



The Neebing News

Volume Fifteen, Number Four

April 2020

Let's Connect through The Neebing News!
Have a Neat Tip to stay busy during this time?
How about some pictures of kids having fun?
Send them to the Neebing News so we can share our stories -
designhouse@tbaytel.net



**SUMMER
LANDFILL HOURS
BEGIN**
Starting April 1, 2020,
the Sandhill and
Scoble Landfill hours
will be as follows:

**Saturdays from 9:00
am to 5:00 pm
Wednesdays and Sun-
days from 4:00 pm to
8:00 pm**

*Check This Month's
Issue....*
...for COVID 19 information,
event changes
AND LOTS of community
news and updates!



FIRE PERMITS

**Starting April 1, 2020
Fire Permits are required.**

**Permits can be obtained
by visiting
www.neebing.org.**

**During the COVID-19
emergency, the municipal
office is not open to the
public.**

**If you have difficulties
with the online permit,
contact the municipal of-
fice at 474-5331 or [nee-
bing@nee-
bing.org](mailto:nee-
bing@nee-
bing.org)
to make alternate
arrangements.**

Impact of COVID-19 on Neebing Municipal Services

Many things have changed in the last month with the rise of COVID-19 and many changes are still to come. During these challenging times, Council would like to assure Neebing residents that their health and safety are of the utmost importance.

To better protect the public and our employees, the Municipal Office and the Blake Hall are closed to the public. Administrative staff are working from home as much as possible but are still responding to enquiries by phone and email.

Public Works staff will continue with road maintenance activities. Due to enhanced safety protocols, there may be delays to response and repair times.

The landfill sites remain open during regular hours; however, the good neighbour shed has been closed and our staff have been instructed to follow recommended safety protocols.

To keep up to date on any changes to municipal services, visit our website at www.neebing.org or follow us on Facebook at :
www.facebook.com/Neebing.

Easter Egg Hunt & Crafternoon CANCELLED

With all the health concerns floating around for our citizens, the Rec committee felt compelled to CANCEL the upcoming Easter Egg Hunt-slated for April 10th, and the Crafternoon, slated for March 28th.

Hopefully by July 1st, Canada Day, the crisis should have been resolved and the event can pro-

ceed as scheduled.

There may be a couple of added features offered from the cancelled events to make things more interesting and fun for our kids and their families.

Please take care of yourself and enjoy the down time. For any further info, call Penny at 964-2270 or Dawne at 964-2750.

PUBLIC NOTICE

**The Municipal Office and
Blake Hall are
CLOSED
to the general public
until further notice.**

The Municipal Office will continue to be staffed during regular office hours to receive phone calls and emails and to support the essential services we deliver in our community.

Office Hours: Mon-Fri 9 a.m. to 5 p.m.
Phone: 807-474-5331
Fax: 807-474-5332
Email: neebing@neebing.org
Website: www.neebing.org
Facebook Page: www.facebook.com/neebing

We are following guidelines issued by all levels of Government and Public Health Officials and hope our Residents heed the advisories and are taking measures to protect themselves and others.

We appreciate your cooperation during these challenging times.



**THE CORPORATION OF THE
MUNICIPALITY
OF NEEBING**

NOTICE LOAD RESTRICTION

**Road users are requested to take notice that
Load Restrictions were applied to all
municipal roads within Neebing, effective
Friday, March 20, 2020 at 8 a.m. and will continue
until further notice.**

**Check with the municipal office or check
Neebing's website for updates.**

**Barry Livingston
Public Works Foreman**

OMAFRA Thunder Bay District COVID-19 UPDATE
 For up-to-date information on COVID-19 go to:
<https://www.ontario.ca/page/2019-novel-coronavirus>

Thunder Bay District Events Cancelled due to COVID-19:

March 18: Thunder Bay Country Market - closed until further notice
 March 17, 19: OSCIA Environmental Farm Plan Workshop (Rosslyn) - cancelled
 April 1-2: OSCIA Spring Farm Conference (Kakabeka) - cancelled
 April 2: TBFA Temple Grandin Event (Thunder Bay) - cancelled
 April 17: OSCIA Biosecurity - Livestock Workshop (Rosslyn) - cancelled

Please check the websites for these ag/food groups and agencies for further information.



Poplar Grove RV Park
 Kashabowie, Ontario

Seasonal sites for rent, 30 amp service, lake water, septic, docks, swimming platforms, 2 water slides, 75 min all highway drive from Thunder Bay

Call for additional information and to RESERVE YOUR SITE for the 2020 season
 Rodney 807-629-2418 or Liz 807-472-0444



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What can you do to help prevent the spread of COVID-19?

- Stay home if you are sick.
- Stay home after you travel for at least 14 days.
- Reduce contact with others.
- Practice social distancing
- o Avoid non-essential gatherings and crowded places
- o Avoid common greetings, such as handshakes
- o Limit contact with high risk individuals such as older adults and those in poor health
- o Keep a distance of at least 2 arm-lengths from others
- Wash your hands with soap and water or alcohol-based hand sanitizer
- Cough and sneeze into a tissue or bended arm
- Avoid touching your face
- Regularly clean frequently touched surfaces with disinfectant cleaners or diluted bleach

Other ways to help

- Don't panic buy. It's good to stock up and be prepared, but don't stockpile. Let's all do our part to ensure everyone has what they need to stay healthy.
- Reach out to friends, family and neighbours by phone, text, email or video chat to let them know they're not alone.

If You Think You Have Symptoms of COVID-19

Symptoms range from mild flu like symptoms to severe pneumonia like symptoms, which could include fever, cough, difficulty breathing, muscle aches, fatigue, headache, sore throat and runny nose.

If you think you might have the coronavirus or have been in contact with someone who does, use the online self-assessment tool to determine what to do next. The self-assessment tool is available

at <https://covid-19.ontario.ca/self-assessment>.

Do not go to your doctor's office, the hospital or the assessment center without first contacting a medical professional by phone. They will direct you on next steps.

- Thunder Bay District Health Unit 807-625-5900
- Telehealth Ontario 1-866-767-000



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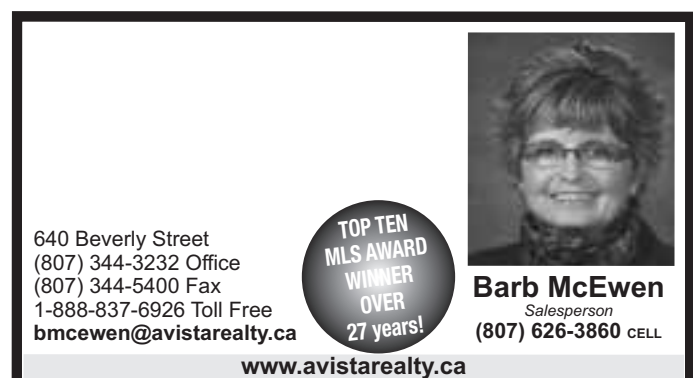
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JESSE ASUNMAA 807.355.4409
 JARIASUNMAA 807.631.4709

788 Silverfalls Rd., Kamestiquia, ON P0T 1R0 kamcrush@gmail.com

The Municipality of Oliver Paipoonge has shut down public access to their buildings until April 15th. This includes the library services and programs. Board and staff are in the process of creating a plan regarding items currently on loan. Please watch the library facebook page, website and the Neebing News for updates.



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KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

SELF-MONITORING	SELF-ISOLATION	ISOLATION
<p>You have:</p> <ul style="list-style-type: none"> no symptoms <p>AND</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus that causes COVID-19 in the last 14 days 	<p>You have:</p> <ul style="list-style-type: none"> no symptoms <p>AND</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19 	<p>You have:</p> <ul style="list-style-type: none"> symptoms, even if mild <p>AND</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19
<p>SELF-MONITOR means to:</p> <ul style="list-style-type: none"> monitor yourself for 14 days for one or more symptoms of COVID-19 go about your day but avoid crowded places and increase your personal space from others, whenever possible 	<p>SELF-ISOLATE means to:</p> <ul style="list-style-type: none"> stay at home and monitor yourself for symptoms, even if mild, for 14 days avoid contact with other people to help prevent the spread of disease in your home and in your community in the event you become symptomatic 	<p>To be ISOLATED means to:</p> <ul style="list-style-type: none"> stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people
<p>You need to self-monitor if:</p> <ul style="list-style-type: none"> you have reason to believe you have been exposed to a person with COVID-19 <p>OR</p> <ul style="list-style-type: none"> you are in close contact with older adults or medically vulnerable people <p>OR</p> <ul style="list-style-type: none"> you have been advised to self-monitor for any other reason by your Public Health Authority 	<p>You need to self-isolate if:</p> <ul style="list-style-type: none"> you have travelled outside of Canada within the last 14 days <p>OR</p> <ul style="list-style-type: none"> your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19 	<p>You need to isolate if:</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 <p>OR</p> <ul style="list-style-type: none"> you are waiting to hear the results of a laboratory test for COVID-19 <p>OR</p> <ul style="list-style-type: none"> you have been advised to isolate at home for any other reason by your Public Health Authority
<p>If you develop symptoms, isolate yourself from others immediately and contact your Public Health Authority as soon as possible</p>	<p>If you develop symptoms, even if mild, stay home, avoid other people and contact your Public Health Authority as soon as possible</p>	<p>If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions</p>

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

1-833-784-4397

canada.ca/coronavirus

Public Health Agency of Canada

Canada



LAKEHEAD REGION
CONSERVATION AUTHORITY

www.lakeheadca.com

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National Day
of Mourning

April 28



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Chix in the Stix A New Normal

by Cindy Harasen

There were a few things I had originally planned to write about this month. There was the incident with the squirrel in the living-room. Seriously a jaw-dropping experience even for the dog as we marvelled at the spider-man skills of the critter scaling the top of our 14 foot walls. And then there was the story about how, with my daughter's help, I began culling my husband's t-shirt collection after sitting across from him at a coffee shop and realizing things had gotten way out of hand. But as I sit here now, like most of you, I am still just wrapping my head around how life has changed so quickly and so drastically for all of us. And by the time you read this, things will likely have changed again. There is a new normal in almost all areas of our lives with no clear end date. I have had a few panic moments in the last weeks. Most which I have tried to hide from my kids, since of course they are going to continue to take their lead from me on this. So I'm taking lots of deep breaths and going one day at a time and trying to be my usual optimistic self. But at the same time I think it's important to acknowledge that it's okay to grieve a bit too. We have all had important stuff cancelled. Stuff that we were looking forward to. Stuff that we had planned and saved and worked hard for. And as easy going as we can try to be about letting it all go, its okay to feel bummed and even a bit angry about it too. Things are not going too badly in our home. As a bunch of introverts with years of homeschooling experience I think we have a bit of an advantage. I kinda like this new normal. This slower pace. This chance to catch up. Take this morning for instance. A month ago we would have been rushing out the door. I would have tossed a breakfast bar, some raisins and a juice box into a zip-lock bag for my daughter to eat in the car because there was never any time. This morning I set the table and served French toast made with bread my husband baked last night, topped with homemade maple syrup and real whip cream. Yesterday we made a ton of meatballs. The day before we baked cookies. There is music playing, Lego building, book-reading, dog snuggling. There is time to tackle those cleaning projects that have been put off forever. There is time to consider starting new projects. Time to dig out my

knitting again. Time to get back to playing my guitar. And while it may not be the BEST activity in isolation, there is time to continue teaching myself how to play the harmonica. There are on-line courses to take. Movies to watch. Recipes to try. Snail-mail letters to write. Like seriously I want THIS part of things to stay the same. I just hope that when we come out the other side of this that I am not too quick to race out the door and back into the crazy-ness of life again and that I can maybe at least find a happy medium.

I also don't ever want to forget the power of love, kindness and compassion that has sprung up in our local communities. So many great things are happening and so many insights. Like the endless possibilities that working from home provides for the disabled. How designated shopping hours for seniors should have always been a thing. How retail and food service workers are indispensable to a functioning society and deserve to be paid accordingly. How putting the importance of economics before saving lives is a slippery slope. I think many of us are getting a glimpse of a quieter simpler life that is taking us back to basics and a focus on home and family. And this could be a very good thing. I'd like to think the planet is getting a few months to heal also. I think we were all a bit naive and maybe a bit complacent thinking we were going to get through this lifetime without having to endure any hardships like many past generations did. We thought we had it all figured out. So when we woke up one day and felt like we were in some weird Netflix movie it was like a major attitude adjustment. And I don't know about you but I for one needed it. So. I don't know about you but I have every intention of coming out of this ordeal a stronger, wiser, fitter, calmer person with new priorities. My new normal may still be evolving, but I don't think I would go back to the old normal even if I could. You may have to literally drag me off the top of this mountain when this is over with. These are unprecedented times folks. So stay safe, take care of each other, check on your neighbours, reach out for help if you need it. We've got this! I promise to tell you about the squirrel and those horrible t-shirts another time. God Bless!



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Neebing Emergency Services

by Dale Ashbee, Fire Chief, Neebing

Even in the Face of COVID-19

FIRE SAFETY remains an NES Number One Priority!

Although winter seems to still be grudgingly 'holding on', the strengthening and lengthening of each days' gift of sunshine is slowly winning the battle, and Spring is now inevitable.

Three (3) robins spotted on the side of the road the other day were reason enough to celebrate, even if the temperature was still in the minus double digits. And no, they weren't frozen solid, they were airborne!

When I first began to write this article, I was slowly putting a bag together in preparation for taking a late winter break to warmer climes, the issue of a Coronavirus outbreak was still remote and little more than 'background noise'. On the fire side, getting ready for summer operations and preparing for the upcoming wildfire season were of primary concern. **WOW!** What a difference a week can make!

Understanding and preparing for the unwelcome arrival of **COVID-19** has become the primary focus of the media and has required the full attention of governments, businesses and residents across the country.

By the time you read this article you will have been advised that the **virus spreads through contact** amongst people and that to **protect yourself** you need too;

- **minimize physical proximity** to and **contact with others**,
- increase your **social distance** to > 6',
- **stay home** if you **do not have to go out**,
- **isolate if you may have been in contact** with a **COVID-19 host** or have **traveled** in an area where **COVID19** was present.
- **wash your hands** or use **sanitizer** frequently to cut the chain of infection that the virus requires to spread.

There are a number of web sites available that have solid information regarding steps you can take to protect yourself, your family and others from COVID-19 infection. These include;

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

<https://www.ontario.ca/page/2019-novel-coronavirus>

While the issue of COVID-19 will consume a large part of our attention over the coming months, as we move into Spring, it is still important to maintain diligence with regard to other facets of our lives and remain safe from regular dangers including fire.

Some **spring fire safety items** include:

- **Fire Escape Plans** - With schools closed and many parents at home with their family it is a great opportunity to spend some collective time **creating or refreshing** and **practising** your **Fire Escape Plan** and also checking and testing **Smoke** and **CO alarms** and even holding mock fire alarms. Additional support information on Fire Escape Plans is available at the Ontario Fire Marshal web site: <https://www.mcscs.jus.gov.on.ca/english/FireMarshal/FireSafetyandPublicEducation/PublicFireSafetyInformation/Home-FireEscapePlanning/FireEscapePlanning.html>
- **Chimney Safety** - With the arrival of warm spring days, wood stove heat is frequently 'cut back'. This chimney damping can result in a rapid build-up of creosote in the stack, which in turn can increase the potential for a chimney fire. Remember to regularly check your chimney and clean out accumulated creosote.
- **Spring Floods** - **Melting snowpack** combined with **spring rains**, can quickly lead to increased flood levels, and disruptions of regular travel patterns. Lake levels have been high this past winter reducing capacity for spring flush in the system. Be watchful and listen for updates on local flood threats as the spring melt proceeds
- **Fire Permits** - With regard to those residents who have accumulated clean brush and debris, and were unable to burn-off the piles before end of day on March 30th, it must be noted that as of **April 1, 2020**, we are into the **Fire Season** in Northern Ontario. In Neebing, any/all open-air burning requires a valid municipal fire permit. Paper fire permits are normally available at AJ's, Green Acres and at the Neebing Municipal Office, and an increasing number of residents are taking advantage of the online burn permit system, which can be accessed 24/7 at www.neebing.org. With service disruptions anticipated during the COVID19 response if you have

difficulty accessing a fire permit, call the municipal office at 474-5331 during regular business hours to arrange for a fire permit as required. As I write the plan will be to have the phone lines staffed during business hours to deal with public enquiries.

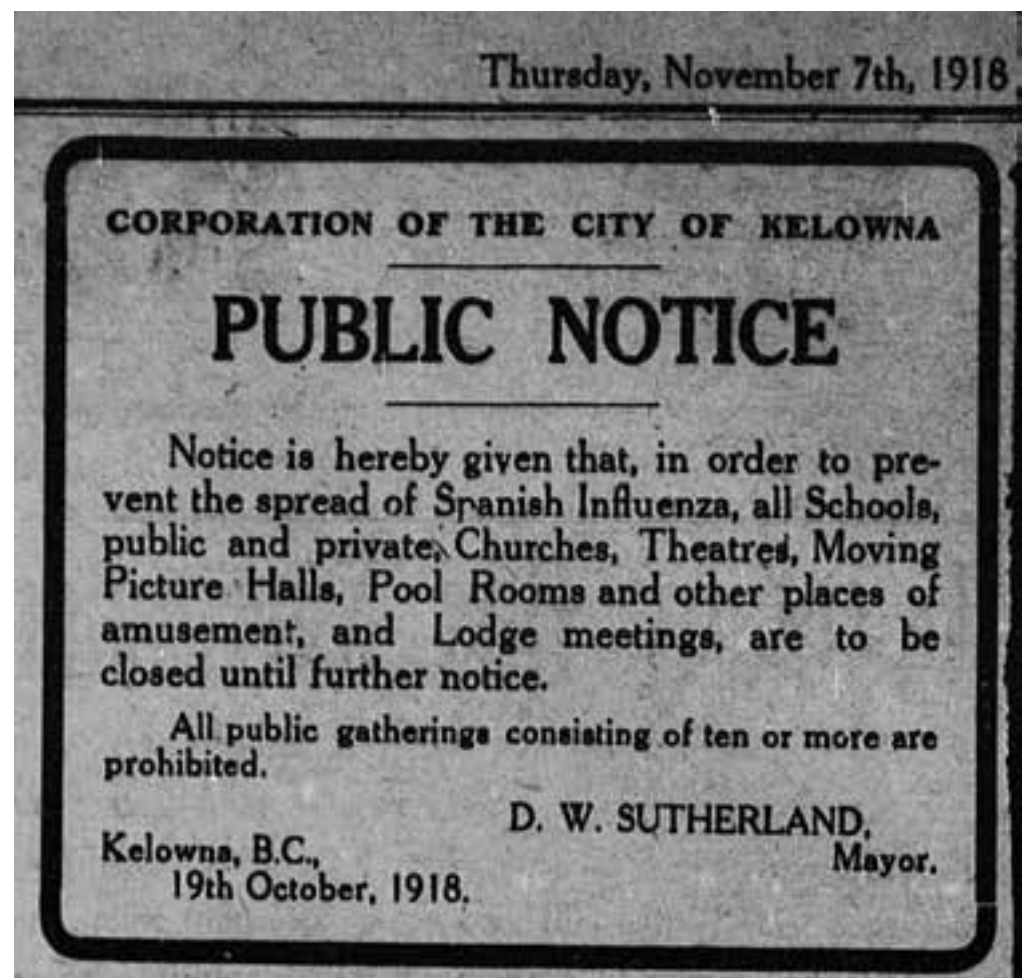
NOTE: If a **Restricted Fire Zone (RFZ)** (Fire Ban) is put in place fire permits will not be available and no burning will be permitted until the RFZ is lifted.

- **FireSmart** – with the onset of spring and free time on our hands, spring 2020 is a great time to do some FireSmart improvements around your property. **Trim up trees, clean up brush and debris, remove deadfalls, remove dead grass** etc. Or if you haven't had the time to do it already you can start by conducting a **FireSmart Home Assessment** and **identify actions** that would help **protect your property from wildfire**. The assessment tool and more Information on FireSmart is available at; <https://www.ontario.ca/page/firesmart#section-2>
- **Emergency Planning:** While it is important to maintain a supply of **food and life support goods** to sustain you and your family for **72 hours** in normal times, in the shadow of the COVID-19 virus outbreak, you will want to think about, and plan for the possibility of longer stretches of self-quarantining and monitoring. There is good advice available on the COVID-19 sites noted above, and on the federal **Get Prepared Site** at <https://www.getprepared.gc.ca/cnt/rsrsc/pblctns/yprprdnsgd/index-en.aspx>

It is important to remember that even in the midst of the impact of the COVID-19 virus issues, there are many other realities of life-safety that still need to be addressed in order to ensure that you, and those around you, remain safe and secure.

Stay Well - Stay Safe

Dale Ashbee, Fire Chief-Neebing



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ALLENS ENTERPRISES SERVICES INC. Excavating Bulldozing Landscaping Director Allen Vibert 3402 Rosslyn Rd. Rosslyn, ON P7K 0P8

VISA AND E TRANSFERS ACCEPTED

Mobile Health Services are Temporarily Closed
Due to the COVID-19 Pandemic

The Mobile Health Services Team will not be traveling to rural communities within the district of Thunder Bay to help protect the health of the community. The current situation will be reassessed in the near future.

Although we will not be physically present in your community, we want to continue to support you with all aspects of your health.

How to book an appointment with your provider?

If you require an appointment with your Nurse Practitioner or Diabetes Nurse, a phone appointment or in person appointment at our main site in Thunder Bay can be scheduled by contacting one of the mobile Community Health Workers Shaun (807-626-7863) or Naomi (807-626-7879) or you can access our Walk-In Clinic.

How can a Community Health Worker (CHW) support you?

Our Community Health Workers are available by phone and can support you with financial concerns, accessing food, concerns or questions about COVID-19, navigating the current community situation, and accessing programs to support you. Please contact one of our mobile CHWs if you would like some support during this time:

SHAUN at 807-626-7863 or NAOMI at 807-626-7879

Walk-In Clinic Hours

Monday to Thursday: 4:30 pm to 8:00pm

Friday: 1:00 pm to 4:00pm

Saturday & Sunday : 10:00am to 3:00pm

Please keep your social distance.

SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

Here's how you can practice social distancing:

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family if possible
- use food delivery services or online shopping
- exercise at home or outside
- work from home

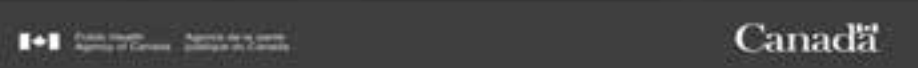
Remember to:

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often

If you're concerned you may have COVID-19:

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- call ahead to a health care provider if you are ill and seeking medical attention

FOR MORE INFORMATION:
canada.ca/coronavirus 1-833-784-4397



YOUR MOBILE TEAM IS HERE TO SUPPORT YOU

What can you do to help stop the spread of COVID-19? To prevent spreading COVID-19, it is recommended to practice social distancing. **Social distancing** is limiting the number of people you come into close contact with. This will help to limit the spread of COVID-19 in the community.

Social distancing includes, but is not limited to:

- Working from home where possible
- Avoiding non-essential trips in the community
- If possible, limit or consider cancelling group gatherings
- Consider having virtual meetings instead of in person.
- Avoid handshakes and direct contact with others
- Maintain a 1-2 metre (3-6 feet) distance from other people

This isn't to say "you must stay home!" You can still go outside to take a walk or go to the park. If you need groceries, go to the store. While outside make sure to avoid crowds and maintain a distance of 1-2 metres (3-6 feet) from those around you. Remember: While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable.

What should you do if you have recently traveled?

ALL travellers must self-isolate for 14 days, whether or not they have symptoms. Self-isolation means staying home, staying in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one, and if you must be in the same room, wear a mask and stay at least 2 meters away from other people.

What should you do if you develop symptoms?

The most common symptoms include a new or worsening cough, fever, or difficulty breathing. If you experience any of these symptoms you must self-isolate (see above) immediately. You can use the **self-assessment tool** at [Ontario.ca/covid19](https://www.ontario.ca/covid19) or you can call **Telehealth** at 1-866-797-0000 or the **Thunder Bay District Health Unit** at 1-888-294-6630 to determine your next steps.

If you would like to know more:

Current Status in Thunder Bay District : <https://www.tbdhu.com/coronavirus>

Ontario Updates: <https://www.ontario.ca/page/2019-novel-coronavirus>

Federal Updates: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Community & Social

Services: call 2-1-1

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**NEEBING FIRE AND
RESCUE
ASSOCIATION (NFRA)
UPDATE**

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

Due to the COVID 19 outbreak NFRA will be postponing many of its upcoming events. Our AGM scheduled for April 27 is now set for Monday May 25, 6:00 pm at the Municipal Office. However, depending on the current situation related to the virus this may again be changed.

The Pop Can Cleanup scheduled for May 1 to 3 is postponed until a later date. As well the Old Tyme Music Concert scheduled for May 9 is postponed until the summer. We hope to offer both these events once restrictions on gatherings have been lifted.

The Tailgate Sale set for Saturday June 20 is still scheduled but again we will have to watch for ongoing direction on activities from the Public Health Unit.

We are continuing to accept donations for the new fire truck and are working on upcoming fund raising initiatives.

It is important that we keep all NFRA members, volunteers and the public safe and healthy in these challenging times.

DUE To The COVID 19 situation NFRA will be closing our POP CAN COLLECTION until further notice. Please put ALL CANS in the GREEN RECYCLE BIN. Thank you for your cooperation and we will resume this fund raiser when possible.

Weather by Kaleigh

Neebing's Hard Working Weather Girl

It may not be an "Essential Service" but at Weather by Kaleigh its business as usual! What started out as a homeschooling project, the Facebook weather show celebrated its two year anniversary in January with no immediate plans of stopping. The 'star' is 16 year old Kaleigh Harasen, who lives in Neebing. The show began as a creative way to tap into Kaleigh's love of weather and use it as a tool to work on her reading, language and articulation skills. Although off school for now, Kaleigh, who has Down syndrome, is a student at St. Pat's Highschool in their Life Skills & Transitions program. The daily reports are recorded in her home and last year with some help from fans at Winmar Thunder Bay she was able to upgrade her

'weather wall'. A number of Thunder Bay businesses have also been generous over the past few years with donations for give-aways on the show. Despite the many changes in schedules and so many of her regular activities being cancelled the past few months, recording her weather show remains part of Kaleigh's routine and provides some much welcomed consistency during these unpredictable times. With 600+ members on her page, the show must go on! Her fans are glad to continue catching their daily 6am weather reports and cheer her on as she grows and improves in her role! You can find Weather by Kaleigh on Facebook at www.facebook.com/groups/WakeUpTBay/



I want to thank:

- Our members who still continue to work behind the scenes.
- Neebing Emergency Services who are always there for us.
- Jean Brewster for her financial work and expertise.
- Kris Ligate who continues to faithfully pick up the pop cans at the landfill sites as well as metal from Neebing Residents.
- Eric Donaldson, Rosalie Evans, Robert Derbouka, Don Fawcett and Janet Jacobson for their donations
- Superior Propane for their donation of a Bar-B-Que, tank and one year refill.
- Reliance Home Comfort for a donation of Google Home and a NEST Thermostat.
- Arella's Quality Dollar Store on Bay Street that sells Nevada tickets. To date this year we have received \$1130.00.
- Please support these local businesses.

Everyone please stay safe and healthy and we all look forward to better times.

NFRA OBJECTIVES

- To supply financial assistance and support for Neebing Emergency Services (NES).
 - To assist NES in promoting and providing educational and recreational programs.
 - To raise monies by conducting fund-raising activities.
 - To carry on without gain for its members. Any profits will be used in promoting its objectives.
- Up to seven members can server on NFRA's Board of Directors. They, along with other members, arrange events, get licences, do the field work, set up tents, direct traffic, run booths and much more.



In Toronto, on April 14th, 2015 the Neebing Fire and Rescue Association was presented the 'June Caldwell Outstanding Achievement Award' for long standing service and commitment to the Neebing Community

NFRA VOLUNTEER OPPORTUNITIES

NFRA VOLUNTEER OPPORTUNITIES

- **Become a Member**
- **Tailgate Sale** – June
- **Fire Prevention Week** – October
- **Christmas Treat Sale** – December
- **Ticket sales for various raffles**
- **Donate baking or draw prizes**
- **Other Municipal events** – where NFRA can participate, support and educate about fire awareness, safety and prevention



Pop and tin can recycling from Landfill sites has raised over \$7000.00.

To become a member/volunteer of NFRA Everyone is welcome contact Carole at 964-1989 or email at caroleaitken1989@gmail.com

Chick Season!

We are now accepting chick orders for 2020!!



SPRING IS HERE AND SO IS CHICK SEASON!

What to raise you ask? Choose from brown egg layers, chickens for meat production, turkeys, ducks, geese, and many specialty breeds.

See our website www.thunderbayfeeds.com for all the information you need to know to place your order!

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While you are self isolating and distancing here are a few safety things to keep the family busy!

- A. Develop an emergency exit plan for your family home including:
- all possible exits and escape routes
 - working smoke alarm in each bedroom OR outside each bedroom
 - when you walk through with your family be sure escape routes are clear, doors and windows can be opened easily
 - choose and outside meeting location a safe distance from your house
 - be sure fire number is clear and visible from the road
 - be sure everyone knows 911 number for emergency
 - note location of fire extinguishers and be sure they are up to date
- B. Practice fire drills and Emergency drills with your family
- C. Do our Fire Quizzes below

NFRA Kids' Fire Information Quiz

1. What should you do if you find matches or a lighter?
 - a. try to use them
 - b. tell a grown up so they can lock them up
 - c. throw them away
2. What is the number you should call if there is an emergency?
 - a. 911
 - b. 440
 - c. 777
3. How many ways should you know to get out of your house in case of a fire?
 - a. 1
 - b. 5
 - c. At least 2 ways.
4. What does Smokey the Bear tell us?
 - a. Only you can prevent forest fires.
 - b. Stay safe and have fun.
 - c. Don't visit the forest because you might start a fire.
5. If you hear the smoke detector go off in your house you should,
 - a. Run as fast as you can to your bedroom.
 - b. Listen for your parents and go outside to your meeting place.
 - c. Hide under the bed until the fire department comes.



answers on page 9!

Spring into Action: Start planning YOUR 2019 Metal Roofing Project



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NFRA Fire Knowledge
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FIRSTRESPONDERS HALL HELMET HOSE JANSOFLIFE LADDER
LIGHTS MANNEQUIN NOZZLE RADIO
RESPIRATOR SIREN SEED SHOCKALARM SPRINKLER TANKER
TRUCK MAJAX WATER



Beyond Books: You Can't Judge a Library Book by its Cover

submitted by Beverly Ball

on behalf of the Oliver Paipoonge Library Board

Libraries throughout time have always played a very important role in the health and well-being of our society. They have been a safe, community space where intellect was stimulated and ideas were exchanged and where people gathered together to make social connections or share common interests. They continue to do all of this today while their community presence and role evolves into an even more significant part of our social fabric.

As a Board member and Chair of the Oliver Paipoonge Library Board, I see and hear on an ongoing basis the essential role of our Library. This role is important not only in times of stability but in times like today where we are faced with significant challenges. While our Library doors are temporarily closed due to the COVID-19 situation, **Maxine McCulloch, Chief Librarian and CEO,** and **Theiann Scherby, part time library assistant,** are working behind the scenes to help our community and residents through this most difficult time. On behalf of the Board, I am exceptionally proud of the way that staff have responded to this crisis: quickly; with caring; and with concern for the safety of all patrons.

Some of the processes and ways that we used the Library have been modified given the unusual circumstances. For example, the book drops at both Murillo and Rosslyn Libraries are open for returns. Items from these drops are now being quarantined and cleaned before they are returned to the shelf. Re-

quests for renewals can be made but existing due dates on items are still in place.

Ebooks continue to be available by accessing the Library website at <http://oliverpaipoonge.olsn.ca>. Use your Library card number and go into the resource called Overdrive. With most people remaining in their homes, ebooks have become extremely popular. Library staff are in the process of expanding the availability of ebooks on this site so that more residents can access them and have less waiting time to access them. If you wish to start using Overdrive or if you are unable to log in, contact the Library. In addition to these ebooks, you can go the Library website or to the Library's facebook page for direct links on free resources (public domain books for different ages) and learning tools for school-aged children. As a reminder, you can still access free wifi outside of the Libraries.

Finally, while we all try to help others where we can in a safe way, Library staff have been an important contact point and support (by telephone or drop off at the door) for some residents who required additional help. Should you know of anyone in crisis or great need, contact the Library. Staff will do their best to find the safest way to help. You can contact the Library by email oplibrary@tbaytel.net or phone 935-2729 or 939-2312 and please leave a message. Someone will get back to you as soon as they are able.

Rural Cupboard Food Bank Neighbours Helping Neighbours!

CONMEE MUNICIPAL COMPLEX, NEIGHBOURS HELPING NEIGHBOURS, 19 HOLLAND RD., KAKABEKA FALLS, ON POT 1WO

by Gladys Grant Public Relations

This is a trying time for everyone with Coronavirus effecting the World and everyone doing everything they can to stop the spread of this virus. **Our Food Bank will remain open for distribution and continue as it is deemed an essential service on the days designated in the coming months until further notice.** We will be operating differently in order to stop the spread of this deadly virus. If any changes to our operations our clients will certainly be notified. 75 Hampers were given out in March and we are preparing for 75 Hampers in April. With more people unable to work during this outbreak our number of clients will probably increase. So if you have any extra food items they can certainly be dropped off at our many locations listed below or call the **Food bank phone number 285-0836** for updated information. Leave a message and someone will get back to you as soon as possible.

On a happy note our daffodils and tulips are up on the east side of our home getting the heat from our basement wall. Sure sign of spring. Brought a smile to my face when I seen them growing out of the ground. Snowy day here today, but that snow does put needed moisture in the ground.

Sorry I missed doing an article last month, but with family issues I was unable to meet my obligation. Thank you for your concern and understanding. Greatly appreciated.

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

The next Food Bank will be Wednesday, April 15th 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 anyone individual. Volunteers will stay at the food bank until all hampers are distributed. On Monday, April 13th Volunteers will be at the food bank from 6:15 P.M. to 7:45 P.M. preparing for food bank day. On Tuesday, April 14th, the Veggie Volunteers will be there from 1 P.M. to 2 P.M. You re welcome to bring items at these times.

A BIG THANK YOU to the Nolalu Seniors Club for a cash donation to the Food Bank from people attending. Sorry it got missed in my January article. So greatly appreciated.

ATTENTION: Music at the Kakabeka Legion to raise funds for the Food Bank has been cancelled due to the Coronavirus for March and April. You will be informed when Music starts up again. Thanks to WANNABES and JUST 4 YOU for offering their time and talents and the Kakabeka Legion. I am sure they will be back again when able.

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

- 1 Wet hands with warm water
- 2 Apply soap
- 3 For at least 20 seconds, make sure to wash:
 - palm and back of each hand
 - between fingers
 - under nails
 - thumbs
- 4 Rinse well
- 5 Dry hands well with paper towel
- 6 Turn off tap using paper towel

1-833-784-4397

@canada.ca/coronavirus



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 site: www.rural60plus.ca
MONTHLY ACTIVITIES

Mondays

Disking - 1:30 pm to 3 pm
 (Jan. 6 to April 27)
 Advanced Carving 10:00 am to 3 pm

Tue
 We
 Cho
 (Eve
 start
 Craft
 - ope
 Wedne
 Beginn
 Cribbag
 Jan. 8)
 Quilting

**Closed Until
 Further Notice**

If you are interested in any of these activities,
 please call or email the centre and leave your

NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX
 (unless you have NO FLYERS posted) Deadline for the
 MAY issue of The Neebing News is APRIL 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

Kakabeka Music Jam Closes!

Effective immediately and with some re-
 grets we feel it necessary to close the Kak-
 abeka Falls Music Jam permanently.
 Heartfelt thanks to all the folks that have
 made it your jam in support of the Rural
 Cupboard Food Bank for all these years.
 God's Blessings to everyone.
 Donna & Eldon Kangas

KAKABEKA FALLS LEGION MUSICAL SUNDAYS

The Wannabe
 Come out and
 KAKABEKA FALLS LEGION
 MUSICAL SUNDAYS
**CANCELLED UNTIL
 FURTHER NOTICE**
 All c
 be
 Board Food Bank.
 would love to see you there!!

Fire Plan Quiz Answers!

- from page 7
Answers
 1.b
 2.d
 3.c
 4.d
 5.b

FREE CLASSIFIED ADS FOR NEEBING RESIDENTS

Got an event happening? Want
 to wish someone a happy
 birthday or anniversary? Hav-
 ing 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



MURILLO MINOR ATHLETIC ASSOCIATION 2020 SPRING SOFTBALL LEAGUE

Hello Everyone! Things were going really well in our preparations for the 2020 spring softball season until all this COVID-19 virus chaos and uncertainty started. It would be such a disappointment to cancel the season, so we are in a wait and see predicament.

We have over 330 kids registered for 28 teams: 6 teams in each of the T-Ball, 3-Pitch, Atom, PeeWee divisions; and 4 teams in the Bantam division. The season is scheduled to begin Monday May 4th and end Saturday June 20th with our annual Tournament and BBQ Day event. Thank you to the many volunteers who have agreed to coach our youth. Thank you to the many sponsoring businesses and individuals:

- | | |
|------------------------------------|-----------------------------|
| Bay City Energy | M.A.C. Rail Contracting |
| Brule Creek Farms | Main Excavations |
| BTG Contracting | Makkinga Contracting |
| Chaschuk Enterprises | Mooseland Contracting |
| Daniel Vanlenthe Mechanical | Play It Again Sports |
| Dis Truck and Trailer Repair | P.V. Ltd. |
| Drift Day Spa | Ronald Parcher - RAP Comets |
| Haveman Brothers Forestry Services | Silvaggio Fine Homes |
| Impact Promotions | SoiCrete Contracting |
| Kershaw Well Services | Stanley Hill Bison |
| L.A.K. Business Services | Superior Hyundai |
| Levaero Aviation | Sunrise Farms |

Stay tuned for a decision on the season. 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.

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 C 807-633-9588
 E jlarrett@baycityenergy.ca



Take Off Pounds Sensibly

We meet every Tuesday at
 6:00 pm at P...

**Meetings Cancelled
 Until
 Further Notice**

Phone ... 5924



Learn To Do By Doing

April is here and so is spring!! We had a great Achievement Night with family and friends for the "Breakfast Bonanza Project". Each member was assigned a topic. They were asked to make a poster with information and present it at achievement night. Some of the topics were; Excuses and Solutions to have a good breakfast, Kitchen and microwave safety, How to prevent fires in the kitchen, fruits and vegetable. Some of the members presented the recipes of what we made during this project. Those were Pancakes, homemade fruit and maple syrup, smoothies, oatmeal muffins, and oatmeal cookies. Certificates were handed out and we all enjoyed snacks that were brought by everyone. Thank you to all who came out

for achievement night. A great job by all the members who presented that evening.

We had planned to start a new project after March break, but due to COVID-19 we are unable to start another project at this time. We are still unsure if we will fit another project in before the summer break, so at this time we will continue to monitor the situation. The safety of the members, families and leaders will always be our number one priority. All current members will receive and update as soon as we know what the plan is.

We hope everyone in our club and our community is safe and well. Please don't hesitate to contact myself Susie; 935-2787 or Jean; 935-2587 for information about 4-H. Or visit the 4-H Ontario website.

<https://www.4-hontario.ca>

Founders Miuseum

by Jean Mayo

FOUNDERS' MUSEUM & PIONEER VILLAGE is opening its gates for the 2020 season on Saturday, May 9th. We will be opened every Friday, Saturday and Sunday for the summer from 12 to 4:30p.m. . We are located at the corner of Highway 61 and Gillespie Road in Slate River. Watch for ads for special event days throughout the season. If you would like to arrange a guided tour for a large group please phone 475-7424 or email opmuse2@tbaytel.net. Let the museum bring you back in time to pre-1947, where you can walk the village street and visit the shops, garages, pioneer home, cobbler

shop, school and more. There is a total of 15 exhibit buildings including a caboose for viewing. The museum is handicap accessible with the exception of stairs to the second story in the pioneer home and general store. We look forward to your visit with us this year. Be sure to start at the Train Station to say hi and get your directions. TAKE A WALK THROUGH THE PAST!

NOTE: The museum is always looking for volunteers for various jobs such as greeting the public, tour guides, assisting with craft days, kitchen work, gardening, fun activities and face painting.



We are all concerned about the current COVID-19 pandemic, but it is important to remember that not everything is cancelled. The outdoors remains an excellent escape from the news, social media distractions and the ever-changing ways we must adapt in order to flatten the curve.

We encourage you to visit a Conservation Area and enjoy nature. Take in the sights and sounds, enjoy the beginnings of migratory bird season, and breathe in healthy fresh air.

You are still advised to recognize COVID-19 mitigation best practices while outside. If you are hiking with a friend, be sure to maintain the minimum two metre space between you and your companion; even though you are outside, social distancing practices still need to be utilized. As always, be sure to wear appropriate footwear as trails can be icy, muddy, slippery and uneven. The LRCA does not maintain trails during winter, so be aware of fallen trees and other debris on the trails.

The public open houses regarding the Pennock Creek and Mosquito Creek Floodplain Mapping Update Studies that were scheduled for

March 18 and 19, 2020 were cancelled; however LRCA staff are still accepting comments up to April 9, 2020 via telephone (807-344-5857 ext. 223), email (info@lakeheadca.com) and Fax (807-345-9156). Staff are available to discuss any concerns or provide further clarification regarding a specific property or the study itself.

The LRCA is continuing the Flood Watch for Lake Superior, within its area of jurisdiction. The beginning of March water level was 4 centimetres below the record high set in 1986, 33 centimetres above average (1918-2019) and the same level as last year. The current water level is approximately 64 centimetres lower than the 100-year flood level for Lake Superior. Assuming average water supply conditions, Lake Superior is expected to continue its seasonal decline into March; however, is expected to remain above average for a prolonged period of time. Ice coverage on Lake Superior as of March 17, 2020 was 4.6%, which is well below average, and considerably less than the over 90% ice cover experienced in March 2019.

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CLEANER REQUIRED for household cleaning
Phone for more details 577 5066

WANTED:

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I'm looking to buy recreation/hunting land within 10min of Stanley.

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

WANTED:

Cleaner required for household cleaning phone for more details 577 5066

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Ground driven side bar rake. Doesn't have to be shiny, just has to be in good working condition.

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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

APRIL

All Legion events are cancelled until further notice.

Check our website or call 473-9631 for updates

The Rural Pharmacist: Pharmacies Navigating through COVID-19 Pandemic

by Devon Myers, Pharmacist/Owner, Kakabeka Falls/Rossllyn IDA Pharmacies

A lot has happened in the past month. I don't believe it necessary to emphasize the gravity of the situation occurring around the world as a result of the COVID-19 virus. Many people understand the importance of social distancing and the need for proper hand hygiene. These precautions have been recommended by both provincial and federal leaders and they are recommendations that our pharmacies strongly believe in and support. At the pharmacy level, we continue to follow recommendations as they arise. You may even notice changes around the stores from week-to-week. Because there are many moving pieces, I thought that it would be good to cover some of those changes in this month's

article.

The first change you may notice when entering the pharmacy is that both Kakabeka and Rossllyn have had framed, plastic wrap installed around the dispensary. But don't be frightened! This barrier was installed to help protect both patients and staff from unnecessary contact. Hidden behind the plastic wrap are the same friendly faces you've come to know. We'd like to extend a thank you to the team at PerHol Construction for having the barriers installed in such a timely manner.

The second change that you'll likely notice is that most prescriptions are being provided as a one month supply. This comes from a recommendation from the Canadian Pharmacists Association and Ontario Pharmacists Association to help maintain the supply of medications for all Canadians. We don't want another toilet paper situation on our hands, do we? Even at the wholesaler level, there are policies in place to help prevent the uneven distribution of medications. Theoretically, this is a good thing. To highlight, most medications are still available, albeit there is always some medications on back order, and the supply chain continues to move along.

The third thing you may notice, well it may be the first thing if you visit Kakabeka, is that the walk-in clinic has temporarily stopped seeing patients in store. Most people are aware that there just is not enough personal protective equipment available to go around. As a result, some healthcare workers have been relocated to work from home. Luckily, the physicians at Good Doctors clinic are continuing to provide care via telephone or video. To contact the clinic you can call 1-888-930-6571 or text 1-705-910-7799 and a nurse will help arrange a meeting

with available doctors.

It would seem naïve to think that more changes won't be coming over the next few weeks. In the meantime, however, there are some things to consider when picking up your next prescription. Calling ahead or picking up the next day are great options to ensure medications are ready when you are. Feeling sick? Been in contact with someone who is sick or has travelled outside of Canada in the past 14 days? We offer weekly delivery. Don't want to come into the pharmacy? We can take orders over the phone and we can arrange to have staff bring them to your vehicle. Please let us know how we can accommodate you.

We genuinely appreciate all of our patients and customers who have committed themselves to helping prevent the spread of COVID-19. Together, as a community, we can all help flatten the curve and protect those who mean the most to us.

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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

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

EXCAVATING & EQUIPMENT RENTALS:

Allens Enterprises Services Inc.
Office: 626-6267 Director: 626-6857
dig1@tbaytel.net / www.dig1.ca

Pete's Backhoe Service Ltd.
52 Haniak Rd, Rossllyn
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

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Barb McEwen, Sales Rep.
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Licensed Septic Systems Installer
dig1@tbaytel.net / www.dig1.ca
Office: 626-6267 Director: 626-6857

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

SEPTIC TANK CLEANING:

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Ph. 473-9480 Fax 473-9099

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OAAS CERTIFIED JUDGING SCHOOL

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 Cost \$25
 Please register by Saturday, April 25th



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EMAIL RANDY
 CREIGHTON TO
 REGISTER BY
 SATURDAY,
 APRIL 25th
 AT
randy@oaasfairs.com

Ever wonder how exhibits get judged at your local fair? This is how!! Whether you're wanting to become an OAAS Certified Judge yourself or curious to learn what qualities judges look for in your entries, this school is for you! **Already an OAAS Judge? Don't forget to re-certify before the July 2020 deadline.**

Judging Categories covered:
 • Quilts & Sewing
 • Canning, Baking, Jams & Jellies
 • Needlework and Handcrafts
 • Art & Photography
 • Junior Work/School Work/Posters
 And more!

MAY 2-3, 2020
 9:00 a.m. to 4:00 p.m.

Rural 60 Plus Kakabeka Falls
 5 Pineview Road, Kakabeka Falls
 (Corner of Highway 11/17 & Pineview Road)
 For more information, email Randy Creighton at randy@oaasfairs.com

For:
 exhibitors, wanting to learn the Judging Standards;
 those wishing to become OAAS Certified Judges;
 and current judges that must re-certify before the July 2020 deadline.

Judging Categories covered:
 Quilts & Sewing
 Canning, Baking, Jams & Jellies
 Needlework and Handcrafts
 Art & Photography
 Junior Work/School Work/Posters
 And more!

To register or for more information email randy@oaasfairs.com

The Junction in Rosslyn

For those in urgent need of food or seasonal clothing.

To our rural community, if you or someone you know has an emergency need for food or clothing we are here to help. Regular store hours have currently been suspended but items are available by appointment for pick-up. We have a pantry of non-perishable food items and personal hygiene products and a small selection of clothing items (including winter outer-wear). Care packages to assist singles, seniors and families in need in the coming weeks are available by request.

Contact us by phone at 475-5140
 or by email at slateriverbaptistchurch2@gmail.com
 or message us via our Facebook page @thejunctioninrosslyn

SLATE RIVER BAPTIST CHURCH 80 McCluskey Dr.



PREPARING OUR HEARTS FOR EASTER
 Palm Sunday (April 5)
 Maundy Thursday (April 9)
 Good Friday (April 10)
 Easter Sunday (April 12)

Due to the necessary guidelines for social distancing, Family Worship Services are currently suspended. We are endeavouring to provide video sermons on-line each week. Follow us on Facebook for updates.

With trust and faith in our sovereign God, we continue to keep our neighbours, community and our nation in prayer during this challenging time.

If you or someone you know has a specific need or prayer request at this time please contact Pastor Rob Cain at 475-5140 or by email slateriverbaptistchurch2@gmail.com.

FREE RURAL LUNCHTIME GATHERING!

Café del SOUL

In keeping with Ontario's social distancing directives, **Café del Soul luncheons are cancelled for April.** Take this time to enjoy spring weather, to chat (remotely) with friends, and to work together to protect our neighbours & plan a healthy future.

We wish you and yours a happy Easter!

Email: CafeDelSoul@tbaytel.net

Thunder Bay Therapeutic Riding Association

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

Pancake Breakfast

Everyone Welcome

CANCELLED

Ages 6 - 11 \$5.00
 Adults \$12.00

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

Sunday Apr. 5/20
 Murillo Town Hall
 9 am to 12:30 pm

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