

Neebing Emergency Services

Making Your Own Mask for Staying Safe in this COVID Crazy World

by Dale Ashbee, Fire Chief, Neebing

Since the arrival of COVID19 on our doorstep 2 months ago the topic of finding sufficient surgical and N95 masks for use by front line health care and emergency first responders in North America has been the topic of the day. The use of medical masks by non-medical personal or for non-medical uses has been strongly discouraged and is quickly becoming socially unacceptable.

At the same time there are increasing requests for people to wear at least a cloth mask when going about non-medical activities as simple as shopping or riding a transit vehicle. As the first wave of COVID19 eases and the talk of plans for opening up more nonessential businesses and leisure activities, there has been an increasing reference to the need to wear masks to provide a higher level of personal protection and dampen the seriousness of a second wave. Barring a natural phenomenon or finding a vaccine, the expectation is that the COVID19 virus will be with us for some time and that we need to take as many day to day precautions as necessary to stay COVID free. While nonmedical masks are likely to become available in large numbers as the current wave of infection settles, many people are looking at making their own personal cloth mask that can be custom fit and more stylish than manufactured masks and still offer good nonmedical protection. Some NES first responders have been turning their attention to locating patterns for and making nonmedical masks.(see pictures below)

Two popular masks are the **3 pleat surgical** style mask and the **Olson Mask** that with an added filter can provide a higher level of protection. The pictures below show a sample of both masks and the simple tools required to make your own masks,



The Tools

There are many patterns and tutorials on mask making on line. Here are a few for those who want to try their hand at making their own styling face mask:

<https://www.sewcanshe.com/blog/simple-step-by-step-tutorial-for-the-olson-mask-pattern>

<https://shanniemakes.com/simple-surgical-style-3-pleats-face-mask-pattern-2-layers/>

If you find the pattern too big or too small for some children or adults simply trace a smaller or larger pattern to get a proper fitting mask.

Stay Safe, Stay Well, Stay Home

The Task

The Styles

THE CORPORATION OF THE
Municipality of Neebing

March 18, 2020

PUBLIC NOTICE
COVID-19 Update on Municipal Services

Please be advised that the Neebing Municipal Office and the Blake Hall will be closed to the general public, until further notice.

The Municipality of Neebing has been closely monitoring the evolving situation with regards to COVID-19 and is taking steps to protect the safety of the public and employees.

We are committed to the continuation of essential municipal services.

Municipal staff are available to assist the public by phone at 807-474-5331 or by email at neebing@neebing.org, during regular office hours (Monday to Friday, 9:00 am to 5:00 pm). Tax payments can still be made online or by cheque (either by mail or drop-off in the locked mailbox outside the municipal office).


If you have an urgent matter that cannot be addressed by phone or email, please contact the Municipal Office to make an appointment.

All residents are asked to follow the recommendations of the Thunder Bay District Health Unit, Ontario Ministry of Health, Government of Canada, and World Health Organization.

If you have questions about COVID-19, visit the Thunder Bay District Health Unit website at <https://www.tbdhu.com/coronavirus>.

If you are experiencing symptoms of COVID-19, use the self-assessment tool to determine if you need to seek additional care. <https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>

Your cooperation and understanding during these challenging times, is very much appreciated.

Sincerely,

Erika Kromm
Clerk-Treasurer
Municipality of Neebing


Townships of Blake, Crooks, Pardee, Pearson and Scobie

ALL NEEBING OUTDOOR RECREATIONAL AMENITIES ARE CLOSED.

The Government of Ontario has issued an emergency order under the Emergency Management and Civil Protection Act to close all outdoor recreational amenities in Ontario. This means all Neebing municipal playgrounds, sports fields, BMX park, picnic areas, and park shelters are CLOSED until further notice.

List of Closures:

- Alf Olsen Memorial Park** (Highway 597)
- Century Park & Blake Hall** (Blake Hall Rd)
- Along the Bluffs Park** (Gazebo Shelter at Cloud Lake Boat Launch)
- Shelter Shores Park** (Gazebo Shelter at Margaret Street Boat Launch)
- Journey's Middle Park**
(Playground and Gazebo at Municipal Office)



EMERGENCY TEXT ALERT SYSTEM

For Neebing Residents

Did you know that Neebing has an Emergency Text Alert system? The text alert system is used to notify our residents of immediate danger and emergencies such as evacuations, road closures, forest fires, and other hazards. Sign up today to receive text message alerts from the Municipality. **This is a free service for our residents**

Send us your name, address and cell phone number to development@neebing.org or call us at 474-5331. Your personal information is kept strictly confidential. If you have any questions please feel free to contact us.

Local Sources

by Courtney Lanthier, Economic Development Officer Intern
development@neebing.org

It can be tough to know where to go to support your local farms, restaurants, businesses, and stores. There are a variety of organizations banding together to help sell each other's products, and ensure local businesses do not go without.

Below is a list of avenues to support not only your local Neebing businesses, but also local Thunder Bay district ones. During these times it's important to share the love.

Also listed below are tips and tricks to get your wine/food/takeout/beer/etc. with little to no contact required. You can also support many of these businesses by purchasing gift cards for future use!

If you have anything to add to this list, please feel free. And please share widely! Lets try and keep this list as current as possible.

Superior Seasons is an excellent way to get your local grocery fix. You can pick it up (minimal contact) at the CLE grounds during market hours, or get it delivered. The Thunder Bay Country Market IS open, but only the food producers are allowed to sell. Hours are 8am to 1pm on Saturday, 3:30pm to 6:30pm on Wednesday.

<https://superiorseasons.localfoodmarketplace.com>

For businesses and stores that are open, the Walleye has developed a website. Here is the link:

<http://www.thewalleye.ca/whats-open-in-thunder-bay/>

As I'm sure most of you know, restaurants with liquor licenses are now allowed to offer alcohol with purchase of food in takeout orders. You can visit the Walleye link above for a listing of restaurants offering takeout and curbside pickup.

A few of my personal favourites:

Nook
Beefcakes Burger Factory
Eat Local Pizza
Bight
El Tres
Giorg Cucina e Barra

Many Ontario VQA wineries are offering discounts and Ontario-wide free shipping to help keep people indoors. Here are two of my personal favourites!

Grange of Prince Edward Winery – recommendation, Sur Lie Chardonnay.

<https://grangeofprinceedward.com>
Rosewood Estates Winery – recommendation, Night Moves Gamay.

<https://www.rosewoodwine.com>

For a full list of Ontario VQA wineries, visit this website.

<http://www.vqaontario.ca/Wineries/Ontario>
I'm not much of a beer expert, so if any of you are please list breweries below that are offering discounts/free shipping to keep people indoors!

Finally, I will also keep our Instagram (@municipalityofneebing) as updated as possible with local offerings, restaurants doing takeout, and so on.

Stay home and stay full.

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COVID-19 Safety Warning

OUTDOOR RECREATIONAL AMENITIES ARE CLOSED.

The Government of Ontario has issued a new emergency order under the Emergency Management and Civil Protection Act to close all outdoor recreational amenities in Ontario. This means all Neebing municipal playgrounds, sports fields, BMX park, picnic areas, and park shelters are **CLOSED** until further notice.

Emergency Management and Civil Protection Act - ONTARIO REGULATION 104/20

EMERGENCY ORDER UNDER SUBSECTION 7.0.2 (4) OF THE ACT - CLOSURE OF OUTDOOR RECREATIONAL AMENITIES

Whereas an emergency was declared pursuant to Order in Council 518/2020 (Ontario Regulation 50/20) on March 17, 2020 at 7:30 a.m. Toronto time pursuant to section 7.0.1 of the Emergency Management and Civil Protection Act (the "Act"); And Whereas the criteria set out in subsection 7.0.2 (2) of the Act have been satisfied; Now Therefore, this Order is made pursuant to subsection 7.0.2 (4) of the Act, in particular paragraphs 2, 5 and 14 of that subsection, the terms of which are set out in Schedule 1; And Further, this Order applies generally throughout Ontario; And Further, this Order shall be in effect for the duration of the declared emergency, subject to section 7.0.8 of the Act.

SCHEDULE 1 - CLOSURE OF OUTDOOR RECREATIONAL AMENITIES – Closures:

1. (1) For the purposes of this Schedule, "outdoor recreational amenities" means the following:

1. All outdoor playgrounds, play structures and equipment.
2. All outdoor sports facilities and multi-use fields, including,
 - i. baseball diamonds,
 - ii. soccer fields,
 - iii. frisbee golf locations,
 - iv. tennis, platform tennis, table tennis and pickleball courts,
 - v. basketball courts,
 - vi. BMX parks, and
 - vii. skate parks.
3. All off-leash dog areas.

4. All portions of park and recreational areas containing outdoor fitness equipment.

5. All outdoor allotment gardens and community gardens.

6. All outdoor picnic sites, benches and shelters in park and recreational areas.

(2) Outdoor recreational amenities that are intended for use by more than one family are closed, regardless of whether they are publicly or privately owned and regardless of whether they are attached to a park system.

(3) No person shall enter or use an outdoor recreational amenity described in subsection (2) except for a maintenance, safety, law enforcement or other similar purpose.

(4) For greater certainty, nothing in this Order precludes individuals from walking through or using portions of park and recreational areas that are not otherwise closed and that do not contain an outdoor recreational amenity described in subsection (2).

Posted by

The Corporation of the Municipality of Neebing
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(807) 474-5331

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What's Been Happening at Council Meetings?

Since our last "what's been happening" article, written for the March edition of the Neebing News, there has been two Regular Meetings of Council held on March 4 and April 15, and there has been one Special Meeting of Council held on March 30. The meetings held on March 30 and April 15 were held by web conference to maintain social distancing requirements.

At the special Council meeting an amendment to the procedural by-law was passed to allow for electronic meetings during a declared state of emergency. During this meeting, Council reviewed various measures to protect residents, volunteers and employees during the COVID-19 emergency.

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

- Presentation from Nuclear Waste Management Ontario regarding a possible deep ground repository for nuclear waste in Northwestern Ontario.
- Correspondence regarding consultation on conservation authorities.
- Correspondence regarding expressions of interest for the Enbridge Gas Expansion Program.
- A by-law to execute an agreement for infrastructure funding for a bridge replacement.
- A review of the 2020 budget

This monthly article contains only highlights from Council meetings – visit the website to see the approved minutes from each of the meetings. Minutes are posted online after they have been approved at the following meeting or can be obtained by contacting the municipal office.

While emergency orders are in place restricting gatherings, Council meetings will be held by web conference. Members of the public are welcome to attend the meetings by using the link posted on the website at www.neebing.org. Public meetings related to planning matters have been put on hold until restrictions have eased.

Meeting agendas are always posted on-line and on the bulletin board at the Municipal Office, on the Friday prior to the Wednesday 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.

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Chix in the Stix

The Patch

by Cindy Harasen

We made it this far folks. Hang in there. We'll make it the rest of the way too. Hopefully with our sanity in tact. Or most of it! And along the way we can shed the habits and practices that we probably should have left behind long ago and then we'll all spread our wings and emerge better than ever. But first let's look at the reality in front of us right now. Although we are in uncharted waters, my personal experience has prepared me for some of the mental and physical responses that I can expect in myself and my loved ones in a crisis situation, as well as ways of responding to make things more manageable.

So, if you're finding yourself needing way more or even way less sleep than usual please know that you're not alone. If you're having memory issues or even auditory processing and sensory issues – like finding noises or other sensations that you barely noticed before – suddenly annoying or even intolerable, or if you're having trouble focusing on a conversation when there are other background noises, well, join the club. Again these are all natural responses right now. Executive function is also commonly disturbed when we face a crisis situation. So if you can't seem to motivate yourself to get off the couch to do some of your normal every day tasks, or are suddenly having trouble making decisions about relatively simple things, that too is to be expected. Things seem to come in waves in our house. We have a few days where we are hyper-productive and positive, and then we have a day or two when we are barely motivated to get out of bed and could easily sleep the day away.

We are finding ourselves bombarded with information, news, and theories every day and while I'm thankful we have the opportunity to stay informed, some days it can be a little much. We can only handle so much information before going a bit 'cray-cray' as they say. Those are the days we decide to turn it all off and focus on our relationships, home and other projects. We catch our breath and give our heads time to process, relax and breathe – all important stuff.

In our house we are trying our best to stick to even a small routine. Like getting outside for some fresh air once a day, even if it's just stepping into the back yard. We are making a point of moving, stretching and exercising, even if it's only for 10 or 20 minutes. We are connecting with family and friends by phone, text, email, and even snail-mail. We are trying to eat healthy and not beating ourselves up when we don't. Because while now more than ever we need to pay attention to our physical and mental health, we also need to adjust some of our expectations. It's great to set the bar high, but go easy on yourself if you can barely reach it. Finding a creative outlet is also a helpful strategy now and we're trying to find both short and long term projects. This could be anything from

jig-saw puzzles to sewing or knitting projects to one of those mega board game marathons.

And for heaven's sake don't lose your sense of humour now. Witnessing the progression of events under our own roof has been pretty darn entertaining. Like many of you, I am suddenly spending more time with my spouse than I probably have in years. I have discovered that there are sounds that come out of his body that I have not heard quite so much in quite such close quarters in awhile. (To be fair he feels the same about me.) I have also had an opportunity to witness how we deal with stress differently. For me, when some things in my life are out of my control, I like to increase my handle on what I CAN control. I go from being a pretty lackadaisical housekeeper to needing to maintain a level of tidiness and order far beyond what I might have done PC (pre-Covid.) I suddenly need to keep the house spotless. To set the table. To use napkins. And coasters. To sweep and mop more. To tidy and dust more. I am showering and dressing like I have somewhere to go. I'm putting on earrings and make-up. All while my husband eats out of a pot in his boxer shorts declaring "why dirty dishes or pants if you don't have to." But I am biting my tongue since now is the time to cut each other a bit of slack. In our house we have all found our little spaces to retreat to when we need to get away and be on our own and are giving each other the time and permission to do so whenever it's needed. And while we are generally pretty good at communicating and talking about how we are feeling and coping, we are still pretty normal and also do a bit of compartmentalizing and are pushing some of our emotions down and away to deal with later. In response, I myself have developed 'the patch' this month - a patch of eczema on my left shoulder - a sign for me that I am more stressed than I am ready to admit. And every time that little patch screams out to be scratched I am just reminded that I am only human, that it is okay to be afraid and unsure and even angry right now and that I need to continue to talk and reach out to those around me because just putting cream on isn't gonna cut it right now. Because honestly its okay if a month from now I still haven't signed up for that on-line course or learned that song on the guitar or mastered the harmonica or crocheted that blanket. There are no set rules because we haven't been here before. So if I can just get through another day with some semblance of hope and make a decision to laugh and feel joy instead of angst, to tell my family I love them, and my friends that I miss them, then I'm doing just fine. And in the meantime I have deep questions to ponder...like what happens when I literally finish the internet, and did my husband always chew this loud?



Neebing Emergency Services

by Dale Ashbee, Fire Chief, Neebing



For NES, Fire and First Response Safety/ Support is our Traditional Focus!

Then this Spring of 2020, the Contagious COVID-19 Virus Arrived!!

So much has happened over the past weeks, that it's hard to believe that it has only been a month since I last wrote a message for the monthly April NN edition. However, here we are nearing the end of April, and it is truly amazing how much 'things' have changed in our lives. The COVID-19 virus, which these days dominates the communication airwaves and directs many/most of our daily activities, has spread far past the major urban centres of the world, and made its presence felt in many of the small communities of Northwestern Ontario - including our Municipality of Neebing!

It's impressive, and gratifying, to note how quickly everyone has been moved to active compliance with virus containment directives - adapting to and managing day-to-day life while still acknowledging the realities of 'living' with COVID-19 safety restrictions. Even, a month ago, who could have envisioned ; quiet highways, empty parks, on-line schooling for our students, closed public buildings, lengthy, 'nervous', social-distancing line-ups for grocery shopping, or worst of all (for hockey fans), having live Saturday-night hockey games replaced by rerun 'classics' and little hope of playoff action as we look ahead into May.

Knowledgeable scientists, in analyzing the 'curve' (measuring its growth, and then hopefully decline) of the virus' pattern of spread, offer advice that the 'sacrifices' currently being made by co-operative populations are having a positive impact in helping to control/slow the spread of the virus. This virus management aids in avoiding the overwhelming effects it can have as it impacts heavily on health care system resources. Looking forward though, it would appear the COVID-19 virus will continue to widely influence our life choices and movement for some time yet - likely well into the summer of 2020.

Over the past month, Neebing Emergencies Services (NES) volunteers, as well as managing their 'regular' responsibilities, have been diligent in monitoring the glut of information which is issued by health experts almost daily with regard to COVID-19, and in response has developed strategies and protocols to ensure the safety of our members if/when they are called to respond to resident emergencies. Mandated 'social distancing' requirements have resulted in the suspension of classroom and large group training exercises. Necessary preparation and maintenance of response vehicles/equipment is conducted by individuals or small groups (if more than one (1) person is needed to complete the task(s) safely). Emergency response protocols have been enacted to ensure social distancing while at a call, and additional protective gear (as well as safe cleaning practices of that gear) is available to don in order to protect both first responders and 'patients' from any potential cross-contamination. Provincially, 911 call-taking and assignment procedures have also been modified, with the aim of identifying any callers who are already ill with the virus, or who may have potentially been exposed to the COVID-19 virus. First responders are not then paged out to patients who have a positive result from their pre-screening, and are therefore not put into a position whereby they might be required to unknowingly respond to an incident that could expose them to the COVID-19 virus.

Moving on to an update with regard to the fire response side of our NES operations, I can advise that for the first time in Ontario, the authorities have declared a "**Restricted Fire Zone (RFZ)**" to be in-place and effective at the start of the regular Fire Season in April and rather than being imposed in response to reported fire hazard levels in the forests, was enacted due to the unprecedented impacts of the current COVID-19 virus on provincial resources overall, and the announcement of a government "*Declaration of Emergency*".

Fire starts which are reported early in the fire season - before 'green-up' of foliage has occurred - are frequently a result of human behaviour. While MNR is still available to respond when needed, it is anticipated that the imposition of the fire ban early this season will greatly reduce the total number of fire occurrences in the province while the broad government emergency conditions are in place. This novel action on the part of Ontario is being replicated in many provincial and state jurisdictions across North America.

Although this ban may be disappointing or inconvenient for some, it is important that, in addition to all the many other 'sacrifices' we have been asked to make in our foreign "COVID-19 world", Neebing residents must refrain from any outside burning during this critical time. For additional details regarding the Provincial fire ban, see: <https://www.ontario.ca/page/forest-fires> .

Normally in May, I would be sending a reminder to everyone to turn their attention to **outdoor fire safety**, and advising that everyone follow the familiar FireSmart guidelines as they carry out their spring yard clean-up. This year, the adherence to these recommendations are more critical than ever. Spring and Summer fire safety tips, including the prevention of in-

juries or fire during the use of BBQ's, may be viewed at: <https://www.oafc.on.ca/spring-summer-fire-safety-tips> , while FireSmart guidelines can be located at <https://www.ontario.ca/document/home-owners-firesmart-manual> .

One unusual fire safety item of note these days concerns the volume of **hand sanitizer** being purchased, and then applied to hands in an effort to reduce the chance of experiencing the negative effects that might result from any exposure with the COVID-19 virus. However, it is important to be aware that one (1) of the main ingredients in the hand sanitizer is **alcohol**. This alcohol product is considered to be effective in killing the COVID-19 virus, but it is also extremely flammable, and should not be used near any source of open flame, such as a BBQ! A demonstration of what could occur if these safety recommendations are not followed can be viewed at:

https://www.theweathernetwork.com/ca/videos/gallery/why-you-shouldnt-use-hand-sanitizers-when-you-barbecue-/share-video/6149351008001/most_popular .

Another uncommon type of fire safety management issue - a product of the "**Stay Safe - Stay Home**" mantra currently being broadcast - occurs as a result of the fact that many people have begun to do more cooking and baking (actually causing a noticeable shortage of flour and yeast at some grocery stores) at home. As a result, some communities are reporting a significant increase home cooking fires. To avoid the risk of a housefire during this period of self-isolation, it would be wise to follow the safe cooking practices listed below.

Safe Cooking Practices in Your Home:

- Keep a proper-fitting **pot lid** near the stove when cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. **Do not move the pan.**
- Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, **stop, drop** to the ground and **roll** - over and over - to put out the fire.
- Keep **combustible** items such as cooking utensils, dishcloths, paper towels and pot holders at a **safe distance** from the stove.
- Keep **children away** from the stove. Make sure electrical cords are not dangling from countertops, where they could be pulled over by small children.
- **Cool a burn** by running cool water over the wound for 3 to 5 minutes. If the burn is severe, or it occurs on the hands or face, seek medical attention.

Always make sure to:

- Stay in the kitchen ("keep your cooker company") and pay attention when cooking!
- Drink responsibly before or while cooking.
- **If a fire occurs, get out/away immediately, and call 911**

To help keep **fire safety** in your thoughts during the 'stay at home' period NES will be running a, '**Stay at Home' Family Fire Safety Contest** which will be looking for Neebing families to forward pictures and stories of their '**family' fire safety activities** during the stay at home period.

So think of all the fire safety things you have been meaning to do around your home or property, and now with the time available during the stay at home period, document in **pictures** and in **narrative** some fire safety activities your family has undertaken during the stay at home period:

Activities can include any fire safety activities such as, but not limited to;

- **Preparing, refreshing or practising Fire Safety Plans**
- '**checking or changing the batteries in your CO or SMOKE alarms.**
- Carrying out **FireSmart improvements** on your property or buildings
- Cleaning up a cluttered room or storage area in your home
- Practising good **Kitchen Fire Safety Habits**

The contest is open to **all Neebing residents** and/or **property owners**. Entries are to be submitted to - neebing@neebing.org and should include, the **name** of the submitter and a **contact #** for follow up. Submissions will be accepted up to and including **May 31st, 2020**. More than one submission may be made by the same 'family'.

Submissions will be reviewed to confirm that they are consistent with **good fire safety practises** and the names of submitters of all eligible submissions will be placed in a **drum** from which **prize winners** will be **drawn**.

A minimum of five (5) prizes will be awarded and the prize winners will be contacted and arrangements made for delivery of the corresponding prize. A summary of the winning submissions and submitting families will be announced in the July Neebing News. NES would like to acknowledge the support of the **Neebing Fire and Rescue Association** in organizing this contest.

Stay Safe, Stay Well, and Stay Home



Rural Family Centre



Child and Family Centre

The Centre is closed until further notice.

We hope everyone is doing well and staying healthy.

We look forward to seeing you when our EarlyON programs begin again!

Keep updated and connected to us on Facebook or call 935-3009 or Email ruralfrc@tbaytel.net

Use physical distancing and hand washing to stay safe.

Play, sing, laugh and we will see you soon!

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WANTED:

Root Cellar Gardens is looking for 1-2 acres of cleared land for organic vegetable and seed production in the Cloud Bay area. Access to water preferred.

Root Cellar Gardens is a small-scale market garden located in Gillies, but we live at Cloud Bay. We are looking to expand our production and also bring it closer to home. If you have land you would like to see produce heaps of organic produce and seeds please let us know! We are open to renting/leasing/buying/bartering. Contact: rootcellargardens@gmail.com or call Evalisa at 807-577-9937. To learn more about Root Cellar Gardens please visit our website at: www.rootcellargardens.com



CANADA
4-H Ontario

4H News by Susie Rietdijk

Learn To Do By Doing

4-H Thunder Bay is still monitoring the COVID-19 situation. At this time we are unable to start another project. This really breaks our hearts because we know how much the members look forward to seeing each other each week at our meetings.

4-H Ontario has made some changes to their website. One of the big changes you will find is the option of doing 4-H projects online! This might be a great solution for the members who are currently 4-H members. Non members are also welcome to sign up and do projects at

home. All information can be found on the 4-H Ontario website. <https://www.4-hontario.ca/> 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.



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NEEBING FIRE AND RESCUE ASSOCIATION UPDATE

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

Like everyone we are all staying home as much as possible and social distancing while this Pandemic continues. Therefore, **all our activities are postponed** until we have the OK from the Ministry of Health, that it is safe to resume our normal operations. The Pop Can cleanup will be rescheduled when possible. Currently we are asking the public to put their cans into the recycle bins at both landfills. Kris is continuing to pick up some metal when requested but Dutchak's

and other locations remain closed, so he is keeping them at the farm.

The Music Concert and Tailgate are cancelled for the time being but we do plan to reschedule both these events at a later date as well.

Our annual AGM will be held electronically so we can conclude the financial year-end for reporting purposes. The date is Monday May 25@ 6:00 pm and all paid members are welcome to participate. Membership fee is

\$5.00 per year. More details will be provided later. If you are interested in joining NFRA please contact me at either caroleaitken1989@gmail.com or 964-1989.

We are working with Neebing Emergency Services to promote fire safety. Please see the contest described in the Fire Chiefs report. Check out the "Sparky" website at

<http://www.sparky.org> for lots of free fun and educational activities you can do together with your child while at home.

We are still continuing to **accept donations** for the purchase of equipment for the new fire truck.

Kudos to all the first responders who continue to serve our community of Neebing in these difficult times.

Please stay healthy, safe and at home to help contain this virus and continue to follow the guidelines

provided by the Government. Hope to see you soon! Cheers to all!

FIRE PREVENTION AND SAFETY

ACROSS

- 1 Flammable substance
- 4 Used to put out fire
- 6 Act or process of preventing
- 7 Protected from harm
- 12 Device that warns of some danger
- 13 Act of protecting
- 16 Quick to notice and react
- 17 Form of energy that makes something very warm
- 19 Structure for passing smoke

DOWN

- 2 Device that makes electricity using chemical reaction
- 3 Heat, light, and flames made from something that burns
- 5 Visible black, gray, or white gasses given off by something that is burning
- 8 Large area of land covered with many trees
- 9 Clear liquid that has no taste or odor
- 10 Heating fuel
- 11 Emergency Medical Services
- 14 Move away from a dangerous place
- 15 Plan for two of these routes from each room
- 18 Mixture of burning gas and and vapor that rises from an object on fire

By Evelyn Johnson - www.qets.com

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Canada's plan involves safely containing and isolating used nuclear fuel in an area with suitable geology and informed, willing hosts.

Every day, we are conscious of our duty to be accountable to Canadians – this includes taking action to address the challenges associated with COVID-19 and to contribute to community well-being in the areas where we live, work and engage.

» Dig deeper, learn more | nwmo.ca

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EMERGENCY PREPAREDNESS

MITIGATION

Make A Plan Build A Kit Be Informed

ontario.ca/beprepared



SAFETY TIPS TO KEEP YOU SAFE AND SOUND – QUIZ

1. *When going swimming in a pool, which of the following is a smart thing to do?*
 - a. Run in the pool
 - b. Eat while swimming
 - c. Go into the pool alone
 - d. Wear a life jacket if you cannot swim
2. *When playing sports, it is important to drink plenty of which liquid?*
 - a. Kool-aid
 - b. Orange juice
 - c. Water
 - d. Pop
3. *When playing hide and seek with your friends where should you NOT hide?*
 - a. Under your bed
 - b. Behind a chair
 - c. In a corner
 - d. In a trunk with a heavy lid
4. *If you need to cross the street after getting off the school bus before the bus moves away, what is the proper way to do so?*
 - a. Climb on top of the school bus and jump off
 - b. Walk behind the bus
 - c. Walk in front of the school bus
 - d. Run off in any which way
5. *Which of the following things should you never play with because it might be hot?*
 - a. Stove
 - b. Refrigerator
 - c. Toy blocks
 - d. Barbie doll
6. *If you are using the internet and you receive a message from someone asking your address, what should you do?*
 - a. Give them your address because they seem harmless
 - b. Do not respond and tell a parent or guardian right away
 - c. Call 911
 - d. Give them a friend's address so they won't bother you

7. *If you and your parents are out for a walk and come across a neighbour with her dog, when would it be safe for you to pat the dog?*
 - a. When the dog stops barking
 - b. Whenever you feel like it
 - c. When you have permission from your parents and the dog's owner
 - d. When you have permission from your parents
8. *When riding a bicycle it is important to wear a helmet. But you should also wear a helmet when riding which of the following other item?*
 - a. Ferris wheel
 - b. Train
 - c. Scooter
 - d. Airplane
9. *You do not need to wear sunscreen on a cloudy summer day even if you so spend a lot of time outside.*
 - a. True
 - b. False
10. *During the winter, which of the following places is it appropriate and safe to go ice skating?*
 - a. On an icy road
 - b. A partially frozen lake
 - c. An ice skating rink
 - d. A stranger's backyard

Answers on page 11



Emergencies can happen anytime.
Are You Ready?

Make a plan / Build a kit / Stay informed

Emergency Preparedness Week (May 3-9, 2020)

'Visit www.ontario.ca/beprepared for more details.'



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Beyond Books: Your Library, Your Community Resource

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

During this difficult time, I have heard from many people that they are making the most of being at home by undertaking spring cleaning and home projects that they never seem to have the time to do. Like these people, Library staff are also cleaning and repairing the Library's assets which include: their collection of books, dvd's, cd's, games and puzzles; equipment like ipads and computers; and storage and shelving. They are making sure that all of these important community assets are maintained and kept in great shape for future use. At the same time, they are completing a full inventory of the Library's collection and equipment.

Many residents are also finding comfort by wrapping themselves up in the story line of a good book or learning new skills. As promised, because of the high demand, staff have increased Oliver Paipoonge Library members' access to more ebooks on line through OVERDRIVE. Ebooks are available to Library members by going to the Library website and using your Library card to go into the resource called Overdrive. **If you are not a Library member and wish to start using Overdrive or if you are unable to log in, contact the Library.** We will continue to monitor use and increase the number of ebooks should demand warrant it.

Right now, the Library has several ipads still available for loan. Contact the Library should you wish to borrow one to keep connected with

friends and family or read an ebook. You could also borrow an ipad should you need to complete an application for financial assistance such as CERB. CERB (the COMMUNITY ECONOMIC RESPONSE BENEFIT) is the financial assistance program available for people who had to stop working because of COVID-19. Staff will sanitize the ipads and coordinate a curbside pick up time with you. If you do not have access to wifi to do this, the Library parking lots have wifi and you could complete the forms from that location. Please feel free to use the wifi access at any time. Also, should you need assistance with filling out an application for CERB or other forms, contact the Library and they will assist you.

Finally, while we all try to help where we can, Library staff continue to be an important contact point and community resource. Should you know of anyone in crisis or great need, contact the Library and staff will do their best to find the safest way to help. If staff are not able to directly help you, they will try to find out what other community resources might be available. We want to make sure that we are all kept safe during this challenging time.

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

With Coronavirus effecting the World and everyone doing everything they can to stop the spread of this virus. **STAY SAFE! 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!**

A BIG THANK YOU to our front line workers for continuing to volunteer on Food Bank day to distribute hampers to our clients, and many who volunteer before food bank day to prepare necessary hamper items. With the unemployment rate going so high now, more people will be forced to use the food bank.

We will be operating differently in order to stop the spread of this deadly virus. If any changes to our operations the clients will be notified. 49 Hampers were given out in March. and 43 Hampers in April!

On a lighter note my purple crocus's are blooming. My daffodils are still waiting for the heat from the sun to open up. They are in full bud.

The Food Bank is looking for Volunteers to help with the Rural Point In Time Count, to get a snapshot of the number of sheltered and unsheltered people experiencing homelessness in a single 24 hour period. The date is currently to be determined due to the Covid-19 pandemic, but potential volunteers are asked to send resumes and letters of interest to ruralcupboardfoodbank@gmail.com with the subject line "PIT Count Volunteer " by May 15th to be considered.

A BIG THANK YOU to Murillo Bakery for continuing to donate their freshly baked nutritious bread to our clients every food bank. So greatly appreciated. They have been doing this for 20 years, since the opening of our food bank in May of 2000. Words cannot express our gratitude.

A BIG THANK YOU to Eldon and Donna Kangas for their many years of running a Music Jam at Redeemer Lutheran Church in Kakabeka to raise a large sum of money for the food bank. Usually about \$1,000.00 a year or more was raised and that was doubled at the Kakabeka Legion Christmas Concert put on by Emmanuel Country Gospel and hosted by the Legion. The Jam was open once a month with Musicians and spectators enjoying the variety of music. Heartfelt thanks to everyone who attended and made a donation at the door and I can't forget coffee hour which was supplied with goodies at every jam, run by Donna. Eldon looked after the music part of it. Eldon and Donna send their regrets, but feel it was necessary to close the Kakabeka Music Jam permanently, with this virus going around only made it happen earlier than expected. So greatly appreciated, the donation of funds to the food bank went a long way in supplying groceries to fill our cupboards. Words cannot express our gratitude to them.

If you have any extra food items they can be dropped off at the Odena in Kakabeka Falls, The O'Connor Municipal Office, The Conmee Municipal Office and the Neebing Municipal Office during their business hours and the Rapport Credit Union in Kakabeka with revised business hours from 11 A.M. to 2 P.M. with this Coronavirus effect.

The next Food Bank will be Wednesday, May 20th with Registration taking place from 9 a.m. to 11 a.m. and groceries handed out right away according to whether or not the Coronavirus safety is still in effect. No one will leave without a hamper and School Lunches for the School Children even in the event of schools not open.

The Food Bank number to call is 285-0836 with any concerns or questions, also about dropping off much needed food items.

No further Food Bank Meetings in the Conmee Council Chambers until further notice, because of the Virus. On Line meetings are happening now!

PLEASE STAY SAFE! Look us up on Facebook or on our website: theruralcupboardfoodbank.com!

Ontario Energy Board COVID-19 UPDATE - Time-of-use pricing

The Government of Ontario issued an Emergency Order under the Emergency Management and Civil Protection Act. As a result, starting on March 24, 2020, residential and small business customers on time-of-use (TOU) pricing will pay **10.1 ¢/kWh no matter what time of day the electricity is consumed**. This means that TOU customers will be paying the off-peak price throughout the day as long as the Emergency Order remains in place. The Government has indicated that it intends to keep the 10.1 ¢/kWh pricing in place for 45 days. The 10.1 ¢/kWh pricing applies automatically – no customer action is required. Some customers may re-

ceive a bill before their utility or unit sub-meter provider is able to implement the price change, in which case they will receive a credit on the following bill.

For more information, read the Government's news release at <https://news.ontario.ca/opo/en/2020/03/ontario-providing-electricity-relief-to-families-small-businesses-and-farms-during-covid-19.html>

Also visit <https://.oeb.ca/newsroom/2020/oeb-covid-19-update>, for the latest updates from the Ontario Energy Board on measures its taking in response to the COVID-19 pandemic.

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Covid

The Municipality of Neebing has been actively monitoring the COVID-19 novel coronavirus situation as it evolves.

Avoid Unnecessary Travel

"Urban dwellers should avoid heading to rural properties, as these places have less capacity to manage COVID-19," Dr. Theresa Tam, Chief Public Health Officer of Canada said at a press conference in Ottawa. There is no evidence to suggest rural areas are better protected from the virus. Traveling unnecessarily only puts others at risk. What if you were in a car accident? What if you had to make an unplanned stop? Even safely ensconced in your camp or cottage, supplied with your own groceries from home, people still have heart attacks, suffer slip and fall accidents or other such mishaps putting our small rural emergency first responders in direct contact with possible harm through the spreading of infection. The overwhelming advice by Government and Health professionals is: **Do not travel except for essential reasons.** Please, we appeal to your conscience and heart. Stay home. Stay safe.

COVID-19 Self Assessment

If you think you have COVID-19 symptoms or have been in close contact with someone who has it, visit the Government of Ontario website <https://covid-19.ontario.ca/self-assessment/> to help determine if you need to seek further care.

Financial Relief During COVID-19

The Government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak including support for individuals, support for businesses and support for industries.

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

The Ontario Government announced funding for families with children. While schools and child care centres are closed, parents can apply for direct funding to offset the cost of buying materials to support their children's learning, while they practice self-isolation and physical distancing.

<https://www.ontario.ca/page/get-support-families>

Financial assistance is also available to Neebing residents through Thunder Bay District Social Services Board. For information and application visit the TBDSSB website. <https://www.tbdssab.ca/>

Neebing Municipal Council supported a resolution that 2020 property tax rates remain at 2019 levels. Council also agreed to defer penalties and interest on overdue tax accounts for the time being.

Municipal Council Meetings

Municipal Council meetings are still happening except they are now being held by Web Conference. Visit our website to access the Council meeting web conference link for upcoming meetings.

<https://www.gotomeet.me/Neebing/regular-council-meeting>

Neebing Emergency Services Impacts

Neebing Emergency Services (Fire and 1st Response) are considered essential services and the plan is to continue to provide those services as fully as possible to Neebing residents during this period. There have been some impacts to operations in the wake of this pandemic due to group size restrictions. You may notice more small group activity and movements of the crew for ongoing training exercises. During a medical 911 call, you may also expect to see NES volunteers wearing additional protective gear including gloves, eye protection, masks and perhaps gowns depending on the nature of the call. Calls to 911 for a non-fire concern will include questions related to possible COVID-19 contacts.

Resource Links

The **Ontario Ministry of Health** (<https://covid-19.ontario.ca/>) reports on the status of cases in Ontario each morning at 10:30 am.

The **Thunder Bay District Health Unit** (<https://www.tbdhu.com/coronavirus#>) has credible sources of information for both the public and local health care providers

The **World Health Organization** (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>) is a trusted resource for current global conditions relating to the pandemic.

Reporting COVID-19 Order Violations

The Thunder Bay District Health Unit launched a phone line for residents who have concerns about businesses and individuals who are not following COVID-19 related orders. Residents of Thunder Bay and all district communities can report any instances of non-compliance with Ontario's Emergency Order relating to COVID-19. Report your concerns to (807) 625-5900 or toll-free 1-888-294-6630. View the full details of the Order Violation Phone Line on the TBDHU website: (<https://www.tbdhu.com/news/tbdhu-launches-phone-line-to-report-covid-19-order-violations#>).



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Restrictions and Closures – Know Before You Go Impacts to Outdoor Activities in Ontario

Fishing, camping, boating, hiking and hunting activities in Ontario have been impacted by the COVID-19 pandemic. The States of Emergency declared by the Federal, Provincial and Municipal Governments outline the details of locations that are off limits while others have restrictions in place to limit public activity and access.

The information listed below contain some valuable details for the avid outdoors person. It provides a good resource for those seeking to pursue outdoor activities in Ontario at this time.

Things seem to change on a daily basis. Stay up-to-date and visit the organization's websites BEFORE venturing out to get the current information. Live links to these websites can be found on the www.neebing.org website.

LRCA Little Trout Bay Conservation Area: Washrooms, pavilions and benches are closed at all LRCA Conservation Areas that have those facilities. Washrooms will not be monitored or maintained. Conservation Areas (including trails) are not being monitored or maintained; however, if you see any major damage, please email them at info@lakeheadca.com.

Nature Conservancy of Canada Trails and access to NCC lands: NCC properties are now closed until further notice. As a result of the current impact of COVID-19, the Nature Conservancy of Canada (NCC) urges you to follow public health advisories and stay home. For any inquiries, please call: 1.877.231.3552.

Ontario Provincial Parks and Camping in Provincial Parks: All provincial parks will be closed to the public until May 31, 2020. This includes car camping, backcountry camping, roofed accommodations, day use opportunities and all public buildings. Please visit OntarioParks.com for the most up-to-date information.

Ontario Crown Lands and Accessing Crown Lands for Camping: Under Ontario Regulation 142/20 reads 'recreational camping on public lands prohibited.' Recreational camping on public lands refers to occupying any public lands within the meaning of the Public Lands Act, including public lands covered by water or ice or both, for the purposes of outdoor recreational accommodation and includes occupying on the public lands any equipment used for the purpose of outdoor recreational accommodation such as a tent, trailer, tent-trailer, recreational vehicle, camper-back and any watercraft equipped for overnight accommodation.

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LAKEHEAD REGION
CONSERVATION AUTHORITY

submitted by
LRCA Staff

Please note that the 2020 Private Landowner's Tree Seedling Assistance Program has been postponed indefinitely. Additionally, the 2020 Wine Tasting & Dinner fundraising event and the 2020 Dorion Birding Festival have been cancelled. Keep an eye on the LRCA's website and social media channels for more information about closures and cancellations.

Please note that our Conservation Areas are currently open at the time of writing; however, due to the evolving situation surrounding the COVID-19 pandemic, things can change very quickly. As such, we ask that you please visit our website regularly and follow us on Facebook for up-to-date information.

In the meantime, please note that washrooms, shelters and benches are closed. Conservation Areas are not being maintained. We highly suggest you all stay vigilant with

physical distancing and only leave your home if absolutely necessary; however, we recognize the fact that getting outside is beneficial to our physical and mental health. That being said, if you do find yourself in one of the LRCA's Conservation Areas, you MUST practice physical distancing of at least 2 metres between you and anyone else. You also must remove all garbage from the area that you bring in with you, as we have limited ability to empty our garbage cans. Pets must also be on-leash at all times and must be picked up after.

There has been a marked increase in vandalism and unwanted, irresponsible behaviour in our Conservation Areas, including but not limited to the destruction of property, dumping of garbage, and graffiti. If our Conservation Areas are to remain open, visitors must respect the rules and regulations that have been put in place for their own safety.

The Municipality of Oliver Paipoonge has shut down public access to their buildings until further notice. 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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NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted) Deadline for the JUNE issue of The Neebing News is MAY 20!
Submissions and photos of community events and articles of interest are welcome, and can be sent to Chris Vaclav at designhouse@tbaytel.net.

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Prepare your Family Emergency Survival Kit today!
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Closures and Cancellations Until Further Notice

Murillo Minor Athletic Association 202 Spring Softball Leage **CANCELLED**
Founders Museum Closed
TOPS Meetings Cancelled
Rural 60 Plus Closed
Kakabeka Legion Cancelled - check website
Thunder Bay Therapeutic Riding Pancake Breakfast

The Rural Pharmacist: One Thing We Can Count On in 2020 -Allergy Season

by Henry Tempelman, Pharmacist/Owner Kakabeka Falls/Rossllyn IDA Pharmacies

We hope everyone is making efforts to stay home during these strange times. We're doing whatever we can to ensure our community and staff are safe, while we operate in a time when policies & procedures change on a weekly basis.

At Kakabeka & Rossllyn IDA Pharmacies we have curbside pickup options available for both prescriptions and OTC purchases, along with prescription delivery. We've had many inquiries about transferring prescriptions from people dealing at pharmacies in Thunder Bay – it's very easy to transfer pharmacies! All we need is a few details about yourself (name, birthdate, etc) and we take care of the rest. We contact your current pharmacy to transfer all existing prescription information, refills, drug plan information, and other relevant information. All you need to do is contact our pharmacy next time you need a prescription. Save the trip to town!

Other people have inquired about our ability to handle "specialty prescriptions", which are mailed to their house from specialty pharmacies out of town. We can fill & manage all prescriptions, including specialty prescriptions. In fact, it is strongly recommended that you have all your prescriptions managed by a single pharmacy so your pharmacist can properly assess your prescription therapy properly each

time the prescription is filled; it's important to see the whole picture when it comes to your healthcare management! Our pharmacy sets up refill reminders for these prescriptions to help keep you on schedule while you lead a busy lifestyle. Your prescription doesn't need a passport as it flies in through multiple airports to make it to your fridge or medicine cabinet. Our medication experts are accessible and here for you! Thanks for keeping it local!

Many things in life are different and strange in 2020, but one thing that we can count on every spring around this time is allergy season. Allergic Rhinitis is characterized by inflammation of the nasal mucosa when it becomes sensitized to allergens (pollen, molds, dust mites, pets). This inflammation results in the release of histamines and inflammatory agents which results in symptoms of runny nose, sneezing, itchy eyes and throat, minor congestion. These symptoms can impact quality of life and interfere with daily activities.

Up to 40% of Canadians are affected by allergic rhinitis and that number is increasing. Children are more likely to be affected by seasonal allergies, while adults are more likely to have persistent year-round allergic rhinitis, with a possibility of exacerbation of symptoms occurring during pregnancy. Allergic rhinitis is commonly associated with

asthma and atopic dermatitis, and there is a genetic predisposition to these conditions. There are also several medications that can contribute to allergic rhinitis symptoms. Talk to your pharmacist if you're curious if any of your medications are contributing to allergy symptoms!

Prevention is the best way to manage allergic rhinitis. Before reaching for medications, start by removing old dusty furniture, keep windows closed, don't hang dry clothes outside, use a dehumidifier, replace carpets with hardwood flooring if there's a pet, and I can go on and on. Intranasal saline spray and irrigation may be effective in reducing nasal symptoms and reducing the need for pharmacologic therapy.

Next up: OTC Oral antihistamines are the most effective option, which include 1st generation (Benadryl) and 2nd generation (Reactine, Claritin, Allegra, Alerius) along with the generic equivalents. These can be used to reduce symptoms of sneezing, itching and runny nose, while Alerius and Allegra are more effective for relieving symptoms of congestion. There are also combination antihistamine & decongestant products which are effective, but not recommended for long-term use. Antihistamines can be taken as needed or daily for prevention of symptoms, although 2nd

generation are recommended for daily use because they are less likely to cause drowsiness.

Nasal Steroids are effective for more moderate/severe symptoms of runny nose, itching, sneezing, which when controlled may resolve symptoms of itchy eyes. They can be used in combination with antihistamines, which may be required to control symptoms. There are options OTC (Flonase, Nasocort) and prescription options. Sometimes, using an intranasal decongestant (Dristan, Otrivin) for a 2-3 days is recommended before using nasal steroid so that the nasal passage is clear. However, nasal decongestant use for more than a week at a time can lead to rebound congestion, which means congestion symptoms return once the nasal decongestant is discontinued; Nasal steroids do not cause rebound congestion. Nasal steroids can cause the nose to become dry and prone to nosebleeds – there are nasal saline mists and lubricating gels that can help with these symptoms. Some nasal steroid are covered by private drug plans and Ontario drug benefit. Talk to our pharmacists!

Disclaimer: Your pharmacist cannot help with your "Allergy to your Spouse". We are not aware of science that backs this condition. Further studies are needed.



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

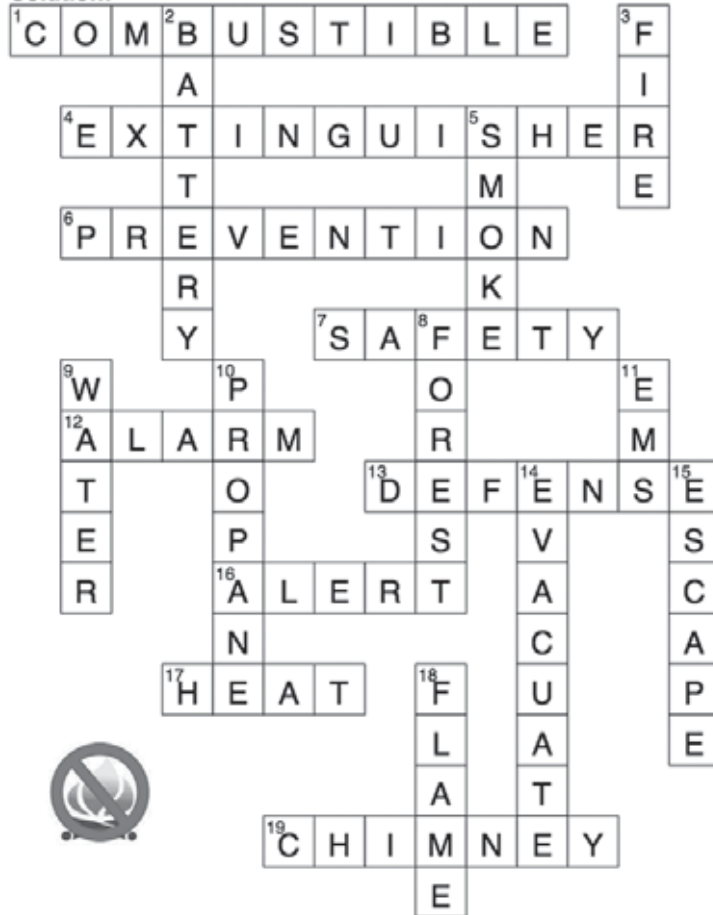
Safety tips answers- from page 7

1. d
2. c
3. c
4. c
5. a
6. b
7. c
8. c
9. b
10. c

Crossword answers from
page 6

FIRE PREVENTION AND SAFETY

Solution:



SUMMER LANDFILL HOURS

Starting April 1, 2020,
the Sandhill and Scoble Landfill hours will be
as follows:
Saturdays from 9:00 am to 5:00 pm
Wednesdays & Sundays from 4:00 pm- 8:00 pm

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

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Allens Enterprises Services Inc.
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dig1@tbaytel.net / www.dig1.ca

Pete's Backhoe Service Ltd.

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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

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Kershaw Well Services

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Phone 939-2166 Fax 939-2167




SLATE RIVER BAPTIST CHURCH

During the current Covid-19 crisis with restrictions on gatherings, our weekly Sunday sermons and messages will be available on-line and can be accessed via our public Facebook page or website Youtube link.

If you have any questions or if you or someone you know has specific needs or prayer requests, please do not hesitate to contact us:
 Pastor Rob Cain
 475-5140 or email
slateriverbaptistchurch2@gmail.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.

Kakabeka Farmers' Market in 2020!

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A project of Pinegrove United Church and its community partners.

THE GILLIES COMMUNITY CENTRE CLOSURE CONTINUES

The GCC continues to be closed during the COVID-19 global pandemic. All upcoming events & rentals have been cancelled until the safety measures put in place by the government have been lifted.

WASH YOUR HANDS OFTEN. STAY HOME & CALL TO CHECK ON NEIGHBOURS.

NorWest Community Health Centres
 Centres de santé communautaire NorWest

call-in clinic
 Community health at the touch of a button

Our Walk-In Clinic is now operating as a Call-in Clinic. The Call-in Clinic is an effective and personal service that works confidentially with you to support your continued health needs. We are open to everyone in our community and for extended hours of service. No appointment is required.

HOURS OF SERVICE:
 Monday - Thursday: 2:30PM - 6PM
 Friday: 1PM - 4PM
 Saturday & Sunday: 10AM - 3PM

Our Call-in Clinic provides quick access to the health care you need now, whether its for you, your children or someone else in your care. Our professionals are available at the touch of a button to provide health care advice for those who experience sudden health problems.

We are not currently able to accept walk-in appointments.* Access our Call-in Clinic at:
(807) 622-8235

*Clinic will be asked to come if deemed based on phone assessment.

Please note that for any life-threatening conditions or emergencies, we always recommend that you call 911 or go to your nearest emergency department immediately.

www.norwestchc.org

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Open Mon - Wed, Fri 8:30am-5pm
 Thurs 8:30am-5pm Sat 8:30am-1pm