

Know someone that has always wanted to open up a café? Maybe an outfitting service or an Airbnb?
The Municipality of Neebing has just released a Request for Expressions of Interest for Tourism-based Business on our website. You can access the full release on our website at www.neebing.org/doing-business.html. As always, the public is welcome to any #economicdevelopment advisory committee meeting to learn more. **Next Committee Meeting: Monday, January 27. Committee meetings are the last Monday of each month at 5:00 at the municipal office.**

eBilling Now Available

Neebing is now offering property tax ebilling. If you would like to receive your property tax bill electronically, please visit www.neebing.org/property-taxes.html to register. You will require your roll number and PIN from your property tax bill (as shown in the image below). Each property owner has been assigned their own PIN number and can register separately to receive electronic bills.

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Fax: (507) 474-5332

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NEEBING, ON P7L 0B5

TAX BILL
2010 Final
Billing Date: Jul 16, 2010

Roll Number
58-01-000-000-0000-0000

Mortgage Ref:
Mortgage Company:

Civic Address:
123 COUNTRY RD

Legal Description:
PLAN 123 BLK A

Owner(s):
NEEBING MUNICIPALITY

PIN
↓
0204-4766

Sommerjhem Mural Coming to Journey's Middle Park

Neebing has retained the services of local artist, Pam Cain, to design and install a new mural on the "sea can" storage shed recently installed at "Journey's Middle Park" (at the Municipal Office). The plan is to have a partially-interactive, 3-dimensional depiction of the sights (and some of the creatures) of Sommerjhem.

The mural complements the homewagon (which will be placed in its semi-permanent location in the park once spring arrives) and the lovely new park sign.

If you haven't yet ventured into the land of Sommerjhem, contact the municipal office for information on how to purchase the books.

Neebing Fire /Rescue Association Christmas Treat Sale Penny Auction DONOR LIST

Alpaca Farm	Helena Laidlaw	Mary Ann Beckwith
Bakery on Boundary	Gammondale Farms	Mountain Stream Orchard
Belluz Farms	Henry Weilobob	Neebing Road House
Bev Mercer	Hodder Greeks Hwy. 61	Northern Turf
Bonzi Wuebben	Home Hardware Rosslyn	Penny Shott
Canadian Tire Arthur Street	Hosanna Fire Services	Robins Hwy. 61
Carole Aitken	Jean Swanson	Rosalie Evans
Clara Butikofer	Jill Cadieuz	Rose Valley
Delma Stajkowski	Katherine Hill	Ryden's Border Store
Early Snows Pottery	Laura Heerema	Susan Dykstra
Edith Tivendale	Lucie Hoffman	The Camilla
First Class Gas	Lynda Randle	Thunder Oak Cheese Farm

THANK YOU!! THANK YOU!! THANK YOU!!

Neebing Fire/Rescue Association has completed 3 lotteries recently. On Nov 16, 2019, a 5050 draw was held at Mink Mountain Lodge and Georgia LeBlanc won \$108.50 under licence # 690537. On Dec 7, 2019, a Christmas Basket Draw was held under Licence # 690538 and the winner was Susan Mounstephen - tckt #180. Below are the winners of the Penny Auction held on Dec. 7, 2019.

2019 Treat Sale Penny Auction Winners

Lottery Licence # 690539

For article and photos about the Christmas Treat Penny Auction and other NFRA News, see page 7!

Prize	Ticket #	Winner	Prize	Ticket #	Winner
1	345804	Robert Casavant	2	45876	Marlene Firth
3	357727	Barb Ashbee	4	345883	Megan Tenhave
5	345852	Heather Murray	6	345929	Meghan Forneri
7	345874	Marlene Firth	8	345991	Rick Donaldson
9	357665	Linda Cuthbertson	10	345867	Linda McIntosh
11	357736	Sandra Burns	12	357714	Julie Iwanonkiw
13	345896	David Loiselle	14	345933	Meghan Forneri
15	345961	Nathan Armstrong	16	1096999	Steve Elliott
17	1096995	Joan Kresack	18	345875	Marlene Firth
19	1096980	Suzie Grizzard	20	345819	Katherine Hill
21	345995	Linda Cuthbertson	22	345997	Linda Cuthbertson
23	345954	Rita Randle	24	345864	Lori Wronowski
25	357721	Barb Ashbee	26	345809	Debbie Fawcett
27	1096972	Carol Dutchak	28	345974	Brad Davis
29	345923	Meaghan Forneri	30	1096978	C. J. Smylie
31	345866	Linda McIntosh	32	345833	Elsie Fredrickson
33	357691	Helena Laidler	34	345976	Brad Davis

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HOW TO CONTACT YOUR COUNCIL MEMBER

Erwin Butikofer, Mayor, Mayor@neebing.org, 964-1788 (R)

Gordon Cuthbertson, Councillor at Large,
Councilatlarge@neebing.org 708-7548 (C)

Mark Thibert, Ward 1 (Blake) Blake@neebing.org 939-2720 (R)

Brian Wright, Ward 2 (Crooks) Crooks@neebing.org 964-2365 (R)

Curtis Coulson, Ward 3 (Pardee) Pardee@neebing.org 577-2475 (R)

Gary Gardner, Ward 4 (Pearson) Pearson@neebing.org 577-1963 (R)

Brian Kurikka, Ward 5 (Scoble) Scoble@neebing.org 633-3735 (C)

R-Residence
C-Cell



Neebing Emergency Services *by Dale Ashbee, Fire Chief, Neebing*



As we begin another NEW YEAR, Neebing Emergency Services (NES) members would like to send Best Wishes for a safe and prosperous 2020 to all in our Neebing community.

Over the course of the days and weeks of 2019, NES answered some **111 emergency page outs** - responding "24/7, 365" to requests for aid from residents needing assistance. It should be noted that

NES volunteers collectively logged more than **4000 hours of community service**, carrying out varied essential duties (including maintenance and training obligations) required in order to provide emergency services to Neebing residents.

We would like once again to extend a special **Thank You** to all those Neebing residents who (in so many ways) have supported, assisted and encouraged Neebing Emergency Services throughout the past year. This validation is greatly appreciated by Neebing's volunteer firefighters and first responders.

It should be noted that having NES volunteers situated in (and responding from) all our different Neebing neighbourhoods, serves to enable a more rapid and effective emergency response when required. Interested new team members are always welcome, and are encouraged to apply throughout the coming year.

Entering the year 2020, it is important to again be aware of (and protect ourselves from) common fire safety hazards/issues frequently encountered at this time of year. These include:

- **Heating Equipment:** From wood stoves to space heaters, January is a month when the above average usage of heating equipment is common. It is important to ensure that chimneys are maintained and cleaned as necessary, and that any portable heater units are positioned well clear of any combustibles. As well, exhaust pipes require proper venting, and should therefore be kept free of any obstructions (including ice and snow) that might impede air flow.
- **Cooking Equipment:** Outdoor cooking is generally just a pleasant memory of summer past, and the realities of winter weather necessitate that cooking activities be moved indoors. Cooking fires are one of the most common fire threats in any home. A simple

safety habit that greatly reduces the risk of a cooking fire involves being diligent about **never leaving heating pots/pans unattended on the stove**. The initial intention when leaving the stove to address a task elsewhere in the house is to "only be gone for a few seconds". However, once the stove is out of sight other distractions may delay your return, which can significantly increase the risk of a cooking fire. If you must leave the kitchen, **turn off the stove** for the time period during which you are absent.

- **Carbon Monoxide:** CO gas is colourless and odourless, and 'silently' kills Ontarians each winter. In any home that is burning combustible products - such as oil, gas, wood, or other burnable products - you are required to have operating **CO alarms** to warn you of the presence of any CO that might occur within the confines of your indoor living environment. If your CO alarm sounds, call **911** and **immediately move to an outside location** where you await the arrival of firefighters and first responders. And remember, during the time of any power outage - **Never operate BBQ's or generators (which can produce CO) in a closed space** such as your home or garage.
- **Electrical Distribution Equipment:** Although there have been improvements in the safety ratings of portable appliance cords and extension cords over the years, winter is a time when both 'tools' undergo heavy usage. Their misuse - by overloading the cords, or situating them in locations (such as under rugs or around furniture) where the protective covering can be damaged - increases the risk of an electrical short, which may then lead to a fire start.

Have a Safe And Happy 2020 !

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Hymers Fair News *by Shannon Dodd-Smith*

Happy New Year Everyone!

It's **Annual General Meeting** time again for the Hymers Agricultural Society.

Date: **Saturday, January 18, 2020**

Time: **1:00 p.m.**

Place: **Rural 60 Plus, Kakabeka Falls**

Annual reports will be presented and the election for the 2020 Board of Directors will take place.

Become more involved! Contribute your ideas!

We are always looking for more people who are willing to serve as Directors. *This is a working Board*, which means attendance at monthly

meetings, being responsible for one Committee or Area, and participating on other Committees as needed.

Volunteers are needed throughout the Spring/Summer getting the grounds ready, and during Fair Weekend.

For full details on being a Director or Volunteer, contact Debbie Hoover: info@hymersfair.com or 475-8586.

A heartfelt **Thank You** to those who make the Fair happen each year...from those who quietly donate money, in-kind things, time, expertise, ideas, hard work; and to the Fair-Goers who make it all worth while! **May 2020 be a wonderful year for you all.**

Rural Family Centre



MURILLO DROP-IN PROGRAMS (4509 Oliver Road)

Morning sessions run from Monday to Friday 9:30-12:00
Afternoon session is on Wednesday from 1:30-4:00

All children ages newborn to 6 years old and their parents/caregivers are welcome!

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Was One of Your New Year's Resolutions to Reduce your Waste "Footprint"?

If so, this article is for you! Here are some handy tips on reducing the amount of waste produced in your home.

One of the major waste disposal problems is that people produce far too much waste. According to the World Bank report, the global average waste production is about 1.2 kilograms (or 2.6 pounds) of waste per person, per day! Worse, it is anticipated that this figure will rise to 1.5 kilograms (or 3.3 pounds) per person per day by 2025.

The problem is that our modern day living seems to be driven by a throw-away consumerism with companies and producers striving to maximize profits by producing one-time use products without considering re-use, recycling or the use of "environmentally friendly" materi-

als. First – remember your three "Rs" – Reduce, Re-use, Recycle. If we all practice these important activities, we will help reduce the levels of unsustainable waste. How? Consider the following:

- Repair broken toys, appliances, or items of furniture, etc. rather than replacing them.
- Shop at a second hand store before heading to the retailer (or internet) – what you are looking for might be just around the corner at a fraction of the "new" price. With respect to clothing and hallowe'en costumes – thrift and consignment store shopping can save you considerable dollars.
- Consider shopping at bulk food stores, using re-fillable containers (rather than plastic bags), and al-

ways use reusable bags rather than plastic bags to carry your shopping home.

- Try reusable dryer balls rather than dryer sheets.
- "Best Before" dates on food packaging does not necessarily mean "not useable after". Examine food products carefully before discarding them simply based on the date.

- Waste less food by shopping smarter, creating an "eat me first" bin in your fridge, and choosing smaller portion purchases. Freeze leftovers or fresh foods you cannot consume right away.

- Experience your community and build on it – have a "clothing swap" or "toy swap" meeting, visit a "repair café", or look into food-sharing clubs.

- Pack a litterless lunch for your kids or for your next picnic.

- Try composting – it's easy and will reduce your kitchen waste considerably.

A little really will go a long way. Good luck with this and all of your other 2020 resolutions!



Beyond Books: Celebrating Volunteers and Staff

submitted by Beverly Ball
on behalf of the Oliver Paipoonge Library Board

To celebrate and recognize library volunteers and staff, the Oliver Paipoonge Library hosted an evening to thank them. The event was a paint night led by **Judy Mayor**, Murillo artist and instructor. While many of us were not so talented, the works of art turned out absolutely beautiful thanks to Judy's patience and assistance.



Each year, over 30 volunteers help out at the Libraries and contribute hundreds of hours towards fundraising, running programs, offering technical support to patrons, working on special projects, or being a Board member. The **Ten Have** family has been volunteering and supporting the Library for many years. **Randy and Marilyn** and daughter **Daniele Wemigwans** feel that giving back to the community where they were raised or are raising their family is very important. They invest in our municipality in many ways. For almost 20 years, they have owned and operated **Kakabeka Esso** and now run the **Ice Cream Cottage**. They donate both their time and financially to Library events and participate in Library programs and activities.



Marilyn and Randy Ten Have enjoying volunteer recognition evening.

The **Ten Haves** feel it is good to have community of all ages come together at events and programs organized by the Library. Programs may introduce

community members to new or different things and help people get involved especially when it is close to home. Program participation may introduce a resident to what the Library has to offer for the first time.

For mom, **Danielle**, the importance of the Library to the community is significant. She feels that the Library is a great place to bring varying age groups together. For younger family members like her son, **Carter Wemigwans**, the Library is fun and helps him learn responsibility by borrowing and taking care of books. It also helps him learn and develop his "brain" in many ways and helps build his confidence and independence.

Our thanks to the **Ten Haves** and the many other volunteers and staff who make the Library a place where we all feel like we belong and can learn new things.

Don't forget the upcoming "Successful Aging" Seminars. All seminars run from 10 a.m. to noon (unless noted below) and for the New Year include:


- **Preparing for tomorrow**, getting your affairs in order. Tues., Jan. 7th, Rosslyn.
- **New technologies for the visually impaired** (Kiri Butter from CNIB). Mon. Jan. 13th, Murillo.
- **Genealogy** with Shawn Patterson. Tues., Jan. 21st, Rosslyn. **Time: TBA**
- **Health Benefits of CBD and THC**. Mon. Jan. 27th, Murillo.
- **Aromatherapy** with Nicole Moorey. Tues. Feb. 4th, Rosslyn.

On behalf of the Oliver Paipoonge Library Board, we wish you the best in the New Year.

Our many thanks to **Councillor Alana Bishop** who served as Council representative on the Board for 2019. We welcome **Councillor Alan Vis** who will serve as Council representative for 2020.

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Changes to Neebing's Administrative Structure

Effective January 1st, 2020, Neebing adopted the management model used in O'Connor, and previously used in Neebing. The head of administration will now have the title "Clerk-Treasurer", and the position of "Deputy Clerk-Treasurer" has also been created.

Erika Kromm, previously "Treasurer/Deputy Clerk", has assumed the "Clerk Treasurer" role. Our new Deputy Clerk-Treasurer, as previously announced, is Laura Jones.

Rosalie Evans, previously the "Solicitor-Clerk" remains on staff until February 28th, 2020, to assist Erika and Laura in their transition to the new format.

Community Safety and Well-Being Plan

Changes to the Police Services Act in 2019 make it mandatory for all municipalities in Ontario to have a "Community Safety and Well-Being Plan". The Townships of Gillies, O'Connor and Conmee are working together with the Municipality of Neebing to create a joint plan which will serve all 4 communities. As northern, rural municipalities, we share many characteristics, and can be more efficient by working on this important plan together.

What exactly is a "Community Safety and Well-Being Plan", you ask? That is a very good question! As you can imagine, since the requirement is embedded in the Police Services Act, it does involve community safety in terms of crime reduction and crime prevention – but it involves more than just policing.

There are a lot of demands on our police services. As we all know, police are often called upon to respond to complex situations that are non-criminal in nature. Many of these situations, such as an individual experiencing a mental health crisis, would be more appropriately managed by other community partners. Working with community stakeholders to determine what problems we actually face and what might be done to eliminate those problems is a forward-thinking activity. Studies show that communities with these types of plans in place experience improvements to the statistics relating to crime and crime response.

What makes someone resort to committing a crime? There are many, many factors – and – of course – people are unique and have individual circumstances. Governments are recognizing, however, that the "social determinants of health", which are the conditions in which people are born, grow, work, live, and age (such as education, early childhood development, food security, quality housing, etc.) have major impacts on how individuals develop, grow, and participate properly and lawfully in their communities. All of these considerations are part of the Community Safety and Well-Being Plan.

In the very near future, we will be distributing a survey for our communities so that you can have appropriate and full input into this important project. We all want to live in a safe and healthy community – and while many of us feel that we already do – this pro-active planning process will help us keep it that way!

Budget 2020

Well, Neebing landowners and residents, as everyone knows, it's a new year – and a new year means a new municipal budget. Council will begin deliberations on the budget at a special meeting scheduled for 3:00 p.m. on January 15th, 2020.

As a property owner – or as a resident – you should be interested in the municipal budget. It includes both operating expenses (such as road maintenance, emergency responses, administration, etc.) and capital costs (such as vehicle purchases, construction work, park improvements, etc.). All of these things impact how much you have to pay the municipality in terms of property taxes (which, if you are a tenant, will have an impact on your rent).

Some of the challenges facing Neebing include a significant increase to the levies we will be obligated to pay to the Thunder Bay District Health Unit. As at present, we are anticipating a 10% increase for 2020, to be followed by a 47% increase for 2021. These changes relate to Provincial budget changes on cost-sharing for health care programming. You may have heard the announcement that programs previously funded at 75% (paid by the Province) and 25% (paid by Municipalities), will switch to 70%-30% in 2020. What also changed is that all of the Health Unit's programs, including those formally paid for entirely by the Province, will also switch to the 70%-30% funding formula. It is this latter change that is driving most of the increases.

There are other challenges putting pressure on the municipal budget as well – many of which are beyond Council's control. All of the budget meetings are open to the public. Come to the meetings for more information, and to provide your input.

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A New Rural Outreach Project
The Junction in Rosslyn

by Cindy Harasen

Located in the RAILSIDE PROPERTIES building behind Rosslyn Family Dentistry on HWY 130, THE JUNCTION is a new outreach ministry of Slate River Baptist Church. Sparked by conversations among friends, the concept was born out of a genuine desire to serve the rural community and ensure that nobody is going without a meal or proper clothing. The focus is primarily on seasonal clothing items – winter ones for now, including new and gently used coats, hats, mitts etc. for children and adults. A pantry of food items and personal care products is also available. The hope is to remove the stigma related to needing assistance, acknowledging that everyone needs a little help from time to time and that we all have months and weeks where making ends meet is a struggle. THE JUNCTION hopes to fill in the gaps along the way, helping singles, seniors and families through those tough spots or emergency situations. Everything is free with no registration required. Those who need something (or know someone who does) can simply stop by and have a look around, or call to arrange a time outside of regular operating hours. If there is specific item needed that isn't found, they will rally and do their best to supply it. The 'store'

will be manned by church members and will also provide volunteers opportunities for students. Rob Cain has been pastor at Slate River Baptist Church for more than a decade, and heads up the project. He and his family have strong ties to the community and his wife Pam works at Valley Central, where his children also attend. THE JUNCTION is grateful for the generosity of the school's students and staff who have been quick to show their support, donating items to help stock the shelves. Rob sees the outreach as a work-in-progress that will "evolve and change in response to the wants and needs of the community." He says "the coffee is on when we're open and anyone is welcome to just stop in and say hello and sit and chat. We look forward to meeting and making new friends in the community, and helping folks out when we can." THE JUNCTION held its Grand Opening in December and operates during set hours Wednesday – Saturday, or by appointment. Visit their Facebook page for more information (@thejunctioninrosslyn), or call 475-5140 or email slateriverbaptistchurch2@gmail.com.

Christmas Social Time
Cliffview Campers Association

by Jim Aitken (jimaitken1989@gmail.com)
President Cliffview Campers Association

Cliffview Campers Association held its annual Christmas Social on Saturday December 14th at Mink Mountain Lodge. Thirty people attended the event and enjoyed wonderful appetizers, desserts and rum cake. We brought in 6 bags of dry and can goods for the Rural Cupboard Food Bank. We also raised \$75.00 to give to the Cupboard to help the needy in our Rural Community over Christmas.

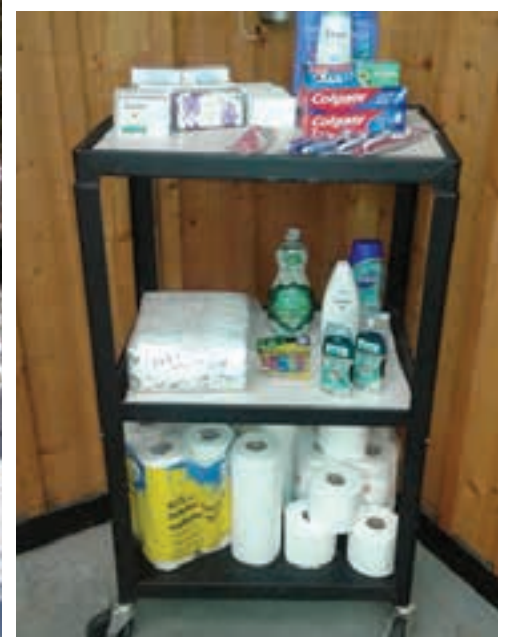
We appreciate all the support from our members and neighbors who come out to enjoy some socialization and support local groups such as NFRA and the Rural Cupboard Food Bank.

Have a great holiday season, stay warm and will see you in the Spring.

Cheers



*Happy New Year,
 Neebing!*



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NEEBING FIRE AND RESCUE ASSOCIATION (NFRA) NEWS

by Carole Aitken (caroleaitken1989@gmail.com)
President NFRA

NFRA donated \$30,000 towards the purchase of emergency equipment for the new fire truck that has been ordered for NES (Neebing Emergency Services).

The annual **Christmas Treat Sale** was a resounding success. Most of the delicious baking donated by many residents was scooped up quickly. Local crafters were pleased with the sales of their hand crafted work. The 33 penny auction prizes brought in a record number of dollars for NFRA. See list of donors. The Christmas basket raffle with a value of over \$550.00, all items donated by members, was won by Susan Mounstephen, ticket #180. Overall this was our best year ever in 11 years with a total of \$2010.40 raised. Thanks to all who helped make this such a success.

Our **Annual General Meeting (AGM)** is Monday April 27 6pm at the Municipal Office. New members are always welcome.

We will be having another **POPCAN Cleanup** on Friday May 2nd, 3rd and 4th. Volunteers always needed.

Our annual **Tailgate Sale** is scheduled for Saturday June 13 at the Municipal Office. We are looking for a sponsorship of \$250.00 for our BBQ area.

NFRA has raised \$13,556 this year to date and have purchased \$36,182 of emergency equipment for NES.

Watch for other activities in the months to come.

Finally I would like to **thank** the Board of NFRA, all our members, volunteers, Municipal staff, donors, sponsors, ticket sellers, Neebing Emergency Services and you the supportive Public for all the hard work they do in helping NFRA to fund raise in order to provide money to purchase emergency equipment for our Municipality of Neebing.

Season's Greetings and all the best for a safe 2020!




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Rec Committee Review!

by Dawne Kilgour

Dec 9, the Recreation Committee met to review the year's activities and prepare the upcoming calendar.

The Easter Egg Hunt at Century Hall, [Blake Hall]....April 10, Canada Day at Journey's Middle Park [Municipal Office],....July 1, Autumn Harvest Dinner at Century Hall, [Blake Hall].

Crafternoons were listed in last month's issue, commencing with Jan 18 at Century Hall [Blake Hall] from 12 til 4 pm.

Clip and post for future reference: Watch for times in upcoming issues.

Volunteers to clean the rinks at Century Park and Alf Olsen have been found. Hope the weather co-operates so we can use these recreational services. The new skate shack at

Century Park should be ready soon to make things more comfortable when putting on/removing skates. Now all I have to do is locate my skates!

Planning for the calendar of events has begun so if you have some ideas to offer, please give Dawne,[964-2750] or Penny,[964-2270] a call to suggest it and the committee will address the possibilities at the next meeting. Your input is really valuable as we try to provide the best for our families, neighbours and friends. It's the Neebing thing to do.

Finally, may we wish one and all a happy, healthy and prosperous 2020!

For more info, call the numbers above.

4H News by Susie Rietdijk

Merry Christmas and Happy New year!! Now that a new year has started 4H Thunder Bay will be getting ready to start a new year of projects!! We will start off with "Breakfast Bonanza" project! This will give members an opportunity to get in the kitchen and learn how to plan a healthy breakfast to start the day off right.

Our first meeting and registration for 2020 will be at Pinegrove Church (100 Hwy 130). Wednesday January 22nd 2020. Registration will

be at 6:15, Forms and payment will be completed and collected before the meeting starts. We will start our first meeting after registration at 6:30. New members are welcome and encouraged to join. To sign your child up they must be 9 years old before Jan 1st 2020. 4-H is a great way to meet new people, and to learn to do by doing. Please contact myself, Susie 935-2787 or Jean 935-2587 for more information about 4-H. We look forward to another fun year of learning!

The Rural Pharmacist: Here Comes 2020 & Travel Health

by Henry Tempelman, Pharmacist/Owner of Kakabeka and Rosslyn Pharmacies

Welcome to 2020. As we move forward to a new year, and a new decade, we reflect on our experiences of the past year and decade. Take time to celebrate your accomplishments, learn from your mistakes, remember loved ones that have passed on and be grateful for all the blessings you have in life.

Time flies! But cars don't – not yet. Some of us 90's kids were pretty convinced that we would be flying cars by now, like they were in the cartoons we grew up watching.

The 2010's were my transition into becoming an adult. From University of Toronto in 2011 to today with pharmacies in Kakabeka Falls and Rosslyn that are already approaching their 3-year anniversaries this year, along with a beautiful wife and healthy baby boy at home. Oh, and the Toronto Raptors brought an NBA Championship to Canada! This is something teenage Henry of the 2000's decades would have never imagined. Maybe the 2020's will have a Stanley Cup coming home with the Toronto Maple Leafs..

Devon and I were also working on some big developments in the last few months of 2019 - both Kakabeka Falls Pharmacy and Rosslyn Pharmacy are now **100% locally owned and operated!** We are excited to be the sole owners of the pharmacies in that we can focus on growing and evolving the services to make for a healthier community. Again, we appreciate EVERYONE'S support over the last few years as we started both stores from the ground up. We know you have a choice when it comes to where to fill your prescriptions, and we wouldn't be where we are without your loyal commitment. The support is inspiring, and we will continue to use opportunities to give back to the community as well. That's what local

business is all about! We will continue to work hard to be a community-oriented healthcare business that truly cares about its people.

Quick bit about travel health now! January can be a long cold month following the hustle and bustle of Christmas holidays. Many Canadians will be looking to book their winter getaway to somewhere sunny and sandy. Check with our pharmacists about what immunizations you may need to protect you and your family. You should be looking to get your immunizations at least 2 weeks before you depart, and possibly even earlier if you're gone for more than 2 weeks.

Our pharmacists can provide assistance in determining what vaccines are required, providing assistance in attaining a prescription in a timely manner and also having the vaccine injected by a pharmacist, conveniently on your own time during all open hours. We also set up reminders on our system so that you don't miss your booster doses to allow for vaccine longevity.

Our pharmacists can also help in selecting a variety of over the counter items that are handy to have in a foreign country, and right for you. Medications such as diarrhea relief, anti-inflammatories, antihistamines or heartburn relief (I'm looking at you with the cold beer by the beach bar before noon!).

Thanks for reading our articles all year! Writing a short article every other month helps to remind me why I count by 5's for a living and why I don't try to fill local book stores with my creative writing, but it's fun!

It's a pleasure to serve you every day and we look forward to another year. We wish you a happy and healthy 2020!

We sell effectively EVERYTHING YOU NEED to work on your own pump, waterline, and filters!

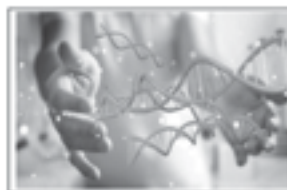
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MAD JACK'S WELL SHACK

8am-5pm Weekdays

176 Clavet Street

Free Genealogy Workshop
What do your DNA results mean, what further steps can you take and what are the best online resources available?



with **Shawn Patters**
Curator at **Fort William Historical Park**

No registration necessary.
Rosslyn Library
Tuesday January 21st
from 6:30 – 8:00 pm.

Refreshments and snacks will be served.
This workshop is run by Oliver Paipooong Public Library as a component of the Successful Aging Seminar Series funded by the Ontario Ministry for Seniors and Accessibility.



NOW AVAILABLE
in your neighborhood!



WHAT IS A GOOD FOOD BOX?
A box of fresh fruits & vegetables available monthly at a reduced price!
CAN ANYONE PURCHASE A GOOD FOOD BOX?
Although there are no formal eligibility requirements, this program is intended to improve access to fresh produce for individuals who may have difficulty affording or accessing produce from retail outlets. If you are trying to stretch your food dollar, then the Good Food Box is for you!
HOW MUCH DOES IT COST?
\$15 for a small (single-sized) box or \$25 for a large (family-sized) box.
WHERE DO I PURCHASE A BOX?
Boxes are purchased from your host site on or before the first Thursday of each month (see over for 2020 order due dates). Boxes are picked up from your host site on the second last Thursday of each month.

Your neighborhood host-site:

Rosslyn Library – 3405 Rosslyn Rd.
939-2312 – next deadline January 9th

The Good Food Box is administered by the Northwestern Ontario Women's Centre.



Nurses know.

ONA
Ontario Nurses' Association
nursesknow.ona.org

NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted) Deadline for the FEBRUARY issue of The Neebing News is FEBRUARY 20!
Submissions and photos of community events and articles of interest are welcome, and can be sent to Chris Vaclav at designhouse@tbaytel.net. 628-7271

What's Been Happening at Council Meetings?

Since our last "what's been happening" article, written on November 22nd for the December edition of the Neebing News, there have been two regular Council meetings, December 4th and 18th.

At the regular Council meeting on December 4th, Council considered matters including:

- A report from Ms. Lanthier, Economic Development Officer Intern, relating to the Agricultural Economic Development Forum was received;
- Park sign plans were approved, relating to the "Main Street Ontario" grant money received in 2019;
- A special meeting was scheduled for January 29th, 2020, to further Council's strategic plan;
- Council approved participating in a study, with some neighbouring municipalities, on whether or not efficiencies and savings could be achieved through more co-operative working between our volunteer fire services; and
- Marketing of some surplus municipal properties was approved.

At the regular Council meeting on December 18th, the following matters were considered:

- The 2019 Emergency Plan was approved;
- The new multi-year plan required by the "Accessibility for Ontarians with Disabilities Act" was approved; and
- Administrative restructuring for 2020 was approved, and by-laws put in place to establish the new structure, effective January 1st (see related article).

This monthly article contains only highlights from Council meetings – visit the website to see the approved minutes from each of the meetings. The minutes of each meeting are approved at the following meeting, and are posted on the website once they have been approved and signed. If you don't have internet capabilities, you can always contact the office for copies of approved minutes.

Meeting agendas are always posted on-line and on the bulletin board at the Municipal Office, on the Friday prior to the Wednesday meeting. The full agenda package, including all of the public reports, is published to the Neebing website on the Monday prior to the meeting. Come out and see what your Council is doing on your behalf. Feel free to contact the Municipal Office for further information or with input into any of the items that Council is considering.



ZUMBA with Susie
Thursday Evenings
7pm @ Muriilo Hall

Tech card \$25 Drop in \$8

A new session starts
Jan 16th 2020!

935-2787

Zumba® with Susie Muriilo and Thunder Bay

Emergency Preparation – Resident Information Forms

During the tabletop exercise of Neebing's Emergency Response plan, undertaken last November, it was noted that it would be helpful, in case of emergency, particularly one involving an evacuation, to have information from residents of Neebing on file with the municipal office. Relevant information includes:

- Tenant identification (the office has information on ownership of properties, but not, generally speaking, occupancy);
- The number of people in the home;
- Whether or not pets or livestock would require re-location during emergencies;
- Contact information;
- And more.


Of course all of this information is very sensitive, personal information, which residents may not wish to share. Although providing the information would be very helpful to the municipality in the event of an emergency, there is absolutely no obligation to provide it. All information will be maintained in strictest confidence, and used solely in the event of an emergency.

For those that do choose to fill out the form for us, reminders to keep the information current will be published periodically throughout the year.

The new Resident Information form will be available on the website in the near future.

No Excuses,

Free Chair Exercise Class for Everyone



This safe low-impact routine works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation resulting in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities.

Drop in every Tuesday and Thursday from 12:00 – 12:30 at Rosslyn Library
(Stretch bands on Tuesday, weights on Thursday)
Please bring indoor shoes and weights

Teddies for Tragedies

WANTED:

- Volunteers & Knitters!
- Scrap yarn!
- Fibre Fill!
- Empty pill bottles!
- Milk bags
- Small to medium size stuffies in good condition!


For children of third-world countries, visiting a doctor or dentist can be a traumatic experience. A teddy bear help can ease the stress and encourage them to get the treatment they need.

"Teddies for Tragedies" is a volunteer group who use leftover wool and fibrefill to knit bears and dolls. They also weave sleeping mats out of milk bags and collect empty pill bottles for reuse at health clinics. They are now looking for donations of small to medium size stuffies in good condition and leftover fabric and larger scraps of fabric.

If you would like to participate in this inspiring venture, volunteers are needed for knitting, cutting bags and weaving the sleeping mats. This group meets every **second Tuesday morning** from 9:30 – 12:00 at First Christian Reformed Church, (behind the OPP station on Arthur St.).

*Patterns are available if you wish to knit at home and donate a finished bear.

For more information call Hendrika Tempelman at 767-2307 or Arla Bultman at 475-3588 or drop off your donations at the Muriilo or Rosslyn Library.



RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls
475-5779, email rural60@bayer.net Website: www.rural60plus.ca

MONTHLY ACTIVITIES

<p>Mondays Disking - 1:30 pm to 3 pm (Jan. 6 to April 27) Advanced Carving 10am to 3pm Craft room - open 10 am to 3 pm</p> <p>Tuesdays Weaving - 10 am to 3 pm Choir - 2 to 3 pm (Every second Tuesday, starting Jan. 7) Craft room - open 10 am to 3 pm</p> <p>Wednesdays Beginner Carvers - 10 to 3 pm Cribbage - 12 to 3 pm (starting Jan. 8) Quilting - 10 am to 3 pm Craft room - open 10 am to 3 pm</p> <p>Thursdays Weaving - 10 am to 3 pm Watercolours - 1 to 3 pm (starts Jan. 16)</p>	<p>Yoga - 10 to 11 am (Feb. 6 to April 23) Craft room - open 10 am to 3 pm</p> <p>Fridays Craft room - open 10 am to 3 pm</p> <p>If you are interested in any of these activities, please call or email the centre and leave your name & number - your call will be returned.</p> <p>MEMBERSHIPS \$15 per year Qualifying age - 55 They run from January to December. You can renew your membership any time now!</p>
--	--

Next Board meeting is Friday Jan. 10th at 9:30 am.
We hope that everyone enjoyed the holidays

Providing Quality Rural Land Development Services

Kim Kydd
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Office: 807-473-9100
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- ✓ Heavy Duty Mechanical Repairs

- ✓ Brush Cutting (heavy & light equip)
- ✓ Site Preparation + New house excavation
- ✓ Ditching & Drainage
- ✓ Driveway Repairs & Grading
- ✓ Fence & Gate Installation
- ✓ Blueskin/Weeping Tile
- ✓ Welding & Fabricating



Take Off Pounds Sensibly

We meet every Tuesday at 6:00 pm at Blake Hall.
Drop in for a meeting
FOR MORE INFO:
Phone: Rose Marie at 577-5924



Chix in the Stix Lentils-A Metaphor

by Cindy Harasen

It's a New Year. So indulge me. Because you know how much I love metaphors. They are everywhere. People. Things. Events. They pop up around me every day, presenting opportunities for these nice little frames and packages of wisdom and instruction to mediate on and share. My own personal parables. It's sort of my way of always looking at the bright side and finding the gold in every situation, no matter what it is. Soooo, when THIS incident happened, not only did I immediately decide I wanted to share it but I was also stubbornly determined to turn it into a metaphor and morph it into some words of wisdom to kick off the New Year. So here goes. As you might already know, my youngest daughter, Kaleigh, has Down syndrome. She attends the Life Skills class at St. Patrick's Highschool. One Friday not long ago they learned to make lentil tacos in class. Lentils. A healthy alternative to meat. And fun to sprout! Now I can't say for sure, but I suspect what happened was that they sprouted more lentils than they needed. Kind of like when you take a guess and soak some beans for a dish and find out that they expand way more than you expected. Or when you make spaghetti for your family and end up with enough to feed a small army. Anyway, for whatever reason, there were extras and Kaleigh and her classmates all went home with a container of sprouted lentils. Now, Kaleigh, to the best of my knowledge, has never eaten a lentil in her life. Nonetheless, she was VERY excited to bring some home and proudly showed them off. She even took a pinch or two and actually ate them, and added a few to her plate of snacks that night. Go figure. But I wasn't overly confident that she was going to do much more and I wasn't sure we were going to even get around to preparing a dish with them in the next few days. Fast forward to Sunday morning. There was a pot-luck luncheon scheduled after church. Heading out the door Kaleigh made a pit-stop at the fridge and grabbed her container of lentils. When I ask her why, she exclaimed that there was a lunch and was bringing lentils. She reminded me

(with sass) that 'ITS PROTEIN'. Who was I to argue? So off we went to church, lentils in hand. After the service, in typical country Baptist Church style, the food table was groaning under the weight of a variety of slow cookers and crock pots filled with soups, stews and other hearty fare. And there in the midst of it all sat Kaleigh's Tupper Ware container of sprouted lentils. And low and behold when I went to fetch it afterwards, it was almost empty. Lessons learned? That you can never sprout too many lentils. That having confidence in your lentils means having confidence in yourself. That you may not like something today but tomorrow your tastes might change. And that you never really know what people want or will like if given a chance. One man's lentils is another man's protein. Okay, I give up. But you can't blame me for trying. I guess maybe sometimes lentils are just lentils and a story is just a story. Because as you get a lentil bit older you get a lentil bit wiser. Or maybe I'm having an exis-lentil-crisis. Okay, I'll stop now! Have a Happy New Year everyone, and remember to always focus on the lentil things!

Explore new assistive devices and gadgets
for individuals with
visual impairment
from the **CNIB**
Foundation



Drop-in to this free workshop at
Murillo Library on Monday January 13th
from 10:00 - 12:00.
Refreshments and snacks will be served.
This workshop is run by Oliver Paipoonge Public Library as a
component of the Successful Aging Seminar Series funded by the
Ontario Ministry for Seniors and Accessibility.



KAKABEKA FALLS LEGION MUSICAL SUNDAYS

Sunday, January 26th

2-4 pm: OLD BONES & GUEST

Come out and enjoy a few hours on toe tapping, sing along, dancing music.

All cash donations received at the door will be forwarded

to the Rural Cupboard Food Bank.

We would love to see you there!!



Kakabeka Falls
& Rural District RCL#225

All events take place at the Kakabeka Legion
on Hwy 11-17 in Kakabeka Falls.

Upcoming Events at the Kakabeka Legion

JANUARY

Saturdays: Cribbage 1-3 pm

Saturday 11th General Meeting 3 pm

Sunday 12th Buffet Breakfast 9-12

Saturday 18th Dance with Campbell Family Band 8-11 pm

Saturday 25th Dance with Quest 8-11 pm

Sunday January 26th Music in the Afternoon 2-4 pm

Call the Event Line 473-9122 or go to
my.tbaytel.net/kakabekalegion for updates

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Email: pboileau@northvista.ca or call/text: 627-7420

Looking for an honest, responsible couple to run and manage a small seasonal resort near Ignace starting spring 2020. For more information please email gkadlecresorts3@hotmail.com.

FOR SALE: STEEL RIMS FOR RAM 2500 PICKUP

4 - 17" 8 bolt steel rims for Ram 2500 pickup, one year old, have never seen snow. \$300. Call 935-3193.

FREE CLASSIFIED ADS FOR NEEBING RESIDENTS

Got an event happening? Want to wish someone a happy birthday or anniversary? Having a yard sale? 50 words or less. Events must be taking place in Neebing. No commercial submissions please. Send info to designhouse@tbaytel.net or call 628-7271

THUNDER BAY AFTER 5 INVITES MEN AND WOMEN TO

The Greatest is Love

Monday, February 10, 2020 7:00 - 9:00 p.m.

Urban Abbey

308 Red River Rd.

Cost at Door - \$10 includes program/dessert/coffee

Rebekah Van Voort - Singer

Food You Love - Taste Samples

Dave and Shaylene Janzen - Adoption is a Special love

Call Rose 767-8461 or Connie 630-0774 to reserve

Visit us on Facebook/event page

Affiliated with www.rsvpministries.com

Rural Cupboard Food Bank

CONMEE MUNICIPAL COMPLEX, NEIGHBOURS HELPING NEIGHBOURS, 19 HOLLAND RD., KAKABEKA FALLS, ON P0T 1W0

by Gladys Grant Public Relations

HAPPY NEW YEAR! December was a very busy month for the food bank, as we always have more hampers with Christmas coming and most people have more expenses to deal with. We had 89 hampers distributed to clients on food bank day with 2 emergency hampers! 68 Christmas Cheer hampers were also handed out which included Singles, Seniors and Couples to help make their Christmas more enjoyable. January will see an increase from November, and we are planning for 60 Hampers. The cost of living goes up in the winter months which of course makes it harder for people and families to make ends meet.

ATTENTION: The Big Winner of our draw for a Return Flight for 3 anywhere West Jet Flies was Tom Tait of Thunder Bay, 2nd Prize of \$500.00 in Gift cards (for Kakabeka Retailers) was Pat Salter of Thunder Bay and 3rd prize of \$250.00 in gift cards with some extra donated prizes (from Kakabeka Retailers) was Carrie Miller of Kakabeka Falls. Thanks to West Jet, the Eddy, Kakabeka Depot, Eclips Hair Design, IDA Pharmacy, Aslinz Aesthetics. Thanks also to everyone who bought tickets and especially to everyone who sold them. to support our successful fundraising effort and of course Kimm White our treasurer who organized the event and looked after it all. Well done Kimm.

A BIG THANK YOU to the Neebing Recreation Centre for their Annual Fall Harvest Dinner, every year they make a substantial donation which is greatly appreciated, this year being no exception.

A BIG THANK YOU to the Clifview Campers Assoc. for their annual generous donation of groceries and money to the food bank.

A BIG THANK YOU to the Farmers Curling Group which made a large cash donation to the food bank to help restock our grocery shelves.

A BIG THANK YOU to Betty Ellchook and Sandy Meyer who held a Christmas Country Market at Murillo Hall, and donated a large sum of money to the food bank received from local Crafters and Vendors for table rentals also from their

food and refreshment sales. Also included was the money and groceries that were donated at the door for the food bank.

A BIG THANK YOU to The Kakabeka Legion Branch 225 and Emmanuel Country Gospel of Redeemer Lutheran Church Kakabeka Falls for hosting the Super Annual Christmas Concert in December. Emmanuel Country Gospel and Kindred Spirits Don and Roberta Kerr with guest singer Shannon, Roberta's daughter donated so freely of their time and talents to entertain the large crowd in attendance. Also to everyone who donated so generously at the door \$3,825.70 was raised for the food bank and the Legion matched dollar for dollar from the donations up to \$2,000.00. Kakabeka Music Jam run by Eldon & Donna Kangas donated \$900.00 from the monies received at their monthly jams at Redeemer Church. Also the TOPS ON794 Group of O'Connor donated \$60.00 at the door. and the "Tinnners" who meet at Christmas every year decided to make a donation of cash in the amount of \$65.00 this year to the food bank, instead of gifts for themselves. So all groups had their money doubled by the Legion.

A BIG THANK YOU to Santa & Mrs. Clause, Dwight and Diana Plomp for your dedication and generosity during the Christmas Season and once again choosing our food Bank to receive the groceries and monetary donations collected at the Arthur Street Market Place.

A BIG THANK YOU to Crestview School, Murillo for their large donation of grocery items and also to Mrs. Morrill's Grade 2/3 class for hosting the 3rd Annual Holiday Sale of holiday decorations, toys and housewares to raise money for the food bank

A BIG THANK YOU to Gorham & Ware Public School for their large donation of groceries to help stock our shelves in the food bank.

A BIG THANK YOU to Odena Foods Kakabeka for collecting cash donations and matching donations for Giving Tuesday.

A BIG THANK YOU to all the Volunteers who were out collecting

groceries and cash donations at Odena Foods for Stuff A Cruiser Event with volunteers from the OPP, CBPS and NAPS, To the Odena for allowing it to be there. A huge amount of groceries and cash donations were received. Thank you to Laurie Millington our warehouse volunteer manager for organizing and looking after this event. Well done!

A BIG THANK YOU to Kakabeka Falls Public School students of Mr. Kochan's grade 6/7 class who raised money by having a yard sale and bake sale to shop at Odena Foods and purchase a large sum of groceries to help restock our shelves at the Food Bank. The students found it to be a great experience. It has become an annual event.

A BIG THANK YOU to Please find below a large number of organizations who have contributed to the food bank. Slate River Baptist Church, St. Marks Church Family, Rosslyn, St. James Church Family, Murillo and St. Theresa's Women's Group, who donate monthly all year long, Women's Institute Slate River, St. Augustines Altar Society and Church Family, St. Mary's ACW. of St. Mark's Church Rosslyn, Pinegrove United Church Family, Women's Institute Rosslyn, Mile Hill Drama, Vickers Gardens WI, St. Mark's Church Men's Group, IDA Pharmacy in Kakabeka for collecting groceries in December, grocery items donated from the Oliver Paipoonge Staff & Volunteers Christmas dinner and the Zorya Ukrainian Dance Association. of Thunder Bay who donated a large sum of groceries collected at their Annual Christmas Concert They have been doing this for many years now....

The Board of The Food Bank would like to thank each and every person or organization who has contributed through the year and also the special donations during the Christmas Season. We have 14 individuals and organizations which have made significant donations to the organization. We are so grateful for any donation big or small made to the food bank. Every little bit helps. Without the many donations of money or groceries we would not be able to reach out and help the clients. registered with the Rural Cupboard Bank.

The next Food Bank will be Wednesday, January 15th with Registration being done from 9 a.m. to 11 a.m., or the clients will have to

phone for an emergency hamper which is only given out once a year to any one individual. Volunteers will stay until all hampers are distributed. On Monday, January 13th, Volunteers will be at the Food bank 6:15 p.m. to 7:45 p.m. preparing for food bank day. On Tuesday, January 14th, the Veggie Volunteers will be there from 1 p.m. to 2 p.m. You are welcome to bring items at this time.

Food Items can be dropped off at the Rapport Credit Union in Kakabeka Village, both the Rosslyn and Murillo Oliver Paipoonge Libraries, Odena Foods, The Neebing Municipal Office, The O'Connor Municipal Office and The Conmee Municipal Office during business hours.

THE FOOD BANK PHONE NUMBER IS 285-0836. Please call this number with any questions or concerns and someone will get back to you! The food bank address is listed above.

I apologize if I have missed thanking anyone individual, group or organization. Please let me know so I can put it in next months report.

A TAX RECEIPT will be issued for any donation of \$10.00 or more to the food bank as we are a Registered Non-Profit Charity. The Building Fund is always accepting donations to help pay off the mortgage on our new building.

Music at Kakabeka Legion on Sunday, January 26th from 2 p.m. to 4 p.m. with OLD BONES, Charlotte Hutton and Leo Tardif!

Next meeting is Wednesday, January 8th at 6:30 p.m. in the Council Chambers of the Conmee Complex!

*Be Prepared for tomorrow,
tips on getting your affairs in order.*



With **Cathie Haigh**

What will become of the things you own -- your assets -- when you die? The following list of documents, materials, and instructions will help get you organized and will provide essential information to your survivor(s) or to those who will care for you if you are disabled and unable to act for yourself.

Drop-in to this free workshop at
Rosslyn Hall on Tuesday January 7th
from 10:00 - 12:00.
Snacks and refreshments will be served.

This workshop is run by Oliver Paipoonge Public Library as a component of the Successful Aging Seminar Series funded by the Ontario Ministry for Seniors and Accessibility.



RURAL BUSINESS SERVICES DIRECTORY

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Blake Hall - For Rental call 474-5331

Founder's Museum
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Fax: 473-4663, Email: info@founders.ca

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Call, text or email.
(807) 252-3357 lisahipwell.rmt@hotmail.com
202 Highway 130, Rosslyn

METAL ROOFING

Thunder Bay Co-op Farm Supplies
Highway 61 & Boundary Drive, Phone 475-5190 Fax 475-7420
www.tbcoop.com Largest Stock of Ideal Metal Roofing & Siding in N. Ont.

MUSIC

Musical Discovery with Suzanne Gilmore
Piano, Voice, Theory, Intro Guitar
Exam Prep for Royal Conservatory
Lessons held in Rural Schools and online
964-2223 musicaldiscovery@hotmail.com

PORTABLE TOILET RENTALS

A-1 Sewage Services (1989) Ltd.
519 Pole Line Rd. Rosslyn P7K 0S6
Ph. 473-9480 Fax 473-9099

REAL ESTATE SALES

Avista Realty Group Ltd. 640 Beverly St. Thunder Bay
Barb McEwen, Sales Rep.
Cell 807-626-3860 Ph. 344-3232 Fax 344-5400

SEPTIC SYSTEM INSTALLS:

Pete's Backhoe Service Ltd.
52 Haniak Rd, Rosslyn
Ph 939-1014, Email office@petesbackhoe.com
Licenced Septic Installer- Peter Haniak

SEPTIC TANK CLEANING:

A-1 Sewage Services (1989) Ltd.
519 Pole Line Rd. Rosslyn P7K 0S6
Ph. 473-9480 Fax 473-9099

TIRE SHOP

Pro-Tec Tire Centre
3129 West Arthur Street, Husky Truck Stop
Tire Shop: 939-2581 Office: 939-2572 Fax 939-1171

TRAVEL

Travel Professionals International
Amanda Gordon - Travel Consultant
Direct line 807-708-5342, amandag@tpi.ca
Ph 905-896-6948 TICO# 1576226
1131 Nottinghill Gate, suite 203, Oakville, ON L6M1K5

TRUCK CAR STOP & RESTAURANT

Santorelli's 24 Hr. Husky Truck Stop
3131 West Arthur Street (near Twin City Crossroads)
Gas Bar: 939-2619/Fax: 939-2060/Office: 939-2572

WATER TREATMENT

Authorized Purifier dealer for N.W.O.,
Water treatment specialists
Brad's Water Treatment 577-0462

WELL SERVICES/PUMPS

Kershaw Well Services
350 Blindline Road, Rosslyn, ON P7K 0R7
Phone 939-2166 Fax 939-2167

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES

January 2020



Mon	Tues	Wed	Thurs	Fri
For more information or to book an appointment, call 807.626.8474		NEW YEARS DAY		
6 MURILLO 9.30am-4pm Community Centre	7	8	9 NOLALU 9.30am-4pm Community Centre	10
13	14 ARMSTRONG 1-7pm NorWest CHC Clinic	15 ARMSTRONG 8.30am-12:30pm NorWest CHC Clinic	16 UPSALA 10am-3:30pm Community Centre O'CONNOR 10am-4:30pm Community Centre	17
20 NEERING 12-6 pm Municipal Office (NP, Footcare Nurse & CHW)	21 KAMINISTQUIA 9am-3:30pm Community Centre	22 O'CONNOR 10:30am-3pm Community Centre (Booked Appointments Only)	23 NOLALU 9.30am-4pm Community Centre	24
27 KAMINISTQUIA 9am-3:30pm Community Centre	28 SHEBANDOWAN 9.30am-4pm Community Centre	29	30 O'CONNOR 10am-4:30pm Community Centre UPSALA 10am-3:30pm Community Centre	

☀️ Regular Mobile
🍏 Diabetes Mobile

NorWest CHCs is located at 525 Simpson St. Thunder Bay, ON P7C 3J8
Tel: 807.622.8235
TF: 1.866.357.5454
[facebook](#)

Note
NP, Footcare and CHW Services will be available in Upsala on Jan 16th & 30th

FREE RURAL LUNCHTIME GATHERING!

Café del SOUL

Free event! All are welcome! We celebrate togetherness and connectedness over a good meal. Enjoy lunch - meet people - have fun! Bring a friend!

Two Thursdays each month
11 am - 1 pm
Jan 9, Jan. 23
Feb. 6, Feb. 20

AT: Pinegrove United Church, 100 Hwy 130 in Rosslyn beside the Tbaytel tower - wheelchair accessible

Enjoy local music & art!
Questions?
Phone 939-1364 or email CafeDelSoul@tbaytel.net.

Murillo Library
Monday 10:00 to 8:00
Wednesday 10:00 – 8:00
Saturday 10:00 – 2:00
935-2729

Email: olibrary@tbaytel.net
New website: <http://oliverpaipoonge.olsn.ca>

Rosslyn Library
Tuesday 10:00 – 8:00
Thursday 10:00 – 8:00
Saturday 1:00 – 5:00
939-2312

We were fortunate to receive a number of monetary donations at year end that will go toward January's new books.
Thank you to:
Katherine Moorey, Dave and Eble Fernie, Nellie Jaremy, Bob Rodger, Sandy Deschenes and Wendy O'Connor.
Special thanks to Rosslyn [W] for the great!

The library has received funding from the Ministry for Seniors and Accessibility to offer a series of free workshops for Seniors.

The following free information seminars and workshops have been developed to educate and enhance the lifestyle of rural seniors. Refreshments and snacks provided, no registration necessary.

Thurs. Jan. 2 Rosslyn Hall 10 – 12:00 – What the 55 Plus Center has to offer
Tues. Jan. 7 Rosslyn Hall 10 - 12:00 Being prepared, putting your affairs in order
Mon. Jan. 13 Murillo Library 10 – 12:00 – New devices to help with visual impairment
Tuesday Jan. 21 Rosslyn Hall 6:30 – 8:00 Genealogy with Shawn Patterson
Monday Jan. 27 Murillo Library 10 – 12:00 – Health benefits of CBD oil
Thursday Jan. 30 Rosslyn Hall 10 – 12:00 Hair and skin care with Pam Murray
Tuesday Feb. 4th Rosslyn Hall 10 – 12:00 Aromatherapy with Nicole Moorey

Mother Daughter Self Defense

Tuesday, January 21st @ 6:30-8:00p.m.
Murillo Library (4009 Oliver Road)
\$27 includes both Mother and Daughter (age 7+)
Info: susan@seniorscan.com
Pre-Register at Murillo Library: 935-2729 or olibrary@tbaytel.net

Develop the skills and confidence to handle yourself in any situation

Increase your ability to make good decisions and trust your feelings

Experience your personal power

Free Genealogy Workshop

What do your DNA results mean, what further steps can you take and what are the best online resources available?

with **Shawn Patterson, Curator at Fort William Historical Park**

No registration necessary.
Rosslyn Library
Tuesday January 21st
from 6:30 – 8:00 pm.

Refreshments and snacks will be served.
This workshop is run by Oliver Paipoonge Public Library as a component of the Successful Aging Seminar Series funded by the Ontario Ministry for Seniors and Accessibility.

NOW AVAILABLE in your neighborhood!

WHAT IS A GOOD FOOD BOX?
A box of fresh fruits & vegetables available monthly at a reduced price!

CAN ANYONE PURCHASE A GOOD FOOD BOX?
Although there are no formal eligibility requirements, this program is intended to improve access to fresh produce for individuals who may have difficulty affording or accessing produce from retail outlets, if you are trying to stretch your food dollars, then the Good Food Box is for you!

HOW MUCH DOES IT COST?
\$18 for a small (single sized) box or \$25 for a large (family sized) box.

WHERE DO I PURCHASE A BOX?
Boxes are purchased from your food store on or before the first Thursday of each month (see your 2020 order slip dates). Boxes are picked up from your food store on the second last Thursday of each month.

Your neighborhood host-site:

Rosslyn Library – 3405 Rosslyn Rd.
939-2312 – next deadline January 9th

The Good Food Box is administered by the Northwestern Ontario Women's Centre.

What is Aromatherapy and how does it help me?

Presentation for seniors

AROMATHERAPY: THE POWER OF SCENT
— Improve Your Physical & Mental Health —
with **Nicole Moorey**

Drop-in to this free workshop at
Rosslyn Library on Tuesday February 4th
from 10:00 – 12:00.

A light brunch will be served.
This workshop is run by Oliver Paipoonge Public Library as a component of the Successful Aging Seminar Series funded by the Ontario Ministry for Seniors and Accessibility.

Founders' Museum and Pioneer Village... is already planning for the summer of 2020!

One of the activities we would like to explore more is having frequent craft days for kids. To do this we are requesting donations of materials such as wool, felt, material pieces, coloured paper, markers, scissors, larger buttons, tin cans, string, wool socks, broom handles or old hockey sticks, and volunteers to help the kids make fun take home crafts. If you wish to donate any of these materials, or volunteer your time next summer, please contact Jean Mayo at 620 3636.