

The Neebing News

Volume Seventeen, Number One

January 2022!



NEWS RELEASE

Enbridge Gas Assists Neebing Emergency Services in Supporting Firefighter Training

Neebing, ON, January 7, 2022 – Enbridge Gas is helping Neebing Emergency Services (NES) purchase firefighting training materials, through Safe Community Project Assist—a program with the Fire Marshal's Public Fire Safety Council that supplements existing training for Ontario volunteer and composite fire departments in the communities where Enbridge operates.

"At Enbridge Gas, safety is our priority. We're proud to support Ontario firefighters who share our commitment to keeping our communities safe," says Luke Skaarup, Director, Northern Region Operations, Enbridge Gas.

This year's \$250,000 donation from Enbridge Gas will be shared by 50 Ontario fire departments, including Neebing Emergency Services. Funds will be used to purchase educational materials for firefighters to enhance life-saving techniques.

Since the launch of Safe Community Project Assist in 2012, 244 grants have been provided to Ontario fire departments for additional firefighter training.

"Safe Community Project Assist improves access to training materials for fire departments," says Jon Pegg, Ontario Fire Marshal and Chair of the Fire Marshal's Public Fire Safety Council. "Firefighting can be dangerous and unpredictable, and these training materials positively contribute to the health and safety of firefighters and the broader community."

"With the support Neebing has received from Enbridge's Safe Community Project Assist, our department has been able to acquire key training materials that can provide our volunteer members with up-to-date knowledge and enhance their own safety while carrying out often dangerous duties to provide community safety," says Neebing Fire Chief Dale Ashbee.

About Neebing Emergency Services

Neebing Emergency Services is a fully volunteer department with 35 members providing fire and first response services to the residents of Neebing, Ontario. Neebing is an entirely rural community of some 2,000 residents dispersed across 870sq. km, located along the rugged NW shore of Lake Superior and abutting Cook County, Minnesota to the south. Neebing is home to many mesa and butte formations more commonly associated with more western locations. While the physical realities present some unique challenges in providing effective emergency response, the key to a safe response is similar to everywhere else, ensuring that responders are knowledgeable, well trained and practiced ahead of the call.

About the Fire Marshal's Public Fire Safety Council

The Fire Marshal's Public Fire Safety Council (Council) is a registered charity established in 1993 with a mission to help create "a world where no one is hurt by fire." The Council, chaired by the Ontario Fire Marshal, promotes fire prevention and public education through sponsorships and partnerships with various groups and individuals with an interest in public safety. Follow the Council on Twitter @FMPFSC.

About Enbridge Gas

Enbridge Gas Inc., formed on January 1, 2019 from the amalgamation of Union Gas Limited and Enbridge Gas Distribution, is Canada's largest natural gas storage, transmission and distribution company based in Ontario with a more than 170-year history of providing safe and reliable service to customers. The distribution business serves about 3.8 million customers, heating over 75 per cent of Ontario homes. The storage and transmission business offers a variety of storage and transportation services to customers at the Dawn Hub, the largest integrated underground storage facility in Canada and one of the largest in North America. Enbridge Gas Inc. is owned by Enbridge Inc., a Canadian-based leader in energy transportation and distribution.

For more information, visit www.enbridgegas.com or follow us on Twitter @EnbridgeGas.

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For more information, please contact:

Dale Ashbee, Neebing Emergency Services
Tel: 807-474-5331
Email: firechief@neebing.org

Kathy Ash, Fire Marshal's Public Fire Safety Council
Tel: 1-866-379-6668 ext. 105
Email: kathy.ash@firesafetycouncil.com

Enbridge Gas Media
Tel: 1-855-884-5112
Email: enbridgegasmedia@enbridgegas.com



Neebing FC Dale Ashbee and Volunteer FF Cody Cheesman unpacking some of the fire training materials purchased from the Fire Marshal's Public Fire Safety Council with the \$5,000 Enbridge Project Assist grant.

COVID-19 Restrictions

The new COVID-19 restrictions announced by the Ontario Government include:

- Indoor dining at restaurants and bars closed.
- Only outdoor dining, takeout, drive through and delivery permitted.
- Social gathering limits reduced to five people indoors and 10 people outdoors.
- Retail stores, malls, public libraries and personal care services limited to 50 per cent capacity.
- Saunas, steam rooms and oxygen bars closed.
- Capacity at weddings, funerals and religious services limited to 50 per cent capacity per room.
- Outdoor services must have two-metre distancing between all attendees.
- Employees must work remotely unless their work requires them to be on site.
- Gyms and other indoor recreational sport facilities closed, except athletes training for the Olympics and Paralympics and certain professional and elite sports leagues.
- Outdoor facilities are permitted but with a 50 per cent capacity limit on spectators.
- Museums, galleries, zoos, science centres, historic sites, amusement parks, festivals and other attractions closed.

COVID-19

Public Health Measures & Advice

Find out about the latest public health measures, advice and restrictions.

Visit the Province of Ontario Website:

<https://covid-19.ontario.ca/public-health-measures>

- Outdoor establishments allowed with restrictions and capacity limits.
- Indoor meeting and event spaces closed with limited exceptions, except those with outdoor spaces, which can operate with restrictions.

The new measures kicked in on Wednesday, Jan. 5 at 12:01 a.m. and will remain in effect for at least 21 days, until Jan. 26.

RURAL 60 PLUS

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

Due to rising Covid case counts and the Ontario government mandated shut down that runs until January 27th, we are closed for 3 weeks. Please check your emails or the website for any updates.

Hymers Fair News

The Hymers Fair Winter Market was held on December 11 & 12 and was a great success! Thanks to all vendors and shoppers that came out to support local artisans. The Underground Gym and Grace Place were the charities that were given a helping hand with your kind donations. Coming in January:

Hymers Agricultural Society NOTICE OF ANNUAL MEETING

Notice is hereby given to all members, that the Annual Meeting of the Hymers Agricultural Society will be held online (Zoom Meeting) on Saturday, January 15, 2022 at 1:00 p.m. for the following purposes:

TO RECEIVE REPORTS
TO ELECT DIRECTORS
TO APPOINT AUDITORS

Email info@hymersfair.com for the zoom link if you wish to attend.
By order of the Board of Directors
Debbie Hoover, Secretary



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- ✓ Road Building

Kakabeka Legion Events



All Kakabeka Legion events are canceled until the Government Restrictions are lifted.

The answering message (473-9122) will be updated when we can proceed normally.

Due to Covid closures the Oliver Agricultural Society has postponed their Annual General Meeting of January 18, 2022 to a future date. Please watch our Facebook page for that date. We are still looking for volunteers to sit on the Board.

Please contact Sylvia Goodheart at info@murillofair.ca for further information.



HAPPY NEW YEAR
from

Slate River Baptist Church

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FAMILY WORSHIP SERVICE
Sundays @ 11am

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Happy New Year!

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What's Been Happening at Council Meetings?

Since the November edition, there has been two regular Council meetings on December 1 and 15. There has also been one Special Council meetings on December 15

At the regular Council meeting on December 1, the following matters were considered:

- Council authorized Administration to proceed with additional survey work at the Cloud Bay Cemetery.
- Council scheduled a Special Council Meeting for January 19 at 5:00 pm to review the annual financial indicators with the Ministry of Municipal Affairs and Housing.
- Council scheduled a Special Council Meeting for January 26 at 6:00 pm to review the first draft of the 2022 budget.
- Council authorized Administration to apply to allocate the Northern

Ontario Resource Development Support Fund (NORDS) to the resurfacing of Sturgeon Bay Road.

At the Special Council meeting on December 15, Council sitting as Committee of the Whole heard an application for a severance to create a new lot on Sturgeon Bay Road. Recommendations from the Committee were ratified by Council at the regular meeting held later the same evening.

At the regular Council meeting on December 15, the following matters were considered:

- Council heard two deputations. One relating to the condition of Cloud Lake Road and the other related conservation of the Cloud River wetland and delta.
- Council accepted the annual municipal insurance renewal proposal.
- Council approved the annual reserve fund transfers.
- Council reviewed the pre-design reports regarding the replacements of the Farm Road and Pardee Road bridges.
- Council passed a by-law to close an unmaintained road in Pearson leading to the Pine River.

This article contains only highlights from Council meetings – visit the website to see the approved minutes from each of the meetings. The minutes of each meeting are approved at the following meeting, and are posted on the website once they have been approved and signed. If you don't have internet capabilities, you can always contact the office for copies of approved minutes.

Meeting agendas are always posted online on the Friday prior to the Wednesday meeting. Come out and see what your Council is doing on your behalf. Feel free to contact the Municipal Office for further information or with input into any of the items that Council is considering. During the pandemic, all meetings are being held virtually. The links to login to the meetings are posted on our website in the calendar details.

Covid-19 Testing

Starting Dec. 31, the province is limiting eligibility for publicly funded PCR tests to high-risk individuals who are symptomatic or who are at risk of severe illness from COVID-19. This includes hospital patients and staff, people who live, work or provide care at long-term care or other congregate settings, and people from or who work in Indigenous communities.

The province says members of the public with symptoms of COVID-19 who don't meet the new eligibility criteria should assume they are infected and follow the new self-isolation guidelines (see section below).

In addition, most people who test positive on a rapid antigen test will no longer be required to confirm their diagnosis with a PCR test or a molecular test.

While previously anyone with symptoms of COVID-19 could get a PCR test at an assessment centre, Moore said the province's public health system simply doesn't have the capacity to test everyone amid the surge in cases.

Self-Isolation Guidelines

Vaccinated people and children under the age of 12 who are sick

with COVID-19 will only be required to self-isolate for a minimum of five days following the date when their symptoms started, instead of 10. Their household contacts will also be required to isolate alongside them. If, after five days, their symptoms have improved for at least 24 hours they can end the isolation period.

Close contacts of people with COVID-19 who are fully vaccinated, asymptomatic and who don't live with the positive case, won't have to self-isolate at all. Instead, they're being advised to self-monitor for symptoms and to not visit any high-risk settings or vulnerable individuals for 10 days.

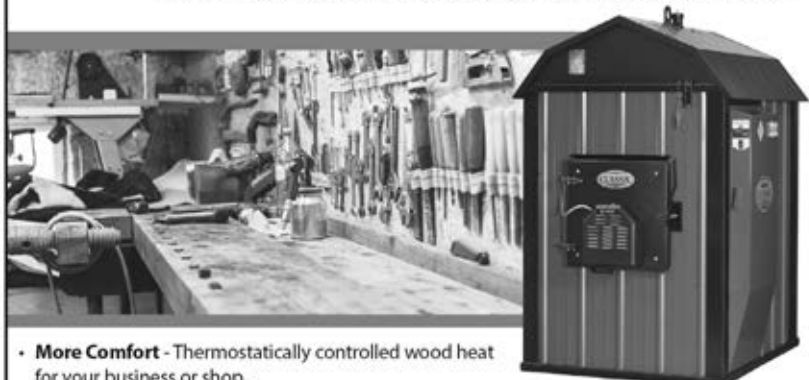
People who are unvaccinated, partially vaccinated or immunocompromised will still be required to isolate for 10 days.

For the full list of people who qualify for PCR testing, and for the most recent self-isolation guidelines, visit the [Ontario government website.](https://news.ontario.ca/en/backgrounder/1001387/updated-eligibility-for-pcr-testing-and-case-and-contact-management-guidance-in-ontario)

<https://news.ontario.ca/en/backgrounder/1001387/updated-eligibility-for-pcr-testing-and-case-and-contact-management-guidance-in-ontario>

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Winter Road Maintenance

With winter operations in full swing, Council would like to assure Neebing residents that our staff are working hard to keep the roads clear and safe. Unfortunately, with approximately 500 lane kilometers of road to manage by five staff members, it is not always possible to have all roads cleared in the early morning, especially when there is a big snowfall.

Council asks you to remain patient, and to keep the following in mind with respect to winter road maintenance:

- Snow clearing routes are based on geography, as well as available staff and equipment. Generally, if all equipment is functional and all staff are available, the roads are divided into five areas. Routes are followed in a pattern to clear the highest traffic roads as early as possible, but routes may change as circumstances require.
- Under the current COVID situation, there is a high possibility of staffing shortages and winter maintenance could be delayed.
- The Municipality does not have the resources to prioritize road clearing on any particular road over others based on reasons such as school bussing, persons with illnesses or unusual work hours.
- The current minimum maintenance standard is that the roads are cleared after an accumulation of 10 cm, within 24 to 72 hours (depending on the road classification). In most cases, this standard is exceeded.

There are ways you can help protect yourself and make snow clearing activities easier.

- Avoid unnecessary travel during bad weather. If you must travel, please slow down. Every municipal road in Neebing has a speed limit of 60 km/hr or less.
- Do not park on municipal roads or road allowances. This creates obstacles that the roads crew must work around.
- Do not place snow from private property onto municipal roads or road allowances. This practice is contrary to municipal by-laws and the Province's Highway Traffic Act. Placing snow on the roadway creates safety hazards for vehicle traffic and makes road maintenance more difficult.

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

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19 Holland Rd, Kakabeka Falls P0T1W0
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,
January 19, 2022
Registration 9 am to 11 am**

During these times of uncertainty, we will continue with the Drive-Thru protocols - no admittance into the building at this time.



If you have any questions, concerns or wish to report a hazard relating to municipal roads, contact the Municipal Office at 807-474-5331, neebing@neebing.org, or use the Report a Concern form on our website at <https://forms.neebing.org/Report-a-Concern>.

The Province is responsible for road maintenance on Highways 61, 593, 595, 597 and 608. For concerns relating to these highways, contact the Highway Maintenance line at 1-833-768-0293.



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The Rural Pharmacist: More Covid Updates

by Henry Tempelman, Pharmacist/Owner of Evergreen Pharmacies

We hope everyone had a good Christmas and New Year's! December was full of surprises. Big-bellied Santa brought us Christmas surprises under our Christmas tree and Omicron keeps moving the target on us!

It can be frustrating to see and hear about rules changing from week to week. I'm frustrated too. It's difficult when I am explaining why something is being done one way one week to then have the rules changed and contradict the way we were doing it the week before. But hey, this is science in motion. We need to listen to the top medical leaders in the province to keep everyone safe and prevent our healthcare system from being overwhelmed.

The omicron variant is extremely transmissible and case counts are high at the time of writing.

What is important to monitor going forward, with respect to the health-care system: hospitalized COVID infections, and cases that impact the staffing of healthcare workplaces. If there are critical staff shortages due to staff having to isolate because of positive COVID cases then there is going to be a negative ripple effect across the whole healthcare system.

As I mentioned, lots of rules/guidelines has changed! We have been getting lots of questions and inquiries daily about the changing recommendations. My recommendation to anybody reading this and wanting to stay updated is **SIGN UP FOR EMAIL NEWSLETTER**. You can sign up on our website on the homepage. This is the easiest way to stay in the know about what services we are offering through the pandemic.

Where are we now? See below:

- Our pharmacies are **offering both Moderna and Pfizer booster COVID vaccines to ages 18+**. As it stands at time of writing, Pfizer is in a provincial short supply and the Thunder Bay District Health Unit is recommending that all Pfizer vaccines are reserved for eligible persons aged 12-29, while Moderna is used for those aged 30+.
- Pfizer vaccines are to be prioritized in the 12-29 age group as there have been observed lower rates of heart inflammation in that specific age group.
- Moderna induces somewhat higher antibody levels compared to Pfizer. Protection (against infection and severe disease) from a primary series with Moderna may be more durable than Pfizer. Immunocompromised and ages 70+ may have less robust immune function (elderly) or a diminished immune response to the vaccine. These populations receive a full dose (100mcg) of the Moderna booster vaccine whereas those less than 70 and not immunocompromised receive a half dose of the Moderna booster vaccine (50mcg).
- Moderna and Pfizer vaccines are both of the mRNA class and can be used interchangeably. Mixing vaccines is a practice that occurs regularly in the medical field. Waiting for the availability of a preferred vaccine brand delays your opportunity for vaccination and increases your risk of infection.
- Persons are eligible to receive their booster COVID vaccine 84 days (3 months) after their second dose of the COVID vaccine. An immunocompromised person can receive their person 56

days after their second dose.

- We haven't received any pediatric COVID vaccines yet. Unfortunately, our order wasn't filled in early December and our wholesaler is out of stock with no estimated date of shipments. We've been a bit left in the dark here.

- **Rapid Antigen Tests:** We ran out of stock over the holidays and are awaiting our next shipment. Once we do get more then we will continue to perform the tests in store for \$40 a test for non-symptomatic persons. This test is meant as a screening tool for work/travel, and not as a diagnostic tool. At the time of writing, pharmacies are still not permitted to sell Rapid Antigen Test Kits for home use.. I know, we think it makes sense that people could purchase and uses these at home too.

IMPORTANT TO NOTE: We are booking COVID vaccines on our website at www.evergreenrx.ca. (Found on our homepage where it says "Flu Shots, COVID Vaccines, COVID Tests"). Please note that we are booking into the end of January at the time of writing. **HOWEVER**, we are exploring options to open up more appointments so that we can help to get more people vaccinated as soon as possible. (We will be having a nurse help out! **NURSES ARE GREAT AND DESERVE YOUR LOVE**) Once we confirm increased capacity for appointments, we will update people through an email blast to our email subscribers (again, you can sign up on our website!). Also, **LIKE** our facebook or Instagram page where we may also communicate available appointments. **LAST THING: THANK YOU TO EVERYONE FOR YOUR CONTINUED PATIENCE AND SUPPORT THROUGHOUT THIS LAST YEAR!**

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It's been a trying year for all, and if there was ever a time when you thought our service suffered, we appreciate your patience and understanding! We always strive to do our best to make sure that everyone's questions and concerns are dealt with in a caring manner. Your feedback is always appreciated. We're all in this together. Be kind to one another. We will get through this!



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Neebing Fire/ Rescue Association NFRA News



Respectfully submitted: Joy Harris, President NFRA



Happy New Year from Neebing Fire/Rescue Association!

It's hard not to be optimistic for the brand new year. While 2021 did trick us with a promised end to the pandemic, a lot has been learned since it began 2 years ago.

I'm placing a lot of hope on 2022. Hope that Spring will find us able to visit friends & family with less trepidation; hope that our local economy thrives once again and hope that that results in less pressure on households to stretch their dollars even further.

On that note:

Neebing residents and friends stepped up in a big way on December 4th to help stock the Rural Cup-board Food Bank. Enough food and supplies were donated to fill the box and most of the cab of a 1/2 ton truck! In addition, \$845, in cash and cheques, was received. Amazing! Our thanks go out to everyone who stopped by on the cold morning to help our neighbors. A special thank you to Robert Casavant for obtaining food donations from several major grocery stores.



Neebing Emergency Services Can Now Pump It Up!

Enough money was raised for our 'Gift to NES', a new portable pump! Neebing certainly knows how to Pump It Up! Thank you so much for all of the generous donations that came in!

This pump will be useful in assisting with fire suppression activities in difficult to reach areas such as camp or lakefront areas or where a secondary attack approach is desirable.

We did it! Thanks to you!!



NFRA would like to express our gratitude for the many of you who made an end-of-year donation.

Because of you we are starting 2022 in a good position to make further purchases for Neebing Emergency Services. Bettering

our community through your generosity. I hope you all take pride in knowing that you make a difference in every act of kindness you show, thank you.

Wishing you a happy and healthy 2022.

Be safe, be well and be kind. Joy Harris, NFRA - President

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Latest news

NFRA has been out at community events selling Firewood Raffle Tickets! We've had tickets for sale at the Blake Hall Craft Market on November 13th, the Drive By Food Drive on December 4th and the Nolalu Artisan Market on December 19th. Get yours now for a chance to win one of 3 great prizes.

Tickets may be purchased at upcoming NFRA events, Neebing Municipal Office or Chaschuk Enterprises' office on Barrie Drive.

Check our website often to see where NFRA will be next! neebingfirerescueassociation.com . Good Luck!

Many thanks to Chaschuk's and our other valuable sponsors for enabling this event.

While you are on our website (neebingfirerescueassociation.com) you'll notice it is now new & improved! The site has been revamped with easily found, up-to-date information, links and a feed from our Facebook page. You'll also find a 'Contact Us' form for any ideas or comments you'd like to share. We'd be happy to hear from you.

Special thanks to our new Webmaster, Ian Cuninghame.

Fire Wood Raffle

In support of Neebing Fire/Rescue Association



Neebing Fire/Rescue Association - 4766 Hwy. 61, Neebing, ON P7L 0B5

1st PRIZE

10 cords of seasoned birch fire wood that will be cut, split and includes free delivery within 35 km radius of 36 Barrie Dr., Slate River, ON.

Wood and Services donated 100% by Chaschuk Enterprises Ltd. - Value \$3,616.00

2nd PRIZE

16" Stihl Gas Chainsaw, donated by Northern Turf (Value \$282.44)
Ryobi Cordless Jet Fan Leaf Blower, donated by Home Depot (Value \$257.64)
WORX Electric Hedge Trimmer, donated by Canadian Tire, Thunder Centre (Value \$169.49)
Total package value - \$709.57

3rd PRIZE

Mastercraft Cordless Blower and Trimmer Combo, donated by Canadian Tire, Arthur St. (Value \$203.39)
Fly Racing Outpost Jacket Large, donated by Excalibur Motorcycle Works Ltd. (Value \$327.69)
2 - \$25 gift certificates, donated by Santorelli & Son's Husky Car & Truck Stop (Value \$50.00)
Total package value - \$581.08

Draw: Sat., June 18, 2022 at 1:00 p.m.
Draw location: Neebing Municipal Complex, 4766 Hwy 61 Neebing, ON
Ticket price: \$5.00 or 3 / \$10.00 Licence #: 690540
Tickets cannot be purchased by, for or on behalf of persons under the age of 18
Prize awarded as stated. No cash value.

Tickets are always available at Neebing Municipal Office 4766 Hwy 61 and Chaschuk Enterprises: 36 Barrie Rd.

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MORE ON OUR SALES

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Neebing Emergency Services by Dale Ashbee, Fire Chief, Neebing Our Warm "WELCOME" to 2022!



New Year's that one time at the end of each calendar year when we are encouraged to look back over the past 12 months to reflect on what changes have taken place in our lives, and to gamely layout planned changes and adjustments for the coming year.

Before I go further in either reminiscing on the past or dreaming about the future, I would like to take a moment to express our sincere appreciation to all those who have assisted NES, in anyway, over the course of the past year. Whether offering needed assistance at a scene, installing a new station outdoor light, recognizing services received or supporting one of the NFRA fund raising initiatives (as well as however else you may have assisted our team), we say THANK YOU!

Unfortunately, the 'elephant in the room' the past few years has been the pandemic. Although by now I'm thinking most of us were hoping that references to COVID would be delivered in terms of the past, here we are starting 2022 with yet another virus variant spreading and restricting our return to 'normal'. At this time last year, the prospect of the arrival of new anti-COVID vaccine therapies brought with it the expectations of a potentially speedy return to 'things' being the "way they were". However, reality has hit, and the pandemic is not expected to end as quickly as was hoped. It is

unfortunately going to continue to impact our daily lives well into this New Year. Although the COVID pandemic has proved to be disruptive to our daily living, the past year has induced in us adjusted expectations and new 'habits' – both of which have helped us to carry on and function in these unusual times.

While the pandemic impacted the delivery of such social events as our annual NES Fish Fry and Family Potluck Dinner at Christmas, looking back there were still some memorable moments for our members during 2021. There was the excitement of the arrival in Neebing of the new Pumper truck (P108) in March, the many issues involved in responding to (and managing) several wildfire threat situations during the prolonged drought of Summer and Fall and then the holding of our first Halloween Trick or Treat 'drive-through' event at Hall 1 (which was very successful, and proved to be popular with our 'big and small' community residents).

Despite the pandemic disruptions and related conditions, NES (with appropriate PPE and COVID protocols in place) was able to continue to respond to calls for emergency assistance from our Neebing community. With adjustments and team co-operation, volunteers were able to move from the 'virtual' classroom to 'in-person instruction' classes at Blake Hall, and to resume practical training

exercises as planned on our training calendar. Essential safety gear and equipment continue to be available, although delivery schedules are often prolonged for many items. Happily, some essential Personal Protective Equipment (PPE) - such as N95 masks - are more readily available today than a year ago.

There is little doubt that the pandemic has 'messed things up' badly, slowing everything down and impacting how we do things (on so many levels) to carry out our day-to-day family activities. Regular schooling, work, recreation, and simply socializing – all were disrupted to some degree. It is encouraging to note how people have adapted and made changes to what they do (and how they do it), all in an effort to keep doing 'what needs to be done' while still remaining as safe and healthy as possible. Con-

gratulations to all who contributed to our Neebing community's well-being in 2021!

There doesn't appear to be a magic crystal ball out there to tell us when this pandemic will be officially over, and the recurring pandemic 'cycles' (with their changing virus variants) sometimes make things feel like we are in a remake of the Bill Murray 'Groundhog Day' movie. However, like that movie, this pandemic too will eventually end. Try to stay optimistic, and always use PPE and Covid protocols to help you and your family remain well. Hopefully, by this time next year the pandemic will have moved on, and we can enjoy our 'normal' lives once again. Cheers! Stay Safe





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Chix in the Stix Theories & Res-Illusions

by Cindy Harasen

Happy New Year one and all. I hope your New Year's celebrations were lovely! Mine were quiet and filled with lots of yummy treats. I fell asleep at around 9:00pm but woke up just minutes before midnight so technically didn't miss the big event. I'm clinging to hope and positive vibes for the months ahead. Hoping and praying that all that ails us will fall to the wayside in the coming year and that we will have an opportunity to fully embrace health and happiness, kindness, compassion and all of life's blessings. As you know I'm not big on resolutions (or res-illusions as I like to call them) but there are for sure some things on my wish-list for the coming year. I would like nothing better than for all things Covid to just go away so we can move forward. Because I don't know about you but I have had it up to HERE with Covid and variants and have learned enough new Greek words for one lifetime. I would like to say good-bye to 'Covid weight' that has taken residency around my middle parts as a result of too many lock-downs and too much comfort eating. Though honestly I have zero will-power at the moment to actually make the effort so I'm hoping it will just pack up and leave on its own. I can dream. I would also like to regain some of my lost social skills. You know so that when I do encounter another human being I am less inclined to ramble on and over-share like a toddler with a sugar rush because I feel like I haven't talked to anyone outside my own bubble in like forever. I would also like to truly start enjoying human contact with family and friends. In fact I'm about ready to hug strangers on the street if the opportunity arises, so if you see me coming you've been forewarned. I'm also ready to see everyone ditch all the so-called conspiracy theories that seem to be dividing us. Except for one. There is one theory I am hanging onto and am convinced is the real deal. It's related to the greenhouse effect. Just hear me out. Regardless of how you feel about the efficacy of masks I think there is one thing worth considering. I think that that the warmth and moisture that my mask creates on my face, specifically my lip and chin area, has created a 'green house' effect. A perfect growing environment. And based on my own personal moustache and chain hair which have increased significantly in the past 18 months, I think we can settle this as fact. Which would be wonderful news if I was a guy. And I mean we're talking exponential growth that took me by surprise when I was mask-less in front of the mirror in the sunlight in my car one day. Um. YIKES! Let's just say that I now keep a pair of tweezers in my car, though I'm not sure this is going to be enough. If anything it has made me sort of thankful that I have to wear a mask in public these days. It gives me time to figure out how to combat this unwelcomed new symptom. Anyway, that's my theory. You may not agree. Your reality may be different than mine. And I hope it doesn't divide us. But you can't ignore science. And while I have yet to conduct a full double blind study or collect further data I think the proof is in the pudding. And behind the mask. Where it will stay for now. All kidding aside, the last few theories I am hanging onto is that people are inherently kind, caring and forgiving and that in the end it is these human traits that will get us through all this – together! Happy New Year everyone. Stay well. And may all your theories be happy ones!

Enjoy a Fire Safe Start to 2022!

by Wendy Ligate

Use the following lists as quick references for you to self-assess your home for fire safety concerns. Take a few minutes to see if you recognize any concerns in your home and take corrective action.

Hidden Fire Dangers?

Do you recognize any of THESE HIDDEN FIRE DANGERS in your home?

- X** Charging laptops or phones on the bed
- X** Overloaded extension cords
- X** A towel or curtains hanging too close to an unattended stove or heater
- X** Clothes piled too close to a gas water heater
- X** Having a dirty stove covered in grease and grime

Fire Safety Checklist

Use this Fire Safety Checklist to keep you and your family safe.

- Install working smoke alarms on every level of your home and outside all sleeping areas.
- Plan and practice a home fire escape plan.
- Install carbon monoxide alarms outside all sleeping areas.
- Ensure your Fire /House Number is visible at all times.
- Look while you cook, never leave cooking unattended.
- Smoke outside and discard cigarette butts in non-combustible containers that are kept outside. Never smoke in bed.
- Keep combustibles away from any heat source (furnace, heaters, stoves etc).
- Never use extension cords in place of permanent wiring.
- Don't overload electrical outlets, use CSA approved power bars.
- Blow out candles when you leave the room and use stable, non-combustible candleholders.
- Keep matches and lighters out of the reach of children.
- Make sure to have your chimney cleaned and inspected every year by a professional!

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Lakehead Region Conservation Authority

submitted by LRCA Staff

The 2022 Explore Card Parking Pass is available now! For only \$40.00 +HST you can forgo the \$5.00 per vehicle parking fee at all of the LRCA's Conservation Areas and Forest Management Properties. Cards can be purchased online at store.lakeheadca.com, over the phone by calling (807) 344-5857 or at the LRCA Administrative Office located at 130 Conservation Road in Thunder Bay. Please note that a valid Explore Card or a receipt from the pay and display units must be displayed at Mission Island Marsh and Cascades Conservation Area. Parking at those two areas is being enforced.

With 2022 now upon us, we here at the LRCA would like to wish everyone a safe, healthy and happy New Year. We would also like to remind all visitors to our Conservation Areas to please obey all posted signage and to follow all Conservation Areas Regulations including always

keeping your dogs on-leash and picked up after, maintaining adequate physical distancing while on the trails, and to please respect other visitors while in our Areas. Outdoor group gathering size limitations are in effect in Conservation Areas.

While the LRCA has many exciting outdoor events planned for 2022, we will be evaluating the continually evolving COVID-19 situation and Provincial and local health guidelines prior to each event. As such, all our events are being treated as tentative, and may be postponed, rescheduled, or cancelled depending on the current situation at the time of the event. For the most up-to-date information, be sure to regularly check our website, follow us on Facebook and sign up for our e-newsletter. We look forward to safely seeing you at our 2022 events.

Get out and Explore!

NEEBING LANDFILL NEWS



Winter Landfill Hours

A reminder that winter hours start at the landfill on October 1st
Saturdays: 9:00 am to 5:00 pm
Sundays: 12:00 pm to 4:00 pm



Garbage Bag Tags

Regular household garbage requires a Municipal Garbage Bag Tag. Pick up your tags at the landfill sites directly during regular hours of operation. You must present photo ID to the attendant in order to receive your tags.



Back to Bags for Plastics & Cans

Please BAG your plastics and cans. Clear and blue bags are recommended. Bags help to keep the mountain of recycling much more manageable. Cardboard does not have to be bagged, only flattened.

A 1	Sewage Services (1989) LTD. www.a1sewage.com	Office: 473-9480 or 473-9492 Email: a1sewage@tbaytel.net
	Commercial Services With specialized equipment, experienced trained drivers and our expertise in all fields of waste management, we are available to assist you with whatever job, spill or emergency presents itself.	Hot Water Jetter Truck Cleaning of all lines, plugged or frozen. Line camera inspection also available.
	Septic Tank Septic and holding tank pumping. 4,000 & 3,000 Imp Gas Vacuum Tank Trucks to service customers needs	Portable Toilet Rentals We offer a large selection of portable restroom units, MOE approved.

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Local 14 & 73
NURSES
Thank You

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NEEBING NEWS NOW DELIVERED TO YOUR MAIL-BOX (unless you have NO FLYERS posted) Deadline for the FEBRUARY issue of The Neebing News is JANUARY 20!! (BUT early submissions are always very welcome!)

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

WOMEN'S INSTITUTE

RECIPES

SLATE RIVER W.I.

Snowy days and Covid is keeping many of us housebound. So why not turn to baking for comfort? Instead of making a loaf of bread try making some focaccia. You can experiment with it and add a different topping in each quarter to find out which you or your family likes best. Focaccia is known as a hearth bread originally from the Mediterranean.

FOCACCIA BREAD

- 1 cup of warm water
- 1 tbsp. or packet of yeast
- 1 tsp. sugar
- 2 cups flour
- 1 tsp. salt
- 1 tbsp. olive oil

Mix together the sugar and then the yeast into the cup of warm water. Let the yeast activate for about ten minutes.

Add this to two cups of flour, one teaspoon of salt and one tablespoon of olive oil. Mix well then knead the dough for about five minutes. Place the dough ball into a lightly oiled bowl and cover. Let the dough rise until doubled in size.

Once risen, shape the dough onto a 9 by 13 inch baking sheet or a circular pizza pan. Stretching it so that it is 1/2 to 3/4 inch thick.

This next part is fun because you get to make indentations with your finger, so the bread looks uniformly dimpled. The indentations will help prevent bubbles from appearing on the top of the bread.

Now you can drizzle or brush a little olive oil on the dough and add your favourite toppings. Here are the most popular toppings to choose from:

Rosemary, sea salt, a favourite cheese, a bit of garlic. I have put an olive or small pieces of sweet red peppers into the dimples. Now you can experiment with your favourite toppings in different quadrants to suit everyone's tastes.

Bake until it's a golden colour about 30 minutes.

IDA'S CREAMY ONION SOUP

Ida Towell, a lifelong member of the Slate River Women's Institute was known to always remind us to save our potato water, any veggie water for that matter to use in our soups or when liquid was needed. She was well known for so many recipes especially her soups. On this recipe she wrote "Real good!"....from Norway.

Ingredients:

- 1/4 cup of butter
- 1 or 2 large onions sliced fine
- 1/4 tsp. curry
- 3 tbsp. flour
- 2 cups of water
- 4 beef boullion cubes
- 2 cups of milk

Melt the butter and in it sauté the onions with the curry. Stir in the flour and then the water. Stir constantly. Next add the beef boullion cubes and finally the milk. Simmer until the onions are completely tender. If necessary thin with light cream or milk.

Now, pour yourself a yummy bowl full, take a piece of the focaccia and dip it into the soup. Ah! Delicious!

Take great care everyone. Enjoy our winter wonderland and your homemade food.

Dodie Legassick, Slate River Women's Institute

Connecting with Kids in the Kid's Corner!

Got a Poem or Story to share?

Did you draw a neat picture?

Have a joke to tell?

Did something really funny happen?

Share with other kids in the Kid's Corner!!

designhouse@tbaytel.net

Radon & Lung Cancer: Test your Home

In 2018, the Thunder Bay District Health Unit published a report on Oliver Paipoonge and Marathon showing high levels of radon were detected in both communities.

In Oliver Paipoonge, 188 homes conducted tests using long-term radon test kits. These are certified by the Canadian - National Radon Proficiency Program. Of these 188 tests, 65% of homes tested high! *This is an incredibly high number.* Nationally, the average is 7% of homes test high.

What is radon?

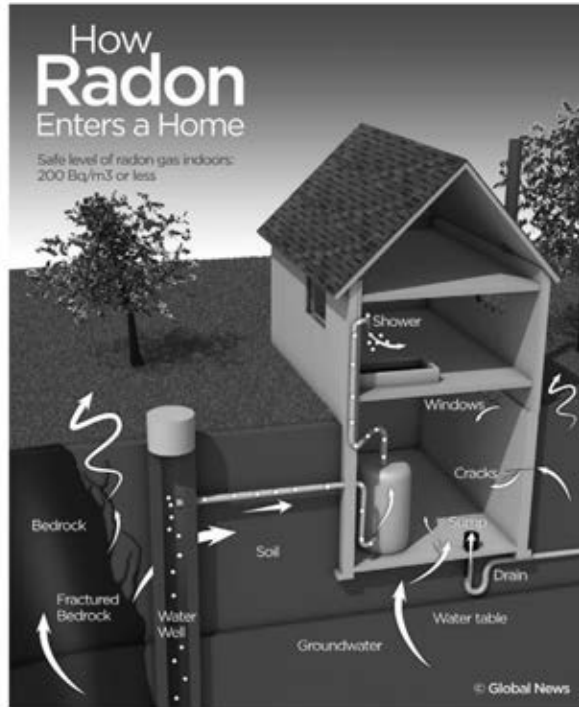
Radon is a radioactive gas, that is naturally caused when uranium in the soil breaks down. Uranium is also naturally occurring. However, just because radon gas is a natural process, it can be very hazardous to your health. The only way to know if you're being exposed to radon is to test your home.

Radon can enter your house through an open sump pit, cracks in the foundation, weak window seals or any other opening where your home contacts the soil.

During the winter months, radon enters the home and easily accumulates. With our windows and doors shut tight during the

heating months, radon doesn't escape.

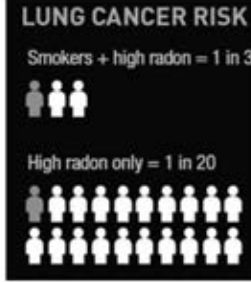
When you breathe in radon gas, the radioactive particles release energy bursts in your lungs. This damages cells and can lead to lung cancer. Thankfully, by testing and fixing your home, you can stay safe.



Lung cancer is the only known risk of being exposed to radon.

The risks of radon are compounded by:

- High levels of radon in your home
- Low ventilation rates
- Length of time exposed to high levels of radon and;
- Smoking habits



Have you tested your home yet for radon?

The best way to do this, is to buy a long-term radon test kit. These results are the most accurate.

- Winter months need to be part of the testing period
- Tests are a minimum of 3 months, maximum 12 months

- Place detector in the lowest room in your home that you spend 4 or more hours a day
- Don't move the device around during the testing period

After you test your home, you will receive the results. The results are measured in Becquerels per meter cubed (Bq/m³). If you have 200 Bq/m³ or higher, you need to mitigate.

Long-term tests are available from EcoSuperior for \$50, and can be purchased online at <https://ecosuperior.square.site/product/radon-test-kit/174>



Short Term detectors at the Library



For a variety of reasons, purchasing a long-term test kit may not be possible or accessible to everyone. The Rosslyn and Murillo libraries are equipped with short term radon detectors that residents may borrow. These are simple screening tools with the purpose of further educating homeowners about radon. It is Health Canada's hope that anyone who borrows a short-term detector, will follow up with a long-term test.

When borrowing a short-term detector, use it for as long as you're able to borrow it from the library. Only

Radon Mitigation Professionals

- Canada Radon | Don McEwen | 807-788-3245 | info@canadaradon.com
- Northern Home Designs | Alan B. Cooke | 344-4567 | northernhomedesigns@shaw.ca
- Radon Safe Northwest Ltd. | Ralph St. Jarre | 626-3049 | stjarre@tbaytel.net
- TBT Engineering | DJ MacIntosh | 624-5160 | dmackintosh@tbt.ca

use it during the winter months – using them in the summer can provide falsely low levels of radon. Don't move it around the house and keep it in a place that is representative of the air you breathe.

Mitigation Techniques

Mitigation is the process of fixing your home, so that less radon enters. The goal is to get radon down to a safe level (below 200 Bq/m³).

A board member of EcoSuperior tested their home a couple years ago and discovered their levels were over 400 Bq/m³. This individual had the skills to build a sealed cover over the sump pit, onto which they attached a radon fan. Radon fans are vented outside, and run constantly, reversing

the air pressure that invites radon into the home in the first place. When they tested again after the mitigation the radon level was 35 Bq/m³! The mitigation worked.

Thunder Bay also has four radon mitigation professionals that can advise and do the work for you. See above.

Each home is unique, which is why every home should test for radon. The uniqueness of every home also means the mitigation techniques, if required, will also be very specific. Thus, the costs can vary greatly between homes, ranging from \$300-\$3000 depending on your house. Regardless, the most important step is to test!

EcoSuperior's Radon YouTube Video

In November (which is radon awareness month), a series of webinars were offered to the community. A recording of the presentation can be found on YouTube - google EcoSuperior Radon.



The video is about 30 mins long and goes over all of this information in a bit more detail.

Contact

For more information, contact Kelsey at 624-2144 or kelsey@ecosuperior.org.

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Gordon Cuthbertson, Councillor at Large, Councilatlarge@neebing.org 708-7548 (C)

Mark Thibert, Ward 1 (Blake) Blake@neebing.org 939-2720 (R)

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

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

Gary Gardner, Ward 4 (Pearson) Pearson@neebing.org 577-1963 (R)

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

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– Get to theLinks
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Neebing News articles often suggest visiting a website for more information. All of the web-link suggestions found in the paper publication become active links in the electronic online editions (or 'e-copy' edition) of the Neebing News. One click is all it takes. Once you open the e-copy edition, hover your mouse pointer over any hyperlink mentioned in a news story and 'Click' to follow the link. It will bring you directly to the websites. How convenient! The e-copy editions of the monthly Neebing News publication are available on our website: <https://www.neebing.org/neebingnews> or visit our website homepage and click on the feature box titled "Neebing News Publication" to find available e-copies.

We hope you find this feature of our Neebing News e-copy edition very useful. If you have any suggestions for Neebing News improvements or stories, contact us at neebing@neebing.org.

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www.ontario.ca/emo

Neebing Municipal Services During COVID-19

Updated January 1, 2022



Municipal Office:

The Municipal Office is **OPEN** however:

- Only one visitor at a time is permitted inside the building. Please use the intercom system to announce your arrival.
- The wearing of face masks is **MANDATORY**. If you do not have a mask, one will be provided. No Exceptions.

Municipal Council Meetings – Next Meeting is January 19, 2022:

- 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.

Blake Hall:

Blake Hall is CLOSED. Only essential services such as the NorWest Community Health Clinic and their patients will be permitted access to the Hall.

Municipal Services:

Essential municipal services continue. If you require information or assistance please contact us by telephone **474-5331** or email neebing@neebing.org.

Municipal matters requiring in-person consultations must be scheduled in advance. Please call the office at 474-5331 to book an appointment.

Stay safe and avoid unnecessary interactions with others not from your immediate household. We strongly recommend using options other than in-person contact to conduct business whenever possible.

Visit our website for up-to-date information
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www.neebing.org

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Phone 939-2166 Fax 939-2167

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. 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.

Emergency preparedness starts with you

power outages

Stay away from and report downed power lines

Avoid water near electrical equipment

Stay informed

Don't use outdoor grills or bbqs indoors

Use glowsticks or flashlights

ontario.ca/beprepared

<p>Murillo Library Curbside service Wednesday 10:00 – 7:00 935-2729</p>	<p>Email: oplibrary@tbaytel.net Website: http://oliverpaipoonge.olsn.ca</p>	<p>Roslyn Library Curbside service Tuesday 10:00 – 7:00 939-2312</p>
		
<p>Launching in early January 2022! I'm pleased to announce that our Overdrive Ebook program will now include these new Canadian magazines: Canadian Business, Chatelaine, FASHION, Hello! Canada, Maclean's, Ottawa, Today's Parents and Toronto Life. Soon you will be able to access these online magazines By using your library card!</p>		<p>"Check out" nature at your library! Imagine a library; what do you think of? The smell of paper, the sound of turning pages, and, of course, books. Well, now when you think library, we want you to think Ontario Parks too! You and your family can "check out" an Ontario Parks seasonal permit from Roslyn and Murillo Library! We want to make it easier for people to spend time in nature. Our permit lending program has been expanded to participating libraries for 2022. This means you can hit the library, and then hit up your favourite provincial park for the day!</p>

**Gillies Community Centre
Annual General Meeting**
Wednesday, January 12 7:30pm via ZOOM
Contact us at: gilliescommunitycentre@gmail.com,
FB Message, or call 475-8834
BEFORE 7pm January 12th to receive the link

Everyone in the community with an interest in "keeping the doors open" is encouraged to attend!!

Gillies Community Centre is looking to re-open for regular and special programming; but relies exclusively on volunteers for programming and operations. Please consider committing to:

- Executive Council Position: 5 positions including President, Vice President, Secretary, Treasurer & Facilities Manager.
- Regular Programming: two positions including fundraising/grant writing & program/volunteer coordination.
- Operations: two positions including facility rentals & maintenance.

Or, simply volunteer for one or more of our Programmed events, because they won't exist without you!!
Please contact us for details & inquiries. Thank you!

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES

January 2022

Mon	Tues	Wed	Thurs	Fri
3 Closed For Stat Day	4 ARMSTRONG 1-6pm NorWest CHC Clinic	5 ARMSTRONG 8:30–Noon NorWest CHC Clinic	6 UPSALA - PCare 10am-3:30pm Community Centre O'CONNOR—Footcare 10am-4:30pm Community Centre	7
10 NOLALU - Footcare 9:30am-4pm Community Centre	11	12	13 NOLALU - PCare 9:30am-4pm Community Centre O'CONNOR—PCare 10:30am-5pm Community Centre	14
17	18 NEEBING—PCare 11am-5pm Blake Hall SHEBANDOWAN—Footcare 9:30am-4pm Community Centre	19	20 UPSALA - Footcare 10am-3:30pm Community Centre	21
24 KAMINISTIQUA-Footcare 9am-3:30pm Community Centre	25 NEEBING - Footcare 10:00am—4:00pm Blake Hall KAMINISTIQUA-PCare 9am-3:30pm Community Centre	26	27 O'CONNOR—PCare 10:30am-5pm Community Centre UPSALA - PCare 10am-3:30pm Community Centre	28
31 ARMSTRONG 1-6pm NorWest CHC Clinic	For more information or to book an appointment, call 807.622.8235			

Mobile Services
622-8235


Main Site
622-8235

Toll Free
1.866.357.5454

NorWest CHCs
525 Simpson St
Thunder Bay, ON
P7C 3J6
www.norwestchc.org

[facebook](#)

NOTE
All Clinics Are By Appointment
Only
call 622-8235 for more info



Gillies Community Centre 1835 HWY 595

BOOK SWAP!

January 22 & 23
February 12 & 13

11-5 PM DAILY - 1000'S OF BOOKS
\$\$ DONATIONS ENCOURAGED FOR THIS FREE EVENT!!
ALL PROCEEDS DIRECTLY SUPPORT THE GCC
*Masks, sign in and hand sanitization mandatory upon entry.

Ready to Lay Hens

18 WEEK OLD BROWN LAYERS
ARRIVING APRIL 2022

25 or less \$12.50 each
26 or more \$12.00 each

limited numbers... reserve early
call (807) 935-2921 to order