



The Neebing News

Volume Fifteen, Number Seven

July 2020

Everything Old is New Again... Drive-In Movies!

by Courtney Lanthier

Economic Development Officer Intern, Municipality of Neebing

The municipality has partnered with Interstellar Outdoor Cinema to create a drive-in movie theatre at the corner of Cloud Lake Road and Highway 61. This summer is a pilot to see what the success is of a drive-in in Neebing. It will run from July to October, weather permitting. It will operate each week from Thursday through Sunday, with the possibility of two shows per night.

Covid-19 has kept us away from regular life, including movie watching. To bring back a taste of the old world, Interstellar Outdoor Cinema, a subsidiary of The Walleye, is bringing back the drive-in theatre with a few changes. Rather than projecting sound on speakers, the movie will be projected into individual vehicles via an FM station. This project will be test-driven, and opening weekend if all goes

well will be the July 2-5, 2020. The drive-in can fit anywhere up to 75 cars, with 75 being the cap. The screen will face away from Cloud Lake Road towards a deep field, which ensure drivers are not distracted by the light. Social distancing laws will be obeyed. Concessions can be ordered through your mobile phone, and will be brought to your vehicle. Measures will be taken to ensure no one is smoking or drinking and driving. Tickets will be checked in the property to keep traffic build up off of Cloud Lake Road.

We are excited and proud to host a drive-in theatre and hope it garners the kind of attention Neebing's recreational opportunities deserve.

If you have any questions feel free to email development@neebing.org, or call the Municipal Office.

Thunder Bay District Women's Institute 2020 Scholarship Award Winner

by Holly Diaczuk



Dodie Legassick
presenting
Sanjida Rashid
with her award.

On behalf of the Thunder Bay District Women's Institute we would like to Congratulate the 2020 Scholarship winner Sanjida Rashid of St. Patrick High School.

Sanjida was presented with a cheque for \$500.00 by Dodie Legassick on June 5th, 2020 at her home due to COVID19.

Sanjida will be attending the University of Ottawa, taking Political Science on her way to a Law Degree. Thank you to the hard work of the W.I. Scholarship Committee, Holly Diaczuk, Michelle Barrie and Dodie Legasick.

**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



RECYCLING PROGRAM UPDATES

Starting July 1, all #1 and #2 plastics will be accepted as part of the recycling program at both the Sandhill and Scoble Landfills. Previously, only containers with a twist top such as pop or shampoo bottles were accepted. Now, containers such as clam shells and margarine tubs can be placed in the recycle bin, Check containers for the #1 or #2

symbol, as shown in the image below. Please rinse of food residue from all containers.



**Next Rural Cupboard Food Bank date-July 15th
-see page 2!!**

Potential Fire Danger Alert!

by Dale Ashbee, Fire Chief, Neebing

Reed Grass - Is this visually attractive grass an overlooked fire threat on your property?

Dry grass is a regular concern for early spring fire starts in Neebing. This notice is to advise Neebing residents that in the past several years, Neebing has experienced grass fire starts, both early and late in the season, in areas where reed grass, particularly Canary Reed Grass, has been left untended and close to values such as homes, outbuildings and equipment.

There are a number of varieties of reed grasses and as they are commonly tall (2'-6') and vigorous growers, they are quite commonly used for forage, feed, or as ornamental plantings. Some varieties, spread rapidly, choking out natural vegetation and can quickly take over an untended site. If left untended, the tall hollow stalks dry out rapidly and provide a significant mass of highly volatile light fire fuels susceptible to easy fire start and rapid spread in late fall and early spring. Already in 2020 we have responded to one such fire started by a spark, and in the fall of 2018 a fire started accidentally in reed grasses spread to equipment, buildings and eventually a residence before the fire was brought under control and extinguished.

The following pictures provide some visual reference of canary reed grass to help you recognize if you have reed grasses on your property. As indicated, in small groupings or if foraged or harvested the grass does not pose a fire threat. However, if left untended, reed grasses can dry out quickly at the end of season and can present a serious fire threat until green up is complete the following spring.



The following web article presented by the Ontario Invasive Plant Council and Environment Canada, while focused on invasive canary reed grass also provides good background information on other native reed grasses and will help you recognize and deal with managing reed grasses on your property.

https://www.ontarioinvasiveplants.ca/wp-content/uploads/2016/06/OIPC_BMP_ReedCanaryGrass.pdf

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Your donations enable the food bank to remain open

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Registration 9 am to 11 am

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Needing Municipal Services During COVID-19 Updated July 1, 2020

- Municipal buildings including the Municipal Office, Public Works and Fire Halls, remain **CLOSED** to the public.
- Playgrounds, public washrooms and the Good Neighbour Sheds remain **CLOSED** to the public.
- Outdoor parks and recreation amenities including boat launches, gazebos, picnic tables and the BMX park are **OPEN**.
- Remember to practise physical distancing while using these facilities and ensure there are no gatherings of more than 10 people.
- Please keep our parks clean and if you pack it in, pack it out! The Boy Scouts have a rule: "Always leave the campground cleaner than you found it." If you find a mess on the ground, you clean it up regardless of who might have made it. You intentionally improve the environment for the next group to enjoy.

Landfill and Recycling:

- Both the Scoble and Sand Hill landfill sites are **OPEN** running normal hours of operation.
- Beginning July 4, 2020, your annual Municipal Garbage Bag Tag allotments can be picked up at either landfill site. You **MUST** present photo ID to the attendants in order to receive your tags.
- Beginning July 4, 2020, household battery recycling is being offered at both landfill sites. Bring in your batteries for proper disposal. Accepted batteries are AA AAA C D 6 and 9-volt watch and cellphone batteries.

Building Permits and Inspections:

- Building permit applications are being accepted, reviewed and approved to facilitate all types of construction, and inspections will continue for all permitted projects.
- Please contact our Chief Building Official, Ken Yanishewski at 807-630-9726 to arrange for an appointment to discuss to your building project.

Property Tax Payments:

- Property tax payments can be made using internet banking, through Paymentus by credit card, by dropping a cheque, money order or bank draft in the mail or in the secure mailbox at the office located in the entrance alcove.
- We are currently unable to accept cash and debit payments as the office is closed to the public.
- Visit www.needing.org/taxes for details on alternate payment methods available to you.

Municipal Council Meetings:

- Council passed a by-law to allow members of Council to participate and vote at council meetings electronically during this emergency.
- Council meetings are virtual and held on regular council dates being the first and third Wednesday of each month. A 'virtual meeting' is the hosting of a meeting in a virtual environment and not face-to-face. Participants call in by telephone or connect online through the internet.
- Prior to all meetings, agendas, meeting documents and public participation details are posted on our website www.needing.org/events.

Posted by
The Corporation of the Municipality of Needing
4766 Highway 61 - Needing, ON - P7L 0B5
(807) 474-5331

Notice of a Public Meeting being held to consider an application for a Minor Variance from the Provisions of the Zoning By-law 2017-030 (Application Number B01-2020)

As the Province of Ontario declared a State of Emergency and continues to take significant steps to limit the transmission of the COVID-19 virus, the Municipality of Neebing is focusing on protecting the health and safety of the public, staff and Council while at the same time processing Planning Act applications to ensure services that support community development can continue. Therefore, in accordance with Procedural By-law 2020-012, the Municipality of Neebing will hold a virtual public meeting in accordance with the Planning Act, and orders made under the Emergency Management and Civil Protection Act.

Please take notice that the Council of The Corporation of the Municipality of Neebing will hold a Public Meeting on Wednesday, July 15, 2020 at 5:00 pm, via web conference to consider an application to under Section 45 of the Planning Act, R.S.O. 1990, c. P.13, as amended, for relief from the side yard and rear yard setback provisions of Zoning By-law 2017-030. If the amendment is recommended, the Public meeting will be followed by a Council meeting at which the enabling by-law will be considered.

The Application which is the subject matter of this notice is brought by Kevin and Jill Cadieux as the property owners. The land which is the subject matter of the application, is municipally known as 43 Podres Road East, and legally described as "Lot 26 of Plan M73, in the geographic Scoble Township, in the Municipality of Neebing and Province of Ontario".

The applicants seek permission to decrease the side yard and rear yard setbacks to correct a property line issue related to the garage and allow for an addition to the main residence. The garage encroaches on the neighbouring property and the applicant intends to modify the structure to correct the encroachment. A reduced side yard is being requested to maintain the functionality of the structure. Due to the topography of the property, a reduced side yard and rear yard are being requested to allow for an addition to the main residence.

A full copy of the application is on our website at www.neebing.org, which includes a sketch showing the lot configuration. If you would prefer to have a full copy mailed to you, please contact the office to request same.

ANY PERSON may attend the Public Meeting and/or make written or verbal presentations either in support of, or in opposition to, the proposed Minor Variance. If a person or public body that files an appeal of a decision of the Committee of the Whole in respect of the proposed minor variance does not make oral submissions at this public meeting, or does not provide written submissions prior to the decision of the Council in the matter, the Local Planning Appeal Tribunal may not grant them status to maintain the appeal

How to provide input: Although in-person meetings have been cancelled, there are several ways in which the general public can provide input on the application, such as:

a) Submit comments in writing - Persons wishing to provide comments may submit such comments in writing, by email, to clerk@neebling.org or by regular mail to the address below. Comments shall be submitted by 4:30 p.m. on Wednesday, July 15, 2020.

b) Register to speak at the Virtual Meeting - If you wish to speak at the Virtual Public Meeting, you are asked to register in advance by email, to clerk@neebling.org. After registering, you will receive a confirmation email containing information about joining the meeting by following the link provided through email. Please note that neither a computer, nor a video sharing device is required to participate in the meeting via web conference. You may also opt to call in from a cell or landline. A toll-free number will be provided for this purpose. To register by phone please call: 807-474-5331.

ADDITIONAL INFORMATION related to the proposed Minor Variance is available by calling the Clerk-Treasurer at 807-474-5331.

DATED AT THE MUNICIPALITY OF NEEBING this 22nd day of June, 2020.

Erika Kromm, Clerk-Treasurer
Municipality of Neebing
4766 Highway 61, Neebing, Ontario P7L 0B9
Phone: 807-474-5331; Facsimile: 807-474-5332
Email: clerk@neebling.org; Website: www.neebing.org



Chix in the Stix Grounded

by Cindy Harasen

Remember when you were a kid and your parents grounded you. It was the worst punishment ever. You thought you would die. You couldn't see your friends or ride your bike or go to the pool or the playground. You had to stay HOME of all places, and sometimes you had to even stay in your room. UGG. But then something would happen. Especially if your sentence was a lengthy one. I mean you couldn't stay mad and grumpy forever. At some point you stopped crying or stomping and moping around and you just accepted your fate. And the next thing you knew you were actually enjoying yourself. You found toys in your room that you forgot you had. Maybe even a stash of candy or comic books. You dusted off your 'record player' or an old scrap-book or other treasures that you had hidden away. You pulled out a deck of cards or a board game. You hung out in the kitchen with your mom or maybe, heaven forbid, you even spent time with a younger sibling. And not only did you survive your grounding, but you might even have been sad to see it end, even though you might not have admitted it. That's how I kind of feel right now. Some days I forget all about the virus and I'm just this mom who stays home all the time and I don't even remember why. Until I turn on the news of course. But for the most part this being grounded stuff is actually keeping me grounded in a good and healthy way. And I bet I'm not alone in this, and in the desire for it not to go completely back to normal just yet. Because I'm just starting to figure some things out. I'm just starting to get some real clarity about some things.

I'm just starting to catch up. And I'm worried that if things start speeding up again that I'll lose it all. This past week alone I have had so many blessed moments. Like the other day when I was hanging clothes on the line and I was relishing every second of turning those cold wet t-shirts right-side out in the heat. I was also thankful for the fact that I even had a clothes line after speaking with friends in town (renters) who weren't even allowed to have one. All these things we usually take for granted. And while the black flies are a pain lately, the clear skies and a yard filled with glow-bugs at midnight makes up for it. And the country fields of clover and the lushness of the valley - well, my heart is bursting. And that was just a few hours of paying attention and living in the moment. And it has made me

want to do more to recognize and cherish each and every other blessed moment that I have been missing or haven't noticed yet. Because honestly, the way this pandemic has ravaged us as a nation on so many fronts makes me determined to not let it go to waste. We simply can't. And I mean I know it isn't over yet and we still don't really know what the weeks and months ahead hold. But we do know that people have lost their lives to this illness. And we know that people have lost their jobs. We know that there are many more victims we will never even hear about who have faced many personal demons these past months. So it would just feel selfish if it was all for nothing. So let's write things down. Make notes. Keep a journal. Take pictures. Write a book. Write a thesis. Whatever we need to do so that the lessons we have learned the past three months won't be lost. And I mean the good and the bad. The sad and the funny. The success and the failures. They are all relevant. Whether it's about the pounds we have gained or the bad habits or relationships we have let go of along the way. All of it has to matter. We need Pandemic Recipe Books, Pandemic Tattoos, Pandemic Fashions, and every other trick and memory we can record so that for generations to come they won't mess up the facts and think it was all about memes and toilet paper and riots. We know the changes being made in us as individuals and as a community run deeper than that. Because just like when we were kids, sometimes being grounded turns out to be exactly what we needed and the best thing for us.

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Neebing Emergency Services

by Dale Ashbee, Fire Chief, Neebing



July 2020: We're Slowly 'Shaking-Off' the Constraints of COVID-19

The weather has been cooperating nicely so far this season, but COVID restrictions in place continue to confine our usual warm-weather celebrations, as well as limit our usual comradery with friends and neighbours. As I write today, we would normally just be finished with our annual Tail Gate Sale event at the Municipal Office, and would be getting ready for Canada Day celebrations.

This has been an unusual year for everyone, but NES would like to send a Thank You to all our Neebing residents, who have shown a great sense of community responsibility over the time period. Using care and caution during 'social-distancing' interactions, and remaining within family groupings in the recent months, are behaviors that have all helped to stem the spread of COVID-19 within our community. In the last few weeks, signs of slow business 're-openings' have started to appear, with more traffic (personal, as well as construction and delivery vehicles) evident on the roadways.

During this period of community re-opening, you may also have noticed fire fighters (following COVID-19 protocols) running-up equipment at various locations around the community. This activity is intended to ensure that our fire equipment, as well as our FF's themselves, remain fully ready to respond to emergency situations in Neebing. As another sign of re-opening, we were pleased this past June to host students from the Con College Pre-Service Fire Fighter Program. Under COVID-19 protocols, they have again returned to Neebing in order to complete practical training exercises that were necessarily postponed in mid-March.

Climbing infection rates recorded in some jurisdictions that re-opened before Ontario, are a reminder that the virus is still active in summertime. It is likely that we will continue to see caution exercised over the coming months, with some restrictions remaining in place with regard to the full-opening of many services and businesses. **Public messaging** advising the wearing of face masks when interacting with people outside your regular contact group, as well as frequent effective handwashing (and/or the use of hand sanitizers) are likely to be on our radar for the foreseeable future.

Regarding other matters, here are a couple of fire safety items to note this month:

- **Campfires at Boat Launch Sites:** The remnants of campfires near the shoreline have been noted at several boat launch sites in Neebing. Residents are reminded that Neebing **does not** allow fires on any municipal property without special permission. It would appear that the fires were lit recently during the current fire season, and in the absence of a fire permit, which is recorded as a fineable offence under the Provincial Offences Act (POA). Please pass the word along to those who may be unaware of these stipulations, and report any open fire activity at boat launches to the Fire Department.
- **Reed Grasses:** A recent fire, started unintentionally (and extremely easily) by a resident working around an area of dried reed grass, served as a reminder that this attractive grass can (and has) posed an unexpected fire threat in Neebing. Look for additional details and pictures regarding these grasses in a separate article in this month's Neebing News.
- **Home Generators:** Recent heavy wind conditions - resulting in trees to be downed on power lines - brought to mind the fact that many Neebing residents (and the municipal office as well) are installing generators that automatically turn on to provide a home/business with electrical power over the duration of a power outage. While this system serves as a convenient innovation, it does pose some concerns for fire fighters, who need to know whether or not electrical power is being supplied to your home, so that they are able to determine a safe fire-attack strategy. You will probably see follow-up information regarding this issue in the future, as we work toward establishing a quick and easy way to identify (either using preplan documents, or visually assessing any additional on-site electrical power supply information) whether or not this type of hazard may present a danger to FF's - even during a power outage situation.
- **Red Canna Lilies:** Last summer, many folks had enquired if it might be possible to get rhizomes from the 'Fire Engine Red' Canna lilies that grew in pots outside the Municipal Office front entrance. There is good news, in that there was a good crop of rhizomes that 'wintered' well. They have now sprouted, and there is a limited supply of these sprouts now available for interested residents. If you would like one to pot-up or add to your garden, either call the office at 474-5331 or send an email to neebing@neebing.org to indicate your interest. The supply will be distributed on a first-come, first-serve basis. Arrangements will be made at the office for a safe pick of the bulbs. Remember, the Canna is not winter hardy, so in the fall they need to be; cut back, dug up, dried and put in a cool dark location over the winter. Potted Cannas can be stored in the pots (as long as the soil is dry before they are put away), although you may want to repot them in the Spring
- **The Great '911 Sign Letter Eating' Mystery:** Over the dark of this COVID winter, something strange thing has been happening to some 911 signs in two (2) areas of Neebing. To date, no confirmed culprit has been identified, so we are offering incentives for names and/or pictures of the unknown culprit. See details in a separate write-up in this month's Neebing News.

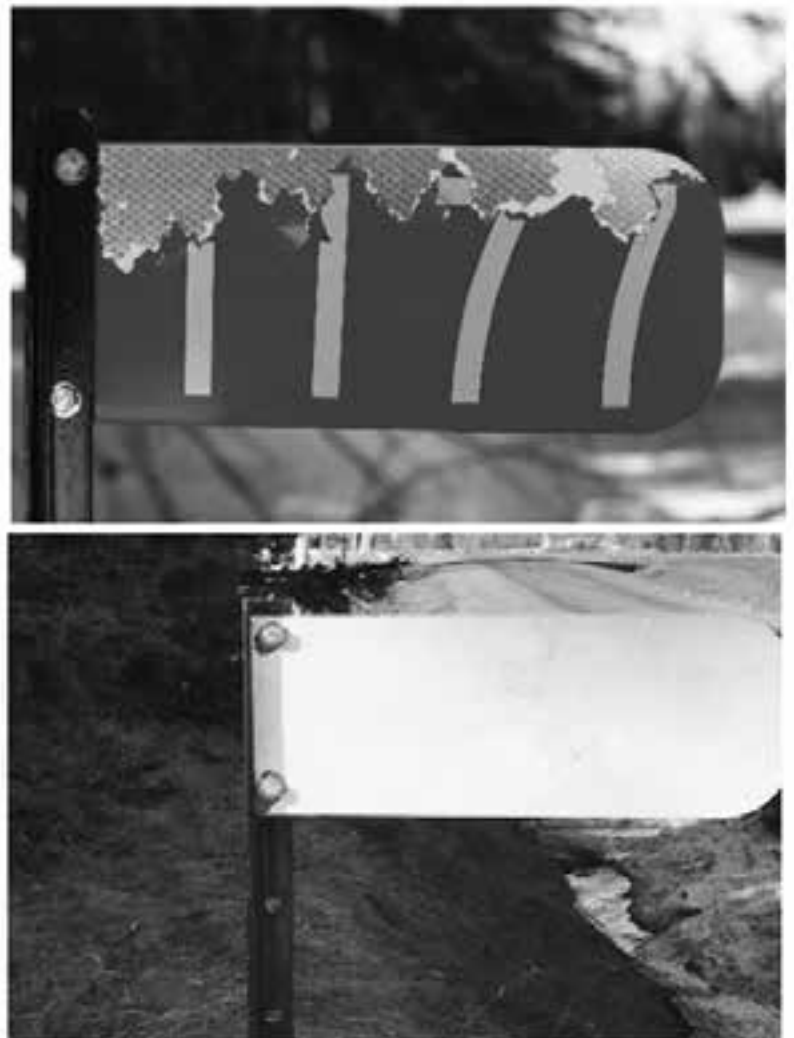
Just a final reminder to all - enjoy the summer, and remember fire safety rules for both inside and outside your home. See the summer safety tips on the Ontario Fire Chiefs Association site at: <https://www.oafc.on.ca/spring-summer-fire-safety-tips>
Have A Safe Summer, Dale Ashbee, Fire Chief - Neebing

The Great Neebing 911 Sign Eating Mystery

In the dark of this COVID winter a strange thing has been happening to some 911 signs in 2 areas of Neebing. Something appears to like the taste of the sign lettering and backing and as you can see in the pictures below, they have been nibbling or pecking away at the signs until only the metal remains. Whatever the culprit the taste for 911 signs has expanded to include other road signs.

So far, the sign eating is restricted to **two locations**, but to date no one has reported seeing the **culprit**, although suggestions have been received suggesting; **ravens, magpies** or maybe **squirrels**. If so why only in these two locations?

I am reminded of the mystery of the disappearing wiring in new BMW cars in Germany a few years ago where they discovered that fish oil had been used in part of the wire manufacturing process. The European **martens** where attracted by the smell and climbed into the engine compartments, enjoyed a wiring snack and disappeared leaving a mystified owner when their new Beemer didn't start.



In an attempt to solve the mystery NES is offering a pair of **inter-connected smoke alarms** from its cupboard and a promise of your picture in the Neebing News for anyone who identifies the mysterious 911 sign eater in Neebing.

There will be a **bonus** for supplying a picture of the culprit in action.

And even **something small** for anyone who can correctly **fill in the missing number** (that was on the sign that is now completely blank) that was originally (more than one possibility) on the sign.

The challenge is out there to all budding neighbourhood zoologists, ornithologists and/or photographer to solve the mystery of the Neebing 911 sign eater. Send your entries and pics to neebing@neebing.org mentioning the **Great Neebing 911 Sign Eating Mystery**



NEW!!

NEW AT THE LANDFILLS: Beginning July 4, 2020, battery recycling is being offered at both landfill sites. Bring in your household batteries for proper disposal. Accepted batteries include AA, AAA, C, D, 6 & 9-volt, watch & cellphone batteries.

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EMERGENCY TEXT ALERT SERVICE
For Neebing Residents

Sign up for Neebing's Emergency Text Alert Service! This text alert service is used to notify our residents **via text message** of immediate dangers or emergencies occurring in our community such as evacuations, road closures, forest fires and other hazards. Sign up is free!

You must have a smartphone equipped to receive text messages to sign up for this service as it does not work on land lines. Sign up at neebing.org/textalerts or send us your name, Neebing address, and your text-enabled cell phone number including area code to neebing@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 at www.neebing.org/contact.

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Rural Family Centre

Early ON
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!

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- ✓ Welding & Fabricating



NEEBING FIRE AND RESCUE ASSOCIATION NFRA NEWS

Respectfully submitted: Carole Aitken, President NFRA

Fundraiser

We launched our new fund raiser "Fill the Fire Hose" and have received

\$1933.00 in donations to date.

Thanks to Pam Cain, Ian and Susan Pattison, April and Todd Broennie,

Alison and John Paddington, Nancy and Frank Luckai, Brian and Liz Martin, Boonie Moore and Jay Eingold, Arellas Dollar Store, Silvia and James Martin, as well as 3 anonymous donors.

Pop Cans

We are now able to open up our Pop Can Collection sites at the two Land-fill sites. Please remember to put only cans in the bins provided and recycle plastic, paper and tetra packs in the green bins.

We have had two pop can sorting days and are now caught up on the sorting. Thanks to members and friends who made this happen while social distancing and wearing masks. We will do more as needed.

Website

We now have a new website for NFRA - www.neebingfirerescueassociation.com

All other activities remain on hold until further restrictions are lifted but we will keep you posted on further events.

Thanks again for your support through donations and pop cans and do hope we can get together with the public soon at some fun events.

Keep safe!




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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 | nwmco.ca

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NEEBING FIRE AND RESCUE ASSOCIATION (NFRA)

“Fill The Fire Hose!”

The Neebing Fire and Rescue Association is launching a new fund raising initiative called “Fill the Fire Hose”. Council is purchasing a new Fire Pumper truck and NFRA has agreed to help fund this project. To date NFRA has donated \$30,000 towards the truck to purchase special features as identified by Chief Ashbee. These are noted on the accompanying poster. With COVID 19 our fund raising activities are seriously curtailed, if not cancelled. We are looking for

\$17,000 more in donations from the public to complete the purchases. Donations can be made by cheque to the Neebing Fire and Rescue Association, 4766 Hwy. 61, Neebing ON P7B 0B5 or online a www.neebingfirerescueassociation.com then press the donor button that takes you to Canada Helps to donate. Receipts will be issued to donations of \$20.00 or more. You may wish to make a donation in memory or in honour of someone.

This new fire truck will be the front line fire fighting vehicle in the community over the next 15 plus years. We hope you can help, “Fill the Fire Hose” to support NFRA in continu-

ing to provide financial assistance to Neebing Emergency Services in their vital role in our community.

Thank you for your continued support! NRFA Board of Directors.

Help us ...

NFRA
Neebing Fire/Rescue Association

FILL THE FIRE HOSE

\$47,000

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\$35,000
\$30,000
\$25,000
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\$15,000

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Hard Hatted Covers	\$ 8,000	Generator and automatic electric cord reel	\$12,000
Deck Gun-remote control	\$15,000	TOTAL	\$47,000

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Gordon Cuthbertson, Councillor at Large,
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Mark Thibert, Ward 1 (Blake)
Blake@neebing.org 939-2720 (R)

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

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

Gary Gardner, Ward 4 (Pearson)
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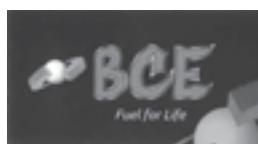
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Beyond Books: Contactless Loans Starting in July!

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

On June 9th Council approved the Library's Reopening Plan and going forward with curbside pickup. Our thanks to **Mayor Lucy and Council** for their support of the Plan. I especially want to thank **Wayne Handchard, CAO/City Clerk** for his advice, guidance and recommendations on the Plan. He made sure that both rural residents and staff will be protected as best as possible during this difficult time while having access to the important resources that the Libraries provide. Also, to **Judy Jacobson, Deputy City Clerk** for making sure all the Plan documents got into Council in a timely way and **Councillor Allan Vis** (Council representative on the Library Board) for his guidance. We really appreciate everyone's help as the situation is new for all of us.

The Libraries will remain closed to the public but right now, staff are preparing for curbside pickup by making sure that they have the protective measures in place and supplies. It looks like curbside pickups may start the week of July 6th. The specific dates and times will be advertised on facebook and the Library website. Also, you can call the Library and a voice message will provide the dates and times available.

Here is how and what you can loan from the Library:

- You will need a Library card with good standing to access material.
- Items in the Library collection can be placed on hold by:
 - using the Library's online catalogue. Should you need assistance with this, you can watch the tutorial on how to use the Library website and place an item on hold:
<https://www.youtube.com/watch?v=d2-ZN-TkcAgs>
 - emailing oplibrary@tbaytel.net
 - phoning the Library during business hours – Murillo Library phone 935-2729 or Rosslyn Library 939-2312.
- At this time, we are limiting the # of books to 5 and dvd's to 5 per Library card. This may change in the future, but for now, this will allow us to serve as many Library card holders as best as we are able.
- Interlibrary loans can be made by email or phone.
- Requests for printing services and the documents to be printed must be provided through an email.
- There will be some non-returnable items available such as used books. You can use facebook, email, or phone the Library and staff will select these for you and

make them available for pick up.
How will Library patrons know when to pick up?

- When an order is filled, the Library will inform the patron that it is ready. Patrons will be assigned a pickup time. Pickups will be staggered to assist in reducing opportunities for transmission of the virus.
- Items will be set on a table outside the facility.
- Should weather not permit this, items will be packaged in a clear bin or plastic bags.
- Please remember - only one patron and order at a time will be permitted at the table and that physical distancing guidelines are in effect. Should circumstances arise such as a patron being late for a pickup, a wireless doorbell will also be available to allow patrons to reach staff inside.

Should you have any symptoms associated with the COVID-19 virus, please refrain from using the service. Ebooks remain a great option.

How do I return a book and what happens after that?

- Return your books / dvds through the book drop on the exterior doors of the Library.
- Returned materials will be set aside and not available for loan for a minimum quarantine time of 72 hours.
- Items in quarantine may be longer than 72 hours due to staff not being at the facility where you dropped off the material (staff share their time between both Libraries). When staff arrive at the Library, that is when the 72 hours quarantine time period begins.
- Following the quarantine period, staff then disinfect the material according to the guidelines outlined by the Public Health Agency of Ontario.

For full information on the Library's Reopening Plan and procedures that will be used to safeguard your health, please visit the Library's website or facebook page.

Our hope is to provide these services to rural residents in a timely way; however, please be patient with us as we will likely stumble a bit in making this happen. Also, as new information or public health guidelines about COVID-19 becomes available, we may need to adjust the procedures.

We look forward to your enjoyment once again of the materials made available through your Library. Happy reading!

The Rural Pharmacist: Getting back to "Normal" & Home Blood Pressure Monitoring

by Henry Tempelman, Owner/Pharmacist of Kakabeka & Rosslyn IDA Pharmacies

As the battle against COVID rages on, we have been taking the policy changes as they come and adapting our stores to the best of our ability. We appreciate everyone's patience and understanding while we followed the Ministry guidelines to dispense 30-day supplies of chronic medication. We understand that this may have caused increased inconvenience and expense for people, but it was necessary to preserve our prescription drug supply to keep people healthy and out of the hospital during peak pandemic. Unfortunately, some necessary decisions may have negative unintended consequences.

Canada has had a tough time maintaining our prescription drug supply, specifically in the last few years, even for regular medications such as high blood pressure drugs, cholesterol drugs, diabetes drugs, etc. It's been a significant problem in the pharmacy world, and, with the pandemic peaking, we couldn't afford to run out of medications and have people admitted to the hospital for heart attacks, strokes, kidney failure, and whatever else could occur from non-compliance of prescription medications. There isn't enough paper in this newsletter if you get me started on why the Canadian government allowed our prescription drug supply to get this fragile. Maybe when our local pubs open up and I have a nice cold beer in my hand at my table, you can ask me ;)

Anyways, the Ministry initially stated that they would the 30-day supply recommendation June 30. However, as it usually happens, we received our notice on Friday, June 12th late afternoon that the 30-day supply recommendation would be lifted on Monday, June 15th. We are excited to get back to "normal", and I'm sure you are too! But first, here I am again, asking for your patience.

Due to the 30-day supply policy, we have more people coming up due for medication on a given day and, as we resume 90-day supplies, we are moving through our on-hand inventory faster than usual. With the temporary increased volume and demand, we may have slightly longer wait times and the occasional balance owing. Each day we are looking to be proactive to ensure our service remains top-notch. If you are able to, please give us a day or two to prepare your prescriptions. We receive a new prescription order from our wholesaler every business day and can ensure your full order can be filled when you come pick it up, if we have the proper preparation time. To follow up on that cold beer I was talking about earlier... it tastes even better at the end of these busy work weeks.

A regular topic that has been coming up in the pharmacy thanks to COVID: blood pressure monitoring at home.

Patients haven't been able to visit their doctor's offices or test their blood pressure at large big box stores. High blood pressure is referred to as "the silent killer" because a person can't feel when their blood pressure running high out of range, but high blood pressure increases a person's risk for heart attack and stroke. It is important to monitor your blood pressure, especially if you take high blood pressure medication or if you're diabetic.

Many patients have been looking to purchase or have purchased a home blood pressure monitor since COVID hit Thunder Bay. You can purchase a simple one that works well for about \$70. (Look for a monitor that has the checkmark for Recommended by Hypertension Canada).

The optimal blood pressure reading is approximately 120/80. A person doesn't typically start on blood pressure medications until they have consistent readings exceeding 140/90. Once a person is on blood pressure medication then we target their blood pressure to be in a range of less than 140/90, rather than get down to 120/80; a diabetic's target blood pressure should be less than 130/80. These aren't just arbitrary target numbers; studies have shown that regular readings below these ranges for the patient populations significantly reduce risk for heart attack and stroke.

There also is a correct way to check your blood pressure: before taking your blood pressure medication, at least two hours after a meal, after emptying bladder/bowel, one hour after drinking coffee/smoking, 30 minutes after exercise, always after resting for 5 minutes without talking. You should be sitting still with your back supported, legs uncrossed with feet flat on floor. Your cuff should be on your bare arm with the lower edge 3cm above your bare elbow, and your arm should be supported with the cuff at heart level. Log your blood pressure morning and evening to get your best records of trends to review with your health professional.

And remember! For some people, your blood pressure medication doesn't have to be forever! As you are taking your medication, you can improve your lifestyle with exercise and diet to improve your heart health to the point where maybe your dose can be lowered, or you don't require the medication at all. This conversation should always be had with your health professional before you decide to start changing doses.

Call and speak to our pharmacists if you have any questions about home blood pressure monitoring. We are your local health professionals and are here to help. Thanks again to everyone for their support and patience through these unprecedented times.

Have a great Canada Day, and continue to enjoy our beautiful summer!

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Lakehead Region Conservation Authority

submitted by LRCA Staff

The LRCA has updated the Shoreline Condition Statement for the Lake Superior shoreline within its Area of Jurisdiction, due to continued high water levels that remain well above average. The beginning of June water level was 15 centimetres below the record high set in 1986, 26 centimetres above its beginning of June average (1918-2019), and the 5th highest beginning of June level on record. Lake Superior water levels fluctuate seasonally, therefore as expected, levels will continue to increase into the summer. Water levels on Lake Superior are expected to remain above average for a prolonged period of time, continuing a heightened risk of shoreline flooding, beach submersion and wave driven erosion along some reaches of the shoreline.

Contrary to the high lake levels, received precipitation has been well below average in 2020. The declared Level I Low Water Condition which was declared on May 12, 2020 was upgraded to a Level II Low Water Condition on June 1, 2020. Area gauges recorded 70.9 millimetres of precipitation over the last three months (i.e. March, April in May), compared to average for the period

of 164.9 millimetres, which is 43% of average.

As the warmer weather and nicer days entice us all to get out and explore, we want to make sure all of our visitors understand that increased visitation to our Conservation Areas means we are experiencing a huge increase in garbage being left behind. We ask that all visitors remove any garbage they have after visiting one of our Areas. It is extremely difficult to keep up with garbage removal and Conservation Area maintenance with the increased visitation and the smaller field staff this year due to increased health and safety measures due to COVID-19.

If you do plan on visiting a Conservation Area this summer, you must comply with physical distancing practices; Provincial orders surrounding acceptable group sizes must also be adhered to.

While visiting, all pets must be on-leash at all times and picked up after, and again, please remove all of your own garbage as our garbage removal process is currently overwhelmed. Don't forget your \$2.00 parking fee;

it is most appreciated now more than ever, as coin box and Explore Card Parking Pass revenue goes directly to Conservation Area maintenance and upkeep. The LRCA appreciates your contin-

ued support and understanding as we continue to navigate through the challenges and frustrations posed by the COVID-19 pandemic, and we look forward to your continued co-operation.



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

FREE CLASSIFIED ADS FOR NEEBING RESIDENTS
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Closures and Cancellations Until Further Notice

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TOPS Meetings Cancelled
Rural 60 Plus Closed
Kakabeka Legion Cancelled - check website
Thunder Bay Therapeutic Riding Pancake Breakfast



MOBILE HEALTH SERVICES

A Letter From Your Mobile Providers

As you know, our ability to provide Mobile Team visits have changed dramatically during the COVID-19 Pandemic. Our clinics rely on so many moving pieces; this makes it extremely difficult to predict when we are going to be able to get back into our communities.

We want you to know that, even though we are not available in-person, the whole team is still available to you! Our community health nurses, dietitians, nurse practitioners and community health workers are still available to help you manage your chronic diseases (like high blood pressure, diabetes or mental health concerns), and as always, we can help you with any other concerns that may come up from time-to-time, like injuries, pain or rashes.

You may have received a letter from us if you are due for lab work or screening tests, and we are working on a plan to help those who have trouble getting to Lifelabs. Keep your eye out for further communication, or call the clinic if you have any questions.

We are offering appointments by phone, and even video if you have access to reliable internet with a webcam. We also have limited ability to book face-to-face visits at the Simpson Street Clinic.

To book an appointment, contact Shaun (626-7863) or Naomi (626-7879).

On behalf of your health care team, we look forward to "seeing" you soon!

Richard, Allison and Shawn

Our Walk-In Clinic is now operating as a Call-in Clinic.



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We are not currently able to accept walk-in appointments.* Access our Call-in Clinic at:
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YOUR MOBILE TEAM IS HERE TO SUPPORT YOU

How can a Community Health Worker support you?

Our Community Health Workers are available by phone and can support you with a variety of concerns, including:

- Financial concerns
- Accessing food
- Housing issues
- Concerns or questions about COVID-19
- Navigating the current community situation
- Mental health supports
- Advocating on your behalf

Please contact one of our mobile community health workers if you would like some support during this time:

Shaun at 807-626-7863 or Naomi at 807-626-7879

NorWest CHCs Main Site is located at 525 Simpson St. Thunder Bay, ON P7C 3J6

Call us at **807.622.8235**

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To create a safe social circle, follow these 5 simple steps:

1. Start with your current circle: the people you live with or who regularly come into your household.
2. If your current circle is under 10 people, you can add members to your circle, including another household, family members or friends.
3. Get agreement from everyone that they will join the circle.
4. Keep your social circle safe. Maintain physical distancing with anyone outside of your circle.
5. Be true to your social circle. No one should be a part of more than one circle.

For more information, visit: <https://www.ontario.ca/page/create-social-circle-during-covid-19>



Helpful Contact Information:

- Rural Cupboard Foodbank: 807-285-0836
- Community & Social Services: call 2-1-1
- Senior Safety Line: 1-866-299-1011
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Office: 626-6267 Director: 626-6857

Kershaw Well Services

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

A Message From Your Diabetes Nurse: Coping During COVID & Finding the Positives

Be Kind to Your Mind

Tips to keep mentally healthy during COVID-19

1. **PAUSE.** Breathe. Reflect
2. **KEEP** to a healthy routine
3. **CONNECT** with others
4. **BE KIND** to yourself and others
5. **REACH OUT** for help if you need it (WHO, 2020).

Please keep your social distance.



The COVID-19 pandemic has created many challenges and increased stress among everyone. Social isolation has left many folks struggling and sometimes we might not be aware that someone is struggling. I would encourage everyone to check in on their own mental health and reflect on "how you are coping". If you have chronic conditions and have been struggling to manage your health during this pandemic, know that you do not have to face the challenges alone—reach out for assistance.

Although I miss meeting with everyone in person, I am available for telephone appointments to help individuals better manage their diabetes and chronic illnesses. We are learning that telephone appointments are beneficial to helping people manage their diabetes. Please feel free to contact myself if you require any support while we are absent from the communities due to COVID 19.

I can be reached at 626-7857 (please leave your name and a number to reach you at and I will return your call).

Cheryl Schultz, RN BScN
Diabetes Mobile

COVID-19 Related Financial Benefits: Find out if you are eligible

There are many financial benefits to support Canadians through the COVID-19 pandemic. It can be difficult to know which ones you are eligible to receive. Please reach out to one of your community health workers for support navigating the financial assistance available. You can also find out about COVID-19 related financial benefits at <https://financialreliefnav.prospercanada.org/benefits-you-can-get>.

Canada Safety Council Home Alone Program

We will be holding a virtual **Canada Safety Council Home Alone Program** via Zoom this summer. This **free** course for children 10+ years of age will cover the necessary skills and knowledge for your child to be safe and responsible at home for short periods of time. Please review the Canada Safety Council Home Alone Webpage for further information: <https://canadasafetycouncil.org/product/home-alone-program/>

We only have 10 spaces available for this summer session, please **call Shaun @ 626-7863** to register no later than **July 13th**.

Every One Matters.



Modified Slate River Plowing Match Set for September 12!

News Release June 17, 2020

The Rural Heritage Agricultural Society will host the 88th Annual Slate River Plowing Match on Saturday, September 12. With Covid-19 regulations and safety in mind, the match will be by invitation only with no spectators. Most of the other usual event activities for Rural Heritage Days such as demonstrations and vendors are not scheduled to take place. Antique tractors will not be on display but plans are underway to do an antique tractor "drive-by" so the tractors may come to you; *watch for details about this event in August.* We take our current situation with Covid very seriously and anticipate your co-operation and understanding as we move forward. Hopefully, a full version of Rural Heritage Days can return in 2021. Submitted by Tom Loghrin, Vice President, RHAS tomlo@tbaytel.net



In 2019 Paul Barrie plowed with his antique Farmall Super A and placed 2nd in the 2 furrow drag plow class. Photo credit: Susan McRury

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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.

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.



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SLATE RIVER BAPTIST CHURCH

As guidelines and procedures are put into place for us to gather in person again, please monitor our website and Facebook page for updates and information.

If you have any questions please do not hesitate to contact us:
Pastor Rob Cain
475-5140 or email slateriverbaptistchurch2@gmail.com

