

The St. Clair Township





Issue 9

Volume 12

September 2019

THE TOWNSHIP OF ST. CLAIR

Renovations at Moore Sports Complex already paying off



Renovations to the Moore Sports Complex are starting to pay off for those who use the facility on a regular basis.

The new automatic doors at the glass-enclosed front entrance will not only act as a buffer for the cold winds that used to blow unhampered into the complex in the winter, they also provide an easier entry for the people who have to carry cumbersome sports bags full of equipment.

During the summer hockey camp in August, players like Nolan, 12, left, and his friend, Dracen, 12, appreciated not having to wrestle with the heavy doors the new entrance replaced. Nolan's dad, Jason Rourdage, following the boys, says the doors were requested and their incorporation into the renovation project is a great improvement.

Dracen attended camp to get ready for his season with the triple 'A' Lambton Sting team while Nolan will play his season with the Mooretown Flags Peewee team.

Bonnie Stevenson photo



THE CHILDREN ARE BACK TO SCHOOL - WATCH OUT FOR SCHOOL BUSES AND SCHOOL CHILDREN AT ROAD CROSSINGS





The Creative County Grant program will open on Oct. 1, 2019. See page 5 and find out how to qualify for this grant.

Municipal Notes Page 2, 5 Works Dept. Notices Pages 3, 4 Heritage Corner Pages 7, 8 Moore Sports Complex Page 14 Community Contact Page 16, 17 Around The Township Pages 20-18



MUNICIPAL NOTES

New name for Moore Sports Complex

The extensive new building and renovation project planned for the current Moore Sports Complex will be ac-companied by a new name for the facility. The pre-amalgamation Moore (Township) name will be updated to to represent the expanded township. St. Clair Sports Complex was given as an example for the new name. At its Aug. 6 meeting, St. Clair Township Council approved the need for inclusive new branding for the sports complex and it will be considered at a future date. Wakes still a problem along the

St. Clair River shoreline

As the high water levels continue to plague the shore-line and properties along the St. Clair River, wakes from speeding vessels continue to be a problem. Mayor Arnold noted that large pleasure vessels can still be seen speeding in the river close to shore and causing damaging wakes. However, he noted the large commercial vessels have slowed down. Municipal staff has posted "No wake" signs along the shoreline and on-going efforts are being made to address the impact of the high water levels in affected areas of the township. (See "Free sandbags and sand" item on page 4.)

Pathways receives contribution

Council has made a one-time contribution of \$25,000 to Pathways Health Centre for Children. The donation will be made over a period of years. At the Aug. 6 council meeting, a Pathways delegation outlined a therapeutic pool refur-

Council Meeting Schedule

The tentative dates for upcoming meetings of St. Clair township are slated for: Tuesday, Sept. 3 at 3 p.m.; Monday, Sept. 16 at 6 p.m.; Monday, Oct. 7 at 3 p.m.; Monday, Oct. 21 at 6 p.m.; Monday, Nov. 4 at 3 p.m.

Anyone wishing to address council should call the municipal office at 519-867-2021 for further information or to be put on the agenda.

Please note that these dates are accurate at press time but are subject to change.

Moore Community and Recreational Foundation seeking volunteers

The Moore Community and Recreational Foundation is looking for two volunteer board members to help select worthy St. Clair Township organizations. Grants are awarded for projects submitted that provide services that directly benefit the citizens of St. Clair Township.

Those who are interested in filling these positions can contact St. Clair Township Treasurer Charles Quenneville at 519-867-2021 or Mary Jane Marsh, chair of the Moore Community and Recreational Foundation at 519-864-1531.



The St. Clair Township Beacon is issued monthly by St. Clair Township as a public service to township residents. Production by Bonnie Stevenson.

bishing project that will include energy efficiency upgrades to the aging pool's electrical and lighting systems, as well as its filtration and sterilization systems. The upgrades will save operation costs over the long term, leaving more money to use for programming. The project, estimated at \$1.6 million, will be done in stages, with

lighting and electrical systems the first to be addressed. Pathways receives support from the Rotary Club as well as many community businesses and organizations, but project funding is critical to the success of the pool's complete refurbishment. A recent eight-month shutdown

More Municipal Notes, page 5

ST. CLAIR TOWNSHIP **2019 FINAL PROPERTY TAX DUE DATES** The Interim tax due date is Monday, September 30, 2019 The following methods of Tax Payments may be utilized: Automatic Bank Machines • Telephone & Internet Payments through your bank Payment at most Financial Institutions (any bank charges will be the responsibility of the ratepayer) Post dated cheques Counter services, cash, cheque or debit (credit cards not accepted) . Mail to, or Drop Box at 1155 Emily St. Mooretown Ontario NON 1M0 Pre-authorized payment plans are also available and encouraged; please visit our website at http://stclairtownship.ca/ St. Clair Township Tax Department 519-867-2024 fax: 519-867-5509 taxes@twp.stclair.on.ca



Notice to property owners to destroy noxious 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, Sections 3, 13, 16, and 23, that unless noxious weeds growing on their lands within the municipal-ity of the Township of St. Clair are destroyed throughout the society and the municipality of the angle and the society of t the season, the municipality may enter upon 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 \$80.) The cooperation of all land owners is earnestly solicit-

ed.

Jeff Baranek Clerk 519-867-2021



Public Works Department

After hours emergency ~ 519-344-9318 ~

Public Works/Roads...519-867-2993 Engineering.......519-867-2125 Website..... www.stclairtownship.ca

Water Utility......519-867-2128 Fax.....519-867-3886 Civic Centre, 1155 Emily Street, Mooretown

Water utility appointments require 48 hours notification

St. Clair Township By-Law 41 of 2017 requires at least 48 hours notice in advance of scheduling appointments with the water utility department to avoid service fees.

~ ~ ~ **Crossing Guards**

The Township of St. Clair requires <u>fill-in</u> crossing guards to assist school children crossing in Brigden. The work involves one hour in the morning and one hour in the afternoon on school days. The current compensation is \$31.35 per day. This position will be on a "<u>call in</u>" basis and hours will vary widely depending on need.

Please send applications to public-<u>works@twp.stclair.on.ca</u> with "<u>Crossing guard</u>" in the subject line, or apply in person at the St. Clair Township office, 1155 Emily Street in Mooretown.

Removal of crab apple trees

Council has approved the removal of the crab apple trees in downtown Sombra. They will be replaced in the fall of 2019.

Hydrant flushing

Public Works will be undertaking annual flushing of fire hydrants connected to the St. Clair Township Wa-ter Distribution System, during the hours of: 7:30 a.m. to 4:30 p.m.

Until Fall 2019

For current areas affected, refer to <u>stclairtownship.ca</u> During this maintenance procedure, you may notice some water discolouration using your 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 the discolouration discolouration of the way discolouration disappears. If discolouration of the wa-ter continues after 10-15 minutes of normal use, please notify Public Works.

Sewer Main Flushing

Public Works will be flushing sewer mains connected to the St. Clair Township Sewer System, during the hours of: 7:30 a.m. to 4:30 p.m. Until Fall 2019

For current areas affected, refer to stclairtownship.ca

During this maintenance procedure, you may notice some gurgling noises in your drains. If conditions persist after 24-48 hours of normal use, please notify Public Works.

Blue box lids now available

St. Clair Township is now selling vented and solid lids for our 22-gallon blue boxes! Pick one up for \$3.50 per lid. Please note that lids will only fit current blue boxes being sold at St. Clair Township Civic Centre (lower level).

Get the App Recycle Coach Municipal Media Inc. #144 in Reference ##### 4.6, 1.2K Ratings Free

Current App Users ul 🕆 🔳 🗋



05 July 2019

New changes to recycling and waste collection started July 1st

To Update your app schedule with the New Changes, you must **RE-ENTER** your address. If you are having trouble seeing your new schedule, try deleting and re-installing the Recycle Coach app.

If you are still experiencing difficulty, use the Report a Problem feature to let us know! For more information, visit stclairtownship.ca/ recycling-waste-collection/

Public Works Department

Free sandbags and sand available

St. Clair Township Council has approved emergency relief, free of charge, to residents that are affected by the current flooding. Sandbags and sand will be provided as follows:

Sandbags

- Empty sandbags are available for pick up at Cathcart Park, 2959 St. Clair Parkway
- Residents must contact staff at Cathcart Park between the hours of 7 a.m. and 8 p.m. daily
- Property owners must sign in
- Must provide proof of residency, i.e.:. driver's license
- Sign a waiver
- State number of bags requested; maximum of 500 bags per residential property, 1500 bags for commercial, and industrial properties Sand
- Bulk sand is in the gravel parking lot at the south end of Brander Park, 4555 St. Clair Parkway
- Please access from the driveway off Brander Park Road

Township staff will not provide any further service. We do not fill, transport or remove sandbags.



Yard waste and **Brush collection**

In order to reduce the amount of compostable material directed to landfill, St. Clair Township provides yard waste collection (directed to the compost site) in the spring and fall (see calendar for dates). During this collection period, paper bags or containers clearly marked with a large X must be used.

During the summer months, yard waste will be collected with the regular waste collection, subject to the 6 item limit. During this period, compost will be directed to landfill, not the compost site.

Residents can take their compost to the City of Sarnia compost site, free of charge (there is a nominal charge for branches). Compost must be placed in paper bags or containers clearly marked with an X. Plastic bags will not be accepted.

The compost site is located at 379 St. Andrew Street, Sarnia. Due to construction, access to the site has been detoured. Please follow the posted route along Scott Road.

Please see our <u>2019 Recycling & Waste</u> Calendar (April) for information on Yard Waste and Brush collection.

For further information call: St. Clair Township Public Works 519-867-2125.

St. Clair Township benefits from provincial program Main Streets grant

Residents and small businesses of St. Clair Township have benefited from the Government of Ontario's try of Agriculture, Food and Rural Affairs for all single-Main Street Revitalization Initiative. This initiative and lower-tier municipalities to implement local Com-makes an investment in Ontario communities' main munity Improvement Plans and invest in municipal in-

street[s] that will help support and grow small business frastructure to improve downtown and main street are-and improve the aesthetic appeal of main street areas. as. Funding is upfront and allocation-based, and pro-st. Clair Township received \$50,106.75 over two jects are selected by municipal councils. years, beginning in 2018. Council approved the re-placement of thirty old decorative street lights that ness and tourism grow by attracting residents and visi-had become a safety hazard with new decorative ener-gy efficient LED streetlights in Corunna. The project was completed in the spring of 2019.

The funding is made available by the Ontario Minis-

Household hazardous waste schedule

Household hazardous waste collection is being offered again this year. Lambton County, in conjunction with Clean Harbors Canada Ltd., 4090 Telfer Road (off Petrolia Line) is now hosting household hazardous waste collections on Saturdays from 9 a.m. to 2 p.m. on the following dates: Sept. 28 and Oct. 26. For more information, visit www.LambtonOnline.ca

More MUNICIPAL NOTES

From page 2

of the pool, caused by the failure of aging infrastructure, presented a hardship for some of the children who need water therapy to avoid surgeries that are difficult and, at

times, dangerous for them to undergo. One of the upgrades will see ultra-violet sterilization being used to keep the pool clean. Pathways representa-tive Tim Bechard says the new system will allow the pool to stay open for longer periods of time between "rest" intervals that keep the pool thoroughly cleaned. In turn, this will increase availability for those who depend on the pool for various therapies pool for various therapies.

Pathways Executive Director Jenny Greensmith pointed out that 12 per cent of the children using the pool are from St. Clair Township. She added the township made a previous donation to the facility.

She informed council the pool is a valuable resource for

children dealing with difficulties ranging from skills development and behaviour issues to autism and physical chal-lenges that require physiotherapy.

Programs offered at Pathways can be accessed by registering with the centre. The programs can be found online at pathwayscentre.org.

Crab apple trees to be replaced in Sombra

About 30 flowering crab trees located along the St. Clair Parkway in Sombra will be removed and replaced. Kendall Lindsay, director of community services, says many complaints have been received about the small "apples" the trees drop on nearby sidewalks and in parking areas leaving a hazardous and unsightly slippery mess. The trees also attract tent caterpillars.

The variety of tree chosen to replace the crab trees will be a small, decorative tree tolerant to road salt and poor soils, and it will have a tap root that will not heave sidewalks and curbs. Varieties under consideration include: Japanese lilac, Street Keeper Honey Locust, Armstrong maple, and ornamental flowering pear. The project cost is estimated at \$8,000.

Federal government contributes \$6 million to oversized load project

A group of representatives from municipal, provincial and federal levels of government attended the recent announcement of a \$6 mil-lion federal contribution to the Oversized Load Corridor project. The project is expected to remove trade barriers and boost the local economy. Dignitaries attending the event included Sarnia-Lambton MP Bob Bailey, MPP Marilyn Gladu, Federal Minister of Transport Marc Garneau, St. Clair Township Mayor Steve Arnold, Lambton-Kent-Middlesex MP and Ontario's Minister of Infrastructure Monty McNaughton, Sarnia Mayor Mike Bradley, and Lambton County Warden Bill Weber. Local industrial representatives also attended.

During the event, Hon. Monty McNaughton said, "After years of inability to move oversized loads without costly disruptions to local residents and businesses, I'm happy to final-

ly see this funding be announced." Mayor Arnold said, "The first time we investigated the notion for a heavy haul corridor and loading docks, the thought was that there were potentially as many as 600 modules a year that could be built, as well as new employment ment, it was denied, but a group of community officials, in-created for almost 5,000 tradesmen. These things will not cluding Mayor Arnold, persisted in the effort to obtain fund-occur without the diligence and the entrepreneurial spirit ing for the \$12 million project and the second application created for almost 5,000 tradesmen. These things will not occur without the diligence and the entrepreneurial spirit that has been the mainstay of our community for many gen-erations. I was pleased to be standing next to Canada's first astronaut and Federal Minister of Transportation Marc Garneau. With his background, he understands what our country needs to stay competitive and he was very pleased by the



local initiative to bring more high paid jobs to Lambton County by sending modules and materials throughout the world.

The project will include permanently raising utility lines, modified intersections and designated streets to handle the transportation of oversized loads like those fabricated in Sarnia and Lambton County. When the first project funding application was submitted to the provincial and federal governwas accepted.

Federal Minister of Transport Marc Garneau complimented the group for their tenacity. "They really did their home-work," he said.

Submitted photo

Creative County Grant Program

The next application intake for the Creative County Grant Program is scheduled to open on Oct. 1, 2019.

To find out if you have a project concept or activity that conforms to the objectives of the grant program, and to obtain applications and instructions, go online: lambtononline.ca>residents>creativecounty



SWIFT funding announced for underserviced areas of county



Dignitaries on hand for the SWIFT funding announcement included, from left: Mayor Dave Ferguson, Brooke-Alvinston; Mayor Lonny Napper, Plympton-Wyoming; MPP Bob Bailey; Monty McNaughton, Ontario's Minister of Infrastructure and MPP for Lambton-Kent-Middlesex; Dave Mayberry, Warden of Oxford County; Lambton County Deputy Warden/Mayor Kevin Marriott, Enniskillen; Warden Bill Weber; Mayor Steve Arnold, St. Clair Township; and Warwick Councillor Jerry Westgate.

Submitted photo

On Aug. 9, SWIFT issued a Request for Proposal (RFP) for the design and construction of an \$11.3 million high-speed broadband infrastructure project in Lambton County.

Internet service providers (ISPs) that have been prequalified through SWIFT's Request for Prequalification (RFPQ) process have been invited to submit network proposals aimed at connecting business facilities, public buildings and residences in underserved areas within the county.

The RFP is expected to close on Oct. 4 with contracts being awarded and service provider agreements in place later this fall. SWIFT will then evaluate all compliant proposals based on pre-determined evaluation criteria, which include: premises/households passed; number of fibre kilometres constructed; technology scalability towards symmetrical 1Gbps service; ISP contribution proportion; residential rate for 50/10 service; timeline to complete project; connection to sites of public benefit; ability to meet project objectives.

The SWIFT initiative will be delivered in a phased approach starting with three initial projects, one each in the counties Norfolk, Wellington and Lambton. Upon the successful completion of the project's procurements in the initial three counties, SWIFT intends to move forward with the next phase of its initiative to ensure the expansion of high speed connectivity throughout the remining communities of Southwestern Ontario.

In Lambton County, the cost to "fiberize" all underserved areas in \$193 million. The \$11.3 million initial step in the process will address connectivity challenges in Lambton County, but not all households/ premises located in the underserved areas (50/10) within the region are guaranteed to be connected during this phase of the project. SWIFT was approved for funding up to \$127.4 million under the Canada Small Communities Fund (SCF), a joint federal and provincial infrastructure funding program. SWIFT is leveraging additional funding from municipal partners and private sector investors to bring the total project investment to \$209 million.



Sarnia Handweavers and Spinners Guild member, Carol Oostenbrink, left, Jo Aylard, and Dorothy Carr display the beautiful hand-woven coverlet. The inset, bottom right, shows the intricate weave of the coverlet.

By Laurie Mason, curator, Moore Museum Members of the Sarnia Handweavers and Spinners Guild recently presented Moore Museum with a beautiful hand woven coverlet. The guild has several working looms on-site at the museum and offers demonstrations there for spe-cial events and school programs. This spring and summer, guild members have worked each Monday afternoon to create the coverlet.

ate the coverlet. Guild member Dorothy Carr created the design, referred to as a "name draft", also known as "name coding", from the words "Going to Moore Museum". The coverlet was woven on a 10 inch loom, which requires two weavers to oper-ate the two sets of treadles and throw the two shuttles back and forth to each other over the 100 inch span. The two shuttles carry a plain weave shot of 2/16 cotton, followed by a pattern shot of 2-ply weaving wool. Set-up of the loom required many hours of work, first making the warp of 2,000 ends of 2/8 cotton on a warping board. The warp was then transferred to the loom and wound onto the back beam. Members Dorothy Carr, Carol Oost-enbrink, Kelly Stanczak, Jo Aylard and Sandra Leverton-Jones helped with the rolling on. The warp was made long enough to accommodate two other coverlets which will be threaded in other designs. The threading through the heddles on the four harnesses of the loom, and the weaving began. Jo and Kelly did most of the weaving with help from Dorothy and Carol. The Sarnia Handweavers and Spinners Guild has been operating for over 50 years, keeping this ancient art of loom

The Sarnia Handweavers and Spinners Guild has been operating for over 50 years, keeping this ancient art of loom weaving alive. Moore Museum is grateful for this donation of a wonderful example of the art of weaving.

Fine artisan-created work and crafted treasures will be just part of the things you will see when you attend the Moore Museum Downriver Craft and Gift Sale on Sunday, Sept. 15, 10-4 p.m., at the museum site on Moore Line in Mooretown.

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MORE HERITAGE CORNER

Moore Museum volunteer dinner serves up great food for great people

The Moore Museum welcomed a group of great community residents to the annual Volunteer Appreciation Dinner on July 30. The event recognized the valuable work the volunteers contribute to the museum throughout the year.

Below: Keeping the volunteers hydrated at the beverage bar were summer staff members Leah Paton, left, and Katelyn Opthof.



Historical village tour in Sombra

The Sombra Museum will host Sombra Shadows and Spirits: A Historical Village Tour on Saturday, Sept. 21. Guided tours will start at the museum at 2:30 p.m., 4:30 p.m., and 6:30 p.m. and attendees will be shuttled to each site on the two kilometre route via "people movers" courtesy of the Brigden Fair.

Guests will be invited to spend time at the Sombra Community Hall to enjoy snacks, a penny sale, activities, and entertainment upon conclusion of the tour.

The museum's new 2020 calendar and tickets for a beautiful pink, green and cream-coloured butter-fly motif quilt, made by the Port Lambton Loose Knots quilting group, will be available as well. Tour tickets are \$20 for adults, \$5 for children under 12, and free for preschool children. They are

available at the Sombra Museum or online at: sombrashadowsandspiritstour.square.site

Volunteers are being sought to help with this event. Anyone interested in helping visitors "Visit the past and feel the presence" can call the Sombra Museum at 519-892-3982 or drop in during summer hours every day from 11 a.m. to 4:30 p.m. and Sept. 1 to 30, 1 p.m. to 4 p.m.



Above: Leah Paton and museum volunteer Melissa Westbrook set out the luscious buffet that was enjoyed by about 90 volunteers and guests.

Spooky experiences wanted

The Sombra Museum is seeking information about "happenings" in the houses, businesses and other buildings there. Anyone with stories to share can come into the museum, call at 519-892-3982, email sombramuseum@hotmail.com or contact us on social media at facebook.com/ SombraMuseum sombramuseor um.webs.com

Starter Company Plus helping small businesses and entrepreneurs get started

The Sarnia-Lambton Economic Partnership (SLEP) recently announced the availability of six grants up to \$5,000 for small business owners and entrepreneurs. The Starter Company Plus program combines grant funding, coaching, mentorship and community support. It is administered by the Sarnia-Lambton Economic Partnership's Business Enterprise Centre and funded by the Ontario Ministry of Economic Development, Job Creation, and Trade.

The grants are available through the Starter Company Plus program and successful applicants will receive capital to grow an existing business or start a new one, while receiving personalized business coaching and access to peer-led support sessions.

"...Starter Company Plus offers entrepreneurs the opportunity to shape their future and the future of their community," said SLEP CEO Stephen Thompson. "Starter Company Plus complements our existing Summer Company program which is targeted to students and allows all entrepreneurs the opportunity to access funding for their businesses."

To be eligible for this program, applicants must be over 18 years of age and not currently enrolled in a postsecondary institution, have at least 25 per cent of the requested grant amount in equity, and have not received a Starter Company grant in the past.



Wanted: Motivated youth looking for rewarding challenges

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. Cadets are not required to join the military. Join us today! For more information, call 519-332-6555 or visit: <u>www.petroliacadets.com</u>

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Port Lambton Gala Days met by beautiful weather and plenty of smiles



Heritage St. Clair seeking old photos of St. Clair Township's past

dents to gather old photographs (over 20 years old - the older, the better) depicting St. Clair Township (and former Moore and Sombra Townships) from the past.

For more information, contact Heritage St. Clair by email:

Heritage St. Clair is still seeking the help of township resi- secretaryheritagestclair@gmail.com . Or visit the St. Clair Township site: <u>www.stclairtownship.ca</u> under the "Residents" or "Recreation" tab to find Heritage St. Clair. Or call Ian at 519-864-1119 or Dave at 519-862-3797.

Seaway Sounds Chorus makes sweet a cappella music: new singers invited to free music "boot camp"

By Bonnie Stevenson

New voices are being sought to fill the air with music.

The Seaway Sounds Chorus, a women's a cappella barbershop-style group, will hold a free introductory "boot camp" where women from age 16 and up can enjoy four evenings of music lessons and an opportunity to use their voices to make beautiful choral music. This series will begin on Wednesday, Sept. 18 from 6:30 p.m. to 9:30 p.m. at All Saints Church in Sarnia at the corner of Vidal and Charlotte Streets.

dal and Charlotte Streets. Margaret Anne McKichan, a Corunna resident who has been with the Seaway Sounds for 10 years, says singing with the chorus is a rewarding experience. Having enjoyed a career as a teacher at local schools like Riverview near Sombra many years, she needed something enjoyable to do after retirement. "When I got close to retirement, I thought I should do something with my time," she said. "I found out about Seaway Sounds and I've been with the group for 10 years now." Margaret is currently the leader of the melody section.

Rose Johnston of Brigden, a St. Clair Township girl born and raised, says she has always loved singing since she was in school, participating in music festivals in Sarnia and singing in her church choir. While she had a family, she took guitar lessons. At that time, she also found out about Seaway Sounds. "I saw an advertisement about it and came for the free vocal lessons. That was 22 years ago," she said. Rose found her time with the cho-

rus to be a welcome respite from her hectic family life. "It was like a three-hour holiday every week. You have to put it aside to concentrate on the music," she said. Rose is currently the leader of the baritone section and the assistant director of the chorus.

Chorus Management Team Leader Diane Lambert has been in her current position for five years. She is also the tenor section She leader. says she sang school choirs wiťh including the North-Secondary ern School choir, and at music festivals Sarnia. Diane in started with the chorus as a way of coping with a tragic loss. "My daughwas medically ter fragile and when she passed away,

wanted something to do...I heard of the Seaway Sounds and I've been with the chorus for 25 years...We're like sisters; we're very supportive to each other."

Diane says membership in the chorus is relatively simple. "You don't have to know how to read music but it's an asset. I didn't know how to read music when I joined but I have learned some things during my time with the chorus," she said. "We will also assess someone younger than 16 on a oneon-one basis depending on their maturity. They must have parental attendance (when they are with the chorus)."

The chorus also has several members from Michigan.

The Seaway Sounds Chorus, a member of the Sweet Adelines International organization, occasionally travels to places such as Michigan for certain events but most of their performances take place around Sarnia-Lambton. The group is also in the process of making a promotional video. And having watched the chorus in action, it is clear to this reporter that they love to laugh, and when they come together in song, they form a cohesive unit that needs no backup band to make sweet harmonies.

The Seaway Sounds can be booked for events and appearances. For more information, visit the chorus website at <u>seawaysounds.com</u>, visit the chorus Facebook page at <u>seaway sounds international chorus</u> or call Diane Lambert at 519-344-8621.

Seaway Sounds Chorus members, from left: Rose Johnston of Brigden; Diane Lambert, Management Team Leader; and Margaret Anne McKichan of Corunna. Bonnie Stevenson photo



Rapids Family Health Team

Take ownership of your health with the Rapids Family Health Team

Upcoming Program Schedule - Fall 2019

The following sessions are being offered at the **Rapids Family** Health Team clinic located in the Shell Health Centre, 233 Cameron Street, Corunna. There is no charge for participation. You must register to participate. Please note 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 to www.rapidsfhteam.ca 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 will discuss some of the things you can do to manage Diabetes. The session is led by a Registered Nurse Educator and will

be held Tuesday, September 17 from 1:30 p.m.-3:30 p.m.

Please note a physician referral is required.

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. The session is led by a Registered Dietitian and will be held Tuesday, September 24 from 1:30 p.m.-3:30 p.m. Please note a physician referral is required. Healthy Eating and YOU

This is a series of four sessions lasting two hours each. The aim of the program is to help you make permanent lifestyle changes; this 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 include: carbohydrates, protein and fats (the good and the bad); physical activity: what types and amounts are benefi-cial; emotional eating strategies; sensible portions and portion control strategies; group discussions will help you learn from others experiences

The session will be held Thursday, September 12 from 9:30 a.m.-11:30 a.m. This program is open to the public - no physician referral required. No Physician referral is necessary however, participants must have a physician that has referral privileges to the Rapids Family Health Team resources.

Healthy cooking classes will not only help you build on your knowledge of healthy eating, but also help you be able to apply them in a friendly group setting. Classes will cover a wide range of health conditions/ topics including: heart health, di-

range of nealth conditions/ topics including: heart health, di-gestive concerns, vegetarian, cooking for one, increasing fruit and vegetables, high blood pressure and more! Cooking classes are open to the public - no physician referral required. Classes are held on the following dates: Meatless Mon-days, Tuesday, September 17 from 9:30 a.m.-11:30 a.m.; Meals for One, Thursday, October 24 from 9:30 a.m.-11:30 a.m.; Healthy Holiday Baking, Thursday, December 12 from 9:30 a.m.-11:30 a.m.

*Class date, times and location within Corunna subject to change/ cancelation depending upon number of patient registrants.

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

Lambton County Connects program seeks to connect isolated seniors

A new program, Lambton County Connects (LCC), seeks to provide socially isolated individuals in Lambton County with the opportuni-

ty to socialize, learn new skills and stay con-nected to others from the comfort of their own home. Activities offered through the LCC program are free of charge and are done by telephone or online by video if participants have a tablet or a computer with internet access.

LAMBTON

The program is supported by the Government of Canada's *New Horizons for Seniors* Program (NHSP), a federal grants and contributions program that supports projects that make a difference in the lives of seniors and their communities.

Seniors are encouraged to share their knowledge, skills, and experiences to the benefit of others. The program provides funding for projects that encourage seniors to play an important role in their communities by volunteering, leading, and participating in community activities.

Almost \$25,000 has been received from the NHSP and allocated to a variety of programming and activities for LCC participants.

Staff members from the County of Lambton Long-Term Care Division are currently working with community agencies to edu-cate all employees who interact with older adults about the program and to spread the word to interested individuals. "We know security and fraud prevention are an important focus for many people right now," said Lee Ann Woollings, Community Services supervisor with the Long-Term Care Division. "We are working hard to educate potential participants and their caregivers about the program to emphasize its security, explain the registration process, and promote its benefits.

Participants can register for Lambton County Connects by calling 519-882-1470, ext. 5007, or by visiting <u>www.lambtoncares.ca</u>. Once registered, participants will receive a program guide outlining the available programs.

It includes a calendar listing the dates and times they are offered. Participants will be able to call ahead to reserve a spot for programs in which they are interested and to call in on the date and time they have chosen. Alternatively, a program administrator can call them if requested.

The programs offered will benefit those who are currently on waiting lists for adult day programs. "The Lambton County Connects program is a way for us to extend our services beyond our physical walls and reach more people than we would with tradi-tional day programs," said Jane Joris, general manager of the Long-Term Care division.

A variety of programs will be offered, including special topics and activities lead by guest speakers.

LCC is currently recruiting outgoing, creative, and caring individuals with strong communication, problem solving, and computer skills who want to make a difference in their community.

For more information or if you are interested in volunteering with Lambton County Connects, please email <u>volunteer@county</u> <u>-lambton.on.ca</u> or visit <u>www.lambtoncares.ca</u>.

Autumn is on the way; winterize now at Moore Sports Complex

Winterize and stay energized this winter by using the Moore Sports Complex Facebook page to stay current on what this facility has to offer, from registration times and program schedules to last-minute cancellations. Like us on Facebook and we'll do our best to keep you informed.

Spinning Classes - NEW PRICE!

Join the certified spinning instructors for a great workout that improves cardiovascular endurance, muscular strength and power! Join any time for a 10 week session for \$10 per class or buy a <u>10 pass admission for \$50</u>. Morning spin classes are held on Tuesdays or Thursdays from 7 a.m. to 7:45 a.m. Beginner classes are held on Tuesday evenings from 7:15 p.m. to 8:00 p.m. Strength training combined with a spin workout is offered with the Bikes & Bells classes on Monday or Wednesday evenings from 5 p.m.- 6 p.m. or Friday from 9 a.m. - 10 a.m.

Lifeguard & Swimming Instructor Courses being offered

Become a lifeguard and swimming instructor! Contact the Moore Sports Complex for more information .

POUND®!

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Classes are Thursday evenings from 6 p.m. to 7 p.m. Cost is \$7 per class, or \$5.50 per

ng the class per senior; \$55 for a 10-visit pass; or \$275 per year for full fitness center membership.

NEW! Youth POUND®!

Kids ages 10 to 15 can get in on the fun now with the new youth POUND classes on Thursdays from 5 p.m. to 5:45 p.m. Registration is required at a cost of \$55 for a 10-week session. Call today for more information at 519-867-2651.

Generation POUND®!

Kids ages five to nine will enjoy the Generation POUND classes on Thursdays from 4 p.m. to 4:45 p.m. Registration is required at a cost of \$55 for a 10-week session. Call today for information at 519-867-2651.

There's still time to enjoy golf season at St. Clair Parkway Golf Course

Fall still offers plenty of chances to get out on the manicured greens for hours of friendly competition at the St. Clair Parkway Golf Course. And don't forget to enjoy the food and beverages at Hawthorne's in the clubhouse. For more information, go online to: www.stclairparkwaygolf.com

For more information or to register for any of these programs, contact the St. Clair Sports Complex at 519-867-2651

Golf course now offers catering for groups and in-house events

The Hawthorne's restaurant staff at the St. Clair Parkway Golf Course is now offering a new catering service that can supply an intimate dinner for two or a meal for a large group, or put on a fabulous spread for a special event.

Karen Grant, the golf club's co-ordinator of golf and special events, says the fall catering menu that goes into effect on Oct. 1 has something sure to please even the pickiest of palates. The menu features six different meals offering three separate price points.

The catering service is now accepting bookings for events

Fall Catering Menu

Option 1

Dinner for 2 - \$21.95, 4 - \$39.95, 8 - \$79.95 * Ham, scalloped potatoes, vegetable and roll * Cabbage rolls, mashed potatoes and roll

Option 2

Dinner for 2 - \$27.95, 4 - \$55.95, 8 - \$109.95 * Roast beef, mashed potatoes, vegetable and roll * Quarter chicken, mashed potatoes, vegetable and roll * Lasagna, Caesar salad and garlic bread

Option 3

Dinner for 2 - \$35.95, 4 - \$69.95, 8 - \$139.95 * Chicken and ribs baked, potatoes, vegetable and roll (White meat chicken extra)

Please order 3 days in advance



Karen Grant, and wait staff/bar tender Megan Fleckie

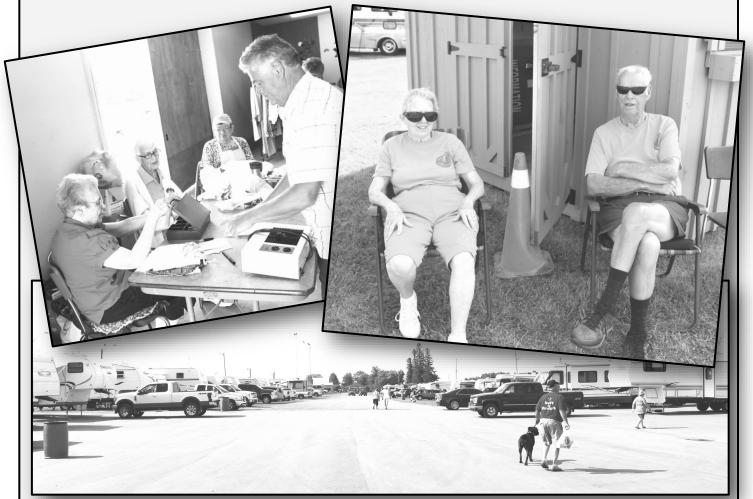
such as Christmas parties, family gatherings, business dinners and special events of all kinds. The St. Clair Parkway Golf Course's banquet facility seats up to 100 people in its recently updated, quietly elegant surroundings, and Hawthorne's Restaurant will be open until Christmas.

"It's so much nicer to have family events somewhere other than in someone's home," said Karen. "There's no cooking and no clean up." Instead of having to work in the kitchen, everyone is able to visit and catch up with each other.

"Our slogan is 'Be Our Guest'," said Karen, and it isn't only for catered meals. The clubhouse restaurant will be open for breakfast Wednesday through Saturday from 8 a.m. to 1 p.m. until Christmas.

For more information, go online to: <u>www.stclairparkwaygolf.com</u> or call 519-867-2160.

Brigden Fairgrounds hosts weekend for RV enthusiasts



The recent Brigden Bluewater and Country Campout Jamboree, hosted by the Moore Agricultural Society, attracted over 90 RVs to the Brigden Fairgrounds. Campers came from various locations in Canada and the U.S. to share five days of music, friendship and fun. Photos clockwise from top left: * Long-time volunteer Marie Steadman, left, and assistants Joyce Page and Nancy Gadsby, staff the check-out table at the indoor Brigden United Church yard sale. (Marie, known for her organizational skills, was praised by a fellow volunteer who commented, "Give Marie two phones and she can run the world.") * Keeping an eye on the campers' registration booth are Marie and Glen Scott. *Rows of RVs line the Brigden Fairgrounds. * The event featured two well-stocked indoor yard sales hosted by the Brigden United Church and the Wilkesport United Church.

Bonnie Stevenson photos



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COMMUNITY CONTACT

St. Joseph-St. Charles Catholic Church Community to participate in food program

The St. Joseph-St. Charles' Catholic Community in Corunna, along with the Catholic churches in Petrolia, Forest, and Watford, has worked collaboratively with the Boys and Girls Club of Sarnia-Lambton to extend Project Backpack, a food assistance program, into Lambton County. The program provides a bag of nutritious food that can be easily assembled to people ages 14-24 who are in need of a healthy meal. Each bag also contains hygiene items and helpful information from community partners. People who qualify for this pro-gram can find these bags at the St. Joseph Catholic Church Parish office at 346 Beresford Street in Corunna during regular office hours (Monday from 11 a.m. to 4:30 p.m., and Tuesday-Thursday from 9 a.m. to 2:30 p.m.) Program organizers say the program will contin p.m.). Program organizers say the program will continue into the fall and they hope to continue it as long as there is a need for it.

Sombra Museum has new 2020 calendars / quilt tickets on sale

The Sombra Museum's new 2020 calendar is now on sale at the museum. Treat yourself to one or give this unique, attractive calendar as a gift to someone special.

The museum is also selling tickets on a beautiful handmade quilt featuring a pink, green, and cream butterfly motive. The quilt was made by the Loose Knots quilting group from Port Lambton. The winning ticket will be drawn at the end of November. Call the museum at 519-892-3982 for more information or to pur-chase. These items will also be available at all museum events

St. Andrew's foodbank needs supplies

The food bank at St. Andrew's Presbyterian Church on Colborne Street in Corunna is in operation every Thursday from 9 a.m. to noon and every other Wednesday evening from 6 p.m. to 7:30 p.m. It operates in as-sociation with the Inn of the Good Shepherd in Sarnia. Thanks are extended to all local individuals and groups who support the food bank with donations. Your generous support is critical to its ongoing success. In the first three months of 2019, it has helped 31 different clients from our community, offering a variety of healthy food including milk, eggs, bread and meat at a cost of about \$75 per week. Financial donations are very much appreciated and can be made to: Food Bank, C/O St. Andrews Presbyterian Church, 437 Colborne Drive, Corunna, Ontario, NON 1GO.

Volunteer hours for secondary students Secondary school graduation is fast approaching and

Legion Br. 447 Notice of Motion

Notice of Motion is hereby given that the Royal Canadian Legion Leslie Sutherland Branch 447 general meeting of members will take place on Tuesday, Oct. 1 at 7 p.m. at the branch. Members will be asked for consideration, discussion, and a vote of acceptance



on the cost, which ex-ceeds \$10,000, to replace flooring and renovate the stage of the Legion at 350 Albert Street, Corunna from available funds.

the Brigden Fair office is the place where students can find many ways to get the volunteer hours they need to graduate. Call the office at 519-864-1197. Volunteer opportunities are available all year long.

Don't let pocket change weigh you down -

give it to the St. Clair River Trail The St. Clair River Trail is a community treasure and it's important to maintain the trail to keep it safe and attractive. It's used and appreciated by township residents and out-of-town visitors who enjoy the scenic beauty afforded by the river, its parks and its wildlife. You can help keep the trail beautiful by donating that bothersome loose change that weighs down purses and pockets. Donation locations can be found at Shaykin Bait Variety in Port Lambton or the Riverview Restaurant in Sombra Village. Your donations will be matched 2:1 by St. Clair Township Council and your pockets will be a lot less noisy. Bricks 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: <u>stclairrivertrail.com</u> Lambton Youth Choir accepting

new members

The Lambton Youth Choir is accepting new members Grade 4 and older. Rehearsals are held every Wednesday during the school year from 6:15 p.m. to 8:30 p.m. at LCCVI in Petrolia. For more information, email Diane O'Dell at <u>odelld@cogeco.ca</u> You can also check out the Lambton Youth Choir Facebook page.

Be a community builder with the Optimist Club

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.

New members welcome -

Lambton County Junior Optimist Club 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. Hours spent volunteering with 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 infor-mation, call Mary Lou at 519-862-3950.

Down River Junior Optimist Club seeks members

New members are being sought for the Down River Jr. Optimist Club. Youth between the ages of 10 and 18 are invited to get involved with the community and make a difference for kids. The club meets at the Port Lambton Community Hall on the third Monday of each month. High school students can acquire volunteers hours needed for graduation. For more information, call Carla at 226-402-3870.

Are you a good listener?

Volunteers are needed to place calls to seniors and persons with disabilities who live alone and are feeling

See More Community Contact, page 17

MORE COMMUNITY CONTACT

From page 16

isolated. Good listeners are needed by the Family Counselling Centre to speak with individuals who need support and need to feel connected. For over 40 years, volunteers have been making contact with seniors and individuals struggling with day-to-day life challenges in Sarnia-Lambton. To register or to find out more about this effort, call 519-336-0120.

Brigden United Church activities/service

Brigden United Church holds regular Sunday services at 10:30 a.m. (10 a.m. July and August). The church also hosts **Messy Church** through May (except December) every last Tuesday of the month from 5 p.m. to 6:30 p.m. And the **Mom and Tots** Drop-in is held at the church every Friday morning from 9 a.m. to 11:30 a.m. (excludes July and Au-gust). The program is sponsored by Sombra Rural Child Care. For more information, call 519-892-3151. And don't forget to check out Brigden United Church on Facebook.

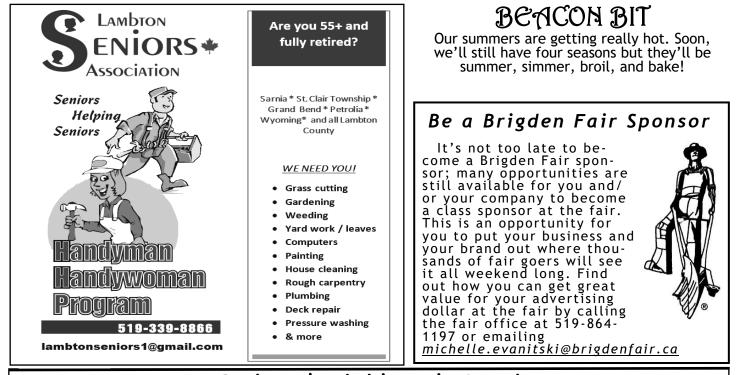
St. Clair Community Church services St. Clair Community Church, 3435 John Street, in Sombra welcomes everyone to attend services at 10 a.m.

every Sunday. The church is part of the Evangelical Missionary Church of Canada. For more information, call 519 -542-4447 or go online to www.stclaircc.ca/

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 Our Lady of Mer-cy Church rectory hall at the corner of Christina and London Road (entry off London Road) in Sarnia. For more information, contact Rita at 519-867-2932. Local TOPS weight control

Local TOPS Weight Control group meetings TOPS weight loss groups help members sensibly take off and keep off pounds. Three TOPS groups hold meet-ings in the St. Clair Township area and everyone (all ag-es) is welcome to attend. Brigden TOPS hold 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. TOPS Corunna meets every Tuesday at St. Andrew's Presbyterian Church at 437 Colborne Street in Corunna. Weigh-in is at 6 p.m. with a meeting Street in Corunna. Weigh-in is at 6 p.m. with a meeting at 6:30 p.m. For more information, call Wendy at 519-381-5584.



EarlyON

EarlyON Child and Family Centres

The Early ON Child and Family Centres 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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STILL MORE AROUND THE TOWNSHIP

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terscapes: Yours to Enjoy, Explore, and Protect. It's now on display at the Lambton Heritage Museum until Sept. 30. The exhibit is produced by the Canadian Museum of Nature in collaboration with the National Sciences and Engineering Research Council. An associated speaker series featuring 13 speakers will also be offered. For more information, go online to: www.lambtonmuseums.ca/events/canadaswaterscapes-2/

British Beat Rock 'n Roll event at Corunna Legion

Enjoy a nostalgic evening of music as the Royal Cana-dian Legion Corunna Branch 447 hosts British Beat 66, a 1960s tribute to rock 'n roll, on Saturday, Nov. 2 begin-ning at 8 p.m. Doors open at 7 p.m. and general seating will be in effect. Tickets go on sale Sept. 3 at \$20 per person. The hall is wheelchair accessible. For more information, please call 519-862-1240. Everyone is welcome.

Corunna Habitat for Humanity house taking shape



The new Habitat for Humanity house on Murray Street in Corunna has come a long way since its official sodturning ceremony in April. Fourteen groups of volunteers, made up of 150 people from local businesses and in-

dustries plus community and faith organizations that are helping with fundraising for the project, will soon make the house a home for LCDS clients Theresa and Carly and their caregivers. The teams are being assisted by On-tario Works volunteers, who are receiving hands-on experience to develop employable skills. Although the two-bedroom Habitat for Humanity house is the first to be built in St. Clair Township, it is the fifty-seventh to be built in Lambton County, the fifth built in partnership with Lambton County Developmental Services, and the fourth built through the County of Lambton's *Lambton Builds* home building project. The land for the new house was donated by Nadine and Doug Lasenby in memory of Nadine's uncle Edward Kendel who had Down's Syndrome and resided in Corunna.

Above: Long-time Habitat for Humanity volunteer Maurice McAuslan, right, chats with Alex Clendening from Courtright Timber Mart, a Habitat supporter, about progress being made on the house.

MORE AROUND THE TOWNSHIP

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come. For additional information call 519-862-1240.

Corunna Legion to host

Turkey Bingo The Royal Canadian Legion Corunna Br. 447 will host a Thanksgiving Turkey Bingo on Thursday, Oct. 3. Doors open at 6 p.m. with heads down at 7 p.m. There will be 25 regular games at \$20 for four cards, plus a special game at \$2 per strip. Food will be available and everyone is welcome. The hall is wheelchair accessible. For more information, call the branch at 519-862-1240.

Annual fall Pickerel Fry and

Dance at Corunna Legion The Royal Canadian Legion Corunna Branch 447 will host the annual fall Pickerel Fry and Dance on Saturday, Oct. 19 with entertainment by Full Disclo-sure. Doors open at 5 p.m. with dinner at 6 p.m. to 7:30 p.m. and the dance at 7:30 p.m. to midnight. Admission is \$20 per person by advanced tickets only and no refunds will be given. Tickets go on sale on Sept. 16. The hall is wheelchair accessible and **everyone is welcome**. For more information, call 519-862-1240.

Craft and Vendor Show in Port Lambton

A Craft and Vendor Show ill be held at the Port Lambton Community Hall, 507 Stoddard Street in Port Lambton, on Saturday, Oct. 26 from 10 a.m. to 3 p.m. The show, sponsored by the Port Lambton United Church, will feature work from a variety of crafters and vendors, and lunch will be available. No admission will be charged.

Catch the Ace at **Brigden Legion**

The Royal Canadian Legion Branch 635 Brigden is now hosting a Catch the Ace lottery on Friday nights until Sept. 27 or until the ace of spades is revealed. Watch the Brigden Legion's Facebook page for weekly results.

Fun cribbage at **Corunna Legion**

Beginning in September, the Royal Canadian Le-gion Corunna Br. 447 will host Fun Cribbage on Thursdays at 1 p.m. and Friday night Meat Darts at 7 p.m. For more information call the branch hall at 519-862-1240.

Pickleball sessions underway

The Corunna Pickleball group plays every Mon-day, Tuesday, Thursday and Friday from 9:30 a.m. to noon. New adult players are always welcome to join the fun at the Corunna Athletic Park tennis courts. For more information, call Keith at 519-918-5359, Jim at 519-862-3447, Nora at 519-867-5490, or Michael at 519-813-9274.

Weekly Souper Thursdays



The FREE Souper Thursday hot lunch hosted by Parkway Church, located at 551 Murray Drive in Co-runna, is now offered on Thursdays from 11:30 a.m. to 1 p.m. Everyone is welcome to come to the church and enjoy a homemade lunch to eat in, take out, or even delivery. Those who require assistance can call 519-862-3380 to have lunch delivered. For more information, contact the church

online at: <u>parkwaychurchmichelle@gmail.com</u> <u>PLEASE NOTE: The church's clothing ministry has</u> <u>been cancelled.</u>

Cruickshank Community Centre hosts weekly activities

The Cruickshank Community Centre at Thompson Gar-dens in Corunna hosts several activities each week including: *The Coffee Social, Monday through Saturday from 8:30 a.m. to 10:30 a.m. Cost is 75 cents for unlimited coffee and good company. *Fun Bingo is played Tuesdays at 1:30 p.m. Cost is a \$1 fee to participate and \$1 per card played. *Euchre is participate and \$1 per card played. "Eucrife is BACK! Join the group Tuesday evenings at 7 p.m. The cost is \$3 and it includes a light refreshment. Proceeds from the last Tuesday of each month will be given to a designated charity. For additional information on any of our programs, please call 519-862-1628 or 519-862-2629.

Courtright Friendship Club

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

Áctivities offered at

Wellings in Corunna Wellings Corunna, 180 Bunker Avenue in Corunna, will hold several weekly activities offering people en-joyable afternoons to socialize and meet new friends. Euchre will be held every second and fourth Monday of each month from 1 p.m. to 3 p.m. for a \$2 fee, and bridge will be offered every Tuesday at 1:30 p.m. Call 226-778-0539 to register.

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.

Weekly fun slated for Corunna Legion The Royal Canadian Legion Corunna Branch 447 has four weekly fun events open to everyone. On Fridays at 1 p.m., it's time for fun bridge. Don't know how to play? Come on out and learn from those who do. And every Saturday at 4 p.m., a meat draw is held. Join the fun, enjoy a beverage and camaraderie, and may-be even take home dinner. Cribbage will resume in September.

Catch the Ace at Corunna Legion

The Catch the Ace lottery is now finished for the season at the Royal Canadian Legion Corunna Branch 447, 350 Albert Street. Betty Hunter drew the ace of spades on May 22, winning \$4,250.60. *Catch The Ace* will resume on Thursday, Oct. 17. More information will be available in the near future.

EO fitness classes in Corunna

The LEO Forever Fit class for seniors 55 and over, held at Thompson Gardens/Cruickshank Centre, will resume on Wednesday, Sept. 4.

Canada's Waterscapes exhibition at Lambton Heritage Museum

From the Canadian Museum of Nature in Ottawa comes a stunningly beautiful exhibit, Canada's Wa-

AROUND THE TOWNSHIP

Boosting Balance and Bone Health program at Cruickshank Centre

Gram at Cruicksnank Centre The Rapids Family Health Team will present the Boosting Balance and Bone Health program Tues-days for first time participants only from Sept. 3 through Oct. 1, 9:30 a.m. to 11:30 a.m. The five-week program, run by a registered occupational therapist, will be held at the Cruickshank Centre at Thompson Gardens in the gym on the lower level. It is designed to gradually improve balance and strength to avoid falls and maintain independence as well as educate individuals on keeping bones as well as educate individuals on keeping bones healthy. To register or for more information, call 519-339-8949. Spots are limited.

Corunna Legion to host golf tourney

The Royal Canadian Legion Corunna Branch 447 will host the annual Branch 447 Memorial Mixed Scramble Golf Tournament on Sunday, Sept. 8 at the St. Clair Parkway Golf Course in Mooretown. Tee off is at 1 p.m. with nine holes to be played and a moal to be screwed at the logical ball at the ree off is at 1 p.m. with nine holes to be played and a meal to be served at the Legion hall at the conclusion of the tournament. "Nine and Dine" tickets are \$40 per person with the golf cart includ-ed, a golf only ticket will be \$30 with the cart in-cluded, and the meal only will cost \$10. A dress code will be in effect. Sign up at the Legion by Sept. 1 at 519-862-1240 or register at the golf course on Sept. 8 from 12:15 p.m. to 12:45 p.m. **Everyone is welcome.**

Distress line volunteer info

Family Counselling, a United Way funded organi-zation, is seeking volunteers to staff the Distress Line. Volunteers are also needed to ensure seniors continue to receive daily check-in calls through the



Tel-Check program. An information session will be held on Monday, Sept. 9 or Sept. 16 at 6:30 p.m. To register for one of these sessions, please con-tact Donna at the Family Counselling Centre, 519-336-0120, ext. 251.

Alzheimer's fundraiser bids farewell to summer

The Alzheimer's Society of Sarnia-Lambton will host a major fundraiser on Saturday, Sept. 14 with doors open at 5:30 p.m. at the Holiday Inn in Sarnia. It's Five O'Clock Somewhere will bid farewell to summer with a laid-back Jimmy Buffet-feel evening, featuring Caribbean-themed appetizers and food, music by Jimmy Buffet tribute band Tom Watt and the Fruitcakes, and a draw for a trip for two to Key West, Florida. Tickets are \$125 per per-son and are available online at <u>assl5oclocksome-where.eventbrite.com</u> or at the Alzheimer's office at 420 East Street N. in Sarnia. For more information, call the Alzheimer's Society Sarnia office at 519-332-4444.

Moore Museum Downriver Craft and Gift Sale

The popular Moore Museum Downriver Craft and Gift Sale is happening on Sunday, Sept. 15 from 10 a.m. to 4 p.m. Find handcrafted and unique items just right for gift-giving or for just treating your-self. About 100 vendors will be on hand and food will be available for purchase. The Moore Museum is located at the intersection of Moore Line and Emily Street in Mooretown.

Optimist Club to celebrate

100 years of Optimism To celebrate the 100 year anniver-sary of Optimism, the Optimist Club of Moore will host a free community bar-becue on Saturday, Sept. 21 from 11 a.m. to 2 p.m. at the Courtright Com-munity Hall (Silverdome). The event will feature games, food, and lots of



family fun. Addiction and Mental Health Awareness

event planned Bluewater Health will host the second Addiction and Mental Health Awareness open house on Satur-day, Sept. 21 from 11 a.m. to 2 p.m. at the Unifor Hall, 900 Devine Street (corner of Devine and Indi-Hall, 900 Devine Street (corner of Devine and Indi-an Road). About 25 agencies will be on hand to provide information on a wide variety of related topics. The current crisis regarding fentanyl and carfentanil is just one of the important education-al focuses of this open house. The public is urged to attend, whether they are directly affected by these serious issues or they just wish to educate themselves. More information is available by fol-lowing Bluewater Health on Facebook. lowing Bluewater Health on Facebook, Instagram, LinkedIn or Twitter.

Jam sessions back at Corunna Legion in October

The Royal Canadian Legion Branch 447 will host an Open Jam Session on the last Saturday of each month from October, 2019 through May, 2020. The October 26 session will start off with a Halloween Costume Contest, with first, second, and third prizes awarded for the best costumes. There will be no cover charge and food will be available. The hall is wheelchair accessible and everyone is wel-