use, please notify Public Works at 519-867-2993.

#### Courtright Park receives WECI funding

The sea wall and dock at Courtright Park has been a matter of concern for council and local citizens for several years, and a new restoration project has been in the works for about three years. Now, through the Conservation Ontario Water Erosion Control Infrastructure (WECI) program, funding has been received to allow phase one of a two-phase restoration project to begin. This phase will see the replacement of the old sea wall at the south end of the park, which is severely eroded and has many areas where exposed corroded rebar presents a hazard to park users. The shoreline will be reinforced with huge blocks of armour stone to produce an attractive, stepped barrier like the one already in place in Guthrie Park north of Corunna. The announcement of the pending improvements at Courtright Park has been well received by residents who have been unhappy over the park's current state of disrepair.



#### ST CLAIR TOWNSHIP 2017 PROPERTY TAX DUE DATES

The 2017 Interim Tax due date is May 3

Interim tax notices were mailed out in January.

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).

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

- · Automatic Bank Machines
- Telephone & Internet Payments through Bank
- Payment at most Financial Institutions
- · Post dated cheques
- · Counter services, cash, cheque or debit
- · Mail to, or
- Drop Box at 1155 Emily St. Mooretown Ontario NON 1M0

Pre-authorized payment plans are also available free of charge and encouraged. Find the form at http://stclairtownship.ca

> St. Clair Township Tax Department 519-867-2024 fax: 519-867-5509 taxes@twp.stclair.on.ca

## St. Clair River Trail now connected to Trans Canada Trail

The St. Clair River Trail has been officially connected to the Trans Canada Trail (TCT) through a motion passed by St. Clair Township at its March 20 meeting. The TCT now enters St. Clair Township at Sombra, joining from the west along Bentpath Line's paved shoul-(which becomes County Road

21/Irish School Road) and running 7.5 kilometres along the St. Clair River Trail to enter Chatham-Kent. It links up again with the existing TCT in Dresden.

Council agreed to the approval of a resolution permitting the trail connection, confirming insurance coverage for that stretch of the TCT, and agreeing to install signs along the route indicating



#### St. Clair Township crossing guards sought

The school year may be winding down, but the need for crossing guards remains. The Township of St. Clair requires a crossing guard(s) to assist school children crossing streets in Corunna. The work involves one hour in the morning and one hour in the afternoon on school days. The current compensation is \$28.95 per day. The Township of St. Clair also requires fill-in crossing guard(s) to assist children crossing at various locations in Corunna. The work involves one hour in the morning and one hour after school in the afternoon. The current compensation is \$28.95 per day. The position will be on a "call in" basis and hours will vary widely depending on the

Applications setting out qualifications and experience will be received by the undersigned.

#### **David Neely**

Co-coordinator of Operations Phone (519)867-2125 Fax (519)867-3886 St. Clair Civic Centre, 1155 Emily Street Mooretown, Ontario, NON 1M0



# Trans Canada Trail

its inclusion in the TCT.

Mayor Arnold sees this connection to the national trail as a plus for those who traverse the trail system. "Our section of the Trans Canada Trail will be a wonderful addition to the overall trail," he said. "The trip along the St. Clair River and the paved shoulders ders from Marthaville Road **Sentier Transcanadien** along the county road sections will give the cycling tourist a

wonderful, scenic experience."

The TCT connection provides a tangible link between St. Clair Township and the rest of Canada. The Trans Canada Trail is a 24,000 kilometre, coast -to-coast trail linking 15,000 communities across Canada. The former TCT route ran southwest from Wallaceburg along the Snye River, turning east at Whitebread Line at the Chatham-Kent border. The new St. Clair River Trail section adds about 47 kilometres to the TCT.

The new connection also provides the TCT with an additional international border crossing between Sombra and Marine City, connecting with Michigan's bridge to Bay Trail, establishing an international cycling loop that uses the ferries of Walpole Island First Nations/Algonac to complete the loop.



Above: Simplified view of Trans Canada Trail (before the addition was approved).



Retiring Coordinator of Operations Gary DePooter was honoured by St. Clair Township Council at its April 3 meeting. Mr. DePooter has served for 31 years, beginning with the Township of Sombra before its amalgamation with the Township of Moore. Mayor Steve Arnold thanked him for his over three decades of devoted service and presented him with a token of appreciation from the Township.

Photo by Darrell Randell



Ottawa was not the first choice when a capital city was being chosen for what later became the country of Canada. What was the first choice?

CORUNNA! What happened? See page 8.

## Hockey Moms donate to the Mooretown Hockey Association

The dedicated Hockey Moms presented Mooretown Hockey Association President Andrew Vandersteen with a cheque for \$15,000 at Coaches Appreciation Night at Antonio's Restaurant on April 4. The Moms raised money throughout last season by hosting a Christmas bazaar, online auction, Mardi Gras dance, and running kitchens during several tournaments.

Presenting the cheque are, left: Hockey Moms Secretary Nicole Wilson; Vice-President Kim Sylvester; and President Laurie Pepper. Missing is Hockey Moms Treasurer Meghan Schenck.

Photo submitted



## Canada Day Challenge contest invites young Canadians to share their vision of Canada

There is still time for Canada's youth to share their vision of Canada's next 150 years by expressing themselves through art (drawing and painting); photography; and creative writing.

The Canada Day Challenge, an arts contest delivered by the Department of

Canadian Heritage, is especially meaningful in 2017, not Here's My Canada is a multilingual, nation-wide contest but because this year marks the 150th anniversary of Can-

Participants will qualify to win an all-expenses paid grand prize trip for two to Ottawa to celebrate Canada Day and to take part in activities marking the 150th anniversary of Confederation.

#### Young filmmakers take note

Young aspiring filmmakers can also compete in the Canada Day Video Challenge entitled Here's My Canada. It is also a Historica Canada project and is also a Canada 150 Signature Initiative.

only because this is the 30th anniversary of the Challenge, inviting Canadians to express what Canada means to them in a 30-second video. This project is made possible through funding from the Government of Canada and the Bank of Montreal. For more information, go online to: www.heresmycanada.ca

## Lambton County Library presents Makerspace exhibits

Lambton County Library's Mobile Makerspace exhibits will be making the rounds at St. Clair Township library branches in the next few months. Each will stay for three weeks before being moved to the next location.

Participation in a workshop is required to operate some of the equipment and a valid library card is also required to use the equipment. Here are Makerspace exhibits coming to your local library:

Brigden: until May 8 - Button Maker and Wacom Tablets; May 12-May 30 - Snap Circuits and Electrical Crafts.

Corunna: until May 8 - 3D Printer and 3D Pens; May 12-May 30 -Necomimi and Mindwave.

Courtright: until May 8 - Ozobots (robotics); May 12-May 30 - Sphero and Air Hogs (robotics).

Mooretown: until May 8 - Sphero and Air Hogs (robotics); May 12-May 30 - 3D Printer and 3D Pen.

Port Lambton: until May 8 - Dash & Dot (robotics); May 12-May 30 -Sewing Machine and Soft Circuits.

Sombra: until May 8 - Sewing Machine and Soft Circuits; May 12-May 30 - Ozobots (robotics).

Wilkesport: until May 8 - Snap Circuits and Electrical Crafts; May 12 -May 30 - Dash & Dots (robotics).

To find out what's new at your local library, go online to: www.lclibrary.ca or outside of Wyoming, call toll-free to 1-866-324-6912 with any questions or concerns. Some regularly offered programs at Lambton County Library branches require registration but drop-in programs can be attended without registration. All programs are free unless otherwise noted. To contact your local St. Clair Township library branch for more information, see below.

St. Clair Township Library Branch Phone Numbers Brigden (519-864-1142); Corunna (519-862-1132); Courtright (519-867-2712): Mooretown (519-867-2823); Sombra (519-892-3711); Port Lambton (519-677-5217); Wilkesport (519-864-4000



## HERITAGE CORNER



## **Ontario Volunteer** Service Awards presented

Six Moore Museum volunteers were recently honoured with Volunteer Service Awards from the Ontario Ministry of Citizenship and Immigration. The province was represented by MPP Bob Bailey, second from left. Shown here with their awards are, left: Bob McPhee (10 years); Tammy Johnson (5 years); Leo Griffiths (5 years); Mike Johnson (5 years). Moore Museum Advisory Committee Chairperson Jim Townsend, right, was present for the awards. Absent from photo were five-year recipients Deb Bogaert and Del Knight.

"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," said Mr. Townsend.

#### **MUSEUM HOURS**

May-Aug.: Friday-Tuesday, 11-5 Sept. to Dec.: Mon. to Fri., 9-4



Shown above with their awards are, left: Bob McPhee (10 years); Tammy Johnson (5 years); Leo Griffiths (5 years); Mike Johnson (5 years). Moore Museum Advisory Committee Chairperson Jim Townsend, right, was present for the awards. Absent from photo were five-year recipients Deb Bogaert and Del Knight. Photo submitted



#### Seasons In St. Clair—Canada 150 Photo contest

Until Dec. 15, 2017, St. Clair Township residents are invited to photograph their favourite spots in the township and enter up to three photos in Seasons In St. Clair, a photo contest celebrating Canada's 150th anniversary. Details are available online at: www.mooremuseum.ca



## Outdoor art creating awareness of community heritage

artists for the design and creation of a large outdoor mural to enhance the façade of the museum's main building. The Moore Museum's main building is housed in a re-purposed two-room red brick schoolhouse that was built in 1942 and expanded in 1952. To pre-

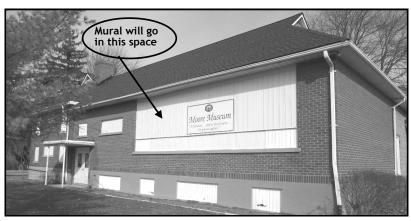
vent deterioration of the artifacts due to light damage from the large windows of the school, the windows have been covered. While beneficial to the artifacts, this has resulted in an outside appearance that leads many people to believe the museum is closed.

The mural will fill a large 28'x8' "boarded up" window that faces the main road. It will attract the attention of potential visitors and be an attractive artistic addition to the community. It will raise public awareness of the talent that exists in our local artistic community and will present a positive first impression for visitors.

Lambton artists are invited to submit design ideas and bids for the production of this mural. Designs and bids may be submitted to the Moore Museum, 94 Moore Line, Mooretown, until April 30. Further details are available by calling the museum at 519-867-2020.

The Moore Museum gratefully acknowledges the financial sup-

The Moore Museum is seeking submissions from Lambton County port of Lambton County's Creative County Fund in funding this project. The Creative County Fund invests in new and innovative projects that build cultural capacity, strengthen the creative community, define the County's unique identity, and enrich the quality of life for all residents.



See More Heritage, page 6



## MORE HERITAGE CORNER



#### Little log cabin at Sombra Museum recently refurbished - original "tiny house"?

By Allan Anderson and Bonnie Stevenson

Tucked away behind the Bury House at the corner of Smith Street and the St. Clair Parkway in Sombra, there sits a tiny log cabin the size of a large garden shed. If you look close, its foundation shows signs of the significant repairs that have been done to make the old cabin safe for visitors to enjoy.

Once inside, you see that the tiny cabin is lined with wood lathing faced with carefully applied plaster, some of which has fallen to the floor over the many decades of the cabin's existence. Sombra Museum volunteer Allan Anderson, one of the team that repaired the cabin, estimates the cabin has a total floor space of about 125 square feet, about 60 per cent smaller than the "tiny houses" that have become popular on reality television shows.

Now picture yourself, along with your spouse and six children living in this little cabin through a long, cold Canadian winter. Incredible as it sounds, that's exactly what the Smith family did when they settled in what is now the Sombra area in the early 1800s.

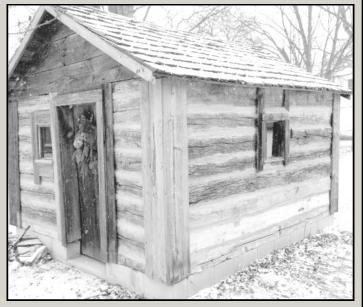
Following the War of 1812, settlement along the St. Clair River was opened to British veterans and settlers looking to start a new life with a 100 acre crown land grant. This area was one of the last to draw the attention of settlers. During the winter of 1819-1820, three families from Norfolk County set out in a homemade Durham boat to make the 300 kilometre journey to what would become Sombra Township. The Burnham and Smith families received property along the river, while Brinton Paine Brown's property was mostly a black ash swamp located about a kilometre away from the river.

The Smiths were the first to erect a small log house, the one that now stands behind the Bury House. It served as their shelter for two years while they built a more substantial house north of the cabin. It then became a milk house,



Smith cabin is lifted and moved onto the Sombra Museum site in the 1990s.

Photo submitted



Smith cabin as it stands today on the north side of the Bury House. Some of the replaced wall logs are easily seen on the bottom of the side wall.

Photo submitted

then a tool shed.

For 173 years, the little cabin stood at the corner of River Road and Smith line. Little was known about it or its relevance to local history. The cabin was eventually donated to the Sombra Museum in 1993 by the Minnie family, descendants of the Smiths, and the Demars families, who had purchased the property.

Under the direction of museum volunteer Frank McMillan and Mayor Joe Dedecker, the cabin was raised and carried to its new location on the north side of the Bury House, which was then the main museum building. It was set on a concrete slab and repaired with a new roof and cedar shake shingles. The logs walls were rechinked and it was staged to become a public exhibit as well as secured to protect it from vandals.

For 20 years, the cabin was a popular attraction for museum visitors, but eventually the black ash logs began to crumble. The cabin was closed until St. Clair Township supported the effort to refurbish the building. The project required the help of someone who had experience with log structures, and local resident Brian Rowley, who had built his own log home, offered some initial advice and direction. Museum volunteer George Klompstra and his son, Shane, then took on the project. Replacement logs were obtained from a local Sombra farmer who was tearing down his barn. With experience, creativity, and imagination, the Klompstras save this piece of living history for future generations to appreciate.

The log cabin will be open to the public starting on Victoria Day weekend as all of Canada celebrates and reflects on this nation's creation, development, history and future.

## Volunteer firefighters are the ultimate GOOD NEIGHBOURS

The good neighbours we meet every day are people who willingly offer their care, help and support to the people in their community. There are no better examples of this definition than the men and women of the St. Clair Township Fire Department.

There are currently 191 volunteer firefighters serving the people of this municipality, including 18 auxiliary members who take the full training but don't go on emergency calls. As full time volunteers leave the service, the auxiliary members are brought in to replace them.

Fire Chief Walt Anderson says these volunteers do not just

put on bunker gear and walk into emergency situations. There is a vetting process and many hours of training to go through before they are ready to respond to emergencies. "First, the applicant must take aptitude and agility tests," he said. "If they pass, there is an interview by several of the people from the station the applicant will be serving at. Results from the three are put together and averaged."

The need for the presence of other volunteer firefighters during the interview process is an integral part of selecting firefighters who are suitable for the station where they will serve. "We like the firefighters to be part of the inter-

view because they will know how well the candidate will fit in with the rest of the crew," he said.

It is also important that the candidate have an appropriate amount of time to devote to the fire service. "We need a big commitment on their part, especially at the beginning because there are a lot of training and certification courses to go through," he said.

The courses all volunteer firefighters go through are approved by the National Fire Protection Association (NFPA). "Officers train to the 1021 standard and firefighters train to 1001 standards," said Chief Anderson. "Over time, there are other standards they can train to, like rescue and hazardous materials."

The components of the firefighter's role are aided by regulated training for novice volunteers and on-going enrichment training for experienced personnel. "We have 42 training sessions a year," he said. "They vary between two-hour and full day sessions, and there are 20 mandatory topics they have to cover every years, including refreshers on vital equipment like the Scott air packs."

All firefighters also prepare to drive the large vehicles required to respond to emergency situations. "We also upgrade their licences in-house from a G to a D to include the larger trucks with an air brake endorsement," he said. Additional training such as First Aid and defibrillator use all constitute valuable additions to the firefighter's overall skill set.

Firefighters have to be ready on a moment's notice. To this end, they all carry emergency pagers, but they are also becoming familiar with a new program called *Who's Responding*,

which sends the page to their phone as well. Motorists can identify firefighters who are on their way to an emergency by the green flashing lights they are allowed to carry on their vehicles. These lights alert oncoming motorists to yield.

One of the problems some volunteers face is the conflict that occurs when emergencies take place during work hours. Employers aren't obliged to let firefighters respond to their pages, but Chief Anderson says many do.

Volunteer firefighters are covered by the Volunteer Firefighter Insurance Service, which provides coverage from the time the pager goes off until the firefighter gets back home.

They are also covered by Workmen's Compensation at a maximum level and can access the Employer Assistance Plan, which addresses problems that arise when the firefighter experiences trauma due to an emergency situation he or she has responded to.

There is a confidential resource for firefighters who are adversely affected by disturbing incidents they attend. "We have a department chaplain for our people to call," said Chief Anderson. "Kevin McGlade provides our Chaplain and Pastoral Support." Chaplain McGlade is associated with the Port Lambton Baptist Church.

Chief Anderson noted that the nature of the St. Clair Fire Department's personnel roster is often a cause for post-traumatic stress issues among the firefighters. "In an area like this, a firefighter responding to the scene will often know one or more of the victims he is there to help," he said.

The availability of state-of-the-art equipment and resources is key to the safety of St. Clair firefighters. Chief Anderson cites the close proximity of numerous industrial developments, as well as residential and agricultural areas, as ample reason to equip firefighters with the best vehicles, equipment and training possible. "We have to have the ability to deliver not only water, but foam firefighting capabilities," he said. "Council feels a responsibility to give our firefighters the best equipment they can have so we can keep them safe for general emergency situations and for occasions when we are called upon to respond to and support industrial situations.

Public education, safety inspections and assistance during public gatherings are also important roles the 191 firefighters play. "We do school visits to do fire safety education, provide information at information fairs, help out with fundraisers like Operation Christmas Tree, and offer emergency assistance at events like the St. Clair River Run," said Chief Anderson.

The bottom line is that the word "volunteer" doesn't mean firefighters are just weekend warriors. They're well-trained emergency responders who put their lives on the line for friends, neighbours, and sometimes, total strangers.

Our St. Clair Township firefighters are the epitome of what it means to be a GOOD NEIGHBOUR.

# Attention motivated youth

The Royal Canadian "1st Hussars" Army Cadet Corps Petrolia invites boys and girls ages 12-18 to learn new skills, marksmanship, orienteering, hiking, leadership, pipes and drum band, and teamwork, participate in many new challenges, make new friends

and attend great summer camps, all at no cost. Join us today!

Cadets are not required to join the military. For more information, call 519-332-6555 or visit: www.petroliacadets.com



# The Good Neighbour Experience A local Canada 150 project



The Beacon is currently seeking out the Good Neighbours of St. Clair Township. We want to hear from residents who know people who never seek recognition for the kind things they do for others.

Throughout 2017, The St. Clair Township Beacon will give St. Clair Township residents a chance to acknowledge the good neighbours who may live next door, down the block, or elsewhere within the township. What better way to celebrate Canada's 150<sup>th</sup> anniversary than with a celebration of our neighbours, friends and, sometimes, complete strangers who help to make our community, and our nation, one we can take pride in.

From now until the end of 2017, we want to hear from **YOU**. Do you know someone who brightens your life with their thoughtfulness and kindness?

If your answer is "yes", please let us know. Email The Beacon at:

<u>beacon@twp.stclair.on.ca</u> and write "Good Neighbour" on the Subject line In a brief message, tell us who your Good Neighbour is and how that person makes a positive difference to **you** and/or your family.

As space allows, The Beacon will publish excerpts from these emails in <sup>The</sup> Good Neighbour Experience column and each month, a good neighbour nominee will be chosen at random to receive a special Good Neighbour certificate from St. Clair Township during a regular meeting of council.

We've already heard about a number of caring, thoughtful nominees. Now let us hear from you.

## What's YOUR Good Neighbour story?

## Corunna -Capital city of Canada? Yes!

If you've lived in the Corunna area for any length of time, you probably know the story behind the little stone cairn that sits beside the railway tracks at Hill and Baird Streets. It marks the site where St. George's Square used to be. In 1823, tasked with the job of finding a suitable capital from which to govern the united Upper and Lower Canada (Ontario and Quebec), Lord Beresford and his survey team selected the area for its beautiful location. A 10 acre site was designated for St. George's Square and the place where the future parliament buildings would be built.

The site was quickly rejected because of its close proximity to the United States, a launching area for the occasional cross-border raid, and it was too far from Quebec. But for one shining moment Corunna was, at least on a surveyor's site plan, the capital of Canada.

## SWONT District semi-final yields oratorical excellence

A superior group of 10 speakers ages 18 and under wowed their audience at the Courtright Community Centre on April 8 during the Optimists Southwestern Ontario (SWONT) District semi-final. The speakers were required to develop and deliver a speech between four and five minutes in length around this year's theme, What The World Gains From Optimism.

Six of the speakers won the right to progress to the SWONT District Final at the end of April at the Holiday Inn and Suites in Windsor. They were competing against the winners of other districts within SWONT. The top two participants at the finals will receive a plaque from the district and a \$2,500 scholarship from Optimist International, plus entry in the International Regional and World Competitions in St. Louis, Missouri in June. The top speaker there will have the potential to win \$22,500 in scholarships.

Right: The six happy, gifted speakers progressing to the SWONT District Final are seen here with Sandy Larivee, Oratorical Chair for SWONT District Optimists. With her, counter clockwise from top left, are: Simona Kukuruzovic (Riverside Optimists); Gabe McLellan (West Lorne Optimists); Reese Matos (West Lorne); Adelyn Klumpenhauer (Moore Optimists); Peter Darrach (Petrolia Optimists); and Stacey Merivelle Ngabire (Forest Glade Optimists).

Photo by Bonnie Stevenson





Presenting
St. Clair
Township's



# Canada-150 Calabration July 1, 2017

THE MOST

THE MOST

INCREDIBLE DISPLAY

OF

FIREWORKS

CANADA 150 CELEBRATION PARADE (entry form inside)
DEDICATION - SESQUICENTENNIAL FOUNTAIN PARK
FLY-OVER - 403 HONOUR FLIGHT
OPENING CEREMONIES
YOUTH TALENT SHOW (entry form inside)
ENTERTAINMENT (TBA)
FOOD 'N FREEZIES
KID-FRIENDLY ACTIVITIES
FACE PAINTING
SCOTT MANERY AND THE BARN BURNERS
FREE ADMISSION TO THE MOORE MUSEUM

....AND A WHOLE LOT MORE!

Save this 4-page insert to help plan your July 1



## St. Clair Township Canada 150 Parade Entry Form



Date: Saturday, July 1, 2017 @ 3:00 p.m.
Deadline for entries: Friday June 17, 2017

Email Entries to: canada150@twp.stclair.on.ca
For more information calk 519-867-2651

101 mole hydriaeson com 517 001 2051		
Classification (Select all applicable to entry):		
<ul> <li>Float – Length (including tow vehicle):</li> <li>Walking - #:</li> <li>Car/Truck: #</li> <li>Political Dignitary: #</li> </ul>	<ul><li> Marching Band: #</li><li> Animal: Specify &amp; #</li><li> Other:</li></ul>	
Participant (s) Information :		
Organization/Company:		
Contact Name:		
Mailing Address:	Postal Code:	
Phone:	E-Mail:	
General Description		
Parade Registration Agreement:		
Rules, requirements will be emailed to registrants. A liability insurance.	All registrants are responsible for two million dollar	
nability insurance.		
executors, administrators and assigns release The To employees from any claims, demands, damages, acti any loss, injury or damage to my person or property Parade notwithstanding any such loss, injury or dama Township of St. Clair, its servants, agents or employe	t. Clair accepting this application, I, for myself, my heirs, ownship of St. Clair, its respective servants, agents or ions or causes of actions arising out of or in consequence of incurred while attending at or participating in a Canada 150 age may have arisen by reason of the negligence of The ees. Without limiting the generality of the foregoing, I creafter have resulting from any decision of The Township	
participation in the parade in any and all of its public limited to use and publication on the internet, webp hereafter. I hereby release and discharge St. Clair To and other related parties from any and all claims, de	take, use, reuse and publish: photographs and/or videos of cations and in any and all other media, including but not ages, and social media accounts, whether now known or wnship, employees, representatives, committee members mands, actions, causes of action and costs of any nature tion of the aforesaid photographs and videos, including but.	
	 Date	



privacy.

Parent/Guardian Signature

#### Township of St. Clair Canada 150 Celebration TALENT SHOWCASE



#### Entry Form July 1<sup>st</sup>, 2017 – 4-5:30 pm

Join St. Clair Township in celebrating Canada's  $150^{th}$  Anniversary by showcasing your talent at the Canada Day celebration event on July  $1^{st}$  2017! Entries can be sent to: canada150@twp.stclair.on.ca

Participant Name:	
Parent/Guardian Name:	
Address:	
Home Phone: Cell Phone:	
Description of Act:	
Solo/Group/School Act:  Names of Members of the Group: (Submit an entry form for each member)	
Guidelines & Rules:	
1. Entry Deadline May 29 <sup>th</sup> , 2017. Talent showcase audition June 4 <sup>th</sup>	1:00 pm.
2. Participants may only perform once during the showcase.	•
3. All participants must be under the age of 18 years.	
4. Length of act not to exceed 3 minutes.	
5. The act must be "family friendly", no inappropriate content of act	
6. Sound system and microphone will be provided. Participants mus	•
be used for the talent showcase and submit for prescreening (MP	·
7. Entries can be sent to: <a href="mailto:canada150@twp.stclair.on.ca">canada150@twp.stclair.on.ca</a> for more info	ormation call 519-867-2651.
I hereby grant St. Clair Township permission to take, use, reuse and p	
videos of my child in any and all of its publications and in any and all of	_
limited to use and publication on the internet, webpages, and social n	
known or hereafter. I hereby release and discharge St. Clair Township	
committee members and other related parties from any and all claims action and costs of any nature arising from or related to the use, reus	
aforesaid photographs and videos, including but not limited to claims	•

Date

#### JULY 1 CANADA 150 CELEBRATION WILL FORGE LASTING MEMORIES

Although the details are still being worked out, Canada 150 on July 1 is shaping up to be a mammoth event that's sure to forge lasting memories for all who attend.

Motorists will find arrival at the Mooretown Sports Complex celebration site eased by the addition of a shuttle bus that will run from the parking overflow area at the No Frills store north of the complex. The bus is slated to run from the beginning of the event to about 11 p.m.

The opening parade at 3 p.m. which will feature a procession of five wagons pulled by teams of beautiful horses bearing dignitaries to the opening ceremonies. (Public entries for the parade can be registered using the registration form to be found over the page 10.) It will precede the dedication of the new Sesquicentennial Fountain Park, which is located at the St. Clair Township Civic Centre across the street from the Mooretown Sports Complex. Then, the sound of airplane engines will be heard as 403 Honour Flight flies in formation to herald the

beginning of the celebration.

Opening ceremonies will be at the main throughout the day. stage, which will be kept busy throughout the day with a youth talent show, great entertain- Barn Burners will bring their criticallyment, and an evening performance of country acclaimed brand of "Cancountry" to the music favourite Scott Manery and the Barn stage in a performance you won't want to

For the children, mammoth inflatables will dominate a play area, where face painting artists will transform youngsters with colourful designs. Food and water will be offered free of charge, with delicious freezies to add to the fun.

Young performers will be taking over the stage in the afternoon as they display their energy and their many talents to delight the audience. (Public entries for the talent show can be registered using the registration form to be found over the page 11.) There will also be local entertainment by upand-coming musicians to cap off the after-

From 11 a.m. to 7 p.m., the Moore Museum will be open to the public with free admission and on-going demonstrations

In the evening, Scott Manery and the miss. (See below.)

And just as the celebration is winding down, it'll be time to **bring the noise** with an incredible fireworks finale that's sure to thrill!

For more information as it becomes available, or to obtain registration forms for the parade and talent show, be sure to watch for the St. Clair Township Canada 150 Facebook page, coming later in May, or go online to:

#### canada150@twp.stclair.on.ca

Note: Residents will also be receiving a Save The Date informational post card in the mail. Keep it on the refrigerator or taped on the calendar to ensure you'll be part of this historymaking day.



#### Scott Manery and Barn Burners headline Canada 150 evening

They've been called "one of the freshest new sounds to come along in Cancountry in some time" by Editor Larry Delaney and "The best band around" by Chuck Santoni, program director of WSAQ Country 107.1. But on stage, they just call themselves Scott Manery and the Bam

Scott Manery is a Sarnia-based singer/songwriter/musician who made a tremendous impression on listeners with his debut CD Tractorcaster and has gone on to become a favourite on the music circuit. Known as one of the best opening acts in Ontario, the band has warmed up the crowds for top name artists like Brookes & Dunn; Lady Antebellum...twice; Rascal Flatts; Toby Keith; Keith Urban; The Good Brothers; George Canyon and many more.

Band members include Scott, a second generation guitar player, has a degree in Theatre, which explains his engaging stage presence. Guitarist Dave has a music degree from Toronto's Humber College School of Jazz, and drummer Brian fronted and played drums for a touring band for over 15 years. Together, they keep crowds happy from the first chord to the last echo of the amplifier. Don't miss this opportunity to see one of the best acts in Canadian country music on stage at 7 p.m. at the St. Clair Township CANADA 150 Celebration.



## Canada 150 books available at Moore Museum

Treat yourself and your family to *The History of* Canada, now available at the Moore Museum. This new publication by the Museum Retail Consortium is two-book set of colouring books that highlight Canada's history, with book one covering 30,000 B.C. to 1836, and book two covering 1837 to the present day.

These informative books offer lots of Canadianacentered colouring and activity pages. Each book sells for \$19.95. Copies are selling quickly and quantities are limited, so call the Moore Museum at 519-867-2020 or drop by from Monday through Friday from 9 a.m. to 4 p.m. to purchase your copies.



## VOLUNTEERS NEEDED TO HELP WITH CANADA 150 CELEBRATION

Saturday, July 1, 2017 will mark the 150th

anniversary of Canada and St. Clair Township is going to celebrate with a family-friendly party that will be remembered for decades to come. The St. Clair Township Canada 150 Committee is busy planning a day filled with family fun, entertainment, and good food that will be topped off with a truly spectacular display of fireworks.

Volunteers are needed to help with a variety of duties, from grounds keepers to parking assistants to helpers that will assist with the set up and tear down of the site. Students are reminded they can acquire volunteer hours this way. For more information or to volunteer, please call Michelle at 519-867-2651.

## Hope lives when we ACT Now

Hearing that you or a loved one has cancer is terrifying; hearing that helpful treatments exist but that they are well beyond what you can afford to pay and not covered by OHIP is devastating.

But hearing that there is a program to help fund those treatments carries a ring of hope for life and for the future. That's what the ACT Now program does for patients and the people who love them - it gives them hope.

Port Lambton residents Deb Vandendool, who is fighting cancer for the third time in 18 years, and her husband, Wayne, know all about the program and are trying to raise awareness and funds to help ensure all patients will feel that sense of hope. The couple recently hosted

A Night for Cancer, a fundraiser that celebrated a time ered by OHIP. The program, available to patients receivwhen the "C" word would refer to the word "cure".

kicked off the Vandendool's fundraising effort with a fully cover those costs. donation of \$300. The Optimist Club of Sombra also offered its support to the effort.

On its website, ACT Now explains that medical breakthroughs often carry a hefty price tag, sometimes thousands of dollars per treatment, and many are not cov-



ing cancer care at the London Health Sciences Centre's The Port Lambton Knights of Columbus Council 10873 London Regional Cancer Program, can often assist with or

> Above: Deb and Wayne Vandendool, left, accept the donation from Grand Knight Frank Johnston and Knight Joe Johnston.

> > For more information, go online to: www.actnowforcancer.ca

## New community website coming to Port Lambton

Watch out for www.portlambtonpirates.ca, a new website slated to roll out in Port Lambton in mid-May. Jeremy VanRuymbeke, a member of the Port Lambton Athletic Association, says the new site will be launched very soon.

"It will be our message board to the community about all PLAA events such as the Easter Egg Hunt, GALA Days, and more," he said. "It will also be a tool for our minor baseball organization for scheduling, team info, scores, and online registration."

Jeremy says the website will track the progress of all Port Lambton teams from mite girls to rookie boys, all the way up to the senior men's team.

Registration and payment can be made online to teams, event scheduling, and team scores will be available at the click of a mouse button. Fans can see team rosters and details, and follow their season.

Subscribers to any team can receive text alerts on schedule changes and score alerts right to their phones.

Game Changer Links for select teams will let you join the team and follow games on any desktop, tablet or phone (not video feed). The calendar will display all PLAA special events (Gala Days, Easter Egg Hunt, etc.) and much more. "It will look and feel like a sports website but it will be used as a PLAA message board for everything going on in the community," said Jeremy. "You can see who our executive is and communicate with us when needed."

Of course, a website this sophisticated comes at a cost, but the organizers have that covered as well.

"Anyone who owns a business or wants to show their PIRATE PRIDE can explore sponsorship opportunities, available at a low cost," said Jeremy. "They can have their logo on the website."

Proceeds from any advertising/promotional items listed on the new website will be channeled to two good causes.

"We are a not-for-profit organization and the website ads are a way of helping to cover its operating costs," said Jeremy. "We make no money off the ads and any business who donates will receive a tax receipt for the donation."

Anyone interested in supporting the new website with donations or ads can contact Jeremy VanRuymbeke at: jvr\_20@hotmail.com

## Be a healthier, happier you with the Rapids Family Health Team

The following sessions are being offered at the Rapids Family Health Team clinic, located at the Shell Health Centre, 233 Cameron Street in Corunna. There is no charge for participation but you must register for each one you take. Please note that space is limited. If we are unable to accommodate you for the day of your choice, we will put you on a waiting list for future sessions. For more information, go online to: <a href="https://www.rapidsfhteam.ca">www.rapidsfhteam.ca</a> or to register, call 519-813-9800 and speak to reception.

#### **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 next sessions, led by a Nurse Educator, will be held on Monday, May 8, 1:30-3:30; Monday, June 5, 9:30-11:30; Wednesday, July 19, 1:30-3:30; and Wednesday, Sept. 13, 9:30-11:30.

#### Diabetes Healthy Eating and Keeping Active

This is a two hour session for people who have already attended our 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. Sessions led by a Registered Nurse will be held on Monday, May 15, 1:30-3:30; Monday, June 12, 9:30-11:30; Wednesday, July 26, 1:30-3:30; Wednesday, Sept. 20, 9:30-11:30.

#### A Guide To Diabetes Prevention

This is a 1.5 hour group session for those who want to learn about diabetes and how to prevent it, or for those who have been told they are at risk of getting diabetes. This session is led by a Registered Nurse and a Registered Dietitian. They will discuss what diabetes is, risk factors for getting diabetes, and how to decrease blood sugar levels through lifestyle changes. The program is open to the public and no physician referral is required. The next sessions will be held on: Friday, May 19, 9:30-11:30; Wednesday, June 21, 1:30-3:30; Monday, July 24, 1:30-3:30; Friday, Sept. 15, 9:30-11:30.

#### Healthy Eating and You

This program is a series of four sessions of two hours each. It will help you make permanent changes and is NOT a diet program. You will set your own healthy eating and physical activity goals and learn how to make plans for achieving them. Some topics that will be discussed will include: carbohydrates, protein and fats (good and bad); physical activity; emotional eating strategies; sensible portions and portion control strategies; group discussions to help you learn from the experiences of others. This program is open to the public. No physician referral is required. The next program will begin Thursday, June 1 for four weeks from 9:30-11:30. Patients must attend the first class to attend the final three.

#### **Quit Smoking Workshop**

This is a two hour session for those 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, managing withdrawal symptoms, and how to prevent a relapse. The workshop is open to the public and no physician referral is required. Participants are also welcome to schedule individual appointments to receive further support and information from one of our Nurse Educators. The next Quit Smoking sessions are slated for Wednesdays on: May 17 from 1:30-3:30; June 14, 1:30-3:30; July 19, 9:30-11:30; and Aug. 9, 1:30-3:30.

#### Stress Management Workshop

Created by our registered Social Worker, this two-hour seminar, offered monthly, will provide you with information on how to effectively manage stress through: regulating the stress response; goal-setting; problem-solving; challenging unhelpful thinking; and communicating assertively. This seminar is open to the public and no physician referral is required. The next seminars will take place Fridays at 9:30-11:30 on: May 5, June 2, July 14, Aug. 11, and Sept. 8.

#### Happiness 101

Happiness 101 is a four-week group program that focuses on being happy, adapted from the manual Happiness 101 by Dr. Louise Lambert. The sessions will discuss 12 simple interventions for a happier life using positive psychology for people who are depressed, languishing, or flourishing. Participants will learn to take charge of their happiness by increasing their frequency and range of positive emotions and positive experiences. The goal is to help participants generate a new mindset geared exclusively to the creation of a greater, more durable state of happiness. This group has been successfully run by several other Family Health Teams in Southwestern Ontario. The program will begin Tuesday, June 6 for four weeks from 9:30-11:30. Patients must attend first session to attend the final three.

#### Teaching kitchen

Healthy cooking classes will not only help you build your knowledge of healthy eating, but also help you apply them in a friendly group setting. A wide range of health conditions and topics include: heart health, digestive concerns, vegetarian, cooking for one, increasing fruit and vegetables, high blood pressure and more. Classes are open to the public and no physician referral is required. The next classes are slated for: Thursday, May 18, 1:30-3:30; Wednesday, June 21, 2:00 - 4:00; Wednesday, July 26, 10:00 - noon; Wednesday, Aug. 23, 1:30-3:30; and Thursday, Sept. 14, 1:30-3:30. Location will be supplied during registration process.

Note: Class dates, times, and location within Corunna is subject to change/cancelation depending on number of patient registrations.

#### Laboratory services offered

Laboratory services at the clinic are available Monday through Friday from 7:30 a.m. to 11:15 a.m.

## New patients being accepted

A new family medical practice has opened at the Shell Health Centre (Rapids Family Health Team), 233 Cameron Street, in Corunna. Applications are now available by calling 519-813-9800.

## Mooretown Lady Flags seek players age six through 14

The Mooretown Lady Flags hockey team is currently accepting applications for the following divisions: Novice, Atom, Peewee, and Bantam. Please go online to mooreminorhockey.com for information and to submit applications. The team

is looking for females age six through 14 who wish to play hockey for the upcoming 2017-2018 season (born between 2003-2011). Our hockey system focuses on fair play, fun, excellence, citizenship, equity and integrity, putting the player experience, both on and off the rink, at the forefront. If you have a female player interested in playing hockey next season or have any questions, please email: mooretownladyflags@gmail.com

## CONTAC

#### LSA seeks board members

The Lambton Seniors Association is seeking a few motivated retired people over age 50 to fill positions on its Board of Directors. The LSA is a group dedicated to helping Lambton County Seniors maintain their independence and enhance their quality of life. This not-forprofit agency is funded by the United Way of Sarnia-Lambton, addressing issues facing seniors with programs like the Handyman/Handywoman Program. The group also organizes the annual Seniors Information Fair held each May. Anyone interested in helping to strengthen and further the good work of this important group can call the LSA office at 519-339-8866 or email: lambtonseniors1@gmail.com

#### Become a community builder as an Optimist Club member

The Sombra Optimist Club is looking for new members who want to help their community thrive. This volunteer organization exists to make their community a better place by doing great things for the youth in their area. Be a friend of youth - join the Optimist Club of Sombra. For more information or to become a member, call Carla Aarssen at 519-892-3536.

#### Brigden United Church services and activities

Brigden United Church holds regular services every Sunday at 10:30 a.m. In addition to regular services, the church will again host Messy Church is underway and will continue through next June from 5 p.m. to 6:30 p.m. The weekly event features a relaxed evening of worship, crafts, and a provided supper. Children must be accompanied by an adult; parents and grandparents are welcome. This event introduces children to a faithbased life in a fun and informal way. And the *Moms and* Tots Drop Inn happens at the church every Friday morning from 9 a.m. to 11:30 a.m. The program is held under the auspices of Sombra Rural Childcare. For more information, call 519-892-3151.

#### Your change helps the St. Clair Trail

Donate your spare change to the St. Clair Trail through the Pennies for Pavement program. Just drop it off at the following locations: Shaykin Bait Variety in Port Lambton (the Canada Post office no longer accepts donations) or the Pic-N-Pay in Sombra Village. Every penny will be matched 2:1 by St. Clair Township Council. Bricks, benches, and blocks can still be ordered to commemorate a special occasion or to provide a lasting memorial to departed loved ones. To place an order, contact Laura at 519-862-2442 (north end of trail) or Janis at 519-892-3223 (south end of trail). You can also visit the trail Website at: stclairrivertrail.com

#### New members welcome -Lambton County Jr. Optimists

The Lambton County Junior Optimist Club is always on the lookout for youth who want to make a difference in their community. Club members ages 10 through 18 volunteer in the community and fundraise to put on their own programs and to donate to other youth programs. All hours spent volunteering through the club can be used toward members' volunteer hours at school. The club meets the first Monday of every month at 6 p.m. at the Courtright Community Centre. For more information, call Mary Lou at 519-862-3950.

#### Brigden TOPS group meetings

Brigden TOPS hold their meetings every Tuesday night at the Brigden Optimist Hall. Weigh-ins are from 5:30 p.m. to 6:30 p.m. Meetings are from 6:45 p.m. until 7:30 p.m. For more information, please call 519-864-1865. The TOPS mission is to help our members to sensibly take off and keep off pounds.

#### TOPS group meets in Port Lambton

The Port Lambton TOPS weight loss group meets every Thursday from 5:30 to 6:30 p.m. the Port Lambton Community Hall. For more information, call Margaret Ann at 519-677-5665 or just come out on Thursday nights. Everyone is welcome.

#### Let Corunna TOPS group help you reach your goal

The non-profit TOPS Corunna meets every Tuesday at St. Andrew's Presbyterian Church at 437 Colborne Street in Corunna. Weigh-in is 6:30 p.m. to 7 p.m. with a short meeting from 7 p.m. to 7:30 p.m. All ages are welcome to attend so drop in for a meeting. For more information, call Wendy at 519-862-2808.

#### Recovery support group meets weekly

Recovery International, a self-help group for those who struggle with mental health issues, meets on Wednesdays at 7 p.m. at St. Luke's United Church in Sarnia. For more information, contact Rita at 519-867-2932.

## Local Ontario Early Years Locations

The OEYC Sarnia-Lambton is a free family drop-in program operated by Sombra Township Child Care Inc. for families with children ages 0 to 6.

Best Start Hub - Riverview Central School

3926 St. Clair Parkway, Port Lambton, 519-892-3151 Hours of Operation:

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.

For a complete listing of hours and parent/caregiver workshops, go online to:

www.ontarioearlyyears.ca.



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## Summer fun and fitness at the Mooretown Sports Complex

Summer's nearly here and you might still need to tweak that summer body of yours! Fear not! The Mooretown Sports Complex offers a wide range of activities and programs to prepare you for a super summer! Try spinning classes or enjoy the luxurious feel of water as you swim in the pool, ease away the tensions of the day in the hot tub, or relax in the sauna. If getting in shape is your goal, the fitness centre offers a wide variety of equipment that can help you get lean and toned.

And when school lets out, it's summer camp time again. Check out the great summer activities the Mooretown Sports Complex has waiting for the school-aged children in your family.

## Summer Camps for kids

#### Summer Day Camp

Children ages 5-12 will enjoy the many activities waiting for them at summer day camp, being offered from July 4 to Sept. 2 from 8:30 a.m. to 4:30 p.m. Cost per child is \$27 per day, \$110 per week; and \$861 for the summer. Early drop-off and late pick-up is available for an additional \$15 per week per child. Family rates are available.

#### **Summer Sports Camp**

Sports-minded children ages 5-12 can participate in summer sports camps from 9 a.m. to 4 p.m. (full weeks). Golf, the sports combo, and track & field are being offered for \$27 per day or \$110 per week. Early drop-off and late pick-up is available for an additional \$15 per week per child. The summer rate is included with day camp and family rates are available.

#### **Red Cross Babysitting Course**

School-aged kids age 11 and up are urged to expand their skill sets by taking the Red Cross Babysitting course on Monday, June 9 (PA day) from 8:30 a.m. to 4:30 p.m. The cost is \$50 per student.

## Become a Lifeguard or Swim Instructor before summer!

Call today to get information about becoming a lifeguard before summer. Lifeguard=NLS, Instructor=WSI, and LSS Instructor courses are taught. Prerequisites are required so call to find out more about becoming a life saver. See contact information below.

#### Spinning classes for everyone

Spinning classes are offered here! Join our certified spinning instructors for a great workout to improve your cardiovascular endurance, muscular strength, and power. Join any time for a 12 week session for \$10 per class or buy a 10 pass admission for \$80. Morning Spin classes are held on Tuesdays or Thursdays from 7:00 p.m. -7:45am. If you're a beginner, there are classes designed for you on Tuesday Evenings from 7:15 p.m. - 8 p.m. If you're looking for strength training combined with a spin workout, come to the Bikes and Bells class on Monday or Wednesday evenings from 5:00 p.m. - 6:00pm, or Friday from 9:00 a.m. -10:00 a.m.

#### Muscle Mix group classes offered

You can join the Muscle Mix group fitness class any time. These classes include kettlebell training that will build lean muscles, improve strength and power in your upper body, core and lower body, and increase coordination, joint mobility, and overall endurance. Classes are held Tuesday and Thursday from 9 a.m. to 10 a.m. or Wednesday from 6 p.m. to 7 p.m. The cost is \$45 for a

10 visit pass, or is included in the full fitness centre membership.

## Shallow/Deep Water Aerobic Fitness Classes

Programs include a variety of exercises that target posture, muscular endurance, strength, cardiovascular, flexibility, and balance. Shallow and deep water - instruction given in both classes on Monday and Wednesday from 8 a.m. to 9 a.m. Shallow water instruction also given on Monday, Wednesday and Friday from 10 a.m. to 11 a.m. and on Tuesday and Thursday from 8 p.m. to 9 p.m. Cost is \$6/class, \$5/ senior, \$45/10 visit pass/ included with \$225/year full fitness centre membership.

## Arthritis, fibromyalgia, and post-rehab water exercise

This program includes cardiovascular training, functional fitness, muscular endurance and strength, balance and flexibility training with a goal of improved mobility. Classes are held Tues. and Thurs. from 10 a.m. - 11 a.m. The cost is \$6/class, \$5/ senior, or \$45/10 visit pass. Pass is interchangeable.

#### Public inline skating

Public inline skating is offered on Sundays from 1 p.m. to 2:15 p.m. until June 18. Cost is \$2.25 per child; \$3.25 per adult; \$6.50 per family.

## Free - Indoor walking/low impact exercise program

Indoor walking, low impact exercise is offered each week on Mondays and Wednesdays between 9 a.m. and 10 a.m. This program is provide by the West Lambton Community Health Centre. For more information, call 519-344-3017, ext. 237.

#### Rink floor rentals

Rink floor rentals are available now until Aug. 9. Cost is \$55/hr for adult; \$45/hr for minor; call for special events rates. Contact 519-867-2651 for available dates and times.

#### 3-on-3 ball hockey

Games will be held on Wednesday nights until June 28. Current tyke, novice, atom and peewee players only. To register, call Mike at 519-312-1181 or email: mmacleod25@cogeco.ca

#### Campgrounds open May 5-Oct. 15

All three St. Clair Township campgrounds, Mooretown, Cathcart, and Branton-Cundick, will open May 5 for seasonal, daily, weekly, or monthly occupation. For complete rates, go online to the address below.

For more information or to register for any of these programs, contact the Mooretown Sports Complex at 519-867-2651. Find us online at: www.stclairtownshipcommunityservices.ca

## Annual trail fun to be found at St. Clair River Run



for 2017 is set for Saturday, July 15.

the km walk/run or the 10 km run.

Participants' performances are tracked with chip timing and all runners receive a technical shirt.

Enjoy the cool river breezes and incredible scenery as you go, and listen to the energizing enroute entertainment. You'll be met with a cheering crowd at the finish line and receive a finish-

The St. Clair River Run er's medal for your efforts.

Kids will get in on the fun with their own free Minnow Run.

This event is presented by CF Industries and all proceeds from this event will benefit the St. Clair River Trail.

The action will start at Brander Park south of Port Huron at 7:30 a.m. To regisonline: www.stclairriverrun.ca. For more information, contact Rose at 519-677-5924.



## Mooretown hosts annual event to benefit Canadian Mental Health Association



The annual Lambton Kent CMHA Ride Don't Hide event to benefit the Canadian Mental Health Association will take place at the Mooretown Sports Complex, 1166 Emily Street on Sunday, June 25 from 8 a.m. to 2 p.m. Register individually or with a team and ride in memory of a loved one or as a sign of your commitment to ending mental health stigma. Your registration will include entry in the event, an event t-shirt, a swag bag, breakfast and a barbecue lunch. Host sponsors are St. Clair Township and the St. Clair River Trail.

Registration is \$45 from May 1 to June 25 and youth age 12 or younger ride free.

#### Routes:

RDH 80 - 8:00 a.m. Start Time - new this year -Suitable for advanced experienced cyclists. Will take approximately 3 to 5 hours depending on individual pace RDH 80 km map.

RDH 50 - 8:30 a.m. Start Time - Suitable for experienced cyclists. Will take approximately 2 to 4 hours depending on individual pace RDH 50 km map.

RDH 20 - 9:00 a.m. Start Time - Suitable for recreational cyclists. A reasonable challenge for an inexperienced rider. Will take approximately 1 to 2.5 hours depending on individual pace RDH 20 km map.

RDH 8 - 9:30 a.m. Start Time - Suitable for youth, families and new riders. Will take 30 min to 1 hour depending on individual pace RDH 8 km

One hundred per cent of the funds raised from ride registration fees and rider fundraising go directly to our youth mental health programs. Proceeds from Ride Don't Hide continue to support three initiatives: BeSafe mobile app; SafeTalk; and the new Mental Health Champion Award (a YMCA Celebration of Youth Award).

go more information, online www.ridedonthide.com, Twitter @ridedonthide, or go to RideDontHide on Facebook.

#### CMHA Lambton Kent background

In February of 2011, the Canadian Mental Health Association (CMHA) branches in Sarnia Lambton and Chatham Kent, Ontario merged to form one branch: CMHA Lambton Kent. The merge created a strong branch capable of providing professional mental health experts and additional resources to serve the Lambton Kent region. In Lambton Kent, CMHA provided individualized services as well as community and workplace education to over 4000 adults and youth in 2016. CMHA LK services are client driven, with an integrated organized approach to meet the needs and choices of people who have been diagnosed with mental illness. CMHA services are divided into three categories: Crisis Intervention and Short Term Services, Integrated Client Services, and Mental Health Promotion. The purpose of these services is to help individuals develop and maintain their capacity to achieve their goals and to live as independently as possible in the community.

#### STILL MORE AROUND THE TOWNSHIP

From page 19

#### Cruickshank Community Centre hosts weekly activities

The Cruickshank Community Centre hosts two popular activities each week. Moming coffee socials run from Monday to Saturday from 8:30 a.m. to 10 a.m. and everyone is welcome. And **euchre nights** are held on Tuesdays at 7 p.m. The cost is \$3 per session, which includes light refreshments.

#### 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.

#### LEO offers exercise for seniors in Sombra

Lambton Elderly Outreach continues to offer Forever Fit exercise classes for seniors at Sombra hall. Classes are Mondays and Thursdays at 9 a.m., and Tuesdays at 10 a.m. Chair exercise is offered at 10 a.m. on Mondays and Thursdays. Everyone 55 and older are welcome. Shoes with a good tread on the sole are required.

## Summer's nearly here!

#### **Brigden fairgrounds events**

There are two events slated for June at the Brigden Fairgrounds. The Brigden Campout Country Jamboree is slated for Father's Day weekend, June 14 to 18. For details, see the Brigden Fair Facebook page and webpages, or email: <u>Bill.Myers@brigdenfair.ca</u> The second event will be the Brigden Country Arts and Crafts Show to be held on Saturday, June 17 from 9 a.m. to 2 p.m. Vendors can email: <u>finance@brigdenfair.ca</u>

#### Summer Kick-off at Corunna Legion

The 6th Annual Summer Kick-off party at the Royal Canadian Legion Branch 447 hall is slated for Saturday, June 17 from 11 a.m. to 11 p.m. Everyone is invited. More details will be seen here in the Beacon as they become available.

#### 13th annual Sombra Optimist Car Show

The Sombra Township Optimist Club will be host its 13th annual Car Show at beautiful Brander Park on the St. Clair River in Port Lambton on Saturday, June 17 between 8 a.m. and 8 p.m. The show features numerous classic and late model vehicles, and there will be a food booth, licensed refreshment tent, and a live band to enjoy while you take in the scenic St. Clair River. For the children,

#### Job Opportunity - janitor/hall maintenance

The Port Lambton Community Hall board is currently seeking a part-time janitor/hall maintenance person. Duties will include hall clean-up, mopping, cleaning of washrooms, removal of garbage, light kitchen clean-up, etc. Hours will be subject to hall rentals and will vary from month to month.

Interested candidates please contact Andy Kitchen, president of the Port Lambton Community Hall by email at: <a href="https://www.email.com">wtyou123@gmail.com</a> or by mail at: 4036 St. Clair Parkway, Port Lambton, Ont., NOP 2BO.

there will be soapbox races, with registration at 9 a.m. and practice runs starting at 10 a.m. Dotsy the Clown will be there from noon to 2 p.m. to do face painting, the splash pad will be open, and balloon animals will be made for the them. There is no preregistration for vehicle display and an easier format has been adopted to get vehicles on-site and parked more quickly. Registration will only be done on the day of the event for \$10 per vehicle and \$5 for a second vehicle. Spectators admission is free. For more information, contact Carla at 519-892-3536 or email: caars-sen@hotmail.com

#### Moore Museum model train event

The Moore Museum's Model Train event is slated for Sunday, July 9 from 1 p.m. to 4 p.m. Additional model train layouts will be on display at this event, as well as the museum's regular Lionel train exhibit. Volunteers will be on hand to discuss model railroading and all of the layouts will be running. The event will be included with the regular admission price.

#### Summer camp set for Brigden United Church

Brigden United Church will host two full-day summer camps this year. There will be a free camp held July 17 to 21 and a theme camp from Aug. 14 to 18. Details will be released to the Beacon in June or you can call 510-864-1747.

#### Canada 150 Celebration

This Canada Day isn't just another holiday; it's Canada's 150th anniversary and July 1 in St. Clair Township is going to be EPIC! Start the day downriver in Sombra, where a beautiful new community dock will be officially opened with a morning community breakfast and a fabulous Paddlefest featuring water craft of every size and description. Then, be at the Mooretown Sports Complex by 3 p.m. so you don't miss a minute of the St. Clair Township Canada 150 celebrations. This family friendly event will feature opening ceremonies, a parade and youth talent show (entry forms on pages 10 and 11) inflatables and amusements for the kids, free food, entertainment that's sure to please, a seniors' "chill station" (sponsored by the Moore Optimist Club), a place to cool off, rehydrate, rest, and even play a card game or two, plus free admission to the Moore Museum and a variety of heritage demonstrations that will be taking place, and a fireworks finale that will set the sky ablaze with spectacular pyrotechnic displays. (See the Canada 150 information insert, pages 9-12.)

#### St. Clair Parkway Golf Course 2017 Info 132 Moore Line in Mooretown

SEASON'S GREETINGS! Yes, it's golf season again and the St. Clair Parkway Golf Course is revving up for another great season of big greens and big games. 2017 membership rates will be: adult 7-day - unrestricted \$1,569.40, restricted \$1,207.80; second adult-7 day - unrestricted \$1,055, restricted \$801.00; senior (55+) unrestricted \$1,541.15, restricted \$1,202.15; senior 5-day only (65+) \$1,156.95; Intermediate (19-29 yrs.) \$1,015.70; Family (2 adult and up to 3 children) \$2,582.50; Junior 7-day \$648.45, 5-day \$394.20.

For more information or to register, call the pro shop at 519-867-2160. Find us online at: www.stclairparkwaygolf.com

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hour will be from 6 p.m. to 7 p.m. with dinner at 7 p.m. There will be entertainment and a cash bar. Tickets are \$15 per person and can be purchased by contacting Mary Lou at 519-862-3950 or emailing: *mlabrams@cogeco.ca* 

#### Yuk Yuks Comedy at Corunna Legion

Need a good belly laugh? Get a bunch of them at the Royal Canadian Legion Br. 447 Corunna hall on Saturday, May 13 when the Yuk Yuks "On Tour" fundraiser comes to town. Doors open at 8 p.m. and the show starts at 9 p.m. Advance tickets are \$20 per person at the branch or \$25 at the door. This show may contain adult material. To purchase tickets, call the branch hall at 519-862-1240.

#### Mother's Day Brunch in Brigden

Give Mom a treat by taking her and the whole family to the Mother's Day Brunch at the Brigden Fairgrounds exhibition hall on Sunday, May 14. Seating will be from 9:30 a.m. to 1 p.m. and the brunch will include: pancakes, eggs, bacon, hash browns, ham, baked beans, scalloped potatoes, toast, fruit cocktail, and beverages. The cost is \$10 per adult, \$5 per child ages six to 10, and free for children five and under. For more information, call the fair office at 519-864-1197, check out the fair's Facebook page, or go to <a href="https://www.brigdenfair.ca">www.brigdenfair.ca</a>

#### Lambton Heritage Museum quilt events

Quilters all over Lambton County will enjoy the three quiltbased events being offered by the Lambton Heritage Museum south of Grand Bend this summer. From May 13-Sept. 30, 150 Years of Lambton County Quilts will display over one third of the museum's 90 piece quilt collection, with quilts made between 1867 and the present. From practical use to quilts based on artistic interpretations, learn how quilts have changed and adapted over the years. Admission included with regular museum ticket. The North Lambton Quilters' Guild Show will be held on June 22 and 23 from 10 a.m. to 5 p.m. and June 24 from 10 a.m. to 4 p.m. Highlights include a garage sale, vendors, Calico Shop, and a tearoom. Museum ticket includes admission to this event. And the *Trunk Show with Judy Lyons* on June 23 at 1 p.m. will be a one-hour session focusing on the history of quilts and various quilt techniques and materials. Judy is a specialist in appraising traditional and non-traditional quilts and textiles. Free with ticket to museum.

#### Bus trip to see "Oliver"

The Cruickshank Centre will host a bus trip on Friday, May 19 to see the musical "Oliver" at the Imperial Theatre preceded by dinner at Stokes Inland. Tickets will be \$50 each and must be purchased on or before Tuesday, April 18. The bus will depart Thompson Gardens at 4:15 p.m. For more information, call Denise at 519-862-1628.

#### Annual natural plant sale planned

The Sydenham Field Naturalists will hold their annual native plant sale on Saturday, May 20 from 9 a.m. to 1 p.m. at Peers Wetland, 29644 Kimball Side Road, Wallaceburg. Come early plants sell out fast. And while you're there, tour Peers Wetland and discover its biodiversity. For more information, check out the Naturalists Facebook page. *Make your garden a garden in harmony with nature*.

#### Victorian Tea at Moore Museum

Spring is here and the Moore Museum is preparing for its popular annual Victorian Tea, slated for Sunday, May 21 from 1 p.m. to 4 p.m. Enjoy tea and scones served by Victorian-costumed servers in the charming atmosphere of the turn-of-the-20th-century cottage. Then, spend the afternoon exploring the exhibits in the other 11 buildings on the museum's heritage site. Admission is \$7 per adult/seniors, \$3 per child, and \$2 per pre-schooler. For more information, call the museum at 519-867-2020.

#### Corunna Legion jam session

The final free jam session of the season will be held at the Royal Canadian Legion Corunna Branch 447 at 2 p.m. on May 27. You don't have to be a member to come out and join the fun - play an instrument, sing, or just listen - it's a great way to spend a Saturday afternoon.

#### **Lambton Seniors Assoc. Annual General Meeting**

The 27th annual general meeting of the Lambton Seniors Association will be held on Wednesday, May 31 at 9 a.m. at the Chris Dawson Centre, 420 East Street N. in Sarnia. Guest speaker will be Tracy Rogers, who will address the issue of elder abuse. This association works and advocates for issues that affect seniors. Everyone is welcome to attend and new members are always welcome.

#### Chicken bbq at Corunna UC

The congregation of Corunna United Church will host a chicken bbq on Saturday, June 3, with two sittings at 4:30 p.m. and 5:30 p.m. Proceeds will benefit the United Church Lambton Center. Cost per meal will be \$15 for 1/2 chicken and \$12 for 1/4 chicken. For tickets, contact Mary at 519-862-1052 or Allan at 519-862-1040. Service is by advance tickets only.

#### **Duthil Cemetery Decoration Day set**

The Duthil Cemetery Decoration Day service will be held on Sunday, June 4 at 2:30 p.m. Attendees are reminded to please bring lawn chairs.

#### LSA 28th annual picnic planned

The 28th annual Lambton Seniors Association picnic is set for the Petrolia fairgrounds at the Lions pavilion on Wednesday, June 14 from 10:30 a.m. to 2:30 p.m. The cost is just \$4 per person. The day will be filled with music, dancing, food, prizes and surprises.

#### Corunna Firefighter's Field Day

The 40th annual Corunna Firefighter's Field Day is set for Saturday, June 10. The parade will start at 11 a.m. featuring Paw Patrol characters Marshall and Chase. They will be back at the fire hall to greet their fans, and the day will also feature inflatables, fire demonstrations, a barbecue and beer garden. Admission is free and proceeds will benefit Corunna and St. Clair Township community organizations. On Saturday night, live music will play from 7 p.m. to 1 a.m.

#### Weekly Souper Thursdays in Corunna

The Parkway Church, located at 551 Murray Drive in Corunna, hosts a FREE *Souper Thursday* community lunch every week from noon to 1 p.m. Everyone is welcome to come to the church and enjoy a homemade lunch to eat in or take out. Those who require assistance can call 519-862-3380 to have lunch delivered. For more information, contact the church online at: <a href="mailto:parkwaychurch-michelle@gmail.com">parkwaychurch-michelle@gmail.com</a>

## AROUND THE TOWNSHIP

#### Cookie sale to benefit Lambton Children's Safety Village

The Lambton Children's Safety Village will receive all proceeds from a Homemade Cookie Sale being held at the Royal Canadian Legion in Forest on May 1 from 4 p.m. to 6 p.m. The cost is \$5 per dozen and the selection includes shortbread, chocolate chip, sugar, oatmeal, and date-filled cookies.

#### Weekly euchre in Sombra

Weekly euchre sessions will be held at the Sombra Community Hall on Fridays at 1 p.m. as follows: May 5, 12, 19.

#### Catch The Ace Lottery at Brigden Legion

The Royal Canadian Legion Brigden Branch 635 will host the Catch The Ace lottery starting on Friday, May 5 and running on Fridays from 5 p.m. to 7:30 p.m. Proceeds will benefit homeless veterans, the 2563 Army Cadets, and the St. Clair Township parks. Rules are available through the Brigden Legion. This event is licensed by St. Clair Township.

#### **Brigden Fair judging schools**

For those who have aspired to be a judge for Homecraft items at local fairs, or have wondered what judges look for in the items they judge, judging schools are now available. These schools are open to judges, apprentices, and fair exhibitors. Upcoming schools will be offered in: culinary arts (Ilderton) on Saturday, May 6, and All About Quilting (Brigden) on June 3. For more information about these schools, see the Brigden Fair Facebook event page or email: *Michelle.Evanitski@brigdenfair.ca* 

#### **Book celebrates Canada 150**

Local author Margaret Bird will launch a special anthology celebrating Canada's 150 anniversary on Saturday, May 6 from 1 p.m. to 4 p.m. at the Aamjiwnaang Community Centre, 1972 Virgil Avenue. The book highlights the rich culture and history of Canada, its peoples, languages, arts and cultures.

#### Roast beef dinner in Brigden

Brigden United Church will host a roast beef dinner on Sunday, May 7 from 4:30 p.m. to 6:30 p.m. The cost is \$15 per adult, \$5 per adult, and free for children five and under. For advance tickets only call Norma at 519-882–4684 or leave a message at the church office at 519-864-1747.

#### 18th annual Seniors Info Fair

The Lambton Seniors Association presents its 18th annual Seniors Information Fair on Tuesday, May 9, 10 a.m. to 4 p.m., and Wednesday, May 10 from 10 a.m.-3 p.m. at the Point Edward Arena, 210 Monk Street in Point Edward. Admission is free. Government, medical, lifestyle, leisure time, and many other areas of concern to older adults will be showcased during this two-day event. Food provided by the Sarnia Lions Club and the Women's Institute will be available for purchase, there will be door prizes and free shuttle service from the Point Edward Casino parking lot. For more information, go online to:

#### Brigden U C hosts Messy Church

Messy Church at Brigden United Church is held the last Tuesday of each month until through May from 5 p.m. to 6:30 p.m. Enjoy worship, stories, crafts, and supper. All children are welcome along with a parent, grandparent, or other adult. Or join the congregation for Sunday worship at 10:30 a.m. For more information, like

us on Facebook.

#### Ladies' Night Out quarter auction

A Ladies' Night Out quarter auction will be held at the Brigden fairgrounds on Friday, May 12. At Beacon press time, details were not available. To find out more about this event, go to the Brigden Fair Facebook page or online to: <a href="https://www.brigdenfair.ca">www.brigdenfair.ca</a> for further information.

#### Mother's Day Tea & Bake Sale

The congregation of All Saint's Anglican Church in Corunna, corner of Hill and Lyndoch Streets, will host a Mother's Day Tea and Bake Sale on Saturday, May 13 from 2 p.m. to 3:30 p.m. Coffee, tea, and dessert will be served at \$3 per order. There will also be baked goods, a jewellery table, sewing, knitting, and preserves for purchase. Everyone is welcome to attend.

#### Fire & Family Safety Day in Port Lambton

The Optimist Club of Sombra Township and their affiliated Down River Junior Optimist Club will host a Fire and Family Safety Awareness day on Saturday, May 13 at Brander Park in Port Lambton. The day will begin with a bicycle rodeo at 10 a.m. and at 11 a.m., a parade of antique fire trucks, ambulance, and emergency vehicles will travel from Brander Park to Mooretown and back. From noon to 5 p.m. the parade vehicles will be on display at Brander Park. The firetrucks will be doing water pumping demonstrations throughout the day. During the afternoon, a Junior Fire Safety course for children age 12 and under will be held. Food and licensed refreshments will be available at the part. Come and enjoy a full day of family fun! For more information about staging, pumping, or the parade, email Brent at: brent@denure.ca

#### Cinderella Story Paint It Forward event

The Cinderella Story program, which makes it possible for every girl to dress well for Prom Night, will hold Paint It Forward, a program fundraiser, on Saturday, May 13 from 1 p.m. to 4 p.m. at 198 Lochiel Street in Sarnia. The event will be \$40 per person and will include light refreshments. Reserve seats by e-transfer by emailing: <a href="mailto:events@cinderellasarnia.org">events@cinderellasarnia.org</a>, password <a href="mailto:cinderella.sponsors">Cinderella</a>. Sponsors include: The Cinderella Story, RBC Wealth Management Dominion Securities, and Paint Party.

#### Moore Optimists celebrate 50th anniversary

Members of the public are invited to join members of the Optimist Club of Moore as they celebrate the club's 50th anniversary with a dinner and entertainment at the Courtright Community Centre (Silverdome) on Saturday, May 13. The social

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## **Contact 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, you may promote it free of charge in The Beacon.

Deadline for Beacon submissions is every third Monday of each month by noon. E-mail: beacon@twp.stclair.on.ca