



The Neebing News

Volume Fifteen, Number Two

February 2020

Snow Clearing Reminder!

With all the recent snow, the Municipality would like to take this opportunity to remind everyone that placing snow from private property onto municipal road allowances is not permitted. This practice is contrary to municipal by-laws and the Province's Highway Traffic Act. Section 181 of the Highway Traffic Act states:

181. No person shall deposit snow or ice on a roadway without permission in writing so to do from the Ministry or the road authority responsible for the maintenance of the road

Placing snow on the roadway creates safety hazards for vehicle traffic and makes road maintenance more difficult. Please help keep the roads safe for everyone!

Historical Notes on Neebing

New Fire Pumper presented to Scoble VFD by the province on October 26, 1984. This pumper came to Neebing with Scoble in 1999. It has been repainted red and white, numbered P151 Pumper and is still in service for backup, water supply and pumper training.

See article by ElizaBeth Hill on page 2!



Nature Conservancy of Canada Continues to Work in the Municipality of Neebing

by Gary Davies, Program Director



Cliffs on Little Trout Bay, Photo: NCC

This past year the Nature Conservancy of Canada (NCC) continued work on the 1,011-hectare (2,500-acre) Big Trout Bay Nature Reserve, located on the coast of Lake Superior between Little Trout Bay and Pine Bay.

Thanks to a generous grant from the TD Friends of the Environment Fund, the efforts of the Ministry of Natural Resources and Forestry

Stewardship Youth Rangers and many volunteers, a new 9 kilometer hiking trail was laid out, cut and formally opened on September 28, 2019. The James Duncan Nature Trail, named after the late James Duncan, NCC Ontario regional vice-president, runs over some spectacular and sometimes challenging terrain. The trail will reward hikers with an incredible experience through a variety of habitats, including spectacular views out over Lake Superior, while ensuring the conservation of the natural values on this special place.

Thanks to the support of our partner, the Lakehead Region Conservation Authority, trail users will be able to park at the Little Trout Bay Conservation Area to start their hike at the

north end of the trail. Don't forget to contribute to the maintenance of the Conservation Area by paying the day use fee. At the south end of the trail, a new parking lot has been constructed off of Memory Road. Look for new informational signs at both trailheads. Trail users can not only enjoy the hike from the new parking lot on Memory Road but will soon be able to enjoy and learn about a former gravel pit that will be rehabilitated into a wetland. It is a great place to bird watch! While there, check out the outdoor art.

In 2018, NCC acquired 161 hectares (400 acres) of mostly wetland habitat in the Pearson Township Wetland located to the east of Highway 597 in Pearson Township. These lands will contribute to the conservation of this 800-hectare (1,977-acre) Provincially Significant Wetland that will soon be regulated as a Conservation Reserve. Moore's Creek provides access by canoe or kayak to this incredible landscape. Look for otters and American bitterns among other residents.

NCC monitors all of its conservation lands to increase our understanding of the ecology, identify and control invasive species and to manage human use. Trail users can support NCC's efforts by staying on the trail and documenting their observations of plants and animals on sites such as:

iNaturalist <https://inaturalist.ca/> and eBird

(<https://ebird.org/canada/home>). If you have any questions or concerns regarding the use or management of this property, or would like to support NCC's conservation efforts, please contact Gary Davies, Northwestern Ontario Program Director at gary.davies@natureconservancy.ca or go to: natureconservancy.ca to donate and learn more.

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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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

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Lost Dog! \$2000 Reward

Missing from Cloud Bay Area since January 15th. He is a with 13 year old Karelian Bear Dog with failing eye site weighing approximately 45lbs. Atlas has a pronounced curled tail with white tip. He may have been picked up by a Good Samaritan thinking he was a stray. Any information leading to his return will be rewarded no questions asked.

Call 807-356-3529 anytime of day or night.



Second in a Series of Historical Notes on Neebing Sweat, Smoke and Blisters

by ElizaBeth Hill

Today, volunteer Fire Fighters are the highest number in Ontario exceeding full time fire fighters by nearly seven thousand. Out of the total number of provincial volunteer fire departments Northern Fire Protection is nearly half at forty-seven percent.

A volunteer system is dependent on community support and is crucial to its success. In the 1970's Neebing was just getting started. In the organized townships Leo Lafontaine tenaciously worked to educate and train as many volunteers as he could. The municipality created a small budget to help with this service development.

An unorganized township must fund their own expenses. Scoble resident Dave Kukkee organized the first meeting in 1980 to establish a Fire Protection Team in the township. A team was formed and with help from the provincial Office of the Fire Marshal, secured a portable pump and "pond"¹ to respond to fire emergencies in the community. Team members were being trained on proper firefighting techniques and Scoble's first Fire Chief Frank Beck was ready to lead the initiative to build a fire hall and procure a fire truck.

Despite this progress a great deal of opposition began to surface throughout the area over who was going to pay for all of this. Unorganized townships had extremely low taxes and were very appealing to both young families just starting out and longstanding residents who liked things as they were. Would this mean a rise in taxes and if so, how much?

Arnie Aylward had an odd shaped piece of land that wasn't being used which he donated to the Scoble fire service just west of Highway 597 on Hwy 608. When Frank began to canvass the neighbourhood for help to dig the footings, the issue of raising taxes greeted him at the door.

One of the best things about folks who live in the country is how we protect our spaces and our own ideals about living outside of urban populations. We support the local sports we show up at the plowing matches and eat our share of hot dogs at county fairs. We love the woodlands, and some may even go so far as to consider sasquatch might not be fiction. But do anything that threatens our way of life or raises our taxes and we're in your face. This is what happened to Frank.

Frank and Michelle Beck were young and like many people moved to Scoble because it was unorganized. Although Frank was fire chief, Michelle like other Fire Chief's wives handled the emergency calls that came in. Through the party line those calls were relayed to the rest of the team. It was slow but it worked.

The need for raising money for building material followed the same telephone relay. With Sharon Hayward taking on the role of fundraising chair, she and Michelle teamed up with the fire team spouses to create events. They arranged dances at the Kakabeka Legion, horseshoe tournaments, sold cookbooks, and even sold tickets to find money in a haystack. The most fondly remembered is the corn roast that first one netting them close to a thousand dollars which back then was a substantial amount. According to Frank "The fire hall would have dissolved into nothing if it weren't for those women."

Frank grabbed a shovel and took on the blistering job of digging footings with little interest from the community. However, this was a time of sharing elbow grease, of building bees, and original community care. Liking what was happening or not, when people saw the footings were being poured, they stopped in to check it out. If there's one thing that conveys dedication and permanence, it's the pouring of cement. A fire hall was being built and people began to help.

It takes a lot to become a fire department. Provincial criteria must be met, and this was all new in these small northern communities. While holding down their own full time jobs all of the fire chiefs met regularly with the MNDM and Solicitor General's Office of the Fire Marshal. Fran Black, Scoble resident and MNDM staffer guided the fledgling teams through miles of government paperwork. Ken Potter from the Office of the Fire Marshal provided as much technical advice and training opportunities as he could.

Without heated fire halls and water holding tanks the teams had to first drive to the lake in the event of a fire call. Scoble used an old, donated fuel truck and drove to Oliver Lake, chopped a hole in the ice, and filled the tank. Reaching their location, they'd fill the portable pond, manage the fire and repeat until the fire was extinguished. Once the heated Fire Hall was completed this changed and the ministry provided Scoble with a brand-new pumper truck, and two 3,000-gallon water holding tanks were installed.

With funding provided by the Ministry of Northern Development and Mining (MNDM) and technical assistance from the Office of the Fire Marshal (MSG) all of the teams made steady progress. When they provided radios it changed everything, especially for the fire chief's wives. Instead of relaying calls on telephone party lines now the emergency call went directly to the radio of each volunteer. Eventually, when the province initiated the 911 emergency call system in outlying regions of northwestern Ontario even the moose probably heard every fire chief's sigh of satisfaction.

¹A 3,000-gal container to be filled with water on site of the fire location.

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Winter Storm Safety

Winter storms can be dangerous if you are unprepared or don't take proper precautions. Here are a few things you can do to be better prepared.

Before the Storm

- Check that your emergency survival kit is fully stocked and add extra warm clothes and blankets.
- Winterize your home by insulating walls and attics; caulking and weather stripping doors and windows; and installing storm windows or covering windows with plastic.
- Perform regular maintenance and inspections on heating equipment and chimneys.
- Have an alternate heat and power source that can keep at least one room warm and comfortable.
- Make sure shovels and snow removal equipment is easily accessible.
- Buy salt and sand to improve traction on walkways.
- Install snow fence to reduce drifting snow in important areas around your property.
- Prepare your vehicle by having a full tank of gas and a winter emergency kit that includes warm clothing and blankets.

During the Storm

- Listen to the radio or television for changing weather conditions and instructions from local officials.
- **NEVER** use a generator, BBQ or other propane device in an enclosed area.
- Avoid going outside or any unnecessary travel. If you must go outside, dress for the weather.
- Dress in several layers of lightweight clothing, wear mittens and a hat that covers your ears.
- Wear waterproof, insulated boots that will keep your feet warm and improve traction.
- Regularly check for frostbite.
- Bring pets and livestock inside or to a sheltered area.
- Check on neighbours. Older adults, young children and those with disabilities or have illnesses are at greater risk during winter storms.

After the Storm

- Continue to take precautions and listen to media for important instructions from local officials.
- Avoid unnecessary travel until road clearing operations have completed.
- Avoid overexertion when shoveling snow by taking frequent breaks.
- Dress appropriately and regularly check for frostbite

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

R-Residence C-Cell



Chix in the Stix The Smell of Failure

by Cindy Harasen

Who would have thunk it. That the smell of bananas could make a grown woman cry. Not in front of anybody. But a short-lived ugly cry in the car. We were only a few days into January and it was already feeling like a long year. For starters there was soooo much snow. And while snow days can be fun, there are still some added chores, a bit of isolation, and a little stress. So there was that. And we were also having 'a morning.' Nothing drastic. My own fault really. I slept a little later than I had planned so was rushing at every task playing catch-up and trying to get everyone out the door on time. And there was a build-up. Of my own making. A little bit of anger. A pinch of anxiety. A tablespoon of impatience. I may or may not have raised my voice more than necessary. I own that. But the straw that broke the camel's back was a sensory trigger. A few brown bananas at the end of the kitchen counter. That almost sickeningly sweet smell that I love and hate at the same time. It was a reminder that yet again another week had passed and I never got around to making the muffins and banana bread I had planned to make. I mean I was able to get past the waft of something 'off' in the fridge when I opened the door. I could even look past the disaster of boots in the back porch or the garbage that needed to be emptied or the laundry that needed to be folded. But for some reason the bananas got me and pushed me over the edge. I mean call me crazy, call me emotional, call me menopausal and hormonally deranged. What I'll never be accused of is not doing my best to make optimal use of my time every single day, to do good, to serve others, to use my time and my talents wisely. My personal down time and 'me' time is pretty limited. Muffins and banana bread have come to symbolize something for me. They are part of my love language. They are my way of sometimes wanting to make a statement to my family that as crazy busy as I am, I am still here and I still love them and am trying my best to keep it all together

for everyone. In my mind, walking into the house to the smell of baking, and to the treat of homemade goodies on the counter and in the cookie jar or in their lunches, is my way of trying to remind myself, and them, that WE are what is most important. Muffins especially just seem to represent calm and warmth and wholesomeness and caring. Things I strive to hang onto and to provide on the home front to me and to them when life outside the door can be so crazy busy for everyone. But sometimes (okay often) I fail in the attempt and weeks go by and I haven't baked a thing. And usually I cut myself some slack. And it's not that anyone is asking for muffins or accusing me of not caring because I haven't made any. It's my issue and me having expectations for myself that I don't always meet. So then I get mad and frustrated at myself. And here I am in a New Year and hoping to make some positive changes, and hoping to bake more. Because not only is it nice for my family, but it's nice for me too. The whole process of baking. The standing and pattering in the kitchen in my slippers and apron with a coffee and the warmth of the stove and maybe some music playing. It is an opportunity to slow down and breathe. And so when I caught whiff of those bananas and instantly knew by the smell that my opportunity to use them had passed, well it hurt. And I saw it as the smell of failure. And so when I got in my car I cried. Out of frustration. But only a short cry. An ugly cry but a cleansing cry. And when I got back home I yeeted those brown boys into the trash and double bagged it and put it outside, tidied the boots in the back porch, paid one of my children to deep-clean the fridge, put my feet up and watched Netflix. Because sometimes the smell of failure is just the motivation we need to remind us to not take life so seriously. And that store bought muffins and cookies are fine. And life is soooo much easier when you just chill.

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Staying Fire Safe All Winter Long, Between the Bouts of Snow Shovelling

Looking out the window it is hard to imagine how the Groundhog is going to find it's way out on February 2nd to sort out whether or not there will

be 6 more weeks of winter. I'm thinking we already have the answer. I'm blaming the Let It Snow stickers we put in the front window in early November. You remember it was cold then and there was no snow on the ground, the septic field and waterline seemed so vulnerable. Who wouldn't want it too snow.

Just looked outside again - Yep its time the letters are coming down... let it do something else for awhile. Well maybe a dusting every few days just to keep things looking clean.

Not that I don't luv winter with its clear cold days and moonlit nights. Never understood why moonlight on the water moves singers to write songs while so little gets sung about the spectacular cold winter nights when a full moon lights up the world and lightens the mood. Maybe its our secret Northern pleasure that is just beyond words of explanation for those who have never experienced its special warmth.

Well winter is winter and we must remember that we spend significantly more time inside our homes depending on our inside cooking and heating appliances to get us safely through the winter months.

Not surprisingly the Fire Safety Concerns for February are similar to those for the other winter months. Here are some reminders to help keep you safe;

- make sure your heating system is in tip top operating condition, If you burn wood make sure to check and clean your chimney regularly
- do not leave cooking unattended and remember a lid is a quick way to cover and control fire in a cooking pot.

- ensure your electrical distribution equipment is in good condition and adequate to the job at hand
- be aware of the potential sources of carbon monoxide in your home, the signs and symptoms of CO exposure and make sure your CO alarms are working.
- Run through your fire escape plan with everyone in the house. Is everyone clear on their escape route and where to meet, who is going to call 911 and how they will stay warm while help arrives. With all the snow there are a few other things you may want to keep in mind:
- Make sure all your heating exhaust vents are clear of snow.
- Look for your fire number sign - if you can't see it fire and first responders will not be able to find you if you call for help
- Keep your driveway and turn around sufficiently clear to accommodate a fire or rescue vehicle.

The days are slowly getting longer, the sun will start showing its strength soon and it's a great time to get out and enjoy the rest of winter, snow shoe, skate, fish, walk, snowmobile, ski, shovel, whatever and enjoy winter before it goes. As much as winter brings challenges it provides us with so many special opportunities for enjoyment that others

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An Upcycled File Folder Journal

A Bookbinding Class with Stephanie Paxton

Date: Saturday, February 15th, 2020
Time: 12pm - 2pm
Location: Murillo Public Library
Cost: \$25.00

A minimum 4 students are required to run this class

This fun, upcycled journal has a folded cover to protect your pages, and an inside pocket to store notes and ephemera. It ties together with a ribbon so you can take it anywhere with you!

In this afternoon class, you will learn how to cut, fold, and assemble a basic book form using a standard file folder. You will build your signatures, and stitch your book together using a basic pamphlet stitch. We will discuss colour theory, and pairing patterns and colours together to create a journal you will cherish and store your favourite memories in.

Once your journal is complete, we will discuss different journaling techniques and ideas, and you will have time to fill out some beautiful pages with a set of guided journaling prompts.

This is a **basic-intermediate** bookbinder class.

What You Will Need to Bring:

- Small detail scissors
- 12-inch ruler
- 12-inch Scoring board (optional)*

The Instructor Will Provide:

- Standard File Folder
- Patterned Paper
- Liquid Adhesive
- Paint Brush
- Paper Cutter
- Bone Folder
- Paper to Build Journal Pages
- Sewing Thread & Needle
- Piercing Tools
- Hardware & Embellishment
- Instruction Sheet

*A single score board will be available to share with the group



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The Intricacies of Weaving

The most recently published book in the Sommerhjem Journey Series, entitled "Thorval's Tale", is a prequel to the other 5 books, and introduces us to Nissa's parents in their younger years. Nissa's mother, Ani, is a weaver of fine cloth. I always thought that cloth was woven in a simple pattern – with some threads going up and down, and others going across. That is a very simplistic view of weaving, as I have since discovered.

Apparently the longitudinal threads are known in the weaving world as the "warps" and the horizontal threads are the "wefts". The basic weave types are plain, twill and satin weaves – and they can be combined with one another. Different strengths and textures of cloth are created by choosing different types of threads or yarns and by using different weaving patterns – whether alone or combined. Weaving can be summarized as a repetition of these three actions, also called the primary motions of the loom:

Shedding: where the warp threads (ends) are separated by raising or lowering heald frames (also called "heddles") to form a clear space where the pick can pass;

Picking: where the weft or pick is propelled across the loom by hand, an air-jet, a rapier or a shuttle; and

Beating-up or battening: where the weft is pushed up against the fell of the cloth by the reed.

The term "Plain Weave" describes cloths using a basic pattern of warps and wefts. The warp thread is interlaced over the weft thread by alternately lifting and lowering of the yarns. Each and every weft thread goes under and over the warp threads across the width of the fabric. There are many varieties of Plain Weave, including: rib weave (either the warps or the wefts are of a heavier weight than the other); hopsack weave (two or more threads are carried for warps and wefts); poplin weave (two weft threads are used for every one warp thread); and basket weave (which uses an over over under under pattern rather than the regular over under over under pattern. Types of fabric which are created in plain weave include: muslin, organdy, canvas; linen, rayon, silk, Chiffon, organza, voile, wool, and crepe.

The term "Twill Weave" describes weaving where one or more warp fibers alternately weave over and under two or more weft fibers repeatedly (or vice-versa, where one or more weft fibers alternately weave over and under two or more warp fibers). This results in a strong and soft fabric which has more drape than all other weaves. It has parallel diagonal ribs formed left-to-right or right-to-left but the fabric has a

smooth surface. Fabrics with twill weave are more durable, heavy and wrinkle resistant than ones with plain weave, and include: denim, flannel, velvet, drill, jersey, and gabardine. Twill weaving can be alternated (called "broken twill") resulting in a zig-zag or herringbone pattern. An example of cloth woven this way is tweed.

The term "Satin Weave" describes a variation of the twill weave where there are as few interruptions of weft on a continuous warp yarn as possible. This results in a smooth, shiny fabric surface. The fibers used for satin weave are filament fibers like silk or nylon. The fabric in this woven pattern will be very smooth and lustrous and has a flexible structure, because of the long floats. The greatest luster will be in the lengthwise direction.

More complex variations of weaving create jacquard cloth, waffle-weave cloth and tapestries. How intricate and beautiful are the results! Nowadays, of course, computers generate designs and machines will undertake the weaving on a large scale. But in Sommer-

hjem, Ani would have used a home-made wooden loom (she probably had many varieties) and moved the yarns and threads through by hand with a shuttle. From the fact she was well known as a fine weaver with a knack for blending wools one can infer that she had a great deal of patience to accompany her creative skill.

Read more about Thorval, Ani, Nissa and their friends and enemies in the Sommerhjem Journey Series, chronicling the adventures of the "Needing Blessed".

Cold Weather Safety for Seniors



Join NorWest Community

Health Team for an informative session

on staying safe during the winter months.

Monday March 2nd at Murillo Library

10:30 – 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.



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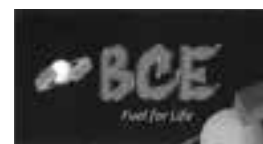
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Beyond Books: Cathie's Story

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

Sharing knowledge and learning through seminars and presentations is an important way that your Library meets your information needs. Over the last few months, a series of seminars organized and hosted by the Oliver Paipoonge Library has been providing residents with information on a variety of topics. The seminar series is called "Successful Aging" and covers areas of interest to many of us. Seminars have included information about aging well and keeping healthy, issues that may affect us as we age, or learning about our ancestry and family histories. People of all ages have been attending. There is no registration required, just drop in. The series is funded by the Ontario Ministry for Seniors and Accessibility.

The series is coordinated by **Leslie Murray** who has sought out both professionals and people with life experiences to provide interesting and new information to residents. **Kiri Butter (CNIB)** was one such speaker who enabled participants to become more independent through introducing them to new technologies. A presentation on travel by another speaker was a lot of fun and people were thrilled to learn more about opportunities. Other speakers have brought forward some very serious topics and helped participants share their experiences or learn about resources available during difficult times such as losing a loved one. Another speaker, **Bev Soloway from Lakehead University** will be presenting Rosslyn History Night on February 19th, from 6:30 to 8:30 at Rosslyn.


On Thursday March 12th, from 10:30 to 12:00, **Leslie** invites you to come out to Rosslyn Hall to hear **Cathie's** story. **Cathie** tells her story based on her life experiences in helping family members during times when their health required supports. She learned many lessons from these experiences. She learned that she did not know all the information about her family members to support them in the way that she wanted to. She also realized that at some point in her life, she may need to be supported by

another person to have her needs met.

She then asks us "how do we not become a burden to those we love and who are there to support us?" Many of us may not think about this. Often, for those trying to help us, meeting someone's needs without having all the information needed can become overwhelming and frustrating. Anger may be experienced and relationships may suffer. But what if, you decided to take control and be prepared? What if, you organized the information that people will need to help have your needs met and what if, you communicated these needs whether they are medical, financial, or recreational? What if, you become less of a burden by organizing and communicating this information beforehand?

Cathie will provide you with a very practical guide to help you prepare for this challenging time that any one of us may face. Through an interactive discussion, **Cathie** will give you resources and ideas to take home. Some ideas include knowing what legal papers you need, knowing what emergency papers may be required, making sure you have a medication list prepared, and so much more. Having good information available for the people helping you at a time when you need assistance is essential - to your well-being and the well-being of those who are supporting you. Some of the ideas presented may not fit your story but you will come away with ideas and resources that you did not know existed. Contact the Library for further information.

Just a reminder that both the **Murillo and Rosslyn Library sites** have a donation drop off box for the **Rural Cupboard Food Bank**. If you are able to provide any non-perishable good to help your rural neighbours, please drop these off during regular Library hours.



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Hymers Fair News

by Shannon Dodd-Smith

Rescheduled Annual General Meeting

The Hymers Agricultural Society invites you to the Annual General Meeting (rescheduled due to snow storm):

WHEN: Saturday, February 8, 2020
WHERE: Rural 60 Plus in Kakabeka
TIME: 1:00 p.m.

Hope to see you there!



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NEEBING FIRE AND RESCUE ASSOCIATION (NFRA) UPDATE

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

Our Annual General Meeting (AGM) is set for Monday April 27 6 pm. at the Municipal Office. We will be electing our new Board of Directors (7 members) who will choose the new Executive, as well as review our Financials and Minutes from the previous AGM. We are always looking for new members to join and help us with the important fund raising activities NRFA does to support Neebing Emergency Services (NES). All are welcome.

NRFA will be holding a spring Pop can Cleanup on Friday May 1, Saturday May 2 and Sunday May 3 from 10 to 1 at 260 Farm Road (Kris Ligat's place). There will be lots of work with all the cans from the last few months to be sorted so many hands are needed. Gloves and coffee will be provided. Help us keep our landfills cleaner while raising money for NFRA.

Our Annual Tailgate Sale will be held on Saturday June 20 (not the 13th as previously noted) from 10 to 2. Tailgaters, a bake sale, penny auction, bbq, displays are just part of the fun. Watch for more details.

We are looking for a sponsor for our BBQ area for \$250.00. Please contact Carole Aitken.

We are planning a spring Music Event at Mink Mountain Lodge for May and will provide more information next month.

We are also looking for volunteers to help with bingos at the Superior Gaming Centre on Memorial Avenue, which could provide us with more funds to purchase

emergency equipment for the new fire truck. Training will be provided and the time commitment may be only once a month or less.

As always thanks to all volunteers and supporters who help NFRA to be successful in our community.

To volunteer or for further information contact me at: caroleaitken1989@gmail.com

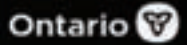
Senior Fraud Workshop



Join Deanna Bessell from The Alzheimer Society for an informative session on fraud awareness.

Monday February 24th at Murillo Hall
10:30 – 11:30

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



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Brain Boosters Program at Rosslyn Library



Every Tuesday from 1:00 to 3:00
Refreshments will be served

This free program was created with the goal of helping older adults rejuvenate their brain and slow the memory loss or cognitive decline associated with aging, using a recreational and fun approach. You will gain the benefit of:

- Regularly engaging in memory exercises that can help improve both short and long-term recall by playing 'thinking' games, card games and memory games.
- Learning something new and share your skills with others.
- Seeking out social interaction in a fun, non-competitive atmosphere.
- Keeping stress under control by decreasing levels of negative emotions and improve levels of positive ones.
- playing games will introduce you to obstacles that challenge your patience, creativity, and critical thinking skills. Games are one of the few areas in life in which you can fall over and over again without consequences or criticism, and some experts believe that this teaches players that they can persevere in any aspect of life so long as they don't give up!

Don't Burn Garbage!

Submitted by EcoSuperior

Q: We just moved into a house with a burn barrel in the backyard, and I notice some of our neighbours have one too. Is it better to burn some garbage than to take it to the landfill site?

A: Short answer – NO! Burning anything other than clean brush or dry firewood releases a big cloud of contaminants such as dioxins and furans (toxic chemicals) into the air. Not only can the particulate matter in the smoke from garbage fires trigger respiratory problems, but exposure to these chemicals is linked to a range of health problems including cancers and immune system disorders. And keep in mind that what goes up (in smoke) must come down: when dioxins and furans settle on fields, forests and waterways, they enter the food chain through the fat of livestock, wild game and fish.

Burn barrels became a tradition back in the days when garbage was primarily

today's garbage includes a lot of plastics, glues and hazardous inks, dyes and chemicals that can become even more toxic when burned. Burn barrels are a relic that need to be retired!

There are plenty of safe ways to reduce the amount of garbage you take to the landfill site. Recycling in our area is limited, so make Reduce and Reuse your main priorities. Before you throw something out, think:

- Can this be re-used, repurposed, repaired, or donated for someone else to use?
- Could I buy this item in a different form or in bulk to avoid the packaging?
- If it's organic waste (fruit/veggie scraps, coffee grounds, tea bags etc), it can be composted.

Remember: the best way to make less garbage is to buy less stuff!

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Lakehead Region Conservation Authority

submitted by LRCA Staff



As 2020 is now upon us, we here at the LRCA would like to wish everyone a safe, healthy and happy New Year.

The LRCA has many exciting projects, events and workshops planned for 2020, which we are eagerly anticipating. We will once again be hosting the Dorion Birding Festival, and 2020 will see the return of Little Trout Day By The Bay at Little Trout Bay Conservation Area. To stay up to date on all of the upcoming plans for this year, we highly recommend visiting our website regularly (www.lakeheadca.com), signing up for our e-newsletter and following us on social media @lakeheadregion on Facebook, Twitter and Instagram.

As always, we encourage everyone

to visit our Conservation Areas. Even in winter they are beautiful and offer fantastic recreational opportunities such as snowshoeing and hiking. Our 2020 Explore Card Parking Pass is also available, which provides parking at our Conservation Areas for one year at a cost of only \$30.00 +HST instead of the \$2.00 per vehicle parking fee. Visit our website or give us a call for more information.

Get out and Explore!



The Rural Pharmacist: An Honest Opinion on Cough and Cold Supplements?

by Devon Myers, Pharmacist/Owner of Kakabeka and Rosslyn Pharmacies

Whether it's a common cold or the annual influenza virus, winter often brings more questions about "natural" cold and flu remedies. Although there are products with some evidence supporting their use there are many others that lack our confidence as health care professionals. Much like my previous article on treating diaper rash, prevention is a key strategy when discussing colds and the flu. This could include simple strategies like washing your hands or, getting the annual flu vaccine. Heck, if you're bored, maybe it's time to give the computer keyboard and cellphone a cleaning? But what about supplements?

As pharmacists our main priority is to ensure that you choose a product that is indicated and safe. Echinacea is one of the most common supplements that patients seek when they have symptoms of a cold or flu. At this time, there is conflicting evidence as to whether or not echinacea truly helps resolve symptoms. However, it's generally safe to use. One thing to mention is that ragweed and echinacea are closely related. With that in mind, patient's with a ragweed allergy should probably stay clear from echinacea to prevent any unwanted reactions.

Vitamin C is often advertised as a treatment for cold and flu symptoms. Most studies suggest that doses of 1 to 3 grams per day are required for benefit but, even these higher doses may have no effect on colds. At these higher doses there is also an increased risk for side effects such as diarrhea and kidney stones. One study showed that taking vitamin C as a preventative measure could marginally reduce the duration and severity of the common cold. So, if your game plan this winter is to use vitamin C to thwart off

a cold I'd suggest you start before your sniffles arrive.

Speaking of the sniffles, a saline nasal rinse can be a good natural option for helping reduce congestion this winter. Saline rinses use a salt water solution to help reduce inflammation and clear mucus buildup. What's nice about saline solutions is that there are a variety of delivery options including sprays and mists. Many of you have probably even seen the infomercials for products like the NetiPot which utilize a saline rinse.

For children, cough is one of the more common symptoms that will cause parents and caregivers to seek medical advice. Unfortunately, most of the products that we recommend for adults are not suitable for kids. Honey, however, can be used in children over 1 year of age to help with cough suppression; avoid honey in kids under 1 year due to botulism risk. One-half to 2 teaspoons of regular honey at bedtime is the recommended dose. Raw honey or manuka honey hasn't been proven to work any better.

For zinc lozenges, the main thing to remember is that they must be started within 24-48 of cold symptoms and taken every 2 hours while awake for benefit. Usually well tolerated, zinc lozenges can cause a bad taste and nausea.

By no means is this an all-inclusive list of the "natural" medicines available but it does cover some of more common ones we encounter at the pharmacy. At the end of the day, it's never a bad idea to ask one of our pharmacists to review your vitamins and herbal medications to ensure that they are compatible with your prescriptions.

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NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted) Deadline for the MARCH 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 for the January edition of the Neebing News, there has been one special meeting and one regular meeting of Council, both held on January 15, 2020.

At the special Council meeting, Council reviewed the preliminary 2020 budget. The following capital projects were considered:

- Bridge replacements on Farm Road and Pardee Road
- Gravel and ditching projects in various locations
- Park improvements at Alf Olsen Memorial Park and West Oliver Lake
- Fire Hall repairs and improvements to the Municipal Office

At the regular Council meeting, the following matters were considered:

- Giant Hearts Thunder Bay made a presentation about their Blessing Box Program.
- A new Neebing logo was approved. Watch for the new look to be revealed later this year.
- Council approved the purchase of drone video and photographs for the purposes of showcasing Neebing.
- The partial closure of Pardee Road was extended to May 31, 2020.
- The interim tax bills were approved and will be in the mail soon.

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.

Kakabeka Music Jam!

2nd Sunday Every Month, 7:00pm-10:0pm, Redeemer Lutheran Church Admission \$3.00 each Person, Any Instrument any Style-no restrictions.
- in support of the Rural Cupboard Food Bank - For more Information call Eldon @ 935-2849



RURAL 60 PLUS

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

MONTHLY ACTIVITIES

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

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

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

Thursdays

Weaving - 10 am to 3 pm
Watercolours - 1 to 3 pm (starts Jan. 16)

Yoga - 10 to 11 am (Feb. 6 to April 23)

Craft room - open 10 am to 3 pm

Fridays

Craft room - open 10 am to 3 pm

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.

MEMBERSHIPS

\$15 per year
Qualifying age - 55
They run from January to December.
You can renew your membership any time now!

Next Board meeting is Friday Feb. 7th at 9:30 am.
We hope that everyone enjoyed the holidays

Keep It Simple with Eco Superior

How safe are the products you use?



The interactive session examines the safety of cleaning and personal care products and offers hands-on tools for making safer choices. Recycling will also be discussed.

TRADE-IN EVENT! All participants are encouraged to bring a cleaning product with a hazardous symbol on the label to be traded for a Green Cleaning Kit*. *Kit includes baking soda, vinegar, recipes and more!

Drop-in to this free workshop at
Murillo Library on Monday February 10th
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.



TOURISM IN NEEBING

WWW.NEEBING.DFO/DOING-BUSINESS.HTML

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.

Committee meetings are the last Monday of each month at 5:00 at the municipal office.



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



MURILLO MINOR ATHLETIC ASSOCIATION

2020 SPRING SOFTBALL LEAGUE

Hello Everyone! We are already preparing for the 2020 MMAA youth softball season. Have your kids take part in one of the most popular springtime leagues in the area. This year we are expanding and adding a Bantam Division, so there will now be five softball divisions:

Division	T-Ball	3-Pitch	Atom	Peewee	Bantam
Birth Year	2016 2015 2014	2013 2012 2011	2010 2009 2008	2007 2006 2005	2004 2003 2002

The season begins Monday May 4th and ends Saturday June 20th with our annual Tournament and BBQ Day event! Games are played at the Murillo ball diamonds on weeknights. Teams normally play 2 games per week, on random evenings. T-Ball and 3-Pitch warm-up starts at 6 pm; Atom, PeeWee and Bantam warm-up starts at 5:50 pm. Game time is 6:30 pm.

DON'T MISS REGISTRATION!! Every year we have to turn kids away because they missed registration. Registration is done well in advance so we have time to organize teams, make schedules, find team sponsors and get uniforms in time for season start. Registration is on a first come, first paid basis. **In-person registration will occur at the Murillo Rink Shack behind the Murillo Community Centre on:**

Saturday March 7 th 10 am - 2 pm	Tuesday March 10 th 6 - 8 pm	Thursday March 12 th 6 - 8 pm
--	--	---


Additional reminders will be sent by email to past players; posted on the MMAA website; published in the Oliver Palpoonge Newsletter; and flyers will be sent to the rural schools. **If you can't attend these registration dates, contact Joe or Karen before Saturday, March 7th to make alternate arrangements.**

VOLUNTEERS NEEDED: THANK YOU to all the MMAA volunteers who devote their time and ensure our softball league's continued success! New volunteers are always welcome to help with the following:

- MMAA Executive Members
- Team Coaches & Assistant Coaches
- Player Registration
- Team Organization / Game Scheduling
- Uniform Order & Distribution
- Field Clean-Up Day & Field Maintenance
- Equipment Supply & Maintenance
- Team Pictures
- Umpire Clinic & Scheduling
- Website Maintenance
- Tournament & BBQ Day Organization
 - Picnic Tables & Tents
 - BBQ Supply/Chefs/Food Service
 - Trophies/Medals

SPONSORS NEEDED: Softball team sponsors are needed in all five divisions. Team sponsors will have their business name / logo printed on team shirts and hats.

FOR MORE INFORMATION: Visit our website at mmaa.tbaytel.net; or contact Joe and Karen Ladouceur by email at mmaa1@tbaytel.net; or call or text 620-1831.



Winter yoga
with Kimberly Venezia
Tuesday evenings
beginning January 28th
to April 7, **7-8:00 pm**
(no class on March 17)
\$75 for 10 sessions or \$10 to drop-in.
Please arrive 10 minutes early with your own yoga mat and props.
Register by email at oplibrary@tbaytel.net

Students under 18 are ½ price!

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

Join the fun at **Rosslin Playgroup**



Every Thursday morning from 10 to 12:00 at Rosslin Hall upstairs.
Please bring your own snack.
For more information contact Rosslin Library at 939-2312 or oplibrary@tbaytel.net

KAKABEKA FALLS LEGION MUSICAL SUNDAYS
Sunday, February 23rd
MINK MOUNTAIN REVIEW
2 - 4 pm
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

FEBRUARY

Cribbage every Saturday 1-3 pm
Saturday February 1st **Teen Challenge Sled Run**
Saturday February 8th **General Meeting 3 pm**
Sunday February 9th **Buffet Breakfast 9-noon**

Saturday February 15th **Valentine Dinner/Dance with Quest** 6:30-8 pm \$30/person. Call Gary 473-9631 for reservations by Wednesday February 12th. **Dance only 8-11 pm \$8/person**
Dance Saturday February 22nd Campbell Family Band 8-11pm

Sunday February 23rd **Music in the Afternoon 2-4 pm**
Saturday February 29th **Dance with Quest 8-11 pm**
Call the Event Line 473-9122 or go to my.tbaytel.net/kakabekalegion for updates



Family Day Fun Curling
KAKABEKA FALLS CURLING CLUB
Monday, February 17, 2020, 1 pm - 4 pm
Everyone Welcome!
No experience necessary
Includes 1 hour of free instruction
\$5.00 per person or \$20.00 per family
Bring a clean pair of shoes - brooms are provided
For more information or to register contact:
Glenn Graham – 577-6850

Want Ads

WANTED: BAR RAKE
Ground driven side bar rake. Doesn't have to be shiny, just has to be in good working condition.
ALSO WANTED:
TOW-BEHIND HAY CONDITIONER.
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4 - 17" 8 bolt steel rims for Ram 2500 pickup, one year old, have never seen snow. \$300.
Call 935-3193.

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 Rosslin 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 helps 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 Murillo or Rosslin Library.

Rural Cupboard Food Bank

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

by Gladys Grant Public Relations

HAPPY VALENTINES DAY! The Food Bank opened in May of 2000, so we are now in our 20th year of operation. As I have said many times it would be nice to see the need for food banks to be no longer needed but that doesn't look like it's going to happen in the foreseeable future. Donations have slowed as per usual for January, but we are still so thankful for our monthly donations of groceries and money from many organizations, in-

dividuals and churches especially with 54 Hampers given out in January and 60 Hampers being planned for clients in February.

690 Hampers were given out in 2019. There were 1,123 Adults, 528 Children, 286 Singles, 128 Couples, 188 Regular Hampers, (2-3 People) and 88 Large (4 people and up), 387 School Lunches, were handed out and 80 Babies needs met. 614 hampers were given out in 2018, so that is an increase of 76 Hampers in a years time.

A BIG THANK YOU to Murillo Bakery who since the inception of the Food Bank in May of 2000 has so generously donated as many loaves of their freshly baked bread as requested hot from the oven for the clients each and

every food bank day. So gratefully appreciated.

A BIG THANK YOU to everyone who so generously made a monetary donation to the Food Bank in Memory of Edith Mae White, mother of Kimm White, our Treasurer and also one of the Grocery buyers of food bank. So gratefully appreciated.

A BIG THANK YOU to the Rural 60 Plus Board and its members for generously donating a large sum of groceries to the Food Bank. This will help stock our shelves and also the cash donation for the purchase of necessary food items. This was achieved from their Annual Christmas Dinner at the Kakabeka Legion. So gratefully appreciated.

A BIG THANK YOU to Whitefish Valley School, for the large donation of grocery items and a monetary donation during the Christmas season. So gratefully appreciated.

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

The next Food Bank will be Wednesday,

February 19th with Registration taking place from 9 a.m. to 11 a.m. If registration is missed clients will have to phone for an emergency hamper which is only given out once a year to any one individual. Volunteers will stay at the food bank until all hampers are distributed. On Monday, February 17th, Volunteers will be at the food bank from 6:15 p.m. to 7:45 p.m. preparing for food bank day. On Tuesday, February 18th, the Veggie Volunteers will be there from 1 p.m. to 2 p.m. You are welcome to bring items at these times

A BIG THANK YOU to our many Volunteers, roughly 30 a month who give so freely of their time so that we are able to operate so smoothly. Without them we would not be able to operate and carry on as we do. The Board Members gratefully appreciate each and every volunteer

A BIG THANK YOU to the Kakabeka Legion for hosting the afternoon of music in January and Old Bones, (Charlotte Hutton & Leo Tardif) for donating so freely of their time to provide music and song to entertain the people in attendance, who donated money at the door to support the Rural Cupboard Food Bank. Greatly Appreciated.

ATTENTION:

The Kakabeka Legion will host another Sunday afternoon of music on Sunday, February 23rd from 2 p.m. to 4 p.m. with a cash donation at the door. Dancing welcomed. Intermission with refreshments and goodies.

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

Next meeting is Wednesday, February 5th at 6:30 p.m. in the Council Chambers of the Conmee Complex!

February's Events
at the
Gillies Community Centre

YOGA
Monday's until February 3, 7-8:15pm, 15\$ Drop in.
Everyone welcome! New session begins March 2-April 6
No class March 16th 65\$ for the full session
Email Studio0n@rock@gmail.com

Cake Decorating Workshop
Sunday, February 16th 1-4pm- 10\$- Call Beth at 476-0927 to register

Kill the Chill - Chili Cook Off!
Sunday, February 16th 5-8pm- 12\$ admission- Call Gerry @ 626-4984 to enter

BOOK SWAP!
Saturday, February 22 & Sunday, February 23 11-5pm

Seedy Saturday
This beloved annual event is back! Saturday, February 29th 12:30-4pm
2\$ Admission- Seeds to swap and buy, speaker sessions, door prizes!

Psychological First Aid Course
This 2 day certificate course will be offered on March 7th & 8th, 9-5pm
Cost is 175\$ + HST. Please register by FEB 28th - Contact Marge at 621-4286
or email bublermoorefirstaidservices@gmail.com

Board Meeting- March 16th 7:30pm- Everyone welcome!

Follow us on Facebook for details and updates for all events.
To call 476-8834 for rental & other inquiries- located at 1835 HWY 595

A GILLIES COMMUNITY CENTRE FUNDRAISER

Kill the chill Chili Cook-off!

PRIZES! PRIZES! PRIZES!

SUNDAY FEBRUARY 16th 5-8pm

125 ADMISSION CHILDREN 10 & UNDER FREE ENTRANTS FREE!
VOTE FOR YOUR FAVOURITE!

HOW IT WORKS:
Entrants MUST register by February 9th
Maximum 10 entries, so register early!
Each entrant must bring:
- A crock pot with minimum 6qts of homemade chili
- Serving spoon, extension cord/power bar
- Entrants must specify upon registration the main ingredient (beef,pork,veg) as well as heat level (mild,med,hot)

Tasters admission fee includes:
- score sheet and can taste any or all entries.
- bread, butter and non-alcoholic refreshments.

TO REGISTER CALL GERRY: 626-4984
THE GCC IS LOCATED AT 1835 HWY 595

MURILLO MINOR ATHLETIC ASSOCIATION

2020 SPRING SOFTBALL LEAGUE

Hello Everyone! We are already preparing for the 2020 MMAA youth softball season. Have your kids take part in one of the most popular springtime leagues in the area. This year we are expanding and adding a Bantam Division, so there will now be five softball divisions:

Division	T-Ball	3-Pitch	Atom	PeeWee	Bantam
Birth Year	2016 2015 2014	2013 2012 2011	2010 2009 2008	2007 2006 2005	2004 2003 2002

The season begins Monday May 4th and ends Saturday June 20th with our annual Tournament and BBQ Day event! Games are played at the Murillo ball diamonds on weeknights. Teams normally play 2 games per week, on random evenings. T-Ball and 3-Pitch warm-up starts at 6 pm; Atom, PeeWee and Bantam warm-up starts at 5:50 pm. Game time is 6:30 pm.

DON'T MISS REGISTRATION!! Every year we have to turn kids away because they missed registration. Registration is done well in advance so we have time to organize teams, make schedules, find team sponsors and get uniforms in time for season start. Registration is on a first come, first paid basis. In-person registration will occur at the Murillo Rink Shack behind the Murillo Community Centre on:

Registration Date	Time
Saturday March 7th	10 am - 2 pm
Tuesday March 10th	6 - 8 pm
Thursday March 12th	6 - 8 pm

Additional reminders will be sent by email to past players; posted on the MMAA website; published in the Oliver Paipooonge Newsletter; and flyers will be sent to the rural schools. If you can't attend these registration dates, contact Joe or Karen before Saturday, March 7th to make alternate arrangements.

VOLUNTEERS NEEDED: THANK YOU to all the MMAA volunteers who devote their time and ensure our softball league's continued success! New volunteers are always welcome to help with the following:

- MMAA Executive Members
- Team Coaches & Assistant Coaches
- Player Registration
- Team Organization / Game Scheduling
- Uniform Order & Distribution
- Field Clean-Up Day & Field Maintenance
- Equipment Supply & Maintenance
- Team Pictures
- Umpire Clinic & Scheduling
- Website Maintenance
- Tournament & BBQ Day Organization
 - Picnic Tables & Tents
 - BBQ Supply/Chefs/Food Service
 - Trophies/Medals

SPONSORS NEEDED: Softball team sponsors are needed in all five divisions. Team sponsors will have their business name / logo printed on team shirts and hats.

FOR MORE INFORMATION: Visit our website at mmaa.tbay.me; or contact Joe and Karen Ladouceur by email at mmaa1@tbaytel.net; or call or text 620-1831.

RURAL BUSINESS SERVICES DIRECTORY

AUTO REPAIR

Charlie's Auto
Automotive Service Technician, Charles Clair
953 Candy Mountain Dr., 473-5456 708-5536

Fast Forward Auto
Full Service Domestic & Import Repairs
Brakes, Driveline, Drivability; Quality Four Wheel Alignments
1024 Boundary Dr. W. Neebing 807-628-8551

CATERING, HALL RENTALS & MEETINGS

Blake Hall - For Rental call 474-5331

Founder's Museum
Hwy. 61 & Gillespie Road, Phone: 475-5114
Fax: 473-4663, Email: info@founders.ca

EXCAVATION & EQUIPMENT RENTALS:

Pete's Backhoe Service Ltd.
52 Haniak Rd, Rosslyn
Ph 939-1014, Email office@petesbackhoe.com
Dump Trucks, Excavation, Lot Development

ELECTRICAL

5 Star Electric (Thunder Bay) Inc.
Residential, Commercial, Industrial; New Builds, Upgrades.
Lighting Retrofits (grants possible), Solar system repairs, Generator backup systems. 807-475-7827,
email.inquiries@fivestarelectric.ca, message us at Facebook

FIREWOOD PROCESSING

Wegner Enterprises
Portable processor, custom cut and split, processed directly into your wood shed! 345-3966

FEED & FERTILIZER

Thunder Bay Co-op Farm Supplies
Highway 61 & Boundary Drive
Phone 475-5190 Fax 475-7420 www.tbcoop.com Fertilizers, chemicals, building supplies, hardware, feed, poultry chicks, garden products

GENERAL CONTRACTORS

Pete's Backhoe Service Ltd.
52 Haniak Rd, Rosslyn Ph 939-1014,
Email office@petesbackhoe.com
Driveways, Lot Development, Gravel/Sand

MASSAGE THERAPY

Lisa Hipwell Registered Massage Therapist
NEW LOCATION: Located in same building as Rosslyn Family Dentistry.
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

February 2020



Mon	Tues	Wed	Thurs	Fri
3 ARMSTRONG 1-7pm NorWest CHC Clinic	4 MURILLO 9:30am-4pm Community Centre (Footcare only) ARMSTRONG 8:30am-12:30pm NorWest CHC Clinic	5	6 NOLALU 9:30am-4pm Community Centre	7
10 KAMINISTIQUIA 9am-3:30pm Community Centre	11	12	13 UPSALA 10am-3:30pm Community Centre O'CONNOR 10am-4:30pm Community Centre	14
17 FAMILY DAY	18 NEEBING 12-6 pm Municipal Office (NP, Footcare Nurse & CHW) Blake Hall (CHW & Dietitian)	19 O'CONNOR 10:30am-3pm Community Centre (Booked Appointments Only)	20 NOLALU 9:30am-4pm Community Centre DORION 9:30am-3:30pm Municipal Office (Foot care only)	21
24 KAMINISTIQUIA 9am-3:30pm Community Centre	25 SHEBANDOWAN 9:30am-4pm Community Centre	26	27 O'CONNOR 10am-4:30pm Community Centre UPSALA 10am-3:30pm Community Centre	28

☀️ = Regular Mobile
🍏 = Diabetes Mobile

NorWest CHCs is located at 525 Simpson St Thunder Bay, ON P7C 3J8
Tele: 807.622.8235
TF: 1.866.357.5454

Find us on [facebook](#)

NOTE
Upsala
Feb 13 & 27
NP, Footcare & CHW Services Available

For more information or to book an appointment, call 807.626.8474

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
Feb. 6, Feb. 20
March 5, March 19

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: oplibrary@tbaytel.net
Website: <http://oliverpaipoonge.olsn.ca>

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

Thank you to our Whiskey Tasting Sponsors:
- Kakabeka Esso
- Don Kamula
- Kubota
- Bruno's Contracting
- Valley Foods

Visit the library during
Rosslyn Winter Carnival
for fun family indoor activities!
Drop by on
Saturday February 22
between 10 am and 12:00 pm.

Thunder Bay Therapeutic Riding Association

Therapy on horse back for children and adults with special needs.

Pancake Breakfast

Everyone Welcome! Children under 5 FREE

Ages 6 - 11	\$5.00
Adults	\$12.00

Sunday Feb 2 / 2020
Murillo Town Hall
9 am to 12:30 pm

Firm & Regular Pancakes
Scrambled Eggs
Sausages
Juice, Tea, Coffee

ST. JAMES ANGLICAN CHURCH
(John St. Rd. at Calvert)

ANNUAL SHROVE TUESDAY
FEBRUARY 25th 2020

PANCAKE SUPPER

(Sausage, dessert and refreshments included)

4:30 P.M. - 6:30 P.M.
At the church in Morrow Hall

Proceeds towards church outreach

FREE WILL OFFERING

Rosslyn Women's Institute
presents their

19th Annual Valentine Dessert Tea

Thursday, February 13, 2020
7:00 pm - 8:30 pm
Rosslyn Village Community Centre
corner of Rosslyn Rd & Ubert Rd

Ticket price includes a generous slice of the decadent dessert of your choice plus a beverage.

Tickets are \$6.00
Advance tickets are available from any full member.

For more info, call Jean Foley at 623-5884.

♥️ PLUS! Our Cookie Walk - \$5 per dozen ♥️

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.