



The St. Clair Township BEACON



Issue 6

Volume 13

June 2020



THANK YOU FRONT LINE WORKERS
We appreciate all you do for us



To jump or not to jump; that is the question.

Drama on the parkway

A cold, drizzly day in May found two families of Canada geese waddling along the St. Clair River Trail north of Courtright. While the moms and dads did their best to keep the kids out of harm's way, motorists passed by struggling to see the road through the lashing rain - a dangerous situation for the babies.

After some guidance from a passing pedestrian, the adults found a suitable place to give their babies a diving lesson off the top of the river bank. It was a task the chicks seemed to enjoy as they plopped one-by-one into the water and paddled merrily away.

Bonnie Stevenson photos



Adult geese guide their babies away from the road.



Safe at last, a family swims away unharmed.

Beacon now online

The St. Clair Township Beacon is published monthly online at the township website, www.stclairtownship.ca - on the home page, top right information bar, click on **The Beacon**.



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MUNICIPAL NOTES

Tax penalty due to financial hardship reversed for April : now being decided on individual case basis

At the May 19 meeting of St. Clair Township Council, a report recommending the reversal of the May 1, 2020 penalty/interest calculation was approved. The calculation would have levied a penalty on ratepayers who failed to pay their second tax installment by the April 29 due date.

This decision was made in consideration of the current COVID-19 pandemic mitigation measures which have caused some business closures, employee lay-offs, or child care issues that have resulted in a loss of income.

Due to these unprecedented measures, the report recommended that the tax penalty attendant to a non-payment of the tax bill be waived *on a case by case basis*. Ratepayers who have incurred financial hardship can submit a letter or e-mail explaining their individual situations to St. Clair Township Treasurer Charles Quenneville. Each submission will be reviewed to determine if the ratepayer meets the financial hardship condition before a reversal of the May 1, 2020 penalty/interest calculation is approved.

Council also approved a recommendation that an NSF fee of \$25 not be charged for NSF cheques or pre-authorization payments (taxes and water) that could not be obtained.

During this period, the conditions of this waiver will be advertised online at the township website and in local newspapers including the Sarnia Observer and Walpole Courier.

To submit an explanation regarding failure to pay the tax bill (due date April 29) please e-mail taxes@twp.stclair.on.ca OR submit a letter of explanation by using the drop box (beside the front entrance door) at the St. Clair Township Civic Centre, 1155 Emily St., Mooretown.

Mayor praises resident cooperation/front line worker efforts during COVID-19 emergency

Mayor Arnold praised the people of St. Clair Township for their continued cooperation and front line workers for their efforts to keep the community supplied with food and other materials necessary for daily life.

He restated the need to continue social/physical distancing and other measures that have been so effective in limiting the spread of the virus.

Lambton County Emergency Control Group discusses increased testing

Since the COVID-19 virus reached the pandemic stage, the need for adequate testing has proven to be a problem for medical and government officials who are trying to control its spread.

Lambton County's Emergency Control Group, comprised of representatives from all county municipalities, recently discussed the expected increase in demand for testing. An increase in testing inquiries has already been noticed by Lambton Public Health as testing becomes available to everyone who requests it.

Council Meeting Schedule

All regular in-person public council meetings will be held as virtual, online meetings until the COVID-19 threat has subsided enough to allow public gatherings. Virtual meetings are being held to protect all participants as legislated by the provincial government. However, the public may view the meetings on the township Facebook page.

Upcoming meetings are slated for Monday, June 1 at 3 p.m. and Monday, June 15 at 6 p.m.

Although the municipal office is closed to the public, a reduced staff will be there during business hours through the work week. Anyone wishing to contact the municipality can call 519-867-2021 for further information.

ST. CLAIR TOWNSHIP 2020 FINAL PROPERTY TAX DUE DATES

The Final tax due dates are
Thursday July 30th and Tuesday September 29th, 2020
Bills will be mailed beginning of July

The final instalment for the Interim bill was April 29th.

****Please note: The office is closed to the public until further notice. To help ratepayers during his time of uncertainty, we are offering credit card payments over the phone. This is only during this pandemic. ****

The following methods of Tax Payments may be utilized:

- Automatic Bank Machines
- Telephone & Internet Payments through your bank
- Post dated cheques
- Mail to, or
- Drop Box at 1155 Emily St. Mooretown Ontario N0N 1M0

Pre-authorized payment plans are also available and encouraged; please visit our website at <http://stclaiertownship.ca/>

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

Plans are being put in place to increase testing capacity at assessment centres to ensure the safety and wellbeing of everyone who attends the sites.

Up-to-date information regarding COVID-19, including current statistics, is available on the Lambton Public Health website and the Province of Ontario website.

Facility closures and a list of financial supports and resources are listed on the Lambton County website.

Shop Lambton aids local businesses

A new business initiative has been developed to help Lambton County/Sarnia businesses survive during the COVID-19 pandemic restrictions. It is a joint effort of COVID-19 Business and Economic Task Force and the County of Lambton.

Shop Lambton is a free resource designed to help local businesses connect with consumers during the current pandemic restrictions. It features an interactive database of local stores and restaurants, their contact information, hours of operation, and how they are providing their goods and services within the rapidly changing economic landscape. A *Shop Lambton* map will be available to show consumers where to find the goods and services they need. The map will be updated twice weekly to include more businesses as they join this initiative.

For more information and a business registration form is available online at:

www.sarnialambton.on.ca/shop-sarnia-lambton-map

Attention shoppers!

The Shop Lambton map can be found online at shoplambton.com.

Libraries now offer curbside pickup

Selected branches of the Lambton County Library, including **Corunna and Sombra**, are now offering curbside pickup of library materials following the recent easing of some provincial restrictions. This step will mark the gradual reactivation of services at cultural facilities. To access this service, library card holders can view materials by using the library's catalogue at lclibrary.ca. By calling a library offering curbside pickup, the card holder can reserve a particular title. The card holder will receive a phone call when the material is ready for pickup. Patrons will be instructed to park in spaces that are designated with signage for curbside pickup. All materials can be returned to a drop box at any Lambton County Library location. Returned materials will be quarantined for 72 hours after drop boxes are emptied and before they are marked returned. Materials may still appear on your account for up to 10 days and late fees will not accrue.

For questions about cultural services or assistance accessing online services, please call 519-845-3324, ext. 5266 or email: librarytechhelp@county-lambton.on.ca

Spring means it's time to beware of ticks and mosquitoes, and test well-water - LPH

Lambton Public Health (LPH) has issued its annual bulletin urging residents to be aware of the seasonal hazards presented by outdoor activity.

Insect repellent is recommended for outdoor activities of any sort to help prevent tick and mosquito bites. Long sleeved shirts and pants are recommended when appropriate e.g. hiking through long grass or swampy areas. Visual checks are also wise as ticks can be present without initially causing pain or discomfort.

Anyone who finds a tick while checking should safely remove the bug and submit a photo of it to eTick.ca for identification. The site provides public information and a map showing the types of ticks and where they are found in Canada. The disease carrier is known as a blacklegged (deer) tick. It is a tiny eight-legged bug about the size of a sesame seed or smaller (not to be confused with the larger dog tick). It is black with a reddish back end. To remove it, wear gloves if possible and use tweezers to grasp the head of the tick as close to your skin's surface as possible, then pull up at a 90 degree angle being careful not to twist or jerk the

tweezers during the removal. These sudden moves can detach the bug's head. Clean the bite site as soon as the tick is removed. DO NOT smother it with oily substance, burn it, or squeeze the tick. Any damage to the tick may increase your chance of infection. LPH notes the tick must be attached to its host for at least 24 to transmit the disease, and not all ticks carry the disease.

Early signs of Lyme disease include a bulls-eye rash, fever, child, fatigue, headache and swollen lymph nodes. If left untreated, it can affect any organ of the body. Since the majority of these symptoms can be attributed to West Nile virus and other diseases as well, it is best to contact your physician to acquire a proper diagnosis.

Learn more about Lyme disease online at ontario.ca/page/Lyme-disease and West Nile at ontario.ca/page/west-nile-virus.

Test Well Water

Learn more about testing options online at: Lambtonpublichealth.ca/2019-novel-coronavirus/service-changes. See page 16.

How to safely use and remove a face mask

The use of face masks has been debated since the coronavirus first appeared and opinions varied greatly. There is now evidence that even homemade masks and face coverings hold some benefit for those who use them, especially adults who are 60+. As the virus is investigated more thoroughly, clinical studies have confirmed the coronavirus is extremely contagious; it is much more virulent than the common cold or flu with which we are familiar. *Note: Documented testing done by accredited medical researchers has proven COVID-19-carrying droplets expelled by an infected person during normal conversation can remain in the air for up to eight minutes as an aerosol and travel up to 20 feet (over 6 metres) when indoors. Masks are useful when social distancing cannot be observed, but viral material can remain on a mask and become a hazard if the mask is not handled carefully.*

Before putting on your mask:

⇒ Wash your hands thoroughly with soap and water or hand sanitizer.

⇒ Know how to correctly put on your mask (does it have ear loops, ties, or bands?) before you touch or begin to apply it, and make sure it covers nose, mouth, and chin if possible, as snugly to your face as possible.

Once your mask is in place and securely affixed to your face, do NOT touch it again until you want to remove it. *Touching the mask while it is in use may transfer viral matter*

from the mask onto your hands, which you may then inadvertently spread to your face, the items you are carrying, and anything you touch. This is one way the virus spreads.

To remove a face mask

⇒ **Face Mask with Ear loops:** Hold both of the ear loops and gently lift the loops off ears and away from your face to remove the mask. Handle only by the ear loops.

⇒ **Face Mask with Ties:** Untie the bottom bow first then untie the top bow and, holding the ends of the ties, push the mask away from your face. Handle only by the ties.

⇒ **Face Mask with Bands:** Lift the bottom strap over your head first then pull the top strap over your head and push the mask away from your face. Handle only by the bands.

⇒ **If you have a paper mask,** throw it away immediately. Do not touch the mask in any way after removal.

⇒ **If using a cloth mask,** place it immediately in a plastic bag without touching the exterior of the mask itself. Wash it with soap and hot water, and dry it thoroughly before using it again.

⇒ Immediately clean your hands thoroughly with soap and water or hand sanitizer in case you have inadvertently come into contact with viral matter while removing your mask.

~with files from www.canada.ca, World Health Organization, Centers for Disease Control and Prevention



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 8 of 2018 of 2020 requires at least 48 hours notice in advance of scheduling appointments with the Public Works Department, to avoid service fees.

During COVID-19 Public Works will be responding to emergency calls only.

Waste collection - bag and tie waste

Please remember to bag and tie all waste (garbage) to secure litter, especially napkins, paper towels, and tissues. *Napkins, paper towels and tissues are NOT recyclable.*

COVID-19 measures in effect

The St. Clair Township Works Department will be observing COVID-19 guidelines regarding social distancing for the well-being of employees and the public.

Residents will still be able to call for assistance or information. Director of Public Works Brian Black says, "Public Works staff will be suspending work that requires entry into a premise and will only enter a residence to deal with a water/sanitary related emergency."

Please be patient during this emergency. The health and safety of the community will be the priority for all St. Clair Township staff.

Bridge closures

Please be advised that the Holt Line bridge over the Sydenham River and the Pretty Road bridge over Black Creek will be closed until rehabilitation can commence in 2020. Please find alternate routes.

St. Clair River Trail now open

The St. Clair River Trail is now open for the season. While using the trail, please be courteous and be sure to practice social distancing of two metres.

**Sandbags and sand available,
see page 7**



UPDATE to 2020 spring yard waste and brush collection

All Spring Yard Waste Collection (April 20 - June 18, 2020) and Brush Collection (June 1, 4, 22, and 25) for St. Clair Township has been cancelled due to COVID-19.

Yard waste can still be placed with regular waste collection but is subject to the 6-item limit and will be directed to the landfill, not the Sarnia compost site.

Yard waste can continue to be placed in clearly marked containers or compostable bags, but it is not necessary at this time, as yard waste will be directed to the landfill.

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.
May 2020 - Fall 2020

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 at 519-867-2993.

Hydrant flushing

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. to 4:30 p.m.
May 2020 - Fall 2020

For current areas affected, refer to:
stclairtownship.ca

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 disappears.

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



Public Works Department

Sanitary Backup Prevention

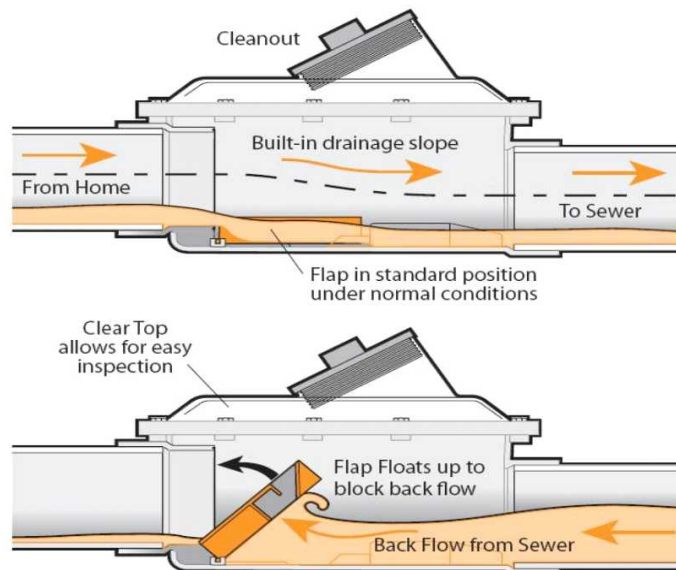
Do you have a backwater valve? A backwater valve, if properly installed and maintained, can prevent sewage from backing up into your home during a blockage or surcharge. It is recommended you follow the backwater valve manufacturer's guidelines and recommendations for maintenance.

Regular maintenance is required to ensure it operates as required during a sanitary backup.

1. Remove cleanout cap on top of the valve and do a visual inspection.
2. Ensure O-ring is in good condition on the cap.
3. Use a flashlight to properly see inside the valve body.
4. Inspect for debris build-up on body, gate (flap) and beneath the gate (flap).
5. If debris build-up is found, flush clean.
6. Inspect the O-ring for deterioration and replace if necessary.
7. Ensure the gate (flap) moves freely up and down.
8. If the backwater valve is a model with floats, check condition of floats and replace as necessary.
9. Reinstall cleanout cap.

The clear top allows for easy inspection to determine if the gate (flap) is open or closed.

Keep in mind, when the backwater valve is closed you **can't** use your plumbing as you normally would. Avoid showering, flushing the toilet, using the washing machine or dishwasher until conditions return to normal and the backwater valve gate is open.



If you have further questions, contact a licensed plumber.



Public Works Department



Chief Administrative Officer -----(519) 867-2021
Administration/Clerks Dept.----- (519) 867-2021
Finance & Treasury Dept. ----- (519) 867-2024
Water Dept. ----- (519) 867-2128
Engineering Dept. ----- (519) 867-2125
Public Works Dept. ----- (519) 867-2993
Fire Dept. - Admin. ----- (519) 481-0111

January 1, 2020

Dear Homeowner/ Business Owner / Tenant,

Re: Sanitary Fixed Fee

St. Clair Township has introduced a fixed sanitary fee that now appears on your water/sanitary bill. The new sanitary fee is being introduced to help the municipality pay for costs related to sanitary infrastructure required to improve the operational effectiveness of the Township's sanitary system and to meet provincial regulations. The existing sanitary charges on your bill will continue to pay for the operation & maintenance of the sanitary system within the Township.

You will notice a new line item on your bill containing the Sanitary Fixed Fee information. An average residential customer with a half inch water service will see; "Sanitary Fixed Fee Res Qtly < 1 inch" including the additional sanitary charge. The fee is based on your service size and rate class. For example, residential customers with a ½" to ¾" diameter service will receive a monthly sanitary fee of \$1.50 in 2020. The sanitary fee will be adjusted over the next 3 years until infrastructure costs are being financially balanced.

St. Clair Township will continue to ensure that its Municipal customers receive safe, reliable and effective service related to each of its systems and infrastructure.

Please contact us at 519-867-2128 for more information or to further discuss the new fee.

Sincerely,

A handwritten signature in blue ink, appearing to read "Brian Black".

Brian Black
Director, Public Works
St. Clair Township

St. Clair Civic Centre, 1155 Emily Street, Mooretown, Ontario N0N 1M0



Sandbags and sand available

St. Clair Township Council has approved emergency relief, free of charge, to residents of the township that are affected by the current flooding / high lake levels.

Sandbags and sand will be provided as follows:

A pile of bulk sand is located in the gravel parking lot at the south end of Brander Park, 4555 St. Clair Parkway.

Please access the site from the driveway off Brander Park Road.

Empty sandbags will be available at this same site (next to sand pile) and will be stored inside a small storage bin. Residents may take up to a maximum of 500 per residential property and 1500 per commercial/industrial property.

Residents must fill and transport their own bags. Please bring a shovel.

Due to the Covid-19 pandemic, this site will not be staffed.

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



Township workers get the job done

Front line workers from the St. Clair Township Public Works department were out on a rainy May afternoon preparing a construction site along the St. Clair Parkway. The site was one of several chosen for the installation of a drainage culvert under the road. Workers included, from left: truck driver Wayne Bradburn; Vic O'Leary; and Alvin Vandommelen.

Bonnie Stevenson photo



PUBLIC NOTICE

XPLORNET - Proposed 45m Lattice Tower Site

Xplornet Communications has proposed a 45m tall steel lattice tower and related radio equipment at Wilkesport Community Centre at 1622 Baby Road, Wilkesport, ON. The tower and equipment cabinet is proposed in the northwest corner of the property that will be enclosed within a fenced 10m x 10m compound to prevent public access and gated access off Baby Road. The proposed site will provide wireless internet services to clients in the community.

ANY PERSON may make a written submission or request additional information to the individuals listed below by closing date of Friday, June 5, 2020.

PLEASE TAKE NOTICE the approval of this site and its design is under the exclusive jurisdiction of the Government of Canada through Innovation, Science and Economic Development Canada (ISED). For more information on the federal process pertaining to these installations please contact the local ISED office at: ic.spectrumswodo-spectrebdsoo.ic@canada.ca

Site ID: WILKESPORT

Coordinates: 42.73216, -82.36465

FORBES BROS. LTD.:

Jay Lewis

Suite 130, 482 South Service Rd E
Oakville, Ontario, L6J 2X6

Tel: (905) 928-9481

Fax: (888) 622-4939

Email: jlewis@forbesbrosLtd.ca

TOWNSHIP OF ST. CLAIR

Caroline DeSchutter – Acting Coordinator
of Planning

1155 Emily St.

Mooretown, ON N0N 1M0

Tel: (519) 867-2021

Fax: (519) 867-5509

Email: cdeschutter@stclairtownship.ca

SITE LOCATION MAP



BARBECUE SAFETY A MUST FOR EVERY GRILLMASTER

Before you step out onto your back patio, balcony, or cottage deck to begin barbecuing, here are a few safety tips to help keep you and your family safe.

1. Barbeque grill must only be used outdoors only. Using grills indoors or in enclosed spaces is not only a fire hazard, but it exposes occupants to toxic gasses.
2. Never leave a lit grill unattended. Unattended cooking is the number one cause of fires in Ontario.
3. Always position the grill well away from combustible objects; buildings, fences, deck railings and landscaping can easily and quickly ignite.

4. Get your grill cleaned and serviced. Check all propane tanks and lines for leaks and damage.
5. Keep children and pets at least one metre (three feet) from a hot barbecue.
6. Periodically remove grease build-up in catch trays to prevent them from igniting.
7. Never fight a grease fire with water - it will only cause the flames to flare up. Keep loose clothing away from a hot barbecue; roll up your sleeves or cook in a short-sleeved shirt. If your clothing catches fire, quickly **Stop, Drop and Roll**.

~Andrew McMillan, St. Clair Township Deputy Fire Chief

SCRCA announces virtual field trips for students

Those who crave a hike through the beauty of a natural environment can now enjoy a series of outdoor hikes from the comfort and safety of their own home.

The education team of the St. Clair Region Conservation Authority (SCRCA) has launched a series of virtual field trips through the Lorne C. Henderson Conservation Area. "We really miss having students visit us at the Education Centre and exploring our natural environment," said Sharon Nethercott, SCRCA Conservation Education Coordinator. "We thought this would be the next best thing - bringing the natural world to them."

Safety measures aimed at mitigating the COVID-19 outbreak have temporarily interrupted the SCRCA field trips usually conducted for St. Clair region students. For teachers who are using online teaching platforms to keep students on track with their studies, these virtual hikes will serve as a valuable science curriculum component. "We hope teachers find our virtual field trips useful in conveying science-based concepts," said Melissa Levi, Conservation Education/Community Partnerships technician. She added some of the trips have been translated into French to reach French-language schools.

The virtual field trips, which cover a range of grade-specific topics including biodiversity and wetland ecosystems, are offered free-of-charge. Ms. Levi says more field trips are being added to accommodate additional grade levels.

In 2019, over 12,000 students participated in conservation education programming offered by the SCRCA.

The SCRCA has become an important certification provider for the Specialist High Skills Major (SHSM) program. This is an Ontario-wide program offered to high school students to provide them the opportunity to focus on skills related to a specific career path.

For more information about SCRCA programs and virtual field trips, contact Sharon Nethercott at snethercott@scrca.on.ca or Melissa Levi at mlevi@scrca.on.ca or call 519-882-2399 or visit the SCRCA webpage at www.scrca.on.ca



Sharon Nethercott takes a group of students to the pond at Lorne C. Henderson Conservation Area. Submitted photo

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: www.petroliacadets.com



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.

Children's Aid Society launches Kids Matter campaign

The Sarnia-Lambton Children's Aid Society has launched the Kids Matter campaign. Its purpose is to ensure there are enough homes "so all children and young people can remain in their communities and with families. The campaign goal is to find 20 new foster homes in 2020 - 10 for teens and 10 for tots. The CAS will welcome people and homes that represent the diversity of their communities all around Lambton County and Sarnia and the children/young people served by the Sarnia-Lambton Children's Aid Society.

Anyone interested in providing a foster home for children and young people can contact the CAS at 519-

336-0623. For more information about the Kids Matter campaign, please contact Executive Director Dawn Flegel at 519-336-0623, ext. 255, or text 519-384-3984, or email dflegel@slcas.on.ca



SARNIA-LAMBTON
CHILDREN'S AID SOCIETY

HERITAGE CORNER

Sunny June day just right for picnics and holiday fun

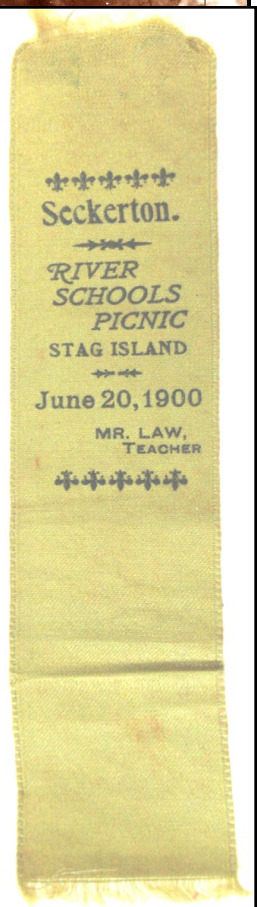


A warm June day in the late 19th and 20th centuries provided the perfect setting for students and staff to celebrate the end of the school year and the beginning of summer holidays. School sections near the St. Clair River in the former Moore Township celebrated these occasions with a picnic on Stag Island.

The Moore Museum collection includes several ribbons that served as souvenirs of these events. An example of one of these ribbons, shown right, is from the 1900 Seckerton School picnic (School Section #12, Moore, a.k.a. Booth's School, which was located on the southwest corner of Moore Line and Ladysmith Road).

Sunday School picnics were also popular and very well attended, as evidenced by the above photo of the Sixth Line Methodist Church Sunday School picnic from 1893. (The church was located in Seckerton, one sideroad east of the school.)

~Photos and information from the Moore Museum Collection



Notice Bear Creek Cemetery Company

Bear Creek Cemetery has submitted by-laws to the Registrar of the Funeral, Burial, and Cremation Services Act, 2002. Any interested parties may contact Russell Marsh at 519-331-1798 for information or to make copies. By-laws or amendments may be reviewed or copied at 3393 Telfer Road, Mooretown, Ontario.

These by-laws are subject to the approval of the Registrar, Funeral, Burial, and Cremation Services Act, 2002. Contact can be made by telephone to: Bereavement Authority of Ontario, 647-483-2645 or 1-844-493-6356.

MORE HERITAGE CORNER

WANTED

PORT LAMBTON

FAMILY

VISITORS

CHURCHES

SCHOOLS

MILITARY

SPORTS

BUILDINGS

NATURE

• **PHOTOS**• **DOCUMENTS**• **STORIES**• **MEMORIES**• **HISTORICAL
INFORMATION**• **HISTORICAL
ITEMS**

ORGANIZATIONS

TRANSPORTATION

AGRICULTURE

BUSINESSES

NATURE

SCOUTING
GUIDINGSOCIAL
ACTIVITIES

Photos wanted

The Port Lambton 200th Committee is seeking photographs and information that will help illuminate the area's heritage. To donate, please email the Port Lambton 200th Anniversary Historical Committee at portlambtonhistory@gmail.com or contact Kailyn at the Sombra Museum, sombramuseum@hotmail.com

Two dedicated volunteers retire

Two dedicated Sombra Museum volunteers recently retired after devoting many years of service to the preservation of their community's heritage. Museum Curator Kailyn Shepley offers this note of thanks to these long-time friends of the museum.

"It is with sadness, but also with much gratitude, that we announce the retirement, effective January 2020, of long-serving members Catherine Bouman and Murray McAllister. We thank them for their many years of dedicated service as members of the Sombra Museum Board.

Both have been dedicated museum volunteers for well over a decade. They were involved with many projects, including the construction of the Sombra Museum Cultural Centre in 2011. Catherine dedicated hundreds of hours to the archives, organizing, researching, compiling citizen files, and much more. She also spent time working on the gardens and in the Bury House. Murray was a dedicated volunteer in collection storage.

A brick will be installed along the St. Clair River Trail in Sombra in honour of each of them.

*Thank you Catherine and Murray!
Your service has been invaluable.
We will miss you both and we wish you all the best!*

Farewell to a good friend - Charlie Grant

It is with a heavy heart that we say goodbye to another member of the Sombra Museum family. Former board member and volunteer Charlie Grant, who has been with the museum for several decades, passed away in February. A commemorative brick will be installed in his memory along the St. Clair River Trail in Sombra.



~Kailyn Shepley, curator

St. Clair River
TRAIL
actively connecting communities

The St. Clair River Trail Facebook page and website has added a new promotional video to its photo archive. The natural beauty of the trail comes alive on the screen.

And while you're looking at the video and submitted photographs, why not send us some of the shots you've taken while enjoying the trail?

Like the St. Clair River Trail on Facebook and message us your pictures.

**Check out Trail
Facebook page, video,
&
website**

Express Yourself

The Good Neighbour
COVID-19 project

Pandemic comes to Courtright - 1918

Dave Pattenden, president of Heritage St. Clair, has sent in a short passage from his grandmother's recollection of WWI, the Spanish flu, and life and times in Courtright, where she grew up. (She moved to St. Thomas after marriage.)

"The war finally ended in 1918, much to everyone's joy. The flu epidemic was the next disaster which struck, killing many people world wide. I remember being in bed for a week, full of aches and pains and during the week, there were three deaths in our small village, Courtright. Fortunately we had no deaths from it in our family."

Mr. Pattenden says Heritage St. Clair continues its work on the Hamlet Road-Side Sign project. It reminds present-day township residents and visitors that there were once many tiny communities dotting the landscape in the former Sombra and Moore Townships. The committee is also working on more interpretive story boards outlining some of the people, places and events that helped to shape today's St. Clair Township. Some are ready to install and dedicate when the coronavirus threat has subsided. And it has other projects in mind for future consideration because heritage preservation shows us who and what made our communities what they are today.

"It's hard to say where society is going because of this COVID-19 pandemic, so I can offer no plans yet," said Mr. Pattenden. "All I can say is keep local heritage in your mind and feel free to propose other potential storyboards or such that will enhance our township." He says the committee is grateful to the County of Lambton for its support for this project. "They have allowed us to carry the fund through to 2021."

EDITOR'S COMMENTARY

By Bonnie Stevenson

The poet Robert Burns wisely wrote in his poem, "To A Mouse" that "The best-laid schemes o' mice an' men gang aft agley" (translation for the Celtic-ly challenged, "the best laid plans of mice and men often go awry").

The novel coronavirus has put the boots to millions of "best-laid plans" this year as it leaves its calling card of misery around the world.

However, the best minds in the world are now working on a way to shine a light into the darkness COVID-19 has cast over us. Like us, they are facing the same darkness and seeking the same light, bringing many different methods and approaches to their task. Every day, researchers from a wide range of disciplines are working to take the mystery out of the coronavirus and the chinks in its seemingly invulnerable armour are being exposed. It is only a

matter of time before they develop the "weapon" that will put the boots to COVID-19.

As in eras past, when adversity challenges the way we cope with the world, humankind finds a way to adapt. We challenge the foe through innovative action and our actions may not be perfect, but they are enough to sustain us. And sometimes, they create a platform upon which we can stand to reach for something even better than we had.

We are fortunate to have the luxury of hope. Unlike the days when contagions regularly savaged our helpless populations, we can now use that hope as a source of strength. We can educate ourselves carefully so we know what protective measures will really help us avoid infection, and we will be able to identify the fabrications of trolls and pranksters and those who seek to make

Dear Frontline Workers,
Thank you for what you have done. I'm thankful that you are keeping us all safe. Thank you for putting yourself at risk for keeping everyone safe. Thank you for all the hard work you are all doing. I hope everyone has a good day.

From,
Damarcus

Mooretown-
Courtright
Public School
Gd.3/4

Dear Farmers
Thank you for producing food for us. The food will help us keep our bodies healthy. This will help us fight off the coronavirus. It will also help those who are sick to get stronger.

From,
Corbin

Mooretown-
Courtright
Public School
Gd.3/4

Above: These two letters of thanks to front line workers are from Ms. Molson's Grade 3/4 class at Mooretown-Courtright Public School.

The students are currently learning from home while isolation measures are in effect. Ms. Molson says they have learned about some aspects of the current situation, they know they are safe and that they can adapt to the new scenario with the help of caregivers and the community.

"In order to support their mental wellness, expressing gratitude can reduce stress and build empathy," she said. "My students have written thank-you letters for those who work to keep our community safe." A total of 12 short letters were written and the first 10 published in the May Beacon.

money through fraudulent treatments.

Be safe, take care, and remember there is hope. The whole world shares this fight.

EXPRESS YOURSELF HERE

While the coronavirus is still causing concern and considerable disruption in St. Clair Township, many children and adults have been filling their isolation time with creative projects they are proud of. Those who wish to share their creativity with the community can do so here in the pages of The Beacon's *Express Yourself* column.

Simply take a picture of your artwork or building project, or send a copy of your short story, poem, happiest memory, or whatever family-friendly subject is on your mind.

Send submissions to:
beacon@stclairtownship.ca

Express Yourself

*The Good Neighbour
COVID-19 project*

Sombra Museum seeks information to document COVID-19 era

Working in a museum, we tend to be concerned about documenting and preserving the past, but right now we are living through an event that is unlike any we have experienced in the last century, if ever before, so the focus is very much on the present. So often, when looking through the archives we get very excited to find the shortest photo caption, post card, note, or on rare occasions, a diary recording daily life.

Looking for local accounts of the 1919 Spanish Flu pandemic and finding very little from the local perspective, we realized that we need our St. Clair Township residents to help us record and preserve memories of the present time for future generations. What is going on day-to-day in Sombra, Wilkesport, Port Lambton, Mooretown, Lambton County, Canada, and elsewhere in the world?

Information we hope you will share includes:

- *Shopping conditions and how they changed over time
- *Adapting to working at home, and any challenges or creative solutions that were needed
- *Financial challenges
- *Feelings caused by the outbreak and thoughts about social distancing
- *Keeping children occupied during self-isolation
- *Keeping adults occupied during self-isolation
- *What new or newly rediscovered hobbies or crafts were taken up
- *Stories from workers on the front lines and staffing essential services

tial services

*Struggles of family members or friends infected with the virus

*Stories of everyday heroes, i.e. people helping neighbours during self-isolation or people accepting inconveniences for the greater good

*How daily life and routines have changed

*For those who lived through the Great Depression, World War II, etc., are there similarities to those experiences?

*How social media and technology is impacting life in social isolation (using technology for the first time, using it differently)

Photos, videos, drawings, anecdotes, a few jotted thoughts - we want all the family-friendly material you feel comfortable sharing (no explicit material)

Submissions can be sent by email to sombramuseum@hotmail.com with the subject line "COVID-19 History Snapshot".

Please share this request for community life memories with as many people as possible. We encourage everyone to document this time, if not to share publicly, then for yourself and your family to look back and reflect on in years to come.

Take care and be well.

~Kailyn Shepley, curator, Sombra Museum

Moore Optimists hold *Optimism and Hope Drawing Contest*

The Moore Optimist Club is inviting kids and their families to brighten up their communities with driveway/sidewalk chalk art.

From June 1 through July 1, the club invites families to draw pictures that will bring hope and smiles to their communities. When the pictures are finished, they can take pictures of their masterpieces and send the pictures to club4548@gmail.com before midnight on July 1. The picture should be sent with the following information: family name (e.g. the Smith family); children's ages; address and phone number so that if they win, they can be reached with the good news.

Club members will judge the entries and the winning family's name and drawing will be posted on the club Facebook page and here in The Beacon. The rest of the drawings will also be posted on the club website so everyone can enjoy the artwork.

PRIZES? YES! There will be prizes awarded for the first, second and third place entries: \$100 for first; \$50 for second; and a \$25 gift certificate to the Dollar Store for third.

This contest is being held to offer something positive and fun for the community to enjoy in place of the summer events the club has had to cancel due to COVID-19 restrictions. For more information, visit the Optimist Club of Moore website at <http://www.facebook.com/Club4548> or email: club4548@gmail.com.

Always something going on in St. Clair Township



Bonnie Stevenson photo

St. Clair Township has an over-abundance of water right now and a lot of people are taking advantage of it. **Left:** This avid fisherman braves the rough waters of the St. Clair River to catch the 'big one'. **Right:** This little man spent time making a beautiful big sign to show his appreciation for the volunteers who make deliveries during the self-isolation period.



Tracy Kingston photo

LAMBTON FARM SAFETY ASSOCIATION POSTER CONTEST

**Hand-Drawn posters with a Safety theme
Open to anyone 3-14 yrs old**

Posters will be displayed on our Facebook page and at various businesses in the County

Deadline for entries is Thursday July 2nd, 2020



Lambton Farm
Safety Association



LAMBTON MUTUAL
INSURANCE COMPANY



LFA
LAMBTON
FEDERATION OF
AGRICULTURE



All entries will receive a gift bag from Lambton Farm Safety

Participants FIRST NAME and AGE must be on the front of the poster

Last name, address and phone number must be on a separate page or message

Email your entries to LambtonFarmSafety@gmail.com

Or mail them to: Agnes Dickenson 2138 Churchill Line, Sarnia ON, N7T7H3

Plains Midstream continues support for SCRCA SWAP education program

Plains Midstream Canada recently donated \$5,000 to the St. Clair Region Conservation Authority (SCRCA) to provide support for its Spring Water Awareness Program (SWAP), enabling the education program to be offered free of charge to local schools earlier this year. This program promotes public safety and increases awareness among children about the hazards of icy spring floodwaters. This is the second year the company has supported this important program.

Accidents are preventable with education and increased awareness. During the spring period of freeze-thaw, river waters are cold, deep, and fast-flowing, streambanks are slippery, and ice is unstable. "Through the annual Spring Water Awareness Program, we visit classrooms to talk with children about the importance of avoiding potentially dangerous situations and we provide them with safety guidelines," explained Sharon Nethercott, SCRCA conservation education coordinator.

The program remains timely in light of the high water levels currently being experienced throughout the region. "We are very proud to continue supporting SCRCA's Spring Water Awareness Program. It's fantastic to see the positive impact the program offers by educating kids about water safety and safe enjoyment of our region's watercourses," said Ian Forster, community relations advisor at Plains Midstream Canada.

Spring water safety tips for children and families:

- ◆ Always tell an adult where you are going.
- ◆ Always have a friend with you. They can seek help if you get in trouble.
- ◆ Stay away from lakes, streams, ditches, and river banks - their waters can be deep, fast flowing, and very cold.
- ◆ Never play around dam structures or culverts - they can have strong water currents that can be hard to escape.
- ◆ If you have permission and are with a parent on or around water, wear a Personal Flotation Device - even adults need to wear one.



Above: During a Spring Water Awareness Program, (SWAP) students do dexterity and temperature tests before and after they briefly hold their hands in ice cold water, as they are doing in this photo. Sharon Nethercott, left, SCRCA conservation education coordinator, explains the negative effects of cold water on the body to help the students connect those effects with their ability to get out of an emergency situation should they fall into it.

Submitted photo

Patient connectivity now available to Bluewater Health patients

Friends and family members who wish to communicate with loved ones being treated for the coronavirus at Bluewater Health can call Patient Experience at 519-464-4436 or email:

patientexperience@bluewaterhealth.ca to schedule a 15 minute online virtual visit. Hospitalized loved ones can also request a virtual visit through the hospital's website:

<http://www.bluewaterhealth.ca/form/virtual-visit-request-form>

Other resources available during COVID-19 emergency

There will be no charge for visitor parking or for the bedside TV service. Personal Netflix or other streaming service accounts can be accessed through the hospital's guest wi-fi network.

-Information courtesy Bluewater Health media release

LPH services temporarily reduced

Lambton Public Health is responding to the COVID-19 emergency by redirecting and reallocating resources. Changes being implemented include:

- ⇒ Lambton Public Health main office at 160 Exmouth in Sarnia is restricted to the public by appointment only. Call-in options are available. The Petrolia and Forest sub-offices will be closed.
- ⇒ Suspended programs and services include: prenatal; Ask A Public Health Nurse: parent drop-in sessions; Early ON drop-in support; school screening for dental or vision; routine/school immunizations; all drop-in clinic visits.
- ⇒ Modified access to some programs or services:

Sexual Health Clinic available for urgent-needs call; Harm Reduction supplies-north entrance (door bell and monitored); Family Health Line-call (breastfeeding or infant feeding support, child growth and development, parenting concerns); Food Handler courses-online options or call; Water Sample Testing-call; Garden Fresh Box-call.

Call for an appointment or for more information at 519-383-8331 or toll free at 1-800-667-1839. Services are provided during standard business hours of 8:30 a.m. to 4:30 p.m. Monday to Friday. Please note wait times may vary due to a current high volume of calls.

Find The Beacon online

*No matter where you are,
you can read The Beacon.*

Back issues are also available online.

*Go to the St. Clair Township Website:
www.stclairtownship.ca and click on
The Beacon on the black bar (top right).*

COMMUNITY CONTACT

Note: These events, services, and activities will be dependent on the COVID-19 restrictions and precautions that are currently in effect.

St. Andrew's foodbank remains open

Although St. Andrew's Presbyterian Church is closed for worship services due to the COVID-19 emergency closure, the food bank at St. Andrew's Church on Colborne Street in Corunna is still in operation every Wednesday evening from 6 p.m. to 7 p.m. and every Thursday morning from 9 a.m. to noon. It operates in association with the Inn of the Good Shepherd in Sarnia.

The food bank offers a variety of food products to help people eat healthily, including milk, eggs, bread, and meat. The fresh food supplied at the food bank costs approximately \$75 per week to purchase. Anyone wishing to make a financial donation to the food bank can do so through Food Bank, C/O St. Andrews Presbyterian Church, 437 Colborne Drive, Corunna, Ontario, N0N 1G0.

Donations of non-perishable items are always welcome. These include not only food, but household supplies like laundry soap, household cleaners, and toilet tissue, and personal hygiene items like toothbrushes, soap and shampoo, deodorant, and shaving items. The need is especially great during the current virus emergency so please support your local food bank (Sacred Heart food bank in Port Lambton) if you can.

Free access to Ancestry Online

Lambton County Library cardholders now have free access to Ancestry Library Edition until May 31. Billions of historical documents are at your finger tips. This popular resource is perfect for those who wish to research their family histories. This online resource is typically only available on-site at library locations and at the Lambton County Archives. In addition to the Ancestry resource, library cardholders can access eBooks and movies to fill those self-isolated hours.

To access the Ancestry Online Library visit www.lclibrary.ca and log-on to your library account using the *My Account* button. Cardholders who do not have a PIN code can call 519-845-3324, ext. 5266 or email librarytechhelp@county-lambton.on.ca for help. And to access the Lambton County Museums online catalogue, visit www.lambtonmuseums.ca and follow the link to the Research Catalogue.

Businesses heard via online survey

The Sarnia Lambton Economic Partnership (SLEP) is asking businesses to fill out a second online survey that will help shape the way SLEP will advocate for local businesses during the post-COVID-19 economic recovery. An initial survey in March received 144 responses, with 77 per cent of respondents identifying that financial contributions from upper levels of governments would be beneficial. The survey is open to all Lambton County and Sarnia businesses including those who responded to the March survey. Survey can be accessed online at: www.surveymonkey.com/r/TTX2TLM

Brigden Fair advance prize list

The Brigden Fair advance prize list is now available at www.Brigdenfair.ca

Don't let the weather get you down. This is a great time to start putting together your entries for the

2020 Brigden Fair.

This year's theme is "Hats Off to Brigden Fair." Don't wait. Begin your prize-worthy entries today.

MAS Harvest of Gold 2020 raffle

The 2020 Harvest of Gold raffle tickets will be available for sale at all Brigden Fairground events. The cost will be \$5 per ticket or 3 for \$10.

Well water safety still a concern

Lambton Public Health (LPH) is encouraging residents with private water wells to test their water supply about three to four times per year, and also in the event of the well being flooded by excessive rainfall or high water levels. Harmful bacteria may enter the drinking water supply making it unsafe for consumption.

LPH Public Health Inspector Vicky MacTavish cautions, "Until you can test your well water (after flooding), use bottled water for daily use including drinking, making infant formula or juices, cooking, making ice, washing fruits and vegetables, and brushing teeth."

If your well is flooded, it should be disinfected and tested as soon as the water recedes and at one-week intervals for three weeks afterwards to ensure the water is safe for drinking. The test for bacteria (total coliform and E. coli) and water sample kits are free. Water samples must be dropped off within 24 hours of being taken. Local drop-off centres are at Lambton Public Health, 160 Exmouth Street, Point Edward, and at Bluewater Health CEE lab, 450 Blanche Street in Petrolia. (Please note there may have been changes to the way samples are received. For a full schedule of access times for these locations, as well as resources on how to take a water sample, visit LambtonPublicHealth.ca

During the COVID-19 pandemic, access restrictions are in place. Please call before visiting the office. Learn more about testing options at Lambtonpublichealth.ca/2019-novel-coronavirus/service-changes/

Volunteers needed for telephone support

Now more than ever, volunteers are being sought to provide check-in calls to seniors through the Tel-Check program. Volunteers are also needed to staff the Distress Line to ensure that when people reach out to this telephone help line, their call will be answered. For more information or to volunteer, call Donna at the Family Counselling Centre, 519-336-0120. This service is funded by the United Way of Sarnia-Lambton.

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 program can find these bags at the St.

MORE COMMUNITY CONTACT

From page 16

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 continue into the fall and they hope to continue it as long as there is a need for it.

The Optimist Club supports community youth - new members welcome

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 information, call Mary Lou at 519-862-3950.

Down River Junior Optimist Club new members ages 10-18

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.

Good listeners wanted - Family Counselling Centre

Good listeners are needed by the Family Counselling Centre to staff the Distress Line, speaking with individuals who need support and need to feel connected. Volunteers are also needed to staff the Tel-Check program line, placing daily calls to seniors and persons with disabilities who live alone and are feeling isolated. **To register or to find out more about this effort, call Donna at the Family Counselling Centre, 519-336-0120, ext. 251.**

Opening Doors mental health support

The West Lambton Community Health Centre offers Opening Doors, a healthy lifestyle program for individuals living with mental illness or seeking mental health support. During the COVID-19 emergency, call 519-344-3017, ext. 259 for more information or see page 9, Call For Help.

Brigden United Church activities/service

Brigden United Church holds regular Sunday services at 10:30 a.m. 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 August). 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, holds services every Sunday at 10 a.m. The congregation invites you to join in to praise God through song, prayer and hearing the Word taught by Pastor Wendy Beasley or one of the church's other speakers. For more information, call 519-542-4447 or visit the church website at www.stclairccc.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 Mercy Church rectory hall at the corner of Christina and London Road (entry off London Road) in Sarnia. **For more information about support options during the COVID-19 emergency, contact Rita at 519-867-2932 or see page 9, Call For Help.**

Local TOPS weight control group meetings

TOPS weight loss groups help members sensibly take off and keep off pounds. Three TOPS groups hold meetings in the St. Clair Township area and everyone (all ages) 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 at 6:30 p.m. For more information, call Wendy at 519-381-5584.

Farm Credit Corporation donates to Moore Agricultural Society



Representatives from the Farm Credit Corporation recently presented the Moore Agricultural Society (MAS) with a donation of \$13,500 through the corporation's FCC AgriSpirit Program. The funding will help with the Brigden Fair/MAS administration building roof project. FCC supports projects that make positive changes in the communities where they live and work. On hand for the presentation were, from left: Michelle Evanitski (MAS Homecraft President); Tilda Brouwer, FCC Relationship Management Associate-Wyoming office; Malcolm Rogers (MAS President); Ken Taylor (MAS Director); Ryan Clubb, FCC Relationship Manager-Wyoming office.

Submitted photo

Rapids Family Health Team

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 and all classes are open to the public - **no physician referral required**. You must register to participate. Please note space is limited.

For more information go to www.rapidsfhteam.ca or to register call 519-339-8949 and speak to reception.

Healthy Eating and YOU

A series of **four** sessions, each lasting two hours. The aim of the program is to help you make permanent life-style 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 beneficial
- ♦ Emotional eating strategies
- ♦ Sensible portions and portion control strategies
- ♦ Group discussions will help you learn from others experiences.

This four-week series is planned for Wednesdays, Sept. 16, 23, 30 & Oct. 7 from 9:30 a.m.-11:30 a.m.

FREE Cooking Classes: Love Your Heart - Eat Smart!

These classes focus on nutrition advice to reduce your risk of developing heart disease and stroke.

This three-week series will be held on Thursdays, Sept. 17, 24 & Oct. 1 from 9:30 a.m.-11:30 a.m.

FREE Cooking Classes: Dining with Diabetes

These classes are geared for anyone looking to prevent or manage their diabetes or support a loved one diagnosed with diabetes. We'll explore some delicious recipes to help manage your blood sugar.

This four-week series will be repeated twice through the year.

The next series is slated for Wednesdays Nov. 18, 25, Dec 2 & 9 from 10 a.m. to noon.

FREE Cooking Class: Eating Comfortably with IBS

IBS is pain and bloating in your stomach followed by diarrhea/constipation. If you are suffering from Irritable Bowel Syndrome (IBS), this is the class for you. Nutrition interventions have been proven to help manage symptoms. Join us as we cook up IBS-friendly recipes!

This class will be held on Thursday, June 18 from 9:30 a.m.-11:30 a.m. (COVID-19 restrictions may be in effect. Call 519-339-8949 for more information.)

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

~ ~ ~ ~ ~

LAB OPEN
Just a reminder that our lab
is open weekdays
for all residents
Monday to Friday -
7:30a.m. - 11:15 a.m.



Spring is here! And we have a wonderful opportunity to add some beauty to our community and celebrate Port Lambton's 200th anniversary!

To Order contact: Anne Hazzard
@ 519-784-1623 by phone or text
Please leave your full name and phone #
and the type and number of plants
Payment will be made to:
Degroots Nursery just prior to delivery



Sunbelievable Brown-eyed Girl Helianthus

Can be purchased in two ways:

- 5" pots to be added to your garden or patio planters - \$6.99 each
- 12" to 15" preplanted patio pots - includes one sunflower and 2 additional plants - \$25.00
- Plants will grow to 30" height and 40" width

• Plants will be delivered to a central Port Lambton location for timed pick-ups

• Delivery and pick up dates between June 11th and 13th

There are a limited number of plants available so get your orders in!

PORT LAMBTON
200
1820-2020

A perfect gift for anyone on your gift list or to add a charming accent to your own front porch

Let's brighten up our village with cheery sunflower sunshine!

PLEASE NOTE

This is not a fundraiser.

These flowers have been ordered for Port Lambton village and country area.

If there are extra flowers available, Anne will take names for a waiting list and call any people who live outside the distribution area.



S-L United Way continues to help community during coronavirus



The Sarnia-Lambton United Way continues to help non-profits in need of assistance during the COVID-19 emergency and is also accepting funding for the Emergency Community Support Fund (ECSF) which provides financial support to charities and other qualified non-profits that are adapting their frontline services to support vulnerable Canadians during the pandemic. The ECSF, announced by the Government of Canada, is administered in collaboration with the Canadian Red Cross, United Way Centraide Canada, and Community Foundations of Canada.

Lambton County charities and other qualified groups (including registered charities) are eligible to apply at www.theunitedway.on.ca. Eligible applicants must maintain a volunteer board of directors that meets on a regular basis, host an annual general meeting, have financial statements that have been audited by a licensed public accountant or, for those with annual revenues less than \$100,000, a financial review.



SCRCA begins phased-in camping season opening

The St. Clair Region Conservation Authority is now undertaking the phased-in opening of the 2020 camping season at its three regional campgrounds. The opening will incorporate a number of changes throughout the parks in response to the COVID-19 pandemic.

Swimming pools will remain closed for this season and visitors will be asked to use the washroom facilities in their trailers until further notice. Seasonal campers can begin staying overnight in all three areas on Friday, June 5 and an email will be sent out to provide additional details on opening procedures and a new fee schedule that accounts for changes to the camping season.

Overnight camping is cancelled through June 10 and all reservations made prior to and including June 10 will be automatically refunded.

During the COVID-19 pandemic, the SCRCA has encouraged visits to local conservation areas, but visitors are reminded that facilities including washrooms, play structures, and picnic areas are closed and social distancing will be required.

For more information, visit www.scrca.on.ca

SS&R events cancelled

Sombra Sports and Rec is sad to announce we have decided to cancel Sombra Days this summer do to the Covid-19 pandemic. The health and well being of our community members is our top priority.

We feel a large gathering of people is socially irresponsible at this point and it would be impossible to enforce proper physical distancing measures.

Our annual golf tournament has also been cancelled this year.

Please visit our Facebook page for continued updates.

We hope everyone has a great, safe summer and we are excited to see you next year.

~Sombra Sports and Rec Committee **S.S. & R.**



sombratownshipoptimistclub@gmail.com

[f SombraTownship OptimistClub](https://www.facebook.com/SombraTownshipOptimistClub)

[@SOptimists](https://twitter.com/SOptimists)

Saturday Sept. 12th, 2020

At beautiful BRANDER PARK Port Lambton, Ontario

8:00AM to 8:00PM



Car Show
16th Annual

\$10
per car

Pay at gate * Pay your boat * Bring receipt to Registration Desk * You're done!

STREET CLOSURES FREE * BRING THE FAMILY



REGISTER 9AM

PRACTICE 10AM

319-784-1112

SCARFAX RACE

PORT LAMBTON

To honor the 200th Anniversary of the founding of PORT LAMBTON we are striving for 200 cars. We have 200 dash plaques. There will be various displays and events celebrating this major milestone.

Live Ladies All Day by



8AM-4PM

FOOD TENT

PEAMEAL & CHEESE
HAMBURGERS/HOTDOGS
WALKING TACO
BAGGED CHIPS
COLD DRINKS
COFFEE IS FREE

4PM-CLOSE

FRY TRUCK



CARICATURE ARTIST

DOOR PRIZES
50/50 DRAW
PENNY TABLE



LICENCED TENT 11AM-8PM

VENDOR/CRAFT SALE AREA * CANDY BAR

POSTER DESIGNED TO PRINT LEGAL SIZE- 14 x 8 1/2

CANCELLED

Major support from
KELCOR LIMITED, SARNIA

AROUND THE TOWNSHIP

CHECK EVENT –PROGRAM STATUS

The current COVID-19 (coronavirus) threat has resulted in the cancellation or postponement of many June events. If the threat continues into July, cancellations and postponements may remain in effect until emergency measures are lifted by the provincial government.

Pickleball season DELAYED

The start of the 2019 Pickleball season will be delayed due to COVID-19 spread mitigation restrictions and the closure of the park. "The world's fastest growing sport" is usually played at Corunna Athletic Park courts from May to October. When the park reopens, free beginner lessons/instructions will be offered to anyone interested in learning to play. In the meantime, we encourage all St. Clair Township residents to continue to observe all COVID-19 safety precautions.

Black Creek Cemetery service cancelled

The Beacon is now online only until the COVID-19 emergency ends, but our readers are important to us so we want to hear from you.

While the emergency continues, The Beacon will be bringing you the news from your community as well as stories and community contributions in the new *Good Neighbour* feature,

EXPRESS YOURSELF.

See page 12 for information on how you can express yourself in the pages of The St. Clair Township Beacon.



"They helped every one his neighbour, and everyone said to his brother, "Be of good courage."
~Isaiah

The DEADLINE for Beacon submissions is the third Monday of each month by noon.

E-mail:

beacon@stclairtownship.ca

If you have a non-profit or charity event or activity coming up in St. Clair Township, or an event that will benefit the residents of the township, put your event in the spotlight free of charge here in The Beacon.

Please note: Photos submitted close to the deadline may be held until the following issue due to lack of space.

Due to the COVID-19 situation, the annual Memorial Service at Black Creek Cemetery has been cancelled. The board wishes to thank everyone for their support in the past and, hopefully, in the future. For now, we must concentrate on keeping everyone safe and healthy so that we can all meet again in the future. For more information, call Secretary/Treasurer Judy Grigg at 519-330-0292. Donations can be forwarded to Judy at 2744 McCallum Line, Wilkesport, Ont., N0P 2R0.

Celebrate the 45th anniversary of Moore Museum~

Free admission in June

In celebration of the Moore Museum's 45th anniversary, free regular admission will be offered on Sundays through the month of June. Come and explore the intriguing exhibits and historic buildings at no cost.

Vacation Bible School in Brigden

The Brigden United Church is planning its summer Vacation Bible School from July 6 to July 10.

St. Clair River Run cancelled

The 2020 St. Clair River Run has been cancelled due to the COVID-19 emergency.

Port Lambton Gala Days will celebrate village's 200th anniversary

(Celebration events will proceed depending on when provincial self-isolation/social distancing requirements are modified or lifted)

The theme of this year's 2020 Port Lambton Gala Days parade on Aug. 1 will celebrate Port Lambton's 200th anniversary. In an effort to reflect this spirit of celebration for the town's bicentennial, the Gala Days committee is seeking ideas and support that will help to make the parade one to be remembered through the generations. Anyone interested in making this happen can contact Jordan Lane at 519-312-7499 to register.

The grand prize for this year's Gala Days will be a 2020 Can-Am Maverick Trail, with all proceeds going towards the Port Lambton Athletic Association. Tickets can be purchased online at: <http://go.rallyup.com/plgaladays>

Gala Days Parade - general information

(Celebration events will proceed depending on when provincial self-isolation/social distancing requirements are modified or lifted)

The parade on Saturday, Aug. 1 at 11 a.m. will include floats, trucks, classic cars, farm equipment, walking entries and whatever else is entered. Entry is free so get creative and join the fun. (For safety reasons, no water balloons or water guns are allowed and candy cannot be thrown. Please distribute it by hand.)

16th annual

Sombra Optimist Car Show

(Celebration events will proceed depending on when provincial self-isolation/social distancing requirements are modified or lifted)

The much-anticipated 16th annual Sombra Optimist Car Show set for Brander Park has been rescheduled for Saturday, Sept. 12. See page 18 for more information.

PLEASE SEND ANY CANCELLATION OR POSTPONEMENT ITEMS FOR JULY BY MONDAY, JUNE 22