



The Neebing News

Volume Fifteen, Number Nine

September 2020

See NFRA Pop Can Article on page 6



No Annual Harvest Dinner for 2020!

by Dawne Kilgour

The Recreation Committee were hoping for a miracle but it was not to be. With the province opening up to Stage 3, it was hoped that the Thanksgiving event would be able to go forward but with the Municipality still in shutdown, the decision was made to wait for next year.

The restrictions and social distancing along with the sanitizing protocols would overwhelm our committee before we had a chance to get the Dinner up and ready so we will wait til next year when the Covid 19 situation may be gone. Oct 10th will see many of us within our family bubble in our own homes hopefully reducing the deadly effects on our older and already impacted residents.

Better safe than sorry and remember that we are all in this together. So as Red Green says "Keep your stick on the ice, and play safe."

See you next year, Dawne



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 neebling.org/textalerts or send us your name, Neebing address, and your text-enabled cell phone number including area code to neebling@neebling.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.neebling.org/contact.

Good Neighbour Sheds reopening after Labour Day Weekend!

The Good Neighbour Sheds at the Landfill are a fun and popular place to browse. You never know quite what you will find, and the price is certainly right. The Sheds at the Scoble and Sand Hill Landfill sites have been closed since the Provincial Emergency was declared because of the COVID-19 pandemic in March.

The sheds will be reopening after Labour Day weekend with the following safety protocols in place:

- One family at a time may enter the shed
- Masks are required (the shed is an indoor space)
- When waiting to enter the shed please remain 6 feet away from others who are not in your social bubble.

Here are some items that can and cannot be dropped off to the Good Neighbour sheds. The list of accepted items will change from time-to-time, so be sure to check for additional signage at the shed.

YES: (Place these items in the space provided inside the good neighbour sheds)

- Gently used, unbroken, clean items
- Unused items
- Children's toys

NO: (Put these items in the landfill, or resell privately)

- Upholstered Furniture
- Clothing and Footwear including boots
- Encyclopedias and Magazines
- Food
- Items that require electricity to run
- Liquids

Please note the items in the shed are NOT sanitized. If you take something home, please clean or sanitize the item before use. Any items you pick up at the Good Neighbour sheds are to be used at your own risk.

Municipal Office Closure

The Municipal Office is closed to the public until further notice. However, staff are continuing to provide essential municipal services
General Inquiries: Phone 474-5331

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Neebing Municipal Services During COVID-19

Updated August 17, 2020

- Municipal buildings including the Municipal Office, Public Works and Fire Halls, remain **CLOSED** to the public.
- Outdoor parks, playgrounds 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 including the Good Neighbour sheds are OPEN running normal hours of operation.
- 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.
- 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 (including rechargeable), 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.neebing.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.neebing.org/events.



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

The Rural Pharmacist: Diabetes and Monitoring Your Blood Sugars

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

Summer is winding down and now is a good opportunity for diabetics to reset and analyze their blood sugar profile, as the bonfire smores and BBQ cookouts are less plentiful. We want to make sure we are doing what we can to prevent future health risks, like increased risk for cardiovascular disease, kidney disease, or nerve pains. Diabetes management can be difficult and overwhelming for new diabetics and experienced diabetics alike. There are oral medications, insulin injection techniques to learn, lifestyle modifications to adapt, and then there's monitoring your blood sugar trends and understanding how to handle them.

As technology continues to improve, we have seen new diabetic metres (aka glucometers) hit the market to facilitate patient self-monitoring of their blood sugars. Today's glucometers require smaller blood samples when pricking your finger, because this isn't supposed to look like a crime scene. Many glucometers also have Bluetooth capability to connect with your smartphone which allows you to analyze all your testing data to identify trends and provide valuable information.

There's the new Freestyle Libre which reads your blood sugars through a small sensor on the back of your arm. This small sensor stays in place for 2 weeks at a time and eliminates the need for finger pricks, as you can check your blood sugar by scanning the sensor with the reader device. This allows for ease of frequent monitoring throughout the day for people that may need to adjust their insulin doses, depending on how high, or low, their blood sugars are before or after a meal.

The newest technology available is the Dexcom G6, which is a continuous blood glucose monitor that is placed on your abdomen. It will provide continuous readings to an app on your phone every 5 minutes to give a blood sugar reading. An alert will notify you if your sugar dips below or rises above your target levels. You can also sync to up to 5 phones to monitor, which could be handy for a parent to manage their child's blood sugars, or a caregiver managing an elderly person's blood sugar. This device is not available through pharmacies in Canada yet, but we anticipate that should happen in the future.

All these testing devices and accessories are expensive when you don't have a drug plan, but fortunately most drug plans do cover them, albeit with some criteria. The Freestyle Libre is only covered by the Ontario Drug Benefit (ODB) if you have an active Rx

for insulin therapy, as it is meant for people that need to monitor more frequently. Studies have shown that increased frequency of monitoring for patients on oral medications doesn't result in improved diabetic care. This makes sense, because if your blood sugars are high one day following a reading then you wouldn't adjust your dose of your oral medication, as one would with their insulin therapy. This same concept applies to coverage for test strips through ODB. If you manage your blood sugars with lifestyle modifications or most oral diabetic medications, then you are eligible for 200 test strips per year; if you're on an oral medication that puts you at higher risk for hypoglycemia (or low blood sugars which can be a medical emergency due to risk of going unconscious) then you are eligible for 400 strips per year, as you may need to test more frequently to ensure you avoid a hypoglycemic incident. Again, if you're on insulin you are eligible to receive up to 3000 test strips per year, as one may need to test 4-7 times per day. Most glucometers are free, or the cost is covered by the manufacturer, with the purchase of a box of test strips. Private plans differ in their policies for coverage of diabetic supplies - contact your plan administrator if you have questions regarding your coverage.

Blood sugar monitoring and recommendations on frequency should be individualized on the patient's needs. If a patient is very stable and well within their targets for blood sugars then an A1C test every 3 months with their primary care provider may be enough in monitoring their diabetes, or even testing once a week at home. On the other hand, if a patient is newly diabetic, not meeting their targets, or starting a new medication then testing every day to twice a week may be necessary to monitor trends. Nobody - not me, not you, not your doctor - wants diabetes monitoring to be a cumbersome activity. It can be important for some people to test more frequently in certain scenarios!

Speak with our pharmacists if you have any questions about which diabetic metre is a good fit for you, how frequently you should be testing or what to do about your testing results. The information that we do gather is only valuable if we take action and use it to improve our diabetic care. With guidance and effort, your diabetes can be managed effectively to prevent future health risks while you get to continue to enjoy the things you love in life.



SLATE RIVER BAPTIST CHURCH

As we begin to transition back to indoor Sunday Family Worship Services we encourage you to follow our Facebook Page or Website for information. Sunday sermons and messages will continue to be available on-line as well.

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Neebing Emergency Services

by Dale Ashbee, Fire Chief, Neebing



Hello September and 'Sayanora' to Summer

Inevitably September, with its transition to the Fall season, brings changes, both in temperature and colour, from the golden days of Summer. This year we are anticipating our first 'COVID Fall', and many of the traditional activities we have come to expect and enjoy at this time of year will not take place. For example, how odd it will seem to leave summer behind, and not have a community Fall Fair celebration to look forward to, with its prize livestock showings, garden bounty to purchase (and eat), fun activities and music for families to enjoy, steam train engines and fire trucks to marvel at, and friends and neighbours to connect with once more. However, it is important that we, as a community, accept and continue to respect the COVID Rules (and the restrictions they endorse) we have adopted to help to ensure the health and safety of all our residents.

Looking ahead, September is a month where, as days shorten and the weather starts to cool, we need to begin balancing our outdoor fire safety practices with fire safety considerations inside the home. Outside, we want to make sure that we are still practicing safe outdoor cooking habits and fire burning practices, which include following common FireSmart guidelines. These guidelines remind us of the importance of removing tall grasses and fine fuels that are close to our homes and outbuildings, and ensuring that stocked firewood is not piled too close to buildings, especially homes. These wood stockpiles, although convenient, can also provide a bountiful source of fuel that may readily spread to your home if they become ignited as a result of a poorly discarded cigarette butt, or a nearby creeping grass fire. Remember that fire needs fuel to spread, so isolating fuel sources (such as wood piles) from value structures helps to interrupt the easy progress/growth of a fire, thereby helping to protect your valuables.

Of special concern regarding outside fire safety this September, is the fact that locally we have had an absence of good steady rainfall for a number of months. Therefore, there is very little moisture in the soil and in the easily burnable duff-layer in the bush. In fact in recent weeks, as burdocks have been showing off a new crop of very 'sticky' burrs, I am aware that it is possible to simply lay the burdock stock across your thigh, lean back and pull, and the plant (root and all) will come out of the ground, with many of the roots appearing shrunken due to the lack of moisture in the soil. Until we get some serious rainfall, those residents who live in areas with deep duff layers (currently dry, and if ignited, will tend to burn deep and spread further underground) are advised to take extra care with open fires, and to be aware of the potential for lightning strikes during stormy weather.

Inside your home, it is time to make plans to get your heating system ready for the season ahead; changing filters, servicing burners, cleaning chimneys, checking pumps, and thermostats, and making sure that whatever your heat source, it is functional and ready to keep you

warm. It is also time, as group/family activities begin to move indoors, to test all your smoke and CO alarms - to ensure they are working properly. They are your first line-of- defense - warning you of the danger of a fire or CO gas (odourless, colourless, tasteless) hazard, and telling you to get out of the house, thereby increasing the chance of your survival should such a situation occur! There are a number of different types of both battery and hardwired smoke/CO units on the market these days. Make sure that you know whether (or not) your units need regular battery changes, have 10 year batteries pre-installed or are hardwired to your electrical system. It should be noted, that some '10 year' batteries may not continue to function as they should for the full ten year period. If, during regular testing, they begin to give out a 'low-battery alarm', it is time to replace the entire unit. All smoke and CO alarms are now stamped with an 'End-of-Use' date. On smoke alarms, the date given is usually 10 years, and on CO alarms, the date may be as low as only 7 years. Any smoke or CO alarm unit that reaches its End-of-Use date must be replaced, regardless of its power source.

Happily, one of the few things that has successfully progressed on schedule despite the COVID pandemic restrictions, is the construction of Neebing's anticipated new fire pumper truck. Once the new pumper is invested, Pumper 141, which served Pearson FD for many years (it was brought into service in the mid 1980's) before becoming a part of the Neebing (at the time of the 1999 amalgamation) fire family will be fully "retired". In addition to serving the Neebing community for the past 30+ years, P141 has also provided a valuable service as the training pumper for not only Neebing Firefighters, but also for many other firefighters from across NW Ontario. When the new pumper arrives this fall, it will have some "big shoes to fill", but it will demonstrate the benefit of 30-plus years of innovation and equipment improvements that P141 did not enjoy. NFRA reports a great show of community support for their special 'Fill the Hose' fund raising initiative. These additional monies will contribute to the purchase of many of the innovative attributes of the new pumper, an example of which are the installed 'automatic tire chains' that can be utilized during 'bad weather' emergency responses. A picture of the new pumper 'under construction' is included below.

I am pleased to report that even in the midst of the pandemic, we have had residents come forward to join our NES ranks. While training sessions and meetings are not carried out in usual fashion, we are creating ways that will allow NES members to engage in critical training activities, which serve to prepare them to serve the community effectively. As well as a Thank You to those who have already stepped forward to join us in these difficult times (and to those who have continued to serve over the past years), I would like to offer a word of encouragement to any person who may be thinking that they would like to join NES. You can take the first step to let us know you are interested by completing an application online on the Neebing municipal website at www.neebing.org, or by simply leaving a message at the office number (474-5331). Neebing's geographic size makes it particularly desirable if emergency volunteers are distributed as broadly as possible across the municipality. Current population distribution can make this somewhat difficult for a volunteer service. Volunteer distribution is ever changing, and currently volunteer numbers are generally low in the Pearson/ West Oliver Lake area, as well as in areas south of Sturgeon Bay Road.

In managing the COVID pandemic situation, the Province has moved along with "Stage 3 reopening". People are therefore becoming more active in and around their homes, as well as driving more to other areas in our region, and NES has noticed that the number of emergency calls for assistance is beginning to rise. Though not our most desired way to meet our neighbours, it has been reassuring during our calls to see and hear how people are managing and taking care during the pandemic! Well done Neebing!

Stay Safe, Stay Well and Stay Protected
Dale Ashbee, Fire Chief - Neebing



New fire pumper body under construction



Chix in the Stix Of Mice and Men

by Cindy Harasen

What I really wanted to tell you about this month is what happened to my husband. And it is taking ALL my will power not to. Sadly I wasn't there to witness the actual event myself. Apparently it involved starting up the generator to get the water pump going to pump water from the pond into the well, and the generator caught fire so his first instinct was to push it into the pond but discovered that the pond was deeper and the banks steeper than he had expected and attempts to rescue the generator didn't go so well. But you didn't hear it from me and maybe when you see him you can just ask him about it yourself. He'll LOVE that! (sarcasm) The rest of our month was blessed the way it usually is with little adventures and discoveries that we weren't expecting. Like the mice. Now we all know that when you live in the country mice and other rodents are just a thing you have to deal with. Well it seems a few mice decided they liked our new house as much as we do and so we were taking measures to deal with them. One day our dog spooked a mommy mouse in a corner of the kitchen. She was moving one of her new babies and dropped him and scurried off. And we aren't THAT cruel so we made sure baby was safe and kept the coast clear so mommy could come back and rescue her. But we knew the battle had really only just begun. What a paradox to help with the rescue knowing full well we still had to set traps which would probably catch mommy. Ugg. It hurt my heart, but the options were less appealing. As planned, mommy met her demise. Which left baby to fend for himself. We identified the corner where she had apparently made her nest. It was far under the tub which they accessed through an opening in the kitchen. Too far to reach. But we could hear baby crying. And a baby crying is a baby crying and there was no way we could ignore it. It took a night and a morning of strategic work but daughter was finally able to reach the little dude and roll him a tiny bit at a time along the cold floor to safety. He was not impressed and complained the whole time. He barely had any hair. His eyes were still closed. His ears still

flat. He was the most pathetic helpless creature on the planet. And if we didn't do something he was going to die - cold, hungry and alone. So we sprung into action. I am pretty sure we all completely forgot about anything Covid that week. It was the furthest thing from our minds. The news shows raging about politics and riots and mask debates and school re-openings and a myriad of other news items that brought nothing but stress, were suddenly the least important thing in the world. The headlines should have read BABY MOUSE CURES COVID. The cuteness was almost too much to bear. It was the kind of cuteness that almost hurts. It makes your eyes tear up and causes you to make involuntary little baby sounds and talk in a squeaky voice. You can't find the words to describe it. It was like God himself held out his hand and opened it up and knocked us to our knees with all the preciousness there. And even now, weeks later, when I'm crabby at the guy in front of me on the highway, or cranky cause I have to put on my mask and all the other new things that push my buttons, I think of that little pink peanut and it's impossible to feel anything bad. It's easy to have a hardened heart these days. But a baby mouse softened ours in an instant. On a sadder note, despite our best efforts the wee guy succumbed. But in those few days he made a pretty big impact on us. And he died held in a warm loving hand. And while he was with us he did something else. He reminded my daughter of how precious it is to care for tiny creatures. So fancy rats 'Bert and Ernie' have now joined the family. Go figure. At least these rodents are tame, and invited, and caged. They have already brought fresh smiles and laughter to the house and will make it an interesting fall and winter. And I'm sure there will be some stories to share with you soon!

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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Wednesdays & Sundays from 4:00 pm-8:00 pm

NEEBING
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NEEBING FIRE AND RESCUE ASSOCIATION
NFRA UPDATE

Respectfully submitted: Carole Aitken, President NFRA

FILL THE FIRE HOSE FUNDRAISER

We are happy with the ongoing response to our, "Fill the Fire Hose", campaign to raise funds to purchase emergency equipment for the new Pumper Fire truck. Since January we have received donations totaling \$7339.48. With this money we have purchased the Back Up-Camera and Automatic Tire Chains. The next item we will be purchasing from our list is the Folding Access Ladder for \$3500.00. We need another \$1274.00 to be able to do this. Thanks to our donors this past month; Joan and Ron Kresack, Henry Weilobob, Helena and George Laidler, Kerstein Muth and Graham Saunders and several anonymous donors. Donations may be mailed to: Neebing Fire and Rescue Association C/O Neebing Municipal Office 4766 Hwy. 61 Neebing, ON. P7B0B5 Or Online: www.neebingfirerescueassociation.com then click on DONATE HERE button then the Donate now button that will take you to the information page where you can complete the do-

nation form. Receipts will be issued for donations of \$20.00 or over.

Please see the latest NFRA graphic for the updated results.

OTHER NFRA PURCHASES FOR THE NEW PUMPER TRUCK

NFRA has also purchased nozzles, suction hose, and gated wye's with funds raised from break open tickets at Arella's Quality Dollar Store on Bay Street and raffles from the past. The total for these items is \$6163.11.

Please see the photo below for these items.



the equipment items purchased so far by NFRA. One suction hose, two Hose nozzles and two gated hose wyes.

POP CANS/METAL COLLECTION

We held our first Bottle/Can drive last month at South Margaret Street and Mink Mountain Resort parking lot. Thanks to the many donors who brought their winter supply of cans, beer bottles and LCBO bottles to our two locations. We received a great response and plan to repeat in the fall with other possible locations such as local Fire halls. Thanks to all who donated and to Kris for picking up the whole truck load.

We are holding a Pop Can sorting in August to get through the heaping mound of cans from the two landfill sites. Please remember only cans are to be included (no plastic or garbage) and preferably washed and sorted into tin cans and pop/beer cans to make our life easier and safer. Thanks to our

members and volunteers who help with this process and of course to Kris for transporting and storing the material at his farm.

Thanks also to Don Fawcett for his donation of scrap metal to NFRA.

OTHER ACTIVITIES

Due to Covid19 we have not planned any in-person activities for the near future. We continue to adhere to the safety guidelines recommended by the Health unit in using masks, gloves social distancing and continual hand sanitizing while doing our work.

We appreciate your continued support for NFRA! Stay healthy, stay safe!

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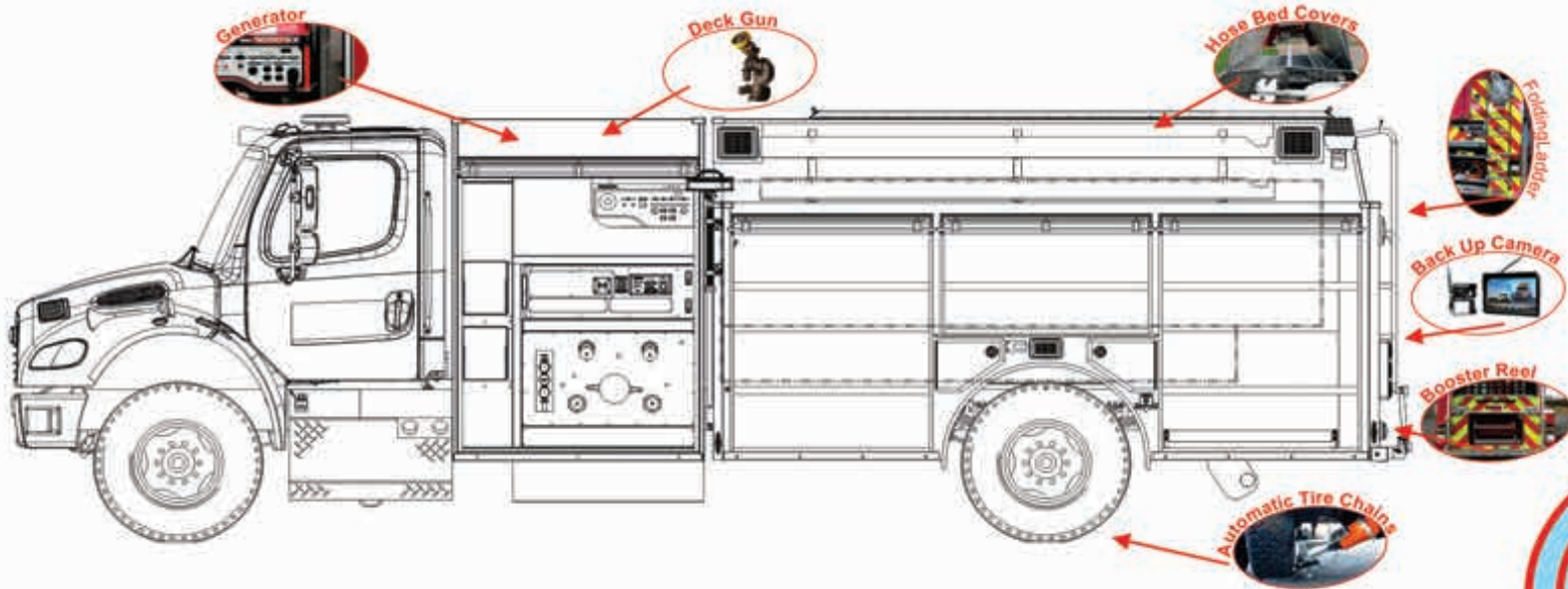


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Hymers Fair News

by Erin Laforest

As our summer holidays come to an end, we would like to let everyone know that the fun is not over yet. The board members of the Hymers Agricultural Society have been working hard to give our fair-goers as much of that fun fair feeling we will be missing so much this year. Tickets are now being sold for the Hymers Agricultural Society 50/50 Draw!!

Message us on Facebook or Instagram or send us an email at info@hymers-fair.com for details on how you can get your tickets today. Tickets are \$5 each with a maximum of 2000 tickets being sold. That's a possibility of \$5000 to the winner should all the tickets sell! Must be 18 years or older to participate. Draw date will be Saturday, October 10th at 2:00 p.m. at the Hymers Fair Grounds in Hymers, ON. Lottery Licence M720828. Tickets can be found at the following locations:

- Green Acres Variety
- AJ's Trading Post
- Gillies Township Office
- O'Connor Township Office
- Belluz Farms
- South Neebing Variety
- Thunder Bay Co-op Farm Supplies
- Thunder Bay Feeds
- Thunder Oak Cheese Farm
- Hopper's Variety
- Kakabeka Petro Canada
- Country Clippers

Also on the agenda for fair weekend will be musical performances by some of our many talented musicians! How can you view this wonderful musical performance? Watch for more information on our website at www.hymersfair.com or watch for postings on our Facebook page or Instagram.

We would like to thank everyone that participated in our weekly exhibit challenges these last few months. Also, a thank you to everyone that followed the Hymers Fair on Facebook and Instagram, liking our posts and supporting our exhibitors. Pictures of all exhibit entries can be found on our website at www.hymersfair.com as of Sunday, September 6th.

Wait! We have one last exhibit challenge coming up!

September 5th – What's Your Favorite Memory of the Hymers Fall Fair? Send us your photos from fairs gone by, draw us a picture, write a letter or a poem to express your love for the fair. We'll miss seeing you all. We'd like to see or read what it is you're going to miss. Can't wait until fair weekend to see what you've missed so far of the 2020 Virtual Hymers Fall Fair? You can find everything on our Hymers Facebook page or Instagram. Follow us!! We hope that although we were unable to have a physical fair this year, that our efforts to hold a virtual fair have filled a bit of the void. See you at the fair in 2021!

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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!

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!

Roslyn Family Dentistry
(807) 939-2345

Roslyn Family Dentistry is pleased to announce that Dr. Linda Major has joined our team.

Dr. Major quickly found herself at home after moving to Northern Ontario three years ago. It did not take long for her to fall in love with all that it has to offer. Dr. Major aims to provide the highest standard of care delivered with kindness and compassion.

When not in the office, Dr. Major can be found casting a line or out in the bush with her growing family.

Dr. Major is very excited to work along side Dr. Bruce and team!



Beyond Books: Smiles and More

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

The Library's curbside services have been in demand since opening in July. Once a week from 2 to 7 on Tuesdays at Rosslyn and once a week from 2 to 7 on Wednesdays at Murillo, residents can pick up books and dvds that they have placed on hold or called in to loan. The hours of curbside service may change so check the website, Library facebook page, or call to see what hours are available for pick up. With the uncertainty of these times, **curbside services will continue for as long as needed.**

Curbside pickup is easy:

- ✓ You need a Library card in good standing.
- ✓ Place items on hold from the Library collection by:
 1. Using the Library's online catalogue. Not sure how to use the on line catalogue? Visit: <https://www.youtube.com/watch?v=d2-ZNTkcAgs>; or
 2. Email oplibrary@tbaytel.net; or;
 3. Phone the Library during business hours – Murillo Library phone 935-2729 or Rosslyn Library 939-2312.

- ✓ The number of books and dvds are limited to 5 (of each).
- ✓ 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.
- ✓ When an order is filled, the Library will inform you that it is ready and you will be assigned a pick-up time.

- ✓ Items will be set on a table outside the facility.
- ✓ One patron and one order at a time will be permitted at the table.
- ✓ Physical distancing guidelines are in effect.

Return your books and dvds to the book return drop. All books and dvds are then quarantined for 72 hours. Following the quarantine period, staff disinfect the material according to public health guidelines before they are available again for loan by other residents.

The Province also now permits Libraries to reopen their facilities for in-library use. Like many Libraries across the province, our Libraries are not open yet for in library services and may not be open for awhile. To open the facilities safely, there is a lot of preparation and planning. Right now, we are working on plans that will address the many concerns about public access into the Libraries. We want to make sure that every precaution is in place to protect the health and safety of our residents. This Plan will then go to our Municipality and Council for their review. Because both Libraries are in municipal buildings (Rosslyn and Murillo Community Centres), Council must approve any Plan for public use of these facilities.

Watch for further announcements on when the Libraries may open.

If you have any questions you can email oplibrary@tbaytel.net or phone either Library (Murillo Library 935-2729 or Rosslyn Library 939-2312).

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

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex
19 Holland Rd, Kakabeka Falls POT1W0
807-285-0836

We sincerely thank all those that continue
to support us during COVID-19.

Your donations enable the food bank
to remain open

Next Food Bank
Wednesday, September 16th
Registration 9 am to 11 am





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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 August water level was 8 centimetres below last year's record high, 26 centimetres above its beginning of August average (1918-2019), and tied for the 5th highest beginning of August level on record. 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.

sure to keep an eye on our website at www.lakeheadca.com for up-to-date information on topics, dates and times. Pre-registration will be required, space will be extremely limited, and all participants will be required to adhere to any safety measures put in place by staff.

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, please remove all of your own garbage as our garbage removal process is currently overwhelmed and remember that campfires and overnight camping are prohibited. Don't forget your \$2.00 parking fee; it is most appreciated now more than ever, and coin box and Explore Card Parking Pass revenue goes directly to Conservation Area maintenance and upkeep.

The LRCA appreciates your continued 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.

With the huge surge in visitors to our Conservation Areas this summer, there has also been an increase in littering and the dumping of personal, household garbage at our Areas. Please ensure that you utilize the clearly marked garbage receptacles, and if they are full, bring your garbage home with you. Do not dump your household garbage in a Conservation Area.

The LRCA is planning on conducting some outdoor Living Classroom workshops during the months of September, October and November. Registration will open soon, so be

Mask or Face Covering REQUIRED*



All persons entering or remaining in these premises must wear a mask or face covering that securely covers the **nose, mouth, and chin** as required by the Medical Officer of Health under the authority of the Emergency Management and Civil Protection Act (EMCPA) Ontario Regulations 263/20, 364/20.

*Exemptions include children under two years old, people who cannot wear a mask or face covering for medical reasons, those who require accommodation in accordance with the Ontario Human Rights Code, the Accessibility for Ontarians with Disabilities Act, and others as listed in the organization's required mask policy. Proof of exemption is not required.

For more information, visit TBDHU.COM/coronavirus or call 625-5900, toll-free 1-888-294-6630 or your nearest branch office.



July 17, 2020

Above is the sign that Thunder Bay District Health Unit asks owners of businesses to print and display on their doors.



NorWest Community Health Centres
Centres de santé communautaire NorWest

Summer 2020

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.**



THUNDER BAY call-in clinic

Community health at the touch of a button

We are not currently able to accept walk-in appointments.* Access our Call-in Clinic at:

(807) 622-8235

*Clients will be asked to come in if needed based on phone assessment.

HOURS

Monday-Thursday: 2:30 pm - 6:00 pm
Friday: 1:00 pm - 4:00 pm
Saturday & Sunday: 10:00 am - 3:00 pm

NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted) Deadline for the OCTOBER issue of The Neebing News is SEPTEMBER 20!

Submissions and photos of community events and articles of interest are wel-

WANTED

**Roll-in aluminum dock and/or boat lift.
Please call 356-2980**

Modified Slate River Plowing Match Set for September 12!

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

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*

Closures and Cancellations Until Further Notice

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

Online Programs



Dave Whamond
A series of six learn-to-draw workshops



Kean Soo
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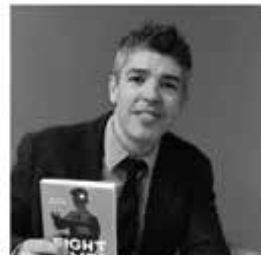
Marty Chan
Kung Fu Master



Ashley Spires
Creative Mistakes



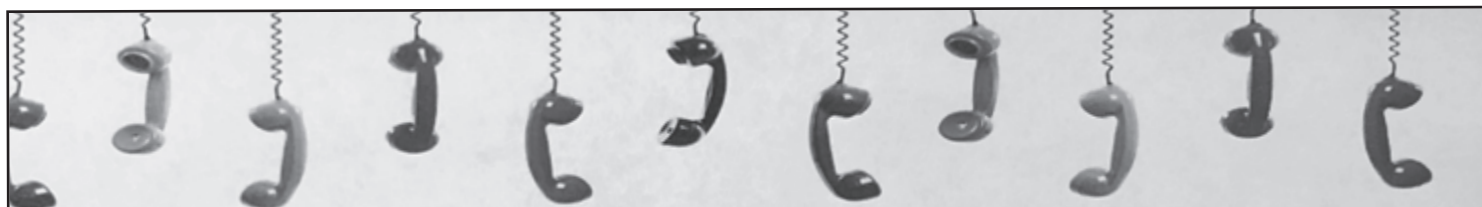
Clayton Hanmer
Drawing with CTON



John Corr
Eight Times Up and Aikido Demonstration



Kevin Sylvester
Basketballology



55 Plus Group Chat Line

What is it?

A call in telephone-based older adult service to join in on fun activities, educational and health and wellness program information. A calendar will be provided to you with the dates and times of scheduled activities.

You can participate if you:



Live in the township of Conmee, Murillo, Oliver Paipoonge, Neebing, Shuniah, O'Connor, Gilles or Fort William First Nation.
Are 55 and older and find it difficult to leave home, access community centres and services or experience loneliness.

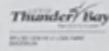
What Are The Benefits?

Make friendships and a community from the comfort of your home. Scheduled time so you know when you chat. There will be a variety of weekly activities to participate in all or choose those that interest you.

Join Now!

No fees or charges to join.
You just need a telephone! No computer required
For more information or to register contact Twyla or Suzanne at the Thunder Bay 55 Plus Centre.

 tbiluk@thunderbay.ca  684-3471




FREE CLASSIFIED ADS FOR NEEBING RESIDENTS

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

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Fax: 473-4663, Email: info@founders.ca

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dig1@tbaytel.net / www.dig1.ca

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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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2020 Edition

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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.



NEW!!! - Let's Connect!
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